

## Caring for Adults with Memory Disorders: Family Reading\*

### *Alzheimer's from the Inside Out*

Taylor, R. (2006) Baltimore, MD: Health Professions Press. Paperback. Perspective of a PhD with early stage dementia.

### *Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers*

Kuhn, D. (2003) Alameda, CA: Hunter House Publishers. Paperback.

### *The Alzheimer's Health Care Handbook*

Mittleman, M. & Epstein, C. (2003) New York, NY: Marlowe & Co. Paperback. For families, about physician communication and hospital care.

### *Alzheimer's: A Love Story – One Year in my Husband's Journey*

Davidson, Ann (1997) McKinleyville, CA: Fithian Press. Wife's perspective on early stage.

### *The Baby Boomer's Guide to Nursing Home Care*

Carlson, E. & K. B. Hsiao (2006). National Senior Citizens' Law Center. [www.nsclc.org](http://www.nsclc.org)

### *The Complete Guide to Alzheimer's-Proofing Your Home (revised)*

Warner, M.L. (2005) [www.agelessdesign.com](http://www.agelessdesign.com). See also [www.alzstore.com](http://www.alzstore.com)

### *A Curious Kind of Widow: Loving a Man with Advanced Dementia*

Davidson, Ann (2006) McKinleyville, CA: Fithian Press.

### *A Dignified Life: The Best Friends Approach to Alzheimer's Care. A Guide for Family Caregivers*

Bell, V. & Troxel, D. (2002) Baltimore: Health Professions Press.

### *Do You Remember Me? A Father, A Daughter and a Search for the Self*

Levine, J. (2004) New York: Free Press. \$26.00 Hardback.

### *In Search of the Alzheimer's Wanderer: A Workbook to Protect Your Loved One*

Warner, M.L. (2005) [www.agelessdesign.com](http://www.agelessdesign.com)  
See also [www.alzstore.com](http://www.alzstore.com)

### *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*

Koenig Coste, J. (2004) New York, NY: Houghton Mifflin. Paperback. Nurse educator, widow of man with AD.

### *Living with Grief: Alzheimer's Disease*

Hospice Foundation of America (2004) Paperback. 800-854-3402 or [www.hospicefoundation.org](http://www.hospicefoundation.org)

### *Moving a Relative with Memory Loss: A Family Caregiver's Guide*

White, L. and Spencer B. (2001) Santa Rosa, CA: Whip Publications. ISBN-0970760906.

### *My Journey into Alzheimer's Disease*

Davis, R. (1989). Wheaton, IL: Tyndale House. (Perspective of a minister with early onset dementia).

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\* There are many excellent books about and personal accounts of Alzheimer's family care. Those listed here are simply personal favorites, updated annually.

*No More Words: A Journal of My Mother, Anne Morrow Lindbergh*

Lindbergh, R. (2002) New York: Touchstone paperback. \$12.00 End-of-Life family issues.

*Partial View: An Alzheimer's Journal.*

Henderson, C.S. (1998) Dallas, TX: SMU Press. (A Duke research participant's perspectives (poignant photo essay) through the moderate stage of Alzheimer's.)

*Passing On Thoughtfully*

Couch, T. (2004) Workbook organizing important information for survivors.  
**[www.merchantamerica.com/projectcompassion](http://www.merchantamerica.com/projectcompassion).**

*The Pleasure Was Mine*

Hays, Tommy (2006) New York, NY: St. Martin's Press. Paperback novel about family relationships and dementia.

*Prepare to Care*

AARP (2006). 800-638-6833 or **[www.aarp.org/families/caregiving](http://www.aarp.org/families/caregiving)**

*Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend*

Strauss, C. (2001). Oakland, CA: New Harbinger Publications, Paperback.

*The 36-Hour Day (25<sup>th</sup> Anniversary Edition)*

Mace, N. & Rabins, P. (2006) Baltimore, MD: John Hopkins University Press.

*What Happens Next*

Booklet for persons with early stage.

Alzheimer's Disease Education & Referral Center (ADEAR) 800-438-4380 or

**[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)**. Also, see Fact Sheets, research updates, listing of clinical trials.

Call 800. 222.2225 for caregiving packet.

*What If It's Not Alzheimer's?*

Radin, L & G. (2003). Amhurst, NY: Prometheus Books. Paperback. Family perspective on FTLD – Frontotemporal Lobar Dementia.

*Wilfrid Gordon McDonald Partridge*

Fox, M. (1984). Brooklyn, NY: Kane/Miller. Pre-school story about memory disorders.

*You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families*

Gwyther, L.P. (1995). Available from Duke Family Support Program. \$5.00.

