

## Resources for Dementia/Alzheimer's



### Pamphlets:

**Caring for a Person with Alzheimer's Disease** Your Easy-to-Use Guide from the National Institute on Aging (NIH) Publication No. 12-6173, March 2010, Updated May 2013

Online Orders: [www.nia.nih.gov/HealthInformation](http://www.nia.nih.gov/HealthInformation) Click on "Publications"

[www.nia.nih.gov/Alzheimer's](http://www.nia.nih.gov/Alzheimer's) click on "Publications"

Telephone M-F 8:30 AM – 5:00 PM (Eastern Time) 1-800-222-2225

Note: You may pick up an official order form from FGRS Office to order this & any other free publications from the NIA, NIH. Mail orders are sent to: NIA Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057.

### Books:

**Confidence to Care** (A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home) Molly Carpenter, Copyright 2013, Home Instead Press

**Dementia Caregiver Guide** (Teepa Snow's Positive Approach techniques for caregiving, Alzheimer's and other forms of dementia) Teepa Snow, Copyright 2012 Cedar Village Retirement Community (Book can be ordered from [www.teepasnow.com](http://www.teepasnow.com) for \$24.95)

**My Past is Now My Future** (A Practical Guide to Dementia Possible Care), Lanny D. Butler, MS OTR & Kari K. Brizendine, PT, copyright 2005, Warwick House Publishing. (Features "My Way" An Advance Directive about daily living preferences in the event that I become cognitively impaired) Amazon.com has new & used editions.

### Web Based Sites:

[www.teepasnow.com](http://www.teepasnow.com)

[www.Seniorhelpers.com/Seniorgems](http://www.Seniorhelpers.com/Seniorgems) (free DVD)

[www.SeniorEmergencyKit.com](http://www.SeniorEmergencyKit.com) or 1-877-260-7277 & [www.CaregiverStress.com](http://www.CaregiverStress.com) (Home Instead)

[www.alzheimersdisease.com](http://www.alzheimersdisease.com)

[www.caregiver.com](http://www.caregiver.com) (Has an Alzheimer's Channel)

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