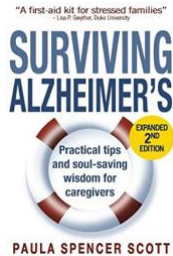


# Duke Dementia Family Support Program

## Suggested Reading List

### [Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers, 2<sup>nd</sup> edition](#)

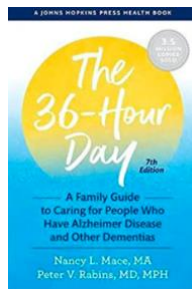
by Paula Spencer Scott, 2018.



“*Surviving Alzheimer's*, summarizes the life-changing insight and practical solutions in a way that's fast and accessible--because few have a lot of time and energy. Alzheimer's and other dementias don't just strike a person's brain; they strike his or her whole support network.”

### [The 36-Hour Day, 7<sup>th</sup> edition](#)

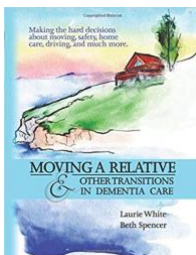
by Nancy L. Mace, Peter V. Rabins, 2017.



“Through six editions, *The 36-Hour Day* has been an essential resource for families who love and care for people with Alzheimer disease. Whether a person has Alzheimer disease or another form of dementia, he or she will face a host of problems. *The 36-Hour Day* will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs.”

### [Moving a Relative & Other Transitions in Dementia Care](#)

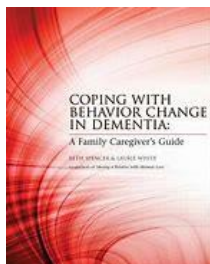
by Laurie White, Beth Spencer, 2019.



“This comprehensive guide is intended to support families from the beginning to the end of the caregiving journey. This includes decisions about safety, bringing in home care, preparing for hospitalization and end of life, talking with a relative about giving up driving, moving from out of state and more. A large section of the book is devoted to moving decisions and logistics, incorporating the content of the original book as well as new information.”

### [Coping with Behavior Change in Dementia: A Family Caregiver's Guide](#)

by Beth Spencer, Laurie White, 2015.



“This handbook is intended to help families understand possible causes of common behavior changes and learn to respond more effectively to behaviors. “