

CAREGIVER GUIDEBOOKS & INFORMATION

The 36-Hour Day

by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

A family guide to caring for people who have Alzheimer Disease, other dementias, and memory loss

Alzheimer's Through the Stages: a Caregiver's Guide

by Mary Moller, MSW, CAS

What to expect, what to say, what to do

Dr. Ruth's Guide for the Alzheimer's Caregiver

by Ruth Westheimer with Pierre Lehu

How to care for your loved one without getting overwhelmed and without doing it all by yourself

The Forgetting

by David Shenk

Alzheimer's: portrait of an epidemic

In Pursuit of Memory

by Joseph Jebelli

The fight against Alzheimer's

Is it Alzheimer's?

by Peter V Rabins, MD, MPH

101 answers to your most pressing questions about memory loss and dementia



Mayo Clinic on Alzheimer Disease and Other Dementias

A guide for people with dementia and those who care for them

Remember: the science of memory and the art of forgetting

by Lisa Genova

MEMOIRS

Keeper: one house, three generations, and a journey into Alzheimer's

by Andrea Gillies

The Last Ocean: a journey through memory and forgetting

by Nicci Gerrard



Memory's Last Breath: field notes on my dementia

by Gerda Saunders

Mike & Me: An inspiring guide for couples who to face Alzheimer's together at home

by Rosalys Peel

On Pluto: Inside the Mind of Alzheimer's

by Greg O'Brien

Slow Dancing with a Stranger: Lost and Found in the Age of Alzheimer's

by Meryl Comer

Somebody I Used to Know: a Memoir

by Wendy Mitchell, with Anna Wharton

MUSIC

Songs You Know By Heart

by Mary Sue Wilkinson

A simple guide for using music in dementia care (two part kit: book and music CD)

DVDs

Alzheimer's, Every Minute Counts (documentary)

Teepa Snow, *Positive Approach to Care instructional DVDs:*

- **The Art of Caregiving**
- **Challenging Behaviors in Dementia Care**
- **Filling the Day with Meaning (Activities)**
- **In-Home Dementia Care: Tips and Techniques**
- **It's All in Your Approach**
- **The Journey of Dementia**
- **Progression of Dementia: Seeing GEMS, Not Just Loss**



ACTIVITY BOOKS

Engaging ways to stimulate the brain for people living with memory loss or dementia:

Alzheimer's Activities

by B.J. FitzRay

Connecting in the Land of Dementia

by Deborah Shouse

Creative Engagement

by Rachel Wonderlin

The Memory Activity Book

an AARP Publication

Through the Seasons

by Cynthia Green

GUIDES FOR PREVENTING COGNITIVE DECLINE

The 30-Day Alzheimer's Solution

by Dean Sherzai MD & Ayesha Sherzai, MD

The definitive food and lifestyle guide to preventing cognitive decline

The Better Brain Solution

by Steven Masley, MD

How to start now--at any age--to reverse and prevent insulin resistance of the brain, sharpen cognitive function, and avoid memory loss



The End of Alzheimer's

by Dale E. Bredesen, MD

The first program to prevent and reverse cognitive decline

The Healthy Brain Book

by William Sears, MD and Vincent M. Fortanasce MD

An all-ages guide to a calmer, happier, sharper you

Keep Sharp

by Sanjay Gupta, MD

Build a better brain at any age

Memory Rescue (eBook)

by Daniel G. Amen, MD

Supercharge Your Brain, Reverse Memory Loss, and Remember What Matters Most

Seven Steps to Managing Your Memory

by Andrew E. Budson, MD

What's normal, what's not, and what to do about it

The Spectrum of Hope

by Gayatri Devi, MD

An optimistic and new approach to Alzheimer's disease and other dementias

SENIOR FICTION

There's no mention of dementia anywhere on the cover or inside these titles ~ easy to read large print, short paragraphs, short chapters, adult main characters and topics the reader will relate to easily.

Short novels by Emma Rose Sparrow:

- **Autumn's Display**
- **Down by the Meadow**
- **A Dusting of Snow**
- **The Sandy Shoreline**
- **Three Things**
- **What the Wind Showed to Me**

Short novels by Jamie Stonebridge:

- **An Autumn Adventure**
- **A Day at the Beach**
- **A Summer Walk**
- **A Trip to the Lake**
- **Visit to the Library**

MEMORY BOOKS

With short paragraphs and illustrations, or simply photographs, these books are intended to stimulate long term memories

Titles by Hugh Morrison include:

- **1940s Memory Lane**
- **1950s Memory Lane**
- **1960s Memory Lane**

Titles by Mighty Oaks Books include:

- **Memories Classic TV**
- **Memories Movie Stars**

CONVERSATION CARDS

Decks of cards with objects on one side and open ended questions on the reverse side to generate conversation and reminiscence:

- **Familiar Words**
- **Nostalgic Items**
- **Words for Guys**

EASTHAM PUBLIC LIBRARY

For Every Chapter of Your Life!

DEMENTIA & MEMORY LOSS

Resource Guide



A collection of caregiver guidebooks, helpful DVDs, music CDs, reading material, activity books, and dementia-related materials curated in consultation with the Eastham Senior Center

Any person with a CLAMS library card can borrow these resource materials