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Dementia-Alzheimer's Resources

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BOOKS

[Dementia Prevention: Using Your Head to Save Your Brain](#) by Emily Clionsky (2023) Provides a comprehensive guide to understanding and reducing the risk of dementia through evidence-based strategies and lifestyle changes. Clionsky offers practical insights and actionable advice on how to protect cognitive health, making it an invaluable resource for individuals looking to proactively address this growing concern.

[My Father's Brain: Life in the Shadow of Alzheimer's](#) by Sandeep Jauhar (2023) A poignant memoir that explores the author's personal journey as he navigates the challenges of caring for his father who is suffering from Alzheimer's disease, shedding light on the profound impact it has on both patients and their families. Through intimate storytelling, Jauhar offers a heartfelt reflection on the complexities of memory loss and the enduring bond between a father and son in the face of Alzheimer's.

[The Gap Between: Loving and Supporting Someone with Alzheimer's](#) by Mary Moreland, (2022) Reflecting on the earliest signs of the disease all the way to her mother's deathbed, Mary gives insightful, well-researched advice on caring for loved ones who live with Alzheimer's or dementia.

[Dignity for Deeply Forgetful People: How Caregivers Can Meet the Challenges of Alzheimer's Disease](#) by Stephen Post, (2022) A new ethics guideline for caregivers of "deeply forgetful people" and a program on how to communicate and connect based on 30 years of community dialogues through Alzheimer's organizations across the globe.

[The 30-Day Alzheimer's Solution: the Definitive Food and Lifestyle Guide to Preventing Cognitive Decline](#) by Dean Sherzai (2021) This is the first research-based, doctor-approved program for preventing Alzheimer's disease, featuring clear nutrition and lifestyle guidelines, and more than 75 easy-to-make recipes.

[The 36-Hour Day: a Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias](#) by Nancy L. Mace, (2021) Originally published in 1981, The 36-Hour Day was the first book of its kind. Thirty years later, with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia.

[Mind Thief: the Story of Alzheimer's](#) by Han Yu, (2021) Mind Thief is a comprehensive and engaging history of Alzheimer's that demystifies efforts to understand the disease. Beginning with the discovery of "presenile dementia" in the early twentieth century, Han Yu examines over a century of research and controversy.

[A Loving Approach to Dementia Care: Making Meaningful Connections While Caregiving](#) by Laura Wayman, (2021) This is the third edition of this caregiver's guide on how to tend a loved one with Alzheimer's Disease or other types of memory loss.



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[Floating in the Deep End: How Caregivers Can See Beyond Alzheimer's](#) by Patti Davis (2021) "In a singular account of battling Alzheimer's, Patti Davis eloquently weaves personal anecdotes with practical advice tailored specifically for the overlooked caregiver."

[The Busy Caregiver's Guide to Advanced Alzheimer Disease](#) by Jennifer Stelter, (2021) "The Dementia Connection Model is a recipe to connect families in a way that produces positive interactions and preserves their loved one's level of functioning for as long as possible." Provided by Publisher

[The Caregiver's Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself](#) by Carolyn A. Brent, (2021) Everything you need to know to ensure that your elderly loved one is being cared for properly. People today are not only living longer, they are also living sicker, making aging and caring for elderly loved ones more complicated than ever before.

[High-Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce your Risk of Alzheimer's](#) by Michelle Braun, (2020) A Harvard- and Yale-trained neuropsychologist outlines a research-supported program for bolstering the memory and protecting the brain from Alzheimer's, drawing on cutting-edge approaches from eight brain-health experts to discuss related nutritional, fitness and preventative therapy options.

[On Vanishing: Mortality, Dementia, and What It Means to Disappear](#) by Lynn Casteel Harper, (2020) Diseases such as Alzheimer's erase parts of one's memory but are also often said to erase the self. Harper investigates the myths and metaphors surrounding dementia and aging, addressing not only the indignities caused by the condition but also by the rhetoric surrounding it.

[Creative Care: A Revolutionary Approach to Dementia and Elder Care](#) by Anne Basting, (2020) Basting noticed a problem: today's elderly, especially those experiencing dementia and Alzheimer's, are often isolated in nursing homes or segregated in elder-care settings, making the final years of life feel lonely and devoid of meaning. She developed a radical approach that combines methods from the world of theater and improvisation with evidence-based therapies that connect people using their own creativity and imagination.

