

Perham Area Public Library - Dementia/Memory Support Collections

Dementia and Memory General Information		
Books:	Author:	Summary:
Alzheimer's Action Plan: expert's guide to the best diagnosis and treatment for memory problems	Doraiswamy, P. Murali	Everything you need to know regarding the diagnosis and treatment of Alzheimer's.
Complete guide to memory: the sciend of strengthening your mind	Restak, Richard M.	Serves to provide a one-stop resource that covers the essentials on memory.
Dementia concept: understand, connect, engage	Freitas, Joshua J.	Describes practical approaches that you can use to make interactions more pleasant and successful.
Dementia handbook: how to provide dementia care at home	Cornish, Judy	Caregiver insights into supporting those with dementia at home.
Dementia with Lewy Bodies and Parkinson's disease dementia	Bredesen, Dale E.	Hope for anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline.
Inside Alzheimer's: how to hear and honor connections with a person who has dementia	Pearce, Nancy D.	Tells how dozens of persons with dementia and their sharing of wisdom, humor, and life's teachings led to the six basic principles of connection.

Is it Alzheimer's?: 101 answers to your most pressing questions about memory loss and dementia	Rabins, Peter V.	A medical expert answers your common questions about memory loss, causes of dementia, diagnosis, prevention, treatment, and more.
Learning to speak Alzheimer's: a groundbreaking approach for everyone dealing with the disease	Coste, Joanne	A five step method for caring for people with progressive dementia, while offering hundreds of practical tips to ease life for patients and caregivers.
Mayo Clinic on Alzheimer's Disease and other dementias	Graff-Radford, Jonathan	A comprehensive look at the typical symptoms associated with dementia, current findings regarding common causes of the disease, and tips for managing the day-to-day challenges of the caregiver.
Thoughtful dementia care: understanding the dementia experience	Ghent-Fuller, Jennifer B.	Insights into emotional reactions and practical solutions.
Audiobooks:	Author:	Summary:
Alzheimer's early stages: first steps for family, friends and caregivers	Kuhn, Daniel	The latest information on risk factors, treatments, prevention, and coping strategies for family, friends, and caregivers.
Inheritance: a family on the frontlines	Kapsambelis, Niki	The courageous, hopeful story of the one family who may hold the key to finding a cure for Alzheimer's disease.

Videos:		
Forgetting: a portrait of Alzheimer's		Insight Alzheimer's and its effects on the friends and family of the patient.
Plain Talk About Alzheimer's Disease		Two-part program that provides an introduction into Alzheimer's.

For Caregivers		
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Books:	Author:	Summary:
36-hour day: a family guide to caring for people who have Alzheimer disease and other dementias	Mace, Nancy L.	Practical and specific advice to make care easier, improve quality of life, and lift the spirits of a family dealing with Alzheimer disease.
Activities to do with your parent who has Alzheimer's dementia	Levey, Judith A.	Provides a selection of user-friendly activities that will help maintain your parent's self-care skills, mobility, and socialization.
Alzheimer's care: the caregiver's guide to understanding Alzheimer's disease & best practices to care for people with Alzheimer's & dementia	Wiles, Nancy J.	Answered questions for the Alzheimer's caregiver.
Alzheimer's through the stages: a caregiver's guide	Moller, Mary	Tells what you can do for your loved one--and yourself--every step of the way through all seven stages of the disease.

