

Dementia Book List

Updated October 2025

Online and printed publications about dementia, caregiving, and related aging concerns.

Publications are listed alphabetically by the author's last name. There is a separate section of books for children and young adults.

Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief by Pauline Boss, PhD

This book is about how to manage on-going stress and grief encountered in the caregiver journey. Dr. Boss helps caregivers find hope in understanding "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent.

- Outlines seven guidelines to stay resilient while caring for someone who has dementia
- Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be
- Offers approaches to understand and cope with the emotional strain of caregiving.

When Caring Takes Courage - Alzheimer's/Dementia: At A Glance Guide for Family Caregivers by Mara Botonis

When it comes to Alzheimer's and dementia care, the only thing predictable about your experience is that it will be unpredictable. Get hundreds of effective and easy to implement ideas from healthcare professionals and countless family caregivers, including how to find free resources and affordable care, healing the hurt when your family feels fractured, helping your loved one live well, making the most of medical appointments, learning to decode behavioral "language", bathing without battling, preserving your relationship and the positive impact of proper nutrition and physical activity on brain health.

Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers by Jolene Brackey

When people have short-term memory loss, their lives are made up of moments. We are not able to create perfectly wonderful days for people with dementia or Alzheimer's, but we can create perfectly wonderful moments, moments that put a smile on their faces and a twinkle in their eyes. Five minutes later, they may not remember what we did or said, but the feeling that we left them with will linger. Practical advice sprinkled with hope, encouragement, stories, and generous helpings of humor.

The Dementia Handbook: How to Provide Dementia Care at Home

by Judy Cornish

Providing dementia care is profoundly stressful for families and caregivers. However, when we understand which skills are lost in dementia, and which remain, we can be proactive and tailor our support to meet emotional needs before they become difficult behaviors. Through applying an experiential model rather than medical one, this approach gives care partners the ability to be proactive and avoid inadvertently triggering conflict and stress.

The Itty Bitty Dementia Book

by Tam Cummings, Ph.D.

Designed for family members and professional caregivers, this book helps you quickly understand dementia — what it is, how it affects behaviors, and how to become a more effective, less stressed-out caregiver. It includes easy-to-follow assessment tools to help you determine which stage of memory loss best describes your loved one's behaviors and current condition. The tools assist you and the doctor in planning for the next stage of needed care.

Also available in Spanish: El Libro Pequeño: Sobre la Demencia

Pathways to Well-Being with Dementia, A Manual of Help, Hope and Inspiration

Dementia Action Alliance

This extraordinary how-to manual provides essential information about living with dementia from 48 people living with dementia, care partners, and leading dementia specialists.

The newly released (July 2025) second edition includes:

- New section on anosognosia
- Update on guidance on medication management
- Update on leveraging technology to enhance daily living

Whether you're a person living with dementia, care partner, healthcare professional, or community advocate, this updated guide offers fresh insights, practical tools, and empowering strategies to promote dignity, purpose, and quality of life.

[Click here](#) for more information: PDF is available free, printed copy available to order.

A Thief in the Pantry: A Love Story Through Loss, Resolve, Grief, Faith, and Victory as Alzheimer's Strikes

by Marvin B. Eppard

A Thief in the Pantry is not the typical romance, but a true story of deep, abiding love that saw Marv and Jan through the devastating thievery of Alzheimer's disease. While this book tells a sad story, it also suggests positive solutions to the challenges that caring for Alzheimer's patients will pose to families and care facilities in the near future.

Being Mortal: Medicine and What Matters in the End

by Atul Gawande

This book explores how modern medicine often fails the aging and dying, prolonging suffering in an attempt to extend life at any cost. Gawande, a practicing surgeon, offers examples of freer, more socially fulfilling models for assisting people as they age and develop age-related diseases, including dementia, advocating for better end-of-life care focused on quality of life.

A [PBS documentary](#) was made based on this book.

Mayo Clinic on Alzheimer's Disease and other Dementias

A guide for people with dementia and those who care for them

Jonathan Graff-Radford, M.D. and Angela M. Lunde, M.A.

Mayo Clinic Press

Are there ways you can lower your risk for Alzheimer's disease and other dementias? Can they be prevented? Can you live well with dementia? If so, how? This fully revised and updated third edition of Mayo Clinic on Alzheimer's Disease and Other Dementias provides answers to these questions and more. Third edition will be available August 26, 2025.

By Us, For Us Guides

Founded by Brenda Hounam, a person living with dementia, and supported by the Murray Alzheimer Research and Education Program (MAREP).

The *By Us For Us* guides are a series of unique resources created by a group of talented and passionate people living with dementia and care partners. The guides are designed to provide people living with dementia and care partners with necessary information and strategies to manage daily challenges and enhance their well-being.

