

# BOOKS TO BORROW

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ALZHEIMER SOCIETY ESTRIE OFFERS YOU A WIDE RANGE OF BOOKS ABOUT ALZHEIMER'S DISEASE. INFORMATIVE BOOKS, TESTIMONIALS, ROMANS AND CHILDREN'S BOOKS ARE PART OF OUR COLLECTION. YOU MAY BORROW THESE BOOKS AT THE ALZHEIMER SOCIETY OF ESTRIE OFFICE, LOCATED AT 740 GALT OUEST STREET, BUREAU 112. TO VERIFY IF A BOOK IS AVAILABLE, PLEASE CALL US AT 819-821-5127.

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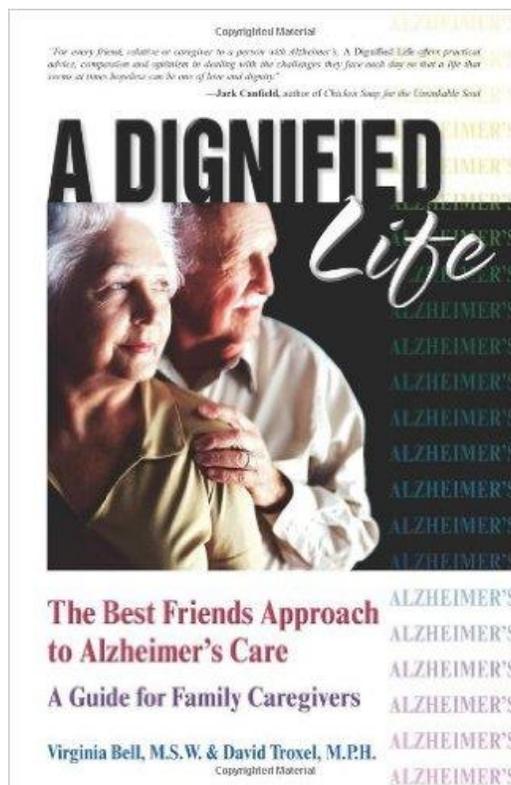
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## A Dignified Life, by Virginia Bell and David Troxel

Four million Americans currently suffer from Alzheimer's disease and experts estimate that 22 million people around the world will be so afflicted by 2025. Far too many families are struggling with the emotionally and physically draining responsibility of redefining their relationship with, and caring for, someone who not long ago was a vibrant member of society, yet may not know their own name today.

*A Dignified Life* helps combat the burnout and frustration that often accompany the task of caring for an Alzheimer's patient. Author David Troxel, an Alzheimer's expert and executive director of the California Central Coast Chapter of the Alzheimer's Association, maintains that at its simplest this approach is based on treating the person like a best friend and working from their strengths, not their weaknesses. He explains: "As family members, caregivers and professionals, we have to try to connect with them. People with this disease in some way need someone to be . . . attentive and empathetic--someone who really tries to walk a mile in their shoes."

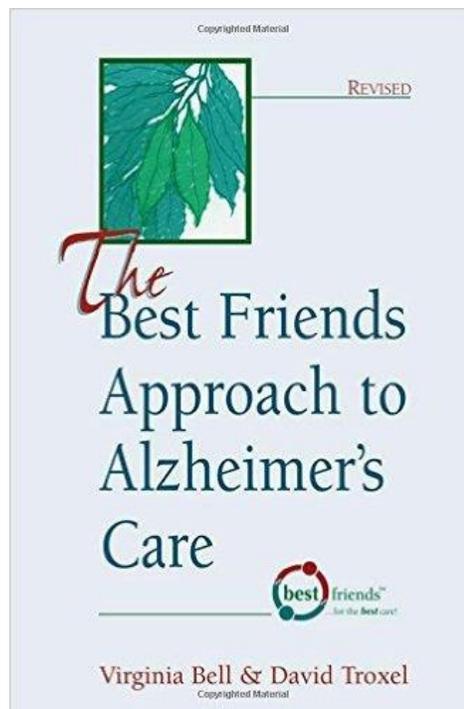
*A Dignified Life* goes beyond the typical tips offered by most books and takes advantage of readers' instinctive desire to build friendships and taps into the intuitive aspect of caregiving that is part of our very nature. It provides a complete model for care built around creative and effective communication and meaningful activities and includes touching stories that demonstrate how the Best Friends method continues to improve the lives of both those who have Alzheimer's disease and those who care for them.



