

# Société Alzheimer Society

## Resource List for Kids

Updated: August 2018

### For adults working with children & teens

**Discussion guide for the play, "What my grandma means to say"**

Author: **JC Sulzenko**

**Discussion Guide** for teachers, health care professionals and service providers, and volunteers who work with families in which someone is living with Alzheimer's disease or a related form of dementia. JC offers the Guide free to not-for-profit organizations and individuals to encourage open discussion with children about Alzheimer's disease and related dementias. Available **free of charge** at

<https://jcsulzenko.com/books/what-my-grandma-means-to-say/>

"What my grandma means to say" is also available for purchase as a children's storybook at

<http://www.jcsulzenko.com/>.

**Dementia in my Family** Alzheimer's Australia [www.dementiainmyfamily.org.au](http://www.dementiainmyfamily.org.au)

**Explaining dementia to children and young people** Alzheimer's Society (UK)

[https://www.alzheimers.org.uk/download/downloads/id/1835/factsheet\\_explaining\\_dementia\\_to\\_children\\_and\\_young\\_people.pdf](https://www.alzheimers.org.uk/download/downloads/id/1835/factsheet_explaining_dementia_to_children_and_young_people.pdf)

**Parent's Guide: Helping Children and Teens Understand Alzheimer's Disease**

Alzheimer's Association, 2013

[http://www.alz.org/documents/national/brochure\\_childrenteens.pdf](http://www.alz.org/documents/national/brochure_childrenteens.pdf)

**Talking to Children and Teens** Alzheimer's Association (US)

[https://www.alz.org/help-support/resources/kids-teens/for\\_kids](https://www.alz.org/help-support/resources/kids-teens/for_kids)

**After a Diagnosis of Alzheimer's: Talking with Kids (online video)** Gee's father has Alzheimer's disease.

In this video, she discusses helping her children deal with her father's disease.

[www.youtube.com/watch?v=EbdlIdTRUjn0](https://www.youtube.com/watch?v=EbdlIdTRUjn0)

**After a Diagnosis of Alzheimer's: Libby's Story (online video)** See Libby, who has Alzheimer's disease, talking about discussing the diagnosis with her grandson.

[www.youtube.com/watch?v=jSqhpBhTaz8](https://www.youtube.com/watch?v=jSqhpBhTaz8)

**Frank and Tess Detectives (online pdf book)** A children's activity book about Frontotemporal Degeneration (FTD)

Author: **Chow, Tiffany W; Elliot, Gail**

Full text available online at <http://research.baycrest.org/files/Frank-and-Tess-Detectives-.pdf>

## For children

### Online resources and videos

**Dementia in my Family** Alzheimer's Australia [www.dementiainmyfamily.org.au](http://www.dementiainmyfamily.org.au)

#### **About My Grandfather... About My Grandmother...**

London, UK : Alzheimer's Society, Video available for viewing online at  
<https://www.youtube.com/watch?v=1A9EAY8dtm4>

#### **Grandma doesn't remember me** Family Caregiver Alliance, 2005

<http://caregiver.org/node/338>

#### **The Alzheimer's Project: Grandpa, do you know who I am?**

by Cookson, Shari New York : HBO, 2009 DVD <https://vimeo.com/178947042>

#### **The Milk's in the Oven** by Hann, Lizi London, UK : Mental Health Foundation, 2011

[https://www.mentalhealth.org.uk/sites/default/files/Download\\_MilksInTheOven.pdf](https://www.mentalhealth.org.uk/sites/default/files/Download_MilksInTheOven.pdf)

#### **Kids Look at Alzheimer's Disease**

[https://www.alz.org/help-support/resources/kids-teens/for\\_kids](https://www.alz.org/help-support/resources/kids-teens/for_kids)

Part 1: What Is Alzheimer's Disease?

Part 2: What Can I Expect and How Can I Deal With It?

Part 3: Is it Me or Is It the Disease?

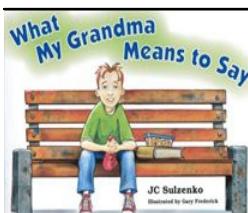
Part 4: How Can I Help and What's Out There to Help Me?

