

New Materials in Resource Centre For December 2011



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

For a complete listing of items in our collection, as well as online materials in 75+ languages, please consult our online Resource Centre Catalogue at 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

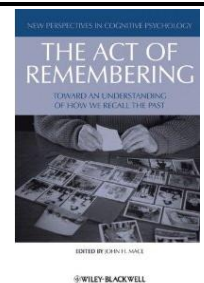
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Books

The Act of Remembering: toward an understanding of how we recall the past

Edited by John Mace, West Sussex, UK: Wiley-Blackwell, 2010. BF 724.85 A27 2010

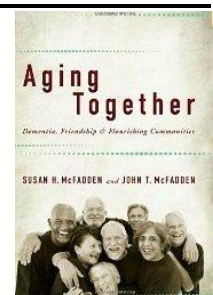
This text provides a detailed discussion of autobiographical memory retrieval, which has emerged as a key topic in both psychology and neuroscience. Ranging broadly across cognitive, developmental, clinical and neuropsychological approaches, leading researchers provide an overview of where the field has been and where it is going. The book includes chapters of involuntary and voluntary memories and intrusive memories that sometimes occur after traumatic events and in depression.



Aging Together: dementia, friendship & flourishing communities

Susan H McFadden, John T McFadden. Baltimore: John Hopkins, 2011. RC 523 M33 2011

The authors propose a radical reconstruction of our societal understanding of old age. Rather than categorizing elders based on their cognitive consciousness, the authors contend that the only humanistic, supportive and realistic approach is to find new ways to honour and recognize the dignity, worth, and personhood of those journeying into dementia. Doing so counters the common view of dementia as a personal tragedy shared only by close family members and replaces it with the understanding that we are all living with dementia as the baby boomers age, particularly as early screening becomes more common and as a cure remains elusive.



The authors inclusive vision calls for social institutions, especially faith communities, to search out and build supportive, ongoing friendships that offer hospitality to all persons, regardless of cognitive ability. Drawing on medicine, social science, philosophy, and religion to provide a broad perspective on aging, this text offers a vision of relationships filled with love, joy, and hope in the face of a condition that all too often elicits anxiety, hopelessness and despair.

Alzheimer's in America: the Shriver Report™ on Women and Alzheimer's

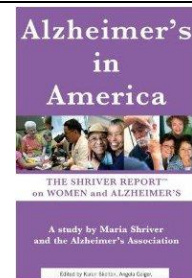
Maria Shriver & Alzheimer's Association (US), New York, NY: Free Press, 2010.

RC 523 S57 2010

This book provides a comprehensive anthology, shining a light on every facet of Alzheimer's disease - medical, sociological, political, economic, and personal. In 2010 65% of the 5.3 million people living with Alzheimer's in America are women and 10 million American women either have Alzheimer's or are caring for someone with the disease. Alzheimer's effects are felt across society: families, communities, the workplace, the health care system, business and government.

The Shriver report examines medical research, current trends in thinking, societal impacts and includes the Alzheimer's Association Women and Alzheimer's Poll, the largest study of its kind ever conducted in the United States.

It includes essays from people with personal experiences with Alzheimer's - not only celebrities, news reporters and politicians, but women from a wide range of backgrounds living with the disease as well as teenage caregivers. Original photography by photojournalist Barbara Kinney offers a further window into a disease that is often lived behind closed doors.

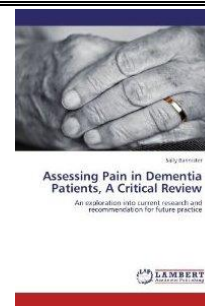


Assessing Pain in Dementia Patients, A Critical Review

Sally Bannister, LAP LAMBERT Academic Publishing GmbH & Co. KG, 2009.

R 726.8 B36 2009

Research was undertaken through the means of critiquing current research articles to explore pain in dementia. Findings revealed various problems, with regard to health care professionals having limited knowledge and available aids in pain management for dementia patients. The main themes identified were, self assessment scales, pain indicators, observational scales and analgesic usage. All themes were critically analyzed and recommendations for practice were made.



