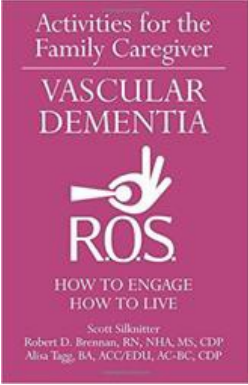
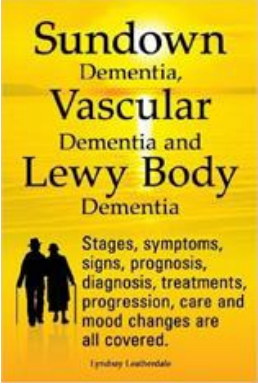
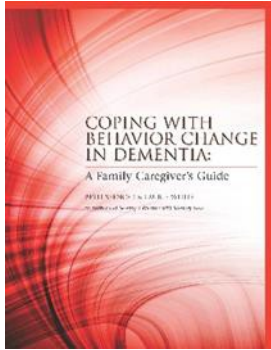


Resource List for Vascular Dementia

Books that can help adults understand and cope with Vascular Dementia:

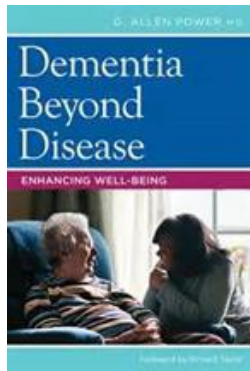
	<p>Activities for the Family Caregiver: Vascular Dementia - How to Engage/How to Live Brenna, R.; Tagg, A.; Silknitter, S. (2015) R.O.S. Therapy Systems</p> <p>With over fifty combined years of dementia and long term care experience mixed with two decades of in home, family care experience, the Activities for the Family Vascular Dementia: How to Engage / How to Live offers information and insight to enhance quality of life for family caregivers. Learn new communication and engagement strategies to improve time spent with your loved one. Gain new insight as you learn the "how to's" and "why" techniques of activities of daily living and leisure. Discover how to turn daily activities and routines into opportunities to start some joy.</p>
	<p>Sundown Dementia, Vascular Dementia, and Lewy Body Dementia Explained: Stages, Symptoms, Signs, Prognosis, Diagnosis, Treatments, Progression, and Care Leatherdale, Lyndsay (2013) IMB Publishing</p> <p>In this book the author focuses on Sundown Dementia, Vascular Dementia and Lewy Body Dementia. The author, Lindsay Leatherdale, a 20 year old neuro- science and psychology undergraduate, with a special interest in dementia, has a grandmother who was diagnosed with sundown and vascular dementia. The book is written in an easy to read and understandable style and is a must have for anybody who is confronted with dementia. It is full of sound advice and contains caring tips and aids for the dementia patient.</p>



Coping with Behavior Change in Dementia: A Family Caregiver's Guide

Spencer, B. & White, L. (revised, 2015) Whisppub LLC

This book is intended to help families understand possible causes of common behavior changes and learn to respond more effectively to behaviors. Many of the most challenging behaviors may be minimized when caregivers learn how to identify root causes and try strategies that are known to help some people with dementia. Each behavior includes case examples from families as well as suggestions of ways to phrase things.

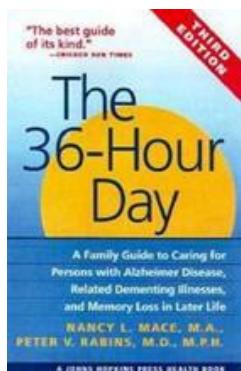


Dementia Beyond Disease: Enhancing Well-Being

Power, G., MD (2014)

Baltimore, MD: Health Professions Press

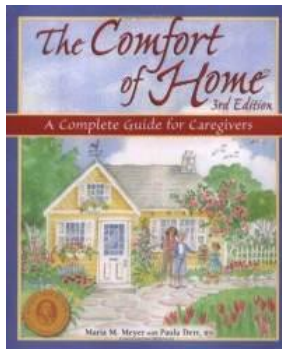
This book reframes the care and support of people living with dementia. It presents a strengths-based approach that focuses on enhancing seven domains of well-being for individuals in all living environments.



The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illness, and Memory Loss

Mace, N.L. & Rabins, P. V. (2011) New York, NY: Warner Books

This is a great reference book for caregivers, but should not be read cover-to- cover.



The Comfort of Home: A Complete Guide for Caregivers

Meyer, M. & Derr, P. (2007) Portland, OR: CareTrust Publications

This book is a good, practical guide that offers caregiving options and discusses the financial and legal decisions you may encounter.

Online resources that can help adults understand and cope with Vascular Dementia:

- Care Guides From Your Clinician: Alzheimer's Disease Center (MADC):
<http://careguides.med.umich.edu/alzheimers-disease-center>
- Vascular Dementia (Alzheimer's Association):
<https://tinyurl.com/atwyo2b>
- Vascular Dementia Resource Page (National Institute on Aging) :
<https://tinyurl.com/yyk93uk5>
- Safe Return® Enrollment (MedicAlert® + Alzheimer's Association):
<https://tinyurl.com/y3p4q6ea>
- Partnering with Your Doctor: A Guide for Persons with Memory Problems and Their Care Partners (Alzheimer's Association):
<https://tinyurl.com/y5b9dub9>
- Take Care of Yourself: 10 Ways to be a Healthier Caregiver (Alzheimer's Association): <https://tinyurl.com/27gpa3>

Who can I contact to find out more?

For more information, call (734) 764-5137 or visit

<http://alzheimers.med.umich.edu>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Edited by: Karelyn Munro, BA

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