# Resource List for Mild Cognitive Impairment

## Books that can help adults understand and cope with Mild Cognitive Impairment:

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild Cognitive Impairment and Early Alzheimer's Disease: Detection and Diagnosis</td>
<td>Burns, J. &amp; Morris, J.</td>
<td>Hoboken, NJ: John Wiley &amp; Sons</td>
<td>This book, while written for clinicians, describes the cognitive changes associated with age, the earliest detectable stages of Alzheimer's, and the relationship of these conditions to MCI.</td>
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<tr>
<td>Living Your Best with Early-Stage Alzheimer's: An Essential Guide</td>
<td>Snyder, L.</td>
<td>North Branch, MN: Sunrise River Press</td>
<td>This guide offers strategies for managing memory loss.</td>
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Online resources that can help adults understand and cope with Mild Cognitive Impairment:

- Mild Cognitive Impairment (Alzheimer's Association):
  
  http://www.alz.org/national/documents/topicsheet_MCI.pdf

- Care Guides From Your Clinician: Alzheimer's Disease Center (MADC)
  
  http://careguides.med.umich.edu/alzheimers-disease-center

Who can I contact to find out more?

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

http://alzheimers.med.umich.edu

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