## **The Best Friends Approach to Alzheimer's Care, by Virginia Bell and David Troxel**

The Best Friends Approach to Dementia Care Successfully implement this relationship-centered approach to dementia care that builds on the essential elements of friendship, respect, empathy, support, trust and humor.

For decades the acclaimed Best Friends approach has been widely recognized for helping people with Alzheimer's and other dementias experience meaningful engagement and dignity in all aspects of their lives.

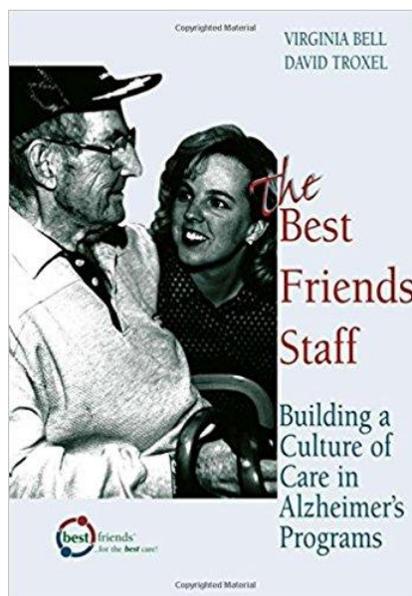


## The Best Friends Staff, by Virginia Bell and David Troxel

Every day the Best Friends approach to Alzheimer's care is changing lives around the world. It improves not only the quality of life for person with Alzheimer's disease but also for the staff providing care. Here is your opportunity to bring the same improvements to your own program. With The Best Friends Staff, you can help residents and staff members enjoy the respect, reassurance, and fulfillment that everyone deserves.

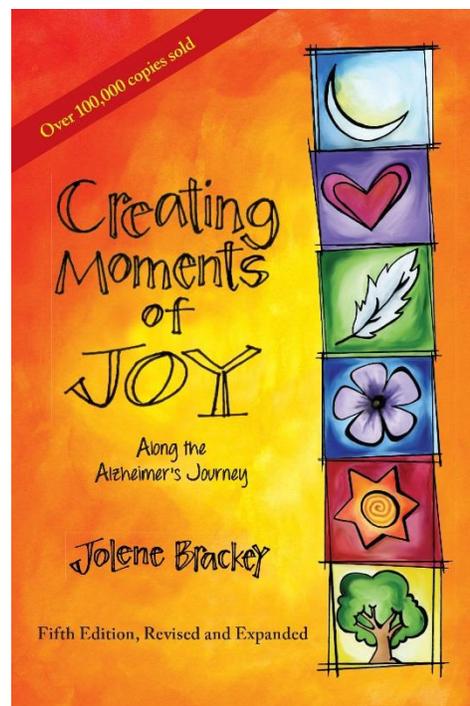
Inside, discover valuable tools for training staff so they can achieve better outcomes and enjoy more rewarding experiences. Read motivational stories and ideas from practitioners in real facilities worldwide who are already implementing the Best Friends approach and building a new culture of care. Learn to do the same with the many resources found in these pages, including:

- Creative ideas for implementing change
- Learning exercises and games
- Tips for making long-lasting improvements
- Proven advice on staff training and retention
- Hundreds of case studies illustrating successful programs



## Creating Moments of Joy by Jolene Brackley

Jolene Brackley has a vision. A vision that will soon look beyond the challenges of Alzheimer's disease and focus more of our energy on creating moments of joy. When a person has short-term memory loss, his life is made up of moments. But if you think about it, our memory is made up of moments, too. We are not able to create a perfectly wonderful day with someone who has dementia, but it is absolutely attainable to create a perfectly wonderful moment; a moment that puts a smile on their face, a twinkle in their eye, or triggers a memory. Five minutes later, they won't remember what you did or said, but the feeling you left them with will linger.



