

Always My Grandpa by Linda Scacco.
Washington, DC: Magination Press, 2006

This sensitively written story of Daniel and his grandfather helps young children understand what is happening when someone close to them develops Alzheimer's disease. It is beautifully illustrated throughout.

Availability for loan:

FM 421 S22 JUV 2006 Health Information and Wellness Centre, both locations

COMMUNITY RESOURCES

Alzheimer Society of Canada

20 Eglinton Ave. W. Ste. 1200
Toronto, ON M4R 1K8
Tel: 416-488-8772
1-800-616-8816
E-mail: info@alzheimer.ca
<http://www.alzheimer.ca>

Alzheimer Society of Toronto

20 Eglinton Avenue West 16th Floor
Toronto ON M4R 1K8
Tel: 416-322-6560
E-mail: write@alzheimerontario.org

Alzheimer Society of Peel

60 Briarwood Ave.
Mississauga, ON L5G 3N6
Tel: (905) 278-3667
E-mail: nbhamra@alzheimerpeel.com

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Alzheimer's Disease



INTERNET SITES

Alzheimer Society of Canada

<http://www.alzheimer.ca>

This is an excellent Canadian site which provides information on every aspect of Alzheimer Disease. Here you can find details on warning signs, progression, statistics, caregiver support and much more. There is a section where people affected by the disease, whether patients or caregivers, can express their feelings in writing or art. The site also offers access to the many helpful publications of the Society.

Alzheimer's Association

<http://www.alz.org>

This is a useful site from the major Alzheimer organization in the United States. An interesting feature is the accessibility of message boards where you can communicate with others who are dealing with the illness, either as a sufferer, caregiver or health care provider. Click on 'Living with Alzheimer's' on the top toolbar and choose 'Message Boards' from the resulting page to access these boards.

Alzheimer's Disease Education and Referral Centre

<http://www.alzheimers.org/index.html>

service of the U.S. government's National Institute on Aging, this site offers general information on the disease as well as an excellent selection of publications which can be ordered online. There is also an interesting newsletter, *Connections*, available at the site.

Alzheimer's Disease International

<http://www.alz.co.uk>

Alzheimer's Disease International is the umbrella organization of Alzheimer associations around the world. The organization has some excellent

publications, in a variety of languages, all of which are downloadable from the site. They include titles such as *Help for Caregivers*, *Starting a Self-Help Group* and many others. There is also a tri-annual newsletter called *Global Perspective*.

BOOKS

Alzheimer's Disease by William Molloy and Paul Caldwell. Toronto: Key Porter Books, 2003

Dr. Molloy and Dr. Caldwell draw from their extensive experience in geriatrics and family medicine to discuss every aspect of Alzheimer's disease, and provide an invaluable resource for all those affected. The book features case studies, diagrams and charts, and is designed for both quick reference and in-depth study.

Availability for loan:

FM 420 M66 2003 Health Information and Wellness Centres, Mississauga
616.831 MOL Mississauga Library System
616.831 MOL Toronto Public Library System

The 36-hour Day, 4th ed. by Nancy L. Mace and Peter V. Rabins. Baltimore, MD: John Hopkins University Press, 2006.

This book has long been a support for families who are caring for people with Alzheimer Disease, and covers all aspects of coping with this progressive and irreversible condition. The fourth edition includes new information on diagnostic evaluation, research, medications, and biological causes of dementia.

Availability for loan:

FM421 MAC 2006 Health Information and Wellness Centres, both locations
618.97683 MAC Mississauga Library System
362.19683 MAC Toronto Public Library System

Mayo Clinic Guide to Alzheimer's Disease edited by Ronald Petersen. Rochester, MN: Mayo Clinic, 2006

This readable guide features comprehensive explanations of both Alzheimer's and other common forms of dementia. There is also an Action Guide for Caregivers section which provides invaluable advice on caring for a loved one with dementia.

Availability for loan:

FM 420 P38 2006 Health Information & Wellness Centre, both locations

A Guide to Alzheimer's Disease A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2009.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It includes help for family members and caregivers, as well as for the individual with Alzheimer's.

Availability for loan:

FM 420 H27 2009 Health Information & Wellness Centre, both locations

Beyond Memory: a Documentary About Dementia [DVD] directed by Sharon Bartlett & Maria LeRose. Ottawa: National Film Board of Canada, 2007. 76 min.

This DVD explores what it is like to live with dementia or to love someone with this disease. Five individuals and families are profiled and show how they manage the condition and live each day as fully as possible.

Availability for loan:

FM 415 B27 2007 Health Information & Wellness Centre, both locations
616.831 BEY Mississauga Library System
616.83 BEY Toronto Public Library System