#### **Hot Chocolate with Marshmallow (online animated video)**

[http://www.youtube.com/watch?v=WxveLWYwRUI](https://www.youtube.com/watch?v=WxveLWYwRUI)

### **Books (available through major online booksellers)**

*The following book list is intended as a resource for families looking for materials it does not imply endorsement of any of the content.*

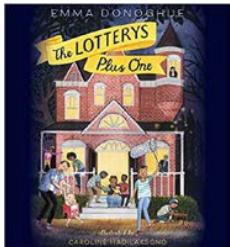


#### **What My Grandma Means to Say**

Author: JC Sulzenko

<https://jcsulzenko.com/books/what-my-grandma-means-to-say/>

Eleven year-old Jake shares his story as he watches his grandma change from awesome traveller, bird watcher, and brownie-baker to someone who doesn't remember his name or where she lives. Once Grandma moves to a long-term care residence, Jake becomes her regular Saturday visitor. He develops a routine and knows what to expect when he is with her, until an extraordinary conversation makes him think she is cured. The book takes readers down Jake's path as he learns how Alzheimer's disease and related dementias affect not only the people living with such dementia but also people in their families, including the children, who can be drawn into the role of caregivers. Corresponding play script and discussion guide are available to embed in school curriculums or encourage discussion within your home or community.



### The Lotterys Plus One

Author: Emma Donoghue

Publisher: HarperCollins (March 28, 2017)

Reading level: ages: 8 to 12

ISBN: 9781443445573

ISBN 10: 1443445576

Sumac Lottery is nine years old and the self-proclaimed "good girl" of her (very) large, (extremely) unruly family. And what a family the Lotterys are: four parents, children both adopted and biological, and a menagerie of pets, all living and learning together in a sprawling house called Camelottery. Then one day, the news breaks that one of their grandfathers has dementia and will be coming to live with them. And not just *any* grandfather; the long dormant "Grumps," who fell out with his son so long ago that he hasn't been part of any of their lives.



### Weeds in Nana's Garden

Author: Kathryn Harrison

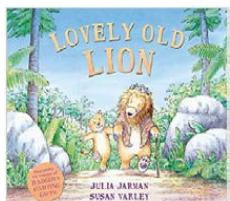
Publisher: Flipturn Publishing (Jan. 28 2016)

ISBN-10: 0994946708

ISBN-13: 978-0994946706

A young girl and her Nana hold a special bond that blooms in the surroundings of Nana's magical garden. Then one day, the girl finds many weeds in the garden. She soon discovers that her beloved Nana has Alzheimer's disease; an illness that affects an adult brain with tangles that get in the way of thoughts, kind of like how weeds get in the way of flowers. As time passes, the weeds grow thicker and her Nana declines, but the girl accepts the difficult changes with love, and learns to take-over as the magical garden's caregiver.

*(The author has generously offered to donate \$1 from the purchase of this book to the Alzheimer Society of Canada.)*



### Lovely Old Lion

Author: Julia Jarman

Publisher: Andersen Press (Sept. 22 2015)

ISBN-10: 1783441186

ISBN-13: 978-1783441181

Lenny the lion loves his grandpa, King Lion. But when King Lion starts to forget things, Lenny begins to worry. He can't understand why grandpa keeps getting muddled and doesn't want to play any more. Lenny doesn't know what to do, but with a little help from grandpa's old friends, perhaps he can find a way to help him remember.



### The Mind Thief, A Kid's Guide to

### Alzheimer's disease

Author: Louise S. Framst, Tahltan Elder

National Core for Neuroethics (2015)

Produced by the National Core for Neuroethics at the University of British Columbia in collaboration with the Tahltan Nation, The Mind Thief is a kid's guide to early onset Alzheimer's disease written by a Tahltan Elder.

<http://med-fom-neuroethics.sites.olt.ubc.ca/files/2015/08/GTP-The-Mind-Thief-s1.pdf>



### **Grandma**

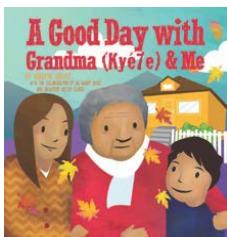
Author: Jessica Shepherd

Publisher: Child's Play (March 1 2014)

ISBN-10: 1846436028

ISBN-13: 978-1846436024

Oscar loves Grandma, and their time together is always lots of fun. As she becomes less able to look after herself, she has to go into a care home. More and more children are encountering dementia and its effects on their families. This touching story, told in Oscar's own words, is a positive and practical tale about the experience. The factual page about dementia helps children talk about their feelings and find new ways to enjoy the changing relationship.