Best friend's approach to dementia care	Bell, Virginia	A relationship-centered approach to dementia care that builds on the essential elements of friendship—respect, empathy, support, trust, and humor.
Caregiver's guide to Lewy body dementia	Whitworth, Helen Buell	A thorough picture of what Lewy Body Dementia really is, with personal examples and caregiving tips.
Caring for a loved one with dementia: a mindfulness-based guide for reducing stress and making the best of your journey together	Manteau-Rao, Marguerite	A mindfulness-based dementia care (MBDC) program to help caregivers meet their own needs and lower stress levels while caring for their loved ones.
Chicken soup for the soul: living with Alzheimer's & dementia	Newmark, Amy	Personal accounts of Alzheimer's patients, family members, and caregivers.
Contented dementia	James, Oliver	An approach to promoting well-being in dementia care, and includes making sense of dementia, wraparound care, and planning for the future.
Creating moments of joy along the Alzheimer's journey	Brackey, Jolene	Practical advice that focuses on creating moments of joy--while the patient may forget what was said or done, their feelings will linger on.
Dancing with elephants: mindfulness training for those living with dementia, chronic illness, or an aging brain	Sawatsky, Jarem	Interviews with chronic disease experts provides support that only a fellow traveler down this road can offer.
Dancing with Rose: finding life in the land of Alzheimer's	Kessler, Lauren	One journalist's surprisingly hopeful in-the-trenches look at Alzheimer's, the disease that claimed her mother's life.

Dementia caregiver: a guide to caring for someone with Alzheimer's disease and other neurocognitive disorders	Agronin, Marc E.	An understanding of the changes loved ones may be going through, and helps caregivers tap into the various resources available.
Dementia reimagined: building a life of joy and dignity from beginning to end	Powell, Tia	The cultural and medical history of dementia and Alzheimer's disease by a leading psychiatrist and bioethicist who urges us to turn our focus from cure to care.
Dignified life: the best friends approach to Alzheimer's care, a guide for care partners	Bell, Virginia	An antidote to the burnout and frustration that often accompanies the role of caring for a person with Alzheimer's and dementia.
Let's talk dementia: a caregiver's guide	Howell, Carol L.	Information on the various forms of dementia, also provides hands-on tips that make life easier for the caregiver and better for the loved one with dementia.
Loving approach to demetia care: making meaningful connections	Wayman, Laura	Advice on overcoming practical and emotional obstacles to maintaining a meaningful relationship with a loved one who has dementia and memory loss.
Loving someone who has dementia: how to find hope while coping with stress and grief	Boss, Pauline	Research-based advice for people who care for someone with dementia.
Making tough decisions about end-of-life care in dementia	Kenny, Anne	Advice from a palliative care physician who describes how to navigate the difficult journey of late-stage dementia with sensitivity, compassion, and common sense.

Surviving Alzheimer's: practical tips and soul-saving wisdom for caregivers	Scott, Paula Spencer	What's behind the odd, frustrating behaviors--and what to do about them; how to handle the tough topics no one wants to talk about.
Unintended journey: a caregiver's guide to dementia	Shagam, Janet Yagoda	Addresses the needs and challenges faced by adult children and other family members effected by Dementia.
When reasoning no longer works: a practical guide for caregivers	Smits, Angel	An easy-to-understand view of what dementia does to the brain, how it is diagnosed, and how to deal with its effects.
Audiobooks:	Author:	Summary:
36-hour day: a family guide to caring for people who have Alzheimer disease and other dementias	Mace, Nancy L.	Practical advice to make care easier, improve quality of life, and lift spirits.
Alzheimer's dialogues	Bover, Sherril	Covers the basics of Alzheimer's, including behavior and self care.
Creative care: a revolutionary approach to dementia and elder care	Basting, Anne Davis	Suggests a transformation in our approach to elderly care and those with Dementia.

Keeping love alive as memories fade	Chapman, Gary	An overview of the love languages and Alzheimer's disease; correlate the love languages with the developments of the stages of AD.
Learning to speak Alzheimer's	Coste, Joanne	A five step method for caring for people with progressive dementia, while offering hundreds of practical tips to ease life for patients and caregivers.
Loving approach to demetia care: making meaningful connections	Wayman, Laura	Advice on overcoming practical and emotional obstacles and maintaining meaningful relationship with loved ones who have dementia and memory loss.
Memory's last breath	Saunders, Gerda	A personal investigation of the brain and its mysteries, and examining science and literature.
Neither married nor single	Kirkpatrick, David	A double perspective as both a loving and grief-stricken husband coping with a profound change in his marriage, and as a geriatric psychiatrist pushing to learn and do as much as he can for his wife.
When your parent becomes your child	Abraham, Ken	A chronical of his mother's decline, while offering inspiration to help readers cope with and manage their family circumstances.
Videos:		
Art of caregiving	Snow, Teepa	How to provide the most comfort for mind, body, and soul for your person living with dementia, with detailed, easy-to-follow explanations for daily tasks.

