

New Materials in Resource Centre For January 2012



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

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**Alzheimer Society of Toronto**

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## Books

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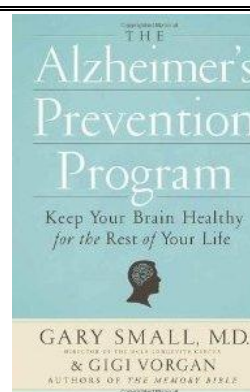
### **The Alzheimer's Prevention Program: keep your brain healthy for the rest of your life**

Gary Small & Gigi Vorgan, New York, NY: Workman Publishing, 2011. BF 724.85 S62 2011

The authors present a program based on the latest research on Alzheimer's disease, especially the connection between lifestyle and susceptibility.

After setting a baseline through a series of quizzes and self-evaluations, the program begins with memory training and mental workouts. "Look, snap, connect" is a technique to improve common memory tasks, while daily brain teasers are offered to help cross train the brain to sharpen mental acuity and promote brain efficiency.

The whole-body portion of the program looks at healthy nutrition, aerobics and strength exercises, the importance of sleep, stress-reduction, and maintaining strong emotional connections.



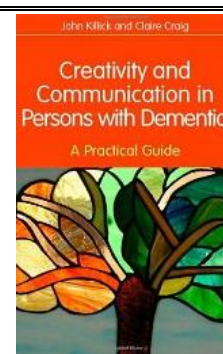
### **Creativity and Communication in Persons with Dementia: a practical guide**

John Killick, Claire Craig. London, UK : Jessica Kingsley, 2011. GV 185 K55 2011

Providing people with dementia with opportunities to engage in creative activity can play a crucial role in maintaining and enhancing communication, and in reinforcing personhood and identity. This book describes how people with dementia, and the people who work with and care for them, can foster and develop a creative approach, and provides rich and varied ideas for creative activities. The authors explore the concept of creativity - what exactly it is, its particular relevance for people with dementia and how to get into the creative 'flow'.

They introduce a range of creative art forms, including poetry and story-telling, collage, drama, music-making, photography, textiles and working with wood and metal, and suggest possibilities for employing them in a range of settings, and with people of all abilities.

Consideration is given to the practicalities of facilitating such creative work, including how to organise and run sessions, how to involve people with dementia and their caregivers, and how to reflect upon the experience. Practice examples are included throughout the book, as well as the comments and observations of people with dementia, and many examples of the artwork and poetry the authors have created with people with dementia over the years.



### **Diversity in Action: a toolkit for residential settings for seniors**

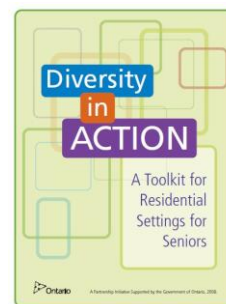
Toronto, ON: Ontario Seniors' Secretariat, 2008. RA 563 M56 D58 2008

As Canada continues to embrace multiculturalism, seniors' care and service organizations are seeking information and support to effectively respond to the diverse cultural preferences, languages and religious practices of their residents and staff. This toolkit provides tools, ideas and sample practices that address cultural diversity and inclusiveness among residents, families, staff and volunteers. Gain an understanding of diversity and inclusiveness through an introduction to the concepts and practical aspects of the toolkit. Working in small groups, you will see how you can use this resource to plan and develop new approaches. Learn the steps for putting diversity into action as an individual and as an organization.

Also available online:

English - [www.seniors.gov.on.ca/en/resources/diversity/DiversityInAction\\_ENG\\_Web.pdf](http://www.seniors.gov.on.ca/en/resources/diversity/DiversityInAction_ENG_Web.pdf)

French - [www.seniors.gov.on.ca/fr/resources/diversity/DiversityInAction\\_FR\\_web.pdf](http://www.seniors.gov.on.ca/fr/resources/diversity/DiversityInAction_FR_web.pdf)



Canadian

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## Facing Death: a companion in words and images

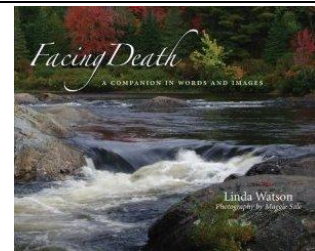
Linda Watson & photos by Maggie Sale. Baltimore: Health Professions Press, 2009

BF 575 G7 W377 2009

Family members, friends, and even professional caregivers may be uncertain as to whether and how to broach the subject of death and dying. This book can help open the door to meaningful conversation, reminiscence, and reflection at the end of life. This text provides a combination of contemplative text and evocative images that will provide comfort, guidance, and even hope to readers.

