

## Caring for Adults with Memory Disorders: Family Reading List\*

### Books & Websites about Early-Stage Memory Loss

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#### BOOKS

**Living Your Best with Early Stage Alzheimer's, Lisa Snyder, Sunrise River Press, 2010.**

A thorough, practical guide on coping with the diagnosis, managing symptoms, finding meaningful activity, planning for the future, maintaining important relationships, participating in research, and much more. This book is a working guide to help the person with Alzheimer's feel empowered to move forward in life in light of this challenging diagnosis.

**Living Well After an Alzheimer's Diagnosis, P. Murali Doraiswamy, M.D. and Lisa P. Gwyther, M.S.W. with Tina Adler, New York, NY: St. Martin's Press, 2011, e-book.**

Three chapters from the 2009 paperback, *The Alzheimer's Action Plan*, that deal with the less technical details and more with the practical business of living with cognitive challenges. Kindle edition available on Amazon.

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#### WEBSITES

**ALZConnected**

An active social networking community for people with Alzheimer's and their families to share answers, opinions, ideas and support. <https://www.alzconnected.org/>

**By Us For Us Guides, Murray Alzheimer's Research and Education Program, University of Waterloo.**

The *By Us For Us Guides*, created by persons with dementia or care partners, are designed to equip persons with dementia with the necessary tools to enhance their well-being and manage daily challenges. <http://marep.uwaterloo.ca/products/bufu.html>

**Fraying at the Edges, N.R. Kleinfield, New York Times, 2016.**

A journalist follows a 69-year-old woman living with early-stage Alzheimer's for 20 months. The article chronicles the woman's adjusting to her limitations, moments of joy, and fighting to reduce the stigma of Alzheimer's.

<https://www.nytimes.com/interactive/2016/05/01/nyregion/living-with-alzheimers.html>

## **I Have Alzheimer's**

A website for those recently diagnosed with Alzheimer's or another memory disorder. This site offers resources for support and includes information about what changes you may experience and what to do next to move forward with your life. <http://www.alz.org/i-have-alz/i-have-alzheimers-dementia.asp>

## **Living Well Workbook, A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia, Alzheimer's Association Minnesota-North Dakota Chapter.**

*Living Well* presents brain wellness strategies, insights of people living with MCI and early dementia, ideas that you can try, and a place for you to build your own living well plan. [http://www.alz.org/mnnd/in\\_my\\_community\\_56780.asp](http://www.alz.org/mnnd/in_my_community_56780.asp)

## **Taking Action Workbook, A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease, Alzheimer's Association Minnesota-North Dakota Chapter.**

*Taking Action* addresses common concerns that a new diagnosis brings, provides practical tips and steps to take after diagnosis, and offers perspectives of people living with memory loss. [http://www.alz.org/mnnd/in\\_my\\_community\\_56780.asp](http://www.alz.org/mnnd/in_my_community_56780.asp)

## **Now What? Next Steps After a Diagnosis of Alzheimer's Disease National Institutes of Health, National Institute on Aging, Alzheimer's Disease Education and Referral Center, 2016.**

Getting accurate information and support can help you know what to expect and what to do next. Use this checklist to help you get started.

[https://www.nia.nih.gov/sites/default/files/2017-08/Now%20What%20patient%20handout-FINAL%204-29-16\\_0.pdf](https://www.nia.nih.gov/sites/default/files/2017-08/Now%20What%20patient%20handout-FINAL%204-29-16_0.pdf)

## **Young Dementia**

Information and support specifically for younger-onset individuals, families, friends and supporters. <http://www.youngdementiauk.org/>