Support Groups and Dementia

This list is a reviewed collection of items prepared by the Alzheimer's Association Green-Field Library. Contact your local chapter or local library for availability of the items.

-On this resource list:

Alzheimer's Association Publications

General Resources

Clinical Research

Function, Implementation, and Caregiver Program Models

Supporting Persons with Dementia

Supporting Professionals

Support Group Manuals

Alzheimer’s Association Publications

Brochure

Staying strong: stress relief for caregivers.
Chicago, IL: Alzheimer's Association.
Web Resources

*Alzheimer’s Association support groups.*
Chicago, IL: Alzheimer’s Association.
Contact your nearest Alzheimer’s Association chapter to find support groups in your area.
http://www.alz.org/apps/we_can_help/support_groups.asp

*Alzheimer’s Association message boards and chat rooms.*
Chicago, IL: Alzheimer’s Association National Office.
The Alzheimer’s Association message boards and chat rooms are an online communication forum for sharing thoughts and experiences and querying colleagues.
http://www.alz.org/living_with_alzheimers_message_boards_lwa.asp

General Resources

Books

Capossela, C.; Warnock, S. *Share the care: how to organize a group for someone who is seriously ill.*
Green-Field Library Call No.: WY 200 C246 2004

Lake, N. *The caregivers: a support groups stories of slow loss, courage, and love.*
Green-Field Library Call No.: WM 220.75 L192 2014

Steinberg, D.M. *The mutual-aid approach to working with groups: helping people help one another.*
Green-Field Library Call No.: HV 1461 S819 2004
**Web Resources**

*Lotsa Helping Hands.*
Friends, family members and neighbors can offer to lend a hand with caregiving for a person with dementia using Lotsa Helping Hands to keep track of care volunteers.

http://www.alz.org/we_can_help_lotsa_helping_hands.asp

*Relieving stress & anxiety: resources for Alzheimer’s caregivers*
National Institute on Aging
This resource list offers a selection of articles, books, and other materials that may help caregivers cope with their own stress, anxiety, and emotions.


**Clinical Research**

*Articles, Journal*

Green-Field Library owns

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

Green-Field Library owns.

Cristancho-Lacroix, V; Wrobel, J; Cantegreil-Kallen, I; et al. A web-based psycheducational program for informal caregivers of patients with Alzheimer’s disease: a pilot randomized controlled trial. *Journal of Medical Internet Research*. May 2015; vol. 17(5), e117
Green-Field Library does not own.

Green-Field Library does not own.

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

Green-Field Library owns.

Abstract: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2922206/?tool=pmcentrez
Green-Field does not own.

Green-Field Library does not own.

Green-Field Library owns.


Green-Field Library does not own.


Green-Field Library owns.

Martindale-Adams, J; Nichols, LO; Zuber, J; et al. Dementia caregivers’ use of services for themselves. *Gerontologist*. Dec 2016; vol. 56(6), PP. 1053-1061.


Green-Field Library owns.

McKechnie, V.; Barker, C.; Stott, J.; et al. The effectiveness of an Internet support forum for carers of people with dementia: a pre-post cohort study. *Journal of Medical Internet Research*. Feb 28, 2014; vol. 16(2), e68.


Green-Field Library does not own.


Green-Field Library does not own.
Lauritzen, J; Pedersen, PU; Sorensen, EE; et al. The meaningfulness of participating in support groups for informal caregivers of older adults with dementia: a systematic review. *JBI Database of Systematic Reviews and Implementation Reports.* Jul 2017; vol. 13(6); pp. 373-433
Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns

Green-Field Library does not own.

Steffen, AM; Mangum, KR. Predicting attendance at dementia family support groups. *American journal of Alzheimer’s disease other dementias.* Dec 2012; vol. 27(8), pp. 633-639.
Green-Field Library owns.
Toms, GR; Clare, L.; Nixon, J; et al. A systematic narrative of review of support groups for people with dementia. *International Psychogeriatrics*. Sep 2015; vol. 27(9); pp. 1439-1465.
Green-Field Library owns.

**Function, Implementation, and Caregiver Program Models**

**Articles, Journal**

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Abstract: [http://jag.sagepub.com/content/28/4/419.short](http://jag.sagepub.com/content/28/4/419.short)  
Green-Field Library does not own.