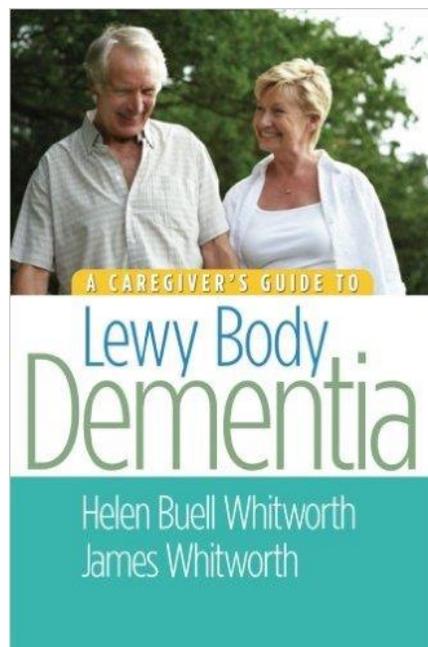
## **A Caregiver's Guide to Lewy Body Dementia by Helen Buell Whitworth and James Whitworth**

Lewy Body Dementia is the second leading cause of degenerative dementia in the elderly. Sadly Lewy Body Dementia is not well-known or understood and is often confused with Alzheimer's disease.

After the death of Jim Whitworth's first wife from Lewy Body Dementia he co-founded the Lewy Body Dementia Association in 2003, with the aim of educating caregivers, family members, and friends of people living with the disease.

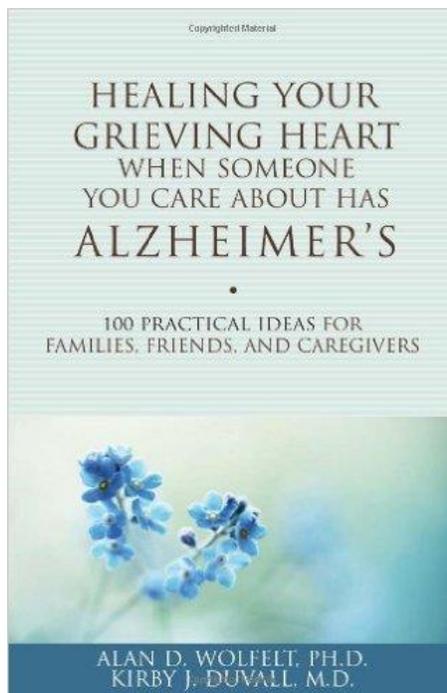
*A Caregiver's Guide to Lewy Body Dementia* is a guide and resource to Lewy Body Dementia. It is written in everyday language and filled with personal examples that connect to the readers own experiences. The book provides an accurate, detailed view of the disease in easy to understand terms. The book includes quick fact and quick tip boxes that summarize facts and caregiving tips for easy reference, a comprehensive resource guide including respite care, nursing homes, and neurologists, and a glossary of terms and acronyms related to Lewy Body Dementia.

*A Caregiver's Guide to Lewy Body Dementia* is the first book to present a thorough picture of Lewy Body Dementia in an easy-to-read format. It is the ideal resource for caregivers, family members, and friends of individuals living with the disease seeking to understand Lewy body Dementia.



## **Healing Your Grieving Heart When Someone You Care About Has Alzheimer by Alan D. Wolfelt and Kirby J. Duvall**

Navigating the challenging journey that families and friends of Alzheimer's patients must endure, this heartfelt guide reveals how their struggle is as complex and drawn out as the illness itself. Confronting their natural but difficult process of grieving and mourning, the study covers the inevitable feelings of shock, sadness, anger, guilt, and relief, illustrating the initial reactions people commonly feel from the moment of the dementia's onset. Healthy and productive ways to acknowledge and express these feelings are suggested along with 100 tips and activities that fulfill the emotional, spiritual, cognitive, physical, and social needs of those who care about someone afflicted with this debilitating disease. Special consideration is also shown for caregivers, whose grief is often complicated by the demanding physical attention that patients require.