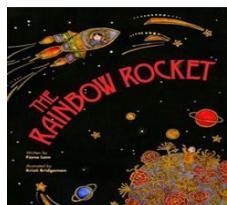


### **A Good Day with Grandma (Kyé7e) & Me (2013)**

Author: Karlene Harvey with the collaboration of Dr. Wendy Hulko and Secwepemc nation elders

Accessible on line: <http://www.tru.ca/blobs/whulko/childrens-book-for-web.pdf>

Created out of roundtable discussions with Secwepemc communities and interviews with First Nations Elders as part of the "Stories of Our Past" project this book tells the story of Ben and his grandmother Kyé7e. The book is intended for children at a Grade 3 to 6 reading level and was written to help children in First Nations communities understand dementia within the context of their culture.



### **Rainbow Rocket**

Author: Fiona Tinwei

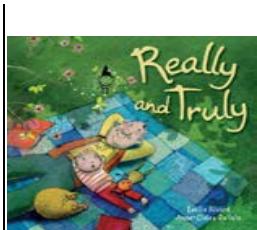
Publisher: Oolichan Books (April 15, 2013)

ISBN-10: 0889822824

ISBN-13: 9780889822825

The Rainbow Rocket takes James on a marvelous and magical dream journey to visit his beloved grandmother, whose beautiful paintings and loving guidance have inspired his own creativity. Celebrating the Chinese holiday of Ching Ming, James finds a meaningful way to honour their bond of love and his grandmother's rich legacy of art. The Rainbow Rocket shows how the tremendous power of the heart and the imagination can transcend loss.

<http://www.oolichan.com/iam-rainbow-rocket>



### **Really and Truly**

Reading level: Ages 4 and up  
Author: Émilie Rivard

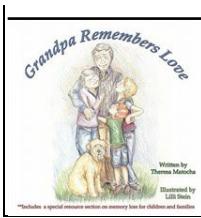
Publisher: Owlkids Books (August 14, 2012)

ISBN-10: 1926973402

ISBN-13: 978-1926973401

With tenderness, sensitivity, and humor, Really and Truly explores the effect that dementia has on a young boy named Charlie and his family. Charlie is very close to his grandfather, who loves to tell fanciful stories about pirates, witches, and gnomes that amuse Charlie to no end. But lately, Charlie's grandpa doesn't have any new stories to tell — in fact, some days Grandpa doesn't even recognize Charlie. A disease has stolen grandpa's memories, his appetite, and even his smile. Charlie wants so much to make his grandpa smile again that he comes up with a plan to tell him stories — the same ones that Grandpa used to tell Charlie to make him laugh!

<http://store.owlkids.com/store/scripts/prodView.asp?idproduct=374> \* Available in French: Vrai de vrai papi ?



### **Grandpa Remembers Love**

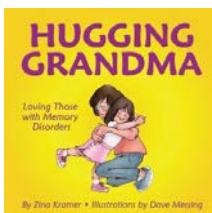
Author: Theresa Matocha

Publisher: Authorhouse (Aug 11 2010)

ISBN-10: 1449086950

ISBN-13: 978-1449086954

Grandpa Remembers Love is an uplifting story about connecting with a grandparent who has dementia. With the help of their wise grandmother, Elaine and Teddy begin to understand that an important part of their grandfather's memory has not gone away. And, that focusing on what grandpa CAN do creates new opportunities for strengthening the love between them. Told with beautifully expressive illustrations, the children discover that by finding insightful ways to engage him--they truly can help grandpa remember love.  
<http://bookstore.authorhouse.com/Products/SKU-000267855/Grandpa-Remembers-Love.aspx>



### **Hugging Grandma: Loving Those with Memory Disorders**

Reading level: Ages 4 and up

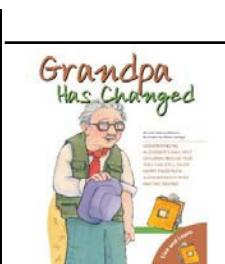
Author: Zina Kramer

Publisher: Ferne Press (Jun 1 2009)

ISBN-10: 1933916389

ISBN-13: 978-1933916385

What happens when you very own grandma doesn't know it's your birthday? When a little child girl's beloved grandmother develops Alzheimer's disease and can't remember things, how does life go on? Hugs for Grandma provides a positive example of how one child copes with a grandmother who has Alzheimer's disease. Strengthened by the wonderful times they shared together, the child finds ways to help her grandmother still feel useful and needed.