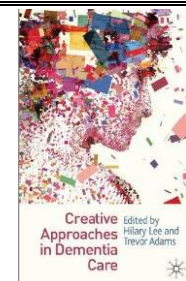
Creative Approaches in Dementia Care

Edited by Hilary Lee & Trevor Adams, New York, NY: Palgrave Macmillan, 2011.

GV 185 C71 2011

Dementia care which provides quality social interaction and day-to-day opportunities for self-expression can lead to an enhanced quality of life. This text explores how the arts and alternative therapies can be used to encourage expression within everyday dementia care. It highlights the ways in which a range of creative approaches can support the psychological and social needs of those with dementia.

Supported by research evidence and clear theoretical frameworks, each chapter focuses on a different method with practical suggestions to guide their implementation: Spark of Life Philosophy; photography, videos and storytelling; visual arts and music therapy; dance and drama therapy; and therapeutic humour.



Fit Minds Caregiver Handbook: practical and engaging cognitive activities for home-based care

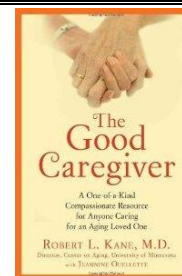
Nicole R Scheidl, Orleans, ON: Fit Minds Cognitive Health Products Inc, 2010. BF 724.85 S33 2010

This Handbook contains over 90 different cognitive activities divided into six categories – Language and Music, Visual/Spatial Orientation, Memory, Critical Thinking, Computation and Physical Exercises. The Fit Minds Caregiver Handbook is designed to give the caregiver a structured and easy to use toolset to help support the remaining cognitive capacity of the person with dementia and his/her ability to communicate with other people. The activities provide a way of engaging with the person when the familiar ways of communicating and interacting have been impaired.

The Good Caregiver: a one-of-a-kind compassionate resource for anyone caring for an aging loved one

Robert Kane, New York, NY: Avery, 2011. HQ 1064 K36 2011

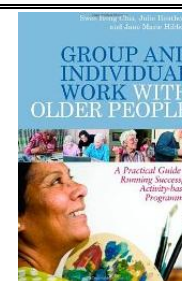
The author has based this guide for caregivers on both his professional and personal experience as well as the experiences of other family caregivers. He offers advice to those learning how to best care for their loved ones, helping them make thoughtful, informed decisions at each stage of the caring process including day-to-day care, navigating the system, dealing with legal and financial issues, and interpersonal challenges.



Group and Individual Work with Older People: a practical guide to running successful activity-based programs

Swee Hong Chia, Julie Heathcote, & Jane Marie Hibberd, London, UK: Jessica Kingsley, 2011. GV 185 C44 2011

Introducing the concept of PIE (Planning, Implementation and Evaluation), this practical resource will enable professionals working with older people to initiate and run successful activity-based programmes with their clients, either individually or in groups. The authors guide the reader through the processes of group and individual work, and provide step-by-step instructions for a range of activities, including arts and crafts, music, drama, movement, relaxation, reminiscence, and day-to-day tasks such as taking care of personal hygiene and preparing food and drinks. The book also describes the importance of assessing and evaluating activity-based work, with examples of completed evaluation and assessment forms. Useful case studies and self-reflective activities for the facilitator are included throughout.



Late-stage Dementia: promoting comfort, compassion, and care

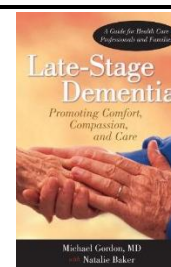
Michael Gordon, Bloomington, IN: iUniverse, 2011. R 726.8 G67 2011

"I want to provide the best care possible. The suffering has gone on for a long time, and I want to be sure the end stage is as comfortable as possible."

This common sentiment is expressed by both health care professionals responsible for caring for frail elders experiencing the later stages of dementia and family members trying to ensure the most compassionate care for their loved ones. Health care providers and family members often struggle with painful decisions when confronting the inevitable while providing love, compassion, and care.

