The Alzheimer’s Australia SA Resource Centre Library and Information Service provides dementia specific resources in the form of books, dvds, cds, activity material, assistive technology and other media forms.

With the huge amount of dementia resources now available we are constantly sourcing the most current and meaningful material on the market. Some of the items on our shelves are not so new, but the content is still valid today and some of the best ones are still being reprinted in updated editions. This Resource Guide endeavours to inform you of the main topics available and some of the resources we have in our Library on each topic.

This list is not exhaustive, so come in and browse our shelves for other topics and information. We are located at Alzheimer’s Australia SA Inc, Resource Centre, 27 Conyngham Street, Glenside, SA. Ph: 08 8372 2100  Fx: 08 8338 3390.

Our online Library catalogue can be found on our website www.alzheimers.org.au
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# TYPES OF DEMENTIA

## BOOKS

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<th>Title</th>
<th>Description</th>
<th>Author(s)</th>
<th>Publisher details</th>
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<tbody>
<tr>
<td>What if it’s not Alzheimer’s: a caregiver’s guide to dementia</td>
<td>Beginning with a focus on the medical facts, the first part defines and explores FTD as an illness distinct from Alzheimer’s disease. Also considered are clinical and medical care issues and practices, as well as such topics as finding a medical team and rehabilitation interventions. The next section on managing care examines the daily care routine including exercise, socialization, adapting the home environment, and behavioural issues. In the following section on caregiver resources, the contributors identify professional and government assistance programs along with private resources and legal options. This newly revised edition follows recent worldwide collaboration in research and provides the most current medical information available, a better understanding of the different classifications of FTD, and more clarity regarding the role of genetics. A completely new chapter 5 enlightens the reader about the various drugs that are now being used with FTD patients and also delves into a number of nonmedical options. The wealth of information offered in these pages will help both healthcare professionals and caregivers of someone suffering from fronto temporal dementia. Revised edition. 360 pages. Amherst, N.Y.: Prometheus Books, 2008</td>
<td>edited by Lisa Radin &amp; Gary Radin (2008)</td>
<td></td>
</tr>
<tr>
<td>Alzheimer’s and other dementias: answers at your fingertips</td>
<td>If you have been affected by dementia, this book is for you. You may have been recently diagnosed, you may know someone who is experiencing symptoms, or you may be caring for someone with the condition. Dementia can be challenging and confusing, affecting carers, family and friends as well as the person diagnosed. This book answers 276 questions from all these people about the realities of dementia and will provide you with the knowledge to help you to understand the condition and take control. 236 pages. London: Class Publishing, 2008</td>
<td>Cayton, Harry , Graham, Dr Nori &amp; Warner, Dr James (2008)</td>
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### DVDs

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<tr>
<th>Title</th>
<th>Description</th>
<th>Duration</th>
<th>Publisher</th>
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<tbody>
<tr>
<td>Alzheimer's disease and other dementias: Speaking from experience: personal stories of living with illness</td>
<td>Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's mental functioning. It is a broad term which describes a loss of memory, intellect, social skills and normal emotional reactions. Alzheimer's disease and Vascular Dementia are the most common dementia accounting for over 90% of all cases. Dementia can happen to anybody, but it is more common after the age of 65. It is important to remember that most older people do not get dementia - it is not a normal part of aging. 'Speaking From Experience' offers first hand accounts from people living with Alzheimer's disease and other dementia, their partners and carers. It looks at how they deal with the disease on a day to day basis.</td>
<td>36 minutes</td>
<td>Melbourne: RealTimeHealth, 1999</td>
</tr>
<tr>
<td>Parkinson's and Lewy Body Dementia (2007)</td>
<td>Lewy body dementia affects up to 30% of people with dementia. There is currently no cure, correct diagnosis, is difficult and treatment focuses on symptom management. This can leave those who are diagnosed and their families with a sense of loss, fear and confusion about what lies ahead. But there is life after diagnosis. 'Parkinson's and Lewy Body Dementia' is an ideal introduction to the condition for those recently diagnoses, their families and carers. It explores Lewy Body Dementia from both personal and professional perspectives and features interviews with health professionals, service providers and a very special couple who share their story about living and coping with the condition. A booklet accompanies the DVD for additional information.</td>
<td>30 minutes</td>
<td>Hawthorn, Vic: Parkinson's Aust/Alzheimer's Aust., 2007</td>
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### Alzheimer’s Disease

### Books

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<tr>
<th>Title</th>
<th>Description</th>
<th>Pages</th>
<th>Publisher</th>
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<tbody>
<tr>
<td>The 36-hour day: a family guide to caring for people with Alzheimer disease, other dementias, and memory loss / 5th ed. / Nancy L. Mace, Peter V. Rabins (2011)</td>
<td>The 36-hour day is the definitive guide for people caring for someone with dementia. The new and updated edition of this best-selling book features thoroughly revised information on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option.</td>
<td>353 pages</td>
<td>Baltimore, Md.: Johns Hopkins University Press, 2011</td>
</tr>
<tr>
<td>Learning to speak Alzheimer's: a groundbreaking approach for everyone dealing with the disease by Joanne Koenig Coste</td>
<td>Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Learning to Speak Alzheimer's also offers hundreds of practical tips, including how to cope with the diagnosis and adjust to the disease's progression help the patient talk about the illness face the issue of driving make meals and bath times as pleasant as possible adjust room design for the patient's comfort deal with wandering, paranoia, and aggression.</td>
<td>240 pages</td>
<td>Boston: Doubleday, 2003</td>
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I'm still here : a breakthrough approach to understanding someone living with Alzheimer's by John Zeisel


262 pages. New York: Avery, 2009

Mom's OK, she just forgets : the Alzheimer's journey from denial to acceptance / Evelyn McLay and Ellen P. Young; forewords by Barry Gordon and Henry Weinberg (2007)

These and similar expressions of denial are often heard in families struggling with the difficult challenges of Alzheimer's or dementia in a loved one. Denial may seem to be an acceptable coping mechanism when faced with a disease that has no cure. But in fact the failure to accept reality can work against the welfare of the person suffering from a disease that causes dementia, making a bad situation worse for the whole family. In this reassuring and very helpful handbook for families, experienced caregivers Evelyn McLay and Ellen P. Young suggest various behaviors, tools, and techniques for moving beyond denial. Real people who have faced many problems share their journeys from denial to loving action and an improved attitude that helps them deal with their personal plights.


**DVDs**

**The family guide to Alzheimer's disease : Understanding Alzheimer's**

In this volume you'll learn about the nature of Alzheimer's, its causes and the stages of the disease. You'll also learn some of the typical symptoms, how to obtain a diagnosis and the current treatments. Finally, you'll learn how the disease affects our loved ones and alters the reality in which they live.

*Duration: 62 minutes. Nashville, TN: Life View Resources*, 2004

**Alzheimer's disease : patient and family support look forward programme**

This DVD is recommended for patients with recently diagnosed Alzheimer's disease and family and friends who want to understand the condition.

MEMORY MATTERS (20 minutes) What you should know about memory loss, ageing and Alzheimer's disease. A positive and practical approach to Alzheimer's disease presented by Channel Seven's Ross Symonds. This video explains what to expect from the disease, discusses important issues to consider and suggest practical ways to make life easier. Several people living with Alzheimer's disease share their stories and Dr. Dimitry Pond, a General Practitioner, provides important advice and discusses treatments for Alzheimer's disease.

TEN FOR TEN FOR LIFE (22 minutes) Physical activities for people with early stage dementia. People are living longer and so diseases of older people (such as dementia) are being encountered more frequently. Physical activity is beneficial to their quality of life. Ten for Ten is a set of ten exercises that can be done in 10 minutes, either daily or 3-4 times a week, providing a strong foundation to being strong, supple and fit. In this chapter the Ten for Ten physical activities are demonstrated in a facility and in domestic environments. Enjoy getting to know
<table>
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<tr>
<th>Duration: 62 minutes. West Ryde, N.S.W.: Pfizer, 2008</th>
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<tr>
<td>Losing Peg: reflections on a journey with Alzheimer's disease</td>
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<tr>
<td>&quot;I first met Peg when she and her husband Bryan attended our 6 week Living with Memory Loss course in Hawthorn. I remember vividly Peg and Bryan talking about the commitment of their family and friends in supporting them both after Peg's diagnosis of Alzheimer's disease. This DVD is comprised of six conversational style interviews Bryan, Bryan and Peg, friends Bob and Phyllis, daughters Jan, Sandy and Andrea, grandchildren Emilie, James and Amelia and the final interview with grandchildren Tom and Charlotte. They provide a compelling insight into the wonderful contribution Peg made to the live of all those around her and the sadness that her family and friends felt when they 'lost her to Alzheimer's disease'. Peg passed away on the 8th April 2006 aged 77 years. When you watch these interviews it is hard not to agree with Peg's family that Peg's life was indeed a 'life well lived'.&quot; Bruce Perham. The interviews were conducted by Bruce Perham counsellor at Alzheimer's Australia Victoria</td>
</tr>
<tr>
<td>Alzheimer's, The 36 Hour Day: the complete journey / presented by Dr Peter Rabins</td>
</tr>
<tr>
<td>Four years in the making, this program presents a total guide to Alzheimer's disease by Dr Peter V Rabins, a nationally acclaimed Alzheimer's expert and best selling author of &quot;The 36-hour day&quot;. Using one family's experience with Alzheimer's disease, Dr Rabins provides a universal framework starting with diagnosis and continuing through assisted living/long-term care and finally hospice. The challenges and care tips presented in this program are of great value to both family and professional caregivers.</td>
</tr>
<tr>
<td>Duration: 25 mins. University of Maryland School of Medicine, c2012</td>
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</table>
# VASCULAR DEMENTIA

## BOOKS

| **Understanding Vascular Dementia / Alzheimer’s Society** | Vascular dementia affects around 20 per cent of people with dementia in the UK. This booklet has been written to help anyone affected by vascular dementia – people with dementia, carers, family members and professionals – to understand the condition. It has been designed as a resource that can be referred to when specific advice is needed. Contents: Understanding vascular dementia -- Symptoms of vascular dementia -- Types of vascular dementia -- Factors that may cause vascular dementia -- Diagnosing vascular dementia -- Treating vascular dementia -- Useful contacts -- Coping strategies for Vascular Dementia caregivers. 18 pages. Ring binding. London: Alzheimer's Society, 2005 |
| **I Can’t Recall: By Way of Dementia - A Loved One, A Family, And A Zigzag Journey / Suzi O’Connor** | I Can't Recall is a sister's narrative of her brother's struggle with vascular dementia, diagnosed at age fifty-four. The book delves into family relationships, especially between a brother and sister. Younger individuals akin to Thom, those needing twenty-four hour nursing care, have few options. For Thom, a nursing home was chosen, and the hardships in making that type of decision are illustrated. In Part Two of the book, you will encounter Thom's journal, which was written during the first two years of his life at the nursing home. These journal entries are an amazing representation of dementia from the actual viewpoint of a person suffering from this incurable disease. reveals hope and fear; tells of sadness and happiness; imparts a bit of humor; and paints a picture of unconditional love. 169 pages. USA: Chipmunkapublishing 2010 |

# FRONTO TEMPORAL DEMENTIA

## BOOKS

| **The banana lady : and other stories of curious behaviour and speech by Andrew Kertesz** | The subject of this book is a stranger than fiction change in personality, behaviors and relationships including the gradual loss of language and the meaning of words occurring in middle age. Technical jargon is avoided or explained when necessary. The stories are all factual, and each is chosen to represent one of the typical behaviors, but many of these are shared and reoccur throughout. The book can be read as a collection of neurological tales similar to Oliver Sacks' fascinating stories or as a case based guide for the puzzling phenomenology of Frontotemporal dementia, containing much clinical and scientific information. Nineteen lives are chronicled as told by caregivers, each selected for the drama and strangeness of behavior or cognition. In each chapter the biology of the underlying brain disorder and the social and cultural aspects of the behavior change is explored. There is a special chapter: "Tips for caregivers" and three final chapters dealing with the biology, the genetics and pharmacology of the disease in lay terms. References, footnotes and glossary provide additional, but optional information. 238 pages. Victoria, B.C.: Trafford Publishing c2006 |
| What if it’s not Alzheimer’s: a caregiver’s guide to dementia / edited by Lisa Radin & Gary Radin (2008) | Beginning with a focus on the medical facts, the first part defines and explores FTD as an illness distinct from Alzheimer’s disease. Also considered are clinical and medical care issues and practices, as well as such topics as finding a medical team and rehabilitation interventions. The next section on managing care examines the daily care routine including exercise, socialization, adapting the home environment, and behavioural issues. In the following section on caregiver resources, the contributors identify professional and government assistance programs along with private resources and legal options. This newly revised edition follows recent worldwide collaboration in research and provides the most current medical information available, a better understanding of the different classifications of FTD, and more clarity regarding the role of genetics. A completely new chapter 5 enlightens the reader about the various drugs that are now being used with FTD patients and also delves into a number of nonmedical options. The wealth of information offered in these pages will help both healthcare professionals and caregivers of someone suffering from fronto temporal dementia.  
| --- | --- |
| An evolution of love: life and love with Frontotemporal Dementia / Marie Sykes, Michelle Stafford. (2007) | Bob passed away on April 7, 2006, from Frontotemporal Dementia (FTD) at the age of 50. He struggled mightily with this illness and we struggled with him, gaining an even greater respect for this fine man, as he slowly succumbed to a progressive and irreversible form of dementia. This book captures the memory and character of “Old Bob”—the Bob we knew before the onset of an illness that robbed him of his talents and capabilities. It also shows the ways in which we learned to cope with and appreciate the “New Bob”—the Bob we cared for and lived with through the course of the illness.  
| NEW IN LIBRARY! Understanding Frontotemporal Dementia (FTD) / compiled from articles and information downloaded from the internet | Contents: About frontotemporal dementia; diagnosis; treatment and outcomes; Behaviour in Fronto-temporal dementia and Semantic dementia.  
10 pages. [www.alz.org/dementi/fronto-temporal-dementia-ftd-symptoms.asp#symptoms](http://www.alz.org/dementi/fronto-temporal-dementia-ftd-symptoms.asp#symptoms) and [www.cerebralfuntionunit.co.uk/ftld_behaviour.html](http://www.cerebralfuntionunit.co.uk/ftld_behaviour.html) |

**LEWY BODY DEMENTIA**

**BOOKS**

| Living with Lewy’s; empowering today’s dementia caregiver / Amy J. Throop and Gerald S. Throop. (2008) | A revolutionary survival guide for all caregivers, especially caregivers of patients with Dementia with Lewy bodies, Alzheimer’s and other Dementias.  
### A Caregiver's Guide to Lewy Body Dementia

**By:** Helen Buell Whitworth, James Whitworth (2010)

Although Lewy Body Dementia is the second leading cause of degenerative dementia in the elderly, it is not well known or understood and is often confused with Alzheimer's Disease or Parkinson's. The Caregivers Guide to Lewy Body Dementia is the first book to present a thorough picture of what Lewy Body Dementia really is.

