

New Materials in Resource Centre For June 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 an extensive list of online materials in over 75 languages, please consult our online Resource Centre Catalogue at http://www.alzheimertoronto.org/lib_onlineCatalogue.htm.

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

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### *BF 724.85 Reminiscence*

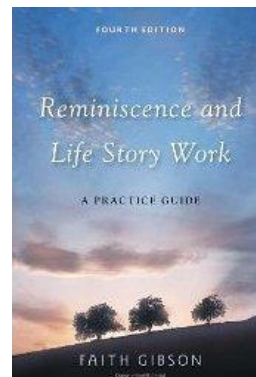
#### *Reminiscence and Life Story Work: a practice guide*

BF 724.85 G52 2011

by Gibson, Faith. London, UK : Jessica Kingsley Pub., 2011 4<sup>th</sup> edition

Reminiscence is a valuable tool for the professional caregiver as well as those who are looking after a family member or friend. It enhances and enriches the care relationship, benefiting both the person being cared for and the caregiver. This fully-updated fourth edition of "Reminiscence and Recall" is full of practical information on planning and running successful reminiscence work. It will enable carers and health and social care practitioners to develop the attitude, knowledge and skills they need to use reminiscence with people of all ages, individually or in groups, and in residential or community settings.

Topics covered include reminiscing with couple and groups, inter-generational reminiscence, social inclusion through reminiscence and working with people with sensory and learning disabilities, dementia, depression and terminal illnesses. Authoritative yet accessible, this book is the ideal starting point for any professional taking up reminiscence work, as well as for carers who want to deepen their knowledge and increase their ability to help others in less formal ways.



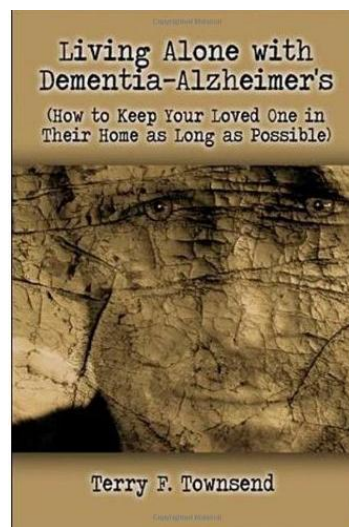
## HQ 1064 For Family Caregivers

*Living Alone with Dementia-Alzheimer's: how to keep your loved one in their home as long as possible*

HQ 1064 T68 2008

by Townsend, Terry F. Baltimore, MA : Publish America, 2008

Using personal experiences of caring for his mother as examples, the author provides practical tips and pointers on coping with the disease and helping the person with dementia safe to live safely in their own homes.



## HV 1451 For Health Care Professionals

*Dementia Beyond Drugs: changing the culture of care*

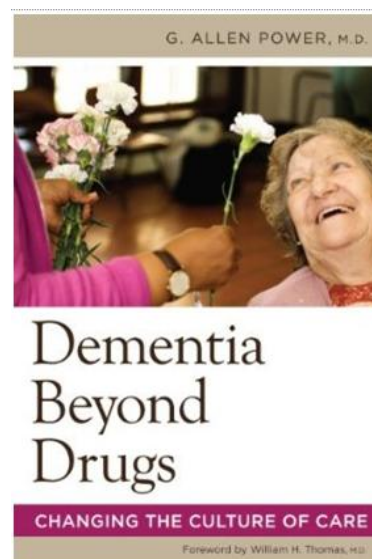
HV 1451 P69 2010

by Power, G Allen. Baltimore, MA : Health Professions Press, 2010

Dementia Beyond Drugs will enable you to change the way you provide care. Learn what it takes to effect real culture change within residential care settings while reducing the administration of psychotropic drugs in the symptomatic treatment of dementia. This timely new resource, by a board-certified internist, geriatrician, nursing home practitioner, and Eden Alternative™ Educator, has what you need. Dr. G. Allen Power brings robust medical experience and a unique perspective to the idea of culture change.

His eye-opening book challenges all care providers working with individuals with dementia to undertake a true operational change. Yes, you can move away from an institutional model — viewing individuals as patients defined by their dementia and using prescribed medications to control their "troublesome" behaviors — to an experiential model of care that treats individuals with dementia as the human beings they are, giving them the personal attention, respect, and dignity they deserve. Take advantage of the many benefits to this fundamental change in the provision of care, including a decrease in the need for mood-altering drugs.

