



books for caregivers of someone with dementia



<i>Title</i>	<i>Author</i>	<i>Year</i>	<i>Description</i>
A Caregiver's Guide to Lewy Body Dementia	Helen Buell Whitworth and Jim Whitworth	2010	This book is written in everyday language and filled with personal examples that connect to the readers own experiences. The book provides an accurate, detailed view of the disease in easy to understand terms. The book includes quick fact and quick tip boxes that summarize facts and caregiving tips for easy reference, a comprehensive resource guide including respite care, nursing homes, and neurologists, and a glossary of terms and acronyms related to Lewy Body Dementia.
A Curious Kind of Widow - Loving a Man with Advanced Alzheimer's Disease	Ann Davidson	2015	An intimate portrayal of a loving couple's struggle to accept the ravages of Alzheimer's while continuing to celebrate life and each other. A caregiver for her husband during the later stages of his disease, Ann was determined to stay in loving contact, but also to build a new life for herself. Through five sections of personal vignettes, Ann addresses difficult questions, including: How much longer can she care for her husband alone' How and when will she make the choice for residential care' How will she deal with the inevitable letting go' Walking by the lake near the care center one day Julian stops his gibberish long enough to tell her, I'm okay, really okay. Now you be okay too.
A Dignified Life	Virginia Bell and David Troxel	2012	This book helps families combat the burnout and frustration that often accompany the task of caring for an Alzheimer's patient. It provides a complete model for care built around creative and effective communication and meaningful activities and includes touching stories that demonstrate how the Best Friends method continues to improve the lives of those who have Alzheimer's disease and those who care for them.
A Dignified Life: The Best Friends' Approach to Alzheimer's Care - A Guide for Care Partners	Viginia Bell and David Troxel	2012	A Dignified Life offers caregivers an antidote to the burnout and frustration that often accompanies the role of caring for a person with Alzheimer's and dementia. Rather than struggling through a series of frustrations and failures, A Dignified Life shows the new generation care partners how to bring dignity, meaning, and peace of mind to the lives of both those who have Alzheimer's and dementia and those who care for them.

Aging Together	Susan H. McFadden and John T. McFadden	2014	This book proposes a radical reconstruction of our societal understanding of old age. Rather than categorize elders based on their respective cognitive consciousness, they contend that the only humanistic, supportive, and realistic approach is to find new ways to honor and recognize the dignity, worth, and personhood of those journeying into dementia. This inclusive vision calls for social institutions, especially faith communities, to search out and build supportive, ongoing friendships that offer hospitality to all persons, regardless of cognitive status.
Alzheimer's A to Z - Secrets to Successful Caregiving	Jytte Lokvig and John Becker	2004	Alzheimer's A to Z is organized like an encyclopedia, in a convenient alphabetical format that allows you to find the information you need when you need it. Practical entries treat subjects like dressing, transporting, and talking with people with Alzheimer's. Discussions of medical and neurological aspects of the disease treat topics like the functions of short and long-term memory systems. Psychological entries explore emotional and communication issues related to Alzheimer's care. Each entry is engagingly written in direct, uncomplicated language that makes even difficult concepts easy to understand. The tone of the book is positive and constructive, making it as easy to give as it is to read.
Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers	Daniel Kuhn and David A. Bennett	2013	For caregivers beginning to deal with Alzheimer's in a loved-one, this book focuses specifically on the early stages of the disease. Its goal is to help carers cope with cognitive and behavioral changes in their loved ones. It provides information about how to deal with the stress of caregiving, and a section filled with first-person accounts from other family members and caregivers who have dealt with dementia.
Ambiguous Loss: Learning to Live with Unresolved Grief	Pauline Boss	2000	In this original and humane account of the ravages of uncertainty faced by those who lose a loved one, the author draws on her research and clinical experience to suggest strategies that can cushion the pain, and offers heartening narratives of those who cope with ambiguous losses and manage to move on.
Animal Dreams	Barbara Kingsolver	2013	Codi Noline returns to her hometown of Grace, Arizona, to find that things are at once exactly as she remembers, and unfathomably different. Now, her father is living with Alzheimer's disease. While he is still self-sufficient, things are changing. And so too is Codi's relationship to her family and her hometown. Animal Dreams by Barbara Kingsolver is a story of finding oneself, and navigating changing relationships with loved ones.
Be Laughter	Laura Gentry		Laughter is the best medicine and you can get a daily dose with this easy-to-use resource. Center yourself in the morning with yogic breathing and laughing alone. Then, invigorate at noon with a laughter dance party. Finally unwind at bedtime with a relaxing meditation called yoga nidra. Together, this 75 minute program is a do-it-yourself laughter makeover that will help you not just enjoy laughter but actually be laughter.