Concise messages offer helpful advice and thoughtful inspiration, as well as validation of common feelings. Breathtaking nature photographs add depth and meaning to the text but also stand alone as a source of comfort.

Drawing upon a variety of spiritual traditions and standard psychological approaches, this book enriches the final days and weeks of life. Emotional, spiritual, and psychological needs are addressed in a way that is accessible and broadly applicable. With its extra pages for personal notes, pictures, and mementos, the book will also become a valued keepsake after a loved one's death.



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## From Home to Retirement Home: a guide for caregivers of persons with dementia La transition du domicile à la résidence de retraite: Guide pour les aidants de personnes atteintes de démence

Ottawa, ON: Regional Geriatric Program of Eastern Ontario, 2009.

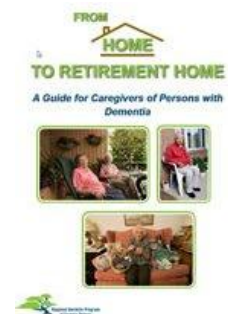
RA 997 F76 2009 & FREN RA 997 F76 2009

This guide is for caregivers of persons with dementia who are considering a move to a retirement home. Topics covered: why a move may be necessary, how to make the right decision, what emotions to expect and how to cope, how to look for and choose the right place, preparation for the move, supporting the person after the move.

Also available online:

English - [www.rgpeo.com/en/health-care-practitioners/health-care-resources/relocation-to-retirement-home.aspx](http://www.rgpeo.com/en/health-care-practitioners/health-care-resources/relocation-to-retirement-home.aspx)

French - [www.rgpeo.com/media/3923/rrr\\_guide\\_french\\_3i1b.pdf](http://www.rgpeo.com/media/3923/rrr_guide_french_3i1b.pdf)



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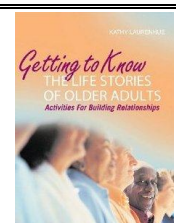
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## Getting to Know the Life Stories of Older Adults: activities for building relationships

Kathy Laurenhue, Baltimore: Health Professions Press, 2007. Multimedia BF 724.85 L387 2007

Positive relationships begin with people enjoying one another. This fresh look at reminiscence uses fun-filled, lively activities to help people laugh with, as well as learn from, each other. The engaging program will foster understanding and build a sense of community through meaningful interaction.

Nine in-depth group exercises and more than 30 informal mini-exercises cover broad topics such as individuals' backgrounds, personal preferences, and social history. Games, discussion, storytelling, and other interactive methods are used to reveal participants' unique characteristics, experiences, and interests. Each main exercise is completely scripted and easy-to-implement with minimal preparation. The manual also includes adaptations for people with dementia, additional resource lists, and a CD-ROM with printable handouts.



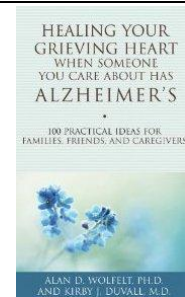
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## Healing Your Grieving Heart When Someone You Care About Has Alzheimer's: 100 practical ideas for families, friends, and caregivers

Alan D Wolfelt & Kirby J Duvall. Fort Collins, CO : Companion Press, 2011. BF 575 G7 W64 2011

Navigating the challenging journey that families and friends of Alzheimer's patients must endure, this heartfelt guide reveals how their struggle is as complex and drawn out as the illness itself. Confronting their natural but difficult process of grieving and mourning, the study covers the inevitable feelings of shock, sadness, anger, guilt, and relief, illustrating the initial reactions people commonly feel from the moment of the dementia's onset.

