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Implementing an Alzheimer's and Dementia Library Outreach Program: A Partnership Between
the Nebraska Chapter of the Alzheimer's Association and Nebraska Libraries

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Abstract

This paper focuses on the establishment of an Alzheimer's and dementia library outreach program in Nebraska, initiated by the Nebraska Chapter of the Alzheimer's Association. The program aims to address the lack of community resources and support for individuals affected by dementia-related diseases in Nebraska. Extensive research, including interviews with successful library outreach programs globally, informed the program's foundation. A survey distributed to Nebraska libraries had a stellar response rate, with 57 libraries expressing interest in collaborating. An in-depth guide was created and distributed to the interested libraries, outlining program components such as educational programming, support groups, and a designated purple shelf for Alzheimer's and dementia-related literature and resources. Several libraries have already requested educational programs, support groups, and resources for their communities. Some challenges in developing the outreach program include the limited response from the Omaha public library system. To ensure ongoing success, continuous communication between the Alzheimer's Association and partner libraries is crucial. The Association should also seek an endorsement from the Nebraska Library Association to attract more Nebraska library partnerships. By fostering collaborations between Alzheimer's Association and Nebraska libraries, this outreach program endeavors to create a more inclusive and dementia-friendly environment within communities.

Introduction

This paper primarily focuses on the establishment of an Alzheimer's and dementia library outreach program in Nebraska. This outreach program was created by the Nebraska Chapter of the Alzheimer's Association to partner with libraries located in the state of Nebraska. The backgrounds of the Alzheimer's Association and Nebraska libraries as well as the goals and objectives of this outreach program project are discussed. The methods and materials that were employed in the study in terms of how the foundation of the library outreach program was created are examined thoroughly. Additionally, the resources used to inform the background of the project are analyzed to understand the importance of social and community engagement and resources for those diagnosed with Alzheimer's and dementia and their loved ones. The outcomes of the survey that was distributed to libraries to gauge their interest in partnering with the Association for the outreach program as well as the process of formulating the overarching library outreach program guide are described in the description and content of the study. Furthermore, the supporting documents of the study relating to the library outreach program guide and the updated Alzheimer's and dementia booklist are reviewed. The final section of the paper addresses the future steps that the Alzheimer's Association and the Nebraska libraries that they are collaborating with can take to ensure the utmost success of the outreach program in their respective communities, like maintaining community engagement with the program, as well as a comprehensive evaluation of the study and project.

Organizations like the Alzheimer's Association play a crucial role nationwide in supporting individuals that are affected by Alzheimer's and dementia-related diseases. Specifically, the Alzheimer's Association is a well-known organization that is dedicated to addressing the rapidly increasing Alzheimer's and dementia disease crisis through providing

support and education to those that are impacted by these diseases while also striving to advance prevention and treatment research to work towards a cure (The Alzheimer's Association, 2018). Unfortunately, Alzheimer's and dementia-related diseases have only grown more common in recent years. According to the Alzheimer's Association (2018), there are over five million people in the nation that are living with Alzheimer's while there are 16 million caretakers serving them. Ensuring that organizations like the Alzheimer's Association continue to be involved within communities to provide resources and support to those that are experiencing the effects of these diseases is essential.

With such a high prevalence of Alzheimer's and dementia diagnoses, dementia-friendly communities must be established. Dementia-friendly communities help to provide more inclusive community spaces and resources for those that are living with Alzheimer's and dementia (Baker, A., et al., 2018). One easily accessible resource for members of the community is libraries. However, none of the libraries located in the state of Nebraska have an Alzheimer's and dementia-related community resource initiative for those affected by the disease. The lack of resources, educational programs, and social opportunities in Nebraska libraries for people that are impacted by Alzheimer's and dementia create an urgent need for collaborative community efforts to create a dementia-friendly environment within their libraries.

The programs department at the Nebraska Chapter of the Alzheimer's Association recognized the library as a general hub for community members. They also noticed that many older adults utilize the library as an informational resource and fulfill their social needs by becoming part of groups and programming that are hosted at the library. Thus, the Alzheimer's and dementia library outreach program was created by the Nebraska Chapter of the Alzheimer's Association to fill the gap within Nebraska libraries that was demonstrated by those struggling

with the diseases and their loved ones to supply more social and educational resources within the communities.