A Caregiver's Guide to Lewy Body Dementia is written in everyday language, and is filled with personal examples that connect to the readers' own experiences. It includes quick fact and caregiving tips for easy reference, a comprehensive resource guide, and a glossary of terms and acronyms.

This is the ideal resource for caregivers, family members, and friends of individuals seeking to understand Lewy Body Dementia.


### DVDs

**Parkinson's and Lewy Body Dementia (2007)**

Lewy body dementia affects up to 30% of people with dementia. There is currently no cure, correct diagnosis, is difficult and treatment focuses on symptom management. This can leave those who are diagnosed and their families with a sense of loss, fear and confusion about what lies ahead. But there is life after diagnosis. 'Parkinson's and Lewy Body Dementia' is an ideal introduction to the condition for those recently diagnoses, their families and carers. It explores Lewy Body Dementia from both personal and professional perspectives and features interviews with health professionals, service providers and a very special couple who share their story about living and coping with the condition.

A booklet accompanies the DVD for additional information.

Duration: 30 minutes. Hawthorn, Vic: Parkinson's Aust/Alzheimer's Aust., 2007

### Alcohol Related Dementia

#### BOOKS

<table>
<thead>
<tr>
<th>NO IMAGE</th>
<th>Understanding Alcohol related dementia / notes and information taken from various websites / downloaded January 2013</th>
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<tbody>
<tr>
<td><strong>Content:</strong> Alcohol Dementia, Memory, Learning and Other Cognitive Skills; Family issues; Caring for the person with alcohol related dementia; What is Korsakoff’s syndrome?; Who's responsible for whom? Older people with complex behavioural care needs.</td>
<td></td>
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<tr>
<td>36 pages. <a href="http://alcoholism.about.com">http://alcoholism.about.com</a> ; <a href="http://www.zarcrom.com">www.zarcrom.com</a> ; Ageing in Australia evolution or revolution? By Dr Alice Rota-Bartelink.</td>
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<tr>
<th>NO IMAGE</th>
<th>Working with people with alcohol-related brain damage / Dr Louise McCabe</th>
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<tr>
<td><strong>This report on the topical issue of alcohol-related brain damage looks at staff working with people with ARBD. It provides useful information for service providers, care staff, their managers and the families and carers of people with alcohol-related brain damage. The report explores the knowledge and attitudes of staff who work with people with ARBD, and looks at how their knowledge developed over time. It draws on their knowledge and experience to learn about caring for people with ARBD in care homes.</strong></td>
<td></td>
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<tr>
<td>35 pages. Stirling, Scotland: Dementia Services Development Centre, 2006</td>
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## FAMILY CARERS

### DIAGNOSIS / EARLY STAGE

#### BOOKS

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Description</th>
<th>Pages</th>
<th>Publisher and Year</th>
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<tbody>
<tr>
<td><em>Living your best with early-stage Alzheimer’s: an essential guide</em></td>
<td>Lisa Snyder and Douglas Galasko</td>
<td>Recent medical advances have made it possible to diagnose Alzheimer's when symptoms are mild and new drugs are under investigation to help slow progression of the disease. Today, when a person is diagnosed, they may have many years ahead with only mild symptoms. The result is that a growing number of people with early-stage Alzheimer's are seeking information about how to take charge of their lives, manage symptoms, and cope effectively with the disease. Living Your Best with Early-Stage Alzheimer’s: An Essential Guide fills an enormous void by providing a thorough, practical guide on coping with the diagnosis, managing symptoms, finding meaningful activity, planning for the future, maintaining important relationships, participating in research, and much more. This book is a working guide to help the person with Alzheimer’s feel empowered to move forward in life in light of this challenging diagnosis.</td>
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<td></td>
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<td>283 pages. North Branch, MN: Sunrise River Press, c2010</td>
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#### DVDs

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<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Description</th>
<th>Duration</th>
<th>Publisher and Year</th>
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<tbody>
<tr>
<td><em>Understanding the brain and behaviour</em></td>
<td>Creasey, Helen &amp; Alzheimer's Australia VIC (2004)</td>
<td>People living with dementia are affected in a variety of ways, which may include loss of memory, problems with thinking and judgement, changed behaviours, difficulties with tasks of daily living and changes to mood or personality. The changes that are seen relate to damage occurring inside the brain and the impact this may have upon behaviour. Dr Helen Creasy, Geriatrician, Neurologist and Medical Advisor to Alzheimer's Australia NSW presents a clear and easily understood explanation of this complex area.</td>
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<td></td>
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<td>Duration: 37 minutes. Australia: Alzheimer's Australia, 2004</td>
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<tr>
<td><em>Understanding Dementia</em></td>
<td>Alzheimer’s Australia</td>
<td>Multilingual edition: English, Arabic, Cantonese, Croatian, Greek, Italian, Khmer, Macedonian, Mandarin, Polish, Serbian, Spanish, Vietnamese. In this introduction to dementia, medical professionals explain its causes and symptoms, and people living with different stages of the condition show how it affects their lives. Strategies are presented to help manage the changes that dementia brings and to ensure that those affected continue to enjoy quality of life.</td>
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<tr>
<td>Dementia : taking the next step / Alzheimer's Australia WA</td>
<td>Receiving a diagnosis of dementia can be overwhelming and confronting. Through the stories of three families who have been through this experience, this presentation discusses the importance of seeking information and support early, and introduces the many ways Alzheimer's Australia can assist you.</td>
<td>Duration: 25 minutes. Hawthorn, Vic: Real Time Health, 2012</td>
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<tr>
<td>Living with memory loss : an exploration into the world of early stage dementia / Produced by Filmcopy (2003)</td>
<td>This video will take you into the world of early stage dementia. It will demonstrate the benefits of coming together with others, to learn more about dementia and the role that 'sharing experiences' can play in forging a meaningful direction in life after a diagnosis of dementia.</td>
<td>25 minutes. Hawthorn, Vic: Alzheimer's Australia Vic, 2003</td>
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**HINTS AND STRATEGIES**

**BOOKS**

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<td>10 helpful hints for dementia design at home : practical design solutions for carers living at home with someone who has dementia / thanks to Professor June Andrews &amp; Colm Cunningham (2012)</td>
<td>This booklet provides simple and practical design solutions to adapt the living environment for people with dementia so that they can live independently for as long as possible. Covering topics such as lighting, interior décor, sound and use of assistive technology it gives advice on how these elements can be used to their best advantage in the homes of people living with dementia.</td>
<td>69 pages. Sydney: HammondPress, 2012</td>
</tr>
<tr>
<td>10 helpful hints for carers : practical solutions for carers living with people with dementia / [Professor June Andrews and Professor Allan House] (2009)</td>
<td>10 Helpful Hints for Carers is an easy-to-read guide for carers living with people with dementia. It provides simple, practical solutions to the everyday problems family carers can face when looking after a person with dementia. Covering areas like how to cope with aggression, creating relaxing environments, 'wandering', sleeplessness and how to cope with dementia and depression, it is a mine of information and good advice.</td>
<td>55 Pages. Greenwich NSW, HammondPress</td>
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**CARER GUIDES**

**BOOKS**

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<tr>
<td>Contented Dementia : 24 – hour wraparound care for lifelong well-being by Oliver James</td>
<td>Dementia is a little-understood and currently incurable illness, but much can be done to maximise the quality of life for people with the condition. &quot;contented dementia&quot; - by clinical psychologist and author Oliver James - outlines a groundbreaking and practical method for managing dementia that will allow both sufferer and carer to maintain the highest possible quality of life, throughout every stage of the illness. A person with dementia will experience random and increasingly frequent memory blanks relating to recent events. Feelings, however, remain intact, as do memories of past events and both can be used in a special way to substitute for more recent information that has been lost. 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, &quot;Contented Dementia&quot; provides essential information and guidance for carers, relatives and professionals.</td>
<td>286 pages. London: Vermilion 2008</td>
</tr>
<tr>
<td><strong>Dementia reconsidered: the person comes first</strong> by Tom Kitwood</td>
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| Tom Kitwood breaks new ground in this book. Many of the older ideas about dementia are subjected to critical scrutiny and reappraisal, drawing on research evidence, logical analysis and the author's own experience. The unifying theme is the personhood of men and women who have dementia - an issue that was grossly neglected for many years both in psychiatry and care practice. While recognizing the enormous difficulties of the present day, the book clearly demonstrates the possibility of a better life for people who have dementia, and comes to a cautiously optimistic conclusion. It will be of interest to all professionals involved in dementia care or provision, students on courses involving psychogeriatrics or social work with older people, and family carers of people with dementia. Key features:  
* One of the few attempts to present the whole picture.  
* Very readable - many real-life illustrations.  
* Offers a major alternative to the 'medical model' of dementia.  
* Tom Kitwood's work on dementia is very well known.  

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<tr>
<th><strong>The simplicity of dementia: a guide for family and carers</strong> / Hubb Buijseen (2005)</th>
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<tr>
<td>This book offers an accessible and sympathetic introduction for relatives, carers and professionals looking after or training to work with people with dementia. Drawing on the two 'laws of dementia', the author explains the causes of communication problems, mood disturbances and 'deviant' behaviours, with particular emphasis on how these are experienced by dementia sufferers themselves. Case examples demonstrate the typical symptoms and progression of dementia, and clear guidance is provided on how to support dementia sufferers at every stage and help them deal with the challenges posed by their condition. Relatives and carers will find this book a source of essential information and encouragement to deal confidently with the difficulties posed by the condition both for people with dementia and those around them.</td>
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<tr>
<td>176 pages. London: Jessica Kingsley 2005</td>
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| **NEW IN LIBRARY!**  
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<tr>
<td>A handbook for families, friends and caregivers of those affected by dementia, which provides practical and useful strategies, that is based on solid evidence. It provides helpful answers to the multitude of questions and challenges that caregivers ‘grapple’ with each day.</td>
</tr>
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<td>United States of America: Carma Publishing 2006</td>
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**DVDs**

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<tr>
<th><strong>The family guide to Alzheimer’s disease: Understanding Alzheimer’s</strong></th>
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| In this volume you’ll learn about the nature of Alzheimer’s, its causes and the stages of the disease. You’ll also learn some of the typical symptoms, how to obtain a diagnosis and the current treatments. Finally, you’ll learn how the disease affects our loved ones and alters the reality in which they live.  
*Duration: 62 minutes. Nashville, TN: Life View Resources 2004* |
<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
<th>Details</th>
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<tbody>
<tr>
<td>The family guide to Alzheimer's disease: family caregiving</td>
<td>In this volume, you'll learn how to handle the daily responsibilities of caring for a loved one, such as eating, dressing, grooming and bathing. Just as important, you'll learn how to get the outside help from family, friends and other resources that can be critical for safeguarding your own health.</td>
<td>Duration: 62 minutes. Nashville, TN: Life View Resources 2004</td>
</tr>
<tr>
<td>Hosted by Leeza Gibbons (2004)</td>
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<tr>
<td>20 questions 100 answers 6 perspectives</td>
<td>What is dementia? How should the doctor share a diagnosis of dementia with the person and the family members? What happens after the diagnosis? What are some best-care practices?</td>
<td>Cokato, MN: Brilliant Image, 2012</td>
</tr>
<tr>
<td>Hosted by journalist Julie Anderson, this program features Judy Berry, Mona Johnson, G. Allen Power, MD, Richard Taylor, PhD, Sarah Rowan, PhD, and Bill Thomas, MD. (2012)</td>
<td>This new, 2-disk program is a compilation of honest answers about dementia from medical doctors, professional care partners, family members of those diagnosed with dementia, and a person living with it. Filled with thoughtful perspectives and firsthand experiences, this DVD will both empower families to understand and deal with dementia on their own terms and encourage healthcare professionals to think beyond their current views of dementia to provide better person- and family-centered care.</td>
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<tr>
<td>The Educated Caregiver: Coping Skills</td>
<td>Providing care for a loved one is one of the toughest jobs anyone can ever have. In this video, you will meet others who know what you're going through - and who share their experiences, fears, feelings, insights and advice. From these caregivers and from healthcare professionals, you will hear valuable strategies on getting support, developing realistic expectations, and, especially important, taking care of yourself and your loved one</td>
<td>Duration: 80 minutes. Nashville, TN: Life View Resources, 2004</td>
</tr>
<tr>
<td>The Educated Caregiver: Hands-on skills</td>
<td>A family guide to providing care for a loved one at home. Providing care for a loved one is one of the toughest jobs you can ever have. In The Educated Caregiver video series, you'll meet others who know what you're going through - and who share their experiences, insights and advice. From them and from healthcare professionals, you'll learn skills and valuable strategies for taking care of yourself and your loved one.</td>
<td>Duration 45 minutes: Nashville, TN: Life View Resources 2004</td>
</tr>
<tr>
<td>The Educated Caregiver: Essential Knowledge</td>
<td>A family guide to providing care for a loved one at home. Providing care for a loved one is one of the toughest jobs you can ever have. In The Educated Caregiver video series, you'll meet others who know what you're going through - and who share their experiences, insights and advice. From them and from healthcare professionals, you'll learn skills and valuable strategies for taking care of yourself and your loved one.</td>
<td>Duration : 48 minutes. Nashville, TN: Life View Resources 2004</td>
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</tbody>
</table>
# CARER EXPERIENCE