Healthy and productive ways to acknowledge and express these feelings are suggested along with 100 tips and activities that fulfill the emotional, spiritual, cognitive, physical, and social needs of those who care about someone afflicted with this debilitating disease. Special consideration is also shown for caregivers, whose grief is often complicated by the demanding physical attention that patients require.

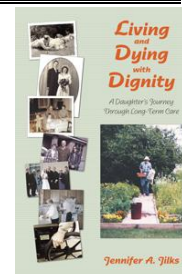


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## Living and Dying with Dignity: a daughter's journey through long-term care

Jennifer A Jilks, Renfrew, ON: General Store Publishing House, 2008. RC 523.2 J54 2008

Jilks speaks of her struggles in caring for her aging, ailing parents, who lived hours away from her, while trying to live her own life as a schoolteacher, wife, and mother. Many will find this book filled with their own sad memories as they coped with similar situations in the past; others will find many tips and answers for an experience that is still in the future. Either way, this is a book full of revelations and wisdom.



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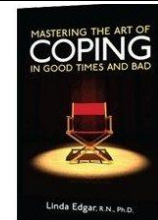
## Mastering the Art of Coping in Good Times and Bad

Linda Edgar, Niagara-on-the-Lake, ON: Copelindaedgar, 2010. BF 575 S75 E33 2010

Edgar presents an innovative and simple way of learning the 7 most important skills essential to a satisfying life: 1. mindfulness, 2. ways of thinking, 3. relaxation and imagery, 4. goal setting, 5. problem solving, 6. communication, 7. social support.

Practicing and using these skills can lead to a life where you feel in control, cope well, and enjoy all the benefits that result. The book makes it as easy as possible for as the author writes, "The ability to simplify and the will to practice can lead to tremendous benefits."

Besides learning to cope, the book includes other guides on how to have a healthy and happy life, both physically and emotionally. There are also lots of tips for those who are ill and their families, and who may be dealing with the health care system.



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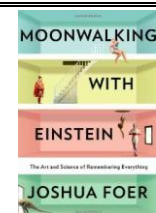
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## Moonwalking with Einstein: the art and science of remembering everything

Joshua Foer, New York, NY: Penguin Press, 2011. BF 724.85 F63 2011

On average, people squander forty days annually compensating for things they've forgotten. Foer used to be one of those people. But after a year of memory training, he found himself in the finals of the U.S. Memory Championship.

This text draws on cutting-edge research, a surprising cultural history of memory, and venerable tricks of the mentalist's trade to transform our understanding of human remembering. Under the tutelage of top "mental athletes," the author learns ancient techniques once employed by Cicero to memorize his speeches and by Medieval scholars to memorize entire books. Using methods that have been largely forgotten, Foer discovers ways that we can dramatically improve our memories.

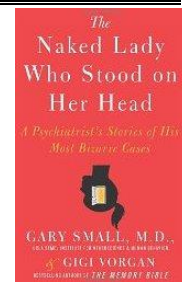


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## The Naked Lady Who Stood on Her Head: a psychiatrist's stories of his most bizarre cases

Gary Small & Gigi Vorgan, New York, NY : HarperCollins, 2010. HQ 1063 S62 2010

Dr. Small takes you on a tour of his career that moves from the halls of a crowded inner-city Boston emergency room to the multimillion-dollar ski lodges of the nation's elite. In between, he introduces a strange cast of true-life characters and conditions, while dealing with a variety of symptoms and exhibiting a wide range of behaviours, including individuals dealing with cognitive impairment and memory loss. His career and personal life come full circle when his own mentor becomes his patient, making Small realize that no one is beyond mental exploration—not even himself.



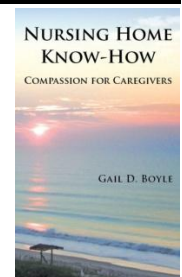
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## Nursing Home Know-How: compassion for caregivers

Gail Boyle, Port Carling, ON: Father's Joy Productions, 2011. RA 997 B69 2011

Using examples from her personal experience of caring for both parents in long-term care facilities, this author guides the reader through key points related to this issue.

Topics covered include: who provides the care, government regulations, patient's rights, care team, how to advocate for your family member, visiting, taking care of yourself, and grief.



