Alternative and Complementary Therapies and Dementia

This list is a reviewed collection of articles, books, web resources and videos prepared by the Alzheimer’s Association Green-Field Library staff. To borrow items we own contact your local chapter or local library. Read more about borrowing at http://www.alz.org/library/borrow.asp

On this resource list:

Alzheimer’s Association Resources

General

Art, Music, and Dance

Botanicals, Herbal Supplements, and Extracts

Exercise

Pet and Doll

Therapeutic Multi-Sensory Experiences
Alzheimer's Association Publications

Alternative treatments for Alzheimer's
http://www.alz.org/alzheimers_disease_alternative_treatments.asp

Memories in the Making
Memories in the Making is a program provided through the Alzheimer's Association of Northern California and Northern Nevada.
http://www.alz.org/norcal/in_my_community_12758.asp

Memories in the Making (blog)
Mountain View, CA: Alzheimer's Association of Northern California and Northern Nevada
http://www.alzheimersblog.org/tag/art-and-alzheimers/?gclid=CLeBh8bX6LQCFQKRPAodzBQAox

General

Articles, Journal

Green-Field Library owns

Green-Field Library does not own
Hulme, C.; Wright, J; Crocker, T. Non-pharmacologic approaches for dementia that informal carers might try or access: a systematic review. *International Journal of Geriatric Psychiatry*. Jul 2010; vol. 25(7), pp. 756-763.
Green-Field Library owns.

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Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050588
Green-Field Library does not own

Green-Field Library does not own
Journal

*Alternative and Complementary Therapies*
New Rochelle, NY: Mary Ann Leibert, Inc.
Publisher’s Web site: “provides the most authoritative, evidence-based, and practical information for integrating alternative therapies and approaches into private practice or hospital integrative medicine programs. The Journal offers the latest research and top thinking in Complementary and Alternative Medicine (CAM) as it relates to key areas such as the prevention and treatment of chronic illness, mind/body approaches to disease management, and clinical applications of CAM therapies.”
http://www.liebertpub.com/ACT

Web Resources and Organizations

*Alternative medicine: evaluate claims of treatment success.*
Rochester, MN: Mayo Clinic.
http://www.mayoclinic.com/health/alternative-medicine/SA00078

*Ann Catlin with Compassionate Touch LLC*  
Skype video: (78 min.)  
A nationally certified and licensed massage therapist and registered occupational therapist conducts a session on massage with elders  

*Complementary and alternative medicine.*

Botanicals, Herbal Supplements and Extracts

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3311304  
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May, BH; Lu, C; Bennett, L. Evaluating the traditional Chinese literature for herbal formulae and individual herbs used for age-related dementia and memory impairment. Biogerontology. Jun 2012; vol. 13(3), pp. 299-312.
Green-Field Library does not own

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3393521
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**Journal**

*Medical Herbalism Journal: A Journal for the Clinical Practitioner*  
Boulder, CO; North American Institute of Medical Herbalism  
[http://medherb.com/MHHOME.SHTML](http://medherb.com/MHHOME.SHTML)

**Book**

*PDR for herbal medicines*. (4th ed.)  
Green-Field Library Call No.: Ref QV 766 P348 2007

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Web Resources

American Botanical Council
Austin, TX
A nonprofit organization founded in 1988 to provide education using science and traditional information for the responsible use of herbal medicine. The public, researchers, educators, health care professionals and anyone interested may access the herbal library of information free of charge and the herbal database, HerbMedPro, for a nominal fee.

Herbal supplements face new scrutiny (news article)
Wall Street Journal; Tuesday, September 14, 2010

Anastasi, JK; Chang M; Capili, B. Herbal supplements: talking with your patients. Journal of Nurse Practitioners. 2011; vil. 7(1), pp. 29-35. Summaries the evidence on 10 extracts, their side effects and drug interactions with recommendations for clinical practice. Registration is required.

Green-Field Library does not own

Herbs at a glance.
Bethesda MD: National Center for Complementary and Alternative Medicine

International bibliographic information on dietary supplements (IBIDS) database.
Bethesda, MD: National Institutes of Health.
The International Bibliographic Information on Dietary Supplements (IBIDS) database provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements.

