

SELECTED BOOKS ON DEMENTIA IN THE LIBRARY OF THE MENTAL HEALTH AND AGING PROJECT (MHAP)

Compiled by Julie Wheaton, MHAP Librarian

BATHING

Bathing without a battle: personal care of individuals with dementia, edited by Ann Louise Barrick et al., Springer Publishing, 2002.

Based on original research and clinical experience, this book presents an individualized, problem solving approach to bathing and personal care of people with dementia useful in both institutional and home settings.

Solving bathing problems in persons with Alzheimer's disease and related dementias; a training and reference manual for caregivers, by Sharon Dwyer, Philip Sloane and Ann Louise Barrick, University of North Carolina at Chapel Hill, 1995.

Provides guidelines for bathing persons with dementia and procedures for dealing with specific bathing problems in long-term care settings. Addresses ways to maintain quality of bathing procedures, and includes case exercises to be used for training. Designed to help long-term care staff individualize the bathing approach, focus on the person, enlist cooperation, give the person choices, and use distractions.

CLINICAL

Clinical practice with caregivers of dementia patients, by Mary Kaplan, Taylor & Francis, 1999.

Comprehensive overview of the most common dementing illnesses that can be used as a reference in determining the severity and progression of a disease and its potential impact on the caregiver and family. For clinicians working with caregivers of people with dementia.

Dementia, aging, and intellectual disabilities; a handbook, edited by Matthew Janicki and Arthur Dalton, Taylor & Francis, 1999.

Provides information about dementia and related disorders as they affect people with mental disabilities. Examines the biology of dementia, neurological and medical complications, best practices, policy issues, and case studies. Provides a practical approach to diagnosis, assessment, treatment, management, and care. A useful guide for both students and professionals.

Essential handbook of memory disorders for clinicians, edited by Alan D. Baddeley, Michael D. Kopelman, and Barbara A. Wilson, Wiley, 2004.

This concise version of the Handbook of Memory Disorders is a selection of chapters from the original volume that have been chosen with the busy practitioner in mind. Provides individual clinicians and students with those parts the editors consider most relevant and useful on a day-to-day basis, as a portable adjunct to the more comprehensive handbook.

Handbook of dementia: psychological, neurological, and psychiatric perspectives, edited by Peter Lichtenberg, Daniel Murman and Alan Mellow, John Wiley & Sons, 2003.

Offers a broad, interdisciplinary guide to understanding, diagnosing, and treating dementia. Provides insightful, specialized knowledge on the psychological, neurological, and psychiatric aspects of dementia, including assessment tools, and behavioral and pharmacological treatments.

Innovative interventions to reduce dementia caregiver distress: a clinical guide, by David Coon, Dolores Gallagher-Thompson and Larry Thompson, Springer Publishing, 2003.

Presents a broad array of practical strategies for reducing caregiver distress, including interventions for specific populations. For clinicians who provide direct services to families of people with dementia.

Practice guideline for the treatment of patients with Alzheimer's disease and other dementias of late life, American Psychiatric Association, 1997.

Eighth practice guideline, approved by the American Psychiatric Association, providing a set of patient care strategies developed to assist physicians in clinical decision making.

CROSS-CULTURAL

Caregiving across cultures: working with dementing illness and ethnically diverse populations, by Ramon Valle, Taylor & Francis, 1998.

Offers a cross-cultural, hands-on approach for professionals and care providers who are developing culturally-based techniques to care for people with dementia and their families.

Dementia care mapping: applications across cultures, by Anthea Innes, Health Professions Press, 2002.

Shows how programs around the world are using a unique assessment tool, Dementia Care Mapping (DCM), which is based on person-centered care, to gain a clearer vision of what does or doesn't work in dementia care programs. Explores both the challenges and benefits of DCM.

Ethnicity and the dementias, 2nd edition, edited by Gwen Yeo and Dolores Gallagher-Thompson, Routledge, 2006.