Filling the day with meaning	Snow, Teepa	How to create a safe and inviting environment with early-onset dementia patients.
Journey of dementia	Snow, Teepa	Preparation tips and advice to provide you with information and solutions for all situations.
Progression of dementia	Snow, Teepa	Discussion of the impact of changes in brain function on behavior, communication and interaction skills, visual processing, functional abilities, and decision-making abilities.
Caring for a loved one with Alzheimer's: an emotional journey	Doka, Kenneth J.	Offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's.
Sum total of our memory: facing Alzheimer's together	Klutinis, Barbara	Couples affected by a partner's recent diagnosis of Early Alzheimer's come to terms with their changing roles.
Creating a safe haven	Brackey, Jolene	How to address physical changes that will improve safety, independence and decrease disorientation.
Creating moments of joy	Brackey, Jolene	It's impossible to create a perfectly wonderful day, but you can create perfectly wonderful moments.
Family moments	Brackey, Jolene	Expert information on how to span the gap between the care provider and the person with Alzheimer's. Learn how to speak, act, move; how to visit and what to expect.

Memory enhanced activities: activity demonstrations	Brackey, Jolene	Learn ways to trigger memories of the Alzheimer's person by giving them their "stuff" back.
For A Person Living with Dementia		
Books:	Author:	*An “easy read” series of books for those adults who would benefit. Subjects vary, based on titles.*
Autumn's display	Sparrow, Emma Rose	
Down by the meadow	Sparrow, Emma Rose	
Dusting of snow	Sparrow, Emma Rose	
Sandy shoreline	Sparrow, Emma Rose	
Splendor of babies	Sparrow, Emma Rose	
Splendor of forests	Sparrow, Emma Rose	
Three things	Sparrow, Emma Rose	

What the wind showed to me	Sparrow, Emma Rose	
Videos:	Author:	Summary:
Ambient art, Impressionism	Jumby Bay	View and study an exhibition of more than 340 Impressionist paintings.
Ambient flowers, Spring: ultimate video	Jumby Bay	Spring flowers with identification and growing characteristics with a nature soundtrack, and more.
Ambient water: the ultimate video	Jumby Bay	Hours of footage of saltwater and freshwater aquariums.
Love to fish: the ultimate video	Jumby Bay	A collection of fishing scenes put to soothing music.
It's Saturday night	Brackey, Jolene	Addresses some of the reasons and ideas that will help to reduce negative reactions by changing the bathing process.
Multimedia Kits:		*Multimedia kits are a collection of materials and formats surrounding a centralized theme, as referenced by the individual titles.*
Favorite things. Naure collection		

Favorite things. Autumn reminiscence		
Favorite things. Spring reminiscence		
Favorite things. Farm reminiscence		
Favorite things. Summer reminiscence		
Favorite things. Handyman reminiscence		
Favorite things. Dog reminiscence		
Favorite things. Cat reminiscence		
Favorite things. Homemaker reminiscence		
Favorite things. Patriotic reminiscence		

Favorite things. Great outdoors		
Favorite things. Winter reminiscence		
Memory kits. Birds		
Memory kits. Television		
Memory kits. Dogs		
Memory kits. Farming		
Memory kits. Cars		
Memory kits. Trains		
Memory kits. Cooking		
Memory kits. Cats		
Memory kits. Fishing		
Memory kits. Motorcycles		

Memory kits. Country music		
Memory kits. Sewing		
Memory kits. Gardening		
Memory kits. Country life		