But Mama, How Come Grandpa Gets To?	Carolie Warren	2013	Taking care of elderly parents can be a challenging privilege. The author of this inspiring story experienced four years of doing so and addresses the oft-unspoken question caretakers of the elderly hesitate to ask: Why do we uproot so much of our lifestyle for the sake of his? In this endearing story, Mama answers that question for Bronson who realizes that Grandpa is allowed to break the rules that he is expected to follow. This book will encourage families in similar situations to hang in there and to make the most of these treasured moments with their loved one.
Coach Broyle's Playbook for Alzheimer's Caregivers	Frank Broyles	2006	The Playbook was absolutely a labor of love for Coach Broyles. He assembled a most impressive "All American" team, to help formulate a much needed caregiver took, and make it a reality--in the format of a guide and reference book for Alzheimer's caregivers. "This Playbook" is a social model, not a medical model (doing things *with* her, not *for* her). It was written to give you practical tips to help guide you in taking care of your loved one with Alzheimer's disease.
Contented Dementia	Oliver James	2010	This guide shows how much can be done to maximize the quality of life for people with the condition. The SPECAL method (Specialized Early Care for Alzheimer's) outlined in this book works by creating links between past memories and the routine activities of daily life in the present. Drawing on real-life examples and user-friendly, tried-and-tested methods, this lifesaver provides essential information and guidance for care partners, relatives, and professionals.
Creating Moments of Joy	Jolene Brackey	2008	Jolene Brackey has a vision that will soon look beyond the challenges of Alzheimer's disease and focus more of our energy on creating moments of joy with short-term memory loss. Life is made up of moments, but, our memory is made up of moments, too. We are not able to create a perfectly wonderful day with someone who has dementia, but it is absolutely attainable to create a perfectly wonderful moment. Five minutes later, they won't remember what you did or said, but the feeling you left them with will linger.
Dancing with Dementia	Christine Bryden	2005	This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and care partners can help.

Dementia Beyond Drugs	Dr. G. Allen Power	2010	This book challenges all care providers working with individuals with dementia to undertake a true operational change. Yes, you can move away from an institutional model — viewing individuals as patients defined by their dementia and using prescribed medications to control their "troublesome" behaviors — to an experiential model of care that treats individuals with dementia as the human beings they are, giving them the personal attention, respect, and dignity they deserve.
Doris Inc.: A Business Approach to Caring for Your Elderly Parents	Shirley Roberts	2011	Proven strategies for finding balance in your life and career while maximizing the quality of life for an elderly person. Using her business prowess, author Shirley Roberts, with the help of her financial advisor brother, developed Doris Inc., a system to maintain their lives and careers while ensuring that their mother received top-notch care.
From AA to AD, A Wistful Travelogue	Michael Donohue	2009	This is a story of my journey, about my paying the dues to qualify, about the tools of AA explaining how they are the key to abstinence and to a better life. It discusses the tool at work in my life and finally with acceptance AD. I examine the spiritual and mystical qualities that are at work seen through the eyes of a Christian, a Jew, and a Buddhist. These experiences have opened my mind to the deeper consequence of living.
Healing Your Grieving Heart: 100 Practical Ideas	Alan D. Wolfelt	2001	With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again.
Jan's Story: Love Lost to the Long Goodbye of Alzheimer's	Barry Petersen	2010	Barry Petersen Petersen, a CBS news correspondent spent his life covering difficult stories—from wars, to genocides, to natural disasters—still he was unprepared for the struggle of caring for his wife, Jan, after she was diagnosed with early-onset Alzheimer's at 55. Jan, also a journalist had travelled the world throughout her career. As her Alzheimer's progressed, and her personality changed drastically, writing Jan's Story is how Petersen coped.
Laughter Therapy: How to Laugh About Everything in Your Life that Isn't Really Funny	Annette Goodheart, Ph.D.	1994	Laughter Therapy is a two-part book. Part one is a theoretical framework for understanding laughter and other forms of catharsis. Included are case studies and examples of laughter. Part one and two are liberally sprinkled with appropriate quotes. Part two contains 25 ways to help yourself laugh and how to relearn to laugh without ridicule in order to maximize healing and connection with ourselves, each other and the universe.