[Alzheimer Disease Sourcebook](#), Health Reference Series, (2019) Provides basic consumer health information about symptoms, diagnosis, and treatment of Alzheimer's Disease and other dementias, along with tips for coping with memory loss and related complications and advice for caregivers. Includes index, glossary of related terms and directory of resources.

[Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End](#) by Tia Powell, (2019) The cultural and medical history of dementia and Alzheimer's Disease by a leading psychiatrist and bioethicist who urges us to turn our focus from cure to care... In demystifying dementia, Dr. Powell helps us understand it with clearer eyes, from the point of view of both physician and caregiver. Ultimately, she wants us all to know that dementia is not only about loss--it's also about the preservation of dignity and hope.

[Getting the Best Care: Rescue Your Loved One from the Health Care Conveyor Belt, Have Less Stress as You Protect Your Loved One From Suffering](#) by Margaret Fitzpatrick, (2019) A nurse advocates proactive care for the elderly in this manual. Many older patients face "unnecessary treatments," including "tests, surgeries, and medications" that may actually exacerbate health problems. Her

sensible approach is to start with the simple question "What is the goal?" as a guiding principle to help caregivers and patients make wise medical decisions.

[H.O.P.E. for the Alzheimer's Journey: Help, Organization, Preparation, and Education for the Road Ahead](#) by Carol B. Amos, (2019) This helpful handbook equips Alzheimer's caregivers with knowledge, tools, and advice for their difficult road ahead. The concepts are conveyed in an open, honest, and creative manner

[Creating Moments of Joy Along the Alzheimer's Journey](#) by Jolene Brackey, (2017) The new edition of this book is filled with more practical advice sprinkled with hope, encouragement, new stories, and generous helpings of humor. In this volume, Brackey reveals that our greatest teacher is having cared for and loved someone with Alzheimer's and that often what we have most to learn about is ourselves.

[The Spectrum of Hope: An Optimistic and New Approach to Alzheimer's Disease and Other Dementias](#) by Gayatri Devi, (2017) By defining Alzheimer's Disease as a spectrum disorder---like autism, it affects different people differently---Dr. Gayatri Devi offers new hope for its millions of sufferers. A neurologist who's been specializing in dementia and memory loss for more than 20 years, Dr. Devi shares the stories of her patients in the kind of narrative medical writing that grips the reader, humanizes the science, and offers equal parts practical wisdom and advice.

[Diet for the Mind: the Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline: From the Creator of the MIND Diet](#) by Martha Morris, (2017) Looks at the role that diet plays in brain health and the prevention of cognitive decline and offers a diet designed to ensure that the brain gets the nutrients it needs to function at its best, along with eighty recipes full of brain nutrients.

[The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders](#) by Marc E. Agronin, (2016) The author guides readers to a better understanding of the changes their loved one may be going through and helps them tap into the various resources available to them as they embark on an uncertain caregiving journey.

[Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser](#) by Lewis Richmond, (2016) Everything changes. The transformation can bring new possibilities, fresh beginnings, a wealth of appreciation, and a depth of gratitude that profoundly affects how our lives proceed.

[This Chair Rocks: a Manifesto Against Ageism](#) by Ashton Applewhite, (2016) This book is radical, exuberant, and full of all sorts of facts that erase many of the myths and beliefs about late life. As Applewhite defines and describes ageism, new ways of seeing and being in the world emerge, empowering everyone to see things as they really are.

[The Conversation: A Revolutionary Plan for End-Of-Life Care](#) by Angelo E. Volandes, (2015) The question 'How do you want to live?' must be posed to the seriously ill because they deserve to choose. If doctors explain options, including the choice to forego countless medical interventions that are often of little benefit, then patients can tell doctors how they wish to spend the remainder of their lives.

E-BOOKS

[The End of Alzheimer's Program: the First Protocol to Enhance Cognition and Reverse Decline at Any Age](#) by Dale Bredesen, (2020) The New York Times Best Selling author of The End of Alzheimer's lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower.

