

Publications Available From

The Duke Dementia Family Support Program

DUMC 3600

Durham, NC 27710

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<http://www.dukefamilysupport.org>

The Caregiver Newsletter of the Duke Dementia Family Support Program – Center for the Study of Aging, Duke Health
Publication addresses many of the questions and concerns both families and professionals have when caring for someone with memory loss – contains research updates, practical suggestions, first-person narratives, book and website recommendations. Published two times per year.

[Email](#) subscriptions available and free to all.

Surface mail subscriptions free to North Carolina residents.

\$10.00 per year for surface mail subscribers outside of North Carolina.

Hit Pause: Helping Dementia Families Deal with Anger by Edna Ballard (2006)

For professionals and aging network staff.

12-page booklet offers caregiver scenarios and helpful approaches to working with Alzheimer's and dementia families. Designed to be used with **Wait a Minute! When Anger Gets Too Much**. (See "Wait a Minute" on page 2.)

\$2.00

Home Is Where I Remember Things: A Curriculum for Home and Community Alzheimer Care by Lisa Gwyther (1997)

For staff development and aide training.

A trainer's manual for home care and day center training based on four unique community care situations covering the range of mild, moderate and severe dementia and diverse family situations. Includes hand-outs, tests, discussion questions and bulleted training and care tips.

\$15.00

Lessons Learned by Edna Ballard & Cornelia Poer (1999) **For families.**

A book about families coping with Alzheimer's disease. Participants of Duke University Alzheimer's support groups share their experiences with anger, fatigue, rewards of caregiving, and the emotions associated with care for someone with Alzheimer's. Offers insight, support and suggestions for meeting caregiving challenges.

\$10.00

Pressure Points: Alzheimer's and Anger by Edna Ballard, Lisa Gwyther and T. Patrick Toal (2000) **For families and professionals.**

A unique book for families and professionals about sources of anger and anger management strategies for families and professionals. Powerful personal examples are offered in the context of soothing practical tips.

\$10.00

Sexuality and the Alzheimer's Patient by Edna Ballard and Cornelia Poer (1993)

For families and professionals.

This guide was developed for families and professionals caring for the person with Alzheimer's disease. It addresses problems and concerns about sexuality that are often troublesome for caregivers and others concerned about the well-being of the individual with dementia.

\$12.00

Topics include:

- Affection and Self-Esteem Needs of the Patient
- Touch: The Universal Need
- Behaviors That Only Appear to be Sexual
- Explicit Sexual Behaviors and Suggestions on How to Deal With Them
- Perspectives from Professionals and Family Caregivers
- Questions for the Nursing Home Staff
- Special Role for the Professional in Helping Families

You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families by Lisa Gwyther (1995) **For families, clergy, church members and interested friends.**

This is a 59-page bulleted book with suggestions for ways clergy and churches can help their members with Alzheimer's and their families.

\$10.00

Wait a Minute! When Anger Gets Too Much (2003)

For families.

A high-impact brochure adapted from Duke's popular book, **Pressure Points: Alzheimer's and Anger** (2000) Offers tips for managing anger using the voices of Alzheimer's caregivers and recommendations of Duke Dementia Family Support Program social workers. Designed for use with *Hit Pause™: Helping Dementia Families Deal with Anger*. (See **Hit Pause** on page 1.)

\$2.00

Working With Family Caregivers of People with Memory Disorders: A North Carolina Information & Assistance Toolkit by Lisa P. Gwyther and Edna Ballard (2002)

For all aging and social services staff with one section of materials to distribute directly to families.

This dementia-specific toolkit for information/referral or Helpline staff has 3 sections:

- 1) Basics about memory disorders
- 2) Telephone counseling and referral strategies for aging network staff, and
- 3) Single-sheet handouts to copy for family caregivers on using services and responding to the person with dementia from diagnosis through terminal care.

(*Steps to Success* and *NIA Caregiver Guide* are included in package.)

\$8.00

The toolkit is also available online (88 pp) at <http://www.dhhs.state.nc.us/aging/alz3093.pdf>.

Monthly Triangle Area E-News (2015)

For family caregivers, professionals and interested friends and family.

The E-News is the Program's resource for in and around the Triangle featuring community events, Program support groups, Memory Cafés, research news, tips for families and a special section, "You Are Not Alone," to help ease the isolation of living with, or being a care partner for someone with a memory diagnosis.

Email subscriptions available and free to all.

ORDER FORM: Prepayment is required and we can only accept checks. Please make checks payable to:

Duke Dementia Family Support Program
 3600 DUMC
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Quantity	Title	Price per Copy	Total
	<i>The Caregiver</i> , newsletter of the Family Support Program. Electronic subscriptions are free to all. No-cost surface mail subscriptions are available to NC residents without internet access. \$10.00 per year for surface mail subscribers outside of North Carolina.	10.00	
	Hit Pause: Helping Dementia Families Deal with Anger	2.00	
	Home Is Where I Remember Things: A Curriculum for Home and Community Alzheimer Care	15.00	
	Lessons Learned	10.00	
	Pressure Points: Alzheimer's and Anger	10.00	
	Sexuality and the Alzheimer's Patient	12.00	
	You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families	10.00	
	Wait A Minute! When Anger Gets Too Much	2.00	
	Working With Family Caregivers of People With Memory Disorders: A North Carolina Information and Assistance Toolkit	8.00	
Shipping Rates	No shipping charge on <i>Hit Pause</i> or <i>Wait a Minute</i> . Others: 1 book, \$3; 2-3 books, \$4; 4-5 books, \$5. Call or email for shipping rates on larger orders.		
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Questions: Call 919-660-7510 or email mary.samy@duke.edu