[Click here](#) to access the By Us for Us Guides. PDFs are available free from the Research Institute on Aging - Canada.

Honest Aging: An insider's Guide to the Second Half of Life

by Rosanne M. Leipzig, MD, PhD

This book provides a good analysis and comparison about conditions that are not necessarily the result of dementia. It describes what to expect physically, psychologically, functionally, and emotionally as you age, giving guidance about addressing all aspects of aging.

Day to Day: Living with Dementia

by Angela M. Lunde, M.A., Mayo Clinic Press

This book offers essential caregiving guidance, including practical tips and resources, techniques for working through difficult emotions, and strategies for managing common dementia-related challenges. In her 20 years of experience with dementia, Ms. Lunde has made it her mission to improve emotional well-being and quality of life for those living with dementia and their care partners. This book gives you the research-backed strategies Ms. Lunde applies in her work every day.

The Thirty-Six Hour Day

by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritativeness and compassionate approach to care.

Navigating Life with Dementia

by James M. Noble, MD, MS, CPH, FAAN

Navigating Life with Dementia is designed as a handbook including tools to manage both day-to-day issues and to anticipate the long-term impact of the disease for dementia patients as well as their friends and families. This volume will help families in all stages of dementia care, beginning with the earliest hints of cognitive problems through advanced stages.

Daily Comforts for Caregivers

by Pat Samples

This is really a great little book of short daily essays about issues caregivers face. It is encouraging, and practical as well as being empathetic and inspiring.

Coping with Caregiver Worries

by James R. Sherman, Ph.D.

This dynamite book pinpoints the sources of fear, anxiety, guilt, and depression, and tells why they exist. It outfits caregivers with surefire methods for controlling anxiety, building courage, and maintaining the self-confidence they need to conquer the destructive forces that often accompany and threaten caregiving. This is a no-nonsense manual that will stand up under years of repeated use.

When Reasoning No Longer Works: A Practical Guide for Caregivers Dealing with Dementia & Alzheimer's Care

by Angel Smits

This reference gives the reader an easy to understand view of what dementia does to the brain, how it is diagnosed, and most importantly, how to deal with its effects.

Understanding the Changing Brain: A Positive Approach to Dementia Care

by Teepa Snow

The first in a planned series, this book originated from a collection of articles written by dementia expert Teepa Snow. Topic areas have been organized in a cohesive way to help the reader gain a better understanding of dementia and provide a philosophy that re-energizes care.

Teepa Snow's Dementia Care Partner Guide - Revised edition

By Teepa Snow

This book is packed with practical strategies for handling dementia-related situations with real-life examples and photographs from Care Partners like you.

Teepa's new Dementia Care Partner Guide features many updates from the original Dementia Caregiver Guide, including:

- A more in-depth look at the GEMS States of Brain Change, with her updated language and philosophy
- New photos to enhance learning, including a step-by-step photo guide to the Hand-under-Hand® support position
- Essential information about Positive Action Starters, Positive Personal Connectors, and Visual-Verbal-Touch Cueing
- Bonus resource card visual aids

Creative Solutions to Challenging Situations Workbook

By Teepa Snow

The Creative Solutions Workbook is designed to be used alongside the DVD, to help both the person living with dementia and the care partner to find support and gain insight. This workbook delivers practical, easy-to-use content and provides space for personal reflection to help users piece together the dementia puzzle in a positive manner.

Workbook sections include Unmet Needs, Communication Abilities, PAC Personality Traits, the GEMS®, Six Pieces of the Puzzle, Me Sheet, Reframing Your Challenge, and Stress Tamers.

I Know You by Heart: Navigating the Dementia Journey

by Angie Swetland

How do I cope with this new manifestation of the disease? How do I prepare for an uncertain future? Contained within these pages are answers to some of your questions as well as strategies for your future. Caregiving is often an isolating experience. Stories from the lives of others let us know that our experiences are not unique. Be assured that many have gone before, and others are walking the same road today.

When Waves Rise: Navigating Difficult Moments Associated with Dementia

by Sarah Viola, OTR/L

The ever-present changes that dementia creates lead to challenges that are not easily understood.

When Waves Rise helps to explain these changes and challenges with practical examples that provide technical explanations and takeaways. Care providers can use the tools in this book for day-to-day support and ongoing care as the disease progresses.

Preserving the Etchings of the Mind: Aging, Dementia, and Hearing Loss

by Dr. Jamie A.B. Wilson

Dr. Wilson embarks on a fascinating and entertaining journey on the what, how, and why of hearing loss and its connection to dementia. In this easy-to-read, informative book, tips and illustrations show what we can do to protect ourselves against dementia while maximizing the quality of our lives.