Many steps were taken to create the library outreach program's foundation and to make connections with Nebraska libraries that would be interested in implementing the outreach program in their communities. One of these steps included researching past library outreach programs that have been successfully created and established in both libraries and the Alzheimer's Association and conducting interviews with some of them to gain insight as to how they organized their successful library outreach programs in their communities. Another step in creating the outreach program was creating and dispersing the survey to Nebraska libraries to gauge their interest in partnering with the Association to implement this program in their libraries. After establishing which libraries were interested in collaborating with the Alzheimer's Association, site visits were conducted by the practicum student to interested libraries that were easily accessible from Omaha. This was done to research how libraries displayed and promoted their programming and community resources. The site visits also provided insight into the selection of literature that the libraries had that related to Alzheimer's, dementia, and caregiving of the diseases. Subsequently, an overarching guide that advised the libraries on how to establish the program in their communities successfully was then created and dispersed.

Libraries immediately began to reach out to the Alzheimer's Association regarding the implementation of the outreach program in their libraries, especially when it came to scheduling educational programming. All of the steps taken to create the outreach program were crucial in creating the foundation for the Alzheimer's Association's partnerships with libraries in Nebraska. Overall, this outreach program aims to provide more awareness about these diseases and support for people that have been affected by them through creating a designated purple shelf area

located in the participating Nebraska libraries that will display literature relating to Alzheimer's and dementia and resources from the Association for patrons to access as well as hosting educational programs and support groups for their communities.

Goals and Objectives

The overall objective of this project was to create and implement a library outreach program in Nebraska libraries. This was achieved through developing partnerships between interested Nebraska libraries and the Nebraska Chapter of the Alzheimer's Association. The goal was for library patrons and community members to gain more awareness and have more access to Alzheimer's and dementia resources. This was established by creating educational programming and support group host site opportunities to be hosted in the libraries since it is easily accessible in most communities. An additional goal of the library outreach program was to create a designated shelf area to display Alzheimer's and dementia-related literature and resources in a visible area for patrons to access. It was also vital for an updated booklist to be created for the Nebraska Chapter of the Alzheimer's Association to distribute to their clientele since there has not been an official updated booklist released since 2019 and there have been many publications relating to the topics of Alzheimer's, dementia, and caregiving since then.

Project Planning

Materials and Methods

Many planning methods were utilized to construct and prepare to create the foundation for the Alzheimer's Association Nebraska Chapter Library Outreach Program. The first step was researching prior Alzheimer's and dementia outreach programs that had been conducted successfully worldwide. The practicum student first started by searching in an internal forum platform that the Alzheimer's Association has for their employees to see if any other chapters

throughout the Association had partnered with libraries previously. Looking at the forum, the practicum student saw a post and responses where Association employees had indicated their chapter's partnerships with libraries. The practicum student reached out to the Association employees that had responded to the forum via email to ask them if they would be interested in helping with the Nebraska Chapter's outreach program research and conducting an interview with the practicum student to gain more insight into how they conducted their programs. The practicum student also performed extensive online research into successful Alzheimer's and dementia-related outreach programs that had been previously conducted. Through their research, they located numerous articles and websites that described the wide variety of related outreach programs. Some of the websites included contact information for staff members that were involved in creating the Alzheimer's and dementia community partnerships. Utilizing the contact information provided in the websites and articles, the practicum student reached out to the respective library staff members that were involved with the outreach program to see if they would be interested in discussing how they started and maintained their outreach programs in their communities to inform the practicum student's research through a remote interview.

The practicum student was able to conduct eight total interviews with people that had previously established and maintained successful outreach programs. Four of the interviews were conducted with employees from the Alzheimer's Association nationwide from the Missouri, Greater Pennsylvania, West Tennessee, and Western New York Chapters. The other four interviews were conducted with library employees and other community members worldwide (located in Wisconsin, Illinois, and Australia) that were integral to the formation of their respective library outreach programs. From these interviews, the practicum student derived key takeaways that were important to the formulation of their library outreach programs to

incorporate into the Nebraska Chapter's library outreach program. This included the notion of hosting virtual programs and educational courses in libraries for both the staff members and library patrons in addition to in-person modalities so that it is more accessible to community members and not limited to scheduling difficulties that can be present when attempting to schedule in-person programs. Another takeaway from these interviews was that it can be difficult for organizations to figure out how to reach rural communities at times, which is especially relevant for Nebraska. With rural communities in mind, libraries can be a community resource hub that can help to educate community members about what state resources are available to them. An additional takeaway was to make sure to have proper event and program registrations in place so that the library and the event leader from the Alzheimer's Association are prepared for the number of people that are going to be attending. Overall, the research conducted through the interviews with people that have conducted successful Alzheimer's and dementia outreach programs previously was informative and insightful to the formulation of the Nebraska Chapter's Alzheimer's and dementia library outreach program foundation.

