*Middle Stage of Alzheimer’s Disease*

*Alzheimer's Activities that Stimulate the Mind*

Emilia Bazan-Salazar.New York, NY: McGraw-Hill, 2005

The author has divided the progression of Alzheimer's disease into 4 stages: early, middle, advanced, end stage. All of the activities in the book are rated for the stages that they are most appropriate for, and the goals each activity will achieve are suggested.

*The Alzheimer Journey. Module 2: On the Road.*

Alzheimer Canada, 1998.

Interviews with caregivers and medical experts complement this DVD which discusses the middle stage of AD, communication, personal care strategies, maintaining an Alzheimer Friendly Environment, challenging behaviours, and caring for the caregiver.

*Connecting the Dots*

Jane E Brody. Oakland, CA : New Harbinger Publications, 2009

This text reveals practical techniques for decoding the language of Alzheimer's to improve communication. With this book as a guide, the reader will be better able to navigate their relationship and maintain a meaningful connection with the family member/friend who has Alzheimer's.

*The Family Guide to Alzheimer's Disease. Module 2: Behavior Issues*

Nashville, TN : Lifeview Resources Inc, 2004

DVD discusses behavioural symptoms including agitation, hallucinations, sleeplessness and sundowning, wandering, incontinence. Strategies for altering behaviour and improving the quality of life for all are offered including reassurance, cueing, redirection, distraction and validation of underlying feelings. The viewer is reminded of the need to look at behaviours as symptom rather than a problem, to look for causes, consider the ABCs (antecedent, behaviour and consequence),dramatic changes in behaviour may indicate physical problem and doctor should be consulted, as it may be a sign of pain or a reaction to the environment (overstimulating, confusing, disorienting).

*Staying Connected While Letting Go: the paradox of Alzheimer's caregiving*

Sandy Braff.New York, NY: M Evans & Company, 2002

Throughout the book, the advice offered is accompanied by the personal thoughts and experiences of clients which help to illustrate the points being made. The book is organized into 4 main sections, each dealing with a specific stage of the disease. Middle Stage: coming to terms with the disease, learning to cope, adjustment of attitude, emotional reactions of the caregiver, importance of humour, gender differences in adapting to change, the loss of intimacy, preventing burn-out, and discovering resiliency. Late Middle Stage: behavioural symptoms, loss of recognition by spouse, family involvement, getting help, placement and the transition to living alone.

*Understanding the Brain and Behaviour*

Sydney, AUS : Alzheimer's Australia, 2004

DVD explains the functions of the different parts of the brain and shows how the changes in behaviour during the progression of dementia are related to the changes taking place in the brain. Short vignettes with people with dementia and their family caregivers help illustrate the loss of memory, problems with thinking and judgment, changed behaviours, difficulties with tasks of daily living and changes to mood or personality related to the progression of dementia throughout the brain.

*Understanding the Dementia Experience*

Jennifer Ghent-Fuller.Cambridge, ON : Alzheimer Society of Cambridge, 2003

An overview of the effects of Alzheimer's disease on the individual, their altered view of reality and the resulting behaviours.