

Popular Searches – audio & braille resources

Families and professionals are often looking for audio materials use by persons with dementia and families. Identified here is a selected list of audio resources and a few Braille for caregivers or persons with dementia who may have a visual impairment. They are also helpful for persons with dyslexia.

Materials may be available for loan from the Alzheimer's Association Green-Field Library or for downloading and purchase through various outlets. Search for titles in the [online catalog](#) and visit [how to borrow](#).

Alzheimer's Association National Office

Free Online Courses

Free E-Learning courses inform you about the disease. Listen to ***The Basics: Memory Loss, Dementia and Alzheimer's*** which provides information on detection, causes, and risk factors, stages of the disease and more. ***Know the 10 Signs: Early Detection Matters*** helps dispel myths about Alzheimer's and addresses commonly-held fears about the disease.

<http://training.alz.org>

Recommended List of Dementia Videos

These videos have not been specifically developed for the visually impaired or persons with dyslexia using close-captioned or video descriptive techniques, but may be valuable listening resources.

http://www.alz.org/library/downloads/resources_LibraryCore_videos.pdf

General

Audible.com

Search **dementia**, **alzheimer's**, **caregiving** or any topic or book title of your choice.

<http://www.audible.com>

Encore CCM

Local and regional classical music stations and chamber music ensembles may offer web sites for listening to live concerts. The Chicago Chamber Musicians offer an archive of recorded music from the past 22 years.

<http://www.encoreccm.org>

Dementia Journeys

Links to over 20 music and audio books. See the Music and Audio link on the right-hand navigation bar.

<http://www.dementiajourneys.com>

Learning Ally, Making Reading Accessible for All

Learning Ally was founded in 1948 as a nonprofit organization recording materials for the blind with 65,000 digitally recorded textbooks and literature titles. Individuals and families can join and use the resources for free. Find recorded books on Alzheimer's and caregiving, including *The 36 Hour Day*. Visit <https://www.learningally.org/login.aspx> to search the catalog using "alzheimer" or "dementia". Register online at <http://www.learningally.org>

National Library Service for the Blind and Physically Handicapped

Through a national network of cooperating libraries, NLS of the Library of Congress administers a free library program of Braille and audio materials circulated to eligible borrowers in the United States by postage-free mail. Visit <http://www.loc.gov/nls/faq.html> to learn about this service. State-supported agencies may have more talking books and braille material related to Alzheimer's disease and care. Visit <http://www.loc.gov/nls/find.html> to find the agencies in your state.

Pandora

Listen to radio stations that play specific music chosen by the person with the disease or the caregiver. Enter an artist, song, and composer or find a genre. Register and access your selections anytime, anywhere.

<http://www.pandora.com/#>

WorldCat – find books in Braille

OCLC Online Computer Library Center, Inc.

<http://www.worldcat.org>

Choose Advanced Search

Change Keyword to **Subject** from the pull-down menu

Enter **alzheimer's disease OR dementia** in the search box

Select Braille from the **Format** pull-down menu

Click Search

Results will appear on a **List of records** page. Click any item to read more.

Scroll down to see a list of libraries near you that may own the item/s.

Contact your library to borrow the item/s.

Persons with Dementia and Caregivers

Alzheimer's Dialogues

Sherril Bover, Nancy Graham

Second Wind Book Works, 2005

A two-CD set in four sessions on the basics of the disease, communication, behavior, self-care, and acceptance.

<http://www.amazon.com>

Alzheimer's Early Stages: First Steps for Family, Friends, and Caregivers

Daniel Kuhn

Hunter House, 2011. Available on Amazon

Alzheimer's Store

Selection of music CDs: sign along, old time, gospel, and therapeutic.

<http://www.alzstore.com>

The ART of Caring

Leopold Liss

A philosophy of care based on accommodation, respect, and tolerance for continuous, flexible and person-centered care.

<http://www.theartofcaring.net/dvd.html>

Can't Remember What I Forgot: The Good News from the Frontlines of Memory Research

Sue Halpern

Tantor, 2008. Available on Amazon

Caring for the Alzheimer's Patient: Plain Talk Practical Tools

George Kraus

A multi-disc training module teaching listeners how to screen, assess, diagnose and address care issues.

<http://www.pesi.com>

Creating Moments of Joy (series)

Contains 6 CDs: moving, visiting, communication, reminiscence, dining, activities, bathing, and the environment (safety)

<http://enhancedmoments.com/products-page>

The Dementia Guide

Videos for anyone who has been recently diagnosed with dementia with closed caption (subtitles) in English, Hindi, Urdu, Bengali, Traditional Chinese, and Welsh.

https://www.alzheimers.org.uk/info/20033/publications_and_factsheets/853/the_dementia_guide_in_other_languages

Heart of Healing: Messages and Music for the Heart of Healing

Companion Arts

<http://companionarts.hostedbyamazon.com>

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease

Joanne Koenig Coste

Houghton Mifflin Harcourt, 2004.

The author illustrates the habilitation method of communication between care partners.

Available on Amazon.