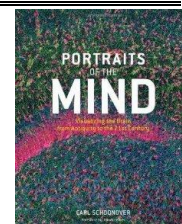
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## Portraits of the Mind: visualizing the brain from antiquity to the 21<sup>st</sup> century

Carl Schoonover, New York, NY : Abrams Books, 2010. RC 523 S35 2010

This text follows the fascinating history of our exploration of the brain through images, from medieval sketches and 19th-century drawings by the founder of modern neuroscience to images produced using state-of-the-art techniques, allowing us to see the fantastic networks in the brain as never before. The black-and-white and vibrantly colored images, many resembling abstract art, are employed daily by scientists around the world, but most have never before been seen by the general public.



Each chapter addresses a different set of techniques for studying the brain as revealed through the images, and each is introduced by a leading scientist in that field of study. Author Carl Schoonover's captions provide detailed explanations of each image as well as the major insights gained by scientists over the course of the past 20 years. Accessible to a wide audience, this book reveals the elegant methods applied to study the mind, giving readers a peek at its innermost workings, helping us to understand them, and offering clues about what may lie ahead.

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## Signs of Spring: haiku poems by persons with dementia

Kingston, ON : DigiGraphics, 2008. RC 523.8 S53 2008

The authors of these haiku are people with dementia living at Rideaucrest Home in Kingston, Ontario. They were encouraged to articulate feelings sparked by seasonal objects as part of the "Soul Sessions" program. Their remarks were recorded and assembled into haiku with the participation of the whole group. These sessions were co-facilitated by Marjorie Woodbridge, the Coordinator of Spiritual Care and Philomene Kocher, a local haiku poet.

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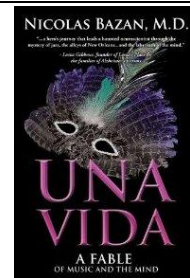
## **Una Vida: a fable of music and the mind**

*Nicolas Bazan*, Chandler, AZ : Five Star Publications Inc, 2009. RC 523.3 B39 2009

Bazan, a neuroscientist and avid jazz fan with an intimate knowledge of New Orleans, takes his readers on a journey into the secret recesses of human nature in his novel about Una Vida, an early jazz singer from New Orleans who now has Alzheimer's disease. While she cannot always recognize those who care for her or love her, her recall of the early Jazz music and those who created it leads her to sing openly along the frequently walked byways of her home.

As we watch the impact of Una Vida on those who grow to love her or who have loved her for decades we are humanized to gain more understanding and a sense of participation in her journey into dementia and the journeys of those, similarly troubled, who surround us.

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## **DVDs**

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### **Adults with Down Syndrome and Alzheimer's Disease: a practical guide for caregivers**

Chicago, IL: Terra Nova, 2009. DVD RJ 506 D68 A28 2009

With the current growth in life expectancy for persons with Down syndrome and a diagnosis of Alzheimer's, this timely and informative video will help professional and family caregivers to understand the changes Alzheimer's can cause in memory, communication, and behavior. It provides effective strategies caregivers can use to provide care and support while encouraging autonomy and self esteem- during the early, middle, and late stages.

Caregivers will learn the most common symptoms and behaviours of each stage, as well as stage-specific care techniques as the person's needs change during each stage.

Early Stage: how to use gentle redirection techniques, create a calm, soothing environment, and communicate in a positive, reassuring manner

Middle Stage: how to manage progressive difficulty in expressing and understanding language, and increased cognitive impairment

Late Stage: how to deal with severe memory impairment, loss of self-care skills, ways to continue daily stimulation and social interaction.

Also interspersed throughout, is the real story of Jim Gillis, a man with Down syndrome and later, Alzheimer's. Shared by his mother, Ann, Jim's story documents the progression of changes from onset to late-stage Alzheimer's.

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### **At the Breaking Point: Emotions and ethics in family caregiving**

Chicago, IL: Terra Nova, 2011. DVD RC 523.2 A8 2011

This new compilation DVD gets to the emotional and ethical core of family caregiving. It offers short video excerpts that reflect on several crucial aspects of family caregiving- from the effects of Alzheimer's on the spousal relationship to the right to die with dignity. Each excerpt shows real families in the midst of dealing with real challenges. Handled with unprecedented candor, each chapter provides a trigger for further discussion of the topic. Each short video also provides a way to help others acknowledge and address the specific challenges involved in caring for a loved one.

