Reading List

This is a partial list of books available in the ADRC library. To check out a book or to see a more complete list, please contact our office.

A Dignified Life, The Best Friends Approach to Alzheimer’s Care
Virginia Bell and David Troxel

Alzheimer’s Activities That Stimulate the Mind
Emilia Bazan-Salazar

Alzheimer’s A to Z
Jytte Lokvig and John D. Becker

Alzheimer’s Activities Book
B. J. Fitzray

Alzheimer’s Disease—What If There Was a Cure? The Story of Ketones
Mary T. Newport, M.D.

Alzheimer’s Early Stages
Daniel Kuhn

Bathing Without a Battle
Anne Louise Barrick, Joanne Rader, Beverly Hoeffer and Philip Sloan

Brain Rules
John Medina

Coach Broyles’ Playbook for Alzheimer’s Caregivers
Frank Broyles

Courage to Care
Joanne Parrent

Dementia Caregivers Share Their Stories
Lynda Markut and Anatole Crane

Dr. Ruth’s Guide for the Alzheimer’s Caregiver - How to Care for Your Loved One Without Getting Overwhelmed...and Without Doing It All Yourself
Dr. Ruth K. Westheimer with Pierre A. Lehu

Enrich Your Caregiving Journey
Margery Pabst and Rita Goldhammer

I’m Still Here
John Zeisel, PhD.

Learning to Speak Alzheimer’s
Joanne Koenig Coste

New Hope For People With Alzheimer’s and Their Caregivers
Porter Shimer

Staying Afloat in a Sea of Forgetfulness Common Sense Caregiving
Gary Joseph LaBlance

Take Your Oxygen First Protecting Your Health and Happiness While Caring for a Loved One With Memory Loss
Leeza Gibbons, James Hysman, PsyD, LCSW, and RoseMary DeAngelis Laird, M.D.

The 36 Hour Day
Nancy L. Mance and Peter Rabins

The Alzheimer’s Prevention Program—Keep Your Brain Healthy for the Rest of Your Life
Gary Small, M.D. and Gigi Vorgan

The Caregiver Help Book
Vicki Schmall

The Caregiver’s Path to Compassionate Decision Making
Viki Kind, MA

The Comfort of Home for Alzheimer’s Disease
Maria M. Meyer; Mary S. Mittelman, Dr.PH; Cynthia Epstein, LCSW and Paula Derr, RN

The Complete Guide to Alzheimer’s Proofing Your Home
Mark Warner

The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent
Barry J. Jacobs, PsyD

The Everything Alzheimer’s Book
Carolyn Dean, M.D., N.D.

What To Do When a Loved One Dies
Eva Shaw, Ph.D.

When Aging Parents Can’t Live Alone
Ellen F. Rubenson, M.S.W.

100 Questions and Answers
Thomas Wisniewski and Marcin Sadowski

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