## BOOKS

### NEW IN LIBRARY!

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Description</th>
<th>Pages</th>
<th>Publisher</th>
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<tbody>
<tr>
<td>The good, the bad and the brilliant: lessons from the journey of living with dementia (2012)</td>
<td><em>Unley, S. Aust.: Resthaven Incorporated, 2012</em></td>
<td>&quot;This book has been written in the hope that it will challenge attitudes and the dominant belief that people get old, get dementia and need to move into a nursing home. The messages in this book may be of value to carers, family and friends, who want to support a person living with dementia to stay living at home until they die. It is also anticipated that it may be useful for staff working alongside people living with dementia.&quot;</td>
<td>34 pages</td>
<td><em>Unley, S. Aust.: Resthaven Incorporated, 2012</em></td>
</tr>
<tr>
<td>One day at a time: sharing life with dementia by Dorothy Webb</td>
<td><em>Boambee N.S.W, 2004</em></td>
<td>Care partners are the essential ingredient in the life of a person diagnosed with dementia. They enter this role unexpectedly, untrained and totally unprepared for their own mixture of emotions. In this her first book, Dorothy shares her insights into learning how to cope, live and laugh as a carer of a person with dementia in order to help family, friends and the community to realise the emotional trauma of the early years as a carer.</td>
<td>80 pages</td>
<td><em>Boambee N.S.W, 2004</em></td>
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<tr>
<td>The selfish pig's guide to caring by Hugh Marriott</td>
<td><em>London: Time Warner 2006</em></td>
<td>Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. So Hugh Marriott has written this book for them - and also for the rest of us who don't know what being a carer is all about. His aim is bring into the open everything he wishes he'd been told when he first became a carer. And he does. The book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.</td>
<td>382 pages</td>
<td><em>London: Time Warner 2006</em></td>
</tr>
<tr>
<td>Mom's OK, she just forgets: the Alzheimer's journey from denial to acceptance / Evelyn McLay and Ellen P. Young; forewords by Barry Gordon and Henry Weinberg (2007, c2006)</td>
<td><em>Amherst, N.Y.: Prometheus Books 2007.</em></td>
<td>These and similar expressions of denial are often heard in families struggling with the difficult challenges of Alzheimer’s or dementia in a loved one. Denial may seem to be an acceptable coping mechanism when faced with a disease that has no cure. But in fact the failure to accept reality can work against the welfare of the person suffering from a disease that causes dementia, making a bad situation worse for the whole family. In this reassuring and very helpful handbook for families, experienced caregivers Evelyn McLay and Ellen P. Young suggest various behaviors, tools, and techniques for moving beyond denial. Real people who have faced the many problems brought about by Alzheimer’s speak out, with hope, from these pages. They share their journeys from denial to loving action and an improved attitude that helps them deal with their personal plights.</td>
<td>182 pages</td>
<td><em>Amherst, N.Y.: Prometheus Books 2007.</em></td>
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<tr>
<td>Keeping in touch with someone who has Alzheimer's by Jane Crisp</td>
<td></td>
<td>If someone that you love has dementia, don't believe the popular view that they are lost to you forever, living in a world of their own. You CAN keep in touch if you want to. Is it your job to care for people who have dementia? You probably know that if you spend a little time with them you will find out how much they are PEOPLE with a disease, not problems to be dealt with as expeditiously as possible. Jane Crisp writes, in an easy-to-read fashion, about the way she kept in touch with the mother she loved and valued. She gives practical ideas for how we can involve someone we love in our daily lives.</td>
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activities even when popular opinion would throw them on the scrap heap, but relating to the aspects of the person that are still there! This book is a joy to read and a resource to dip into for ideas about how you, the family member or the professional carer, can celebrate and value the lives of those who have dementia.


### DVDs

**Remember me**
Narraeted by Frances Hutson, a carer (2005)

This DVD includes the stories of five carers and is narrated by Frances Hutson, also a carer. It covers different types of dementia, various age groups, backgrounds and associated behavioral issues. Carers describe the difficult journey through diagnosis, family reactions, culturally and linguistically diverse issues, dealing with changes whilst trying to maintain quality of life, and the use of services. Carers poignantly share the grief and loss experienced when living with dementia. They describe coping strategies such as self talk, support groups, use of respite and other services, re-evaluating life priorities and finding a way forward.

*Duration: 58 minutes. Vic: Alzheimer's Australia Vic 2005*

**The long goodbye**
Written and directed by Kaye Harrison; Produced by Gina Twyble (2010)

Our brain makes us who we are, it gives us our memories, our ability to think, to understand the world around us and it gives us our sense of self. All this is slowly stripped away for a person living with dementia. The Long Goodbye follows three families as they struggle to maintain the identity and dignity of those we love. Michael, a criminal barrister with four dependant children was diagnosed with early onset Alzheimer's disease at the age of 49. Michael retains insight and articulately shares his thoughts and feelings from within the disease. Myrtle - after sixty years of marriage and Ken's diagnosis of Vascular dementia, Myrtle remains determined to care for her beloved until the very end.

Tom, no longer able to care for Brenda at home, very reluctantly opts for dementia specific residential care. Racked with guilt and loneliness, Tom struggles to find a new way to remain connected with his soul mate, the woman who loves him yet no longer remembers his name.

*Includes a 15 page study guide by Marguirite O'Hara. Mitchell, ACT: Luminous Films, 2010*

### AUTOBIOGRAPHIES & BIOGRAPHIES

**Hazel's journey : a personal experience of Alzheimer's**
Sue Pieters-Hawke and Hazel Flynn. (2004.)

In November 2003, Hazel Hawke revealed that she was facing her greatest challenge - Alzheimer's disease. This is the full, inside story of Hazel's journey with Alzheimer's, told by her daughter Sue.

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<td>My Mother is my daughter by Claire N Laishley</td>
<td>Claire Laishley (author) 61 pages. Adelaide, SA, 2002</td>
<td>“Dementia is a tragic condition, even more so then it affects a parent and the adult child must come to terms with an extremely sad situation. There comes a point in dealing with this ‘affliction’ when it is hard to be sure which one of you is experiencing the ‘emotional and mental deterioration’. There is so much despair in comparing the new person with the old. Many of my friends have found themselves in such a situation. It has been a new road for many of us to travel. I hope that reading one person’s account will make the road easier to travel and acceptance of a ‘new’ family member easier to bear.” Claire Laishley (author)</td>
</tr>
<tr>
<td>A funny thing happened on the way to the nursing home : a different handbook for carers of dementia patients by Jim Connor</td>
<td>Jim Connor</td>
<td>This short, funny and sad book is a series of snapshots rather than a handbook as such. It describes, with a mixture of humour and pathos, some of the experiences of caring for a spouse with dementia, and in so doing imparts practical and useful advice. It is one person's view of how to manage an increasingly common problem, and explains why a sense of humour, and indeed a sense of the ridiculous, are very necessary attributes for surviving the caring process. The author was able to devote himself to caring for his wife at home until her death, so the nursing home in the title was never reached. This is far from the common experience, but was made possible by his own determination and capabilities, and the amazing support he received from family, the Alzheimers Association support group, and community services. The author's methods of managing his wife's difficult behaviour are excellent examples of lateral quick thinking. Dealing with an imagined visit from a duchess at 2 am, or the urgent need to plant a tree in the middle of the dining room floor, requires a good imagination and fast footwork. Although aimed primarily at the lay reader, it contains a lot of useful, and at times entertaining, material for the medical profession.</td>
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<tr>
<td>I wish I were a Leper: the diary of one couple's struggle with fear, faith and Alzheimer's / O'Rourke, V</td>
<td>O'Rourke, V</td>
<td>“I wish I were a leper. If I were a leper He could heal me.” Herein is a story that grabs the reader's attention from the outset. It is a record of unconditional love, pain and suffering, hope and despair, anger and elation. The book relates a personal conflict of faith and belief in a God of love and compassion. It speaks clearly to all who care for those suffering long term terminal diseases, especially those allied to dementia.</td>
</tr>
<tr>
<td>Living in the labyrinth : a personal journey through the maze of Alzheimer's / Diana Friel McGowin (1993)</td>
<td>Diana Friel McGowin (1993)</td>
<td>Diana Friel McGowin's life was ravaged at age 45 by the devastating diagnosis of early onset of Alzheimer's disease. Tormented by the progression of her debility, she persevered in documenting her thoughts and emotions on her word processor. For those familiar with the book, this audio publication adds an update of McGowin's life after her manuscript's publication. With fierce determination she reads her own book, describing herself as &quot; an Alzheimer's who talks--who talks back.&quot; Professional narration would diminish this book's impact. The stark truthfulness of her reading compels the listener's attention. Hearing McGowin's voice, one feels the despair, confusion and hope of an Alzheimer's patient. Living In The Labyrinth is the story of how one woman found the strength and the courage to cope with a devastating disease that has afflicted five million Americans. Far from being an exercise in self-pity or a standard autobiography, this is an unflinching and ultimately uplifting look at a debilitating illness from the inside out.</td>
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</table>
Show me the way to go home / by Larry Rose (1996)

Larry Rose was a vital, gifted engineer in his forties when Alzheimer's struck. In this first-person account, Rose shares his heartbreaking and sometimes heartwarming skirmishes with a disease he has been battling since its diagnosis in 1992. His resilience, courage, and optimism are phenomenal as he copes with the anger, fear, and loneliness of an illness that is stealing his mind. With his friend and caregiver Stella providing support, Rose remains an independent man who drives alone to his cabin in the Ozark Mountains and volunteers to take experimental drugs. This remarkable work shows the disease's effects not only on its victim but on those who encounter him—from devoted cafe cronies to a supposed friend who cheats Rose out of a large sum of money. This is an inspiring account of a man of acceptance, wisdom, and faith who is fighting the good fight with the hallmark grace and humor of the truly brave.

139 pages. Forest Knolls, Ca.: Elder Press 1996

Who will I be when I die / Christine Bryden ; foreword by Elizabeth MacKinlay (2012)

It was like looking into a window, peering in to someone who was fearful of what the future held, who did not know she was about to embark on an exciting and challenging journey to change attitudes around the world! It was also quite confronting to see the depth and breadth of my vocabulary, and the amount of research I had been able to do on the science of dementia. That was another window on the past, opening out to someone I could no longer recognise as being me. After 15 years, much has changed in my functioning. I am far more reliant on others, and far less capable than I was back then. I am increasingly frustrated and angry at my difficulties with finding words when speaking, and my equally increasing difficulty in writing words down. I am not as much in control of my emotions, so find it hard to control anxiety and depression, as well as anger and frustration. When I wrote the book, I lived alone with my youngest daughter, who was then aged 9. Now I would no longer be able to live alone, and feel really blessed to have met and married my second husband Paul. With his patient support and encouragement, I am still doing far more than would be expected.


HOW THE BRAIN WORKS

The brain that changes itself : stories of personal triumph from the frontiers of brain science / Norman Doidge (2007)

A new science called neuroplasticity is overthrowing the old notion that the human brain is immutable. Psychoanalyst Doidge travelled the country to meet both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed—people whose mental limitations or brain damage were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

| It's never too late to change your mind : the latest medical thinking on what you can do to avoid dementia / Dr Michael J. Valenzuela (2009) | First our memories. Then our independence. Finally even control of our bodies. Dementia can be a frightening illness. That a lifetime of achievements, knowledge and experiences could be replaced one day by a state of infant-like dependency in an anonymous and incomprehensible world is an understandable fear. There are practical things that we can all do to mitigate against the course of dementia. Using the latest research, It's Never Too Late to Change Your Mind explains just what dementia is and what causes it. And most importantly, what you can do to avoid it. Understand the importance of having a healthy heart – the link between vascular health and forms of dementia is paramount • Learn the link between diabetes and dementia and how the oxidation theory works • How can cholesterol and what we eat affect brain function? • Is there a link with homocysteine levels? • How mental activity promotes brain growth – even in adults! • Use it or lose it – what mental activities are best? Avoiding the onset of dementia is a whole body, whole-of-life process. It's Never Too Late to Change Your Mind explains how this works, what to do, and reassures us all that we can all take action before things go too far.


**DVDs**

| DVD Understanding the brain and behaviour / Creasey, Helen & Alzheimer's Australia VIC (2004) | People living with dementia are affected in a variety of ways, which may include loss of memory, problems with thinking and judgement, changed behaviours, difficulties with tasks of daily living and changes to mood or personality. The changes that are seen relate to damage occurring inside the brain and the impact this may have upon behaviour. Dr Helen Creasy, Geriatrician, Neurologist and Medical Advisor to Alzheimer's Australia NSW presents a clear and easily understood explanation of this complex area.

