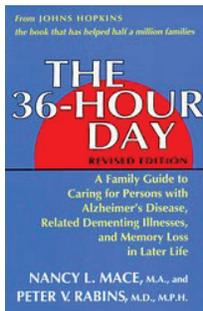


SUGGESTED READING



The 36-Hour Day

Nancy L. Mace M.A. & Peter V. Rabins M.D., M.P.H.

Johns Hopkins

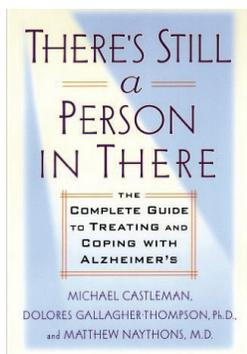
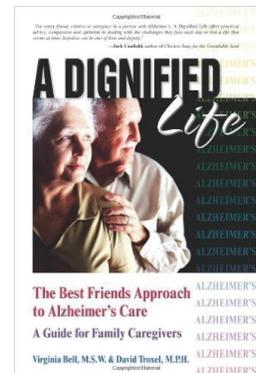
This highly acclaimed book is the comprehensive guide to the home care of those in all stages of progressive dementing illness. Combining practical advice with specific examples, *The 36-Hour Day* covers all the medical, legal, financial and emotional aspects of caring for an impaired relative - from dealing with baffling and often unpredictable symptoms to finding a support group to help the family with this extraordinarily stressful situation.

A Dignified Life:

The Best Friends Approach to Alzheimer's Care

Virginia Bell M.S.W. & David Troxel M.P.H.

A Dignified Life shows you how to meet the daily challenges of caring for someone with dementia. You will gain confidence as you develop the “knack” for responding to any situation you might face with your loved one. Illustrated through the heartfelt stories of others, this truly remarkable book shows you how the Best Friends method - now widely used in facilities around the globe - is bringing dignity to the lives of both those who have Alzheimer's disease and those who care for them. Become a Best Friend and gain the strength and courage you never knew you could have.



There's Still a Person in There:

The Complete Guide to Treating and Coping with Alzheimer's

Michael Castleman, Dolores Gallagher-Thompson Ph.D. &

Matthew Naythons, M.D.

There's Still a Person in There offers an optimistic, sensitive approach to dealing with something we all contemplate with trepidation. The changes that accompany Alzheimer's can lead to a new way of communication and allow you and your loved ones to appreciate one another even more in these later years of your lives together. From thorough, accessible descriptions of modern medical advances - traditional and alternative - to touching accounts from caregivers, this book provides a sense of understanding and readiness for what may lie ahead for you and your loved ones.

We also have **DVD's** available to check out - such as:

The Senior Gems: Your Guide to Supporting Family Members with Dementia - Featuring Teepa Snow