You will learn how to embrace more humanistic, enlightened practices that address the most common challenges in caring for people who live with dementia: Overcome communication challenges; Minimize anxiety and depression; Root out the causes of wandering; Gain insights into paranoia and delusions .



## *The Dementia Care Workbook*

HV 1451 M67 2010

by Morris, Gary. Berkshire, UK : Open University Press, 2010

This workbook builds upon the person-centred approach to dementia care, and gives students, practitioners and caregivers a new way of looking at dementia and the people who live with it. The authors reflect upon the reality of working within dementia care and the importance of working positively with others to achieve the best care possible. The workbook is full of exercises and activities to try, all designed to help you engage and connect with the person with dementia, empowering both them and their families/caregivers.

Key topics explored by the workbook includes: Understanding how it feels to live with dementia. Recognising the issues and feelings involved for family caregivers or healthcare professionals when caring for individuals with dementia Questioning your own care approach and attitudes to encourage more compassionate person-centred care.

Throughout the workbook, vignettes featuring two fictional characters living with dementia, provide examples of good and realistic practice and encourage you to examine your own practice and explore ways in which the care you give can be enhanced.

## *The Enduring Self in People with Alzheimer's: Getting to the heart of individualized care*

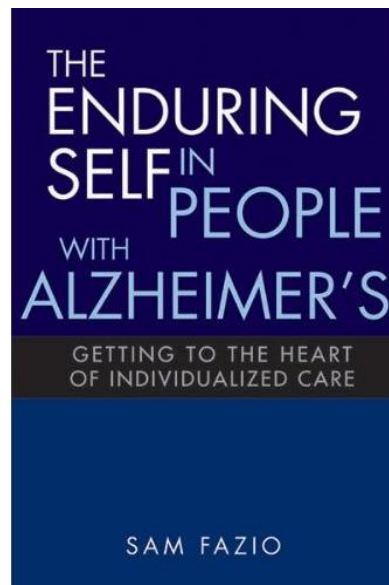
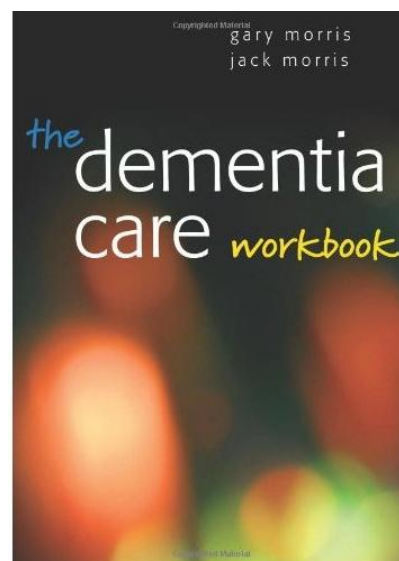
HV 1451 F39 2008

by Fazio, Sam. Baltimore, MA: Health Professions Press, 2008

Despite the frequent characterization of Alzheimer's disease as a "loss of self," this enlightening book demonstrates unequivocally that a person's unique self persists throughout the course of the disease. The important message in *The Enduring Self in People with Alzheimer's* is how much can be done in care settings to support a person's sense of identity, and thereby enrich the lives of people experiencing the many losses associated with dementia.

Drawing from a diverse body of research in multiple disciplines, the book brings together the recommendations of the best thinkers and practitioners to illustrate the meaning of self and the importance of providing dementia care that recognizes and supports personhood. Translating research into practice, the author provides strategies for restructuring the physical and social environment to facilitate person-centered care. Administrators and staff will also learn how to reframe communication and interactions to build more meaningful relationships with people with Alzheimer's.

Provocative discussion topics at the end of each chapter and a detailed case study can be used in staff training to encourage the changes in attitude and practice that will make care strategies more person-centered. The resource also provides an action plan for applying this individualized care philosophy at an organizational level.



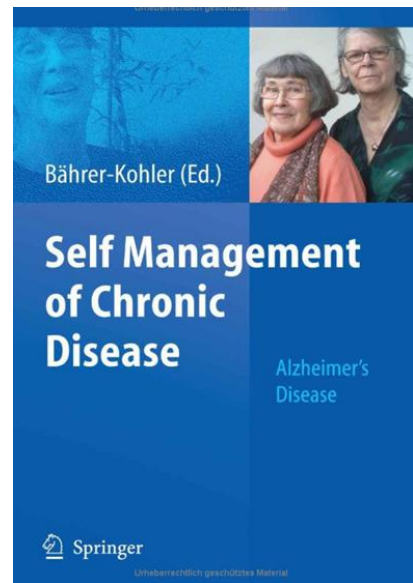
## *Self Management of Chronic Disease: Alzheimer's Disease*

HV 1451 S45 2009

by Bährer-Kohler, Sabine (ed.) Heidelberg : Springer Medizin Verlag, 2009

Alzheimer's Disease (AD) is a disease which is increasing worldwide. Treatment can modify its course but cannot cure it yet. AD is an enormous challenge not only for the afflicted person. This book contains articles by internationally recognized authors from different professional backgrounds coming from European, Asian and African countries.

