Alzheimer’s Australia Vic library is a collection of resources about dementia. This includes book, journal and dvd formats covering a broad range of topics including dementia care, gardening, engagement, personal stories and fiction. The library also has resources for children, teens and young adults.

The library is open to all visitors and Alzheimer’s Australia Vic members are welcome to borrow from the collection.

OUR DEMENTIA RESOURCES BLOG  dementiaresources.org.au

We will update you every 3-4 weeks with a different topic. Some recent posts have been spirituality and dementia, how to design a more dementia-friendly home, younger onset dementia, films and fiction that have a theme of dementia, along with many others. Take a look and if it is of interest to you please sign up for regular posts.

OUR LIBRARY CATALOGUE  dementialibrary.org.au

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

With over 2000 titles to choose from it can be difficult to know where to start. The following are some of our favourites.

Personal accounts of dementia

Who will I be when I die? / Christine Bryden ; foreword by Elizabeth MacKinlay 2012
Christine was forty-six years old when she was diagnosed with dementia, and in this book she describes her remarkable emotional, physical and spiritual journey in the three years immediately following.

Alzheimer's from the inside out / 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? Diagnosed with Alzheimer's disease at age 61, the author shares his journey in this collection of essays.

Family accounts of dementia

Fraying : mum, memory loss, the medical maze and me / Michele Gierck (2015)
Fraying chronicles a mother's and a daughter's journey through memory loss and the medical maze. The relationship between the spirited, determined 88-year-old protagonist - who refuses to passively accept medical pronouncements - and her daughter is at times difficult, yet always respectful and loving, warm and upbeat.

Green vanilla tea / Marie Williams (2013)
Dominic, Marie and their two sons had migrated to Australia to have a life where they shared more family time -- when gradually Dominic's behaviour became more and more unpredictable. It took nearly four years before there was a diagnosis of early onset dementia coupled with motor neurone disease.

Alzheimer's: a love story / Vivienne Ulman (2009)
In Alzheimer's: a love story, Vivienne records with tender lyricism and searing honesty the progress of her mother's Alzheimer's, her own grief over the gradual loss of her beloved mother, and the way in which her parents' enduring love for each other sustains them.

Guides to caring

The 36-hour day: a family guide to caring for people with Alzheimer disease, other dementias, and memory loss / 5th ed. / Nancy Mace and Peter Rabins (2011)
A family guide to caring for people with dementia. It covers all aspects of dementia including assessment, coping strategies, legal issues, residential options, carer health, children & teenagers and research.

And still the music plays : stories of people with dementia / Stokes, Graham (2008)
Using 22 stories, the author draws on his memories of people with dementia he has met to bring the reader a greater understanding of the condition and why some people behave in the way they do.

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.