Learning to Speak Alzheimer's	Joanne Koenig Coste and Robert Butler	2004	This book offers a practical approach to the emotional well-being of both patients and caregivers. The overarching theme is the habilitation-based model of care, which has not been presented in depth in any form. This book provides tips on the nitty-gritty of everyday living, as well as advice for dealing with emotional issues and learning to communicate effectively with Alzheimer's patients.
Lewy Body Dementia: Causes, Tests and Treatment Options	Adam Wainwright, M.A.; Erick Stevenson, M.D.; and Deanna R. Miller, R.N.	2012	In this book, the authors provide the reader with an abundance of information that is easy to understand and can be applied to the lives of those that are affected by this disease whether they are friends or family. If you or a loved one are suffering from LBD, this informative book gives you all the information you need to know.
Loss of Dreams	Ted Bowman	1994	Every person at one time or another suffers when his or her dreams are shattered. This book seeks to have a written conversation with the reader, identifying kinds of loss, and embracing grief as part of the healing process.
Loving Someone Who Has Dementia	Dr. Pauline Boss	2011	<i>Loving Someone Who Has Dementia</i> is a new kind of caregiving book. It's not about the usual techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends, neighbors as well as educators and professionals—anyone touched by the epidemic of dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent.
Mayo Clinic Guide to Alzheimer's Disease (New Edition)	Dr. Ronald Peterson, M.D., Ph.D.	2009	This book offers you real help in understanding aging and its effects on your mind and memory. Find valuable medical insight and practical guidance to help with: coping with Alzheimer's, how to improve memory and reduce the occurrences of memory lapses, strategies for keeping your brain active, drugs that can ease Alzheimer's symptoms, and drugs that commonly cause memory loss even in people who don't have Alzheimer's.
Mom, Dad... Can We Talk?	Dick Edwards, Mike Ransom, and Ruth Weispenning	2009	This book is for the 53 million adult children in America, the sandwich generation of boomers for whom aging-parent issues and care concerns are an increasing reality. Contained within the book are personal stories and quotes from adult children who have journeyed with their parents through their later years, practical advice for initiating caring conversations, and helpful hints for managing the Big Ds of growing older: dementia, drinking, depression, and driving.
Moving a Relative with Memory Loss	Laurie White and Beth Spencer	2006	Moving a Relative with Memory Loss: A Family Caregiver's Guide, a 55 page booklet, was written to help families think about some of the issues involved in moving a relative with memory loss. It offers practical ideas for making the move an easier process. Topics include: Keeping a Relative at Home, Locating Residential Care Homes, Talking to Your Relative About the Move, Planning the Move, Moving In, Common Emotional Reactions for New Residents and Families