Modern medicine may offer seemingly promising treatments, but eventually, the impact of Alzheimer's disease and other causes of dementia can cause profound deterioration in the patient's quality of life. The focus must eventually shift to compassionate end-of-life care. This guidebook reflects Dr. Gordon's extensive experience with health care professionals and families struggling with these poignant and difficult decisions.

The text includes a discussion of: Why palliative care is needed for persons with dementia; Decision-making, advance care planning, informed consent and capacity; Comfort care in a cultural context; Caring for the caregiver - distress, loss and grief; Autonomy - considering the perspective of the patient; Family conflict - avoiding and dealing with; Symptom assessment and management; Scales, assessment tools and medications.

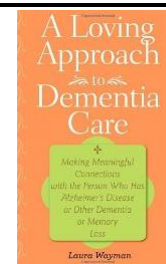


A Loving Approach to Dementia Care

Laura Wayman. Baltimore: John Hopkins University Press, 2011. RC 423 W33 2011

The author seeks to provide insight and knowledge by sharing both her own personal and professional experiences and those of other caregivers. Each chapter begins with a short real-life story, followed by "Lessons Learned" and "Perceptions and Approaches".

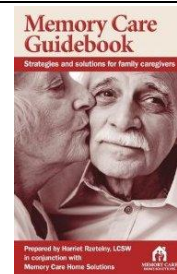
The chapters include discussion of understanding the person's life story, finding the meaning behind the behaviours, and the affirmative response method of communication. This approach involves affirming the person with dementia's view of reality, relating to him/her within that framework, which in turn facilitates quality interactions, enhanced emotional connections and a reduction in caregiver stress levels.



Memory Care Guidebook: strategies and solutions for family caregivers

Harriet Rzetelny St Louis, MO: Memory Care Home Solutions, 2010. HQ 1064 R93 2010

Short guide for family caregivers covers the basics of home-based caregiving, understanding memory loss and dementia and its impact on daily life, planning and adapting daily activities, communication strategies, home safety, and managing challenging behaviours.



Montessori Methods for Dementia™: focusing on the person & the prepared environment.

Gail Elliot, Hamilton, ON: Gilbrea Centre for Studies in Aging, McMaster University, 2011
GV 184 E44 2011

When you look at the reason behind the behaviours that are common to dementia, you often find needs are not being met. Montessori Methods have proven to effectively address these needs, and the result is that individuals with dementia who are introduced to these approaches experience a better quality of life.

The guide is organized into the following topics: Introduction to Montessori Methods; Spared capacity and the new culture of dementia care; Differentiating between dementia, depression and delirium; Memory - how to support what remains; Supporting the environment with Montessori activities; Montessori's principles adapted for dementia; Putting methods into practice - a model for programming; Examples of activities; Forms, tools and templates to support programming; Case examples; Barriers and staff attitudes.

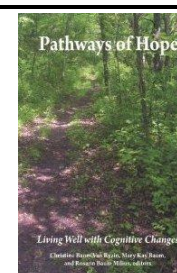


Pathways of Hope: living well with cognitive changes

Edited by Christine Baum Van Ryzin Appleton, WI: Elemental Basic Publishing, 2011.
RC 523.1 P37 2011

This book offers personal stories and important insights and information shared by twelve people facing early-onset Alzheimer's disease and/or other neurodegenerative disorders. "Early-onset" means that symptoms appear before age sixty-five, usually when people are in their forties or fifties, but some as young as age thirty-five. The book is a project of the support network forMemory, a group that connects individuals and their families affected by early-onset Alzheimer's and related diseases. Its aim is to increase emotional, spiritual, and physical wellbeing through actively and aggressively seeking ways toward prevention, slowing, and healing.

The editors are sisters who saw their mother and aunt struggle for years with cognitive and physical decline, in an era when very little was known about symptoms, causes, and treatment for dementia and other cognitive impairments. In turn, each of the three Baum sisters has experienced symptoms and diagnosis of early-onset cognitive changes. In addition to personal accounts, the book discusses early symptoms, exercise and physical capacity, dietary considerations, integrative medicine, and suggestions for advocacy.