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## Bringing Nurturing to Memory Care

Mind In Memory Care, 2006. DVD HV 1451 B74 2006

In this training video, Certified Dementia Practitioner Cindy Keith, RN, provides useful and realistic interventions for managing difficult behaviors, communicating and interacting with people with dementia. Use it to train new employees, front line caregivers and for in-services. It is an excellent resource for anyone working with this special client population.

Topics include: Common types of dementia and behavioral differences; Staff objectives when working with people with dementia; Hydration, maintaining weight, resident rights; How staff reactions determine the outcome of encounters; Skills necessary to work with people with dementia; Common mistakes and incorrect responses; Behaviour "triggers" and sudden behaviour changes; Depression and dementia; 15 specific behaviours and how to best manage them; What to NEVER do and ALWAYS do when working with people with dementia.

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## Delirium in the older person

Vancouver Island Health Authority. DVD RC 537.5 D444 Pt. 1 2006, Pt. 2 2007

**Pt. 1 A Medical Emergency** This best-practice, evidence-based DVD discusses how to define delirium, recognize its symptoms, identify its causes and draw from a selection of effective interventions. Topics covered: What is delirium; Delirium in health care settings; Acute care; Residential care; Home and community; Delirium at end of life.

**Pt. 2 Family guide** This DVD follows the experience of two families when a loved one develops delirium. It includes information and advice from health care professionals and medical experts. A family's ability to recognize delirium can be of life-saving importance. Getting prompt assessment and treatment for the underlying cause can mean the difference between returning to normal life or being confined to increasing levels of care, or even death. Includes a brief discussion guide.



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## Delirium: the under recognized emergency in geriatrics

Indianapolis, IN: Geriatric Video, 2007. DVD RC 537.5 D42 2007 Pt 1 & 2 + Manual

### Pt. 1 Recognizing this emergency and assessing for the cause

After viewing this program you will be able to: Recognize delirium promptly, using easy to use, proven tools, in any care setting; Understand the negative clinical outcomes of delirium in any care setting; Understand why it is a medical emergency and demands prompt action; Assess for the cause of delirium

**Pt.2 Prevention & management** After viewing this program you will be able to: Identify those at risk of developing delirium; Implement strategies in patient care plans that will help to prevent delirium; Reduce likelihood of delirium associated falls, dehydration, incontinence, mortality and re-hospitalizations; Implement treatment strategies for established delirium.

Accompanied by Facilitator's Guide.

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## Easing the Adjustment to a Nursing Home: strategies for families

Kennett Square, PA: Kendal Outreach, 2010. DVD RA 997 E27 2010

This new DVD gives realistic strategies that will enable families to help a loved one make the adjustment to a nursing home or assisted living facility easier. It provides compassionate and relevant information that family members can use to help residents stay connected to familiar family and social activities, while smoothing the transition to their new environment.

The DVD discusses: how to set realistic expectations; how to communicate with staff; how to plan a productive visit; how to acknowledge and address feelings of guilt and/or frustration. It also documents how a three-way partnership between residents, staff, and family can greatly improve the resident's overall quality of life and provide more peace of mind to the family members.

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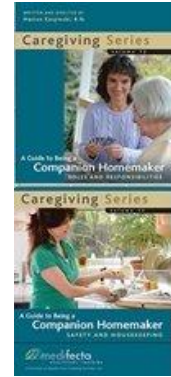
## **A Guide to Being a Companion Homemaker**

Marion Karpinski, Medford, OR: Medifecta Healthcare Training, 2008.

DVD HV 1451 K38 2008 Pt 1 & 2

**Pt. 1 Roles & Responsibilities** This program describes the roles and responsibilities of the companion homemaker and teaches important professional, communication and social skills for success on the job. Topics include: The importance of people skills; Positive communication techniques; Ethics, integrity and professional behavior; Ageism: what it is and how to avoid it; Appearance and hygiene; Cultural sensitivity; Phone etiquette; Escorting and transporting your client; Observation skills; Handling medical emergencies; Fire safety and disaster preparedness

**Pt. 2 Safety & Housekeeping** This program provides essential information about safety and housekeeping skills and gives practical instruction about cleaning products and methods.



