

# Resources to Help with Dancing the Dance of Belonging: Caring *with* Persons Who Are Living with Dementia

## Video Resources

*More than Words: Successful Ways to Care and Communicate with Persons Who Have Dementia*, produced by Terra Nova Films, 2011.

*Alzheimer's Disease: Inside Looking Out*. Produced by Cleveland Chapter of the Alzheimer's Association, US, 1995. DVD available from Terra Nova Films.

*Alive Inside*. Produced by XImotion Media, US, 2011 ([www.aliveinside.us/](http://www.aliveinside.us/))

*The Memory Loss Tapes*. Produced by Shari Cookson and Nick Doob, US. Can be viewed at <http://www.hbo.com/alzheimers/memory-loss-tapes.html>

*Time Slips*. Produced by Bastings Productions, US, 1999. Available from Bastings Productions.

*Journey by Heart: Caring for Loved Ones with Dementia*. Produced by d-Facto Studio, Canada, 2007. DVD available from Terra Nova Films

*I Remember Better When I Paint*. Produced by French Connection Films, France, 2009. DVD available from Terra Nova Films

*There Is a Bridge*. (Reveals the largely unrecognized capacity of persons with dementia to maintain emotionally meaningful relationships.) Produced by Michael Verde, US, 2007. DVD available from Memory Bridge ([www.memorybridge.org](http://www.memorybridge.org))

## Suggested Readings

Anne Davis Basting, *Forget Memory*

Joanne Koenig Coste, *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*

G. Allen Power, MD. *Dementia Beyond Drugs*

Peter J. Whitehouse, MD, *The Myth of Alzheimer's*

John Zeisel, PhD., *I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's*

## Website Resources

### **Alzheimer's Reading Room**

Alzheimer's Reading Room is the number one source of life news, health, and memory loss information for the entire **Alzheimer's and Dementia community worldwide**. The goal of the Alzheimer's Reading Room is to **Educate and Empower**.

[www.alzheimersreadingroom.com](http://www.alzheimersreadingroom.com)

### **Institute for Music and Neurologic Function**

Their groundbreaking and internationally recognized programs use music therapy to assist the “awakening and healing” of individuals with a wide range of neurological conditions including strokes, trauma, dementia, Alzheimer's and Parkinson's diseases.

[www.imnf.org](http://www.imnf.org)

### **Music & Memory**

Brings personalized music into the lives of the elderly and infirm through digital music technology, vastly improving quality of life.

[www.musicandmemory.org](http://www.musicandmemory.org)

### **TimeSlips**

A group storytelling process founded by Anne Basting that encourages people to imagine rather than remember.

[www.timeslips.org](http://www.timeslips.org)

### **Dance Therapy with People with Dementia**

Reflections and suggestions for using dance and movement to engage persons with dementia.

[www.octaband.com/dementia\\_therapy.htm](http://www.octaband.com/dementia_therapy.htm)

### **Memory Bridge**

Memory Bridge is about learning how to connect at depths never before thought possible with persons who have dementia.

[www.memorybridge.org](http://www.memorybridge.org)

### **Artists for Alzheimer's (ARTZ)**

A nonprofit, membership-based organization that trains artist volunteers to work with people with dementia in facility-based care settings and that manages their volunteer activity.

[www.thehearth.org/aboutartz.html](http://www.thehearth.org/aboutartz.html)

### **Memories in the Making**

A failure-free art program designed to encourage self-expression by people with dementia. The program originally focused on watercolor painting, but individual Alzheimer's Association chapters have adapted/expanded Memories in the Making as it has spread across the country.

[www.alz.org/oc/in\\_my\\_community\\_10849.asp](http://www.alz.org/oc/in_my_community_10849.asp)

### **The Myth of Alzheimer's**

A web site based on the book written by the internationally respected, Peter Whitehouse, MD, Ph.D, and his co-author, Daniel George, Ph.D., an Assistant Professor at The Penn State College of Medicine.

Here, the authors support a growing community devoted to humanizing the way we think about brain aging, strengthening the care and solidarity we provide to persons affected by memory loss, and learning how we can best protect our own aging minds and the minds of our young.

[www.themythofalzheimers.com](http://www.themythofalzheimers.com)

### **Terra Nova Films**

A not-for-profit production and distribution company, Terra Nova Films has the largest selection of films and videos on aging related issues. Clips from many of its videos on dementia care are available for viewing at no cost at its sister sites, [www.videocaregiving.org](http://www.videocaregiving.org) and [www.videoasistencia.org](http://www.videoasistencia.org) (with Spanish subtitles).

[www.terranova.org](http://www.terranova.org)

Feel free to contact me with questions, comments, conversations about the themes covered in ***The Dance of Belonging: Caring with Persons Who Are Living with Dementia***

James Vanden Bosch via email at [jvb@terranova.org](mailto:jvb@terranova.org)