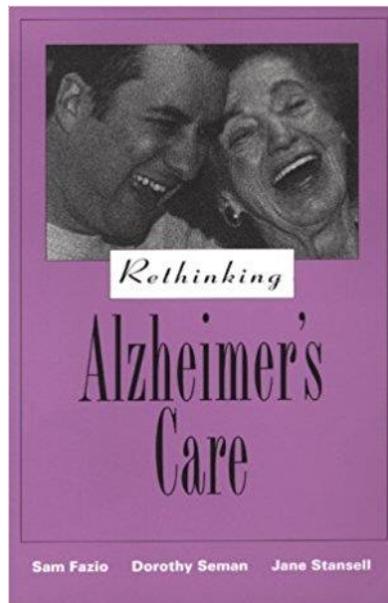


## **Rethinking Alzheimer's Care, by Sam Fazio, Dorothy Seman and Jane Stansell**

Rethinking Alzheimer's Care encourages a complete reframing of the Alzheimer's experience. With a thoughtful exploration of how to find opportunities in the disease instead of despair, the authors inspire care providers to look beyond loss and decline to discover new context for growth and development.

Whether it is promoting reshaping the environment, revisiting the concept of care, or rediscovering the soul, Rethinking Alzheimer's Care revolutionizes attitudes toward the disease and its management. Thought-provoking exercises throughout the text help administrators and staff explore and implement new ways of caring that stress the importance of preserving the dignity, autonomy, and emotional health of people living with Alzheimer's disease.

Appropriate for any setting, including long-term care, adult day services, or assisted living, this fresh and humanistic approach to Alzheimer's care helps pave the way for profound changes in the way we care.



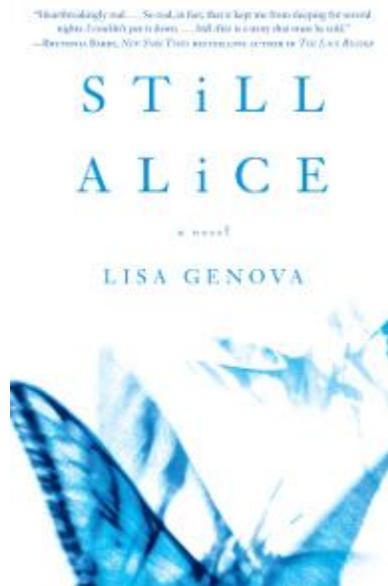
## Still Alice by Lisa Genova

She didn't want to become someone people avoided and feared. She wanted to live to hold Anna's baby and know it was her grandchild. She wanted to see Lydia act in something she was proud of. She wanted to see Tom fall in love. She wanted to read every book she could before she could no longer read.

Alice Howland is proud of the life she has worked so hard to build. A Harvard professor, she has a successful husband and three grown children. When Alice begins to grow forgetful at first she just dismisses it, but when she gets lost in her own neighborhood she realizes that something is terribly wrong. Alice finds herself in the rapid downward spiral of Alzheimer's disease. She is only 50 years old.

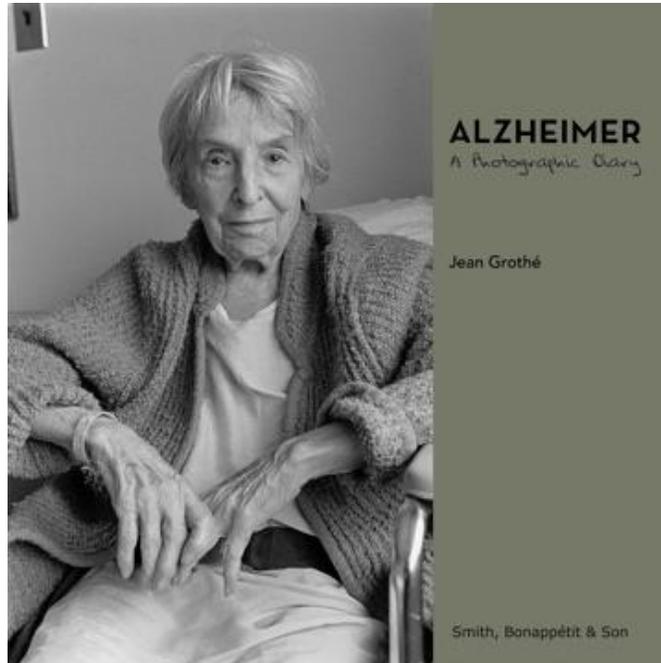
While Alice once placed her worth and identity in her celebrated and respected academic life, now she must re-evaluate her relationship with her husband, her expectations of her children and her ideas about herself and her place in the world.

Losing her yesterdays, her short-term memory hanging on by a couple of frayed threads, she is living in the moment, living for each day. But she is still Alice.



