



FamilyMeans

CAREGIVING & AGING

Books on dementia (for children)

Nice to Meet you... Again — Empowering Children to Find Joy and Understanding in Loved Ones with Dementia

Author: Susan Bottum-Jones

Description: "No! No!" shouted Ollie, "I don't want to go in there! That's not my grandpa; he doesn't even know who I am anymore." So begins the beautiful journey of a little boy who transitions from being scared and frustrated that his grandpa, and best friend, does not know him anymore, to a boy who learns what HE can do to reconnect with his grandpa who is living with dementia. This unforgettable story takes readers through a range of emotions, from sadness to hope, as Ollie learns how to better understand the effects of dementia experienced by his grandpa and what he can do to help hold on to his relationship and enjoy their time together. This story is a lesson for children and adults to learn to accept a loved one experiencing dementia and to celebrate the joy in the interactions they still experience together.

What's Happening to Grandpa?

Author: Maria Shriver & Sandra Speidel

Description: Kate has always adored her grandpa's storytelling, but lately he's been repeating the same stories again and again. One day, he even forgets Kate's name. Her mother's patient explanations open Kate's eyes to what so many of the elderly must confront: Alzheimer's disease and other forms of memory loss. Determined to support her grandfather, Kate explores ways to help him--and herself--cope by creating a photo album of their times together, memories that will remain in their hearts forever.

The Memory Box

Author: Mary Bahr

Description: When Gramps realizes he has Alzheimer's disease, he starts a memory box with his grandson, Zach, to keep memories of all the times they have shared.

Still My Grandma

Author: Veronique Van Den Abeele

Description: Camille and her grandma have a special friendship. They have sleepovers, bake chocolate cupcakes together, go out shopping, and giggle at old photographs. But one day Grandma forgets Camille's name. Then she can't remember where to put her shoes.

Curveball: The Year I Lost My Grip

Author: Jordan Sonnenblick

Description: There's nothing All Star pitcher Peter Friedman loves more than baseball. He breathes it, dreams it, and works his tail off to be great. Most kids are nervous about starting high school, but when you're the star athlete, girls, popularity, and all-around stud status are sure to follow. Then a pitching accident over the summer ruins Pete's arm. If he can't play baseball in high school, what is he supposed to do? If he isn't the star pitcher, then who is he? To make matters more complicated, there's something going on with Pete's grampa -- he's acting weird and keeps forgetting important things. The only person Pete can confide in is Angelika, the amazingly cute girl in his photography class who might like Pete as much as he likes her . . . Only, Angie doesn't know if she can date someone who can't be honest with himself, or with the people he's closest to.

Remember Me When: Navigating Through Alzheimer's Disease

Author: Isabelle Angelite Ster, Emily Morgan

Description: The cruel reality of Alzheimer's disease is that it steals from two groups of people. Individuals suffering from this form of dementia are callously robbed of their minds and memories over time. Just as heartbreaking, though, is the theft of the continued comfort and joy the Alzheimer's patients would have brought to their family members and loved ones as the disease progressively grows worse. Remember Me When is a heartfelt story that provides insight into the terrible crime that is Alzheimer's disease, as told from the perspective of an unlikely collateral victim -a child. Combining a touching story written by 8-year-old Isabelle Ster (whose grandfather, Papa Jerry, suffers from the disease), beautiful imagery from artist Emily Morgan, and expert advice on coping skills and interacting with those who suffer from this disease, Remember Me When will be a cherished resource to families and friends as they journey alongside a loved one with Alzheimer's disease.

What's Wrong With Grandma? A Family's Experience With Alzheimer's

Author: Margaret Sawyer

Description: Every day, children of all ages are forced to confront the reality that a family member has Alzheimer's Disease. With so many "adult" discussions going on, a child sometimes feels left out and confused. What's Wrong with Grandma? speaks to the children trying to cope with an elder who's acting very strange.

Young Ellen expresses, as only a child can, the frustration, sadness, and even anger felt toward Grandma's peculiar behavior, her lapses of memory, and her unexplained fears. But she also captures the warmth and humor of special moments the family shares with Grandma.

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

Author: Louise Cypress

Description: How do you explain Alzheimer's Disease to kids? Start with a bedtime story that will help them process what's happening to Grandma.

Why Did Grandma Put Her Underwear in the Refrigerator?

Author: Max Wallack & Carolyn Given

Description: On some days, seven-year old Julie feels like she's living in a Fun House. Hers is a topsy-turvy world where the toaster sprouts a toothbrush, and a watermelon gets dressed up in pink underpants for Fourth of July! But on other days, Julie struggles with understanding why her Halloween trick-or-treating got cancelled, or why Grandma can't remember her name. Julie is struggling with understanding her grandmother's Alzheimer's disease. Authors Max Wallack and Carolyn Given believe that no child is too young to learn about this disease, or how to participate in providing safe care for their loved one. Why Did Grandma Put Her Underwear in the Refrigerator? is a sensitive, light-hearted children's story that seamlessly provides its young readers with a toolbox to help them overcome their fears and frustrations. It shares easy-to-understand explanations of what happens inside the brains of Alzheimer's patients, how to cope with gradual memory loss, with a missed holiday, or even a missing Grandma!

Really and Truly

Author: Emilie Rivard

Description: With tenderness, sensitivity, and humor, *Really and Truly* explores the effect that dementia has on a young boy named Charlie and his family.

Charlie is very close to his grandfather, who loves to tell fanciful stories about pirates, witches, and gnomes that amuse Charlie to no end. But lately, Charlie's grandpa doesn't have any new stories to tell — in fact, some days grandpa doesn't even recognize Charlie. A disease has stolen grandpa's memories, his appetite, and even his smile.

Charlie wants so much to make his grandpa smile again that he comes up with a plan to tell him stories — the same ones that grandpa used to tell Charlie to make him laugh! Without shying away from the inevitable heartache that comes from watching loved ones suffer, *Really and Truly* is a spirited book for young readers struggling to remain optimistic during troubling times.

Weeds in Nana's Garden

Author: Kathryn Harrison

Description: A young girl and her Nana hold a special bond that blooms in the surroundings of Nana's magical garden. Then one day, the girl finds many weeds in the garden. She soon discovers that her beloved Nana has Alzheimer's Disease; an illness that affects an adult brain with tangles that get in the way of thoughts, kind of like how weeds get in the way of flowers. As time passes, the weeds grow thicker and her Nana declines, but the girl accepts the difficult changes with love, learning to take-over as the garden's caregiver. Extending from the experience of caring for her mother, artist Kathryn Harrison has created this poignant children's story with rich illustrations to candidly explore dementia diseases, while demonstrating the power of love. It is a journey that will cultivate understanding and touch your heart. After the story, a useful Question and Answer section is included. \$1 from the purchase of this book will be donated to the Alzheimer Society of Canada. The Alzheimer Society is Canada's leading health charity for people living with Alzheimer's disease and other dementias.