

Alzheimer's Disease and Dementia 101

List of Resources

Provided by Robyn Birkeland, Ph.D., University of Minnesota

RECOMMENDED BOOKS

Book of vignettes about individuals with Alzheimer's:

Hiding the Stranger in the Mirror: A Detective's Manual for Solving Problems Associated with Alzheimer's Disease and Related Disorders by Dr. Cameron Camp

A classic caregivers book:

The 36-Hour Day : A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss by Nancy Mace

Book of practical suggestions and important concepts:

Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers, Fifth Edition, Revised and Expanded Fifth Edition, Revised and Expanded by Jolene Brackley

Books on Lewy Body Dementia:

Living with Lewy Body Dementia by Judy Towne Jennings

Lewy Body Dementia: Causes, Tests and Treatment Options by Erik Stevenson, Deanna Miller, Adam Wainwright

Care Caregiver's Guide to Lewy Body Dementia by Helen and James Whitworth

Books on Vascular Dementia:

Activities for the Family Caregiver: Vascular Dementia: How To Engage / How To Live by Scott Silknetter, Alisa Tagg, and Robert Brennan

Vascular Dementia: An Inside Perspective by Paulan Gordon

Books on Frontotemporal Dementia:

When Love Meets Dementia: Frontotemporal Degeneration (FTD) and the Family by Ada Anbar and Elaine Moore

Activities for the Family Caregiver: Frontal Temporal Dementia / Frontal Lobe Dementia / Pick's Disease: How to Engage / How to Live by Scott Silknetter, Vanessa Emm, and Robert Brennan

RECOMMENDED WEBSITES

Websites with information about Alzheimer's and its effects on the brain and behavior:

How Alzheimer's Disease Changes the Brain - My Moment

<http://immersive.healthcentral.com/alzheimers/d/LBLN/how-alzheimers-disease-changes-the-brain/flat/>

3 Main Parts of the Brain: Alzheimer's Association

https://www.alz.org/braintour/3_main_parts.asp

Inside the Brain: Unraveling the Mystery of Alzheimer's Disease [HQ] - YouTube

<https://www.youtube.com/watch?v=NjgBnx1jVIU>

Links to webpages with more information about the stages of Alzheimer's:

<https://www.alz.org/alzheimers-dementia/stages>

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers-stages/art-20048448>

<https://www.penmedicine.org/updates/blogs/neuroscience-blog/2019/november/stages-of-alzheimers>

A good general resource on Alzheimer's and Dementia:

Alzheimer's Association national site – information on Alzheimer's disease and dementia symptoms, diagnosis, stages, treatment, care and support resources

<https://www.alz.org/>

Website on Lewy Body Dementia:

Lewy Body Dementia Association

<http://www.lbda.org>

Website on Frontotemporal Dementia:

The Association for Frontotemporal Degeneration

<https://www.theaftd.org/>

Website for Vascular Dementia:

<https://www.caregiver.org/resource/vascular-dementia/>