My Journey into Alzheimer's Disease	Robert Davis	1989	Written by a man who remained a ministering servant to the end, using his last lucid thoughts to share with us his walk of faith into Alzheimer's Disease, Rev. Robert Davis gives hope to other victims and their care partners.
No More Words: A Journal of My Mother, Anne Morrow Lindbergh	Reeve Lindbergh	2002	No More Words is a moving and compassionate memoir of the final seventeen months of Reeve's mother's life. Reeve writes with great sensitivity and sympathy for her mother's plight, while also analyzing her own conflicting feelings. Anyone who has had to care for an elderly parent disabled by Alzheimer's or stroke will understand immediately the heartache and anguish Reeve suffered and will find comfort in her story.
Relentless Goodbye: Grief and Love in the Shadow of Dementia	Ginnie Horst Burkholder	2012	The author of this book shares from the heart about caring for a spouse who is slowly slipping away to Lewy body dementia (LBD). The book is about the gritty and glorious substances of life--how illness and health, faith and doubt, grief and acceptance all flow together in the river of change. It leads each of us to a greater awareness of our own life experiences.
Remember Me? Te acuerdas de mi?	Sue Glass	2002	A young girl's grandfather can't or doesn't want to remember her anymore. Her mother is upset. What did she do wrong? Understanding comes after the guilt and secrecy surrounding her Grandfather's Alzheimer's disease is exposed. The story is told through the eyes of a child to help children understand the emotions of this affliction. Full story told in English and Spanish.
Remember, Grandma?	Laura Langston	2004	This book will strike a chord with many readers. For families who have a relative facing memory loss, it may trigger important conversations. And for all children with aging family members, it provides gentle reassurance about the love within families that endures even when memory does not.
Remembering the Music, Forgetting the Words: Travels With Mom in the Land of Dementia	Kate Whouley	2011	As a young adult, author Kate Whouley often felt she had to care for her eccentric mother, Anne – an accidental feminist with a weakness for alcohol and unreliable men. Decades later, when Anne begins to develop Alzheimer's, Whouley must return to the caregiver's role. Using humor and candor, Whouley captures the healing of her fractured mother-daughter relationship. She works to let go, insisting that Alzheimer's doesn't always have to be the "long goodbye" everyone fears.
Sexuality and Dementia: Compassionate and Practical Strategies for Dealing with Unexpected or Inappropriate Behaviors	Douglas Wornell, M.D.	2013	It is very common for a person with dementia to exhibit unexpected or inappropriate sexual behavior and yet few resources exist to help partners, family members, caregivers, and others address it. Neuropsychiatrist Dr. Doug Wornell provides a compassionate and detailed understanding of the issue and strategies for how to cope. Tackling a difficult subject without shame or embarrassment, <i>Sexuality and Dementia</i> offers essential information and practical solutions so that people with dementia and their partners can have stronger and happier relationships.

Sharp Brains: A Guide to Brain Fitness	Alvaro Fernandez and Elkhonon Goldberg	2013	This guide that helps readers navigate growing brain research and identify the lifestyle factors and products that contribute to brain fitness. By gathering eighteen of the top scientists and offering insight, tools, and detailed descriptions of over twenty products, this text is an essential guide to the field of brain fitness, neuroplasticity and cognitive health.
Singing Solo	JacLynn Herron	2011	As dementia transports her mother into a world devoid of memory, language and ability, the author sheds denial and begins a ceaseless struggle for the only "treatment" that her mother needs: compassionate care.
Singing with Momma Lou	Linda Jacobs Altman	2015	Nine-year-old Tamika Jordan dreads visiting her grandmother at the nursing home. Momma Lou has Alzheimer's and always forgets who Tamika is. But when Tamika's father shows her Momma Lou's scrapbooks, the young girl gets the idea of jogging Momma Lou's memory. During each visit, she shows her grandmother memorabilia from the scrapbook. One day Momma Lou recognizes a newspaper clipping and leads everybody in a celebration of song.
Sometimes Ya Gotta Laugh - Caregiving, Laughter, Stress and Alzheimer's Disease	Karen Stobbe	2004	The book is a refreshing heads-up at what the world of dementia is really like. It is a reminder to join in that world and enjoy the lighter moments with the person and family. It is a gentle reminder to adjust your tolerance and patience level, enjoy the moment, and go with the flow---low, slow, and mellow. It is a stress-reducer and a spirits-raiser. It enables caregivers to understand a little bit more, to accept a little bit more, and to enjoy a little bit more. Every caregiver should read it!
Still Alice	Lisa Genova	2014	"Still Alice" is a compelling novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by a first-time author and reminiscent of "A Beautiful Mind" and "Ordinary People," this work packs an emotional punch.
Strengthen Your Mind, Volume 1	Kristin Einberger and Janelle Sellick	2008	These 70 engaging activities will stimulate the minds, memories, and senses of older adults. Designed especially for individuals with early memory loss, the short, one-page worksheets strengthen brain functioning, promote social interaction, and provide hours of meaningful enjoyment. Strengthen Your Mind can be used independently by older adults with memory loss or by activity staff and group leaders for discussion and programming ideas. Tips for engagement and an answer key are included for each activity.
Strengthen Your Mind, Volume 2	Kristin Einberger and Janelle Sellick	2009	A follow-up to the best-selling first volume of activities! These 87 all-new worksheets use trivia, reminiscence, and sensory stimulation to promote mental capacity and social engagement in older adults. The activities can be used in group settings or by individuals.
Take Your Oxygen First	Leeza Gibbons, James Haysman, and Rosemary DeAngelis Laird	2009	Designed for those giving care to individuals with Alzheimer's disease and other memory loss disorders, this informative and inspiring guide explores how to take care of oneself in order to meet the challenges of giving care to another. Heartfelt, candid accounts by television host Leeza Gibbons and the members of her family are combined with current medical, nutritional, psychological and spiritual information and advice for caregivers.

