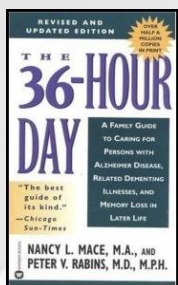


## Booklovers List: Alzheimer's Caregiving



### **The 36-Hour Day – A Family Guide to Caring for People with Alzheimer's, Other Dementias and Memory Loss in Later Life**

Nancy Mace and Peter Rabins

John Hopkins University Press (2006)

*An essential guide on what to expect when caring for someone with Alzheimer's.*

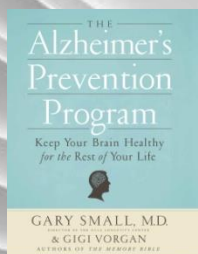


### **Alzheimer's – A Mother-Daughter Journey**

Celia Pomerantz

CreateSpace Publishing (2011)

*A beautiful memoir of a daughter learning to find happiness in her mother's dementia diagnosis – especially through the power of music and dance.*

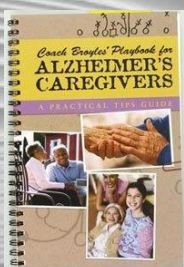


### **Alzheimer's Prevention Program**

Dr. Gary Small with Gigi Vorgan

Workman Publishing (2011)

*Foremost brain expert at the UCLA Longevity Center tells us what we can do now to help prevent the risk factors of Alzheimer's and dementia – healthy tips on nutrition, exercise, relaxation to combat stress, etc.*

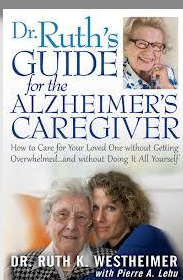


### **Coach Broyles' Playbook for Alzheimer's Caregivers**

Frank Broyles

University of Arkansas Press (2006)

*Written by the Athletic Director for the University of Arkansas Razorbacks – a spouse and family guide to dealing with Alzheimer's in your family.*



### **Dr. Ruth's Guide for the Alzheimer's Caregiver**

By Ruth K. Westheimer with Pierre A. Lehu

Quill Driver Books (2012)

*A thorough look at coping with caregiving for those with dementia from America's #1 name in relationship therapy.*

## Booklovers List: Alzheimer's Caregiving

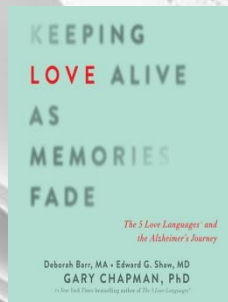


### **I Still Do – Loving and Living with Alzheimer's**

Judith Fox

powerhouse Books (2009)

*A beautiful photo book which also captures the emotional spectrum in images and words about spousal caregiving for those with dementia.*



### **Keeping Love Alive as Memories Fade**

Gary Chapman, Deborah Barr and Edward Shaw

Northfield Publishing (2016)

*For anyone who loved Chapman's The 5 Love Languages, this is the same journey through the life of those with Alzheimer's. Through personal stories and "40 ways to say I love you to those in mid to late stage dementia" this is a must-read for the millions affected by Alzheimer's disease and their family caregivers..*

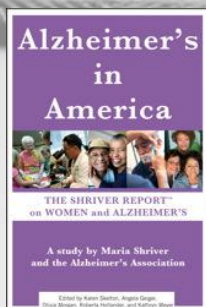


### **The Long Hello – The Other Side of Alzheimer's**

Cathie Borrie

Nighting Press (2010)

*As much about the love between mothers and daughters as a journey into Alzheimer's, this inspirational book showcases how the author's dance lessons while caregiving became a lyrical metaphor for holding on and letting go all at once.*



### **The Shriver Report – A Woman's Nation Takes on Alzheimer's**

By Maria Shriver, Alzheimer's Association

Free Press (2010)

*This comprehensive book sheds light on the growing epidemic of Alzheimer's in America including research, resources, personal stories, workplace, gender, diversity and the policy issues facing our nation.*



## Booklovers List: Alzheimer's Caregiving

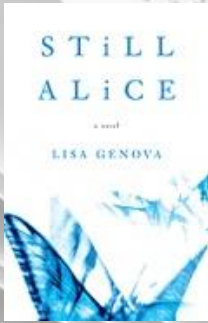


### **The Silverado Story – A Memory Care Culture Where Love is Greater Than Fear**

By Loren Shook and Steve Winner

AJC Press (2010)

*Written by two men who were Alzheimer's caregivers and now run one of the most innovative memory care communities and services in America.*



### **Still Alice**

Lisa Genova

Gallery Books (2009)

*The story of a Harvard professor's early on-set Alzheimer's diagnosis at age 50. You'll never look at Alzheimer's disease the same way again. (Note: Made Into an Oscar-winning film starring Julianne Moore).*