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

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.
https://www.alz.org/events/event_search?etid=2&cid=0

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.
Message Boards.

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

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.
https://lotsahelpinghands.com
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 owns.

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.

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.

Green-Field Library owns

Green-Field Library does not own.

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

**Articles, Journal**

Green-Field Library owns.


Damianakis, T; Wilson, K; Marziali, E. Family caregiver support groups: spiritual reflections’ impact on stress management. *Aging & Mental Health*. Jan 2018; vol. 22(1), pp. 70-76.


Green-Field Library does not own.

Dickinson, C; Dow J; Gibson, G; et al. Psychological intervention for carers of people with dementia: what components are most effective and when? A systematic review of systematic reviews. *International Psychogeriatrics*. Jan 2019; vol. 29(1), pp. 31-43.


Green-Field Library owns.

Donnelian, WJ; Bennett, KM; Soulsby, LK; et al. Family close but friends closers: exploring social support and resilience in older spousal dementia carers. *Aging & Mental Health*. 2017; vol. 21(11), pp. 1222-1228.


Green-Field Library does not own.


Green-Field Library owns.


Green-Field Library owns.
Han, A; Brown, D. Perspectives of caregivers and volunteers on Stepping Stones for people with dementia. Hong Kong Journal of Occupational Therapy. Dec 2018; vol. 31(2), pp. 86-96.
Full-text: https://www.ncbi.nlm.nih.gov/pubmed/30643496  
Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

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

Mazurke, J; Szczesniak, D; Lion, KM; et al. Does the Meeting Centres Support Programme reduce unmet care needs of community-dwelling older people with dementia? A controlled, 6 month follow-up Polish study. *Clinical Interventions in Aging.* Jan 11, 2019; fol. 14, pp. 113-122.
Green-Field Library does not own.

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Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

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.

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.
Green-Field Library owns

Willis, E; Semple, AC; de Waal, H. Quantifying the benefits of peer support for people with dementia: a Social Return on Investment (SROI) study. *Dementia (London).* Apr 2018; vol. 17(3), pp. 266-278.
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**

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.

**Web resources**

*Caregiver & Alzheimer’s Support Groups*
Clarksburg, MD: BrightFocus Foundation
[https://www.brightfocus.org/alzheimers/article/caregiver-alzheimers-support-groups](https://www.brightfocus.org/alzheimers/article/caregiver-alzheimers-support-groups)
The 5 best emotional support groups for Alzheimer’s caregivers.
Alzheimers.net
https://www.alzheimers.net/best-alzheimers-support-groups/

Supporting Persons with Dementia

Articles

Argyle, E; Lewlly T; Gladman, J; et al. The effective ingredients of social support at home with dementia: a literature review. *Journal of Integrated Care.*
Green-Field Library does not own.

Bailey, J; Kingston, P; Alford, S; et al. An evaluation of cognitive stimulation therapy sessions for people with dementia and concomitant support group for their carers. *Dementia (London).* Nov 2017; vol. 16(8), pp. 985-1003.
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.
Books and Book Chapters


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](http://www.mayoclinic.com/health/support-groups/MH00002/METHOD=print)
Books

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

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

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

Green-Field Library does not own.

Support Group Manuals

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 facilitation guide.
Alexandria, VA: Center for Peer Support, 2016
https://www.mentalhealthamerica.net/conditions/resources-and-support-peers

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

Training manual for facilitators of family/friend caregiver support groups.
Aging Successfully and Saint Louis University
Support Groups and Dementia

A selected list of references compiled by

Alzheimer’s Association Green-Field Library and Resource Center
Alzheimer’s Association National Office
Chicago, IL 60601

Updated August 2017