## Alzheimer, a Photographic Diary by Jean Grothé

In images and words, *Alzheimer: A Photographic Diary* takes us into the heart of the experience that of a mother afflicted by the disease and of her son, who protects and accompanies her with respect and tenderness. Jean Grothé's vision gives us some insight into the progression of this terrible illness, without a trace of voyeurism. Both touching and troubling, this photographic diary is a gesture of sharing, an effort to shatter the silence and loneliness.



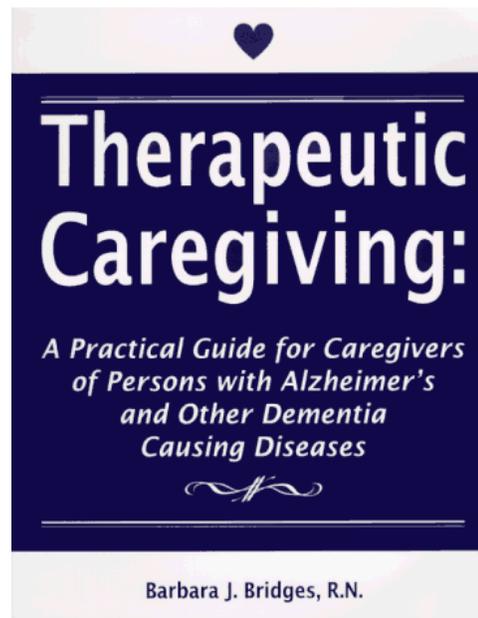
## Therapeutic Caregiving by Barbara J. Bridges

"Practical" is the key word in the title of her ground-breaking new book: THERAPEUTIC CAREGIVING: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases goes far beyond the usual clinical descriptions and admonitions to caretakers to care of themselves.

Bridges, an R.N. whose parents have both suffered from dementia, has developed an array of techniques for prolonging self-care capabilities and slowing the effects of physical and mental degeneration. Cueing, as Bridges uses the term, is the early establishment of written or verbal routines which enable those affected by dementia to continue activities of daily living well into the disease process. Prompting to stimulate memory processes is described as well.

Routines of all kinds---exercise, eating, dressing, oral hygiene, etc.---are recommended and described. Separate chapters are devoted to detailed descriptions and illustrations of various ways to enhance physical and mental functioning with the caregiver's support and management.

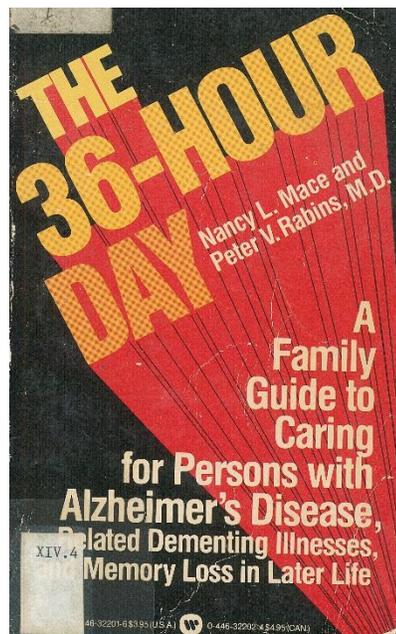
This book also includes extensive appendices including bibliographies and a whole series of exercise routines.



## **The 36-hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease by Nancy L. Mace and Peter V. Rabins**

Do you face a life of days that seem 36 hours long – tending someone who can no longer think and remember, someone who is slowly slipping out of being the person you love? Then the 36-hour day is for you. Nancy L. Mace and Peter V. Rabins combine practical advice with specific examples in this comprehensive guide to the care of those in the early and middle stages of Alzheimer's disease and related illnesses. The 36-hour day covers the medical, legal, financial, and emotional aspects of caring for an impaired relative, including:

