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
Chicago, IL: Alzheimer's Association National Organization
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)
San Jose, CA: Alzheimer’s Association of Northern California and Northern Nevada
http://www.alzheimersblog.org/tag/art-and-alzheimers/?gclid=CLeBh8bX6LQCFKRPAdzBQAxw

Brain health
Chicago, IL: Alzheimer's Association National Organization

General

Articles, Journal

Abraha, I; Rimland, JM; Trotta, FM. Systematic review of systematic reviews of non-pharmacological interventions to treat behavioural disturbances in older patients with dementia. The SENATOR-OnTop Series. BMJ Open. Mar 2017; vol. 16(7), e012759.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28302633
Green-Field Library does not own.

Green-Field Library owns.
**Consumer Reports.** Anti-aging treatment claims: the promises vs. the science. Aug 2015; vol. 80(8), pp. 15-17.
Green-Field Library does not own.

Gill, SS; Seitz, DP. Lifestyles and cognitive health: what older individuals can do to optimize cognitive outcomes. *JAMA (Journal of the American Medical Association).* Aug 2015; vol. 314(8), pp. 774-775.
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/25368575
Green-Field Library does not own.

Green-Field Library owns.

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

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.

Blumberg, JB; Frei, B; Fulgoni, VL; et al. Vitamin and mineral intake is inadequate for most Americans: what should we advise patients about supplements? Journal of Family Practice. Sep 2016; vol. 65(9 suppl.), pp. S1 – S8.
Green-Field Library does not own.
Dey, A; Bhattacharya, R; Mukherjee, A; et al. Natural products against Alzheimer’s disease: pharmaco-therapeutics and biotechnological interventions. *Biotechnology Advances*. Mar - Apr 2017; vol. 35(2); 178-216.

Green-Field Library does not own.


Green-Field Library does not own.


Full-text: https://www.ncbi.nlm.nih.gov/pubmed/26740832
Green-Field Library does not own.


Green-Field Library does not own.


Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3311304
Green-field Library does not own.


Green-Field Library owns.
Krause, D; Roupas, P. Dietary interventions as a neuroprotective therapy for the delay of the onset of cognitive decline in older adults: an umbrella review protocol. *JBI Database Systematic Reviews and Implementation Reports*. Mar 12, 2015; vol. 13(2), 74-83.

Full-text: Free after registration.
https://www.researchgate.net/publication/273902071_Dietary_interventions_as_a_neuroprotective_therapy_for_the_delay_of_the_onset_of_cognitive_decline_in_older_adults_an_umbrella_review_protocol
Green-Field Library does not own.


Full-text: Free after registration.
https://www.researchgate.net/publication/281662486_Brain_Food_for_Alzheimer-Free_Ageing_Focus_on_Herbal_Medicines
Green-Field Library does not own.

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.


Green-Field Library does not own.


Green-Field Library does not own.
Green-Field Library does not own.

Green-Field Library owns.


**Journal**

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

**Books**

Books on Amazon.com - Herbal medicine  
https://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Dstripbooks&field-keywords=herbal+medicine
Green-Field Library Call No.: WM 890 M473 2007

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

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

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 Consumer Version.
Somerville, MA: Natural Standard Condition Center
Natural Standards Database is an international research collaboration that compiles and synthesizes data on complementary and alternative therapies. Search the databases for herbs, conditions (including Alzheimer’s disease), and interactions.
http://3rdparty.naturalstandard.com/frameset.asp

Art, Music, and Theater

Articles, Journal

Green-Field Library owns.

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.

Green-Field Library does not own.

Full-text: Open access after registration
Green-Field Library does not own.


Green-Field Library does not own.

Green-Field Library owns.


Green-Field Library does not own.


Green-Field Library does not own.


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


Green-Field Library owns.
Green-Field Library does not own.

Green-Field Library does not own.

Abstract: no abstract available
Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.
Green-Field Library does not own.

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914108.
Green-Field Library does not own.

Sung, HC; Lee, WL; Li TL; et al. A group music intervention using percussion instruments with familiar music to reduce anxiety and agitation of institutionalized older adults with dementia. *International Journal of Geriatric Psychiatry.* Jun 2012; 27(6), pp. 621-627.
Green-Field Library owns.

Green-Field Library owns.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/25128286
Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/24917807
Green-Field Library does not own.

Abstract: https://www.ncbi.nlm.nih.gov/pubmed/28025173
Green-Field Library does not own.
Web Resources

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

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

Evidence-based guideline. Individualized music for elders with dementia, 5th ed.
Gerdner, LA; Schoenfelder, DP.

I’m Still Here Foundation
Boston, MA
A nonprofit organization aimed at enhancing the creative and cultural life of people with dementia, to help them express themselves and lessen the stigma.
http://www.imstillhere.org/artz/artz-programs

Exercise

Ahlskog, JE; Geda, YE; Graff-Radford, NR; et al. Physical exercise as a preventive or disease-modifying treatment of dementia and brain aging. Mayo Clinical Proceedings. Sep 2011; vol. 86(9), pp. 876-884.
Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258000
Green-Field Library does not own.
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Green-Field Library does not own.


Green-Field Library owns.