This second edition provides contributions from leading clinicians and researchers on the epidemiology of dementias by ethnic populations, new information on the assessment of diverse populations, and updates and inclusions of new populations in the management of dementia and working with families. Addressed to practitioners, researchers, and policy makers.

DEALING WITH CHALLENGING BEHAVIORS

Agitation in patients with dementia: a practical guide to diagnosis and management, edited by Donald Hay et al., American Psychiatric Publishing, 2003.

This concise volume by experts for professionals is a synthesis of the growing body of geriatric psychiatric literature about disturbances in behavior.

Caring for people with challenging behaviors: essential skills and successful strategies in long-term care, by Stephen Weber Long, Health Professions Press, 2005.

Presents a flexible, five-step treatment planning process that can be used to guide informal interventions by individual staff members, as well as formalized interdisciplinary team approaches in the nursing home setting. Uses vignettes of readily recognizable resident types to help staff learn to identify what triggers and reinforces residents' challenging behavior. Offers solutions for improving behavior, including practical communication techniques and evidence-based psychological approaches.

Individualized dementia care: creative, compassionate approaches, by Joanne Rader, Springer Publishing, 1995.

Guide to understanding, preventing, and redirecting difficult behaviors associated with dementia. Provides a framework for assessing behaviors and creating successful individualized approaches. Emphasizes the importance of examining the environment to see how it can be altered to reduce difficult behaviors.

Management of challenging behaviors in dementia, by Ellen Mahoney and Ladislav Volicer, Ann Hurley, Health Professions Press, 2000.

Discover effective strategies to improve behavioral symptoms in dementia: anxiety, wandering, spatial disorientation, agitation, resistiveness, combativeness, inability to initiate activity, and food refusal.

DEMENTIA CARE

Alzheimer's disease: activity-focused care, 2nd edition, by Carly Hellen, Butterworth, 1998.

Guide providing practical and innovative strategies for care of people with Alzheimer's disease. Written from the viewpoint that activity-focused care promotes cognitive, physical, psychosocial, and spiritual well-being. Designed for professionals such as nurses and occupational therapists.

Art of dementia care, by Jane Verity and Daniel Kuhn, Thomson Delmar Learning, 2008.

Practical guide intended for all who provide support, encouragement and care for people with dementia. Promotes a relationship model of care to make a positive difference in the lives of those with dementia. Draws upon examples from common clinical situations to highlight how to practice the art of dementia care through recognition of the limits of people with dementia and promotion of their strengths and abilities.

The Best Friends staff: building a culture of care in Alzheimer's programs, by Virginia Bell and David Troxel, Health Professions Press, 2001.

The Best Friends approach is designed to improve quality of life for people with dementia and for the staff that cares for them. Features tools for training staff so they can achieve better outcomes and enjoy more rewarding experiences. Includes case studies and ideas from practitioners using the approach.

Comforting the confused, strategies for managing dementia, 2nd edition, by Stephanie Hoffman and Constance Platt, Springer Publishing, 2000.

Intended as a tool for educating primary caregivers who care for people with dementia, this book encompasses a wide range of issues facing long-term care staff, including feeding strategies, falls, use of mechanical restraints, special care units, dying and grieving.

Creating successful dementia care settings, developed by Margaret Calkins, Health Professions Press, 2001.

Four-book series examines critical features of formal care settings that either support people with dementia or create unmanageable barriers to their ability of function successfully. Demonstrates how a resident-centered approach emerges when physical environments and staff care practices are knowledgeably integrated with residents' needs. Includes:

Understanding the environment through aging senses, volume 1

Maximizing cognitive and functional abilities, volume 2

Minimizing disruptive behavior, volume 3

Enhancing identity and sense of home, volume 4

Dementia: a positive approach, by Lynne Phair and Valerie Good, Whurr Publishers, 1998.

