

The Duke Family Support Program

Dementia-Related Behaviors: Resource List 2013

Understanding the Person with Dementia

Snyder, Lisa, 2010. *Living Your Best with Early-Stage Alzheimer's*. An informative and hopeful resource for people with early-stage Alzheimer's and their families and friends.

Perspectives is a quarterly newsletter written for people with dementia that addresses the concerns, reflections, and coping skills of individuals with Alzheimer's or a related memory disorder. Send requests for free email subscriptions to lsnyder@ucsd.edu.

Henderson, CS, 1998. *Partial View: An Alzheimer's Journal*. Dallas, TX: SMU Press. A Duke research participant's perspectives through moderate dementia in a poignant photo essay format.

<http://memory.ucsf.edu/education/diseases> Comprehensive, detailed understandable fact sheets on disorders that cause dementia. Includes behaviors, signs, symptoms, diagnosis, disease progression, management and treatment.

Dementia-Related Behavior Training Materials

Accepting the Challenge: Providing the Best Care for People with Dementia. DVD available from Alzheimer's NC www.alznc.org Excellent for staff or family education.

The Senior Gems: Your Guide to Supporting Family Members with Dementia (2011) DVD with Teepa Snow, OTR, from Senior Helpers and AFA. Seniorhelpers.com

Bathing Without a Battle: Creating a Better Bathing Experience for Persons with Alzheimer's Disease and Related Disorders [CD and video package](#) teaches person-centered methods for making the bathing experience more enjoyable for both caregivers and the people they are bathing. <http://www.bathingwithoutabattle.unc.edu/>

The CARES Program. Developed with the Alzheimer's Association, CARES is an online training program for direct care staff working with dementia residents in long term care settings. <http://www.hcinteractive.com/CARES>

Coste, JK, 2004. *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*. Written by a long-term care nurse and wife of a man with Alzheimer's.

National Institute on Aging, 2012. *Caring for a Person with Alzheimer's disease: Your Easy-to-Use Guide from the National Institute on Aging*. This comprehensive, 104-page handbook offers easy-to-understand advice for at-home caregivers of people with Alzheimer's disease. Available free at <http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease>

Robinson, A, Spencer, B, and White, L, 2007. *Understanding Difficult Behaviors*. This book, written for families, offers practical strategies for responding to agitation, wandering, and incontinence and other challenges of care.

The Savvy Caregiver Program. Four DVD sessions for family caregivers about behaviors and communication in caring for someone with Alzheimer's. <http://www.memorylossdvd.com/>

Teri, Linda, 2005. **STAR: Staff Training for Assisted-Living Residences.** A training package of DVDs and handout materials to help direct care staff address behaviors in residents with dementia. http://nursing.uw.edu/sites/default/files/files/star_order_form.pdf

<http://www.dementiacarecentral.com/videos> Download behavior and communication videos

www.nia.nih.gov/sites/default/files/Alzheimers_Caregiving_Tips (2012-2013) Two-page excellent summaries on Money Problems, Agitation and Aggression; Hallucinations, Delusions and Paranoia; Rummaging and Hiding Things; Managing Personality and Behavioral Changes; Managing Medicine; Incontinence; Grooming & Dressing; Bathing; Going Out; and End-of-Life Care.

FTD Dementias

Denise Grady, **When Illness Makes a Spouse a Stranger.** *New York Times* article on FTD, May 5, 2012. http://www.nytimes.com/2012/05/06/health/a-rare-form-of-dementia-tests-a-vow-of-for-better-for-worse.html?_r=2&pagewanted=all

Research Review

O'Neil, M, Freeman, M, Christensen, V, Telerant, A, Addleman, A and Kansagara D. **Non-pharmacological Interventions for Behavioral Symptoms of Dementia: A Systematic Review of the Evidence.** VA-ESP Project #05-225; 2011

Positive Activity Program

www.timeslips.org Improvisational story telling in response to photographs invites people with dementia to connect with others.

<http://www.npr.org/blogs/health/2012/05/14/152442084/alzheimers-patients-turn-to-stories-instead-of-memories> NPR demonstration of Timeslips at home, May 14, 2012

Driving

At the Crossroads: *Family Conversations about Alzheimer's Disease, Dementia & Driving;* **We Need to Talk:** *Family Conversations with Older Drivers;* **Your Road Ahead:** *A Guide to Comprehensive Driving Evaluations.* Free guidebooks. <http://hartfordauto.thehartford.com/Safe-Driving/Expertise-On-Getting-Older/>

Alzheimer's Association Dementia and Driving Resource Center includes four short videos showing how families deal with driving issues. http://www.alz.org/safetycenter/we_can_help_safety_driving.asp

National Center on Senior Transportation. **Hanging up the keys?** Options when driving retirement becomes a crisis. <http://www.safeandmobileseniors.org/pdfs/>

Into the Other Lane: Driving and Dementia, 2011. DVD real-life stories of five individuals with dementia and how giving up driving affects their autonomy, self-esteem, family relationships and lifestyles while also portraying the caregiver's perspective. <http://www.healthpropress.com/store/terra-TN20/index.htm>

www.dukefamilysupport.com

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