*Duration: 30 minutes. Australia: Alzheimer's Australia, 2004*

| DVD The brain fitness program: DVD / Merzenich, M & Keep, L (c2008) | The Brain Fitness Program is based on the brain's ability to change and adapt, even rewire itself. In the past two years, a team of scientists has developed computer-based stimulus sets that drive beneficial chemical, physical and functional changes in the brain. Dr. Michael Merzenich of the University of California and his colleagues share their scientifically based set of brain exercises in this life-altering program. Peter Coyote narrates.

*Duration 60 minutes. Santa Fe Productions, c2008*

| NEW IN LIBRARY! Music of the Brain DVD | Music affects our development from the womb to the grave. Filmed in Bologna Italy and Melbourne Australia this documentary examines the role music plays in developing our brains as humans. Music is good for our health -- as non-Western tribal cultures have always known -- and this documentary shows you how and why. |
NEW IN LIBRARY!

The Brain that Changes Itself DVD

THE BRAIN THAT CHANGES ITSELF: The discovery of neuroplasticity, the fact that thoughts can change the structure and function of our brains, even into old age, is one of the most important breakthroughs in our understanding of the brain in recent times. In the Brain that Changes Itself, Dr Norman Doidge explore the profound implications of the changing brain in a way that will permanently alter the way we look at human possibility and human nature. The documentary examines a blind man who sinks a basketball; a woman with half a brain who leads a normal life; learning disorders, strokes and brain traumas that are improved and cured; and chronic pain that is alleviated. The vast expanse of the brain's possibility is still unrealised

Included on this DVD is the sequel CHANGING YOUR MIND, which explores the latest research that is offering hope to those suffering from obsessive compulsive disorder, post-traumatic stress disorder and even schizophrenia.

Duration: 107 mins. Toronto: Bolinda Audio, c2009,c2010

NEW IN LIBRARY!

Test Your Brain DVD

This groundbreaking three-part series provides a fascinating window into the inner workings of the human brain. Through interactive experiments and tricks, the show reveals how our brains create the illusion of a seamless reality. As these revealing experiments provide a unique view into our brains, the world's leading experts explain how and why these tests work. Explore cutting-edge science to examine real people with extraordinary brains, revealing new discoveries about attention, sensory perception and memory.

Episodes: Pay Attention, Memory, You Won’t Believe Your Eyes

National Geographic. 2013

COMMUNICATION

BOOKS

Validation techniques for dementia care: the family guide to improving communication / Vicki de Klerk-Rubin (2008)

Written especially for family members and friends caring for people with dementia, this practical guidebook offers a solution to commonly faced communication and relationship difficulties. Developed by social worker Naomi Feil and widely practiced around the world, the Validation approach provides caring and empathetic techniques to support meaningful communication and interaction with people with memory impairments.

This hands-on resource gives family caregivers all the information and guidance they need to successfully implement proven Validation techniques and enjoy resulting benefits such as -- reduced challenging behavior -- improved communication -- lower levels of stress and anxiety in both caregivers and older adults -- more satisfying relationships.

Caregivers who adopt Validation will learn how to break through the silence and pain of withdrawal and interact with their loved one with greater respect and compassion. Start re-establishing connections and improving relationships today with Validation Techniques for Dementia Care.

**DVDs**

| Effective Communication with people with dementia / Alzheimer's Australia | Understanding how dementia affects communication and finding ways to cater for the changes in people's abilities can help to make communication with people with dementia more effective and enjoyable. Communication is one of the important ways that we achieve tasks, express our needs and stay connected with each other. People who have dementia usually experience a decline in their ability to communicate. This can be frustrating and difficult for everyone involved. In this program, people with dementia and their families and carers show some common communication difficulties. They also demonstrate various techniques or strategies that can help. By adapting these strategies to individual circumstances, effective communication can be maintained throughout all stages of dementia.  
*Duration: 21 minutes. Canberra: Alzheimer’s Australia Vic 2006* |

**MANAGING BEHAVIOURS**

**BOOKS**

| Reducing stress-related behaviours in people with dementia: care-based therapy / Chris Bonner, illustrated by Wayne Madden (2005.) | This practical book provides simple and imaginative ways to prevent and reduce stress-related behaviours in people with dementia in residential care. The author's approach is based on maximizing personal expression and fulfilment and recovering access to familiar, enjoyable and meaningful activities. He suggests strategies for managing common problems with feeding, bathing, toileting and sleep, looks at how to understand and cope with wandering, agitation and inappropriate sexual activity, and discusses ways of defusing aggressive behaviour. He also explains how to enhance care home environments and staff communication skills, and suggests a variety of helpful activities and therapies. Written in a clear, accessible style, this book will be an invaluable resource for residential care workers and the families and carers of people with dementia.  

*256 pages. Bicester, Oxon, UK: Speechmark 2000* |

| Understanding difficult behaviors / Anne Robinson, Beth Spencer, Laurie White (2007) | The detailed information on environmental, physical, and emotional influences is very beneficial to both family and professional caregivers striving to make improvements that may avoid difficult behaviors. Practical coping strategies for responding to challenging situations such as agitation, wandering, incontinence and resistance to care are also offered. These practical strategies for making changes based on possible causes and guidance to problem-solve helps to avoid the behavior and address it when it occurs.  
*73 pages. Ypsilanti, Michigan: Eastern Michigan University 2007* |
### DVDs

| DVD Managing challenging behaviour in dementia / produced by Alan Tibbetts (2006) | This film is the second in the series designed especially for people caring for someone suffering from Dementia. It explains the common behaviours that often occur during the illness & explore with you how best to manage them. Focusing more on changes in behaviour, often distressing to both the sufferer & the carers. Expert advice is given by Dr David Somerfield (Consultant Psychiatrist), Dr Joanna Wildgoose (Consultant Psychiatrist) & Tim Dudley (Clinical Nurse Specialist) and real life experiences from the carers themselves. Once again we visit them & their partners at home and experience how they manage the Dementia and learn to adapt to what is a dramatic change in their life style. You will find comfort and reassurance in the knowledge that other people are going through the same thing you are & that there’s a whole support network there to help you.  

*Duration: 45 minutes. Torbay: Alzheimer's Society 2006* |

| DVD The family guide to Alzheimer's disease : behavior issues / Hosted by Leeza Gibbons (2004) | Alzheimer’s changes almost everything about the way our loved ones perceive the world—and how they respond to it. One of the keys to helping our loved ones continue to live as successfully as possible is to understand this changed, strange world. In this volume you’ll learn more about how Alzheimer’s affects our loved ones—and how those effects typically change the person’s behavior. You’ll also learn successful strategies for “redirecting” that behavior in ways that help your loved one and your family enjoy a better quality of life.  

*Duration 67 minutes. Nashville, TN: Nashville 2004* |

### EXERCISE

### CDs

| NO IMAGE CD - Seated exercise program: for those with cognitive loss / Jones, M (Australia, Wet Dog Prod, c2008) | Play the CD and follow the instructions to the end.  

*By Megan Jones. 2008.* |
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<tr>
<th>DVDs</th>
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| **DVD Alzheimer’s disease: patient and family support look forward programme (2000)** | Included in this three part DVD is the segment, TEN FOR TEN FOR LIFE (22 minutes) Physical activities for people with early stage dementia. People are living longer and so diseases of older people (such as dementia) are being encountered more frequently. Physical activity is beneficial to their quality of life. Ten for Ten is a set of ten exercises that can be done in 10 minutes, either daily or 3-4 times a week, providing a strong foundation to being strong, supple and fit. In this chapter the Ten for Ten physical activities are demonstrated in a facility and in domestic environments. Enjoy getting to know the exercises as well as your body and the resulting benefits. Please check with your doctor before beginning any new exercise program.  
*Duration: 22 minutes. West Ryde, N.S.W.: West Ryde 2000* |
| **DVD Active living links: keeping active to enjoy life (2011)** | Activity Living Links helps you keep your body and brain active. Section one includes some easy to do exercises to help keep you strong, supple and stable on your feet. Section two includes some fun brain teasers to stimulate your brain and liven up your thinking. Active Living Links is for you to use as often as you like in the comfort of your own home. The more you use it, the more positive steps you take towards better physical and brain health. For people living with dementia and family members.  
*Duration: 30 minutes. A joint project between Active Ageing Australia and Alzheimer’s Australia SA, 2011* |
| **Best of sitting dances kit / Life be in It** | Best of Sitting Dances is a ‘Life. Be in it’ program encouraging gentle movement to music from a chair sitting position. It is a fun program for people with limited mobility, encouraging participation at all levels from the basic to the flamboyant! There are no rights and wrongs in Sitting Dances except to join in at whatever level feels comfortable. The 13 dances range from slow and rhythmic to faster, more exuberant. Leaders should select dances most suitable for their group, adapting and modifying them if needs be. Dances include The Dance of Greeting, Paprika, Raindrops Blues, The Russian, The Irish Washerwoman, Heel & Toe Polka, Hand Shape Circle Dance, Little Italian, Flower Girl, Taxi! Clap & Shake, Charleston, Colour Dance. Each dance starts with a visual backdrop to stimulate interest and create the potential for stories, themes, reminiscing and jollity! Also included is a little background information on each dance and tips for leaders.  
*Includes 1 x DVD, 1 x CD, 14 instruction cards. Apollo Bay, Vic: Life be in it, 2008* |
| **NEW IN LIBRARY! DVD Move It or Lose It: Movement to Music** | Designed for anyone new to exercise, or who is looking for a fun way to exercise without leaving the support of their chair.  
*Duration: 50 minutes. Melbourne, Vic.: Arthritis Victoria inc c2006.* |
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<th>NO IMAGE</th>
<th>Booklet - Activities at home: planning the day for a person with dementia / Alzheimer’s Association</th>
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<td>Activities are the “things we do”, like getting dressed, doing chores, playing cards – even paying bills. They can be active or passive, done alone or with others. Activities represent who we are and what we’re about. A person with dementia will eventually need a caregiver’s assistance to organize the day. Planned activities can enhance the person’s sense of dignity and self-esteem by giving more purpose and meaning to his or her life. This booklet shows you how to plan activities; create a daily plan; measure the plan’s success; gives a daily plan sample form. 10 pages. USA, Alzheimer’s Association.</td>
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<tr>
<td>NO IMAGE</td>
<td>Activities Booklet for Carers / prepared by David Blanksby (1995)</td>
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<td></td>
<td>This booklet presents some guidelines for helping individuals with Alzheimer’s disease perform activities and explains how to match activities with the abilities, needs and interests of the person who has Alzheimer’s Disease. 16 pages. Adelaide, SA, Alzheimer’s Australia SA, 1995.</td>
</tr>
<tr>
<td>NEW IN LIBRARY!</td>
<td>We can, we can, we can: purpose and pleasure for people living with dementia / Paula Bain and Marina Cavill, additional writing and editing by Linda Gordon (2012)</td>
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<td>Activity must meet our need for meaning and connection, as well as providing an outlet for creativity, spirituality, joy, fun, and relaxation. Every one of us has leisure and recreation preferences. Not all want to sing in a group, join a club or make and create. Some love company, while others prefer time alone. And every person’s experience of life lived with dementia is unique. These infinite variations mean there can be no “one size fits all” approach to activities for purpose and pleasure. This collection of activities respects that diversity, as well as the need for a person-centred approach to activities. 148 pages. Hawthorn: Alzheimer’s Australia Vic, 2012</td>
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<td>Improve your care by improving the functioning of your clients or residents with Alzheimer’s disease. Discover how the principles of Montessori education can help people with dementia maintain or improve skills needed in their daily lives. With these 41 step-by-step activities you can enhance the skills used to perform basic tasks. 76 pages. Beachwood, OH: Menorah Pk Center for SL, 1999</td>
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<td>A best friend knows your habits, what you like to do, and what makes you feel good. The Best Friends Book of Alzheimer’s Activities puts all of these qualities to work to help you transform the activity programming at your nursing facility, adult day center, assisted living facility, or home care setting. Staff, participants, and even family members will all benefit. In these inspiring pages, you will find formal and informal activities, with innumerable variations communication and conversation tips suggested songs and musical tie-ins adaptations for people in the early and late stages of Alzheimer’s disease activities for unprogrammed time, including evenings ideas especially for men, opportunities for intergenerational exchanges, preventive measures to avoid unwanted surprises, reminders of the spiritual benefits inherent in good activities. Planning activities for people with dementia may seem challenging, but The Best Friends Book of Alzheimer’s Activities shows how easy and natural it can be. 199 pages. Baltimore, Md.: Health Professions Press, 2004</td>
</tr>
</tbody>
</table>

Expand and enrich your Best Friends activity programming with 149 all-new activities for individuals with dementia. Like the first book, this collection of fun and easy activities will add both meaning and enjoyment to the activities at your adult day center, home care setting, or residential care facility. Feedback and insights from individuals with early-stage dementia helped shape this new collection, as well as activity suggestions from national and international dementia programs. As a result, the activities include a new focus on diversity and multiculturalism. Also featured are topics of interest to participants in their 50s and 60s, such as the Internet, advocacy, and community service. Participants, staff, and family members will enjoy fresh ideas for creative art projects, interactive games, and evening activities. New themes to explore in Volume 2 include activities related to the kitchen and food, life story sharing and reminiscence, religious and spiritual traditions, and wellness. Adaptations for people in the early and late stages of Alzheimer's disease, preventive measures to avoid unwanted surprises, and conversation tips make these activities particularly versatile. Use this resource to extend the benefits you already enjoy from Best Friends programming or discover for the first time how this groundbreaking approach can transform activities and daily interactions.