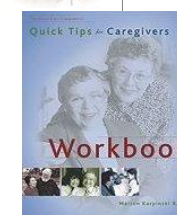
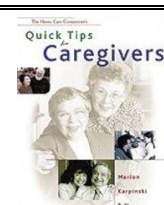
Quick Tips for Caregivers

Marion Karpinski, Medford, OR: Medifecta Healthcare Training, 2008.
HQ 1064 K37 2008 pt 1 & 2

Text available in English, Spanish & Chinese (Workbook in English only)

Pt.1 Guide provides easy-to-follow descriptions and clear instructions on basic caregiving procedures. Chapters address the following issues: preparing the home for in-home care, home care services, importance of communication, taking care of the caregiver, infection control, daily home care activities, how to manage medications, nutrition, how to help someone who uses a wheelchair, fall prevention, fire safety, elder abuse and neglect, resources available.

Pt. 2 Workbook includes related exercises to test knowledge obtained from text.



Regaining Identity: New synergies for a different approach to Alzheimer's

Marie-Jo Guisset-Martinez, Paris: Fondation Médéric Alzheimer, 2011. Guide Repères #3. HV 1451 G84 2011

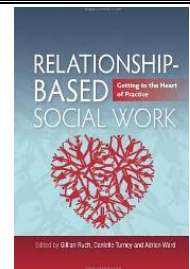
This text looks at person-centered care initiatives, where the focus is on the preservation of identity. The book is organized into 4 main sections: 1. safeguarding identity - the person comes first, participation in decision making, maintaining an active role in family life, living with the disease. 2. Staying connected to others - maintaining a social life, coping with confinement, living together in care homes and together in society. 3. Supporting the person and the families - person-centered care practices, importance of care and respite for caregivers, early onset dementia. 4. Working together, teams make a difference - health care professionals, role of families, working with volunteers, encouraging ethical reflection.

Relationship-based Social Work: getting to the heart of practice

Edited by Gillian Ruch, Danielle Turney, & Adrian Ward, London, UK: Jessica Kingsley, 2010

HV 1451 R44 2010

This book provides a thorough guide to relationship-based practice in social work, communicating the theory using illustrative case studies and offering a model for practice. Case examples cover the different service user groups including children, families, older people, refugees, people with disabilities and people with mental health difficulties. The book explores the ranges of emotions that practitioners may encounter, and covers working in both short-term and long-term relationships. It also outlines key skills for the individual such as how to establish rapport with the client and using empathy to build a relationship, and explores systemic issues such as incorporating service user perspectives and building appropriate support systems for practice, management and leadership.



Risk Assessment and Management for Living Well with Dementia

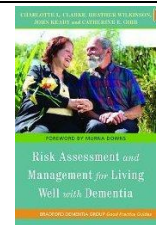
Series: Bradford Dementia Group Good Practice Guides

Charlotte L. Clarke, London, UK: Jessica Kingsley, 2011. HV 1451 C52 2011

This book outlines some of the key issues in risk perception, assessment and management in dementia care in a way that is both practical and accessible to a wide range of practitioners. It develops an approach to risk that promotes choice for people with dementia whilst also acknowledging the complex challenges care providers face. The authors provide an overview of the legislative framework currently in place, and of the ethical dilemmas which may emerge in practice.

Frameworks for informed and balanced decision-making are offered, and the importance of including the person with dementia, their family, and care providers in decision-making is emphasized. Throughout the book, case studies are used to illustrate effective negotiation and practical solutions to risk dilemmas in practice.

This book highlights principles of good practice for managing risk in dementia care, and presents a rounded approach that will help practitioners negotiate some of the complex issues this entails.

