Local Author Publishes Dementia Caregiver Guide

Because two out of every three people with Alzheimer’s disease are women, the majority of dementia caregivers in married couples are men. Winnipeg clinician and older-adult specialist, Angela Gentile gives a voice and extends a lifeline to an underrepresented caregiver – women caring for a husband with dementia.

In her book *Caring for a husband with dementia: The ultimate survival guide*, she describes experiences before diagnosis when things begin to feel “not quite right”, how to address the emotional impact of the disease, and how to cope practically with the realities of caregiving without succumbing to emotional or physical burnout.

According to Gentile, the book is “specifically for caregiving spouses as they often have difficulty seeking help. They have been called the invisible or hidden patient”. Although it is aimed at women, she states that “many of the common issues wives deal with on a regular basis also resonate with other dementia caregivers”.

Huffington Post columnist Dr. Marie Marley writes in her foreword to *Caring for a husband with dementia*: “The pages are chock full of advice that can be directly applied on a daily basis, which will lead to improvements in the care of the loved one and life of the caregiver”.

You can borrow this book and others on the subject of caregiving from the J.W. Crane Memorial Library.

Librarian House Call

Want to learn more about library and information services? Think you need to update your literature searching skills or find out how to search for materials and best practice documents on specific long-term care related topics?

The Long-Term Care Outreach Librarian for the University of Manitoba Health Sciences Libraries is available in person, over the phone or virtually for “house calls” to discuss information literacy and services topics with you.

To set up a time to meet with the librarian contact the J.W. Crane Memorial Library today!
New Titles Available at the Library

Written for a broad range of mental health professionals, this book explains why depression can be challenging to treat in older adults and describes the most effective interventions. Noted geriatric psychiatrist Gary J. Kennedy draws on extensive clinical experience and research to present current best practices in pharmacotherapy, psychotherapy, other psychosocial and lifestyle interventions, and electroconvulsive therapy. Kennedy emphasizes the importance of integrating care across service settings and building strong partnerships with patients and their families. Quick-reference tables throughout the book distill critical elements of intervention.

Norris K. Creative connections in dementia care: Engaging activities to enhance communication. 2015.
Creativity is preserved in dementia long after other abilities are lost, so that making art provides rich opportunities for meaningful engagement for people with Alzheimer’s or dementia. Creative Connections in Dementia Care provides care partners with the knowledge and easy-to-follow steps they need to successfully implement art projects in a group or one-on-one setting—and no art experience is required! Written for anyone who cares for a person with dementia - family members, friends and professionals - this how-to manual is packed with guidance to help enhance communication, interactions, task breakdown and problem-solving efforts while also encouraging the abilities of each participant.

The fourth edition of this bestselling, highly regarded book has been fully revised to incorporate changes in law and clinical guidance making a vital impact on patient management. Expanded throughout, this new edition also integrates two entirely new chapters covering testamentary capacity and role of the physician, and religious beliefs and end of life issues. Its practical, reflective and informative approach continue to make it essential reading for all health professionals, particularly trainees, involved in making difficult decisions in the care of older persons. It is also highly recommended for undergraduate medical students.

This book brings together a broad range of experts working on the different aspects of foods and dietary supplements in health promotion and disease prevention. They define a range of ways in which foods, nutriceuticals and dietary supplements prevent disease and promote health in older adults. First by reviewing the medicinal role of foods, herbal, and dietary supplements in health promotion in older adults. Then they review the most recent studies of how foods, herbal and dietary supplements are effective in the prevention and treatment of a variety of diseases in older adults. They consider alcohol and other drugs of abuse which can adversely affect the health of older adults. Lastly, they consider foods and dietary supplements in gene regulation in older adults.

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