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.


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."


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.


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](http://www.hospicefoundation.org).


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.


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.


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.


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**
We are a free service for all North Carolina residents
919-660-7510
www.dukefamilysupport.org