Talking to Alzheimer's	Claudia J. Strass	2002	This book offers straightforward suggestions and invaluable do's and don'ts, with advice on everything from dealing effectively with the inevitable repetition that occurs in conversations with an Alzheimer's patient to helpful strategies for saying no to unrealistic demands. It also includes thoughtful tips to remind you to take care of your own feelings and suggestions for helping children become comfortable with visiting and Alzheimer's sufferer.
Tangles: A story about Alzheimer's, my mother and me	Sarah Leavitt	2012	This may be one of the only graphic novels out there that deals specifically with Alzheimer's. Sarah Leavitt captures the changes Leavitt's family endures as they watch her fiery, quick-witted mother fade into a forgetful, fearful woman. Through her simple black-and-white illustration and candid prose, Leavitt her denial, anger and frustration, as she and her family learn to cope, and how to find moments of happiness.
Ten Thousand Joys Ten Thousand Sorrows	Olivia Ames Hoblitzelle	2010	The author not only writes about the inspirations and spiritual perspectives that sustained them, but gives an intimate account of how they faced loss, crisis, and eventually death. An indispensable guide for anyone dealing with loss, each chapter includes a self-help section with reflections, suggestions, and seed thoughts.
The 36-Hour Day	Nancy Mace and Peter Rabins	2012	This updated guide is filled with new information on medical research and the delivery of care. Includes resources for families and adult children who care for people with dementia, the latest information on nursing homes and other communal living arrangements, and more.
The Alzheimer's Prevention Program	Dr. Gary Small	2012	Written by Gary Small, M.D., and his wife, Gigi Vorgan, authors of <i>The New York Times</i> bestseller, <i>The Memory Bible</i> , <i>The Alzheimer's Prevention Program</i> is a whole body, whole mind, easy-to-follow regimen based on the latest research on Alzheimer's disease, and especially the connection between lifestyle and susceptibility. The only "cure" for Alzheimer's is prevention, and <i>The Alzheimer's Prevention Program</i> shows the reader how to take control.
The Alzheimer's Project	John Hoffman and Susan Froemke	2009	Created by the award-winning team behind HBO's acclaimed "Addiction" project, this series takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease both on those with Alzheimer's and on their families. THE ALZHEIMER'S PROJECT features a four-part documentary series, 15 short supplemental films, a robust website, and a nationwide community-based information and outreach campaign.

The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems	P. Murali Doraiswamy and Lisa Gwyther	2008	This book offers a wealth of information on different types of diagnosis and treatment methods. It also recommends strategies for how to cope after diagnosis, including a detailed guide to what to expect during different stages of Alzheimer's.
The Chemistry of Calm	Henry Emmons	2010	In <i>The Chemistry of Calm</i> , Dr. Henry Emmons presents his Resilience Training Program—a groundbreaking regimen designed to relieve anxiety and restore physical and mental strength. Marrying the Eastern techniques of meditation with the traditional Western solutions of diet and exercise produces a dramatic effect. Using this program, Dr. Emmons has helped countless patients reduce their anxiety and reclaim the resilience that is their birthright. Now, with <i>The Chemistry of Calm</i> , you can be anxiety free too!
The Chemistry of Joy	Henry Emmons	2006	<i>The Chemistry of Joy</i> presents Dr. Emmons's natural approach to depression -- supplemented with medication if necessary -- blending the best of Western science and Eastern philosophy to create your body's own biochemistry of joy. <i>The Chemistry of Joy</i> helps you to identify which type of depression you are experiencing and provides a specific diet and exercise plan to address it, as well as nutritional supplements and "psychology of mindfulness" exercises that can restore your body's natural balance and energy. This flexible approach creates newfound joy for those whose lives have been touched by depression -- and pathways for all who seek to actively improve their emotional lives. *Note: Henry will be signing copies of this book.
The Chemistry of Joy Workbook	Henry Emmons	2012	This book will help you reclaim your joy by teaching you to balance your body with proper nutrition and principles from ayurvedic medicine, how to settle your mind with mindfulness practices, and how to skillfully managing those "emotional tsunamis". In addition, you will learn to find the right medications and supplements, tap into the wisdom, generosity, and openness that lie within, and build your self-acceptance and connection with others.
The Complete Guide to Alzheimer's Proofing Your Home	Mark Warner and Ellen Warner	2000	This book shows you how to create a home environment that will help you cope with the many difficulties associated with Alzheimer's. Section One deals with interior and exterior spaces individually, providing key information on how to ensure that the Alzheimer's patient will be safe and secure. Section Two gives a detailed list of potential problems and practical information on how to cope with those problems in the home setting.

