

# Resource Centre News

The following material is now available for loan from our Resource Centre.

For a complete listing of materials in our collection, along with links to dementia related online resources, please consult on our catalogue at [www.alzheimertoronto.org/lib\\_about.htm](http://www.alzheimertoronto.org/lib_about.htm)

## WHAT'S NEW IN BOOKS:

### All about Me

Alzheimer Society of Canada, 2012. RC 523.1 A44 2012 Available in English & French  
Booklet to be filled in by and about the person with dementia. A revised version of booklet previously published under the title Personal Care Book.

Also available online:

English: [www.alzheimer.ca/en/Living-with-dementia/~media/Files/national/Core-lit-brochures/all\\_about\\_me\\_booklet\\_e.ashx](http://www.alzheimer.ca/en/Living-with-dementia/~media/Files/national/Core-lit-brochures/all_about_me_booklet_e.ashx)

French: [www.alzheimer.ca/fr/We-can-help/Resources/~media/Files/national/Core-lit-brochures/all\\_about\\_me\\_booklet\\_f.ashx](http://www.alzheimer.ca/fr/We-can-help/Resources/~media/Files/national/Core-lit-brochures/all_about_me_booklet_f.ashx)

### A Guide to Preventing Falls

Toronto: Ontario Seniors Secretariat, 2006. RA 777.6 G84 2006 Available in English & French  
Brief introduction to what might cause falls and how to avoid them, the proper use of assistive devices (canes, walkers), looking for hazards in your home and personal habits that might contribute to falls.

Also available online at: [www.seniors.gov.on.ca/en/seminars/docs/FALLSPREVENTIONweb\\_en.pdf](http://www.seniors.gov.on.ca/en/seminars/docs/FALLSPREVENTIONweb_en.pdf)

### Decide for yourself!

Geraldine Boyle, University of Bradford, 2012 RC 523.1 D42 2012 Available in English, Polish & Urdu  
Guide focuses on everyday life and the sorts of routine decisions made on a daily basis. It is based on research conducted with couples living with dementia.


Also available online (in all 3 languages) at: [www.applied-social-research.brad.ac.uk/current-projects/decision-making-by-people-with-dementia/#d.en.81268](http://www.applied-social-research.brad.ac.uk/current-projects/decision-making-by-people-with-dementia/#d.en.81268)

### Doris Inc

Shirley Roberts, Mississauga, ON: John Wiley & Sons Canada Ltd, 2012 HQ 1064 R72 2012  
Based on extensive personal experience in business and caring for an ailing parent, this book offers advice on how to provide care while still maintaining one's own life. Topics include: advice on making touch decisions, navigating the health care system, financial pitfalls and how to avoid them, how to get help in a crisis, tips on planning for your own future.

## NEW MATERIALS – For August

**Alzheimer Society of Toronto Resource Centre** 20 Eglinton Ave W, 16<sup>th</sup> floor, Toronto  
416-640-6320 [mcameron@alzheimertoronto.org](mailto:mcameron@alzheimertoronto.org)

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Visit our online catalogue for more info: [www.alzheimertoronto.org/lib\\_about.htm](http://www.alzheimertoronto.org/lib_about.htm)

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[www.dementiatoronto.org/news/NewMaterials/2013August\\_NewMaterials.pdf](http://www.dementiatoronto.org/news/NewMaterials/2013August_NewMaterials.pdf)

## Finding Rosa

Caterina Edwards, Vancouver, BC : Greystone Books, 2008 RC 523.2 E32 2008

Edwards balances the demands of raising teenage daughters with the pressures of dealing with her deteriorating mother who has Alzheimer's. During the four years that Edwards cares for her mother, she must deal with her mother's confusion, hostility, paranoia, and fear, as well as her own physical and emotional exhaustion. Through this journey, Edwards braves an area of darkness with and for her mother and finally comes to know who her mother was.

## Frank & Tess Detectives! A children's activity book about FTD

Tiffany Chow, Atomic Orange, 2012 JUV RC 521 F72 2012

In this case, FTD stands for Frank and Tess, Detectives! who are trying to help their mother who is affected with FTD. Plenty of colouring and puzzle activities that can also involve the person living with FTD.

Also available online at: [research.baycrest.org/files/Frank-and-Tess-Detectives-.pdf](http://research.baycrest.org/files/Frank-and-Tess-Detectives-.pdf)

## Getting to Know Dementia

Faculty of Medicine, eHealth Strategy Office, UBC, 2011. RC 523.1 G47 2011. Available in English, Chinese & Punjabi

Booklet for person with dementia, explains what it is, importance of taking medications, maintaining quality of life, making plans for the future.

Also available online at: [www.iconproject.org/dnn\\_icon/RESOURCES/DEMENTIA.aspx](http://www.iconproject.org/dnn_icon/RESOURCES/DEMENTIA.aspx)

## A Guide to Programs and Services for Seniors in Ontario

Toronto: Ontario. Ministry of Citizenship, 2013. REF HV 110 G84 2013

Guide to services available in Ontario to seniors living in the community, and provided by the federal, provincial and municipal governments as well as a wide range of community service providers. Covers a broad range of services from health programs and financial supports to recreational and volunteering opportunities.