A different visit : activities for caregivers and their loved ones with memory impairments / Adena Joltin, Cameron J. Camp, Beverly H. Noble, Vincent M. Antennucci (2005)

A Different Visit gives you ideas that will allow you to recapture the enjoyment of visiting with your loved one. Inside are activities designed to stimulate conversation and interaction and provide support to make each visit more enjoyable than the last. This manual was created to help people have a different visit with relatives who have memory problems, such as those related to dementia. We hope that here you can find many activities that are right for you and your family members regardless of where they are in the course of dementia. We understand that every person with dementia is different. What works for one person may not work for another, and what works one day may not work another day. This manual is written specifically to you - all those who love family members dearly, but need some inspiration for how to better engage and interact with them. The manual is entertaining as well as informative.

118 pages. Beachwood, Ohio: Menorah Park Center for the Aging 2005

ACTIVITIES / GAMES

For early to mid stage dementia

Magic Memories : a walk down memory lane game (Original game)

A game designed to stimulate memory in the elderly. Played in groups of up to 30, spin the arrow on the spinner and a player is asked a question according to the colour which is thrown - six categories are represented; general, family, childhood, leisure, household, special occasions.

Contains 6 packs of 35 cards each; 1 spinner; instruction card. Adelaide, SA: Alzheimer's Association South Australia, 1995
| **Magic Memories Quiz Edition Game** | The success of Magic Memories has led to the need for a slightly competitive version of the game. With a completely new set of cards the Quiz Edition is ideal for families or coordinators of residential and community based settings. Categories include Famous Pairs, Famous People, Golden Oldies, Proverbs, Early Years, War Years.  
**Contains 6 packs of 35 cards each; 1 spinner; instruction card. Adelaide, SA: Alzheimer's Association South Australia, 1995** |
| **NEW! Sense the Moment : a reminiscence activity to promote memories through the senses** | This activity was developed by dedicated staff of Alzheimer’s Australia SA. Having worked in the field of aged care and with people living with dementia for many years the staff members have designed this group activity for people with early to mid stage dementia. Sense the Moment has been designed to specifically focus on provoking past memories of life experiences around touch, smell, taste, sounds and sights of people living with dementia. The game contains 180 memory provoking questions which will encourage marvellous diverse conversations and bring fun and humour to the table. In addition there is an extra activity involving player participation with 6 coloured discs that match the colours of the 6 different categories of cards.  
**Contains 6 packs of 30 cards each; 6 coloured discs; bag; instructions card. Adelaide, SA : AASA, 2013** |
| **Memory Squared – Famous Couples. A Montesorri-based game designed to exercise and stimulate memory** | For 1 – 10 players. Match up the famous couples. E.g. Hansel and Gretel.  
**Contains: 1 instruction sheet; 92 black squared cards; 10 square game cards; 20 rectangular cue cards. Created by Myers Research Institute. USA.** |
| **Large Tactile Dominoes** | Played like traditional dominoes except the dominoes are much larger and instead of dots they contain different tactile materials.  
| **Qwirkle : mix, match, sort** | Components : 108 square tiles (3.5 cms square), which contain 6 different shapes and designs in 6 different colours - 3 of each colour ; 1 bag ; instruction booklet. This game should be modified to suit people with dementia by playing it as a mix, match and sorting activity. Is suitable for small groups or individuals.  
**MindWare, 2010** |
<table>
<thead>
<tr>
<th>NEW IN LIBRARY!</th>
<th>Colorama sorting activity</th>
<th>Components: 40 x game pieces; 1 x colour die; 1 x shape die; Instructions sheet. This game should be modified to suit people with dementia. It can be played as a Montessori-based activity for sorting and matching. Suitable for small groups or individuals. Ravensburger, c2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>What's the Opposite : word game</td>
<td>A word game for 2 or more players. This game of matching the opposites will promote cognitive stimulation, socialization and fun. It is suitable for people with early stage to middle stage dementia. Contains 36 word cards, 12 word boards, 1 wipe off white board marker. Adelaide, SA, AASA 2013.</td>
<td></td>
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<tr>
<td>Fruit Salad Bingo</td>
<td>Match the fruits – a game for 2 or more players. Based on the old game of bingo where players look for the fruit on their “bingo” cards this game of matching the fruits will promote cognitive stimulation, socialization and fun. It is suitable for people with early stage to middle stage dementia. Contains 21 cards containing different fruits, 8 boards containing 6 different fruits, 1 wipe off white board marker. Adelaide, SA, 2013.</td>
<td></td>
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<tr>
<td>Getting to know you</td>
<td>Contains 24 cards, each of which has a simple question or statement printed on it. E.g. “My very best friend”. The cards have been designed to give a feeling of achievement, a sense of belonging through sharing of similar experiences, and a chance to get to know each other. It can be used as a group activity where everyone can share their experiences or as a one on one activity. Instructions included. By Steve Vanderwerf. <a href="http://www.dementiawhatworks.com">www.dementiawhatworks.com</a></td>
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<td>NEW! One Putt Putting Green</td>
<td>Enjoy the luxury of your own indoor/outdoor putting green. With the 316cm total length Ball Return Putting Mat, you can practice your putting techniques everywhere you go. The ball-returning feature adds to the ease of use. The non-skid rubber backing ensures the carpet will always lay flat and never crease. This is a popular accessory and very needy for the golfer who likes to practice and keep things flowing in their game. Easy to store it compacts down and then when you want to practice - complete with replica hole slightly uphill to encourage a positive stroke. Features:</td>
<td></td>
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| **Indoor / Outdoor Bocce** | * Non-skid foam backing  
* Polypropylene grass-like surface simulates Bermuda Grass for an authentic feel of speed, line and slope  
* Ball Return System  
* Simulated Grass Mat  
* Unique Gravity Ball System  
* Channel Returns Ball  
* Regulation Sized Cup  
* Help To Increase Your Putting Accuracy  
* Comes with 3 balls and 1 club  
* Total length 316cm  
* Can return to small package after use |

| **3.6 metre parachute** | A game for up to 6 players. Contains 8 x 3 inch polyethylene balls (2 blue, 2 red, 2 yellow, 2 green), 1 white scoring jack (ball) and instructions.  
* Stoughton, MA, Franklin Sports |

| **Croquet Set** | Parachutes are a wonderful motivational resource for exercise, movement and social interaction.  
* A great outdoor activity. Have fun outside with this ageless game.  
* Contains 6 Hardwood croquet sticks (83.8 cms), 2 Hardwood stakes, 9 x 5mm 'U' shaped wickets, 6 x colour coded polymer balls (8.4 cm)  
* Bayswater, Vic, Halex products. |

| **Jigsaw Puzzles** | Large wooden 24 piece jigsaw puzzles. Variety of different pictures.  
* Also, smaller ones starting from 8 pieces. |
| Talking to Alzheimer's: simple ways to connect when you visit with a family member or friend / Claudia J. Strauss; foreword by Zaven S. Khachaturian. (2001) | Alzheimer's can have a devastating impact on a patient's close relationships and all too often, family members and friends feel so uncomfortable that they end up dreading visits, or simply give up trying to stay in contact with the patient. This book offers a wealth of practical things you can do to stay connected with the Alzheimer's patient in your life. It offers straightforward suggestions and invaluable do's and don't's, 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. |
| Friends matter: how to stay connected to a friend living with dementia | Friendships matter. Friends help us navigate life's ups and downs. Friends accept us as we are. What can we do to maintain this special bond when a friend is living with dementia? How do we stay connected in ways that are meaningful, and what interests can we continue to enjoy together? These are some of the important questions this booklet aims to address. We hope the information and suggestions in this guide help you stay connected, as you discover different and meaningful ways to be with a friend living with dementia. |
| 23 pages. Alzheimer's Australia Vic, c2012 |
| With a little help...how family and friends can support a carer / Resthaven | This information is for family and friends of a Carer: to help you support someone you know who is caring for someone else. Here is some information and practical ideas for family and friends about how to support a Carer in their important role. There is a sense that the Carer can or should be strong and 'just get on with it'. Carers who we have spoken with said that they wished there was some information available to family and friends that would help them understand and better support the Carer. Carers don't call for special praise – just some recognition and understanding of what they are going through. |
| 20 pages. Unley, S. Aust.: Resthaven 2011 |
### The All-Weather Friend’s Guide to Alzheimer’s Disease: Staying Connected to Loved Ones with Dementia and Their Caregivers by Mary Cail

Mary Cail offers a new and engaging guide to relationships with both patients and caregivers. Her book gives unique ideas: how to have a supper club for a caregiver, produce an entertaining video for a person with advanced dementia, help a friend in the early stage at a restaurant, write a comforting letter. But the book goes beyond practical suggestions and tells, more importantly, how to respond as a friend’s cognitive ability, time commitments or stressors change. “Do” and “don’t” conversation guides give examples of new situations. Memorable, true stories—from Velma, the daughter of an Arkansas sharecropper, to Willa, a physician once nominated for Surgeon General—illustrate the challenges of each stage. The book prepares a reader who is not directly affected by Alzheimer’s disease to stay actively involved in the lives of the patients and caregivers who are. Written with the time and interests of the audience in mind, it is quickly readable, covers all stages, and applies equally to relationships with both the patient and the caregiver.

208 pages. USA, 2012.

### Dementia: support for family and friends / Dave Pulford and Rachel Thompson. (2012)

For friends, family members and carers of people with dementia, understanding the condition and coping with the impact it has on their lives can be extremely challenging. This book, written specifically for these groups, explores each stage of the journey with dementia and explains not only how it will affect the person with the condition, but also those around them, and how best to offer support and where to get professional and informal assistance. It focuses on the progressive nature of dementia and the issues that can arise as a result, and gives practical advice that can help to ensure the best possible quality of life both for the person with dementia and the people around them. A comprehensive and practical introduction to the condition, this book is essential reading for anyone who has a friend or relative with dementia.

240 PAGES. London ; Philadelphia: Jessica Kingsley 2012

### Most difficult decision: dementia and the move into residential aged care : Discussion paper 5 October 2012 / This paper has been developed and written by the Policy and Information Unit, Alzheimer’s Australia NSW (2012)

Some aims of this discussion paper are:
- improved quality and timeliness of information about moving to a RACF
- psychosocial support to negate the impact of emotional stress
- the adoption of a staged approach to ‘sharing the care’ through easier access to care respite in a RACF

In addition, carers felt that other aspects which would improve the experience of moving and settling in to a new environment include:
- staff skilled in delivery of quality dementia care
- a higher staff to resident ratio
- provision of meaningful, inclusive activities which interest the person with dementia
- a warm and welcoming environment that is characterised as ‘home like’
- strong leadership and management skills to promote quality dementia care before, during and after the placement of the person with dementia into residential care.

| Letting go without giving up: continuing to care for the person with dementia / [written and edited by Jenny Henderson and Maureen Thom] ([2005]) | The idea for Letting go without giving up grew from concerns expressed by carers who felt they were no longer allowed to have a role in caring for the person they had looked after at home after the person entered long-stay care. This booklet is aimed at carers who want to continue their involvement in the lives of the people they have cared for, even if they are no longer responsible for their day-to-day physical care needs. 30 pages. Edinburgh : Alzheimer Scotland - Action on Dementia, 2005 |
| NEW IN LIBRARY! Caring for someone living with dementia | Noteworthy chapters in this guide: Thinking about residential care -- Visiting someone in an -- aged care home -- Checklist to find the right -- aged care home -- Useful contacts Bupa |
| DVDs | Partners in care: a training package for involving families in dementia care homes / Bob Woods ... [et al.] (2008) | Following admission to a care home, family and friends may feel uncertain as to how they now 'fit in' to their loved one's life. This training package, comprising a booklet and DVD, is designed to encourage family participation in the care home and develop a constructive partnership between staff in care homes, families and people with dementia. The DVD and booklet provide material for four separate training sessions for use by mixed groups of relatives and care home staff. Each session explores a different theme: sharing information, sharing the care, developing supportive relationships and making it work. With a clear and flexible layout, group exercises and notes for the facilitator, this training package will enable professionals and relatives to develop positive and fulfilling ways of working together and improve the level of care for those with dementia. This practical training package complements the book Involving Families in Care Homes: A Relationship-Centred Approach to Dementia Care (Woods, Keady & Seddon) and will be an essential resource for care home professionals and family members who wish to improve relative-resident relationships for those with dementia. Duration : 30 minutes. 29 page booklet. London: Jessica Kingsley Publishers, 2008 |
Complaints of a dutiful daughter / Hoffmann, Deborah (1994)
Shows interactions between an Alzheimer's patient and her daughter. The daughter discusses how she has dealt with her mother's illness and describes various stages of the disease. This DVD is far more than a story about Alzheimer's and family carers. It is an exploration of family relations, ageing, the meaning of memory and the tenacity of love.

In this DVD, you’ll learn how to make some difficult transitions. You’ll learn how to adapt social activities to accommodate your loved one’s increasing disability and isolation. You’ll also learn how to recognize when the time has come to consider moving your loved one to a care facility (and how to evaluate these facilities). You’ll learn how the disease affects a person’s spirituality, and you’ll gain insights from others who have gone through the process of grieving the loss of a loved one for whom they have provided years of care. Transition.
Duration : 44 minutes. Nashville, TN: Nashville, 2004

DEALING WITH LOSS AND GRIEF

Ambiguous loss: learning to live with unresolved grief / Boss, Pauline (1999)
This book looks at unresolved grief. What happens when a family member may still be alive but is “lost” to the family nonetheless. It includes a discussion of people with severe dementia.

