

Dementia reading list

This is a sad journey but one that you can survive. My husband was diagnosed 14 years ago with Alz/FTLD. He has not progressed in the expected way and we are blessed that he still does as well as he does. The Alz label has been questioned but tests show frontal and temporal lobe involvement. These books were my constant companion for at least the first few years. They provided much needed information and support. I encourage you to read everything you can get your hands on. I know there are many new books out there that I am sure are excellent. Some books will hold your attention to the last page. Others will be redundant and after a chapter of two you will put it down. This is the case for the list of books that follow. I looked back on my Kindle and included in the list everything on the subject that I had read or at least had started. Please feel free to contact me if you have questions or just need someone to talk to that understands. It can be very lonely. I encourage you to seek help from family, friends, and professional caregivers. There are people who deal with this 24/7 with no help. That is not beneficial to our loved one or to ourselves.

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The 36-Hour Day by Nancy L Mace and Peter V. Rabins

Very depressing but excellent resource. A book you should read and then put aside. You will refer to it over and over.

Creating Moments of Joy by Jolene Brackey

My favorite book because it is so uplifting. I read it many times. Time to read it again.

Coach Broyles' Playbook for Alzheimer's Caregivers by Frank Broyles

To Love What is by Alix Kates Shulman

Excellent!

Passages in Caregiving by Gail Sheehy

When the Man You Love is Ill by Dorree Lynn

Dementia Activities: Keeping Occupied and Stimulated Can Improve their Quality of Life by Natalie Johnson

An Absent Mind by Eric Rill

Chicken Soup for the Soul: Living the Alzheimer's and other dementias by Amy Newmark, Angela Timashenka

Managing Alzheimer's and Dementia Behaviors by Gary Joseph LeBlanc

Slow Dancing with a Stranger by Meryl Comer

Elder Rage, or Take My Father..Please! by Jacqueline Marcell

Very sad but needed reading.

A Caregiver's Guide to Alzheimer's disease : 300 Tips for Making Life Easier by Patricia Callone and 2 others

I'm Still Here by John Zeisel

What If it's Not Alzheimer's: A Caregiver's Guide to dementia by Gary Radin

Learning to Speak Alzheimer's by Joanne Koenig Coste