The websites and articles describing successful Alzheimer's and dementia library outreach programs that had been conducted worldwide mentioned previously were also researched in depth by the practicum student. Specifically within the websites and articles found, they found about ten different similar Alzheimer's and dementia outreach programs. The practicum student was able to derive an abundance of information regarding how these outreach programs were conducted to help inform the establishment of the Nebraska Chapter's library outreach program. For example, the Alzheimer's Association's Green-Field Library Program presents the Chica community with information regarding Alzheimer's and dementia well-being (e.g., nutrition, financing, end-of-life planning, audios resources, and sexuality) as well as

caregiving books and videos to help with long-term care decisions and other resources (Worldwide Aging Related Programs, n.d.). There were also a few libraries that created caregiver kits for patrons to check out to have activities to do with those that have been diagnosed with Alzheimer's and dementia-related diseases, like sensory activities, blasts from the past, puzzles, and games (Illinois Cognitive Resources Network, n.d.; Orland Park Public Library, n.d.; The Akron-Summit County Public Library, n.d.; Waterloo Public Library, n.d.; "What is a Dementia Friendly Library?", n.d.; Stewart, Randy, 2020). Additionally, some libraries also strived to host memory cafes for those that have been impacted by and diagnosed with Alzheimer's and dementia by creating a safe and inclusive space for them to engage in social and educational opportunities within their communities (Illinois Cognitive Resources Network, n.d.; Library Memory Project, n.d.; The Akron-Summit County Public Library, n.d.). Through researching the previous Alzheimer's and dementia outreach programs that have been hosted in community libraries, the practicum student learned that there are a variety of ways that a library outreach program can present itself to the community and achieve success in raising awareness and fostering educational and social engagement for library patrons.

After the research and interviews were complete, a survey was created to distribute to libraries to gauge their interest in implementing the program into their libraries and gain insight into different aspects related to the outreach program. The online survey was formulated to include several additional research and interview-related questions to gain background knowledge about the library's interest in engaging in an Alzheimer's and dementia-related outreach program, like the one the practicum student aimed to accomplish through their work with the Alzheimer's Association. The survey was done through an asynchronous modality and was created utilizing the online survey system called Google Forms. While the survey was being

created, a list was made of all of the libraries that are located in Nebraska and their respective emails to send the outreach program interest survey. After the survey creation was complete, the survey links were distributed to the Nebraska libraries via email to be completed while the foundation and objectives of the library outreach program were formed by the Programs Director of the Nebraska Chapter of the Alzheimer's Association and the practicum student. 249 total Nebraska libraries were contacted to request their collaboration and partnership with the Nebraska Chapter of the Alzheimer's Association to establish the outreach program in their libraries. 61 libraries responded to the survey, with 35 libraries responding that they were interested in the outreach program, 22 libraries responding that they may potentially be interested in the partnership, and four libraries responding that they were not interested in the collaboration. After a library completed the survey and if they expressed interest in partnering with the Association, they were then sent a follow-up email while the overarching guide was created that included brief details about the outreach program and the educational programming that the Alzheimer's Association could offer them to host at their library since many libraries were already looking to make their Fall program scheduling.