NEW IN LIBRARY!
Staying connected while letting go: the paradox of Alzheimer’s caregiving / Sandy Braff and Mary Rose Olenik (2003)
When you’re living with a loved one who is suffering from Alzheimer’s disease, it is very important that you not only survive the physical demands placed on you as the primary caregiver, but that you also learn to cope with the emotional turmoil that it brings to your own life. With this book at your side, you will have the tools you need to manage the stressors of your changing and challenging world as you learn from those who have been in the same difficult situation.
The caregivers you will meet in this book, with whom you have much in common, have learned how to deal with the frustration, anger, and grief that come naturally to any person in this role. Their poignant stories and personal experiences will help you to make the right decisions and minimize the chaos that can overwhelm you. Now, you can find the strength to care for your loved one and remain emotionally committed as the mutuality of your partnership fades. Now, you can find the strength to stay connected while letting go.
254 pages. New York: M. Evans, 2003

NEW IN LIBRARY!
Loving someone who has dementia: how to find hope while coping with stress and grief by Pauline Boss
Research-based advice for people who care for someone with dementia. When Someone You Love Has Dementia is a new kind of caregiving book. It’s not about the usual techniques, but about how to manage on-going stress and grief. Dr. Boss helps caregivers find hope in "ambiguous loss" having a loved one both here and not here, physically present but psychologically absent. Outlines seven guidelines to stay resilient while caring for someone who has dementia. Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be. 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”--Provided by publisher.
An unrecognised grief. Loss and grief issues for carers: a carer’s guide / written by Annie Cantwell-Bartl (2001)

Everyone experiences loss during life. However, for carers many of the changes and losses experienced can come quickly and often. This booklet is about loss and grief that arises not only through death, but also from a large range of other losses. This booklet aims to offer some support and to help you understand the significance of not only what you do, but also the bond you share with others who are in the same situation.

31 pages. Melbourne: Carers Victoria , 2001

DEALING WITH STRESS

NEW IN LIBRARY!

Stress Management For Carers / Jessica M Smyrl (Author)

A great resource and self-help book for any carer who is feeling under stress or is anxious. There are lots of very useful tips and activities to try. It can be read right through or picked up and used to help and support when needed. Jessica Smyrl is a qualified nurse, midwife, Stress Management Consultant and Trainer. She runs a Stress Management Consultancy, Training and coaching business in Glasgow. Jessica and her sister cared for their mother whilst they both worked full-time which was on occasion difficult to cope with. After their mother passed away in March 2006, Jessica volunteered with a local carers’ charity for about two years mainly giving telephone support to carers. In 2009, Jessica founded Your Stress Management and her first business break was when the charity she was volunteering with were looking for a stress management consultant and training provider. They asked Jessica initially to carry out some consultancy and then provide training to carers. This was an excellent opportunity for Jessica as she was able to combine her role as a carer, volunteer and stress management expert to develop and deliver specific stress management training for carers. “Stress Management for Carers” was written by Jessica as she found that many of the issues and problems which she had as a carer had not changed. Most of these issues were still extremely frustrating for carers today, so she felt that a self-help book would give some support and much needed help to carers.

164 pages. Chipmunkapublishing 2011)

NEW IN LIBRARY!

Loving someone who has dementia: how to find hope while coping with stress and grief / Pauline Boss (c2011)

Research-based advice for people who care for someone with dementia. When Someone You Love Has Dementia is a new kind of caregiving book. It’s not about the usual techniques, but about how to manage on-going stress and grief. Dr. Boss helps caregivers find hope in “ambiguous loss” having a loved one both here and not here, physically present but psychologically absent. Outlines seven guidelines to stay resilient while caring for someone who has dementia. Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be. 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—Provided by publisher.

| NEW IN LIBRARY! | Little book of care: caring for yourself whilst caring for someone else by Colleen Atkinson | The journey of the Carer is not always an easy one, despite the love and dedication which Carers bring to their role. The role of the carer is often misunderstood, especially the amount of time, effort and energy carers dedicate to it, often at the expense of their own wellbeing. This book was written by a Carer, for Carers of all ages and back grounds. It offers support inspiration and occasional humour in a format which can be used as a personal journal. If you are caring for someone, this book was written for you. The author’s aim was to provide some ideas and strategies for carers to maintain their own wellbeing whilst caring for their loved one, for without doubt you cannot continue to give without replenishing your own physical, mental and spiritual self. 98 pages. Peacock Publishing. Norwood, SA. 2011 |
| NEW IN LIBRARY! | Caregivers: drowning in a sea of cognitive challenges / by Delaune Pollard | This book provides the reader with an in-depth detailed and easy to read approach to care giving and explains what people in their care neuro biologically can do based on the Cognitive Level Scale and the latest research on brain function. It describes how informal caregivers are subjected to incredible stress causing inflammation within their own bodies resulting in a condition known as Caregiver Syndrome. Illogically, what is often not understood or discussed in this age of scientific advancement, modern medicine and improved health-care techniques is the fragility of the human brain and the deficits in functional cognition resulting from brain dysfunction. Caregivers recognize the difficulties faced by those they are assisting but have never been given a satisfactory reason why the person they are caring for cannot successfully do basic daily activities and tasks. It is extremely daunting for caregivers who need to prompt and cue knowing at any time they will be verbally abused by the person they care for, why do they continue -- because they care. 432 pages. 2nd ed., rev. and expanded. Mononta, USA. 2008. |
| DVDs | DVD Staying positive / Cameron-Hill, Patricia (presenter) Cameron-Hill, Patricia & Yates, Shayne | Everything you do can be easier and more enjoyable with a positive attitude. A good mood can improve relationships, enhance learning, reduce stress at work and make the job more fun. There is also a strong connection between positive emotions and wellness. Staying Positive is an exciting, energetic and entertaining presentation of ideas you can use to get into a good mood and stay there. By watching this video, you’ll be more aware of the times when you may be tempted to give in to negative emotions and what you can do to cut them off and choose more helpful alternatives. The program includes: A role-play of transferring attitudes in the workplace; Simple, yet effective strategies to lift your mood; How to use the power of the mind to see things differently; Humour and laughter to relax and feel good; Encouragement and ideas for surviving tough times; Where to look to find reasons to be happy. Duration: 42 minutes. Windsor, Vic.: Cameron-Hill/Yates, circa 2008. |
| NEW IN LIBRARY! | Stress and Humour  
Cameron-Hill, Patricia (presenter)  
Cameron-Hill, Patricia & Yates, Shayne | Laughter is the greatest stress buster in the world. As you laugh along with a studio audience, you'll discover for yourself the energising and relaxing benefits of laughter. You'll learn where to find and use humour to develop a more playful disposition, boost your sense of humour and share with others the gift of laughter. The video is filled with funny stories, practical ideas and props to bring more humour into your life. Watch Stress and Humour for a 'fun break' at home and at work for meetings, training sessions and team building.  
| --- | --- | --- |
| NEW IN LIBRARY! | Living with stress  
Cameron-Hill, Patricia , Cameron-Hill, Patricia (presenter) & Yates, Shayne | This video gives strategies to reduce stress and feel more in control by making needed changes or learning to accept what cannot be changed. This 28-minute video captures the dynamics of a studio audience who are involved and inspired by the information and energetic presenting style. Using a simple chart and everyday examples, it explains stress and shows how each person has a choice in the way they respond to stress. It demonstrates the mind-body connection and how feelings impact stress. This fresh insight challenges people to re-think any habits of thought and action that may be causing stress in their lives. A special feature of the video is a prescription for good health to better withstand stress, recover from it quicker and have more energy.  

### BRAIN EXERCISE

#### BOOKS

- **Remembering Well: how memory works and what to do when it doesn’t**  
  A compact, friendly book that informs, reassures and gives practical guidance to people who think they are losing their memory; to people who are losing their memory; and to those who care for them as well. Delys Sargeant OA was previously head of the Social Biology Resources Centre at Melbourne University and in the 1980s a weekly commentator on ‘Life & Relationships’ on Ramona Koval’s national radio program. Now she is president of the Council on the Ageing (Vic), and vice-president of COTA nationally, and is an adviser to several governments and agencies concerned with older Australians, women’s health, public health etc. Anne Unkenstein is a clinical neuropsychologist specialising in memory loss and consults at the Cognitive, Dementia and Memory Service, Melbourne Extended Care and Rehabilitation Service, Parkville Melbourne. She is also in private practice, is an academic associate of the School of Behavioural Sciences, Department of Psychology at the University of Melbourne, and a community educator and regular guest speaker for the Council on the Ageing.  

- **Strengthen your Mind: Activities for people with early memory loss**  
  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. Developed by two adult day service professionals and field-tested with individuals with early-stage Alzheimer’s disease, the activities feature trivia, reminiscence, and sensory stimulation. Matching, fill-in-the-blank, and brainstorming worksheets allow older adults to test their memory and gain new knowledge on a wide variety of topics, including •
<table>
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<tr>
<th>Strengthen Your Mind</th>
<th>Strengthen your Mind: Activities for people concerned about early memory loss, Volume 2</th>
<th>The Brain Training Revolution – Book with DVD</th>
<th></th>
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<td>advertising slogans • popular culture of former decades • heroes and heroines • famous movies • national landmarks • and much more</td>
<td>Like the popular first volume, these 87 all-new 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 function, promote social interaction, and provide hours of meaningful enjoyment. Developed by two adult day service professionals and field-tested with individuals with early-stage Alzheimer's disease, these activities feature trivia and reminiscence. Organized into three categories (People, Places, and Things), fill-in-the-blank, matching, and brainstorming worksheets allow older adults to test their memory and gain new knowledge on a wide variety of topics including favourite music, popular expressions, famous movies, historical leaders, prominent U.S. and world landmarks, celebrated athletes, and much more. Strengthen Your Mind, Volume Two, 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.</td>
<td>The Brain Training Revolution is a valuable weapon on the battleground of aging. You can greatly influence the vitality of your brain. You can guard against brain disease. It's never too late to start the Brain Training Revolution, and the scientific evidence is clear—you will feel better and your body and brain will benefit. You'll find out more about: 1 What to expect as your brain gets older 2. How to boost your brain's performance in midlife and beyond while combating normal age-associated memory loss 3. How to protect and strengthen the &quot;memory maker&quot; in your brain, the small sea horse-shaped structure called the hippocampus 4. How modest lifestyle adjustments can make a huge difference 10 maintaining a healthy brain 5 The Importance of plasticity and brain reserve: how you can better your brain at any age 6. The features of the brain that are critical to healthy brain aging 7 How to work out your brain using full-color illustrations 8. Simple things you can do every day to keep your brain healthy and functioning at its peak</td>
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<tr>
<td>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. 150 pages. Baltimore, Md.: Health Professions Press</td>
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<tr>
<td>Strengthen your Mind: Activities for people concerned about early memory loss, Volume 2</td>
<td></td>
<td>The Brain Training Revolution – Book with DVD by Paul Bendheim, MD</td>
<td>NEW IN LIBRARY!</td>
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## DVDs

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<tr>
<th>DVD Active living links: keeping active to enjoy life (2011)</th>
<th>Activity Living Links helps you keep your body and brain active. Section one includes some easy to do exercises to help keep you strong, supple and stable on your feet. Section two includes some fun brain teasers to stimulate your brain and liven up your thinking. Activity Living Links is for you to use as often as you like in the comfort of your own home. The more you use it, the more positive steps you take towards better physical and brain health. For people living with dementia and family members. <em>Duration: 30 minutes. A joint project between Active Ageing Australia and Alzheimer's Australia SA, 2011</em></th>
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<tr>
<th>NEW IN LIBRARY!</th>
<th>Brainversity DVD By Brighter Minds</th>
<th>To stay fit and healthy, we should regularly exercise our bodies, and the brain is no different. Brainiversity is a game designed to stimulate your brain with 16 different activities covering Language, Memory, Math and Analysis. You can track your progress with daily exams and compare your results with your friends and family. Best of all, Brainiversity is fun! <em>Platform: Windows Vista / XP. 2008</em></th>
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## PEOPLE LIVING WITH DEMENTIA