The Corrections	Jonathan Franzen	2002	At once devastating and hilarious, <i>The Corrections</i> is the story of a dysfunctional family struggling to spend one last Christmas together. The book is not specifically about Alzheimer's: Franzen explores a number of themes, from his take on the power struggles within American families, to his sharp critique of capitalism. But through his character Alfred Lambert—a man increasingly affected by dementia—Franzen humanizes the disease, treating it with compassion.
The Memory Keeper's Daughter	Kim Edwards	2006	<i>The Memory Keeper's Daughter</i> is a brilliantly crafted family drama that explores every mother's silent fear: what would happen if you lost your child and she grew up without you? <i>The Memory Keeper's Daughter</i> captures the way life takes unexpected turns and how the mysterious ties that hold a family together help us survive the heartache that occurs when long-buried secrets burst into the open. It is an astonishing tale of redemptive love.
The Savvy Caregiver - DVD Series	Healthcare Interactive	2007	Create a better life for your loved one with memory loss or dementia while regaining control of your own life with this award-winning DVD program. In this classroom format, you'll see real people sharing their caregiving concerns openly and honestly. You'll learn the basics about dementia, how dementia affects thinking skills, your new role as a "caregiver," and effective ways to respond to changes in the behavior of your loved one.
The Spaces Between Your Fingers	Matthew Ross Smith, Dan Waldron	2013	This is one of those rare books that, in just a few minutes, will transform the way you see the world around you, beginning with the simplest, most ordinary, most overlooked of things: the spaces between your fingers. It's a parable about a grandfather vanishing into the blur of Alzheimer's, and the secret way of remembering that he taught his grandson, so they could always find each other. The story inspired <i>The Spaces Between Your Fingers</i> Project, a nonprofit that helps people with Alzheimer's pass on their memories by writing them on postcards and mailing them to their kids and grandkids. 100% of author royalties are donated to fund SBYF Project writing programs.
The Thousand Mile Stare	Gary Reiswig	2010	A stunning diagnosis of early onset Alzheimer's solves a thirty-year family mystery while unleashing powerful emotions of fear, guilt and compassion. A story of family survival and courage that takes the reader from a small town in Germany to the plains of Oklahoma—and from the struggle for survival to the frontiers of scientific research.
The Unexpected Caregiver	Kari Berit	2007	As their parents grow older, growing numbers of Baby Boomers find themselves thrust into a caregivers role, often with little warning or preparation. <i>The Unexpected Caregiver</i> not only gives tools and resources, but also helps baby boomers re-connect with Mom and Dad.