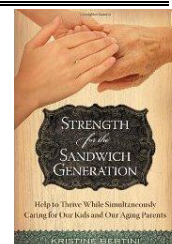


Strength for the Sandwich Generation: help to thrive while simultaneously caring for our kids and our aging parents

Kristine Bertini Santa Barbara, CA: Praeger, 2011. BF 575 S75 B47 2011

Multigenerational caregiving has become a prevalent phenomenon in the generation of Baby Boomers. Nurturing children as they rapidly evolve and grow as individuals while simultaneously assisting elderly parents to live with - and then exit life with - dignity and respect can be a trying experience. The good news: there can be great joy in this capacity as well.

This text addresses the multiple complexities that arise for the millions of middle-aged adults caring for both their children and their elders, providing the caregiver with resources and information that include strategies for caring for the self, children, and elders; handling financial strain; and, addressing moral and ethical dilemmas. The author, a licensed clinical psychologist, shows midlife readers how to balance their demanding and multiple roles while also making meaning and finding genuine happiness in their complex world.



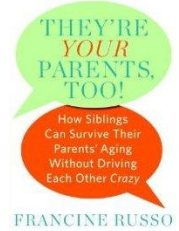
They're Your Parents Too: how siblings can survive their parents aging without driving each other crazy

Francine Russo, New York, NY: Bantam Books, 2010. BF 575 S75 R87 2010

Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life—and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what's best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help you do give.

Will you and your siblings be able to reach an understanding and work together, or will the challenges you face tear you apart? Most of us enter this period of our lives unprepared for the difficult decisions and delicate negotiations that lie ahead.

Here you'll find practical advice on a wide range of topics including: Who will make major medical decisions, manage finances, and enforce end-of-life choices if your parents cannot? And how will this be decided and carried out? How will you negotiate caregiving issues and deal with unequal contributions or power struggles? How can inheritance and the division of property, assets, and personal effects be handled to minimize hurt feelings and resentment? How will you cope with the natural reemergence of unresolved childhood rivalries, hurts, and needs? How can caring for your parents be an enriching experience rather than a thankless chore? How can you ensure the best care for your parents while lessening conflict, guilt, anger, and angst?

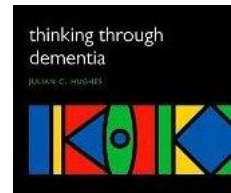


Thinking Through Dementia

Julian C Hughes, New York, NY: Oxford University Press, 2011. RC 523 H83 2011

Dementia throws up a number of particular clinical, ethical, and conceptual problems, which mostly reflect complicated evaluative decisions, for instance about diagnosis and the distinction between normal and abnormal ageing. Different disciplines approach dementia in different ways - thus there are disease, cognitive neuropsychology, and social constructivist models of dementia. Underlying these models and approaches, each of which is clinically useful, are various and differing conceptual commitments.

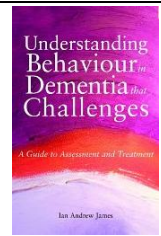
These models carry ethical implications concerning how we ought to treat people diagnosed with dementia. Thinking through Dementia offers a critique of the main models used to understand dementia—the biomedical, neuropsychological, and social constructionist. It discusses both clinical issues and cases, together with philosophical work that might help us better understand and treat this illness. Drawing on philosophical critique of models of dementia, as well as empirical data and clinical experience, the book unifies the biological, psychological, and social accounts of illness and disease.



Understanding Behaviour in Dementia that Challenges

Ian Andrew James, London, UK: Jessica Kingsley, 2011. HV 1451 J25 2011

As people grow older, their physical and psychological needs become more complex. Unmet needs often result in challenging behaviour, particularly if the person suffers from dementia. The author looks beyond the behaviour itself to the causes behind it, suggesting both medical and non-pharmalogical approaches to lessening suffering and improving quality of life and wellbeing.



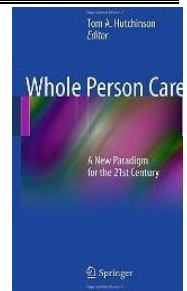
Recognizing that challenging behaviours occur at times of distress and reflect an attempt to cope with difficult situations, this book works towards understanding the nature of this distress, examining the views of the client and using the information gathered to prevent repetition of upsetting and uncomfortable circumstances. Older people frequently suffer from pain, and from a lack of stimulation, companionship and autonomy, yet positive steps can be taken to create a happier environment, particularly in care homes.