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<tr>
<th>Living with dementia: a booklet for people with dementia / Australia. Dept. of Health and Ageing (2006)</th>
<th>If you have been diagnosed with dementia this book may help you. It contains ideas about ways you may help yourself and gives you information about services that can offer you support <em>Contents: About this book -- Introduction to memory loss and Dementia -- Living with Dementia -- My Family and Friends -- Planning for the Future -- Useful Contacts</em> 32 pages. [Canberra]: Commonwealth of Australia 2006</th>
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<th>Book Title</th>
<th>Summary</th>
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<td><strong>Stolen moments</strong>: inspiring and unforgettable stories from people living with Alzheimer's / [Compiled by Elizabeth Bezant and Pamela J. Eaves] (2006)</td>
<td>This is a collection of stories from across the world that is bound to inspire, comfort and inform. Age-related memory loss affects people in every corner of the world, yet we still know little of the frustration and loneliness felt by those who live with it and those who support them. But this is not the path that this book takes; Stolen Moments reveals the heart-warming stories of people who see past the pain to the humour, to the irony, and to those single random moments when the love that was stolen from them returns. Stolen Moments is written by the people who know it best, those who live everyday with Alzheimer's.</td>
<td>148 pages. Quinns Rocks, W.A.: Writing to Inspire 2006</td>
</tr>
<tr>
<td><strong>Speaking our minds</strong>: what it's like to have Alzheimer's / Snyder, Lisa (2009)</td>
<td>Speaking Our Minds provides an unparalleled view into the day-to-day experience of Alzheimer's through the reflections of seven diverse individuals with the disease. By interweaving each person's responses from in-depth interviews with her own thoughtful interpretation, dementia expert Lisa Snyder explores the many dimensions of the Alzheimer's experience. As a result, this rich text offers professionals, family caregivers, students, and people who have dementia the opportunity to learn more about: The uniqueness of each person's experience and symptoms Coping strategies people use to face the changes and losses in their lives The changes that are experienced as the disease progresses Barriers to living full and dignified lives How to identify with and listen to persons with Alzheimer's Distinct issues for young-onset persons with dementia</td>
<td>174 pages. Revised edition. Baltimore, Md.: Health Professions Press 2009</td>
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<tr>
<td><strong>Facing dementia – how to live well with your diagnosis</strong> NHS Health Scotland</td>
<td>This booklet is aimed at people who have just been diagnosed with any type of dementia. It is designed to help people with dementia understand more about their condition and how to cope with the impact it may have on their lives. It also shows people with dementia where they can go for help, and explains how they can plan for their future and maintain their quality of life. This booklet has been written with the help of the Scottish Dementia Working Group, all of whom have a diagnosis of dementia. Contents include: About dementia; Emotional reactions; Dementia and other people; Practical support; Medical treatment; Staying well; Tips for coping; Driving; Work; Money matters; Planning for the future; Prospects for the future; Further help- for you and your family; Useful publications</td>
<td>72 pages. Edinburgh: 2008</td>
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**YOUNGER ONSET DEMENTIA**

### AUTOBIOGRAPHIES & BIOGRAPHIES

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<th>Title</th>
<th>Summary</th>
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<td><strong>Living in the labyrinth : a personal journey through the maze of Alzheimer's</strong> / Diana Friel McGowin (1993)</td>
<td>Diana Friel McGowin's life was ravaged at age 45 by the devastating diagnosis of early onset of Alzheimer's disease. Tormented by the progression of her debility, she persevered in documenting her thoughts and emotions on her word processor. For those familiar with the book, this audio publication adds an update of McGowin's life after her manuscript's publication. With fierce determination she reads her own book, describing herself as &quot;an Alzheimer's who talks--who talks back.&quot; Professional narration would diminish this book's impact. The stark truthfulness of her reading compels the listener's attention. Hearing McGowin's voice, one feels the despair, confusion and hope of an Alzheimer's patient. Living In The Labyrinth is the story of how one woman found the strength and the courage to cope with a devastating disease that has afflicted five million Americans. Far from being an exercise in self-pity or a standard autobiography, this is an unflinching and ultimately uplifting look at a debilitating illness from the inside out.</td>
<td>129 pages. San Francisco: Elder Books, 1993</td>
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<td><strong>Who will I be when I die?</strong> / Christine Bryden ; foreword by Elizabeth MacKinlay (2012)</td>
<td>It was like looking into a window, peering in to someone who was fearful of what the future held, who did not know she was about to embark on an exciting and challenging journey to change attitudes around the world! It was also quite confronting to see the depth and breadth of my vocabulary, and the amount of research I had been able to do on the science of dementia. That was another window on the past, opening out to someone I could no longer recognise as being me. After 15 years, much has changed in my functioning. I am far more reliant on others, and far less capable than I was back then. I am increasingly frustrated and angry at my difficulties with finding words when speaking, and my equally increasing difficulty in writing words down. I am not as much in control of my emotions, so find it hard to control anxiety and depression, as well as anger and frustration. When I wrote the book, I lived alone with my youngest daughter, who was then aged 9. Now I would no longer be able to live alone, and feel really blessed to have met and married my second husband Paul. With his patient support and encouragement, I am still doing far more than would be expected.</td>
<td>172 pages. Revised edition. London : U.K.: Jessica Kingsley, 2012</td>
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<tr>
<td><strong>Dancing with dementia : my story of living positively with dementia</strong> / Christine Bryden (2005)</td>
<td>Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. Since then she has gone on to challenge almost every stereotype of people with dementia by campaigning for self-advocacy, writing articles and speaking at national conferences. This book is a vivid account of the author's experiences 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 caregivers can help.</td>
<td>200 pages. London: Jessica Kingsley, 2005</td>
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**Alzheimer’s from the inside out** / by Richard Taylor (c2007)

Receiving a diagnosis of Alzheimer's disease profoundly alters lives and creates endless uncertainty about the future. How does a person cope with such a life-changing discovery? What are the hopes and fears of someone living with this disease? How does he want to be treated? How does he feel as the disease alters his brain, his relationships, and ultimately himself? Taylor provides illuminating responses to these and many other questions in this collection of provocative essays. Diagnosed with Alzheimer's disease at age 61, the former psychologist courageously shares an account of his slow transformation and deterioration and the growing division between his world and the world of others. With poignant clarity, candor, and even occasional humor, more than 80 brief essays address difficult issues faced by those with Alzheimer's disease, including the loss of independence and personhood, unwanted personality shifts, communication difficulties, changes in relationships with loved ones and friends, and the declining ability to perform familiar tasks. Individuals with early-stage Alzheimer's disease will take comfort in the voice of a fellow traveler experiencing similar challenges, frustrations, and triumphs. Family and professional caregivers will be enlightened by Taylor's revealing words, gaining a better understanding of an unfathomable world and how best to care for someone living in it.


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**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. She finds herself in the rapidly downward spiral of Alzheimer's Disease. She is fifty years old. Suddenly she has no classes to teach, no new research to conduct, no invited lectures to give. Ever again. Unable to work, read and, increasingly, take care of herself, Alice struggles to find meaning and purpose in her everyday life as her concept of self gradually slips away. But Alice is a remarkable woman, and her family, yoked by history and DNA and love, discover more about her and each other, in their quest to keep the Alice they know for as long as possible. Losing her yesterdays, her short-term memory hanging on by a couple of frayed threads, she is living in the moment, living for each day. But she is still Alice.


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**The banana lady: and other stories of curious behavior and speech** / Andrew Kertesz. (c2006)

The subject of this book is a stranger than fiction change in personality, behaviors and relationships including the gradual loss of language and the meaning of words occurring in middle age. These are stories about a relatively little known illness in middle age, that happens to be much more common than it is generally recognized. The exact cause remains a puzzle as with many other afflictions of the nervous system, but we are beginning to understand its anatomy, genetics, and biology. Technical jargon is avoided or explained when necessary. The stories are all factual, and each is chosen to represent one of the typical behaviors, but many of these are shared and reoccur throughout. The book can be read as a collection of neurological tales similar to Oliver Sacks' fascinating stories or as a case based guide for the puzzling phenomenology of Frontotemporal dementia, containing much clinical and scientific information. Nineteen lives are chronicled as told by caregivers, each selected for the drama and strangeness of behavior or cognition. In each chapter the biology of the underlying brain disorder and the social and cultural aspects of the behavior change is explored. There is a special chapter: "Tips for caregivers" and three final chapters dealing with the biology, the genetics and pharmacology of the disease in lay terms. References, footnotes and glossary provide additional, but optional information.

| NEW IN LIBRARY! | Jan’s story : love lost to the long goodbye by Barry Peterson | Jan Petersen was vibrant, active, healthy, and just 55 when she was diagnosed with Alzheimer's. Barry was not even slightly prepared for what happened to her, and how it would impact his life when “forever” suddenly and terrifyingly has an expiration date.  
| NEW IN LIBRARY! | I Can't Recall: By Way of Dementia - A Loved One, A Family, And A Zigzag Journey / Suzi O'Connor | I Can't Recall is a sister's narrative of her brother's struggle with vascular dementia, diagnosed at age fifty-four. The book delves into family relationships, especially between a brother and sister. Younger individuals akin to Thom, those needing twenty-four hour nursing care, have few options. For Thom, a nursing home was chosen, and the hardships in making that type of decision are illustrated. In Part Two of the book, you will encounter Thom's journal, which was written during the first two years of his life at the nursing home. These journal entries are an amazing representation of dementia from the actual viewpoint of a person suffering from this incurable disease. The book illustrates the many twists and turns of managing a situation such as Thom's; reveals hope and fear; tells of sadness and happiness; imparts a bit of humor; and paints a picture of unconditional love.  
170 pages. USA: Chipmunkapublishing 2010 |
| NEW IN LIBRARY! | An evolution of love : life and love with Frontotemporal Dementia / Marie Sykes, Michelle Stafford. (2007) | Bob passed away on April 7, 2006, from Frontotemporal Dementia (FTD) at the age of 50. He struggled mightily with this illness and we struggled with him, gaining an even greater respect for this fine man, as he slowly succumbed to a progressive and irreversible form of dementia.  
This book captures the memory and character of “Old Bob”—the Bob we knew before the onset of an illness that robbed him of his talents and capabilities.  
It also shows the ways in which we learned to cope with and appreciate the “New Bob”—the Bob we cared for and lived with through the course of the illness.  
| NEW IN LIBRARY! | Coping with early onset dementia / Ekersley, Jill (2011) | Younger people with dementia face a number of special challenges. Although they have a diagnosis of dementia, they may still be working and have dependent children and family commitments. Also, they may be physically fit and find it not only to deal with losing their mental faculties, but also the stigma attached to the condition. Consequently, this guide is designed to help them cope with their condition.  
Topics covered include:  
- types of dementia, including Alzheimer's disease  
- managing dementia on a day-to-day basis and dealing with common problems  
- obtaining support that is appropriate for younger people with the condition  
- treatments and new drugs in the pipeline  
- dealing with practical issues, such as work, driving and obtaining benefits  
- support for families, carers and children  
- care as the condition progresses - day centres, respite care and residential care  
- the relationship between dementia and genetics  
- complementary therapies  
- further resources  
| NEW IN LIBRARY! | Young hope and the broken road | Top Secret Tips Unveiled Within! Journey inside the Author's world of what it is like to only be in your forties and have younger onset dementia. 
Contents: PART I -- Young hope - four years later -- Our story -- Early onset Alzheimer's Disease -- PART II -- Symptoms & stages -- What about a doctor? -- Can medications help? -- Loss of independence * coping strategies -- Accepting the disease -- Denial of loved ones -- Hazards in the home -- PART III -- Explaining Alzheimer's Disease to children -- Laughter is the best medicine -- The challenges we face -- Those that we miss -- Living with Alzheimer's Disease -- The caregiver's perspective -- PART IV -- Safe return -- Where are we now? 
| --- | --- | --- |
| NEW IN LIBRARY! | Larry's way : another look at Alzheimer's from the inside by Larry Rose | Once a person has been diagnosed with Alzheimer's disease, they become discouraged, frustrated, depressed and angry. Larry is different. While obviously not welcoming his illness, he has turned his feeling and insights toward writing this book. 
Larry Rose's first book Show me the way to go home has been translated into three languages. He writes of his day to day experiences in coping with Alzheimer’s disease. Rose has triumphed over incredible odds to produce this rare and lucid account of his experience with Alzheimer’s. Rose lives alone in his mountain retreat in Arkansas. 
130 pages. iUniverse, Inc. 2003 |

**DVDs**

| DVD | The long goodbye / Written and directed by Kaye Harrison; Produced by Gina Twyble (2010) | Our brain makes us who we are, it gives us our memories, our ability to think, to understand the world around us and it gives us our sense of self. All this is slowly stripped away for a person living with dementia. The Long Goodbye follows three families as they struggle to maintain the identity and dignity of those we love. Filmed over a 3 year period, the documentary celebrates the capacity of the human spirit to search for meaning and hope when the end is known and inescapable. The three families are at different stages of the condition and they offer their own unique perspective. 
Michael, a criminal barrister with four dependent children was diagnosed with early onset Alzheimer's disease at the age of 49. Michael retains insight and articulately shares his thoughts and feelings from within the disease. 
The most important element in Myrle's life has always been her husband Ken. After sixty years of marriage and Ken's diagnosis of Vascular dementia, Myrle remains determined to care for her beloved until the very end. 
Tom's wife, Brenda is in the latter stages of her Alzheimer's disease. No longer able to care for Brenda at home, Tom very reluctantly opts for dementia specific residential care. Racked with guilt and loneliness, Tom struggles to find a new way to remain connected with his soul mate, the woman who loves him yet no longer remembers his name. 

*DVD plus 15 page study guide. Mitchell, ACT: Luminous Films, 2010* |
**NEW IN LIBRARY!**

**DVD Through our eyes – a life with dementia by the Scottish dementia working group**

‘Through our eyes’ is the third DVD produced by the Scottish Dementia Working Group. It features seven members of the SDWG and lets viewers see what it’s like to live life with dementia from the perspective of people with dementia. It is intended primarily for use as a training and awareness-raising tool for professionals at all levels within the health and social care sectors working in dementia care, but it can be used effectively in awareness-raising with all allied health professionals and the general public. It can also be used with people recently diagnosed with dementia to help them realise that they are not alone and the importance of keeping as involved and as active as possible. Members are frank about their feelings at diagnosis which may also resonate with others newly diagnosed.

Duration: 44 minutes. Glasgow.

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**BOOKS**

**Quality dementia Care: Younger Onset Dementia – a practical guide** / Prepared by Frontier, in association with Cognitive Disorders Clinic, Prince of Wales Hospital (2009)

The objective of this publication is to draw together information on younger onset dementia and provide practical information for those newly diagnosed as well as their families and carers. “You’re too young for dementia” is often the reaction of health professionals, family and friends of people with dementia because society associates dementia with older adults. Advocacy on the many issues that impact on the lives of those with younger onset dementia has become an important part of the work of Alzheimer’s Australia in recent years.