For Children and Young Adults

Dancing with Granddad

The Dancing with Granddad coloring book is designed to be a teaching tool adults can use to have a conversation with a child about Alzheimer's disease. As children color in the pictures, they will also go on the journey of learning in an age-appropriate way that seven-year-old Nia's Granddad has Alzheimer's and will need to move to a new home.

Gardening with Grandma

Gardening with Grandma is designed to be a teaching tool adults can use to have a conversation with a child about Alzheimer's disease. The book takes young readers on the journey with 8-year-old Luke as he learns new ways to connect with his grandmother who has Alzheimer's disease. Luke learns that even though she has a disease that affects her memory and behavior, she still loves him. Gardening with Grandma ends with a message to adults to help them have meaningful, age-appropriate conversations with a child when a special person in their life has Alzheimer's.

[Click here](#) to order. Created by the Alzheimer's Foundation of America

Grandma's Living With Dementia

by Amanda Bulgarelli and Abby Snow

In this book, we invite you to join Timmy and his parents as they learn to appreciate the joy that dementia can bring when you choose to engage in the moment and you have a Positive Approach. Written by Teepa Snow's two daughters, Abby and Amanda, this book was intentionally designed to help you notice and appreciate what is happening and what is not happening for someone in your life who is living with dementia.

Bad Words and Dementia

by Amanda Bulgarelli and Abby Snow

In this book, we invite you to join Timmy as he figures out what to do and how to respond when he hears Grandma say a word that he hasn't heard her say before. With dementia, there will be things that are lost, but more importantly, there will be many skills that remain. Knowing more about how to focus on what remains will help everyone have a better time when together.

[Click here](#) to go to the Kid's Books section of Teepa Snow's Positive Approach to Care website.

Grandma, It's Me! A Children's Book about Dementia

by Y. Y. Chan (Author), Pearly L. (Illustrator)

Riley loves spending time with her grandparents, but after visiting them one day, she notices Grandma doesn't recognize her. Mommy explains that Grandma may have dementia, so her memory isn't as good as it used to be. Riley tries her best to help Grandma remember and writes about their time together in her diary.

This uplifting and touching story encourages young readers to support and care for the elderly with love, patience and understanding. Written as a series of diary entries, *Grandma, It's Me!* also encourages journaling as a way to process emotions and feelings in order to become resilient to face life's many challenges.

The Gift of Goodbye: A story for kids of all ages who love someone with Alzheimer's Disease

by Louise Cypress

Not only does this book delve into Alzheimer's Disease, the story explores the everyday problems that all young kids face: feelings of inadequacy, embarrassment, finding yourself, friendships and even the stirrings of young love. When Sydney starts taking art lessons from Grams, she connects with Grams in a way that Caleb can't. Love, lost memories, and new friendships enable powerful conversations to happen, especially about the toughest topic of all--Alzheimer's disease.

Betty the Bald Chicken: Lessons in How to Care

by Lori La Bey (Author), Scott Carlson (Author), Emilee Lund (Illustrator)

Betty the Bald Chicken, was inspired by Lori La Bey's journey caring for her mother, who lived thirty years with Alzheimer's disease, but this book is not limited to those dealing with dementia. Betty the Bald Chicken, teaches people of all ages we have much more in common with one another than we are different. The questions in the back of the book help us to talk with our children about the ripple effect our choices have on others.

No Sad Songs

by Frank Morelli

When Gabe LoScuda's parents take an overnight trip to Atlantic City to celebrate their wedding anniversary, what was meant to be one evening of caring for his grandfather, who has dementia, turns into forever. Gabe wakes to a phone call that changes his life completely, finding out that his parents have died in a car accident. He does his best to care for his grandfather, but this is a full-time job that he cannot manage on his own. Although the subject matter is heavy at times, the author uses humor to keep the story going. This unique novel is written with chapters that alternate with Gabe's essays and his memories.

Grandpa and Lucy: A story about Love and Dementia

by Edie Weinstein

Edie Weinstein is a ninth grader at Visitation High School in Saint Paul, Minnesota. Edie wrote Grandpa and Lucy for a Girl Scout Silver Award Project to help more people, particularly youth, learn about dementia. She wanted to make it more enjoyable for young people to talk to their relatives or other older friends who have dementia. Because dementia can make someone's world shrink, Edie hopes Grandpa and Lucy can help some families become closer and broaden their world.

What Flowers Remember

by Shannon Wiersbitzky

Delia and Old Red Clancy make quite a pair. When they dream up a seed-and flower-selling business. But something is happening to Old Red. He's forgetting places and names and getting cranky for no reason. As his condition worsens, Delia makes it her mission is to gather Old Red's stories so that no one will forget, and she corrals everybody in town to help her. What Flowers Remember is the story of love and loss, of a young girl coming to understand that even when people die, they live on in our minds, our hearts, and our stories.