Following an exploration of the nature of challenging behaviour, the book goes on to discuss psychotropic medication, psychological approaches, conceptual models for aiding assessment and treatment, and an example of the Unmet Needs Model in action. The book concludes with a series of insightful case studies, which clarify the content and will enable anyone dealing with challenging behaviour in older people to set about improving it.

Whole Person Care: a new paradigm for the 21st century

Edited by Tom Hutchinson. New York, NY: Springer, 2011. HV 1451 W47 2011

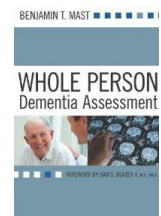
This text outlines and discusses the emerging field of whole person care process, by organizing the disparate strains of literature on the topic. The contributors help to clarify the concept of 'whole person' and outline the challenges and opportunities that death anxiety poses to the practice of whole person care. Whole person care seeks to study, understand and promote the role of health care in relieving suffering and promoting healing in acute and chronic illness as a complement to the disease focus of biomedicine. The focus is on the whole person -- physical, emotional, social, and spiritual. Using concise, easy-to-read language, the early chapters offer practitioners a thorough understanding of the concepts, skills and tools necessary for the practice of whole person care from a clinician-patient interaction standpoint, while the last two chapters review the myriad implications of whole person care for medical practice.



Whole Person Dementia Assessment

Benjamin Mast, Baltimore: Health Professions Press, 2011. RC 386.6 M37 2011

Blending traditional clinical evaluation procedures with more person-centered approaches, the process of Whole Person Dementia Assessment reveals not only a person's cognitive deficits, but also remaining strengths and abilities. A comprehensive, whole-person interview form is provided along with recommendations of best-practice assessment tools.



Backed by solid research findings, the author demonstrates that geriatricians, psychiatrists, psychologists, social workers, and long-term care providers who incorporate methods such as personal interviews, life review, and validation into their assessment processes, will substantially improve their ability to: Develop rapport with the person and family members; Collect more in-depth and valid assessment results; Identify cognitive and behavioral strengths and weaknesses; and Recommend interventions .

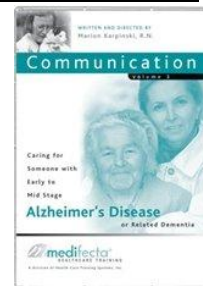
DVDs

Caring for Someone with Early to Mid Stage Alzheimer's

Marion Karpinski, Medford, OR: Medifecta Healthcare Training, 2008. Communication Series.
DVD RC 423 K37 2008 Pt.1

This program defines Alzheimer's disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer's and to the caregiver. Interviews with experts on Alzheimer's Disease provide information about the challenges that the disease presents and how to meet them successfully.

Topics covered include: Repetitive questions; Doing chores; Aggressive behavior; Answering difficult questions; Use of language and other forms of communication.

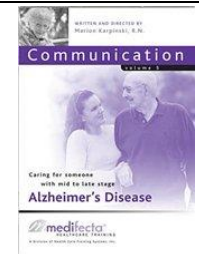


Caring for Someone with Mid to Late Stage Alzheimer's

Marion Karpinski, Medford, OR: Medifecta Healthcare Training, 2008. Communication Series.
DVD RC 423 K37 2008 Pt. 2

Caring for someone with Alzheimer's disease can be very challenging. As the disease progresses, different areas of the brain are affected. People with mid to late stage Alzheimer's may have difficulty expressing their needs in words, may be less able to reason and may be unaware of what is socially appropriate. This program explores some typical issues that occur in the mid to late stages of Alzheimer's disease.

Topics include: Physiological and behavioral changes that occur in mid to late stages; Core principles in Alzheimer's care; Activities; Tolerance levels; Naps; Balancing the day; Repetitive calling out; Sexuality and intimacy; Pain management; Incontinence and toileting; Flexibility and humor: keys to caregiver well-being.