Resources

Dementia is a comprehensive term for cognitive-related diseases that result in a loss in an individual's overall cognitive function (Baker, A., et al., 2018). There are many different types of dementia that a person can be diagnosed with. The specific dementia disease type, like Alzheimer's, plays a major role in which symptoms are most prominent in the individual that is diagnosed (Rimkeit, B. S., & Claridge, G., 2017). The symptoms that a person diagnosed with Alzheimer's disease displays, such as issues with concentration, memory, and overarching executive functioning (Rimkeit, B. S., & Claridge, G., 2017) affect their quality of life and their

loved ones (Baker, A., et al., 2018). The number of people that have been diagnosed with dementia has only increased over time. In 2015, there were over 5.3 million Americans with dementia-related diseases (Riedner, M. B., 2015). Worldwide, there are over 47 million individuals that have been diagnosed with dementia-related diseases, with this number anticipated to rise to more than 135 million by 2050 as the older adult population increases (Lin, S. Y., 2017). As the number of people that are affected by dementia-related diseases increases, including those that are diagnosed and their caregivers, it is important to consider how communities can assist them.

Facilitating support for individuals that have been impacted by these dementia-related diseases by providing them with community resources is crucial. A large majority of families that care for individuals that have been diagnosed with dementia aim to have them reside at home for as long as they can (Collins, C., et al., 1991), as evidenced by around 80% of them remaining at home (Rimkeit, B. S., & Claridge, G., 2017). As a result, the need for family caregiving may increase over time as dementia-related symptoms that a diagnosed individual displays become more frequent (Collins, C., et al., 1991). As the family caregiving for those diagnosed with dementia increases, these caregivers need to have varying means of support to help them. Community resources are a source of assistance to family caregivers to help alleviate the strain that caregiving creates on their social engagement and overall quality of life (Collins, C., et al., 1991). Despite the rising prevalence of Alzheimer's and dementia-related diseases and individuals that have been diagnosed and impacted by these diseases, like family caregivers, there is a stark gap in the community services that are available to support those that are affected by these diseases. To prevent the marginalization of a large part of the population that has been

impacted by dementia-related diseases, communities must shift towards becoming dementia-friendly (Baker, A., et al., 2018).

Although there is an overall lack of community resources for people that have been affected by dementia-related diseases, the concept of dementia-friendly communities has recently become more popular. Dementia-friendly communities are loosely defined as any community that strives to become more accepting and actively engages in the stigmatization of dementia in public places (Lin, S. Y., 2017). These specific dementia-friendly communities aim to support and be inclusive toward those impacted by dementia-related diseases, including diagnosed individuals and caregivers (Baker, A., et al., 2018; Lin, S. Y., 2017). How each community approaches its transformation of public spaces toward dementia-related inclusivity may differ depending on their commitment and the resources available.

Libraries are an extremely viable option in regards to which public spaces would be most beneficial to shift toward dementia-friendliness within communities. Public libraries are the pinnacle of community services and can be a key aspect of engagement between community members, especially when considering the provision of support to individuals that have been affected by dementia to increase social engagement and their overall quality of life (Dai, J., et al., 2023). Libraries can also consider partnering with other public services that are located in their communities to bolster their overall dementia-friendliness for their community members and patrons. There are a few different library outreach programs worldwide that have shown to be successful in promoting awareness and inclusivity toward people that have been impacted by dementia-related diseases through these types of partnerships with other organizations. One of these programs is known as the Tales and Travels Program in Canada, which is a library program that partners with their local Alzheimer's public service to provide a social storytelling

experience for individuals with dementia-related diseases and their caregivers (Dai, J., et al., 2023). The community success of Canada's Tales and Travels Program exemplifies how library outreach programs that partner with other public services in the community can effectively provide educational and social engagement opportunities as a community resource for those that are affected by dementia (Dai, J., et al., 2023). There are a variety of different approaches that libraries and potential organizations that they partner with can take towards creating social engagement, educational, and support opportunities for those that have been impacted by dementia and community members to increase dementia inclusivity. Specifically, libraries could pursue educational and social programming, providing kits for loved ones to interact with individuals with dementia, or even promoting the utilization of library resources and literature for people that have been affected by dementia (Riedner, M. B., 2015).

