

## Recommended Reading: Dementia & Alzheimer's Publications

### Activities to Connect with those with Memory Loss

- *Alzheimer's Activities: Hundreds of Activities for Men and Women with Alzheimer's Disease and related Disorders* by B.J. FitzRay
- *Getting to Know the Life Stories of Older Adults: Activities for Building Relationships* by Kathy Laurenhue
- *The Best Friends Book of Alzheimer's Activities* by Virginia Bell, David Troxell, Tonay Cox and Robin Hamon
- *The Validation Breakthrough: Simple Techniques for Communicating with People with "Alzheimer's Type Dementia"* by Naomi Feil

### Mind Mobility Tips and Tricks

- *Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier and more Meaningful Lives* by David Snowdon, Ph.D.
- *Change Your Brain, Change Your Life* by Daniel G. Amen, M.D.
- *Making a Good Brain Great* by Daniel G. Amen, M.D.
- *Strengthen Your Mind: Activities for People with Early Memory Loss* by Kristin Einberger and Janelle Sellick
- *Total Memory Workout: Eight Easy Steps to Maximum Memory Fitness* by Cynthia R. Green, Ph.D.
- *Mind Joggers* by Sandy Minor

### Understanding the Disease and its Process

- *Alzheimer's Disease Unraveling the Mystery* by the National Institute on Aging and National Institutes of Health
- *Beyond the Thin Line: A Personal Journey into the World of Alzheimer's Disease* by Robert E. Grand
- *Late Stage Dementia Care: A Basic Guide* by Christine R. Kovach, Ph. D., R.N.
- *Still Alice* by Lisa Genova
- *The Person with Alzheimer's Disease: Pathways to Understanding the Experience* by P.B. Harris
- *The Experience of Alzheimer's Disease: Life through a Tangled Veil* by S.R. Sabat

### Caregiver Information

- *A Dignified Life: The Best Friends Approach to Alzheimer's Care – A Guide for Family Caregivers* by Virginia Bell, M.S.W. and David Troxel, M.P.H.
- *Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide* by Coach Frank Broyles
- *Dementia Caregivers Share their Stories: A Support Group in a Book* by Lynda A. Markut and Anatole Crane
- *Interventions for Alzheimer's Disease: A Caregiver's Complete Reference* by Ruth M. Tappen
- *Sometimes Ya Gotta a Laugh: Caregiving Laughter, Stress and Alzheimer's Disease* by Karen Stobbe
- *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing illnesses, and Memory Loss in Later Life* by N.L. Mace and P.V. Rabins
- *The Caregiver Survival Series* by James R. Sherman, Ph.D.
  - *Coping with Caregiver Worries*
  - *Creative Caregiving*
  - *Preventing Caregiver Burnout*
  - *Positive Caregiver Attitudes*
  - *The Magic of Humor in Caregiving*