

## New Materials in Resource Centre April 2011

The following books and DVDs are now available for loan from the Alzheimer Society of Toronto Resource Centre.

The Resource Centre is open to the public Monday to Friday 9 am to 5 pm.

Books, videos and DVDs are available for loan. Reference materials and journals are not available for loan, but can be photocopied free of charge.

For a complete listing of items in our collection, as well as an extensive list of online materials in over 65 languages, please consult our online Resource Centre Catalogue at [http://www.alzheimertoronto.org/lib\\_onlineCatalogue.htm](http://www.alzheimertoronto.org/lib_onlineCatalogue.htm).

To go on the waiting list for any of the items listed below, please contact:

**Marg Cameron**

*Information Resources Coordinator*

~~~~~  
**Alzheimer Society of Toronto**

20 Eglinton Avenue West,  
16<sup>th</sup> floor, Toronto, Ontario M4R 1K8  
416-322-6560

[mcameron@alzheimertoronto.org](mailto:mcameron@alzheimertoronto.org)

## *GV 185 Activation*

### *Becoming Who They Were: Building community among elders living with dementia*

Milwaukee, WI : Action Pact Inc, 2007

DVD GV 185 B42 2007 & Manual

Film and workbook introduce the activation tool - Community Circle. The basic premise of the circle is that everyone - people with dementia, nursing & housekeeping staff, family members, sit in a circle and share with one another in a non-judgemental setting. Those unable to articulate may have family members or care providers speak for them.

The purpose of the Circle is to provide regular opportunities for elders, staff and families to identify and connect with each other, and to honour each person as an individual with a unique background and history. The Circle also addresses five basic human needs: attachment, inclusion, occupation, comfort and identity.

The process of engaging and involving everyone in the Circle gives people with dementia the opportunity to share their stories, memories, preferences and wisdom, all of which make up who they were and still are.

## HQ 30 Sexuality/Intimacy

### *More than a Thousand Tomorrows*

#### Bonus Feature: *Is it the right time? The Nursing Home Decision*

Chicago, IL : Terra Nova, 2003

DVD HQ 30 T46 2003

**More Than a Thousand Tomorrows** 22 min. A follow-up to the video, *A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's*, this film revisits one of the couples, Everett and Betty Jordan. It looks at the progression of changes Alzheimer's causes in their intimate relationship--over a seven-year period. Central to the video is Everett's candid discussion of his feelings and decisions regarding his ongoing intimate relationship with Betty, and how he has coped.

**Is it the Right Time? The Nursing Home Decision** 13:00 min. deals with the tough decision of nursing home placement, and how the Jordan family struggled with that decision. In the film several of Everett and Betty's children participate in a social worker-facilitated discussion of how that decision was made and how the communication regarding the decision might have been better handled. Their frank and honest questions and answers shed light on the importance of keeping open the lines of family communication around the timing of this very emotional and difficult decision.

### *Physical Intimacy: The Person with Alzheimer's Disease*

Rabins, Peter V. Baltimore, MD : Video Press, University of Maryland, 2008

DVD HQ 30 P49 2008

Dr Rabins discusses with nursing assistants who work with Alzheimer's patients, the need for positive intimacy, touch, hugs and even consensual/family approved sex. They also discuss when intimacy is inappropriate and what actions need to be taken.

Topics include: issues relating to resident to resident intimacies; public masturbation; inappropriate touching of other residents and staff; and the need for team and family involvement to develop solutions.

## HV 1451 For Healthcare Professionals

### *Understanding Dementia: the caregiver's notebook*

Chicago, IL : Dementia Care Foundation, 2009

DVD HV 1451 U53 2009

This new resource orients professional and family caregivers to the world of the person with dementia. This video helps caregivers understand the causes of many dementia-related behaviors.

It gives simple strategies to prevent or redirect these behaviors while providing emotional and physical care to the person.

The video will also enable caregivers to:

- provide dignity while bathing and helping with other personal care needs.
- validate the person's emotions and feelings, and redirect toward familiar memories and actions
- reduce stress and agitation by adjusting sound levels and other potential environment triggers
- boost emotional comfort through body language and tone of voice

The video also stresses the benefits as adjusting care to accommodate the person's preferences as much as possible, and creating positive interactions that encourage use of the person's remaining skills to build self-esteem and increase personal autonomy.

## RC 421 Communication

### *Introduction to Validation: Communicating with very old people diagnosed with Alzheimer's-type dementia*

Naomi Feil , Vicki de Klerk-Rubin, Springfield, OR : Edward Feil Productions, 2011

DVD RC 423 F45 I58 2011

Overview of Validation approach to communication, its theoretical framework and techniques. Scenes with persons with dementia demonstrate the various phases of disorientation and approaches that can be used to facilitate connection and communication with disoriented seniors.

Sections cover: What is Validation; Qualities of a Practitioner; Principles; Who are the disoriented old; Resolution; Phase 1: Malorientation; Phase 2: Time Confusion; Phase 3: Repetitive Motion; Phase 4: Vegetation; Validation Techniques: Centering & Calibration; Verbal Techniques: Rephrasing, Open Questions, Polarity, Reminiscing, Ambiguity and Say their emotion, Non-Verbal Techniques: Mirroring, Touch and Music .

