

Caring for Adults with Memory Disorders: Family Reading List*

BOOKS

Bell, Virginia and Troxel, David, 2012. ***A Dignified Life: The Best Friend's Approach to Alzheimer's Care, A Guide for Care Partners***. Bell and Troxel explain their method of Alzheimer's care – one that treats a person with AD like a best friend and works from their strengths, not their weaknesses.

Boss, Pauline, 2011. ***Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief***. Written for caregivers of people with dementia, this book offers suggestions for managing ongoing stress and grief. Boss gives hope to caregivers dealing with "ambiguous loss," the loss of a loved one who is here physically but absent psychologically.

Broyles, J. Frank, 2006. ***Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide***. Written by the former Athletic Director for the University of Arkansas Razorbacks, this guide grew out of his experience caring for his wife who had Alzheimer's disease.

Cail, Mary M., 2013. ***Alzheimer's: A Crash Course for Friends and Relatives***. In this reader-friendly book, the author outlines how to respond to the challenges of dementia with compassion, comfort and help. Cail, an experienced counselor brings the voices of caregivers and people living with Alzheimer's to life with stories, sample conversations and simple strategies.

Chast, Roz, 2014. ***Can't We Talk about Something More Pleasant, a Memoir***. Cartoonist Chast combines drawing with family photos and documents, chronicling her parents aging and that "long good-bye."

Comer, Merle 2014. ***Slow Dancing with a Stranger: Lost and Found in the Age of Alzheimer's***. A *New York Times* bestseller of a journalist's unflinching account of her husband's battle with Alzheimer's disease. Pragmatic and relentless, Comer also cared for her mother with Alzheimer's while simultaneously caring for her husband.

Doraiswamy, P. Murali and Gwyther, Lisa P. with Adler, Tina, 2009. ***The Alzheimer's Action Plan: A Family Guide***. Co-written by a social worker and a physician, this book presents accurate, step-by-step recommendations that people with the disease, their families, and friends can use to help preserve the highest quality of life for as long as possible.

Fox, Mem, 1989. ***Wilfrid Gordon McDonald Partridge***. A warm story for young children about a small boy who lives next to a nursing home and the friendship he develops with one of the residents who has "lost her memory."

**There are many excellent books about personal accounts of Alzheimer's family care. Those listed here are simply the Duke Family Support Program staff's personal favorites.*

Gitlin, Laura and Piersol, Catherine, 2014. ***A Caregiver's Guide to Dementia: Using Activities and Other Strategies to Prevent, Reduce and Manage Behavioral Symptoms***. This book brings together activities, day-to-day strategies and straightforward advice to address dementia-related behaviors.

Grace, Maggi Ann with Johnson, Vicki, 2015. ***Sixth Sense Caring: Stories of Creative Eldercare***. A book of stories and strategies for creating meaningful activities based on the five senses and using the care partner's sixth sense (intuition and creativity). Available at [Sixth Sense Caring](#)

Greenblat, Cathy, 2012. ***Love, Loss, and Laughter: Seeing Alzheimer's Differently***. Filled with vibrant photographs and brilliantly brief program and practice pearls, this book will change the conversation about living with dementia.

Gross, Jane, 2011. ***The Bittersweet Season: Caring for Our Aging Parents—and Ourselves***. The original editor of the *New York Times* "The New Old Age" blog tells the story of her care for her mother over ten years, and how it affected her sibling and other relationships.

Gwyther, Lisa P., 1995. ***You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families***. Suggestions for ways clergy and churches can help congregants with Alzheimer's and their families. Available at www.dukefamilysupport.org

Harvard Health Publications and Growdon, John, 2015. ***A Guide to Coping with Alzheimer's Disease***. This report provides in-depth information about diagnosing and treating Alzheimer's and is helpful for both individuals with Alzheimer's and their care partners. Order through [Harvard Health Publications](#).

Hospice Foundation of America, 2015. ***The Longest Loss: Alzheimer's Disease and Dementia***. This book addresses the grief experienced by people living with Alzheimer's, their families, and health providers. Available at [Hospice Foundation of America](#).

Hedreen, Ann, 2014. ***Her Beautiful Brain: A Memoir***. Ann Hedreen's story is about becoming a parent just as she begins to lose her own once-invincible mother to younger-onset Alzheimer's disease.

Koenig Coste, Joanne, 2004. ***Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease***. Written by a nurse educator who cared for her husband with Alzheimer's, this book offers hundreds of practical tips for caregivers.