[Mayo Clinic on Alzheimer's Disease and Other Dementias: A Guide for People with Dementia and Those Who Care for Them](#) by Jonathan Graff-Radford and Angela Lunde, (2020) A reference on preventing, treating, and coping with dementia, from "one of the most reliable, respected health resources that Americans have" (Publishers Weekly).

[The XX Brain: The Groundbreaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer's Disease](#) by Lisa Mosconi, (2020) The XX Brain is a rallying cry for women to have full access to information regarding what is going on in their brains and bodies as well as a roadmap for the path to optimal, lifelong brain health.

[On Pluto](#) by Greg O'Brien, (2018) This is a book about living with Alzheimer's, not dying with it. It is a book about hope, faith, and humor—a prescription far more powerful than the conventional medication available today to fight this disease.

E-AUDIOBOOKS

[The 36-Hour Day: a Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias and Memory Loss](#) by Nancy Mace, M.A. (2019) This is the sixth edition of this book that has been an essential resource for families who love and care for people with Alzheimer disease.

[The Alzheimer's Solution](#) by Dean and Ayesha Sherzai (2017) This much-needed, revolutionary book shows you how to live in a way that promotes the health of your brain and your body and add vibrant years to your life.

[When Your Parent Becomes Your Child: A Journey of Faith Through My Mother's Dementia](#) by Ken Abraham, (2012) Dementia causes memory loss, uncharacteristic attitudes, and many other symptoms. Ken Abraham writes of his own mother's condition and what helped him to get through it; offering an education as well as inspiration on how to help elderly loved ones live with dignity.

DVDS

[Determined: Fighting Alzheimer's](#), (2022) Three women at risk of developing Alzheimer's join a groundbreaking study to try to prevent the disease, while sharing their ups and downs, anxiously watching for symptoms, and hoping they can make a difference.

[Alzheimer's, Every Minute Counts](#), (2017) This high-profile PBS documentary powerfully illuminates the social consequences for America unless a medical breakthrough is discovered for this currently incurable disease.

[Can Alzheimer's be Stopped?](#), (2016) Alzheimer's Disease is a worldwide mystery. Join courageous patients participating in clinical trials, and then go behind the scenes of the major drug trials to see how researchers target and test therapies that may slow and even prevent Alzheimer's.

[Caring for a Loved One with Alzheimer's: An Emotional Journey](#), (2012) This dynamic video offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's. This disease without cure currently afflicts more than 30 million people and there are no treatments to halt its progression, making caregiving both essential and difficult.

STREAMING VIDEO (KANOPY)

[Turning Point](#), (2020) Acclaimed filmmaker James Keach takes us inside the quest for the first medication that could treat the underlying process of Alzheimer's disease, more than a century after Dr. [Alzheimer's, Every Minute Counts: The National Threat Posed by an Incurable Illness](#), (2017) Many know the unique tragedy of this disease, but few know that Alzheimer's is also a major and rapidly growing public health crisis. This documentary powerfully illuminates the social consequences for America unless a medical breakthrough is discovered for this currently incurable disease.

[Monster in the Mind](#), (2016) Bold, brilliant, original, upbeat, award-winning, unlike any other documentary on Alzheimer's, it reveals the exaggerated fear, untruths and misconceptions that trap us into believing that dementia is a genetically driven epidemic that we can do little to avoid. Alois Alzheimer first described the brain disorder that slowly destroys memory and cognitive skills.

[Alzheimer's Disease & Related Disorders for Home Health](#), (2013) This three-part program addresses common issues that caregivers in a home health setting will face in treating a patient with Alzheimer's.

[Alzheimer's Disease & Other Dementias: Caregivers](#), (2012) Dementia is a general term for a decline in mental ability severe enough to interfere with daily. Alzheimer's is a disease which attacks the brain and is the most common form of dementia.

ONLINE RESOURCES

[Consumer Health Complete - EBSCO](#) Search this premium resource for information about dementia and Alzheimer's disease. Includes encyclopedia entries, reference books, fact sheets & pamphlets, news & magazine articles, and more.

[Health and Wellness - GALE](#) Search a full range of health-related issues, from current disease and disorder information to alternative medical practices.

[Health & Medicine - GALE OneFile](#) Explore this database for articles, books, images, and videos about Alzheimer's Disease, Dementia, and other health topics.

[MEDLINE - EBSCO](#) Authoritative medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and more are available on MEDLINE.