The Wilderness	Samantha Harvey	2010	Jake is in the tailspin of old age. His wife has passed away, his son is in prison, and now he is about to lose his past to Alzheimer's. As the disease takes hold of him, Jake's memories become increasingly unreliable. What happened to his daughter? Is she alive, or long dead? Why is his son imprisoned? And why can't he shake the memory of a yellow dress and one lonely, echoing gunshot?
Through the Seasons: An Activity Book for Memory Challenged Adults and Caregivers	Cynthia Green and Joan Beloff	2008	This book helps family members and caregivers engage memory-challenged adults in simple, enjoyable activities that provide stimulation and enhance communication. This large-format color picture book is divided into themes representing the four seasons. The topics and activities incorporate all five senses to facilitate connections and conversations with memory-challenged persons across a wide range of cognitive function. It also helps memory-impaired individuals to retain dignity and remain active companions, even as their communication skills become increasingly limited.
Through the Wilderness of Alzheimer's - A Guide to Two Voices	Robert and Anne Simpson	1999	Robert and Anne Simpson share the story of Bob's early onset of Alzheimer's in order to give families accurate, firsthand information about the disease and to give support and practical help to patients and caregivers. Their story, told from both of their perspectives, uses journal entries, conversations, letters and prayers, to trace the onset, diagnosis, and treatment of the disease.
Train Your Brain... Engage Your Heart... Transform Your Life: A Course in Attention and Interpretation Therapy (AIT)	Amit Sood	2010	In this book, the author synthesizes concepts from neurosciences, psychology, philosophy, and spirituality to offer a practical, hands-on approach to cultivate a healthier brain. The book offers a complete program toward enhancing present moment awareness and embodying greater gratitude, compassion, acceptance, forgiveness, and higher meaning and purpose-a state of Heartfulness.
Understanding Difficult Behaviors: Some practical suggestions for coping with Alzheimer's disease and related illnesses	Anne Robinson, Beth Spencer, and Laurie White	2007	Caregivers can use this book by A. Robinson, B. Spencer, and L. White as a resource in order to better understand challenging behaviors. The book covers why difficult behaviors happen, and offers practical advice on how to communicate and cope. It has been recommended by the American Alzheimer's Association, Family Caregiver Alliance and the NC Department of Health and Human Services.
Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's-Type Dementia (Third Edition)	Naomi Feil	2012	In this Anniversary Edition of The Validation Breakthrough, you'll learn how to create relationships between confused older adults and their caregivers; be caring and non-judgmental; understand and handle challenging behaviors; interpret non-verbal cues in a way that promotes communication; and implement Validation in your own care setting through the experiences of Authorized Validation Organizations around the world.

Validation Techniques for Dementia Care: The Family Caregiver's Guide to Improving Communication	Vicki de Klerk-Rubin	2007	This practical handbook provides all of the information and guidance needed to reframe interactions with older adults and to successfully implement proven Validation strategies. Specific verbal and nonverbal communication techniques are explained in detail and illustrated in photographs.
What If It's Not Alzheimer's: A Caregiver's Guide to Dementia	Lisa Radin and Gary Radin	2014	This book is the first comprehensive guide dealing with frontotemporal dementia (FTD). It follows recent worldwide collaboration in research and provides the most current medical information available, a better understanding of the different classifications of FTD, clarity regarding the role of genetics, and information about the various drugs that are now being used with FTD patients, as well as nonmedical options.
What's Happening to Grandpa?	Maria Shriver	2004	Kate has always adored her grandpa's storytelling - but lately he's been repeating the same stories again and again. One day, he even forgets Kate's name. Her mother's patient explanations open Kate's eyes to what so many of the elderly must confront: Alzheimer's disease and other forms of memory loss. Determined to support her grandfather, Kate explores ways to help him - and herself - cope by creating a photo album of their times together, memories that will remain in their hearts forever.
When Your Loved One Has Dementia: A Simple Guide for Caregivers	Joy Glenner	2005	This book is designed to support the caregivers and help them understand the needs and feelings of the person for whom they are caring. A central focus is the goal of sustaining a loving family relationship between the caregiver and the patient. It teaches the basics of dementia care while emphasizing communication, understanding and acceptance, and personal growth through the caregiving experience. The result is a guide that integrates the practicalities of caregiving with the human emotions that accompany it.
Who Says Men Don't Care?	James V. Gambone, Ph.D.	2011	A REAL BREAKTHROUGH FOR MALE CAREGIVERS... A CAREGIVING GUIDE WRITTEN EXCLUSIVELY FOR MEN! Who Says Men Don't Care? A Man's Guide to Balanced and Guilt Free Caregiving, is unique because it is written specifically for four generations of male caregivers. The premise of the Guide is that men care differently than women, and these differences present both opportunities and potential problems in all male caregiving situations. Knowing who you are can make you a healthier and more balanced caregiver.
Wishing On a Star: A Read-Aloud Book for Memory-Challenged Adults	Lydia Burdick	2009	This colorful illustrations and short, easy-to-read text describe favorite activities and events that fill each person's day. Styled with the appeal and simplicity of a children's book but created for adult audiences, this book can serve multiple purposes: stimulate conversation and reminiscence, encourage physical closeness and interaction, provide a calming diversion from an upsetting episode, inspire intergenerational exchanges with children, increase social interaction between staff and residents, promote reading skills and serve as an instant activity.