### **Grandpa has changed**

Reading level: Pre-school and up

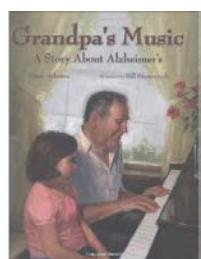
Author: Pam Pollack, Meg Belviso

Publisher: Barron's Educational Series (Sep 1 2009)

ISBN-10: 0764142828

ISBN-13: 978-0764142826

The boy and girl in this story have always loved visiting their grandfather. But lately Grandpa has been different. Fishing and other activities are not as easy as they used to be. Grandpa doesn't look sick, but a nurse comes to the house to take care of him. What is going on? Grandpa has Alzheimer's disease. It makes him forget names and places and how to do everyday things. That's why he needs someone to help him, and why he can't do many things he did before. At first, the boy and his sister are concerned by the way their Grandpa is changing, but after talking with Mom, they realize that it's okay to feel badly because things are no longer the way they used to be. The children learn to cope and finds ways to help Grandpa so that the whole family can still have fun together. \*Available in Spanish *El abuelito ha cambiado*



### **Grandpa's music**

Reading level: Kindergarten to grade 3

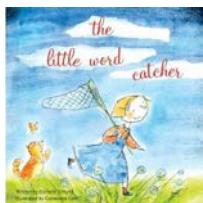
Author: Alison Acheson

Publisher: Albert Whitman & Company; 1 edition (Sep 1 2009)

ISBN-10: 0807530522

ISBN-13: 978-0807530528

Although Alzheimer's disease makes it difficult for Callie's grandfather to remember things, his family keeps him occupied, and Callie's special task is to help him enjoy playing the piano and singing favorite songs.



### The Little Word Catcher

Reading level: Ages 5-8

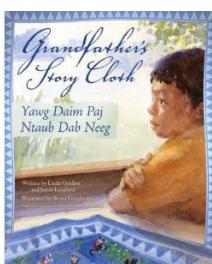
Author: Danielle Simard

Publisher: Second Story Press (Sep 1 2008)

ISBN-10: 1897187440

ISBN-13: 978-1897187449

Elise wonders why her grandmother's words keep escaping her – do they fly off to play tricks on her? Elise's grandmother used to know many marvelous words, but now she seems to be losing them all the time. Can Elise help her by catching them, like butterflies in a net? This award-winning picture book offers a gentle exploration of the effects of Alzheimer's on the relationships in a family, and the special bond it creates between a grandmother and her granddaughter. \*Available in French: *La petite rapporteuse de mots*



### Grandfather's Story Cloth/Yawg Daim Paj Ntaub Dab Neeg

Reading level: Ages 6 and up

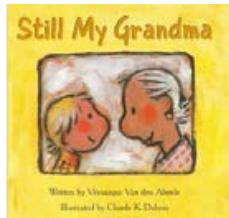
Author: Linda Gerdner, Sarah Langford

Publisher: Shen's Books; Bilingual edition (May 1, 2008)

ISBN-10: 1885008341

ISBN-13: 978-1885008343

Chersheng feels sad and helpless when he learns that Grandfather has Alzheimer's disease, but then Chersheng's mother presents him with a story cloth stitched by Grandfather himself, embroidered in the Hmong tradition. Through the story cloth, Grandfather's memories of his life in Laos come alive. And inspired by Grandfather's tales about his life before the war forced him to immigrate to America, Chersheng comes up with a plan to capture his family's new life with his own art project. This way, they can all remember that their love is stronger than Alzheimer's disease, no matter in which country they live.



