

Notes

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Caring for Loved Ones with Dementia or Alzheimer's

**A resource list for
"Alzheimer's Disease for
Caregivers"**

**a talk by Lori-ann Sumner from
Hopkinton Health Center
held at Hopkinton Public
Library,**

**7 pm on Wednesday,
February 11, 2015.**

General Information

- Coffee and Alzheimer's DVD 616.83 COFFEE
- Eliminating barriers to mental health treatment: a guide for Massachusetts elders, families and caregivers** 362.6 ELIMINATING
- The forgetting: Alzheimer's: portrait of an epidemic**
Shenk, David 616.8 SHENK
- The myth of Alzheimer's**
Whitehouse, Peter 616.8 WHITEHOUSE
- When the mind fails: a guide to Alzheimer's disease** DVD 616.83 ALZHEIMER'S

For Caregivers

- Alzheimer's early stages: first steps for families, friends, and caregivers**
Kuhn, Daniel 616.831 KUHN
- Alzheimer's essentials: practical skills for caregivers**
Gordeau, Bretten 616.831 GORDEAU
- A bittersweet season: caring for our aging parents — and ourselves**
Gross, Jane 306.874 GROSS
- Passages in caregiving**
Sheehy, Gail 362 SHEEHY

Fiction

- Bill Warrington's last chance**
King, James FIC KING
- Letters for Emily**
Wright, Camron Steve FIC WRIGHT

Prevention

- 100 simple things you can do to prevent Alzheimer's and age-related memory loss**
Carper, Jean 616.8 CARPER
- The Alzheimer's prevention cookbook**
Sabbagh, Marwan Noel 616.831 SABBAGH
- The Alzheimer's prevention program**
Small, Gary W. 616.831 SMALL

Memoir

- All gone**
Witchel, Alex 362.196 WITCHEL
- Caring for mother**
Owens, Virginia Stem 259 OWENS
- Inside the dementia epidemic**
Stettinius, Martha 616.831 STETTINIUS
- Losing my mind**
DeBaggio, Thomas 616.831 DEBAGGIO
- The story of my father**
Miller, Sue 92 NICHOLS
- Swimming solo**
Rava, Susan R. 616.831 RAVA

Online Resources

- AARP Caregiving Resource Center**
www.aarp.org/home-family/caregiving/planning-and-resources/
- Alzheimers.gov**
www.alzheimers.gov
- Alzheimer's Association**
www.alz.org

MA/NH chapter

www.alz.org/manh

Family Care Guide

www.alzmass.org/pdf/Family_Care_Guide_Book.pdf

Alzheimer's Disease Fact Sheet

www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet

Alzheimer's Project (HBO) list of resources

www.hbo.com/alzheimers/get-help.html

Family Caregiver Handbook

web.mit.edu/workplacecenter/hndbk

Caring for Your Parents (PBS)

www.pbs.org/wgbh/caringforyourparents

MA/NH Alzheimer's support groups:

www.alzmass.org/Support_Groups/

MA Family Caregiver Support program

www.mass.gov/elders/caregiver-support

MA resources for Alzheimer's

www.massresources.org/alzheimers.html

National Institute on Aging Alzheimer's information

www.nia.nih.gov/alzheimers

National Institutes of Health SeniorHealth sites

nihseniorhealth.gov/alzheimersdisease
nihseniorhealth.gov/alzheimerscare

Support for caregivers: how to get the help you need

www.helpguide.org/articles/caregiving/support-for-alzheimers-and-dementia-caregivers.htm

TimeSlips: creative storytelling for dementia patients

www.timeslips.org

Understanding Dementia Behaviors

caregiver.org/caregivers-guide-understanding-dementia-behaviors

Video diary of Bob O'Donnell, a dementia patient

ftda.cs.unh.edu/journey%20with%20dementia.html