The book begins with basic information about chronic disease, self-management, aging and dementia. Further chapters deal with care and self-management, including end-of-life aspects. The authors focus on training programs used around the world in general, and focus in particular on self management programs for persons suffering from AD and their caregivers. The book addresses the applicability and economic consequences of these programs.



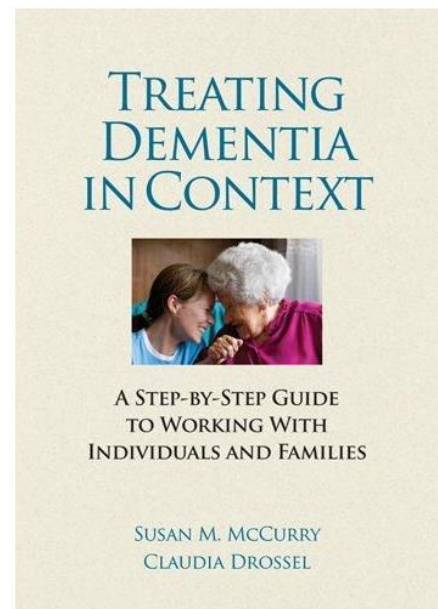
## *Treating Dementia in Context: a step-by-step guide to working with individuals and families*

HV 1451 M389 2011

by McCurry, Susan M. Washington, DC : APA Books, 2011

Dementia is a life-altering diagnosis for patients and loved-ones alike. The progressive disease causes cognitive, emotional, and behavioral changes that can frustrate the efforts of even the most dedicated caregivers. Given the uniquely personal nature of dementia symptoms, treatment can be a supremely challenging experience, even for seasoned health care professionals.

In this book, authors Susan McCurry and Claudia Drossel present a clear and practical blueprint for psychologists, physicians, nurses, social workers, and other health care professionals who work with dementia patients and their families. Their evidence-based contextual model of dementia care lays out broad intervention strategies, and encourages readers to use their own creativity and inner resources to develop appropriate solutions for each unique situation and individual.



The chapters present a rich variety of vignettes that illustrate common quality-of-life concerns in dementia patients, including medical co-morbidities, patient/caregiver relationships, caregiver burnout, and interactions with health care professionals. Throughout, the authors combine a comprehensive knowledge of the literature with their own extensive clinical experience in advocating a compassionate and open-minded stance that respects the individuality, preferences, and dignity of dementia patients.

## RA 563 M56 Cultural Competency

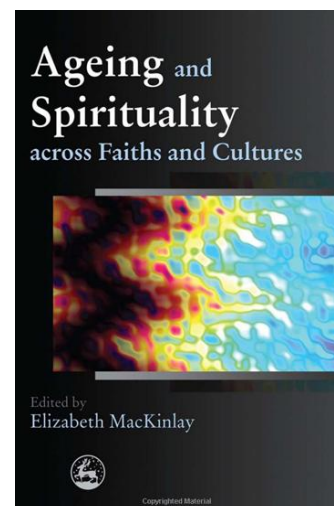
### *Ageing and Spirituality across Faiths and Cultures*

RA 563 M56 M34 2010

by MacKinlay, Elizabeth (ed.) London, UK : Jessica Kingsley Publishers, 2010

Health and social care practitioners are increasingly called upon to provide care to elderly people from a number of different faiths and cultures. This collection of essays examines ageing in the context of the many faiths and cultures that make up Western society, and provides carers with the knowledge they need to deliver sensitive and appropriate care to people of all faiths.

Chapters are written by authoritative figures from each of the world's major faith groups about the beliefs and practices of their older people. Christian, Muslim, Hindu, Jewish and Buddhist perspectives are covered, as well as those of ageing veterans and ageing religious sisters. Issues of appropriate care are also addressed, and the book includes recommendations for policy and practice.

