

34th Alzheimer's Disease International Conference – Chicago – July 2018

Session: "Engaging people living with dementia and care partners"

July 28, 2018 – 4:00-5:30 pm – Room 196b

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ALZHEIMER'S: A Love Story References/Resources



ADVANCED LIFE PLANNING AND DIRECTIVES

A "Peace of Mind Life" begins with planning ahead.

https://en.wikipedia.org/wiki/Five_Wishes

The Five Wishes

Worksheets including advance directives and planning

Created by "Aging with Dignity."

<http://www.goodendoflife.com>

Good End of Life

Worksheets including 1) The Plan, 2) Advocates, 3) Hospital Readiness, 4) Caregiving guidelines, and 5) Last Words.

<http://www.usa.gov>

Advance Life Directives and Planning

<http://www.amazon.com>

Legal Guide for Lesbian and Gay Couples 2016 (Updated often)

By: Frederick Hertz Attorney, Emily Doskow

Excellent guidelines for Gay Couples and what needs to be in place at end of life.

GENERAL SPIRITUAL

Living a loving, centered life helps prepare for anything which may occur.

How to Love. Thich Nhat Hanh. 2014.

The Four Agreements. Don Miguel Ruiz. 1997.

Attitudes of Gratitude. M.J. Ryan. 1999.

There's A Spiritual Solution to Every Problem. Wayne W. Dyer. 2003.

Living Beautifully: With Uncertainty and Change. Pema Chodron. 2013.

DEMENTIA / ALZHEIMER'S

Each person experiences Dementia/Alzheimer's in their own way but none-the-less a universality of experience exists.

What the Hell Happened to My Brain? Living Beyond Dementia. Kate Swaffer. 2016.

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss. Nancy

DEMENTIA/ALZHEIMER'S: References/Resources – Michael A. Horvich

L. Mace & Peter V. Rabins. 2012.

Living Your Best with Early-Stage Alzheimer's. Lisa Snyder, MSW, LCSW. 2010

Please Take Me Home Before Dark: One Family's Journey With Alzheimer's Disease. Billie J. Pate & Mary Pate Yarnell. 2006.

Into the Mist. Deborah Uetz with Dr. Anne Lindsay. 2005.

Alzheimer's Early Stage. Daniel Kuhn, MSW. 2003

Learning to Speak Alzheimer's. Robert N. Butler MD. 2003.

What If It's Not Alzheimer's? Lisa and Gary Radin. 2003.

GRIEF

While living with Dementia/Alzheimer's there is day to day loss grief, anticipatory grief, and end of life grief.

It's OK that you're NOT OK. Megan Devine. 2017.

Yoga for Grief and Loss: Poses, Meditation, Devotion, Self-Reflection, Selfless Acts, Ritual. Karla Helbert. 2015

Healing After Loss: Daily Meditations for Working Through Grief. Martha W. Hickman. 1994.

Two pamphlets: Navigating GRIEF: A Beginners Guide. AND Anticipatory Grief: A Guide to Dealing with Impending Loss. Other information also available at: www.whatsyourgrief.com.

MORE ABOUT MICHAEL – CHECK OUT HIS WEBSITE

Michael has been called a "Renaissance Man." He shares many of his interests with links at his online site.

MICHAEL'S SITE

<http://www.mhorvich.com>

MICHAEL'S BLOG'S

<http://mhorvichcares.blogspot.com>

BLOG: michael a. horvich cares about alzheimer's

Informed by Michael and his life partner Gregory's journey with Dementia/Alzheimer's including anecdotes, observations, practical how to, life lessons, poetry, and more. Now inactive but archives over 1,250 posts which received 110,000+ hits from 2010 to 2015.

<http://mhorvich.blogspot.com>

BLOG: michael a. horvich writes

Memoirs with observations, life lessons, anecdotes, fiction, creative non-fiction, at times fiction, poetry, dealing with grief, & more.

MICHAEL'S POETRY

<http://www.amazon.com>

Many of Michael's poems have been informed by his and Gregory's journey with Alzheimer's but they also include much more including humor, insights, life observations, dreams, stories, etc!

Sit with Me a While: The Collected Poetry 2000-2010

Sit with Me A While Longer: The Collected Poetry 2011-2013

MICHAEL'S DOCUMENTARY – ALZHEIMER'S: A Love Story

This 35+ award-winning documentary has played to over 90 film festivals worldwide including the Cannes Film Festival.

Documentary can be seen on: AMAZON.com (Rent: \$3.00, Buy \$8.00) AMAZON.com/Prime (Free,) VIMEO.Com (Rent: \$4.00, Buy \$9.00,) SEEDANDSPARK.Com (Subscribe: Pay what you can.)