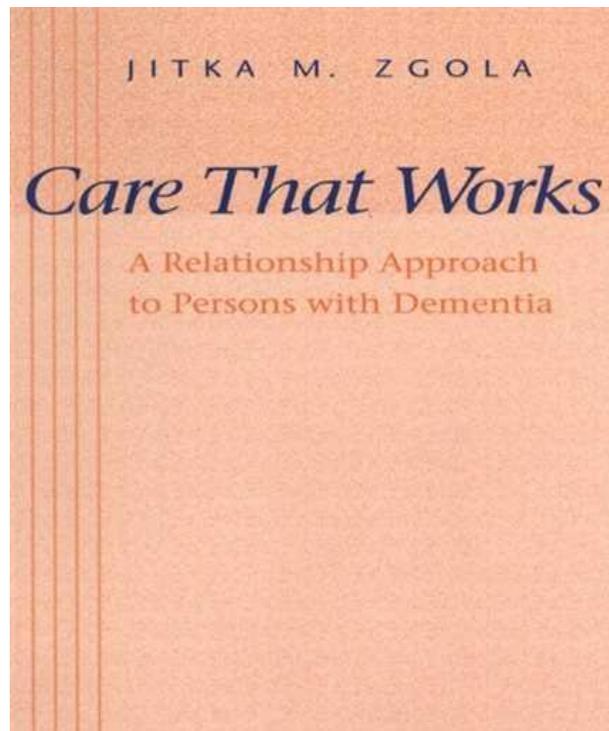
- Finding the right doctor, nurse, and/or social worker
- Avoiding hazards in the home related to meals, medicine, hygiene, exercise and balance
- Getting outside help from friends, neighbors, lawyers
- Assessing financial obligations – potential expenses and resources
- Caring for yourself – taking time out for counseling, support group, friendships
- Dealing with anger, embarrassment, depression, and fatigue
- Understanding medical research – studies of heredity, contributing diseases, nutrition, brain structures, drugs, and physical activity.



## Care That Works by Jitka M. Zgola

In her widely acclaimed *Doing Things*, Jitka M. Zgola offered practical and much-needed advice for those caring for persons with Alzheimer disease. Now, in *Care That Works*, Zgola shows how caregivers can better meet the demanding challenges of their job by building and improving their personal relationships with those in their care. Instead of simply prescribing approaches, *Care That Works* gives caregivers the information with which they can develop their own approaches, evaluate their effectiveness, and continue to grow in skill and insight.

Zgola explains that optimal dementia care involves three elements: a good relationship between the caregiver and the person who has dementia, a safe and nurturing environment, and meaningful activities. Evident throughout the book is Zgola's gift for compassionately portraying the difficulties faced by people with dementia and then suggesting ways to act in a manner that accords such people the respect and dignity they deserve. Topics that receive special attention include communicating with persons who have language deficits and coping with problem behaviors—two critical problems in dementia care.

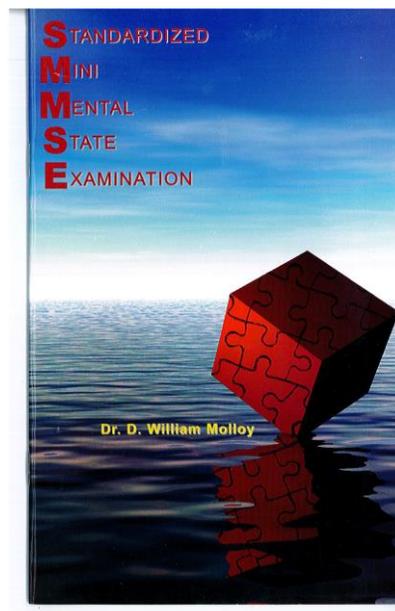


## **Standardized Mini Mental State Examination, by William Molloy**

The Folstein mini-mental state examination (MMSE) is the most widely used screening test of cognition in older adults. The Standardized Mini-Mental State Examination (SMMSE) provides clear, explicit administration and scoring guidelines.

The SMMSE take less time to administer (10.5 minutes) than the MMSE (13.4 minutes). The SMMSE has a significantly lower variability than the MMSE. The intrarater variability than the MMSE. The intrarater variability is significantly lower with the SMMSE (86% $p < 0.003$ ) and interrater variance is lower by 76% compared to the MMSE. Intraclass correlation for the MMSE was 0.69 compared to 0.9 for the SMMSE. The SMMSE is now widely used because it is the same as the original Folstein and more reliable.

The SMMSE can be used in the diagnosis and treatment of dementia. It is used to stage the disease, differentiate between the different dementias and assess response to treatment.