Project Description and Content

A comprehensive guide was created by the practicum student to distribute to the libraries that indicated an interest in the outreach program on the survey to provide an idea of what the Nebraska Chapter of the Alzheimer's Association was trying to accomplish with the outreach program and to explain how to navigate and incorporate the program into their libraries (See Appendix A). The guide was then distributed to these interested libraries in an email once it was completed. This guide included pages relating to the goal of the outreach program. It also contained a page with links to the Alzheimer's Association's website for library staff to undergo training to become more familiar with Alzheimer's and dementia and to better benefit their patrons and community members. Additionally, the guide described how to implement the purple shelf initiative in their spaces. These pages included suggestions of designated months to display related literature, like Alzheimer's and dementia awareness months, photos for the libraries to

use as inspiration for how to display their purple shelves, and links to order Association brochures to provide their patrons. Finally, the purple shelf pages also included links to the official Association booklist from 2019 that included literature and resources related to the diseases (See Appendix B) and a link to an updated booklist for these types of literature and resources that the practicum student created since an official one has not been published since 2019 to provide to library patrons (See Appendix C). The guide also outlined how to host educational programs and support groups in their libraries, provided a list of the different educational programs and support groups the Association offers (See Appendix D), and how to request them to be hosted at their libraries through a Google form. Lastly, the guide also provided libraries with a marketing and promotion checklist for events and support groups to ensure their success with preparation and attendance and included information regarding how to become more involved with advocacy with the Alzheimer's Association.

After the guide was distributed to the libraries, many began the process of incorporating the outreach program into their libraries. Specifically, seven libraries across the state of Nebraska have already requested to host Alzheimer's Association educational programs in their spaces for their communities. To help the Nebraska Chapter plan how and who will lead the education programs that are requested, the practicum student created an online signup for educator volunteers to access the education program information and signup to lead them (See Appendix E). Additionally, one library has also requested to host and facilitate an Alzheimer's Association support group for their community and three libraries have requested brochures to display as resources for their patrons on their purple shelves.

Project Evaluation

The program staff at the Alzheimer's Association recognized a gap in library resources for those affected by Alzheimer's and dementia. The Alzheimer's Association Nebraska Chapter library outreach program was created to fill this need for more Alzheimer's and dementia-related library resources in Nebraska communities. The creation of the program was informed by thorough research and interviews with other similar national and global library outreach programs that have shown to be effective in supporting those that are impacted by Alzheimer's and dementia in their respective communities. The establishment of the Nebraska Chapter's library outreach program was successful as there was an abundance of partnerships made between the Association and libraries throughout the state that were interested in having this program at their libraries.

Though the Alzheimer's Association library outreach program's foundation has been formed in terms of building connections with interested libraries, beginning to schedule educational programming, and dispersing the official guide for the program, there are still steps that both the Nebraska libraries and the Nebraska Chapter of the Alzheimer's Association need to take to ensure the utmost success of the outreach program. Both organizations need to ensure that they are maintaining and promoting the outreach program to the best of their abilities. For the Nebraska libraries, this ensures that they establish and maintain community engagement with the outreach program. For the Alzheimer's Association, this will demonstrate the success of the program in libraries and communities in Nebraska and will be beneficial in the future when continuing to try and establish the outreach program in other Nebraska libraries. Overall, the connection has been made between the interested Nebraska libraries and the Nebraska Chapter of the Alzheimer's Association so that they can continue to have open communication regarding

their outreach program collaboration to ensure that they help as many people that are affected by Alzheimer's and dementia as possible.

Student Feedback

Overall, the practicum student considered the establishment of the Nebraska Chapter of the Alzheimer's Association's outreach program to be successful as there were no major obstacles when creating the outreach program. An aspect that the practicum student felt went well was the quick response rate to the survey that was dispersed to the Nebraska libraries as well as how many of the libraries that responded were interested in the outreach program, with only four stating that they were not. The quick response rate aided with the fast turnaround of the creation of partnerships between the libraries and the Association and the outreach program guide.

However, the practicum student was disappointed that a large majority of the Omaha public library branches did not respond to the survey. Ideally, the Omaha public library system would also implement this outreach program in all of its branches. However, only the Benson branch responded to the survey and stated that they could only display fliers at this point. This is one of several unsuccessful attempts to form a partnership between the Alzheimer's Association and the Omaha public library. Over eighteen months ago, one of the Adult Services Librarians of the Omaha public library stated that they were "going to have to put this on hiatus for the foreseeable future due to the significant changes that Omaha Public Library has coming within the next year, as well as potential staffing changes in the near future". This response coupled with the lack of response to the outreach program survey after multiple follow-ups is unfortunate as there is a real need for community resources for residents of Omaha that are experiencing

dementia-related diseases and their loved ones to come together, and the Omaha public library system would be a great community hub to do so.