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## **Lick Salt: a grandson's tale**

New York, NY: Filmmakers Library, 2006. DVD RC 523.2 L52 2006

Ryan has been out of touch with his family, and especially his grandmother whom he hasn't seen in fifteen years until his grandfather's funeral reconnects them. She is lonely though feisty, and suffering from dementia; he is struggling to find his place in the world. He develops an attachment for this "character" and visits her regularly, tracking her decline and her delusions, but also capturing her memories and her affection for him.

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## **Living with memory loss: an exploration of early stage dementia**

Alzheimer's Australia, 2003. DVD RC 523.2 L55 2003

Video takes you into the world of early stage dementia. It demonstrates the benefits of coming together with others, to learn more about dementia and the role that sharing experiences can play in forging a meaningful direction in life after a diagnosis of dementia.

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## **Long Shadows: Stories from a Jewish Home**

New York, NY: Filmmakers Library, 2003. DVD RC 523.2 L65 2003

The largest population of Holocaust survivors, per capita, outside Israel lives in Melbourne, Australia. This film examines the impact of institutionalizing the care of aging survivors of the Holocaust. These survivors are facing death and isolation for the second time, as they make the traumatic transition to an old-age facility. Dementia, memory loss and physical immobility contribute to a splintering of identity. Removed from their families, homes, familiar routines and the outside community, past horrors come flooding back.

Long Shadows examines the impact of institutionalization on three survivors and their spouses in Melbourne's largest Jewish old age facility. One of the residents guides us through this teeming "tower of Babel" that houses up to six hundred residents formerly from all over Europe. He relates his personal tale of tragedy and love. Evelyne, a child survivor aged sixty, must face moving to the home prematurely since an accident has rendered her dependent. Dora, a person living with Alzheimer's disease, is an example of how massive trauma affects these patients and the people who love and care for them.

All three stories are delivered with honesty and humor, and underscore the importance of love for survival.

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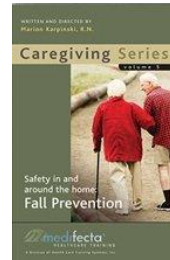
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## Safety in the Home: Fall Prevention

Marion Karpinski, Medford, OR : Medifecta Healthcare Training, 2010. DVD HV 1451 K38 2010

Program teaches care providers how to reduce the risk of falls inside and outside of the home while encouraging independence. Learn about medical conditions that contribute to falls, why the elderly are at greater risk for falls and how to make the home a safe environment.

Topics include: Physical and emotional effects of a fall; The goal of fall prevention; Falls and the older adult; Fall prevention for care providers; Proper shoes; How to prevent falls in and around the home; Using a gait belt; Medications that increase fall risk; Walkers.



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## Where did I put my memory?

### Canadian content

New York, NY : Filmmakers Library, 2011. DVD BF 724.85 W42 2011

Memory loss is becoming one of the great health concerns. As we live longer, our brains age, and we have more and more information to forget, including the information overload from new technologies. Are we all doomed to lose our ability to recall, or are there ways to keep our memories intact?

This is a light-hearted but enlightening journey into the world of memory. The film visits London to attend The World Memory Championship, an annual battle of the brains where the world's best memories meet in a grueling mental Olympics. We hear from Canada's Dave Farrow who was diagnosed with ADHD and dyslexia as a child, but has gone on to become the Guinness World Record Holder for Greatest Memory, memorizing 3,068 playing cards after seeing them once.

Film also draws on the talents of Newfoundland singer, Pamela Morgan, and her "memory songs". Academic memory specialists provide their insight: Dr. Daniel Levitin at McGill University, Dr. Tracy Taylor at Dalhousie University, Dr. Fergus Craik at Baycrest's Rotman Research Institute, and Dr. Sheena Josselyn at Toronto SickKids. They help fill in some of the blanks when it comes to the subject of memory and show how memory can be improved.

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