

**LIBRARY GUIDE:**

**ALZHEIMER’S DISEASE AND DEMENTIA**

This library guide is designed to help library patrons find information about memory-affecting diseases such as Alzheimer’s Disease and Dementia. This library guide contains materials that provide general information, guides for caregivers and those with memory-affecting diseases, and memoirs. All materials will be found in the Marion County Public Library System or on the World Wide Web.

**BOOKS**

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| **MCPL** |  | *Mayo Clinic Family Health Book* | 613 MAY | Non-Fiction  |
| **MCPL** |  | *Mayo Clinic on Alzheimer's Disease* | 616.831 MAY | Non-Fiction  |
| **MCPL** | Chast, Roz | *Can't We Talk about Something More Pleasant?* | 92 CHA | Non-Fiction  |
| **MCPL** | DeBaggio, Thomas | *Losing My Mind: An Intimate Look at Life with Alzheimer's* | 362.1 DEB | Non-Fiction  |
| **MCPL** | Dicke, Jim | *Alzheimer’s with my mother, Eilleen* | 362.19 DIC  | Non-Fiction |
| **MCPL** | Glenn, Mike | *Coffee With Mom: Caring For A Parent With Dementia* | 616.831 Gle | Non- Fiction |
| **MCPL** | Gordeau, Bretten C.  | *Alzheimer's Essentials: Practical Skills for Caregivers* | 616.831 GOR | Non-Fiction  |
| **MCPL** | Gruetzner, Howard | *Alzheimer's: A Caregiver's Guide and Sourcebook* | 362.19 GRU | Non-Fiction  |
| **MCPL** | Null, Gary | *Healthy Woman, Healthy Life: A Woman's Book of Healing* | 613.042 NUL | Non-Fiction  |
| **MCPL** | Sadowski, Marcin & Thomas M. Wisniewski | *100 Questions & Answers about Alzheimer's Disease* | 616.831 SAD | Non-Fiction  |
| **MCPL** | Turkington, Carol | *The Encyclopedia of Alzheimer's Disease* | 616.831 TUR | Non-Fiction  |

**eBOOKS & eAUDIOBOOKS**

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| **HOOPLA** | Amen, Daniel G.  | *Memory Rescue* | eBook |
| **Libby** | Atkins, Charles | *The Alzheimer's Answer Book: Professional Answers to More than 250 Questions about Alzheimer's and Dementia* | eBook |
| **Libby** | Comer, Meryl | *Slow Dancing with a Stranger: Lost and Found in the Age of Alzheimer's* | eBook |
| **Libby** | Coste, Joanne Koenig | *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease* | eBook |
| **HOOPLA** | Jennings, Timothy R.  | *The Aging Brain*  | eBook/ eAudiobook |
| **Libby** | Kozol, Jonathan | *The Theft of Memory: Losing My Father, One Day at a Time* | eBook |
| **Libby** | Mace, Nancy | *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Demeting Illnesses, and Memory Loss in Later Life* | eBook |
| **HOOPLA** | Poirier, Judes & Serge Cauthier | *Alzheimer's Disease* | eBook |
| **HOOPLA** | Polk, Thad A. | *The Aging Brain* | eAudiobook |
| **HOOPLA** | Ramos, Victor R. | *The Mind Diet: A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia* | eBook |
| **Libby** | Westheimer, Ruth K. | *Dr. Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One Without Getting Overwhelmed - and Without Doing It All Yourself* | eBook |

**VIDEOS & eVIDEOS**

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| **MCPL** | *Still Alice* | DVD STI | DVD |
| **MCPL** | *The Alzheimer's Project* | EDVD 616.8 ALZ | Educational DVD |
| **HOOPLA** | *Alzheimer's: Every Minute Counts* | eVideo |

**LIBRARY DATABASES**

* ***EBSCO Research Databases*.** *Alt Healthwatch*, which focuses on complementary, holistic and integrated approaches to healthcare and wellness, and *Health Source Consumer Edition*, which is a consumer health information database, offer magazine articles, book excerpts and periodicals on a variety of medical issues. Accessed from library computers or from remote sites at <https://mcpls.org>
1. Hover over **Resources** from the site menu.
2. Click **Education & Information** from dropdown menu.
3. Scroll down to the subject heading **General Reference Searching** and select **EBSCO Research Databases.**
4. Select the databases you wish to search or click the **Select/Deselect all** box once to search all available databases.
5. Enter your search item in the search box.

 A search for “Alzheimer’s Disease” brought over 96,000 hits. Last accessed March 13, 2025.

**WEBSITES**

* ***Administration for Community Living:*** Information about ALC and its programs. Part of the U.S. Department of Health and Human Services. Last accessed March 13, 2025. <http://www.acl.gov>
* ***Alzheimer’s Association:*** Contains information on the causes, warning signs, diagnosis, and treatment of Alzheimer's Disease; statistics, fact sheets, and reports; a glossary; an index to clinical trials; resources for diverse communities (African American, Chinese, Hispanic/Latino, and Korean); and more. Also available in multiple languages. Searchable. Last accessed March 13, 2025. <http://www.alz.org>
* ***Family Caregiver Alliance:*** “The Family Caregiver Alliance supports and sustains the important work of families nationwide caring for loved ones with chronic, disabling health conditions.” The Caregiver Resources for Alzheimer’s includes facts and tips sheets as well as links to other resources. In addition to English, the site is accessible in Spanish, Chinese, Korean, and Vietnamese. Last accessed March 13, 2025.

<http://www.caregiver.org/> and <https://www.caregiver.org/health-issues/alzheimers>

* ***Mayo Clinic:*** Health information page on Alzheimer’s Disease. Last accessed March 13, 2025. <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>
* ***Medline Plus:*** Alzheimer’s Disease information page. Contains information on the symptoms, diagnosis and tests, prevention and risk factors, treatment and therapies, tips for caregivers, related issues, clinical trials, and journal articles. Also available in Spanish. From the National Library of Medicine (NLM) and the National Institutes of Health (NIH). Last accessed March 13, 2025. <https://medlineplus.gov/alzheimersdisease.html>
* ***National Institute of Neurological Disorders and Stroke:*** Alzheimer’s Disease information page. Last accessed March 13, 2025. <https://www.ninds.nih.gov/Disorders/All-Disorders/Alzheimers-Disease-Information-Page>
* ***National Institute on Aging:*** Alzheimer’s Disease information page. Last accessed March 13, 2025. <https://www.nia.nih.gov/health/alzheimers/basics>