## Alzheimer's Disease, by William Molloy and Paul Caldwell

A quarter of a million Canadians suffer from Alzheimer's disease, and ten thousand new cases are diagnosed every year. As our population ages, the impact of this grim condition is likely to become even more severe.

A diagnosis of Alzheimer's disease marks the beginning of a long and painful journey for patients, friends and relatives. Now, though, the newest addition to the Canadian Medical Association's Your Personal Health Series provides an invaluable resource for dealing with the confusion and anguish of this disease. Dr. William Molloy and Dr. Paul Caldwell draw from their extensive experience in geriatrics and family medicine to discuss every aspect of Alzheimer's. Topics include:

What Alzheimer's' does to the brain;

Distinguishing Alzheimer's from normal aging;

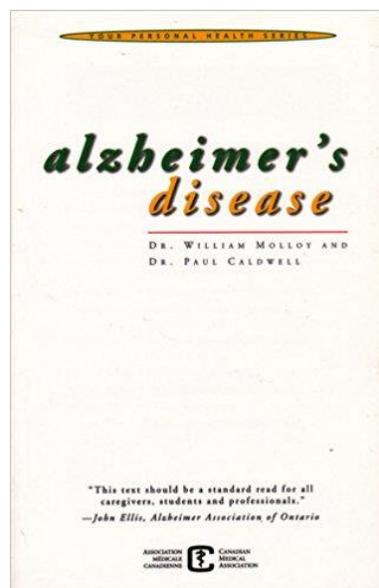
Related dementias, such as Pick's disease and multi-infarct dementia;

Managing the various stages of decline;

Coping with anger, denial or depression;

Legal issues.

Supplemented by diagrams, charts and case studies, *Alzheimer's Disease* is designed for both quick reference and in-depth study, and is a thoughtful and compassionate guide to this complex condition.



## **Dysfunctional Behaviour in Dementia, by M. O'Donnell, D.W. Molloy and K. Rabheru**

The essential guide for clinicians who care for people with dementia.

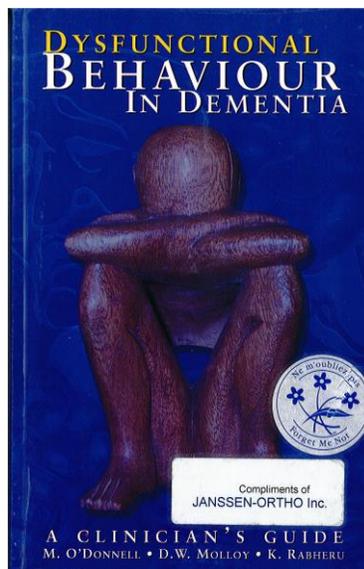
This book provides health care workers who care for patients with dementia with a comprehensive and practical guide to the assessment and management of Dysfunctional Behaviour in Dementia (DBD). The authors performed comprehensive reviews of the literature on this challenging topic and developed a clear and practical approach for clinicians to assess, diagnosis and manage these problems. They were assisted by an editorial board, a group of respected, dedicated and esteemed clinicians. This board reviewed these recommendations and provided careful, thoughtful and thorough feedback. With this book you will be able to:

Understand how dysfunctional behaviour fits into the overall picture of dementia

Gain practical management tools and techniques

Develop skills in non-pharmacological approaches as well as drug therapy

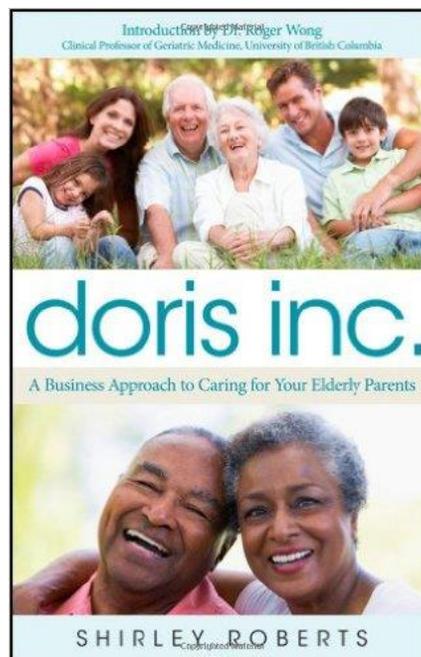
Learn easy-to-use clinical tools, key-point summaries and case studies for rapid learning