Presents a positive examination of the care of older people with dementia and offers a practical, knowledge-based perspective that many of the problems associated with dementia can be minimized or resolved through creative management.

Enhancing the quality of life in advanced dementia, by Ladislav Volicer and Lisa Bloom-Charette, Taylor & Francis, 1999.

Provides new and proven techniques to enhance the lives of people with advanced dementia. Describes approaches such as Habilitation, Lifestyle Approach, and Sheltered Workshop and activities such as Bright Eyes, Validation Therapy, Stimulated Presence Therapy, and SNOEZELEN.

Full circle: spiritual therapy for the elderly, by Kevin Kirkland and Howard McIlveen, Haworth Press, 1999.

Describes an interdisciplinary program in a long-term care facility for people with dementia, which brings together music therapy and spiritual practice.

GentlecareTM: changing the experience of Alzheimer's disease in a positive way, by Moyra Jones, Hartley & Marks, 1999.

Describes a creative, compassionate, and comprehensive approach to caring for people with dementia. Emphasizes the importance of assessment as the key to successful care in both home and institutional settings. Useful for both professionals and laypeople.

Late-stage dementia care: a basic guide, edited by Christine Kovach, Taylor & Francis, 1997.

Written by experts with extensive experience, this book offers direction to long-term care facilities and health care providers on ways to enhance care given to people with late-stage dementia.

Montessori-based activities for persons with dementia, volume 1, edited by Cameron Camp, Menorah Park Center for Senior Living, 1999.

This manual uses Montessori-based activities as a rehabilitation approach to the treatment of dementia. Goals are to provide people with AD and related dementias with tasks that enable them to maintain or improve skills needed in their daily lives, such as eating, preparing simple meals, dressing, and participating in recreational activities, and to provide intellectual stimulation and some amount of challenge.

Montessori-based activities for persons with dementia, volume 2, edited by Cameron Camp, Menorah Park Center for Senior Living, 2006.

This second volume was developed to provide new ideas for activities programming for persons with dementia and other cognitive disorders, such as adults with developmental disabilities. These ideas include: individual and social interaction activities, intergenerational activities, activities for men, subject-based activities, and restorative care/nursing rehabilitation practices.

Past in the present: using reminiscence in health and social care, by Faith Gibson, Health Professions Press, 2004.

Describes the use of reminiscence to help people, including people with dementia, integrate and find meaning in their life experiences.

Special care programs for people with dementia, By Stephanie Hoffman and Mary Kaplan, Health Professions Press, 1996.

Written by experts for professionals in long-term care who care for people with dementia. Identifies ten leading problems facing special care units and provides practical suggestions for dealing with each.

The Validation breakthrough: simple techniques for communicating with people with Alzheimer's-type dementia, by Naomi Feil, Health Professions Press, 2002.

Shows caregivers how they can sidestep conflict and stress by validating expressed feelings rather than focusing on an older person's confusion. Case studies illustrate how Validation™ can be used to handle outbursts, rummaging, wandering, agitation, and more. A resource for both families and professionals.

There's still a person in there: the complete guide to treating and coping with Alzheimer's, by Michael Castleman, Dolores Gallagher-Thompson and Matthew Naythons, Putnam, 1999.

Guide for people with dementia, caregivers and anyone who must deal with Alzheimer's disease. Case studies provide insights into the stages from diagnosis through progression of the disease. Practical information on new drug therapies, alternative treatments, and tips on evaluating residential facilities as well as an appendix of other resources.

END OF LIFE ISSUES

Hospice care for patients with advanced progressive dementia, by Ladislav Volicer and Ann Hurley, Springer Publishing, 1998.

Demonstrates how hospice care leads to improved quality of life for patients with terminal dementia and their families. Reviews clinical problems, including infections, eating difficulties, and behavioral problems. Useful for professionals.

ETHICAL AND POLICY ISSUES

Assessing quality of life in Alzheimer's disease, edited by Steven Albert and Rebecca Logsdon, Springer Publishing, 2000.