Creative Healing in Mental Health: art and drama in assessment and therapy

Judith Rubin, Mill Valley, CA: Expressive Media Inc, 2010. DVD GV 185 C73 2010 & Manual

Over the past fifty years, art therapy has become a recognized strategy for working successfully with diverse populations. Especially with clients who have difficulty expressing themselves verbally, art and drama therapy techniques offer exciting ways for therapists to make contact, connect, and begin a meaningful therapeutic dialogue.

See how these simple yet profound techniques support clients in uncovering unexpected parts of themselves as they process traumas, explore their fears, and tap into strengths they didn't know they had. From puppets to pastels, sand play to scribble drawings, you will see a myriad of creative methods masterfully demonstrated and learn how to begin implementing these transformative practices immediately.

By watching this video, you will: Discover art and drama therapy techniques to help clients live fuller, more creative lives; Learn the essential conditions for reducing anxiety, stimulating the imagination, and helping patients feel less self-conscious during art therapy sessions; Identify how to achieve assessment and treatment goals using art and drama.

This video offers an informative introduction to the "what, why, when, where, with whom, and how" of art and drama therapy, and will leave you with several options for using creative modalities to more effectively help your clients on their paths to self-discovery.

Dementia and Nutrition: helping prevent nutritional and fluid deficiencies

Indianapolis, IN : Geriatric Video, 2010. DVD RC 620.6 D45 2010 & Manual

Up to half of all long-term care residents suffer from some form of dementia, such as Alzheimer's Disease. Their caregivers face many special challenges. Chief among them is making sure residents with dementia eat well, drink enough and achieve their nutritional goals. Caregivers can help by understanding resident's capabilities and limitations, then using that knowledge to help provide individualized care and good nutrition.

This program will directly guide your staff in: How to prevent nutritional and fluid deficiencies in residents with dementia; How dementia changes your resident's ability to nourish themselves; How to help residents get the nutrition and hydration/fluids they need.

Dementia in Long Term Care: how dementia affects care planning

Indianapolis, IN: Geriatric Video, 2010. DVD HV 1451 D453 2010 Manual

It is imperative that everyone recognizes the signs and stages of dementia, understands the effects it can have on caregiving, and identifies measures to provide the best possible care through individualized care planning and structured programs. Understanding dementia and the tools used for tracking the progression of the disease will help you to be proactive in planning and providing for the unique needs of residents with dementia.

After viewing this program you will be able to: Recognize common types of dementia and associated complications; Track the progress of a resident's dementia and refine their individual care plan; Recognize the effects that dementia can have on care giving; and Develop structured programs of dementia care in your facility.

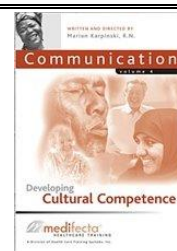
Developing Cultural Competence

Marion Karpinski, Medford, OR: Medifecta Healthcare Training, 2008. Communication Series. DVD RA 563 M56 K37 2008

Culturally competent health care includes a variety of cultural beliefs and customs rather than imposing one standard of behavior or belief upon everyone. You can use this training to educate professional and paraprofessional home care and hospital staff about behaviors and communication tools that foster respect and sensitivity. This program explores how cultural beliefs and values affect communication and understanding.

Interviews with experts in the field provide further insight on how to provide culturally competent care.

Topics include beliefs about illness and disease, gender roles, sexual orientation, personal and social space, touch, communication styles, time orientation, the use of gestures, appropriate forms of address, language differences, literacy, diet, and the importance of cultural assessment tools.



Dining with Friends™ : an innovative approach to dining for people with dementia

Alzheimer's Resource Centre of Connecticut, 2010. DVD RC 620.6 D57 2010

Learn by example how to improve the dining experience of frail elders in formal care settings. This DVD showcases the creative and respectful ways that an exemplary care community can: provide a more socially stimulating dining experience; encourage resident independence; provide nutritious and visually appealing meals—even when food must be pureed.