44 pages. Canberra: Alzheimer’s Australia 2009. Quality Dementia Care Series No.5

**Quality dementia care: understanding younger onset dementia / Mocellin, R [et al.] (2008)**

CATALOGUED

Understanding younger onset dementia is a practice and evidence-based booklet summarising the neuropathology and characteristics of the different dementias occurring in younger adults under 65 years of age. This booklet provides information of assistance to health professionals and others on the different types of dementia diagnosed in younger people and explains many of the characteristics of the associated changes that occur with younger onset dementias.

52 pages. Australia: Alzheimer’s Australia, 2008. Quality Dementia Care Series No. 4

**NEW IN LIBRARY!**

**What about the kids? Frontotemporal degeneration: information for parents with young children and teens (c2012)**

Unlike many other dementias, FTD frequently occurs in middle age, meaning there are often children at home. When any parent faces a serious illness, their young children and teens need support and flexibility as well as lots of love and understanding. Few situations can be as stressful on a family as losing a parent to a degenerative brain disease. FTD is a rare disease with challenging symptoms that can cause considerable impact on the family. As FTD progresses, it creates ever-changing obstacles and unique challenges for families to manage. Meanwhile, children grow and change. Their development heads in the opposite direction as their ill parent’s. What your kids can understand about the disease and what it will mean for their lives will evolve over the years. Maintaining an open dialogue with your children will help them cope and create a sense of well-being. Most importantly, taking care of yourself by practicing positive behaviors that decrease your anxiety will set a good example for the kids. As difficult as it may be for you to admit, at some point you will need to prioritize your child’s wants and needs above your spouse’s. Sometimes, that means turning to an adult day program or a long term care facility earlier than in other families without children. This booklet’s goal is to assist families to navigate successfully FTD’s diagnosis, challenges and changes. Furthermore, this booklet aims to reassure you, the well parent. Children and teens
can become resilient and confident adults despite—and often as a result of—adversity. Your strength will help your children feel safe and will show them how people who love each other help one another in tough times. No one welcomes the changes that FTD brings. Yet, hidden within the loss is the potential for unexpected positive growth.

CD-ROM
2 young 4 dementia: meeting the needs of people with younger onset dementia / Alzheimer’s Australia ACT (c2008)

The term younger onset dementia is used to describe any form of dementia diagnosed in people under the age of sixty-five. Dementia in younger people is much less common than dementia affecting people over the age of sixty-five and may be difficult to diagnose. However, correct diagnosis is important. The most common cause of younger onset dementia is Alzheimer’s disease. Other types of dementia such as frontotemporal dementia, vascular dementia, acquired brain injury, and alcohol related dementias are more common in younger onset dementia than in those with dementia who are over the age of sixty-five. Several types of younger onset dementia are hereditary. Genetic screening may therefore be considered by family members in certain situations. 2 young 4 dementia is designed to complement the dementia competency CHCAC15A Provide care support which is responsive to the specific nature of dementia. Underpinning knowledge addressed in the competency is not repeated in this resource, it provides additional knowledge to meet the needs of a specific group of people with dementia whose needs are often different to those experienced by older people.


CHILDREN

BOOKS

The smell of chocolate: and Pog’s Alzheimer fact file / Written and illustrated by Barbara McGuire (2003)

Contents: The Smell of Chocolate, Pog’s Alzheimer fact file, Dementia, brain change, remembering, forgetting, delusions, hallucinations and confabulations, feeling connected, hugs, communicating, same special somebody, today and in the future, zillions, bibliography. Edited by the staff and volunteers at Alzheimer’s Australia WA Ltd.


The Magic Tape Recorder: a story about growing up and growing down / Written by Grandma Joyce and illustrated by Ink Delevova

“Alzheimer’s disease (AD) is one of several irreversible dementing illnesses. We must not take away the opportunity for grandmas, grandpas, aunts and uncles for them to continue having a warm relationship with their grandchildren, nieces and nephews. This book is based on visits I have made to elementary schools talking to children about memory loss and aging. Parents have relayed stories of how their children did not want to visit a memory impaired relative. Now that they understand why their grandparent cannot remember their names, the children are now regular visitors.” From the author.

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<td>Remember Me / Margaret Wild &amp; Dee Huxley</td>
<td>Ellie and her grandmother are very good friends and they spend a lot of time together. But Grandma is growing old and her memory is failing, and they both worry that she might one day forget Ellie. Together they devise ways for Gran to remember important things – and she does, sometimes. This touching story highlights the insecurities of memory-loss and the energetic optimism of youth. The characters are warmly depicted in Dee Huxley Perceptive Illustrations.</td>
<td>28 pages. Hunters Hill, NSW. 1996. For children aged 4 – 7.</td>
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<td>Grandpa’s stories / by Rachel Tonkin</td>
<td>Patrick’s grandpa loved to tell stories about his childhood – wonderful stories about pet foxes and fun pranks; life as it was when Grandpa was a boy. Patrick has heard these stories often and knows them very well. So when Grandpa struggles with the symptoms of Alzheimer’s Disease and has trouble remembering, it is Patrick who must tell Grandpa’s Stories.</td>
<td>30 pages. Pt Melbourne, Vic. 1996. For children aged 5 – 9.</td>
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<td>I Remember When / by Tracy Mobley and Austin Mobley</td>
<td>This story is written in the simple style of children for children but holds vivid powerful messages even adults will find tugging at their hearts. I Remember When gives a deep and insightful glance through the eyes of a child as he watches his mother fight this mysterious illness known as Alzheimer’s disease. Let him show you what his young eyes have seen and then maybe you will understand why he has had to grow up way too soon.</td>
<td>31 pages. Hazelwood, MO 2005. For children aged 5 - 9.</td>
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<td>The Memory Box / by Mary Bahr illustrated by David Cunningham</td>
<td>Gramps sometimes forgets to shave, cuts his feet when he accidentally leaves home without shoes on and talks to a daughter who isn’t there. The problem is Alzheimer’s disease: he knows it, Gram knows it and young Zach, the narrator, knows it. The memory box is a small carved wooden treasure chest of bits of paper recording the good times, filled by the three of them. This picture book for middle readers refreshingly features a family that talks about difficult topics--and whose members, including Gramps himself, find a way to heal their wounds. When Gramps wanders off, the boy “helped him back to the house. Led him, if you want to know the truth.” Rich, uncomplicated illustrations deftly delineate the scene--the berry red house on a lake, quiet blue water, deer in the tall grass--and the players in this quiet and touching drama. Love and reassurance fill these pages--along with the sadness of loss and knowledge that there is more to come.</td>
<td>29 pages. Illinois, USA. 1992. For children aged 7-11.</td>
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| NEW IN LIBRARY! | Shining Brightly : a story to help families dealing with dementia, loss and grief /written and illustrated by Sheryl Munday | Meet Lauren, a young girl coming to terms with the loss of her grandmother. Through Lauren's eyes we meet Nana. She loved the beach, was funny, forgetful, and a best friend who could build a great sandcastle. She had Alzheimer's. Dementia touches the lives of so many people. Understanding the illness goes a long way to providing the right support. This is a story of unconditional love, with memories of a friendship that had no need for words. It is about accepting people as they are, for 'everyone' is always 'someone' even if they can't tell you their name, or remember yours.
New author, Sheryl Munday, formerly a community care coordinator, is now a village manager for Southern Cross Care in WA. She says she was driven to produce the book – which has both written and illustrated - after witnessing daily the confusion experienced by relatives of people with Alzheimer's disease and other forms of dementia.
"I was inspired to write Shining Brightly to help residents' family members understand what was happening to their loved ones," said Munday. "I felt that they needed simple answers to questions like 'why they have become forgetful?' and 'why they are moving into care?'.
"It is also important to sensitively inform children about what they can expect as the dementia progresses in a grandparent or family member. I found that a children's book was the perfect mechanism for this," she said.
| NEW IN LIBRARY! | Remember Me When Navigating Through Alzheimer's Disease / by Isabelle Angelite Ster and illustrated by Emily Morgan | The cruel reality of Alzheimer's disease is that it steals from two groups of people. Individuals suffering from this form of dementia are callously robbed of their minds and memories over time. Just as heartbreaking, though, is the theft of the continued comfort and joy the Alzheimer's patients would have brought to their family members and loved ones as the disease progressively grows worse. Remember Me When is a heartfelt story that provides insight into Alzheimer's disease, as told by 8-year-old Isabelle Ster (whose grandfather, Papa Jerry, suffers from the disease), beautiful imagery from artist Emily Morgan, and expert advice on coping skills and interacting with those who succumb from this disease, Remember Me When will be a cherished resource to families and friends as they journey alongside a loved one with Alzheimer's disease.
Show more Show less

**TEENS**

| The long and winding road - a young person's guide to dementia / Jane Gilliard (1995) | The Long and Winding Road explains in language that is clear but never condescending the different forms of dementia and what happens to people with dementia and to their families. It describes how young people may be affected and how they may feel, and offers practical suggestions to help overcome some of the difficulties. Above all, this book aims to dispel the fear and loneliness experienced by young people encountering dementia in someone they love.
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<tr>
<td>Understanding and living with Alzheimers and Dementia: the moving story of one family’s struggle and triumph</td>
<td>Isabel Paterson</td>
<td>The Long and Winding Road explains in language that is clear but never condescending the different forms of dementia and what happens to people with dementia and to their families. It describes how young people may be affected and how they may feel, and offers practical suggestions to help overcome some of the difficulties. Above all, this important new book aims to dispel the fear and loneliness experienced by young people encountering dementia in someone they love.</td>
<td>32 pages. Petersfield, Ha.: Wrightson Biomedical Publishing, 1995</td>
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<tr>
<td>Can I tell you about dementia: a guide for family, friends and carers</td>
<td>Jude Welton</td>
<td>Meet Jack - an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand the challenges faced by someone with dementia and the changes it causes to memory, communication and behaviour. He also gives advice on how to help someone with dementia stay as mentally and physically active as possible, keep safe and continue to feel cared for and valued. With illustrations throughout, this useful book will be an ideal introduction to dementia for anyone from child to adult. It will also guide family, friends and carers in understanding and explaining the condition and could serve as an excellent starting point for family and classroom discussions.</td>
<td>48 pages. London, 2013.</td>
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<tr>
<td>Understanding Dementia: a guide for young people</td>
<td></td>
<td>This booklet was written for young people who are close to someone who has dementia. It may be a mother or father, a grandparent, another relative or a family friend. This booklet will help with: understanding what dementia is, and what's happening to the person with dementia; coping with the effects of the person’s illness on the young person; finding help and support if needed. This publication was developed by Alzheimer’s Scotland and NHS Health Scotland. For help in Australia readers should contact the National Dementia Helpline on 1800 100 500.</td>
<td>42 pages. Edinburgh. Circa 2010.</td>
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<td>Dementia (diseases and disorders)</td>
<td>Lisabeth Hardman 2009</td>
<td>The ailments and conditions that afflict people today can be confusing, disturbing, and painful—both emotionally and physically. The Diseases and Disorders series provides clear, careful explanations that offer readers and researchers insight into what these conditions are, what causes them, how people live with them, and the latest information about treatment and prevention. All volumes in the series include primary and secondary quotations, annotated bibliographies, detailed indexes, and lists of organizations to contact for additional information.</td>
<td>USA. 2009. Suitable for ages 12 and up.</td>
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| **NEW IN LIBRARY!** | **Understanding disease and disorders ; Alzheimer’s disease / by Barbara Webber** | Alzheimer's Disease (AD) affects more than four million people in the United States. First identified in 1901, Alzheimer's is a kind of dementia that gradually takes away a person's memory. This book explains what AD is, how it is diagnosed, and what is done to care for sufferers of the disease.  
**USA 2004. Ages 9 and up** |
| **NEW IN LIBRARY!** | **Alzheimers Disease : Just the Facts / by Jim McGuigan** | Provides an overview of Alzheimer's disease, describing what it is, the history of the disease, what it is like to live with this form of dementia, and some of the available treatments.  
**56 pages. USA. 2004. Ages 13 and up** |
APPLICATION FOR LIBRARY MEMBERSHIP

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27 Conyngham Street, Glenside SA 5065
T: 08 8372 2100 F: 08 8338 3390
E: sa.resourcecentre@alzheimers.org.au

If posting this form, please enclose a copy of 1 of the following which must contain your current name and address:

- Drivers Licence
- Employer ID card
- Rates Notice
- Tax invoice or receipt
- Centrelink or Social Security card

Office Use Only: ID  
Contact No:  

Date:  

Mr. Mrs, Miss, Ms  

HOME Address:  

HOME Phone Number:  

MOBILE Phone Number:  

EMAIL:  

For Alzheimer’s Australia Clients only:

I give consent to Alzheimer’s Australia SA to record my information and I understand it is used for client data record collection:

[ ] Yes  [ ] No

I understand that I have the right to withdraw this consent at any time.

Signed: ________________________________

HEALTH WORKERS ONLY

FACILITY Name & Address:  

FACILITY Phone Number:  

Post Code:  

Please tick your status

[ ] Family Carer  [ ] Health Professional  [ ] Community User (General)

[ ] Person Living with dementia  [ ] AASA Staff Member  [ ] Student

National Dementia Helpline 1800 100 500
For Alzheimer's Australia

Clients only:

I give consent to Alzheimer's Australia SA to record my information and I understand it is used for client data record collection:

Yes               No

I understand that I have the right to withdraw this consent at any time.

Signed............................................................