### Still My Grandma

Reading level: Ages 4 and up

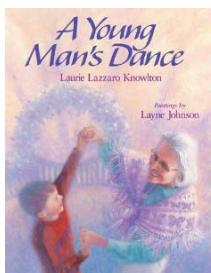
Author: Veronique Van Den Abeele

Publisher: Wm. B. Eerdmans Publishing Co. (Aug 1 2007)

ISBN-10: 0802853234

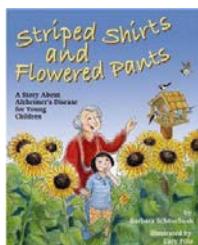
ISBN-13: 978-0802853233

Camille and her grandma have a special friendship. They have sleepovers, bake chocolate cupcakes together, go out shopping, and giggle at old photographs. But one day Grandma forgets Camille's name. Then she can't remember where to put her shoes. Camille learns that her grandma is sick, but not the kind where you cough and blow your nose. Grandma has Alzheimer's disease, which is what makes her do strange things. And even though Grandma has to move out of her house and rely on nurses to care for her, Camille finds a way to continue their special traditions. With charming, sensitive illustrations, this story gently introduces young readers to the realities of Alzheimer's disease, and reminds them that love is more powerful than any illness can be. \*Available in French: *Ma grand-mère Alzha...quoi?*



**A Young Man's Dance**  
Kindergarten-Grade 3  
Author: Laurie Knowlton  
Publisher: Boyds Mills Press (March 31, 2006)  
ISBN-10: 1590782593  
ISBN-13: 978-1590782590

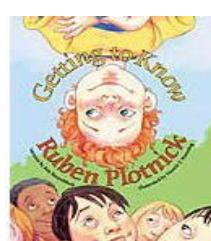
Grandma Ronnie loved to bake cookies for her grandson. She loved to dance with him in the kitchen while the cookies were in the oven. Now she lives in a nursing home, where she sits in a wheelchair and plays bingo. Grandma Ronnie doesn't remember the cookies. She doesn't remember the name of her grandson. But Grandma Ronnie remembers dancing. Seeing Grandma Ronnie in the nursing home isn't easy for her grandson. It's like visiting a stranger. His mother, however, helps him understand that Grandma Ronnie is still his grandmother. Though she may have forgotten their favorite cookies, she had made them with love in her heart. During one visit, a band is playing at the nursing home. Grandma Ronnie is swaying to the music. That's when her grandson begins to see her in a new light. What he does next will lift his grandmother's spirits as well as his own.



**Striped Shirts and Flowered Pants**  
Reading level: Ages 4 and up  
Author: Barbara Schnurbush  
Publisher: Magination Press; 1 edition (Sep 25 2006)  
Language: English  
ISBN-10: 1591474760  
ISBN-13: 978-1591474760

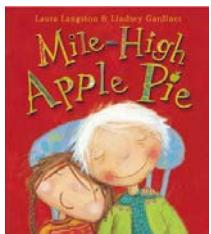
With gentle reassurances and support from her family, young Libby learns how Alzheimer's disease will ultimately affect her grandmother and discovers ways to handle her feelings and worries.

<https://www.apa.org/pubs/magination/441A475.aspx>



**Getting to Know Ruben Plotnick**  
Reading level: Ages 5 and up  
Author: Roz Rosenbluth  
Publisher: Flashlight Press (September 28, 2005)  
ISBN-10: 0972922555  
ISBN-13: 978-0972922555

When the coolest kid in the class drops by David's house after school, David is worried about how popular, zany Ruben Plotnick will react upon meeting unpredictable Grandma Rosie. *Will he make fun of her to his classmates? Will he imitate her whispery voice? What will he do if Grandma Rosie suddenly wants to dance?* To his surprise, and relief, David learns that although Ruben may be a joker, he has an instant rapport with Grandma Rosie and accepts her odd behavior. In fact, when Grandma Rosie calls out, "Nate, let's waltz!" Ruben gallantly and proudly dances around the kitchen with her. This heartwarming story reveals the importance of looking beneath the surface to really get to know someone. By accepting Grandma with all of her quirks, Ruben shows that he has a warm heart and can be a true friend.