National Center for Complementary and Alternative Medicine.
Bethesda, MD: National Institutes of Health.
The National Center for Complementary and Alternative Medicine (NCCAM) is the
http://nccam.nih.gov

*Natural Standards Database.*
Delmar, NY; Bennington, NY: Stram Center for Integrative Medicine
Natural Standards Database is an international research collaboration that compiles and synthesizes data on complementary and alternative therapies. Search the databases for herbs, conditions, and interactions.
http://www.cihh.net/index.php/supplements/national_standards_database
Accessed January 14, 2013

**Art, Music, and Theater**

**Articles, Journal**

Chatterton, W; Baker, F; Morgan K. The singer or the singing: who sings individually to persons with dementia and what are the effects? *American Journal of Alzheimer’s Disease and Other Dementias*. Dec 2010; vol. 25(8), pp. 641-649.
Abstract: http://aja.sagepub.com/content/25/8/641.abstract
Green-Field Library owns

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Green-Field Library does not own.

Green-Field Library owns.
Full-text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3782173
Green-Field Library does not own.

Hanser, SB; Butterfield-Whitcomb, J; Kawata, M; et al. Home-based music strategies with individuals who have dementia and their family caregivers. Journal of Music Therapy. Spr 2011; vol. 48(1), pp. 2-27
Green-Field Library does not own.

Green-Field Library does not own.

Abstract: no abstract available
Green-Field Library owns

Green-Field Library does not own.

Green-Field Library owns

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914108.


**Web Resources**

*Art and music therapy for Alzheimer’s disease*
Medscape; WebMD: Atlanta, GA

*ARTZ is Artists for Alzheimer’s®*
A nonprofit organization aimed at enhancing the creative and cultural life of people with dementia, to help them express themselves and lessen the stigma.

*Dance movement therapy and Alzheimer's* (bibliography)
Columbia, MD: American Dance Therapy Association
Drama therapy can coax Alzheimer patients back to reality, briefly
Garrett, K
Manhattan KS: Kansas State University
K-State Perspectives; Fall/Win 2006.
http://www.k-state.edu/media/webzine/aging/dramatherapy.html
Accessed January 14, 2013

Exercise

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258000
Green-Field Library does not own

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Potter, R; Ellard, D; Rees K; et al. A systematic review of the effects of physical activity on physical functioning, quality of life and depression in older people with dementia. *International Journal of Geriatric Psychiatry*. Oct 2011; vol. 26(10), pp. 1000-1011
Green-Field Library has

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Scherder, EJ; Bogen, T; Eggermont, LH; et al. The more physical inactivity, the more agitation in dementia. *International Psychogeriatrics*. Dec 2010; vol. 22(8), pp. 1203-1208.


Green-Field Library owns


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Abstract: no abstract available

Green-Field Library owns


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**Pet / Doll Therapies**

**Articles, Journal**

Green-Field Library owns

Cohen-Mansfield, J; Marx, MS; Thein, K; et al.
Updates previous research by demonstrating that residents with current interests in pets may be a predictor of greater responsiveness to pet stimuli.
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**Organizations**

*Pet Partners*
Bellevue, WA
Formerly the Delta Society, Pet Partners is a non-profit organization offering animal-assisted therapy programs to screen and train volunteers for work in the community.
http://www.petpartners.org

*Therapy Dogs International*
Flanders, NJ
A volunteer organization that helps regulate, test, and register therapy dogs and their handlers for the purpose of offering assistance to patients and residents in hospitals, nursing homes and other institutions.

**Therapeutic Multi-Sensory Experiences**

**Articles, Journal**

Almuth, B, Sadowski, K; Beyrodt, M; et al. Snoezelen structured reminiscence therapy and 10-minutes activation in long term care residents with dementia (WISDE): a study protocol of a cluster randomized controlled trial. *BMC Geriatrics*. Jan 31, 2010, 10(5), published online.
Full text: http://www.biomedcentral.com/content/pdf/1471-2318-10-5.pdf
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Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3058045
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Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2896339
Green-Field Library does not own

Green-Field Library does not own

Book

Barbara Larsen. Movement with Meaning: A Multi-Sensory Program for Individuals with Early-Stage Alzheimer’s Disease.
Baltimore, MD: Health Professions Press
Green-Field Library Call No.: WM 450 L37 2006
Video

*Sensitive massage*
1 videocassette (29 min.)
Discusses the effectiveness and techniques of therapeutic massage and focused touch for residential care staff.
http://www.compassionate-touch.org/index.php?submenu=purchase_dvd&src=gendocs&ref=PurchaseDVD&category=Resources

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**Alternative and Complementary Therapies and Dementia**

A selected list of references compiled by
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*Alzheimer’s Association National Office*
*Chicago, IL*

Updated January 2013