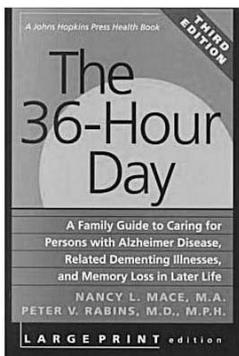


Alzheimer's disease is becoming diagnosed more frequently. Numerous books are available that explain the disease and provide support for the caregiver. These books are valuable as reference resources and as guides through the whole experience of caring for an individual suffering from memory loss.

2.

Books



THE 36-HOUR DAY

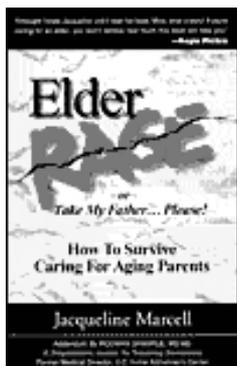
by Nancy L. Mace, M.A. and Peter V. Rabins, M.D., M.P.H.

\$10–\$15

This best-selling book has remained the “bible” for families who are giving care to people with Alzheimer’s disease. *The 36-Hour Day* has offered comfort and support to millions of people in North America and, in translations and adapted editions, throughout the rest of the world. Topics included in this third edition are:

- Updated terminology and statistics
- New material on the evaluation of persons with dementia
- Updated changes in laws on driving
- A new section on hospice care
- New information on assisted living facilities and financing care
- Information on other types of dementia
- The latest findings on eating and nutrition
- New medical research in areas such as drugs, genetics, and diagnostic tests

Available at Wal-Mart and major book stores.



ELDER RAGE

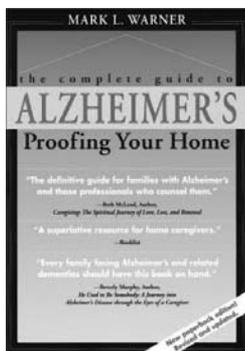
by Jacqueline Marcell

\$15-\$20

Elder Rage is more than a personal memoir and eventual success story, it is also a revelation into one of today's rapidly burgeoning problems of elder care and what resources are available for caregivers in dealing with problems

of their parent's senility, character disorders, and age-based health issues. Of special value is the addendum "A Physician's Guide To Treating Aggression In Dementia With The Proper Medications" by former Medical Director of the UC Irvine Alzheimer's Clinic, Rodman Shankle, M.D. *Elder Rage* is very highly recommended reading for anyone concerned about dealing with an aging parent's needs when impacted by dementia or Alzheimer's.

Available from The Alzheimer's Store and major book stores.



THE COMPLETE GUIDE TO ALZHEIMER'S-PROOFING YOUR HOME

by Mark L. Warner

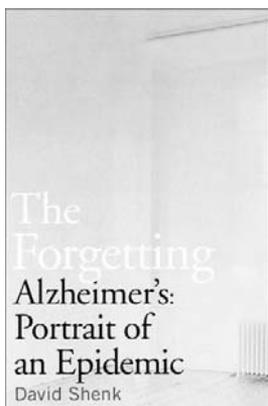
\$20-\$25

The Complete Guide to Alzheimer's-Proofing Your Home shows how to create a home environment that helps you cope with the difficulties associated with Alzheimer's and related dementia. The author deals with both interior and exterior spaces, discussing problems and solutions associated with specific areas, such

as the kitchen, bathroom, and bedroom. The author also discusses how to make the home safer for the caregiver and the person with dementia.

as the kitchen, the bathroom, corridors, and patios and decks. Separate chapters focus on issues related to Alzheimer's, such as wandering, incontinence, and access limitation. More than 100 photographs and line drawings will provide the inspiration for many simple modifications to the home.

Available from The Alzheimer's Store and major book stores.



THE FORGETTING

by David Shenk

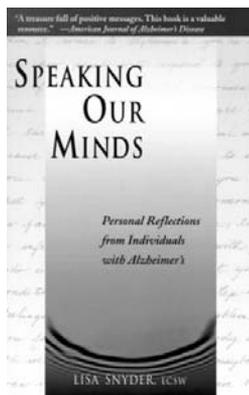
\$20–\$25

An urgent and moving exploration of the Alzheimer's epidemic, *The Forgetting* is a dazzling meditation on the nature of memory and self and on the disease that robs people of both.

Alzheimer's disease is a demographic time bomb. Since 1975, the number of Americans afflicted has risen from five hundred thousand to five million; over the next fifty years, an estimated eighty to one hundred million more people worldwide will succumb to it. But it is the story behind these numbers that makes *The Forgetting* such a landmark work.

A magnificent synthesis of history, science, politics, psychology, and profound human drama, the book explores the nature of a disease that attacks not merely memory but the very core of our human identity.

Available from The Alzheimer's Store and major book stores.



SPEAKING OUR MINDS

by Lisa Snyder

\$20–\$25

In *Speaking Our Minds*, seven individuals with Alzheimer's express their thoughts and feelings about what it is like to have the disease and its impact on their lives. With honesty and insight, they discuss receiving the diagnosis, changes in family and social relationships, and the profound effects of memory loss on daily activity, spirituality, and personal identity. Their reflections, with the author's own narrative, provide a remarkable and rarely heard perspective on the experience of Alzheimer's.

Available from The Alzheimer's Store and other major book stores.



THE FEARLESS CAREGIVER

Edited by Gary Barg

\$20–\$25

In this valuable guide, experts show you how to overcome the depression, guilt, and fear often associated with people who spend their time caring for others and not themselves. They give you advice for finding help when you need a vacation, or just a break.

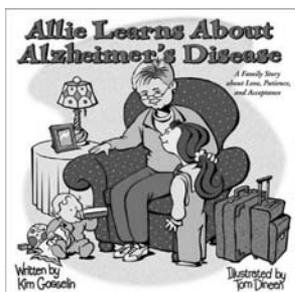
They even help you make holidays joyous again.

The Fearless Caregiver also will arm you with knowledge and skills you need for deciding if your loved one's care is appropriate or if something more is needed. More impor-

tantly, this book provides resource information that can help you improve your loved one's care.

In the pages of *The Fearless Caregiver* the experts speak directly to you with professional guidance to help you through the America's healthcare system as many of the vital decisions, costs, and burdens are put back on the family.

Available from The Alzheimer's Store and major book stores.



ALLIE LEARNS ABOUT ALZHEIMER'S DISEASE

by Kim Gosselin

\$10–\$15

Allie Learns About Alzheimer's Disease is a child's storybook that explains Alzheimer's disease to young minds—from four to eight years old. It is beautifully written and illustrated.

Allie's family decides to have Grandma come live with them and Allie helps Grandma decorate her new room, pick out colors and select curtains. She learns all about Alzheimer's disease and looks forward to gardening with Grandma, reading bedtime stories and spending even more time together.

Allie learns that though Grandma has Alzheimer's disease, the most important thing is "to love her very special grandma ... no matter what!"

Available from The Alzheimer's Store and major book stores.