Also available online at: [www.seniors.gov.on.ca/en/seniorsguide/index.php](http://www.seniors.gov.on.ca/en/seniorsguide/index.php)

Available in: English, Arabic, Chinese, Farsi, French, Gujarati, Italian, Korean, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Urdu, Vietnamese

## Living with Alzheimer's

Clarksburg, MD : BrightFocus Fd'n, 2013 RC 523.1 L584 2013 Available in English & Spanish

Basic guide to Alzheimer's disease for people with a diagnosis and their family members covering a wide range of topics: What is AD? diagnosis, risk factors, stages, treatments. Impact of disease on those with diagnosis, families, jobs, safety, legal and financial considerations. Providing care, getting support, choosing a nursing home.

Also available online at:

English: [www.brightfocus.org/docs/pdf-publications/livingwithalzheimers.pdf](http://www.brightfocus.org/docs/pdf-publications/livingwithalzheimers.pdf)

Spanish: [www.brightfocus.org/docs/pdf-publications/living\\_with\\_alzheimers\\_spanish.pdf](http://www.brightfocus.org/docs/pdf-publications/living_with_alzheimers_spanish.pdf)

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## **The Living Dementia: Caregivers Discover What Works and What Doesn't**

*Gwendolyn de Geest*, Victoria, BC : Trafford Publishers, 2007 HQ 1063 D4 2007

Text includes short case studies along with creative solutions, guidelines and information to assist readers dealing with different issues and varying forms of dementia. Caregivers are provided with strategies for embracing who the person was prior to the diagnosis, which leads to better care for the person with dementia and a better experience for the care provider as well.

## **The Power of Why**

Amanda Lang, Toronto: HarperCollins Publishers Ltd, 2012 RA 777.6 L34 2012

Book challenges conventional wisdom and offers practical, inspiring advice, *The Power of Why* shows how it's possible to reignite your innate curiosity and overcome long-standing barriers—leaving you more creative, productive and fulfilled in your job and happier in your relationships.

## **Really and Truly**

*Emilie Rivard*, Toronto, On : Owl Kids Books, 2012 JUV RC 523.6 R58 2012

*Really and Truly* explores the effect that dementia has on a young boy named Charlie and his family. Charlie is very close to his grandfather, who loves to tell fanciful stories about pirates, witches, and gnomes that amuse Charlie to no end. But lately, Charlie's grandpa doesn't have any new stories to tell — in fact, some days Grandpa doesn't even recognize Charlie. A disease has stolen grandpa's memories, his appetite, and even his smile.

## **Storying Later Life**

Gary Kenyon, New York, NY : Oxford University Press, 2011 GV 185 S86 2011

This volume reflects a selection of new directions and insights, and constitutes a general broadening and deepening of narrative gerontology, exploring its implications for theory and research in the field of aging, and for the quality of life of older adults themselves.

## **Therapeutic Uses of Music with Older Adults**

Alicia Ann Clair, Silver Spring, MD: American Music Therapy Assocn, 2008 GV 185 C52 2008

Text on the concept of music therapy for geriatric populations, for music therapists and students. Presents the theoretical basis for using music with older people rather than detailed applications or protocols.

## **Tune In**

Jennifer Buchanan, Englewood, Colorado : Hugo House Publishers LTC, 2012 GV 185 B82 2012

Author introduces us to the miracles that music therapy can perform, the beauty that can arise in the hearts of those who cannot be reached by other types of therapy and yet they respond to the magic of music.

## What about the kids?

Radnor, PA: Association for Frontotemporal Degeneration, 2012 JUV RC 521 W42 2012

How to talk to kids when their parent has FTD, how the challenges of living with someone with dementia may affect their development (by age of child), how to explain the disease to your child, changes to family dynamics, finding support for your children, genetics - the risks and how to talk to your kids.

Also available online at: [www.theaftd.org/wp-content/uploads/2009/03/What-About-the-Kids-web-version.pdf](http://www.theaftd.org/wp-content/uploads/2009/03/What-About-the-Kids-web-version.pdf)

## When dementia is in the house

Toronto: National Initiative for the Care of the Elderly, 2011 JUV RC 521 W44T 2012

Guide for adolescents & teens on how to help their parent who has FTD - what the disease is, who are the medical experts your parent is getting help from, the experiences of other teens, what to tell your friends.

## When dementia is in the house

Toronto: National Initiative for the Care of the Elderly, 2011 JUV RC 521 W44P 2012

Guide on how to talk to young children when their parent has FTD, and getting them to provide help.

## WHAT'S NEW IN DVDs:

### 2013 Personal Support Workers Forum

Toronto: Alzheimer Society Toronto, 2013. DVD RC 394 P47 2013

Caring for Someone with Dementia 28 min - Emy Almeida

Creating Inclusive Environments for Aging LGBT Communities 34 min - Heather Bain

Treating Alzheimer's Disease - Memory and Beyond 55 min - Dr Carmela Tartaglia

Living Safely at Home: Strategies for a Safer Environment 47 min - Cara Macanuel

Caring for Someone with dementia: a caregiver's perspective 46 min - Joy Greenleese

### The Power of Music

*Alicia Ann Clair*, Toronto: Alzheimer Society of Toronto, 2013 DVD RC 394 A449 2013

Presentation at 10th Annual Andreae Alzheimer Lecture, June 2013

### Reminder: online discussion group

**Info Resources on Living Well with Dementia** <http://www.linkedin.com/groups?home=&qid=4962695>

Discussion group for librarians, educators, health care professionals, caregivers and persons living with dementia. Our focus is on information resources (print, video, audio, online...) related to living well with dementia. What works, what doesn't and why.

Group is hosted by Margaret Cameron, Information Specialist, Alzheimer Society of Toronto Resource Centre.

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