## Doris Inc. by Shirley Roberts

When Shirley Roberts' father passed away, her life and career were put on hold as the demands of caring for her elderly mother, Doris, began consuming more and more of her time and energy. Using her business prowess, Shirley, with the help of her financial advisor brother, developed Doris Inc. Using their business skills, they found ways to maintain their own lives and careers while ensuring that their mother received top-notch care. Much of their success has come from sound management practices and an original financial forecasting tool tailored for elders. In this heartfelt, beautifully written book, Shirley offers sage advice on how to cope with the emotional roller coaster of eldercare, along with proven care and financial planning strategies and tools that have worked so well for her.

- Features concrete lessons and proven strategies for handling the challenges of eldercare; making tough decisions, finding help, reducing stressful crises and planning for the high costs of eldercare
- Offers practical guidance to avoid sacrificing your own life while providing the best care for your loved ones
- Tips on confronting and planning for your own golden years to ensure that you'll have a fulfilling life after retirement and that those who'll be caring for you won't be overly burdened

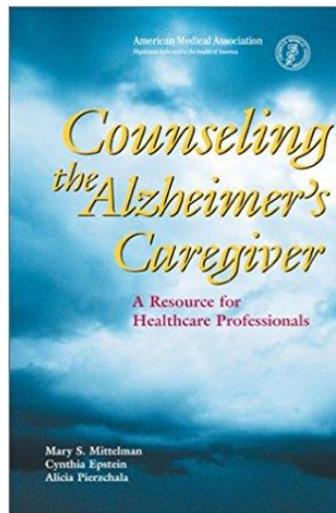


## **Counseling the Alzheimer's Caregiver, by Mary S. Mittelman, Cynthia Epstein and Alicia Pierzchala**

The devastation of Alzheimer's disease reaches far beyond the people afflicted with it. Those who care for AD patients suffer from physical and emotional stress that can prevent them from providing their loved ones with the best care possible.

*Counseling the Alzheimer's Caregiver* provides specific strategies you can use to help caregivers meet the daily and long-term challenges of caring for AD patient at every stage of the disease.

This manual covers the full spectrum of AD issues from diagnosis to end life and shows how to coach caregivers to deal with them effectively. Strategies were tested in over 15 years of empirical clinical treatment intervention at New York University School of Medicine's Alzheimer's Disease Center, where hundreds of caregivers have learned techniques to deliver significantly improves patient care while maintaining their own physical and emotional well-being. The strategies that have helped them are now available to you.



# Fall Prevention and Management, by Smart Caregiver Corporation

**FALL PREVENTION & MANAGEMENT PRODUCTS**

**CORDLESS, QUIETER Fall Alarms!**

**Wireless Signal**

**New! Patented Technology**

**ANTI-WANDERING SOLUTIONS**

**CORDLESS, QUIETER FALL MONITORING**

**SMART** SMART CAREGIVER CORPORATION  
WWW.SMARTCAREGIVERCORP.COM

## **Living With Lewy Body Dementia – One Caregiver’s Personal, In-Depth Experience by J. Towne and PT. Jennings**

“Judy is a wonderful physical therapist, who has energy, enthusiasm and the best ‘can do’ attitude. She has accurately given a description of the major task of ‘in-home care’ that most people cannot understand. I applaud her efforts; both the monumental task of care for Dean (who was a super guy) and writing this helpful book. Job well done!”

—Joyce Dunlevy Cready, RN, BSN, Rehabilitation

“I want to commend Mrs. Jennings on the work done to put together this book. It will be a valuable resource for patients and caregivers, and provides an honest and thoughtful look at her experiences with LBD. It was an honor to care for Dean and I know that her work with him and in this book will help others who are going through the same difficult life journey.”

—Andrew P. Duker, MD, Neurology

“This book is medically appropriate and concise. The information has breadth that is not available in other books. I will recommend it to all my patients with Lewy Body Dementia.”

—James P. Simcoe, MD, Family Practice

“What an outstanding caregiver and loving wife to share this most personal knowledge, gained from her heartfelt experience with Lewy Body Dementia.”

— Peter A. Towne, PT, FAPTA and Linda L. Towne, PT, MED, Orthopedic and Neurological Physical Therapy

