

READING LIST FOR MCI or EARLY-STAGE ALZHEIMER'S

*Updated October, 2012 by Lisa Snyder, LCSW
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NEWSLETTER:

Perspectives - A Newsletter for Individuals with Alzheimer's or a Related Disorder –Includes essays by persons with dementia, research updates, coping tips, and more. 8 pg. quarterly **for FREE by email** or by surface mail for a \$20.00 donation. Contact: Lisa Snyder, LCSW at (858) 822-4800 or lsnyder@ucsd.edu. Read issues online at: <http://adrc.ucsd.edu/news.html>.

BOOKS and BOOKLETS:

Living with Mild Cognitive Impairment by N. Anderson, K. Murphy, A. Troyer. 2012, Oxford University Press. A thorough investigation into the definition, diagnosis, and management of MCI written for both a professional and lay audience with practical advice for those diagnosed. <http://www.amazon.com/Living-Mild-Cognitive-Impairment-Maximizing/dp/0199764824>

Living Your Best with Early-Stage Alzheimer's – An Essential Guide by Lisa Snyder, MSW, LCSW. 2010, Sunrise River Press. A comprehensive guide written for people with early-stage Alzheimer's and loved ones that covers 30 common topics and concerns, provides discussion questions and practical suggestions, and includes important messages from people with Alzheimer's. <http://www.amazon.com/Living-Your-Best-Early-Stage-Alzheimers/dp/tags-on-product/1934716030>

Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers by Daniel Kuhn, MSW. Second edition, 2003. Hunter House Inc. A guide for care partners that addresses issues relevant to the early-stages and provides much helpful caregiver testimony. http://www.amazon.com/Alzheimers-Early-Stages-Friends-Caregivers/dp/0897933974/ref=sr_1_1?s=books&ie=UTF8&qid=1351011629&sr=1-1&keywords=Alzheimer%27s+Early+Stages

Speaking Our Minds – What it's Like to Have Alzheimer's by Lisa Snyder, MSW, LCSW. Health Professions Press, 2009 (revised edition). Seven persons with AD (ages 35-to-80) discuss their experiences of living with AD combined with the author's insights and educational information. <http://www.amazon.com/Speaking-Our-Minds-Alzheimers-Revised/dp/1932529500>

Taking Action: A Personal and Practical Guide for Persons with Memory Loss. A 58-page workbook for persons with dementia that includes brief discussions on important early-stage issues and the opportunity to write down important personal information about living with dementia. Download the free booklet at http://www.alz.org/mnnd/in_my_community_56780.asp

Living Well Workbook for People with MCI or Early Dementia. A 48-page workbook from the Alzheimer's Association that includes information on managing symptoms and exploring lifestyle changes that can maximize well being. Available to download free of charge at: http://www.alz.org/mnnd/in_my_community_56780.asp

Help and Hope – for persons diagnosed with Alzheimer's disease and related disorders. A 13-page booklet published by the Northern California/Northern Nevada Chapter of the Alzheimer's Association and is written for the person with Alzheimer's or a related dementia. Go to http://www.alz.org/norcal/in_my_community_14292.asp and click onto the Help and Hope downloadable link to access the PDF.

Dementia Guide from Health Scotland: A booklet that covers important topics such as diagnosis; effective coping strategies; legal and financial planning; practical support. Available to download at <http://www.healthscotland.com/documents/15.aspx>

By Us For Us Guides: Published in Canada, these guides are written by and for persons with dementia and cover: Memory Workouts; Managing Triggers; Enhancing Wellness; Tips and Strategies; and Communication. They are available to download for free or to order at: <http://www.marep.uwaterloo.ca/products/bufu.html>

HELPFUL WEB SITES FOR MCI, EARLY-STAGE ALZHEIMER'S OR RELATED DISORDERS

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<http://www.alz.org>

National Alzheimer's Association - This web site has a section for the person with Alzheimer's called "If You Have Alzheimer's" with succinct information and a message board for correspondence.

<http://www.alzheimer.ca>

Canadian Alzheimer's Society - The web site has an extensive section devoted to persons with dementia called "Living with Dementia" with both educational material and personal testimonies.

<http://www.alzheimers.org.au>

Alzheimer's Australia - This web site has a section called "I Have Dementia" (under Services and Support) with an excellent assortment of detailed Help Sheets on different topics that can be downloaded.

<http://forum.alzheimers.org.uk>

Alzheimer Society of the UK website that provides a chat room for people with dementia (including early-onset) and other resources.

<http://www.dasninternational.org/>

Dementia Advocacy and Support Network - This web site and online chat room is organized by the (DASN), a group of international individuals with dementia.

<http://www.agelessdesign.com>

Ageless Designs has an email news service called "Alzheimer's Daily News." Sign up through their web site and receive daily national and international news clips that report on Alzheimer's and related dementias. This is a reputable web site and a great source of updated information.

<http://www.nia.nih.gov/alzheimers>

Alzheimer's Disease Education and Referral provides valuable updates on AD research and news through the national organization. Look under publications section for a brief booklet called "What Happens Next" written by and for people with dementia.

<http://www.youngdementiauk.org/index.htm>

YoungDementia UK (Formerly called the Clive Project), serves people with young-onset dementia in a region of the UK. Helpful website with information and newsletters for families living with young-onset dementia including Frontotemporal dementias, Huntington's disease, and Alzheimer's disease.

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

The Association for Frontotemporal Degeneration provides a wealth of information for families living with FTD.

<http://www.lbda.org/>

Lewy Body Dementia Association provides much helpful information for families living with LBD

<http://www.alzheimersreadingroom.com/>

The Alzheimer's Reading Room is an excellent source of news for the entire Alzheimer's community. The site focuses on Alzheimer's disease and the art of Alzheimer's caregiving.

<http://www.thehartford.com/advance50/publications-on-aging>

The Hartford has created helpful publications on a wide range of topics including driving and dementia that can be downloaded at their website.

OVER FOR SELECTED READING LIST