Mathersul, DC; Rosenbaum. The roles of exercise and yoga in ameliorating depression as a risk factor for cognitive decline. *Evidence Based Complementary and Alternative Medicine (eCam).* 2016; 2016:4612953.
Green-Field Library does not own.
Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

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.

Green-Field Library owns.

Abstract: no abstract available
Green-Field Library owns.
Green-Field Library does not own.

Green-Field Library owns.

**Web Resources**

*Exercise and dementia: what does the latest research tell us?*
Hamilton, ON: McMaster Optimal Aging Portal, McMaster University
[https://www.mcmasteroptimalaging.org/blog/detail/blog/2016/01/14/exercise-and-dementia-what-does-the-latest-research-tell-us](https://www.mcmasteroptimalaging.org/blog/detail/blog/2016/01/14/exercise-and-dementia-what-does-the-latest-research-tell-us)

*Exercise and physical activity: factsheet*
London, UK: Alzheimer’s Society

*Lack of exercise might invite dementia*
Atlanta. GA: WebMD

**Pet / Doll Therapies**

**Articles, Journal**

Green-Field Library does not own.
Green-Field Library owns.

Green-Field Library owns.

Cohen-Mansfield, J; Marx, MS; Thein, K; et al.
Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3131104.
Updates previous research by demonstrating that residents with current interests in pets may be a predictor of greater responsiveness to pet stimuli.
Green-Field Library owns.

Full text: http://www.nursingtimes.net/using-dolls-to-enhance-the-wellbeing-of-people-with-dementia/5020017.article
Green-Field Library does not own.

Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3142779.
Green-Field Library owns.

Green-Field Library owns.
Green-Field Library owns.

Ng, QX; Ho, CY; Koh, SS; et al. Doll therapy for dementia sufferers: a systematic review. *Complementary Therapies in Clinical Practice.* Feb 2017; vol. 26, pp. 42-46.
Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

**Blog**

*More than child’s play: the ethics of doll therapy in dementia.*
Gordon, M
[http://www.managedhealthcareconnect.com/blog/michael-gordon-doll-therapy-dementia](http://www.managedhealthcareconnect.com/blog/michael-gordon-doll-therapy-dementia)
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

Green-Field does not own.

Abraha, I; Rimland, JM; Trotta, FM; et. Al. Systematic review of systematic reviews of non-pharmacological interventions to treat behavioural disturbances in older patients with dementia. The SENATOR-OnTop series. *BMJ Open*. Mar 16, 2017; vol. 7(3), e012759.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28302633
Green-Field does not own.

Bauer, M; Rayner, JA; Tang, J; et al. An evaluation of Snoezelen compared to common best practice for allaying the symptoms of wandering and restlessness among residents with dementia in aged care facilities. *Geriatric Nursing*. Nov-Dec 2015; vol. 36(6), pp. 462-466.
Green-Field Library owns.
Green-Field does not own.

Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28360513  
Green-Field Library does not own.

Fan, JT; Chen, MT. Using silver yoga exercises to promote physical and mental health of elders with dementia in long-term care facilities. *International Psychogeriatrics*. Oct 2011; vol. 23(8), pp. 1222-1230.  
Green-Field Library owns.

Forrester, LT; Maayan, N; Orrell, M; et al. Aromatherapy for dementia. *The Cochrane Database of Systematic Reviews*. Feb 25, 2014; vol. 25(2), CD003150.  
Green-Field Library does not own.

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Maseda, A; Sanchez, A; Marante, MP; et al. Multisensory stimulation on mood, behavior, and biomedical parameters in people with dementia: is it more effective than conventional one-to-one stimulation? *American Journal of Alzheimer’s Disease and Other Dementias*. Nov 2014; 29(7); pp. 637-647.

Green-Field Library owns.


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Full text: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2896339
Green-Field Library does not own.

Full-text: https://www.ncbi.nlm.nih.gov/pubmed/28400839
Green-Field Library does now own.
Green-Field Library does not own.

Turten Kaymaz, T; Ozdemir, L.
Green-Field Library owns.

Yang, YP; Wang, CJ; Wang, JJ. Effects of aromatherapy massage on agitation and depressive mood in individuals with dementia. Journal of Gerontological Nursing. Sep 1, 2016; vol. 42(9), 38-46.
Green-Field Library owns.

Book

Baltimore, MD: Health Professions Press
Green-Field Library Call No.: WM 450 L37 2006

Video

Learning to speak Alzheimer’s: an introduction to the habilitation approach to care
1 DVD (32 min.)
Touches on the physical, psycho-social, and sensory world of the person with Alzheimer’s.
Web Resource

Compassionate touch training program
Colleyville, TX: Ageucate Training Institute

DIY guide to creating a sensory room
http://journalofdementiacare.com/how-to-create-a-sensory-room

How to make a sensory room for people living with dementia: a guide book
Jakob, A; Collier, L
http://fada.kingston.ac.uk/de/MSE_design_in_dementia_care/doc/How%20to%20make%20a%20Sensory%20Room%20for%20people%20with%20dementia.pdf

Using sensory stories with individuals with dementia.

~

Alternative and Complementary Therapies and Dementia

A selected list of references compiled by
Mary Ann Urbashich, M.A.L.S.

Alzheimer’s Association Green-Field Library and Resource Center
Alzheimer’s Association National Organization
Chicago, IL

Updated May 2017