Overviews conceptual and practical issues in the measurement of quality of life for people with Alzheimer's disease. Discusses methodological issues, the establishment of measures, and the use of these measures with people who have differing degrees of impairment. Proposes solutions, including collaboration among researchers and clinicians.

Dementia and aging: ethics, values, and policy choices, by Robert Binstock, Stephen Post and Peter Whitehouse, Johns Hopkins University Press, 1992.

Experts in gerontology, geriatrics, psychiatry, neurology, nursing, ethics, philosophy, public policy, and law examine the ethical, moral, and policy controversies surrounding dementia.

Ethical issues in dementia care: making difficult decisions, edited by Julian C. Hughes and Clive Baldwin, Jessica Kingsley Publishers, 2006.

Considers ethical decisions in the context of relationships, treatment, safety and quality of life, offering practical guidance and advice. Draws on the experiences of family caregivers as well as on existing research and emphasizes the importance of empathy and the need to acknowledge different perspectives in order to reach the best decision for the person with dementia. Discusses the way that decision makers are changed by the decisions they make, and the impact of this on the decision-making process.

Handbook on dementia caregiving: evidence-based interventions for family caregivers, edited by Richard Schulz, Springer Publishing, 2000.

Comprehensive treatment of intervention approaches to dementia caregiving. Reviews existing knowledge and provides a conceptual framework for organizing caregiver interventions of all types. Discusses how to translate intervention research into public policy.

Interventions in dementia care: toward improving quality of life, edited by M. Powell Lawton and Robert Rubinstein, Springer Publishing, 2000.

Reflects on improvements in dementia care and research over the past decade. Interdisciplinary resource for gerontologists, nurses, social workers, and psychologists involved in the care of people with dementia.

EVALUATION

Evaluation in Dementia Care, edited by Anthea Innes and Louise McCabe. Jessica Kingsley Publishers, 2007.

Both practical and theoretical, this collection of articles sets out the critical role of and application of evaluation in identifying and developing good practice in a range of dementia care settings. Contributors discuss the evaluation of care at different levels and in various settings, particularly long-term care, and cover evaluation methods, ethics, use of technology, and the user's role in the evaluation process.

FAMILIES

36-hour day: a family guide to caring for persons with Alzheimer disease, related dementing illnesses, and memory loss in later life, 3rd edition, by Nancy Mace and Peter Rabins, Johns Hopkins University Press, 2006.

Comprehensive guide to home care of people in all stages of progressive dementing illness. Combines practical advice with specific examples. Includes medical, legal, financial, and emotional aspects of caring for a relative with dementia.

Alzheimer's early stages; first steps for family, friends and caregivers, 2nd edition, by Daniel Kuhn, Hunter House, 2003.

Resource that covers how to recognize early symptoms, planning for immediate and long-term needs, and tips for caregivers on how to take care of themselves.

Moving a relative with memory loss; a family caregiver's guide, by Laurie White and Beth Spencer, Whisp Publications, 2000.

Resource for families facing the transition of moving a family member with dementia into long-term care.

Stress reduction for caregivers, by Jodi Olshevski, Anne Katz and Bob Knight, Taylor & Francis, 1999.

Addresses how to help family caregivers manage and reduce their stress level while caring for older people who may have dementia.

FRONTOTEMPORAL DEMENTIA

What if it's not Alzheimer's: a caregiver's guide to dementia, edited by Lisa & Gary Radin, Prometheus Books, 2003.

Comprehensive guide dealing with frontotemporal dementia (FTD), one of the largest groups of non-Alzheimer's dementias. Contributors to the book are either specialists in their field or have exceptional hands-on experience working with people with FTD.

PERSON-CENTERED CARE

Behaviors in dementia: best practices for successful management, by Mary Kaplan and Stephanie Hoffman, Health Professions Press, 1998.