**[www.dukefamilysupport.org](http://www.dukefamilysupport.org)**.

*Your Name is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's*

Shanks, L. (1996) Lincoln, NE: University of Nebraska Press. An African-American wife's perspective.

## Newsletters

### *The Caregiver*

Published by the Duke Family Support Program, Box 3600 Duke Medical Center, Durham, NC 27710.  
\$10.00 per year or free if you live in N.C. 800.646-2028 or 919.660.7510. Available on line at  
[www.dukefamilysupport.org](http://www.dukefamilysupport.org)

### *Perspectives*

A newsletter for individuals diagnosed with Alzheimer's disease. Free online subscription. Email  
subscription request to [lsnyder@ucsd.edu](mailto:lsnyder@ucsd.edu)

## E-Mail Alzheimer's Discussion Groups

<http://alzheimer.wustl.edu/adrc2/alzheimerlist/>

Follow directions to join, receive daily digest or review topical archive.

<http://alzheimers/infopop.cc/eve/forums/a/frm>

Alzheimer's Association email forums for families.

## Hotlines

### **Alzheimer's Association**

Call 24/7. Contact center for multilingual professional response at 800.272.3900.

## Helpful Web Sites

### **Aging**

[www.caringinfo.org](http://www.caringinfo.org)

Free advance directive documents for any state.

[www.dhhs.state.nc.us/aging](http://www.dhhs.state.nc.us/aging)

NC Division of Aging and Adult Services (See Alzheimer's, Family Caregiver Support)

[www.mayoclinic.com/health/aging-parents/HA00082](http://www.mayoclinic.com/health/aging-parents/HA00082)

Warning signs of health problems in your parents.

[www.thehartford.com/talkwitholderdrivers/](http://www.thehartford.com/talkwitholderdrivers/)

Driving conversation.

[nihseniorhealth.gov](http://nihseniorhealth.gov)

Excellent source of updated health condition information for older persons.

### **Alzheimer's Disease**

[www.alz.org](http://www.alz.org)

Inside the Brain: An Interactive Tour; care tips; updates.

[www.alz.org/carefinder/index.asp](http://www.alz.org/carefinder/index.asp)

Excellent Alzheimer's Association care finder specifically designed for families of persons with dementia.

[www.nia.nih.gov/Alzheimers/Publications/ADPrevented/](http://www.nia.nih.gov/Alzheimers/Publications/ADPrevented/)  
Excellent review of lifestyle and prevention strategies.

[www.nia.nih.gov/Alzheimers/Resources/SearchHealthLiterature](http://www.nia.nih.gov/Alzheimers/Resources/SearchHealthLiterature).  
New easy search of research from the National Institute on Aging.

## Caregiving

[www.alz.org/carefinder/index.asp](http://www.alz.org/carefinder/index.asp)

Excellent Alzheimer's Association care finder specifically designed for families of persons with dementia.

[www.aoa.gov](http://www.aoa.gov)

See Eldercare Locator, Alzheimer's Resource Room & National Family Caregiver Support Program.

[www.aoa.gov/prof/aoaprogram/caregiver/WISER.pdf](http://www.aoa.gov/prof/aoaprogram/caregiver/WISER.pdf)

Financial Steps for Caregivers.

[www.caregiver.org](http://www.caregiver.org)

Family Caregiver Alliance—See Long Distance Care, Home Away From Home: Relocating Your Parents, Saying Yes to Offers of Help, Residential Care Options, Caregiver Health.

[www.fullcirclecare.org](http://www.fullcirclecare.org)

NC Family Caregiver website (very detailed, complete and easy to navigate).

[www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving/](http://www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving/)

*So Far Away* for long distance caregivers.

[www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html](http://www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html)

Alzheimer's Caregivers

[www.strengthforcaring.com/manual/18/368/being-in-one-place-at-a-time.html](http://www.strengthforcaring.com/manual/18/368/being-in-one-place-at-a-time.html)

Manual for working caregivers.

## Insurance

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Check on individual eligibility for all benefits: Rx drugs, VA, or Medicare Part D.

[www.medicarights.org](http://www.medicarights.org)

Medicare Rights Center, consumer information and appeals process.

[www.shipusa.org/Find\\_a\\_State\\_SHIP.html](http://www.shipusa.org/Find_a_State_SHIP.html)

Senior Health Insurance Information Program. Find local help.

## Other Dementias

[www.ftd-picks.org](http://www.ftd-picks.org)

Association for Frontotemporal Dementias.

[www.lewybodydementia.org](http://www.lewybodydementia.org)

Lewy Body Dementia Association.

## Palliative Care

[www.getpalliativecare.org](http://www.getpalliativecare.org)

Explanations of palliative care for dementia and how to find experts.