

Learn more about Memory and Dementia

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Websites

AuroraHealthCare.org *Aurora Health Care's* own website includes health information for consumers. In the search box on the upper-right of the webpage type "alzheimer's". Link to information on risk factors, treatment and community resources.

nlm.nih.gov/medlineplus/alzheimersdisease.html *MedlinePlus* has broad coverage of Alzheimer's disease. This handy guide covers overviews of the disease, symptoms and diagnosis, treatment and prevention, and alternative therapies.

alz.org The *Alzheimer's Association* website includes an education center to learn more about warning signs, diagnosis, clinical trials, and treatments. Access the 24/7 Helpline at 1-800-272-3900. Sign up for the free "Alzheimer's Weekly E-news" to stay up-to-date with new treatment research.

alzinfo.org At the *Fisher Center for Alzheimer's Research*, Dr. Paul Greengard and a team of researchers are working on finding the cause, cure and better care for Alzheimer's Disease. Available are disease overviews, the caregiver role, and how to subscribe to the magazine "Preserving Your Memory."

nia.nih.gov/alzheimers *The Alzheimer's Disease Education and Referral Center* helps you find comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Find printable fact sheets, answers to specific questions about AD, and Spanish language resources.

mindtools.com/memory.html *Mindtools* explains the use of memory techniques. Learn how to use tools to strengthen your mind through imagination, association, and location.

Local resources

Aurora Sinai Medical Center, Center for Senior Health and Longevity, Dementia Evaluation Clinic, Michael Malone, MD, Director, 1020 N. 12th Street, Suite 301, Milwaukee, WI 53233, 414-219-7300.

Alzheimer's Association

Southeastern Wisconsin Chapter, 620 S. 76th Street, Suite 160, Milwaukee, WI 53214, 414-479-8800.

Greater Wisconsin Chapter, 2900 Curry Lane, Suite A, Green Bay, WI 54311, 920-469-2110.

Books

Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance by Majid Fotudi, MD, PhD, HarperOne, 2014, 9780062199294, \$12.95. Dr. Fotudi explores new neuroscience research and shows us how we can enhance brain function including memory, comprehension, creativity and concentration.

I Care: A Handbook for Care Partners of People with Dementia by Jennifer A. Brush Mcc/slp and Kerry C. Mills, Author Solutions, 2014, 9781452590738, \$13.99. This comprehensive book offers a greater understanding of how to manage a person with Alzheimer's disease or related dementias. It covers many topics including managing caregiver stress and frustration, understanding changes in brain function, and making home safe.

What If It's Not Alzheimer's?: A Caregiver's Guide to Dementia by Gary Radin and Lisa Radin, Prometheus Books, 2014, ISBN 9781616149680, \$19.00. This book provides information on Frontotemporal Dementia (FTD), one of the largest non-Alzheimer's dementias. Clinical and medical care issues and practices are considered and daily care routines and caregiver resources are shared.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.