### Mile-High Apple Pie

Reading level:

Author: Laura Langston

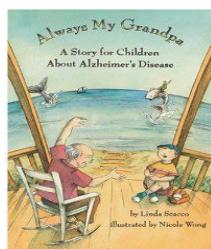
Publisher: Red Fox; New edition edition (Sep 5 2005)

Language: English

ISBN-10: 0099443880

ISBN-13: 978-0099443889

As time passes, this little girl grows up and her grandma grows older. Even if at times coming to terms with Grandma's not remembering is difficult, there are still some very special things Grandma does remember – like how to make mile-high apple pie. And when Grandma suddenly can't remember who Margaret is, Margaret reassures her: "I am Margaret. I am your remembering."



### Always my grandpa

Reading level: Ages 5 and up

Author: Scacco

Publisher: Magination Press; 1 edition (Oct 24 2005)

ISBN-10: 1591473128

ISBN-13: 978-1591473121

Daniel and his mom spend every summer at Grandpa's beach house. This year, his mother reminds her son that Grandpa will seem different because he has been diagnosed with Alzheimer's disease. Over the course of the visit, his symptoms worsen. Daniel, his mom, and his grandfather share their feelings and concerns in a healthy, open manner. At the end of the summer, Grandpa comes to live at Daniel's house. This is a gentle but straightforward portrayal of the early effects of Alzheimer's on the person and family.

<https://www.apa.org/pubs/magination/441A311.aspx>



### What's Happening to Grandpa?

Reading level: Kindergarten-Grade 4

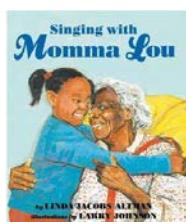
Author: Maria Shriver

Publisher: Little, Brown Books for Young Readers; 1 edition (April 28 2004)

ISBN-10: 0316001015

ISBN-13: 978-0316001014

Kate has always adored her grandpa's storytelling - but lately he's been repeating the same stories again and again. One day, he even forgets Kate's name. Her mother's patient explanations open Kate's eyes to what so many of the elderly must confront: Alzheimer's disease and other forms of memory loss. Determined to support her grandfather, Kate explores ways to help him - and herself - cope by creating a photo album of their times together, memories that will remain in their hearts forever.



### Singin' with Momma Lou

Reading level: Ages 6 and up

Authors: Altman Linda Jacobs & Johnson Larry

Publisher: LEE & LOW BOOKS (Mar 21 2002)

ISBN-10: 158430040X

ISBN-13: 978-1584300403

Nine-year-old Tamika Jordan dreads visiting her grandmother at the nursing home. Momma Lou has Alzheimer's and always forgets who Tamika is. But when Tamika's father shows her Momma Lou's scrapbooks, the young girl gets the idea of jogging Momma Lou's memory. During each visit, she shows her grandmother memorabilia from the scrapbook: Momma Lou dressing Tamika like an angel for a Christmas pageant, marching in a civil rights demonstration, and singing "We Shall Overcome" with other jailed protesters. One day Momma Lou recognizes a newspaper clipping and leads everybody in a celebration of song.

[http://www.leeandlow.com/books/108/hc/singing\\_with\\_momma\\_lou](http://www.leeandlow.com/books/108/hc/singing_with_momma_lou)

## **Online Non-English materials**

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**A Quick Look at Alzheimer's Five Pocket Films to Increase Understanding of a 21st Century Epidemic.**

By *Shenk, David 2009* [www.aboutalz.org](http://www.aboutalz.org)

1. What is Alzheimer's Disease?
2. An Urgent Epidemic
3. The Race to the Cure
4. A Message for Patients and their Families
5. The Genetics of Alzheimer's

Available in English, Arabic, Cantonese, Farsi, French, German, Hindi, Japanese, Mandarin, Portuguese, Russian, Spanish

### **Children/Teens and Dementia – Chinese**

Alzheimer Society of BC: <http://www.alzheimer.ca/bc/~media/Files/bc/Advocacy-and-education/Other-languages/Chinese/2012-05-01%20Children%20Teens%20and%20Dementia%20Chinese.pdf>

For a full list of **French resources**, please visit <http://www.alzheimer.ca/fr/Living-with-dementia/Staying-connected/Helping-children>.