

After a Memory Disorder Diagnosis: What to Read

Were you, a relative or a friend recently diagnosed with Alzheimer's disease or a related dementia? If so, you may feel frightened, confused and alone. Educating yourself through reading can be very empowering and connecting with online resources often helps too. Below are some options that are especially helpful after a new diagnosis. Use them well, but nothing takes the place of face-to-face contact. Stay engaged with family, friends and your community! For more information, call the Duke Family Support Program at 919-660-7510.

BOOKS

Living Your Best with Early Stage Alzheimer's, Lisa Snyder, Sunrise River Press, 2010.

A thorough, practical guide on coping with the diagnosis, managing symptoms, finding meaningful activity, planning for the future, maintaining important relationships, participating in research, and much more. This book is a working guide to help the person with Alzheimer's feel empowered to move forward in life in light of this challenging diagnosis.

Living Well After an Alzheimer's Diagnosis, P. Murali Doraiswamy, M.D. and Lisa P. Gwyther, M.S.W. with Tina Adler, New York, NY: St. Martin's Press, 2011, e-book.

Three chapters from the 2009 paperback, *The Alzheimer's Action Plan*, that deal with the less technical details and more with the practical business of living with cognitive challenges. Kindle edition available on Amazon.

ONLINE

ALZConnected, An active social networking community for people with Alzheimer's and their families to share answers, opinions, ideas and support. <https://www.alzconnected.org/>

By Us For Us Guides, Murray Alzheimer's Research and Education Program, U of Waterloo.

The *By Us For Us Guides*, created by persons with dementia or care partners, are designed to equip persons with dementia with the necessary tools to enhance their well-being and manage daily challenges. <http://marep.uwaterloo.ca/products/bufu.html>

Dementia Alliance International is a non-profit group of people with dementia from the USA, Canada, Australia and other countries that seek to represent, support, and educate others living with the disease. www.dementiaallianceinternational.org

I Have Alzheimer's, a website for those recently diagnosed with Alzheimer's or another memory disorder. This site offers resources for support and includes information about what changes you may experience and what to do next to move forward with your life.

<http://www.alz.org/i-have-alz/i-have-alzheimers-dementia.asp>

Living Well Workbook, A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia, *Alzheimer's Association Minnesota-North Dakota Chapter*.

Living Well presents brain wellness strategies, insights of people living with MCI and early dementia, ideas that you can try, and a place for you to build your own living well plan.

http://www.alz.org/mnnd/in_my_community_56780.asp

Taking Action Workbook, A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease, *Alzheimer's Association Minnesota-North Dakota Chapter*.

Taking Action addresses common concerns that a new diagnosis brings, provides practical tips and steps to take after diagnosis, and offers perspectives of people living with memory loss.

http://www.alz.org/mnnd/in_my_community_56780.asp

What Happens Next? *National Institutes of Health, National Institute on Aging, 2008.*

A booklet about being diagnosed with Alzheimer's disease or a related disorder, created by individuals with dementia. <http://www.nia.nih.gov/alzheimers/publication/what-happens-next>

Young Dementia, Information and support specifically for younger-onset individuals, families, friends and supporters. <http://www.youngdementiauk.org/>

NEWSLETTER

Perspectives is a newsletter that addresses the concerns, reflections, and coping skills of individuals with Alzheimer's or a related memory disorder. People with memory disorders contribute their perspectives in the form of articles, advice and tips, poetry, or letters.

Perspectives is available free of charge by e-mail subscription. Contact Lisa Snyder, LCSW at lsnyder@ucsd.edu. Or read online at <http://adrc.ucsd.edu/news.html>.