

Library Resource List

(A) Books	Unit Price
A Curious Kind of Window by Ann Davidson; 2006 A moving memoir and a useful guide filled with compassion and insights for caregivers, both family and professional.	\$17.00
Alzheimer's: A Love Story by Ann Davidson; 1997 Presents a picture of how she dealt with her husband's 1 st year in the early stage of Alzheimer's and how they learned to simplify their lives, to live for the moment and laugh and cry together.	\$17.00
Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers by Daniel Kuhn, MSW; 2003 Explains the medical aspects of the disease, tells how to plan immediately for long-term needs, and offers advice on how to stay healthy and positive when caring for a loved one with Alzheimer's.	\$16.00
Alzheimer's: The Answers You Need by Helen Davies & Michael Jensen; 1998 A book that will remind the patient as well as all of us that life does exist after diagnosis. Invaluable as a tool to help with changes in the patient and what to expect and what to accept.	\$13.00
A View From Within Living with Early Onset Alzheimer's by Thaddeus M. Raushi, PhD; 2001 Reflects the author's thoughts and feelings on living a high quality life with Alzheimer's Disease.	\$14.00
Doing Things: A Guide to Programming Activities for Persons with Alzheimer's Disease And Related Disorders by Jitka Zgola; 1987 A book designed to help professionals evaluate patients' abilities and needs, and to plan activities that build on their strengths and maintain skills. It includes information on dementia and its effect on patients.	\$12.00
Gone Without a Trace by Marianne D. Caldwell; 1995 Combines a personal story with a self-help guide for families with loved ones who wander.	\$12.00
He Used To Be Somebody: A Journey into Alzheimer's Disease Through the Eyes of a Caregiver by Beverly Bigtree Murphy; 1995 The author offers a unique and intensely charged personal account of what happened to her and her husband from the onset of the disease into the final stages.	\$16.00
In a Tangled Wood: An Alzheimer's Story by Joyce Dyer; 1994 A book dedicated to offer insight into the lives of the patients and the caring staff inside the Alzheimer's unit at Tanglewood, a residential care home where the author's mother lived	\$13.00
Keeping Busy by James R. Dowling; 1995 A handbook of activities for persons living with dementia including quality of life.	\$19.00
Key Element of Dementia Care by National Alzheimer's Association; 1997 This book defines and describes dementia-capable care throughout the range of residential care settings.	\$25.00
Learning How to Speak Alzheimer's by Joanne Koenig Coste; 2004 A practical approach and comprehensive method that works to enhance communication between care partners and families. It also offers hundreds of practical tips.	\$12.00
Moving A Relative With Memory Loss A Family Caregiver's Guide by Laurie White and Beth Spencer; 2000 This book provides a useful, practical step-by-step guide to help families through a maze of decisions with their loved ones.	\$11.00
Talking to Alzheimer's by Claudia J. Strauss; 2001 This book addresses head on both the practical and emotional difficulties experienced by loved ones and the effort it takes to respond as lovingly and constructively as possible when visiting.	\$12.00
There's Still a Person in There by M. Castleman, D. Gallagher-Thompson, PhD and M. Naythons, MD; 1999 A complete guide to treating and coping with Alzheimer's, from description of medical advances to touching accounts from caregivers.	English \$12.00 Chinese \$36.00

Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Disease by Barbara Bridges; 1995 Written expressly for family members and in-home caregivers. This excellent book offers techniques for keeping people with dementia more functional.	\$20.00
The 36-Hour Day: A Family Guide to Caring for Persons with AD and Related Dementia Illnesses, and Memory Loss in Late Life by Nancy L. Mace and Peter V. Rabins, MD; 1999 This revised edition of the classic, internationally best-selling, comprehensive guide for the care of persons in the early and middle stages of progressive dementia illnesses.	English \$12.00 Spanish \$21.00
The Alzheimer's Health Care Handbook: How to Get the Best Medical Care for Your Relative with Alzheimer's Disease in and out of the Hospital by Mary S. Mittelman, Dr. PH and Cynthia Epstein, ACSW; 2003. Offers advice on how to meet the needs of your loved one with Alzheimer's emotionally, physically, and mentally, and how to look after your own needs as well.	\$15.00
Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses by Anne Robinson, Beth Spenser, and Laurie White, Editors; 1988 Written for caregivers in home and formal care settings. This excellent book focuses on eleven common problems areas, including angry/agitated behavior, hallucinations and paranoia, incontinence, activities of daily living, wandering, screaming, and wanting to go home.	\$15.00
When Love Gets Tough by Doug Manning; 1983 The book speaks to the difficult decision of placing a loved one in a nursing home.	\$6.00