Kriseman, Nancy L., 2014. ***The Mindful Caregiver: Finding Ease in the Caregiving Journey***. A geriatric social worker (with two previous national book awards on elder care) who cared for her mother through Alzheimer's disease offers mindfulness techniques to honor the spirit and losses experienced with family care.

LeBlanc, Gary Joseph, 2011. ***Staying Afloat in a Sea of Forgetfulness: Common Sense Caregiving, Expanded Edition***. Written by a son who was the primary caregiver for a father with Alzheimer's disease, this book is an inspiration for male caregivers.

Mace, Nancy and Rabins, Peter, 2011. ***The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss.*** Originally published in 1981, this fifth edition is an excellent, classic source of recommendations for families who are caring for persons with dementia.

Marley, Marie, 2011. ***Come Back Early Today: A Memoir of Love, Alzheimer's and Joy.*** A memoir detailing the 30-year love story between Marley and her soul mate Ed, who develops Alzheimer's during their relationship. Marley also offers suggestions for common problems Alzheimer's care partners face.

National Institute on Aging, 2015. ***Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging.*** This guide is for people who care for family members or others with Alzheimer's disease at home. Written to help care partners learn about and cope with the changes and challenges of the disease. Available free of charge at [National Institute of Aging](#).

National Institutes of Health, 2014. ***Frontotemporal Disorders: Information for Patients, Families, and Caregivers.*** This booklet explains what is known about the different types of frontotemporal disorders and how they are diagnosed. It also describes how to treat and manage these difficult conditions, with practical advice for caregivers. Available free of charge at [National Institute of Aging](#).

National Institutes of Health, 2013. ***Lewy Body Dementia: Information for Patients, Families and Professionals.*** This booklet is meant to help people with LBD and their caregivers learn about the different types of LBD, how they are diagnosed and how to treat and manage this disease. Available free of charge at [National Institute of Aging](#).

O'Brien, Greg, 2014. ***On Pluto: Inside the Mind of Alzheimer's.*** Greg O'Brien, a journalist diagnosed with younger-onset Alzheimer's, provides a first-hand account of what it feels like to live with Alzheimer's.

Peterson, Barry, 2010. ***Jan's Story: Love Lost to the Long Goodbye of Alzheimer's.*** CBS News Correspondent Barry Peterson tells his story of becoming a care partner when his wife Jan is diagnosed with young-onset Alzheimer's disease at age 55.

Spencer, Beth and White, Laurie, 2015. ***Coping with Behavior Change in Dementia: A Family Caregiver's Guide.*** This handbook is intended to help families understand possible causes of common behavior changes and learn effective strategies for responding to challenging situations.

Russo, Francine, 2010. ***They're Your Parents Too: How Siblings Can Survive Their Parents' Aging without Driving Each Other Crazy.*** Written by a veteran journalist, this book offers information, insight, and advice for adult children struggling with challenges posed by aging parents.

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.

Scott, Paula Spencer, 2014. **Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers.** Supportive and instructive wisdom in a fast, readable format helpful for the short-on-time caregiver.

Summitt, Pat and Jenkins, Sally, 2013. ***Sum it Up: 1,098 Victories, A Couple Irrelevant Losses, and a Life in Perspective.*** Pat Summitt is the all-time winning coach in NCAA basketball history and a member of the Basketball Hall of Fame. This book tells her story of being diagnosed with early-onset Alzheimer's in 2011 and facing her newest challenge head-on.

Wallack, Max and Given, Carolyn, 2013. ***Why Did Grandma Put Her Underwear in the Refrigerator? : An Explanation of Alzheimer's Disease for Children.*** Written for children from a seven-year-old's perspective, this book explains what it means to have a relative with dementia and explores the complex emotions that arise when families are affected.

White, Laurie and Spencer, Beth, 2006. ***Moving a Relative with Memory Loss: A Family Caregiver's Guide.*** Written by two social workers, this 55-page booklet offers practical ideas to ease moving for someone with dementia.

Wornell, Douglas, 2013. ***Sexuality and Dementia: Compassionate and Practical Strategies for Dealing with Unexpected or Inappropriate Behaviors.*** It is not uncommon for a person with dementia to exhibit inappropriate sexual behavior, which may cause tension for family and professional caregivers. Geriatric neuropsychiatrist Wornell provides information and practical solutions for coping with these behaviors.

For more help with your questions about memory problems, contact:

Duke Family Support Program

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