Further steps need to be taken by the Nebraska Chapter of the Alzheimer's Association to ensure that the program's success is kept. This would include Association staff members maintaining communications with the libraries that are partnering with them to implement the outreach program in their communities. It would also be beneficial if the Association could conduct site visits after the outreach program has been implemented in the libraries so that they can provide feedback. The Association should also attempt to get in contact with the Nebraska Library Association once the success of the program has been established and present the outreach program to them. This endorsement from the Nebraska Library Association and the display of the outreach program's success in Nebraska communities would potentially create even more interest in partnering with the Association for their outreach program from Nebraska libraries that were not interested previously.

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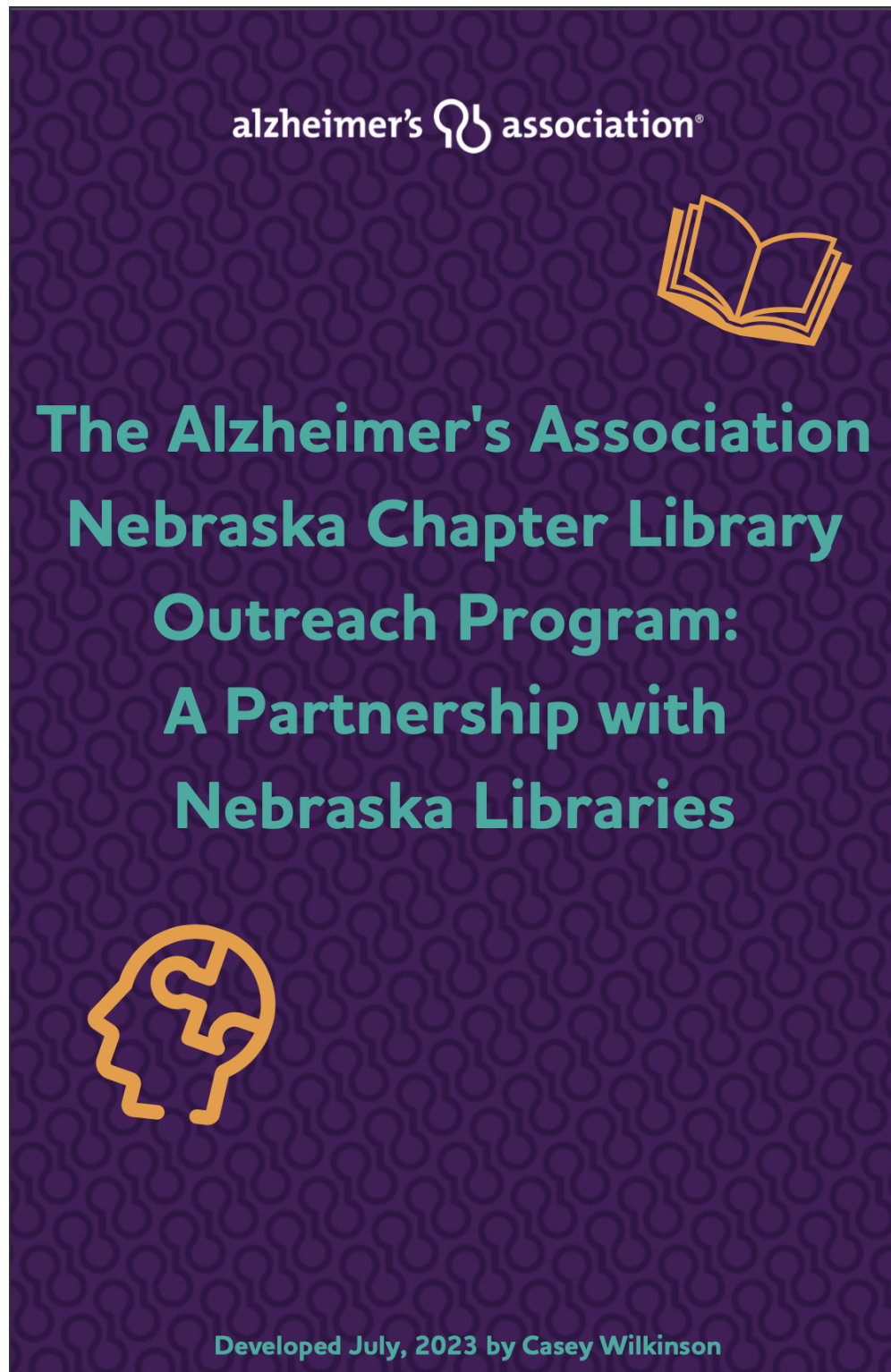
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Appendix A

The Alzheimer's Association Nebraska Chapter Library Outreach Program Guide was created by the practicum student.