Effective Communication with People with Dementia

Alzheimer's Australia. 2006. DVD RC 423 E33 2006

Communication is one of the important ways that we achieve tasks, express our needs and stay connected with each other. People who have dementia usually experience a decline in their ability to communicate. This can be frustrating and difficult for everyone involved.

In this program, people with dementia and their families and carers show some common communication difficulties. They also demonstrate various techniques or strategies that can help. By adapting these strategies to individual circumstances, effective communication can be maintained throughout all stages of dementia.

Interacting with Alzheimer's Patients: tips for families and friends

Video Press, University of Maryland. DVD HQ 1064 I57 2010 Pt 1 & 2

Pt 1. AD Do's and Don'ts: Dr Rabins discusses with family caregivers their experiences after a diagnosis of Alzheimer's disease. This discussion identifies the basic do's and don'ts of interacting with individuals with AD. Simple to understand, obvious once you've heard it, the information in this program is a "golden book" for families.

Pt 2. Recognizing & Preventing Caregiver Burnout: When a caregiving situation appears hopeless, it's often a sign of "caregiver burnout". You may think you're alone, but the caregivers in this program let you know you're not. Relating their own experiences, they help caregivers recognize signs of burnout plus give practical suggestions to prevent melt downs.

May I help you?

Chicago, IL: Terra Nova, 2004. DVD RC 620.6 M39 2004 Pt. 1 to 3

Series offers realistic strategies to help feeding assistants effectively boost the nutritional intake of residents and improve residents' quality of life by enhancing their overall dining experience. Videos provide an inside look at what feeding assistants do (and do not do) and highlights the skills needed to provide respectful care and improved communication with residents - especially those with dementia and special needs. Feeding assistants are also recognized as a vital part of the resident care team.

Program 1. Getting Started: covers the role and responsibilities of feeding assistants, including the early recognition and reporting of changes in a resident's health or behavior. The use of proper infection control procedures while prepping, feeding, and cleaning up is also covered, as well as respecting resident's rights while providing care.

Program 2. Proper Feeding Techniques: looks at ways to help feeding assistants prepare residents for mealtime, serve the meal successfully, and create a pleasant social environment. The program also pays special attention to meeting the needs of residents with dementia, and residents with special needs.

Program 3. Problem Behavior and Emergencies: offers strategies feeding assistants can use to deal with problem behaviors, such as, agitation and refusing to eat. The video also covers emergencies, such as, resident choking, and what to do when a resident falls. The importance of feeding assistants knowing and following correct facility procedures is also documented.

More Than Words: a new culture of care and communication with persons who have dementia

Chicago, IL: Terra Nova, 2011. DVD RC 423 M66 2011

This DVD demonstrates (through real interactions) how person-centered care and knowledge of the resident can reduce dementia-related episodes, such as, sundowning and aggressive-protective reactions when bathing, and wanting to leave.

As it pinpoints the crucial role of the personal care provider as caregiver and friend, it also shows the importance of communicating directly, and creating a true "relationship" with persons with dementia. Caregivers will learn valuable tips to redirect and lessen anxieties for persons with dementia while preserving their personal autonomy and dignity.

The DVD covers: Building and maintaining a relationship; Dealing with difficult situations; Communicating to show respect; Accepting their reality; Respecting the person's preferences ; Encouraging use of remaining abilities

Through Our Eyes: a life with dementia

Edinburgh: Scottish Dementia Working Group, 2010.

DVD RC 523.2 T47 2010 & Manual

Features seven people with dementia and provides their perspective on living with the disease.

Includes the following chapters:

1. **A life with dementia** shows that a good life is possible
2. **Emotional and cognitive impact** demonstrates how dementia has affected the person
3. **Physical impact** deals with awareness of abilities and looking after physical health
4. **What professionals can do to help** provides food for thought for professionals

Video can be used as a training and awareness-raising tool for health and social care professionals working in dementia care and in awareness-raising with the general public. It can also be used with people recently diagnosed with dementia to help them realize that they are not alone and the importance of keeping as involved and as active as possible. Members are frank about their feelings at diagnosis which may also resonate with others newly diagnosed.

