

A Few Good Books

I have personally read all of these books. Of course, there are so many more. All these books are printed after 2010, except for the first book mentioned below. It is actually the beginning of person-centered care and the updated version is below it.

- Kitwood, Tom. *Dementia Reconsidered: The Person Comes First*. United Kingdom: Open University Press, 1997.
- Kitwood, Tom., Brooker, Dawn. *Dementia Reconsidered Revisited: The Person Still Comes First*. United Kingdom: McGraw-Hill Education, 2019. *(Updated)*
- Basting, Anne. *Creative Care: A Revolutionary Approach to Dementia and Elder Care*, HarperCollins, May 19, 2020, 288 pages
- Bell, Virginia., Troxel, David. *The Best Friends Approach to Dementia Care*. United States: Health Professions Press, 2016.
- Brackey, Jolene. *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers*, Fifth Edition, Revised and Expanded. United States: Purdue University Press, 2016.
- Cornish, Judy. *The Dementia Handbook: How to Provide Dementia Care at Home*. United States: CreateSpace Independent Publishing Platform, 2017.
- Drummond, Mary Ann., Prior, Beatrice Tauber. *Grandma and Me: A Kid's Guide for Alzheimer's & Dementia*. United States: Morgan James Publishing, 2017.
- Casteel Harper, Lynn. *On Vanishing: Mortality, Dementia, and What It Means to Disappear*. United States: Catapult, 2020.
- Power, G. Allen. *Dementia Beyond Disease: Enhancing Well-being*. United Kingdom: Health Professions Press, 2016.
- Power, G. Allen. *Dementia Beyond Drugs: Changing the Culture of Care*. United Kingdom: Health Professions Press, Incorporated, 2016.
- Sabat, Steven R. *Alzheimer's Disease and Dementia: What Everyone Needs to Know*. United States: Oxford University Press, 2018.
- Shouse, Deborah. *Love in the Land of Dementia: Finding Hope in the Caregiver's Journey*. United States: Central Recovery Press, LLC, 2013.
- Snyder, Lisa. *Living Your Best with Early-stage Alzheimer's: An Essential Guide*. United States: Sunrise River Press, 2010.
- Whitman, Lucy. *People with Dementia Speak Out: Creative Ways to Achieve Focus and Attention by Building on AD/HD Traits*. United Kingdom: Jessica Kingsley Publishers, 2015.

A test of a people is how it behaves towards the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old, the incurable, the helpless are true gold mines of a culture.

~ Abraham J. Heschel

Books by People Living with Dementia

- Barker, Teresa H., Gibbs, Daniel. *A Tattoo on My Brain: A Neurologist's Personal Battle Against Alzheimer's Disease*. N.p.: Cambridge University Press, 2021.
- O'Brien, Greg. *On Pluto: Inside the Mind of Alzheimer's*. United States: Good Night Books, 2014.
- Schreiber, Martin J. *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*. United States: Harper Horizon, 2022.
- Swaffer, Kate. *What the Hell Happened to My Brain? Living Beyond Dementia*. United Kingdom: Jessica Kingsley Publishers, 2016. (Kate has several other books)
- Taylor, Richard. *Alzheimer's from the Inside Out*. United Kingdom: Health Professions Press, 2007.

Books not about Dementia, but I found helpful

- Arkin, Alan. *An Improvised Life: A Memoir*. United States: Hachette Books, 2011.
- Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. United States: Hazelden Publishing, 2010.
- Csikszentmihalyi, Mihaly. *Finding Flow: The Psychology of Engagement with Everyday Life*. United States: Basic Books, 2020.
- Gawande, Atul. *Being Mortal: Medicine and What Matters in the End*. United Kingdom: Henry Holt and Company, 2014.
- Sacks, Oliver. *On the Move: A Life*. United Kingdom: Pan Macmillan, 2016.
- Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. United States: New World Library, 2010.

I am in the process of writing my second book. ***Being in the Moment***. It is filled with tips for living in the world of dementia. I believe it will be ready for purchase the end of June. Please email me if you are interested and I will send you the info when it is done.

Thank you!
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