(B) Research and/or Drug Related Articles Copies may be duplicated	Unit Price
Alzheimer's Approved Drugs , Alzheimer's Association	0.30
Cholinesterase Inhibitors , Alzheimer's Association	0.30
Alzheimer's as a "Preventable" Disease? Part 1 Michael K. McCloud	0.30
Can Nutrition Help Prevent Alzheimer's? Part 2 Michael K. McCloud	
Dementia with Lewy Bodies	0.30
Facts About Genes and Alzheimer's Disease", Alzheimer's Association	0.30
Frontotemporal Lobe Dementia , Alzheimer's Association	0.30
Multi Infarct Dementia , Alzheimer's Association	0.30
Research Summary , Alzheimer's Association	0.30
Use of Medications in Alzheimer's Disease , Dr. Gary Steinke	0.30

(C) Booklets	Unit Price
A Guide to Alzheimer's Disease (Chinese Only)	Free
Basics of Alzheimer's Disease (30 page booklet)	1.00
Caregiver Guide Can be ordered online at http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm	Free: Limit 1 Copy
Home Safety Guide Can be ordered online at http://www.nia.nih.gov/Alzheimers/Publications/homesafety.htm	Free: Limit 1 Copy
How to Get Care From a Board & Care Home A 48 pg. Easy to use guide regarding the law and practices of California Board & Care (aka. Residential Care) (The Nursing Home Advocacy Project of Bet Tzedek Legal Services)	\$3.00
Respite Care Guide This booklet describes Respite Care and the different types of available services. It guides the reader through selecting a service, preparing the helper and periodically evaluating the service. (Alzheimer's Association)	\$3.00

(D) Caregiving Information & Tips	Copies may be duplicated	Unit Price
ABCs of Coping , Alzheimer's Association & Vicky Hart, LCSW		0.30
Alzheimer's Disease and Other Dementias , Alzheimer's Association		0.30
Adult Day Care , Alzheimer's Association		0.30
Caregiver's Packet – How To Cope , Alzheimer's Association		0.30
Guide To Alzheimer's Disease, Dementia and Driving , The Hartford Group (15 page booklet) http://www.thehartford.com/alzheimers		0.30
Guidelines For Alzheimer's Management , (for Clinicians) Alzheimer's Association		0.30
How To Make the Move To Residential Care , Alzheimer's Association		0.30
How Your Memory Works , U.C. Berkeley Wellness letter		0.30
Making the Decision When To Place , Alzheimer's Association		0.30
Placement: The Tough Call , Alzheimer's Association		0.30
Reasoning With Your Patient , Alzheimer's Association		0.30
Suspiciousness and Paranoia , Alzheimer's Association		0.30
Visiting the Doctor: Help and Hints for the Caregiver , Alzheimer's Association		0.30

(E) Fact Sheets	Copies may be duplicated	Unit Price
Adult Day Care		0.30
Bathing		0.30
Death and Dying (Issues in Death and Dying)		0.30
Dental Care		0.30
Dressing		0.30
Driving		0.30
Eating		0.30
Feelings		0.30
Grief, Mourning and Guilt		0.30
Hallucination		0.30
Holidays		0.30
Hospitalization		0.30
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Safety		0.30
Sexuality		0.30
Telling the Patient Family and Friends		0.30
Traveling		0.30
Vacationing		0.30
Visiting		0.30
Wandering Behavior		0.30

(F) Alzheimer's Association Printed Materials	Unit Price
Activities	0.25
Behaviors	0.25
Caregiver Stress: Signs To Watch For	0.25
Communication	0.25
Early Onset Alzheimer's Disease	0.25
Helping Children & Teens Understand Alzheimer's Disease	0.25
If You Have Alzheimer's Disease, What You Should Know	0.25
Late Stage Care	0.25
Legal Plans	0.25
Long Distance Caregiving	0.25
MediAlert & Alzheimer's Association Safe Return	0.25
Money Matters	0.25
Personal Care	0.25
Safety at Home	0.25
Staying Safe	0.25
Understanding Early Onset AD	0.25
Understanding Early Stage AD	0.25
Warning Signs of Alzheimer's Disease	0.25

(G) Insurance/Financial/Legal Information Copies may be duplicated	Unit Price
California Conservatorship , Family Caregiver Alliance http://www.caregiver.org	Free: Limit 1 Copy
Health Care Decisions - Info on Durable Power of Attorney/Living Trust Michael Gilfix	0.50
Long Term Care , Tim Millar	0.50



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