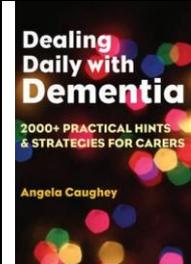
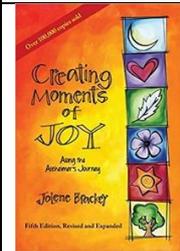
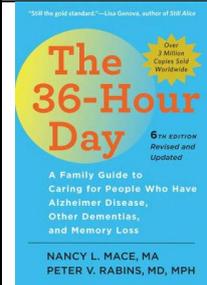
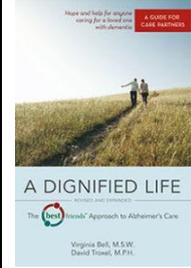
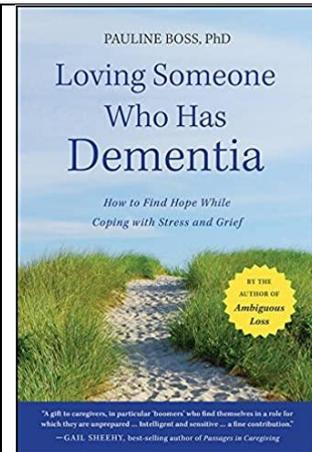


Books on Dementia

Books for Adults	
	<p>Dealing Daily with Dementia: 2000+ Practical Hints & Strategies for Carers. By Angela Caughey. (NZ)</p> <p>Caughey's book is a well-organised, frank and accessible manual with practical suggestions on managing the changes that dementia inevitably brings. Contents include things such as managing difficult behaviour, exercise, travel and communication in a clear, well-laid out format.</p>
	<p>Creating Moments of Joy: Along the Alzheimer's Journey. By Jolene Brackey</p> <p>Brackey gives sympathetic, no-nonsense advice for a wide variety of difficult situations that caregivers find themselves in when their loved one has dementia. Headings include "People stop visiting", "Stop Correcting Them", "Repeat, repeat, repeat" and "Who are you?" with each separate section full of stories and practical hints.</p>
	<p>The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias and Memory Loss. By Nancy Mace MA and Peter Rabins MD, MPH.</p> <p>This book provides support and coherent advice on issues which arise when someone has dementia. These include "Problems Arising in Daily Care", "Medical Problems", "Financial and Legal Issues" and "Caring for Yourself." Both authors have a long history of professional association with dementia groups and with clients who have dementia.</p>
	<p>A Dignified Life: A Guide for care partners. Hope and help for anyone caring for a loved one with dementia. The best friends approach to Alzheimer's Care. By Virginia Bell MSW and David Troxel MPH.</p> <p>This book takes a positive and practical approach to caring for someone with Alzheimers and dementia including daily activities, effective ways to manage challenging behaviours and other "must-know" advice.</p>
	<p>Remember me Mrs V? Caring for my wife: her Alzheimer's and others' stories. By Tom Valenta</p> <p>Valenta, a former journalist, tells his very personal story of looking after his wife, Marie, as well as the stories of thirteen other carers who have been on similar journeys.</p>



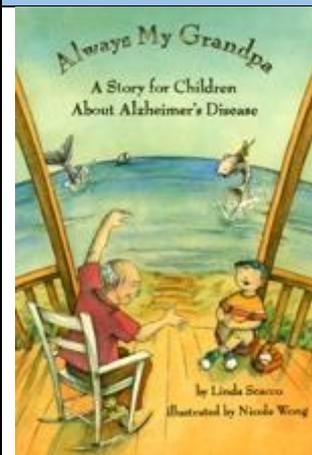
Loving someone who has dementia; how to find hope while coping with stress and grief. By Pauline Boss

This is not the usual kind of caregiving book; It's not about tips and techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends and neighbours— anyone touched by dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent. She outlines seven guidelines to stay resilient while caring for someone who has dementia and discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be. She also suggests ways to understand and cope with the emotional strain of care-giving.

10 helpful hints for carers; practical solutions for carers living with people with dementia. By June Andrews and Allan House

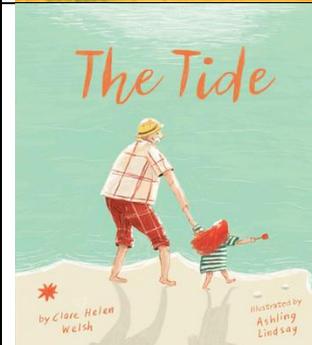
This small booklet offers practical solutions to problems that may occur when caring for someone with dementia. Some of the topics include aggression, agitation or anxiety, depression and wandering.

BOOKS FOR CHILDREN



Always my Grandpa; a story for children about Alzheimer's disease.

By Linda Scacco
This heart-warming story describes what it is like to be close to a grandparent who has been diagnosed with Alzheimer's disease. It explains, in easy to understand language, the condition and how it affects the whole family.



The Tide. By Clare Helen Welsh

The story, which centres around a family day at the beach, explores the relationship between a young girl (the narrator) and her beloved grandad, who lives with dementia. She has noticed his memory problems and changes in his behaviour and worries that he might forget her. A story about families, laughter, and how we can help a loved one with dementia live well.