Steffen, AM; Jackson, CS. Predicting facilitators’ behaviors during Alzheimer’s family support group meeting. *American Journal of Alzheimer’s Disease and Other Dementias*. Mar 2012; vol. 27(2), pp. 114-120.  
Green-Field Library owns.
Abstract: none available. Describes the value of support groups and lack of physician referral.
Green-Field Library owns

Green-Field Library owns

**Book**

Mittelman, MS; Epstein, C.; Pierzchala, A. Support groups for the caregiver. IN: *Counseling the Alzheimer’s caregiver: a resource for health care professionals*. Chicago, IL: AMA Press, 2003, pp. 115-128.
Green-Field Library Call No.: WM 220 M685c 2003

**Video**

*Alzheimer’s and dementia: caring for the caregiver.*
1 videocassette (57 min.)
The program gives examples of persons who have learned to cope effectively with the stresses of caregiving. Support groups and other outlets of self-care are examined.
Green-Field Library does not own.
Supporting Persons with Dementia

Articles, Journal

Green-Field Library owns.

Keyes, SE; Clarke, CL; Wilkinson, H.; et al. "We're all thrown in the same boat ... ": A qualitative analysis of peer support in dementia care. Dementia. Apr 17, 2014; ahead of print.
Abstract: http://dem.sagepub.com/content/early/2014/04/04/1471301214529575.abstract
Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Books and Book Chapters

Kuhn, D. Keeping a person with AD active and healthy: obtaining the help you may need. IN: Alzheimer's early stages, pp.180-200; 217-232.
This resource contains sections on support groups.
Green-Field Library Call No.: WM 220 K96 2003

Green-Field Library Call no.: WM 220 S992 2010


Green-Field Library Call No.: WM 220 Y18d 1995


Green-Field Library Call No.: WM 220 P47 2002

**Video**

*Alzheimer’s disease: inside looking out*

Cleveland, OH: Alzheimer’s Association Cleveland Area Chapter, 1994.

Personal interviews with people in the early stages of Alzheimer’s disease offer insights into how the illness alters their everyday life. Discussion include dependence on others, driving, becoming a burden, attitudes toward them, airing emotions and support groups as a valuable resource for those in the early stages of the disease.

Green-Field Library Call No.: WM 220 DVD no.79 1994

**Web Resources**

*Support groups: make connections, get help.*

Mayo Foundation for Medical Education and Research (MFMER), Rochester, MN.

http://www.mayoclinic.com/health/support-groups/MH00002/METHOD=print
Earlier AD diagnosis: creating demand for early stage support groups.
http://www.nia.nih.gov/alzheimers/features/earlier-ad-diagnosis-creating-demand-early-stage-support-groups
Green-Field Library owns.

Supporting Professionals

Articles, Journal

Green-Field Library owns.

Bartlett, YK; Coulson, NS. An investigation into the empowerment effects of using online support groups and how this affects health professional/patient communication. Patient Education & Counseling. Apr 2011; 83(1), pp. 113-119.
Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does not own.

Abstract: http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9336929

Green-Field Library does not own.

**Books**

Ballard E.L. Support groups: meeting the needs of families caring for persons with Alzheimer’s disease. IN: Cox, C.B. *Dementia and Social Work Practice Research and Interventions*.


Green-Field Library Call No.: REF HV 687 D3755 2007

Doka, K.J. *Caregiving and loss: family needs, professional responses*.


Green-Field Library Call No.: BF 575 C271 2001

Esme, M-C.; Manthorpe, J. *Early psychosocial interventions in dementia: evidence-based practice*.


Green-Field Library Call No.: WM 220 M744 2009

Haight, B.K.; Gibson, F. *Burnside’s working with older adults: group process and technique*.

This textbook is exclusively about support group work including dementia.

Sudbury, MA: Jones and Bartlett, 2005.

Green-Field Library Call No.: HQ 1061 H149 2005

Hartley, P.; Kennard, D. (eds.). *Staff support groups in the helping professions: principles, practice and pitfall*.


Green-Field Library does not own.
Support Group Manual

Book

Grief and loss support group facilitator’s manual.
Susan Hansen
Available on Amazon.com

Web Resources

A family caregivers support group guide.
Nancy Carson.
This brief article covers the benefits acquired from supports groups, what makes them effective, the types, online groups, questions to ask, and the administrative aspects of running them.

Starting a self-help group.
An online booklet on the purpose of self-help groups, how to get started, planning the first meeting, and keeping the meetings going.
http://www.alz.co.uk/adi/startgroupfull.html

Support group toolkit
Greater Wisconsin Agency on Aging Resources, Inc.
http://www.gwaar.org/for-professionals-family-caregiver-support-for-professionals/10-articles/aging-programs-and-services/209-support-group-toolkit.html
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A selected list of references compiled by

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