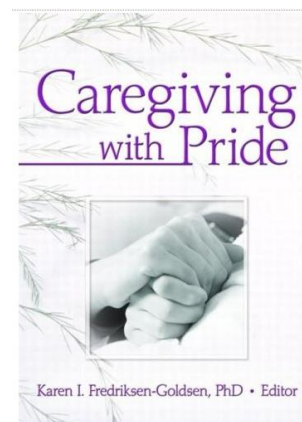


### *Caregiving with Pride*

RA 563 M56 C37 2007

by Fredriksen-Goldsen, Karen I (ed.) Binghamton, NY : Haworth Press, 2007

It is more common now than ever before for partners, family members, and friends to provide informal care, yet caregiving in the lesbian, gay, bisexual, and transgender (LGBT) communities has received little attention. *Caregiving with Pride* is the pioneering examination of caregiving experiences in the LGBT population. This important text also provides a frank discussion of the issues involved in needing and receiving care as well. Comprehensive and up-to-date, this both a timely account of an important field and practical information for implementing change.



Unique in its focus and scope, *Caregiving with Pride* offers readers original research and new summaries and analyses of existing literature. With a wide-ranging approach that is both readable and enlightening, this essential collection recognizes the changing nature of families as central to the issues of caregiving and LGBT communities. It features articles that insist on and illustrate the importance of taking both identity issues and socio-cultural policy contexts of caregiving into account.

While maintaining a multifaceted biopsychosocial perspective that is critical to understanding the varied aspects of this topic, contributors discuss: the prevalence of caregiving with LGBT communities; health issues and the needs of those requiring care ; the unique risk and protective factors impacting HIV/AIDS caregivers ; the psychological effects - positive and negative - of caregiving; family and personal - "chosen family" - relationships ; interactions with formal systems of health and long-term care ; effects of history and social stigma on those needing and giving care ; how current social policies impede LGBT people in their access to care ; the ways established medical guidelines hinder LGBT caregivers in their efforts to help ; existing interventions and opportunities to better serve these communities.

## RA 777.6 Seniors Health

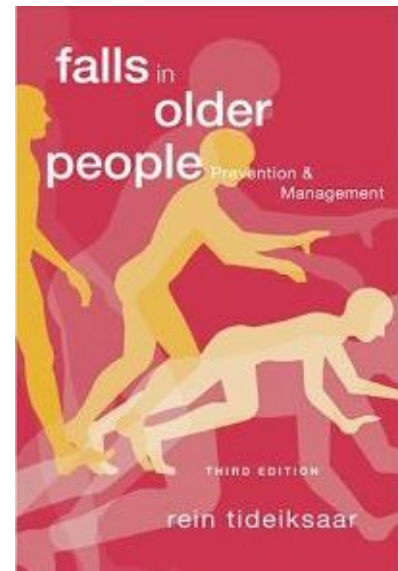
### *Falls in Older People: prevention & management*

RA 777.6 T53 2010

by Tideiksaar, Rein. Baltimore, MA : Health Professions Press, 2010. 4th edn

Falling is one of the biggest safety and health issues among older adults. As the number of older adults surges with aging baby boomers, care providers need reliable fall prevention strategies and best practices more and more urgently.

This comprehensive manual provides all the information needed to tackle falls and fall risks in acute and long-term care settings. With a solid foundation in evidence-based practices, this text provides medical, rehabilitative, and environmental strategies to protect the safety and health of at-risk older adults.



## RC 421 Communication

### *Hearing the person with dementia: person-centred approaches to communication for families and caregivers*

RC 421 M389 2011

by McCarthy, Bernie. London, UK : Jessica Kingsley, 2011

Losing the ability to communicate can be a frustrating and difficult experience for people with dementia, their families and carers. As the illness progresses, the person with dementia may find it increasingly difficult to express themselves clearly, and to understand what others say. Written with both family and professional carers in mind, this book clearly explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers might need to adapt their approach as a result.

Advocating a person-centred approach to dementia care, the author describes methods of verbal and non-verbal communication, techniques for communicating with people who can no speak or move easily, and strategies for communicating more effectively in specific day-to-day situations, including at mealtimes, whilst helping the person with dementia to bathe or dress, and whilst out and about.

Exercises at the end of each chapter encourage the caregiver to reflect on their learning and apply it to their own circumstances, and guidelines for creating a life story with the person with dementia as a means of promoting good communication are also included. This concise, practical book is essential reading for family caregivers, professional care staff, and all those who work with, or who are training to work with, people with dementia.