Appendix B

2019 Alzheimer’s Association Official Booklist.

Recommended List of Book and Magazines Alzheimer’s Association Green-Field Library

Subject Category	Book Title	Description
Activities	Activities for older people in care homes: a handbook for successful activity planning / S. Crockett, 2013	<i>Activities for Older People in Care Homes</i> complements other resources on activities with information on assessing residents for suitable activities, planning, timetables, budgeting and stretching the dollars, staff buy-in and peer-to-peer advice. Also provides step-by-step instructions for implementing activities including arts and crafts, cooking, exercise, gardening, mediation, music, reminiscence, and seasonal themes.
Activities	Activities to do with your parent who has Alzheimer’s dementia / J.A. Levy, 2014	<i>Activities to do with your parents...</i> (authored by an instructor in occupational therapist with more than forty years experience in multiple healthcare settings) contains activity assessment forms, fifty plus activities with ideas for implementation, safety suggestions, and more.
Activities	Best friend’s book of Alzheimer’s activities Vol. 1 / D. Troxel & V. Bell, 2004	<i>Best Friend’s Book of Alzheimer’s Activities</i> describes 147 activities suitable for all care setting including home care for early and late stages. It contains formal and informal activities and suggested music and songs; activities that are adaptable; activities for unprogrammed times such as evenings, and those focusing on men and intergenerational groups.
Activities	Best friend’s book of Alzheimer’s activities Vol. 2 / D. Troxel & V. Bell, 2007	Volume 2 of <i>Best Friend’s Book of Alzheimer’s Activities</i> contains 149 new activities and themes for adults with dementia covering all stages in all care settings. Includes topics not easily found elsewhere like avoiding surprises and conversation tips. Creative art projects, interactive games, and evening activities are included and those for persons in their 50s and 60s like using the internet and community service.
Activities	Conversation cards for adults: an interactive activity for reminiscing and storytelling / Shadowbox press, 2017	Developed by an activity director for reminiscing and conversation about aspects of a person’s life.

Appendix C

Updated booklist created by the practicum student containing Alzheimer's and dementia-related literature and resources for libraries to display on their purple shelves.

Subject Category	Book Title	Description
Activities	Creative Engagement: A Handbook of Activities for People with Dementia / Rachael Wonderlin, 2020	This activity book aims to teach caregivers how to find dementia-friendly daily activities and introduce them into a person's life, this comprehensive, empathetic guide is aimed at both family members and professionals. Twelve chapters full of useful, tangible activities touch on a range of topics, including exercise, technology, cooking and baking, memory games, and arts and crafts.
Activities	Easy Crossword Puzzles For Adults With Dementia / Luxurymedia Press, 2021	This activity book contains many great features and puzzles, like easy crossword puzzles, simple-to-solve mazes, easy and large-print word search puzzles, light and fun find the difference puzzles with easy-to-read with large print and clear pictures, and very simple instructions and solutions for adults with dementia.
Alzheimer's Disease	Aging Together: Dementia, Friendship, and Flourishing Communities / Susan H. McFadden, 2014	Drawing on medicine, social science, philosophy, and religion to provide a broad perspective on aging, Aging Together offers a vision of relationships filled with love, joy, and hope in the face of a condition that all too often elicits anxiety, hopelessness, and despair.
Alzheimer's Disease	Dementia Handbook & Resource Guide / Grey House Publishing, 2020	This new title is designed to bring together necessary and valuable information for the millions of individuals, family members, and caregivers affected by dementia. For those providing care and support to individuals with dementia, this resource provides easy-to-understand and helpful information about dementia and connects readers to many sources of support.
Bio-Autobiography	Dear Alzheimer's: A Diary of Living With Dementia / Keith Oliver, 2019	Keith Oliver was diagnosed with young onset dementia in 2010. Telling his story through a diary format, this book gives an unparalleled insight into what day-to-day life with dementia is like, and how he continued to live a full life after diagnosis.
Bio-Autobiography	Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's / Olivia Ames Hoblitzelle, 2010	This is a poignant memoir, recounting her and her husband's journey with his Alzheimer's diagnosis. It explores their transformation as they embrace spiritual teachings to navigate the changing landscape of their lives, offering a profound perspective on finding hope and grace amidst profound challenges.
Bio-Autobiography	The First Survivors of Alzheimer's: How Patients Recovered Life and Hope in Their Own Words / Dale Bredesen, 2021	This book shares the inspiring stories of Alzheimer's survivors who have thrived and rediscovered fulfilling lives through revolutionary treatments. Dr. Dale Bredesen provides commentary and practical tips, offering unprecedented hope to patients and their families.
Bio-Autobiography	The Memory of All That: A Love Story about Alzheimer's / Mary MacCracken, 2022	This heartwarming love story follows Mary and Cal as they navigate the challenges of Alzheimer's disease, showcasing their unwavering love and resilience in the face of adversity, offering solace and inspiration to readers confronting their own life struggles.

