

# Essential Books for Alzheimer's Caregiving

Are you facing the challenges of caring for a loved one with dementia? Whether you're a family member, friend, or professional caregiver, navigating the complexities of dementia care can feel overwhelming at times. The good news is, you're not alone on this journey. Below, our team has curated a collection of recommended books on dementia care that offer valuable insights, practical advice, and emotional support for caregivers like you.

**"The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss" by Nancy L. Mace and Peter V. Rabins**

This is a widely acclaimed resource offering practical advice and emotional support for caregivers. It covers a range of topics related to Alzheimer's and dementia care.

**"Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It" by Andrew E. Budson and Maureen K. O'Connor.**

Drs. Budson and O'Connor, experts in behavioral neurology and neuropsychology, have produced a very readable book on memory disorders and what to do about them. This book provides a review of how the brain stores memories, the causes of memory disorders, and how these disorders should be evaluated, treated and managed.

**"Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers" by Jolene Brackey**

Jolene Brackey provides practical tips and creative ideas to help caregivers create meaningful and joyful moments for individuals living with Alzheimer's. The book emphasizes the importance of connection and understanding the person behind the disease.

**"Alzheimer's Disease: What If There Was a Cure? The Story of Ketones" by Mary T. Newport**

Dr. Mary Newport explores the potential impact of ketogenic diets in managing Alzheimer's disease. While the book delves into a specific approach, it offers valuable insights into lifestyle and nutritional considerations for Alzheimer's care.

**"Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease" by Joanne Koenig Coste**

Joanne Koenig Coste, a nationally recognized expert in Alzheimer's care, provides practical strategies for communicating with individuals who have Alzheimer's. The book emphasizes the importance of understanding the person's reality and adapting communication accordingly.

**"Being Mortal: Medicine and What Matters in the End" by Atul Gawande**

While not specifically focused on Alzheimer's, this book explores end-of-life care and the importance of quality of life. It provides valuable insights into the broader aspects of caring for individuals with chronic illnesses, including Alzheimer's.

**"The Best Friends Approach to Alzheimer's and Dementia Care" by Virginia Bell and David Troxel**

This book introduces the "Best Friends" model, emphasizing a person-centered and compassionate approach to Alzheimer's care. It provides practical advice and strategies for creating a supportive environment.



### **“Why We Forget and How to Remember Better: The Science Behind Memory”**

**by Andrew E. Budson and Elizabeth A. Kensinger**

Drs. Budson and Kensinger dive into the science of memory and offer practical strategies for improving recall, making it an essential resource for understanding memory loss in dementia care.

### **“Activities to Do with Your Parent Who Has Alzheimer’s Dementia” by Judith A. Levy**

Filled with engaging activities tailored for individuals living with dementia, this book fosters meaningful connections to enrich the caregiving experience.

### **“Ahead of Dementia: A Real-World, Upfront, Straightforward, Step-by-Step Guide for Family Caregivers” by Luciana Mitzkun**

Offering practical advice and compassionate insights, this guide equips caregivers with the tools they need to proactively manage the challenges of dementia care while providing expert knowledge with practical tips.

### **“Alzheimer’s Care: The Caregiver’s Guide to Understanding Alzheimer’s Disease & Best Practices to Care for People with Alzheimer’s & Dementia” by Nancy J. Wiles**

This insightful resource offers practical strategies and essential insights for families to recognize early signs of managing caregiving challenges and improving quality of life, so families can navigate this difficult journey with confidence.

### **“Alzheimer’s in America: The Shriver Report on Women and Alzheimer’s” by Maria Shriver**

Drawing attention to the gender disparities in Alzheimer’s care, this report sheds light on important social and healthcare issues, advocating for greater support and awareness.

### **“A Caregiver’s Guide to Lewy Body Dementia” by Helen Buell Whitworth**

With its in-depth coverage of Lewy body dementia, this guide offers valuable insights and practical strategies for caregivers navigating the unique challenges of this complex condition.

### **“Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together” by Marguerite Manteau-Rao**

Integrating mindfulness practices into dementia care, this guide helps caregivers cultivate resilience and find moments of peace amidst the challenges of caregiving.

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## Questions? Please Reach Out

Interested in learning more about our dementia care programs and how we can support your family? Visit Jackson Creek Senior Living to explore our offerings or give us a call at 719-725-6060 and schedule a visit with our expert care team.



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