

## Recommended Reading for Families Experiencing Aging, Dementia, Alzheimer's, and/or the need for Care-taking

Directory of Services— AgeWell Middle Tennessee <https://agewelltn.org/directory-of-services>

- A thorough, trusted, annually updated guide for older adults and caregivers in Middle Tennessee

### Books:

7 Care Giver Land Mines *And How You Can Avoid Them* by Peter W Rosenberger

- equips fellow caregivers to live a healthier, calmer, and even more joyful life—because "Healthy Caregivers Make Better Caregivers!"

The 36-Hour Day: A Family Guide to Caring for People who have Alzheimer Disease and Other Dementias by Nancy L Mace, MA and Peter V Rabins, MD, MPH

- Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritativeness and compassionate approach to care.

Christian Caregiving: a Way of Life by Kenneth C Haugk

- Will challenge and equip readers to care for others in a distinctively Christian way and help them feel comfortable talking about their faith, praying with others and trying to comfort a friend

The Forgetting - Alzheimer's: Portrait of an Epidemic by David Shenk

- Alzheimer's is now at the forefront of many medical and scientific agendas, for as the world's population ages, the disease will touch the lives of virtually everyone. David Shenk movingly captures the disease's impact on its victims and their families.

Good Grief by Granger E. Westberg

- This classic text identifies ten stages of grief--shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance--but, recognizing that grief is complex and deeply personal, defines no "right" way to grieve.

Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness by Hank Dunn

- This book helps people with life-threatening illnesses to make medical treatment decisions by reviewing the pros and cons of the different treatments, such as resuscitation attempts and artificial feeding tubes.

Hope for the Caregiver: Encouraging Words to Strengthen your Spirit by Peter Rosenberger

- There are 65.7 million caregivers in America, making up 29 percent of the U.S. adult population. Where does the caregiver turn when dealing with their own need for encouragement and renewal?

Life is Goodbye Life is Hello: Grieving Well Through All Kinds of Loss by Alla Renee Bozarth, Ph.D.

- Dr. Bozarth show us how to make grieving a positive action that's part of the healing process.

Living with Dying: Finding Meaning in Chronic Illness by George Lea Harper Jr.

- The physical, psychological, and especially spiritual effects of living with serious chronic illness and the effects on his family are recorded. This book will be helpful to patients, family and friends, and those who minister to people suffering from terminal illness.

Ministry *with the* Forgotten: Dementia through a Spiritual Lens by Kenneth L Carder

- Dementia diseases represent a crisis of faith for many family members and congregations. Magnifying this crisis is the way people with dementia tend to be objectified by both medical and religious communities.

Present *through the End* A Caring Companion's Guide *for* Accompanying *the* Dying by Kirsten DeLeo

- Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness--both for the person who is dying and also for ourselves.

The Power of Presence: Helping People Help People by Doug Manning

- The most important skill a professional or lay caregiver can possess is knowing how to be present for people in pain. How to be comfortable with their experience. How to get in another person's bucket. Doug takes the reader on a journey through each of the difficult transitions in life

Understanding Mourning: A Guide for Those who Grieve by Glen W Davidson

- Dr. Davidson offers the latest findings and most helpful guidelines for healthy mourning and return to a reorganized life.

### Pamphlets:

(Sourced by Mental Health America, published by National Institute on Aging, Available in hardcopy in the church and online: <https://order.nia.nih.gov/view-all-alzheimer-pubs>)

Alzheimer's Disease: Fact Sheet / Alzheimer's and related Dementias Education and Referral Center

Caring for a Person with Alzheimer's Disease, Your Easy-to-Use Guide

The Dementias: Hope Through Research (learn about types of dementia, risk factors, diagnoses and treatment, current research)

Frontotemporal Disorders: Information for Patients, Families, and Caregivers

A Guide for Older Adults: Talking with your Doctor (Greater Nashville Regional Council)

Legal and Financial Planning for People Living with Dementia

Lewy Body Dementia: Information for Patients, Families, and Professionals

Long-Distance Caregiving, Twenty Questions and Answers

Men and Depression

Older Adults and Depression, Knowing When to Get Help

Reducing Your Risk of Dementia, Healthy lifestyle choices

Tips for Managing Agitation, Aggression, and Sundowning

Understanding Alzheimer's Genes, Know your Family History

Understanding Loneliness and Social Isolation, How to Stay Connected

Understanding Memory Loss, What to do when you have trouble remembering

### Videos:

Npt Reports: aging Matters – Caregiving, Hosted by Kathy Mattea

<https://www.pbs.org/video/npt-reports-aging-matters-aging-matters-caregiving/>

PBS Home Video: The Forgetting a Portrait of Alzheimer's (Stories of Love, Courage, and Home), Hosted by David Hyde Pierce

<https://www.youtube.com/watch?v=YUfZP3vcEK4>

[The Forgetting: A Portrait of Alzheimer's \(TV Movie 2004\) - IMDb](https://www.imdb.com/title/tt0418849/)