Addressed to professionals in long-term care settings, this resource emphasizes person-centered care and covers a broad spectrum of behavioral domains, including: activity planning, bathing, feeding, family interventions, sexuality, and innovations in behavior management.

Care that works: a relationship approach to persons with dementia, by Jitka Zgola, Johns Hopkins University Press, 1999.

Shows how caregivers can better meet the demanding challenges of their job by building and improving personal relationships with those in their care. Provides information helpful in developing an individual approach and evaluating one's effectiveness. Useful for both professionals and family members.

Dementia reconsidered: the person comes first, by Tom Kitwood, Open University Press, 1997.

Brings together and elaborates on Kitwood's landmark theory of dementia and person-centered care in an accessible fashion. Valuable source for all working and researching in the field of dementia care.

Including the person with dementia in designing and delivering care: I need to be me!, by Elizabeth Barnett, Jessica Kingsley Publishers, 2000.

Resource for those involved in planning and providing services for people with dementia, which describes why and how to involve their views.

TRAINING

Dementia care: in-service training modules for long-term care, by Jackie Nasso and Lisa Celia, Thomson Delmar Learning, 2007.

Eight modules covering all aspects of specialized dementia care training in a long-term care setting, including anatomy and physiology, basic care principles, daily care, eating challenges, recreation / activities, and common medical problems. The modules can be adapted to either large or small audiences and used to train nursing assistants and other members of a health care team or incorporated into non-nursing forums, such as support groups or informal caregivers. Include lecture materials, objectives, PowerPoint slides, handouts, real-life scenerios, and suggestions for group activities and participation.

Dementia care training manual for staff working in nursing and residential settings, by Danny Walsh, Jessica Kingsley Publishers, 2006.

Guide for all staff working face-to-face with people with dementia, whether in nursing, day-care or residential settings. Includes training exercises, discussion points and questions to prompt care workers to reflect on their style of work and modify it to meet best practice guidelines. Useful as a self-training guide by caregivers, either self-paced or under the supervision of a colleague, or by trainers running structured courses on good practice in dementia care. Also useful as a quick reference in daily practice.

Speaking from experience: nursing assistants share their knowledge of dementia care, Cobble Hill Health Center, 1998.

Designed as a tool to encourage creative problem solving among nursing assistants who work with people with dementia. The simple format of the material lends itself to a wide variety of training styles and opportunities—from one minute management tips to establishment of cooperative learning groups. Includes a trainer's guide with a sample 30-minute session with CNAs.

Teaching dementia care: skill and understanding, by Nancy Mace, with Dorothy Coons and Shelly Weaverdyck. Johns Hopkins, 2005.

Comprehensive teachers' guide for professionals training dementia caregivers. Includes tools for effective communication between teacher and student, in-depth lesson plans, overheads/handouts, teaching exercises that help modify behaviors, and realistic steps for improving care.

WANDERING

Dementia and wandering behavior: concern for the lost elder, by Nina Silverstein, Gerald Flaherty, and Terri Salmon Tobins. Springer, 2002.

Focuses on specific responses to wandering behavior and describes ways to create a safe environment in the home, community, and care facility. Teaches how to create safer environments that maximize autonomy while minimizing risk for people with dementia.

Evidence-based protocols for managing wandering behaviors, edited by Audrey L. Nelson and Donna L. Algase, Springer, 2007.

Presents and analyzes the latest research on wandering and offers practical assessment and management tools. Topics include prevention of elopement, getting lost, falls, fractures, and the subsequent need for extended care that may result. Emphasizes the difficult and stressful problems of daily care, improving safety, and enabling those with dementia to remain independent longer.

The Mental Health and Aging Project operates a lending library of resources for CMH clinicians and other human service professionals who work with older adults and their families. Books are sent via mail and borrowers pay a small fee for postage and insurance. To borrow a book from this list or to learn about other MHAP resources and services, contact Matt Beha at beham@lcc.edu or call him at 517/483-1529.