Appendix D

Education Programs that the Nebraska Chapter of the Alzheimer's Association offers.

EDUCATION PROGRAMS OVERVIEW



We will work with you to find the best program for your group.

Ask us about the NEW Research Champions Program and other awareness presentations.

*Most programs run from 15 to 60 minutes in length

Understanding Alzheimer's and Dementia

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease.

10 Warning Signs of Alzheimer's

Become familiar with the 10 warning signs of Alzheimer's disease and the differences between normal aging, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

Healthy Living for Your Brain and Body: Tips from the Latest Research

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement while using hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Effective Communication Strategies

This program for caregivers explains the communication changes that take place throughout the course of Alzheimer's disease, how to decode and respond to the verbal and behavioral messages delivered by someone with dementia, and strategies to connect and communicate at each stage of the disease.

Dementia Conversations

This workshop offers tips on how to have honest and caring conversations with family members about the challenging and uncomfortable topics of going to the doctor, deciding when to stop driving, and making legal and financial plans.

Understanding and Responding to Dementia-Related Behavior

This program teaches participants how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease

Managing Money: A Caregivers Guide to Finances

Learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

*Living with Alzheimer's for People with Alzheimer's

Being diagnosed with Alzheimer's disease is life-changing and leads to many questions. In this program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

*Living with Alzheimer's for Younger-Onset Alzheimer's

This program offers answers to questions about younger-onset Alzheimer's disease. Hear from those directly affected and learn how to ease the impact throughout the course of the disease.

*Living with Alzheimer's for Caregivers: Early, Middle and Late Stage Series

This 3 part series will help a caregiver through hearing from caregivers and professionals about coping with a diagnosis, care strategies and meaningful connection throughout the stages of dementia.

Appendix E

The educational program signup form was created by the practicum student for educator volunteers to access lead education programs.

Updated 8/7/2021	Location	Dates	Requested Program	Event Signup
	Broken Bow Public Library (626 S D St. Broken Bow, NE 68822)	September (any Tuesday or Thursday) at 2:00	Any	Write your name in the white box below and your preferred date and time if multiple options were given:
	Wilson Public Library (910 Meridian Ave, Cozad, NE 69130)	9/26, 9/28; 10/5, 10/10, 10/24, 10/26; 11/2 at 5:30 pm	Intro, Understanding Alz, 10 Warning Signs, Healthy Living	Write your name in the white box below and your preferred date and time if multiple options were given:
	Lincoln Housing Authority Carol Yoakum Family Resource Center (4621 NW 48th Street, Lincoln)	10/18 at 9:30 am -10:30 am	Living with Alzheimer's for People with Alzheimer's.	Write your name in the white box below and your preferred date and time if multiple options were given:
	Community Pride Care Center (901 S. 4th Street, Battle Creek, NE 68715)	September-November at 6:30 or 7 pm (before the holidays)	Understanding Alz, Understanding & Responding to Dementia, & Living with Alz for Caregivers	Write your name in the white box below and your preferred date and time if multiple options were given:
	Beatrice Library (100 N 16th Beatrice, NE)	September	Intro, Understanding Alz, 10 Warning Signs, Healthy Living	Write your name in the white box below and your preferred date and time if multiple options were given: