



## Where to Start... Alzheimer's Disease and related Dementias

Suggestions for resources when you **begin** to look for information about alzheimer's disease and related dementias.

Prepared by TOH Patient and Family Library (CIVIC)  
The Ottawa Hospital (Room D100A)  
1053 Carling Avenue, Ottawa, ON, K1Y 4E9  
613-798-5555 ext 13315

[patientlibrary@ottawahospital.on.ca](mailto:patientlibrary@ottawahospital.on.ca)  
[www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp](http://www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp)



These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

<b>Local Association and Support Group</b>	<p><b>Alzheimer Society of Ottawa</b> Monthly support groups and education services. Phone: 613-523-2004 <a href="http://www.alzheimerottawa.org">www.alzheimerottawa.org</a></p> <p><b>Seniors' Health and Caregiver Support</b> City of Ottawa Ottawa Public Health 613-580-6744; 1-888-426-8885</p>
<b>General Information</b>	<p><b>What is Alzheimer's Disease</b> <a href="http://www.alzheimer.ca/english/disease/whatisit-intro.htm">www.alzheimer.ca/english/disease/whatisit-intro.htm</a></p> <p><b>Related Dementias</b> <a href="http://www.alzheimer.ca/english/disease/dementias-intro.htm">www.alzheimer.ca/english/disease/dementias-intro.htm</a></p>
<b>Books and Other Resources – Patient and Family Library (D100A)</b>	<p><b>100 Questions and answers about Alzheimer's disease.</b> 2004.</p> <p><b>Alzheimer's from the inside out.</b> Health Professions Press. 2007.</p> <p><b>Alzheimer's activities that stimulate the mind.</b> Bazan-Salazar. 2005.</p> <p><b>Keeping busy...A handbook of activities for persons with dementia.</b> James R. Dowling. 1995.</p> <p><b>Navigating the journey of aging parents. What care receivers want.</b> Cheryl A. Kuba. 2006.</p> <p><b>The 36-hour day. A family guide to caring for persons with Alzheimer disease, related dementing illnesses, and memory loss in later life.</b> Nancy L. Mace. 1999.</p> <p>Check our catalogue at: <a href="http://www.ottawahospital.on.ca/library/catalogue-e.asp">http://www.ottawahospital.on.ca/library/catalogue-e.asp</a></p>
<b>Web Sites</b>	<p><b>Alzheimer Society of Canada</b> <a href="http://www.alzheimer.ca/">www.alzheimer.ca/</a></p> <p><b>Alzinfo.org – The Alzheimer's Information Site</b> <a href="http://www.alzinfo.org/">www.alzinfo.org/</a></p> <p><b>ADEAR (USA)</b> <a href="http://www.alzheimers.org/">www.alzheimers.org/</a></p> <p><b>Family Caregiver Alliance (USA)</b> <a href="http://www.caregiver.org/">www.caregiver.org/</a></p> <p><b>MedlinePlus (USA)</b> <a href="http://medlineplus.gov/">http://medlineplus.gov/</a></p>