

Dementia : Selected Bibliography

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(Reviewed & Revised on 7/26/17)

****Alzheimer's from the Inside Out*, Richard Taylor (2006)**

Diagnosed at 58, Taylor, a retired psychologist, tells what it's like to live with the disease. Powerful! It will change the way you think.

****Speaking Our Minds: Personal Reflections from Individuals Who Have Alzheimer's*.**

Lisa Snyder (2000). A powerful education from people who experience the disease.

****Living Your Best with Early Stage Alzheimer's*, Lisa Snyder (2010).**

Strategies for managing memory loss; useful for *anyone* growing older! Excellent annotated resources and advice about clinical trials.

****The Best Friends Approach to Alzheimer's Care*, Virginia Bell & David Troxel (2002; second edition 2016).**

Positive & life-affirming, concrete & easy-to-understand ways to provide care. Learn the "knack." Also, their *A Dignified Life: A guide for care partners* (2002; revised edition 2012).

****Creating Moments of Joy*, Jolene Brackey (2016).**

Imaginative ideas for connecting with people who have Alzheimer's.

****Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief*, Paula Boss (2011).** Excellent development of "Ambiguous Loss and Grief"

concept.

****The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life*. Gary Small, M.D. (2012).** "Dr. Small is unmatched in his ability to synthesize the

latest anti-aging breakthroughs."

****Forget Memory: Creating Better Lives for People with Dementia*. Anne Davis Basting (2009).** A remarkable analysis of contemporary attitudes toward older adults and

people with dementia plus ten successful programs that counter the stereotypes.

****Still Alice*. Lisa Genova (2009).** A novel by a neuroscientist from Harvard who gives a moving depiction of life with early Alzheimer's disease. Now you will understand!

*** *The 36 Hour Day*. Nancy L. Mase & Peter Rabins (2012).** The classic valued for years by many caregivers.

*** *The Myth of Alzheimer's: What You Aren't Being Told about Today's Most Dreaded Diagnosis*. Peter Whitehouse and Danny George (2008).** One of the nation's foremost Alzheimer's researchers challenges current research and the "Alzheimer's Industry." He advocates a focus on prevention and care rather than the false hope of cure.

Dementia Resource Websites

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www.alz.org. **Alzheimer's Association**, maintains a 24 hour helpline, active in advocacy and research, services for families in local chapters, section on web specifically for people with Alzheimer's.

www.aarp.org. Major organization advocating for older adults, increasingly includes information/advice on Alzheimer's.

www.nia.nih.gov/alzheimers. **Alzheimer's Disease Education and Referral (ADEAR)** This service of the National Institute on Aging provides publications to download and lists Centers across the country as well as clinical trials. NIH is the primary Federal agency conducting research on aging.

www.alzfdn.org. **Alzheimer's Foundation of America (AFA)**,
A consortium of more than 1200 member organizations dedicated to improving care for families facing Alzheimer's: education, advocating, best practices, resources.

USAagainstAlzheimer's.org. Advocacy group dedicated to treating and preventing Alzheimer's by 2020. Includes information on the following networks: African American, Activists, Latinos, Women, and Veterans.

www.medicalnewstoday.com/categories/alzheimers Summarizes latest research on Alzheimer's with links to full articles.

www.alzforum.org. This site reports the latest research and includes an online scientific data base.

www.agingresearch.org. Reports research on aging including Alzheimer's – thus, a broader perspective.

www.chesco.org/aging - Aging Services/ Chester Co, PA - Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them.

www.dementiability.com/ Dementiability offers resources to help families, individuals and professionals understand and live with dementia – based in Canada.

<http://adrc.ucsd.edu> Lisa Snyder, MSW, LCSW, sends out an email only quarterly newsletter entitled "Perspectives" for individuals with Alzheimer's or a Related Disorder. Shiley-Marcos Alzheimer's Disease Research Center University of California, San Diego

www.alzheimer.ca - Offering help and support in **Canada** since 1978. Learn about Alzheimer's · Know the signs & symptoms · Get the facts and Activities online

<https://uwaterloo.ca/murray-alzheimer-research-and...and.../by-us-for-us-guides> - The By Us For Us guides are written by people with dementia and provide people living with early stage memory loss and their care.

www.alzheimersreadingroom.com/ - Alzheimer's Reading Room email newsletter