Recommended resources from the library

Dementia Australia libraries combined have a collection of over 14,000 resources related to dementia. Undoubtedly a great resource available to the community…but where do you begin? The following is a small selection from the top 20 items borrowed in 2017 in no particular order.


Alive Inside is a joyous cinematic exploration of music’s capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth.

**Green vanilla tea/ Marie Williams (2013)**

When Marie Williams’ husband Dominic started buying banana Paddle Pops by the boxful it was out of character for a man who was fit and health conscious. Dominic, Marie and their two sons had migrated to Australia to have a life where they shared more family time — when gradually Dominic’s behaviour became more and more unpredictable. It took nearly four years before there was a diagnosis of early onset dementia coupled with motor neurone disease. Marie began to write, as she says, as a refuge from the chaos and as a way to make sense of her changing world.

**DVD: Glen Campbell…I’ll Be Me (2014)**

In 2011, music legend Glen Campbell set out on an unprecedented tour across America. He thought it would last 5 weeks; instead it went for 151 spectacular sold out shows over a triumphant year and a half. What made this tour extraordinary was that Glen had recently been diagnosed with Alzheimer’s disease. He was told to hang up his guitar and prepare for the inevitable. Instead, Glen and his wife went public with his diagnosis and announced that he and his family would set out on a ‘Goodbye Tour.’ The film documents this extraordinary journey as he and his family attempt to navigate the wildly unpredictable nature of Glen’s progressing disease using love, laughter and music as their medicine of choice.
Fiction: Still Alice/ Lisa Genova (2009)

Alice Howland is proud of the life she worked so hard to build. A Harvard professor, she has a successful husband and three grown children. When she begins to grow forgetful, she dismisses it for as long as she can, but when she gets lost in her own neighbourhood she knows that something has gone terribly wrong.

Caring for a loved one with dementia: a mindfulness-based guide for reducing stress and making the best of your journey together/ Marguerite Manteau-Rao (2016)

This book outlines an approach to caring with calm, centred presence; responding with compassion; and maintaining authentic communication, even in the absence of words. Most importantly, discover ways to manage the grief, anger, depression, and other emotions often associated with dementia care.


When she was just 46, Christine Bryden – science advisor to the prime minister and single mother of three daughters – was diagnosed with younger-onset dementia. Doctors told her to get her affairs in order as she would soon be incapable of doing so. Twenty years later she is still thriving, still working hard to rewire her brain even as it loses its function.

The 36-hour day: a family guide to caring for people with Alzheimer disease, other dementias, and memory loss in later life / Nancy L. Mace, Peter V. Rabins (2017)

Information on diagnostic evaluation; resources for families who care for people with dementia; legal and financial information; information on nursing homes and other communal living arrangements; research, medications, and the biological causes and effects of dementia.
What the Hell Happened to My Brain? : Living with dementia / Kate Swaffer (2016)
Kate Swaffer was just 49 years old when she was diagnosed with a form of younger onset dementia. In this book, she offers an all-too-rare first-hand insight into that experience, sounding a clarion call for change in how we ensure a better quality of life for people with dementia. Kate describes vividly her experiences of living with dementia, exploring the effects of memory difficulties, loss of independence, leaving long-term employment, the impact on her teenage sons, and the enormous impact of the dementia diagnosis on her sense of self.

DVD: Filling the day with meaning / Teepa L Snow (2011)
Through learning about what makes an activity engaging and valuable, how to create a safe and inviting environment and more with early-onset dementia patients, this DVD helps professional caregivers to provide the best care for people with dementia.

Loving someone who has dementia: how to find hope while coping with stress and grief / Pauline Boss (2011)
Offers approaches to understand and cope with the emotional strain of care-giving. Boss’s book builds on research and clinical experience, yet the material is presented as a conversation. She shows you a way to embrace rather than resist the ambiguity in your relationship with someone who has dementia.

A caregiver’s guide to dementia: using activities and other strategies to prevent, reduce and manage behavioral symptoms/ Laura N. Gitlin (2014)
This book explores the use of activities and other techniques to prevent, reduce and manage the behavioral symptoms of dementia. Separate sections cover daily activities, effective communication, home safety and difficult behaviors, with explicit strategies to handle agitation, repetitive questions, acting-out, wandering, restlessness, hoarding, resistance to care, incontinence, destructiveness, sexually and socially inappropriate acts at home and in public, aggressiveness, depression. Worksheets are provided to help caregivers customize the strategies that work best for them.
Staff recommend

Look for this sticker in our collection or against items in our catalogue.

Our key criteria

- Well written/produced
- Consistently good feedback from borrowers
- Positive reviews from specialist clinicians
- The library staff loved it

Our dementia resources blog  dementiaresources.org.au

Some recent posts have been music and dementia, travelling well with dementia, grief and dementia, films and fiction that have a theme of dementia, along with many others. Take a look and if it is of interest to you please sign up for regular posts.

Our library catalogue  dementialibrary.org.au

This national catalogue contains information about items held in the Victorian collection along with other states and territories. You can visit online or call the library if you would like to check something.

Dementia Australia
Library
100 Riversdale Road, Hawthorn, 3122
T 039815 7800
E vic.library@dementia.org.au

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