36 Hour Day: A Family Guide to Caring for People Who Have Alzheimer's disease, Related Dementias, and Memory Loss

Nancy Mace and Peter Rabins

Johns Hopkins Press, 2013. Available on Amazon

Soothing the Spirit: Guided Imagery Audio CD for Dementia Caregivers

Rosemary Allen

<http://www.dementiatoolbox.com/resources.htm>

Personal narratives

All Gone: A Memoir of My Mother's Dementia. With Refreshments

Alex Witchel

Brilliance Audio, 2012. Available on Amazon.

Dancing With Rose

Lauran Kessler

Recorded Books, 2007

<http://www.theaudiobookstore.com>

Every Single Good Day

Max Nichols

Tate Publishing, 2007

<http://www.audible.com>

House on Beartown Road: A Memoir of Love and Courage

Elizabeth Cohen.

The Author describes her struggle to care for her daughter and her father with Alzheimer's.
Available on Amazon.

Jan's Story Audio Book: Love Lost to the Long Goodbye of Alzheimer's.

Barry Peterson

AudioEditions, 2010

<http://www.audioeditions.com>

Long Goodbye

Patti Davis

Books on Tape, 2004

<http://www.audible.com>

Losing My Mind: An Intimate Look at Alzheimer's

Thomas DeBaggio
Simon and Schuster, 2002. Available on Amazon,

Story of My Father: A Memoir

Sue Miller
Random House, 2007. Available on Amazon

Sum It Up: A Thousand and Ninety-Eight Victories, a Couple of Irrelevant Losses, and a Life in Perspective

Pat Summit
Three Rivers, Press, 2014
NCAA basketball coach tells about facing early onset Alzheimer's Disease. Available on Amazon

Where's My Shoes? My Father's Walk Through Alzheimer's

Breada Avadian
Recorded Books, LLC, 1999
<http://www.recordedbooks.com>

Fiction

Bill Warrington's Last Chance

James King
Blackstone Audio, Inc., 2010. Available on Amazon

Curveball: The Year I Lost My Grip

Jordan Sonnenblick
Brilliance Audio, 2014. Available on Amazon

Pop

Gordon Korman
Balzer + Bray, 2012
Young adult novel about Marcus who meets NFL linebacker Charlie Popovich who has Alzheimer's. Available on Amazon.

Still Alice

Lisa Genova

Simon & Schuster Digital, 2009

Audio version of the novel about a woman who has been diagnosed with early onset. New York Times best seller. Available on Amazon.

Story of Forgetting: A Novel

Stefan Merrill Block

Tantor, 2009. Available on Amazon.

You Lost Me There: A Novel

Rosecrans Baldwin

Tantor, 2010. Available on Amazon.

Listening to Documents

NaturalReader

NaturalSoft, LTD: Richmond, BC

Text to speech software with natural sounding voices can read text documents and PDFs for Windows and Mac. Free to download.

http://www.naturalreaders.com/index.php?gclid=CO_H2ri-iL8CFRQ1MgodmSQAcw

PDFs (Read Out Loud) With Your PC

Many computers have text-to-speech capabilities that read what is displayed on the screen and play it back in audio. Although the quality of the voice and reading style may be imperfect, ready-to-use speech recognition is an alternative to commercial software and significantly broadens access to materials available for persons who are visually impaired or have dyslexia. The following instructions offer an example of how a PDF can be “read” by a computer narrator and “heard” by a listener.

- The instructions assume some understanding of computers.
- Assistance from a sighted person may be necessary to get started.

How to access Audio / Voice Recognition in Windows

- Visit a Web site with a document that has been created in **PDF** and save it to your computer
- **Open it using Adobe Reader** (version 8 or higher)
- Choose **View / Read Out Loud** or **Activate Read Out Loud (however it is worded)**

- Choose **View / Read to End of Document (however it is worded)**
- Listen to the text
- Troubleshoot on next page

Troubleshooting

- The **View** option on the toolbar of your Adobe Reader is essential. If you do not have **View** or you receive an error message, you may need to download the current version of Adobe Reader from www.adobe.com.
- Be sure you have “sound” capability on your computer and it is turned on through the **Control Panel**. If you can usually “hear” sounds, you are all set.
- If the pace of the voice is too fast
 - Open the **Control Panel** in Windows / choose the **Speech, Speech Recognition** or **Text to Speech** icon depending on your version
 - Choose the **Voice** tab and move the “slider” to slow the pace of the speech
 - Choose **Apply / OK**
 - Return to **View / Read to End of Document**
 - Adjust the speed of the voice again if needed to fit listener preference
- If the document has not been created with Adobe or another PDF maker, you will not be able to hear it
- For more information on accessibility using Windows visit <http://www.microsoft.com/enable/products>
- For assistance contact the librarian at the Alzheimer’s Association at greenfield@alz.org

How to access Audio / Voice Recognition in Mac OS X.

- Click the PDF to launch Preview automatically
- Choose **Edit / Speech / Start Speaking**
- Choose **Edit / Speech / Stop Speaking** to stop
- For more information on accessibility using Mac OS X visit <http://www.apple.com/accessibility/macosx/vision.html>.