### *Validation Techniques for Dementia Care: the family guide to improving communication*

Vicki de Klerk-Rubin, Baltimore: Health Professions Press, 2008

RC 423 K53 2008

Latest work on validation therapy is organized into 3 main sections: Understanding what happens to the disoriented very old, How to communicate with your disoriented relative, How validation works in real-life family situations.

The goal of validation therapy interventions is to accept the disoriented elder in the present situation through verbal and non-verbal means. Universal caregiver strategies include: centering, observing, empathy and setting aside one's own emotional needs. Other strategies include; use of neurolinguistic processing, correct use of social distancing, calibrating the self to the emotional state of the elder, mirroring and therapeutic uses of touch, music and massage. These techniques are designed to build trust, reduce stress and anxiety in the elder, to restore the person's sense of self worth and dignity.

## R 726.8 Palliative Care

### *Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and standards for evidence-based care*

Edited by Gary A Martin & Marwan N Sabbagh, New York, NY: Springer Publishing, 2011

R 726.8 P33 2011

This book testifies that caregivers can have a monumental impact on the lives of persons with advanced dementia. Through specialized programming and a renewed effort toward patient-centered care, caregivers can profoundly enrich the quality of life for these persons.

Providing guidelines for health care professionals, caregivers, and family members, this book introduces palliative care programs and protocols for the treatment of people with advanced dementia. The book is designed to guide professional caregivers in meeting the needs of patients and their families, providing insight into the philosophy, assessment, planning, implementation, and evaluation measures involved in interdisciplinary palliative care.

The chapter authors offer guidelines and standards of care based on contributions from nurses, physical therapists, social workers, dietitians, psychologists, family caregivers and pastors. An exhibit at the end of every chapter clearly articulates the standards of care appropriate for all advanced dementia facilities and health care staff.

This book helps caregivers: Enhance the physiological, psychological, social, and spiritual well-being of the patient and the patient's family; Anticipate and meet the patient's basic human needs: hunger, thirst, body positioning, hygiene, continence, and management of any pain & Ensure that the patient's surroundings are safe, comfortable, and homelike

## *RC 521 Related Dementias*

### *Alzheimer's Disease and Frontotemporal Dementia: Methods and protocols*

Edited by Erik D Roberson, Birmingham, AL: Humana Press, 2011

REF RC 521 A49 2011

Alzheimer's disease and frontotemporal dementia, two of the most prevalent neurodegenerative diseases, are dreaded disorders that attack the neural networks underlying memory and personality, systems that make us who we are. Major breakthroughs in recent years have spurred new research approaches to these conditions.

In *Alzheimer's Disease and Frontotemporal Dementia: Methods and Protocols*, expert investigators bring together the many divergent areas of expertise used to study these diseases, including behavior, electrophysiology, confocal microscopy, and hardcore biochemistry. Beginning with an overview of the two diseases and contemporary research on them, the book continues with specialized protocols for working with amyloid- $\beta$  peptide, tau, and apolipoprotein E as well as experimental systems for studying AD and FTD, including cell and animal models, and outcome measures that can be used to assess neuronal function in these systems.

Written in the highly successful *Methods in Molecular Biology*<sup>TM</sup> series format, chapters include brief introductions to their respective topics, lists of the necessary materials and reagents, step-by-step, readily reproducible laboratory protocols, and notes on troubleshooting and avoiding known pitfalls. Authoritative and easy to use, *Alzheimer's Disease and Frontotemporal Dementia: Methods and Protocols* serves as an ideal guide for all scientists pursuing the cause and cure of these disorders.

### *A Caregiver's Guide to Lewy Body Dementia*

Helen Buell Whitworth & James Whitworth, New York, NY: Demos Health, 2011

RC 521 W45 2011

Although Lewy Body Dementia is the second leading cause of degenerative dementia in the elderly, it is not well known or understood and is often confused with Alzheimer's Disease or Parkinson's. Co-published with the Lewy Body Dementia Association this is the first book to present a thorough picture of what Lewy Body Dementia really is. *A Caregivers Guide to Lewy Body Dementia* is written in everyday language, and is filled with personal examples that connect to the readers' own experiences. It includes quick fact and caregiving tips for easy reference, a comprehensive resource guide, and a glossary of terms and acronyms. This is the ideal resource for caregivers, family members, and friends of individuals living with the disease seeking to understand Lewy Body Dementia.

### *Frontotemporal Dementia Syndromes*

Edited by John R Hodges, New York, NY: Cambridge University Press, 2010

RC 521 F76 2010

In the past decade there have been enormous advances in our understanding of frontotemporal dementia and related syndromes. The impetus for these advances has come from a number of directions including genetic discoveries, new approaches to neuroimaging and improved neuropsychological understanding of the cognitive aspects of the condition. *Frontotemporal Dementia Syndromes* provides a much needed review of the current status of our knowledge of these syndromes. The book starts with chapters reviewing the history of the condition and describes the presenting clinical, neuropsychiatric and neuropsychological features, before reviewing, in detail, the areas of greatest recent research progress.

The book concludes with a chapter proposing a multidisciplinary approach to patient management. *Frontotemporal Dementia Syndromes* will be essential reading for neurologists, psychologists, psychiatrists and other clinicians interested in cognitive and behavioural disorders, as well as to basic scientists working in the area of neurodegeneration.

### *Planning for Hope: Living with Frontotemporal Disease*

Susan Lee Grant, 2010

DVD RC 521 P42 2010

6 families share their stories of living with Frontotemporal Disease, the struggle in getting a diagnosis, the impact of the disease on the whole family, and the importance of planning for the future. Interviews with medical experts, researchers, lawyers and financial planners help provide a look at many aspects of this disease.

From the website: Something must be done. People are suffering, families are being pulled apart, and patients are being misdiagnosed and improperly treated. I decided that others need not suffer as I have through countless tests and doctor visits in order to find answers. I decided to fight for awareness so that the disease that afflicts me and thousands of others worldwide would share in deserved scientific spotlight so that future generations would have hope.

My name is Susan, and I suffer from a disease of the Frontotemporal lobes (FTD). Instead of going silently into that good night, my caregiver Cindy and I have dedicated two precious years of what remains of my life to creating a film, "Planning for Hope". Bold and arresting and still in the works, it is aimed at unveiling the truth about Frontotemporal Disease, addressing the surrounding issues and controversies, and offering hope to those affected. Due to the negative stigmas attached to the word dementia, the movie will make a case for referring to FTD as a disease and we will refer to it as such throughout the website.

This film promises to open doors of understanding and opportunity as well as to help move FTD from the status of "orphan disease" into the mainstream medical community. People who suffer from FTD and their families share openly about their struggles, how they deal with the discrimination heaped upon them, their confusion, and their pain. These stories are blended with the latest medical and scientific advances delivered by some of the most brilliant minds in research.

### *Vascular Cognitive Impairment in Clinical Practice*

Edited by Wahlund, Lars-Olof , Timo Erkinjuntti and Serge Gauthier, Baltimore : Cambridge University Press, 2009

REF RC 521 V364 2009

Vascular cognitive impairment is the second most common cause of dementia after Alzheimer's disease and is expected to grow in prevalence with the aging global population. The purpose of this authoritative book is to give a broad clinical perspective on vascular cognitive impairment and thus create a foundation for the implementation of good dementia care.

The book focuses on pathophysiology, diagnosis, treatment and prevention. It demonstrates the underlying causes of the disorder, such as the manner in which vascular risk-factors influence the onset of vascular cognitive impairment. The concept of mixed forms of vascular dementia, Alzheimer's dementia and other vascular diseases is discussed as well as the influence of vascular changes with regard to the onset of Alzheimer's disease.

The detailed section on pathophysiology will enhance clinicians' understanding of this complex disorder. Finally there is a section on pharmacological and neuropsychological treatment of cognitive and psychiatric symptoms.

### *RC 523.2 Documentaries*

#### *I Am Not Fictional: an Alzheimer's journal*

Maui, HI : Sewell Archive Productions, 2007

DVD RC 523.2 I5 2007

An Alzheimer's mother, her sons: 3 brothers each discovering their own exquisite form of creativity in the celebration of unconditional love for "Mom", the woman who laughed, danced, wrote her own music and led the band all the way.

## RC 523.3 Fiction

### Schism

Erie, PA : Lyons Den Productions, 2009

DVD RC 523.3 S34 2009

After a hip injury as a result of a fall, Neil Woodard enters a nursing facility unhappy with the changes occurring in his life. Initially uncooperative and insistent that he will return home once he recovers, he deals with the reality of no longer being a priority in his family's life, but discovers comfort and friendship in the residents and staff. However, he soon learns that all may not be as it seems. Told from the perspective of the afflicted, this is the story of one man's descent into Alzheimer's.

## TL 152.6 Driving

### *Into the Other Lane: Driving and Dementia*

Chicago, IL : Terra Nova Films, 2009

DVD TL 152.6 I57 2010 & Manual

Real-life stories about when and how to deal with the emotional issue of giving up driving. This two-part DVD presents a compassionate, yet realistic, portrait of the many issues faced by persons with dementia, (and their caregivers) when a decision has to be made about giving up driving.

**Part One: Stories** shows the real stories of five persons with dementia, and the impact that no longer being safe to drive makes on the autonomy and self-esteem of the person with dementia, as well as, the effects on family relationships and life styles. The stories are four to eleven minutes long, and put a human face on how it feels to be told that you can no longer drive, and how it feels to be a caregiver in this emotionally-charged process.

**Part Two: Related Issues** includes helpful insights from healthcare and driving safety professionals on how Alzheimer's affects driving ability, how to initiate the conversation about driving cessation, transportation options, and what healthcare specialists can do to help facilitate the situation for both the person with dementia and the caregiver.

An accompanying *Viewer's Guide* provides the ideal backdrop for discussion and perspective on how to address the personal and public safety concerns about driving and dementia.