

Cognitive Disorders

Introduction

Cognitive disorders are a group of conditions characterized by impairments in the ability to think, reason, plan and organize. There are three types of cognitive disorders; delirium, dementia (of which Alzheimer's Disease is the most common) and amnesic disorder.

Delirium is a relatively short-term condition in which the level of consciousness waxes and wanes. It is common in patients after surgery or during illness, as with high fever. It resolves when the underlying problem resolves. There are three categories of causes of delirium: a general medical condition, substance-induced, and multiple causes. An amnesic disorder, in contrast to delirium or dementia, is a condition in which only memory is impaired; for instance the person is unable to recall important facts or events, making it difficult to function normally. Dementia is a chronic impairment of multiple cognitive functions. Persons with dementia may have severe memory loss and also be unable to plan or prepare for events or to care for themselves.

Dementia, Alzheimer's type, is a progressive disorder that slowly kills nerve cells in the brain. While definitive treatments are lacking, there is a prodigious amount of research on the condition, some of which suggests that a vaccine may be developed to prevent the condition. Though such hopeful breakthroughs remain distant, there is much that families and patients can do when the condition is recognized and care and support are sought early in the disorder's progression. Since other, serious, treatable disorders can resemble Alzheimer's Disease, it is very important for individuals who are losing cognitive functions to be evaluated by a physician. Early detection of Alzheimer's Disease, with early treatment, may improve the chances for slowing the rate of decline.

Here we will describe only Alzheimer's dementia, the most prevalent Cognitive Disorder.

SYMPTOMS

- Language disorders;
- Impaired ability to carry out motor activities despite intact motor function;
- Failure to recognize or identify objects despite intact sensory perception;
- Disturbance in executive functioning (planning, organizing, sequencing, abstracting);
- The deficits cause impairment in social or occupational functioning and represent a decline from previous level of functioning;
- The course is gradual and continuous;
- The deficits are not due to central nervous system conditions such as Parkinson's Disease, other conditions known to cause dementia, and are not substance-induced;
- The deficits do not occur during the course of delirium and are not better accounted for by severe depression or schizophrenia.

ASSOCIATED FEATURES

Dementia, Alzheimer's type, generally begins gradually, not with deficits in cognition but with a marked change in personality. For instance, a person may suddenly become given to fits of anger for no apparent reason.

Soon, however, family and acquaintances may notice that the individual begins to mix up facts, or gets lost driving to a familiar place. In the early stages the afflicted individual may become aware of slipping cognitive functions, adding to confusion, fright and depression. After a period, lapses in memory grow more obvious; patients with Alzheimer's are apt to repeat themselves, and may forget the names of grandchildren or longtime friends. They may also be increasingly agitated and combative when family members or other caretakers try to correct them or help with accustomed tasks. The memory lapses in patients with Alzheimer's differ markedly from those in normal aging: a patient with Alzheimer's may often forget entire experiences and rarely remembers them later; the patient only grudgingly acknowledges lapses. In contrast, the individual with normal aging or depression is extremely concerned about, and may even exaggerate, the extent of memory loss. In Alzheimer's, skills deteriorate and a patient is increasingly unable to follow directions, or care for him/herself. Eventually the disease leads to death.

PREVALENCE

An estimated two percent to four percent of the population over age 65 has dementia, Alzheimer's type. Other types of dementia are believed to be much less common. Prevalence of the condition increases with age, particularly after age 75; in persons over 85, an estimated twenty percent have dementia, Alzheimer's type.

TREATMENT OPTIONS

There is no known cure or definitive treatment for dementia, Alzheimer's type. However, research has suggested avenues that involve drugs, such as THA, Donepezil, and Rivastigmine, for regulating acetylcholine, serotonin or norepinephrine in the brain. According to the American Psychiatric Association, some progress has been seen in slowing the death rate among nerve cells using a chemical known as Alcar (acetyl-L-carnitine). One drug, memantine, has been developed to slow down the progression of Alzheimer's disease. However, these drugs do not offer a cure for Alzheimer's and do not stop the progression of the disease. Psychiatrists treating patients with dementia, Alzheimer's type, may also be able to prescribe medications that can treat the depression and anxiety that accompanies the condition.

Researchers suggest that close to half of the cases of Alzheimer's are related to modifiable risk factors, such as smoking and cognitive and physical inactivity. A healthy lifestyle may reduce the risk of developing Alzheimer's disease.

Families are strongly encouraged to take advantage of adjunctive services including support groups, counseling and psychotherapy. There is a high incidence of depression among family members caring at home for persons with Alzheimer's Disease.

Associations & Agencies

- 737 **Alzheimer's Association National Office**
225 North Michigan Avenue
17th Floor
Chicago, IL 60601-7633
312-335-8700
800-272-3900

Fax: 866-699-1246
TDD: 312-335-5886
E-mail: info@alz.org
www.alz.org

Stewart Putnam, Chair
Harry Johns, President and CEO
Richard Hovland, Chief Operations Officer
Angela Geiger, Chief Strategy Officer

Headquarters for Alzheimer's Association, an organization dedicated to helping all those with Alzheimer's disease and dementia, and their families. Funds Alzheimer's research, engages in Alzheimer's advocacy, and offers referrals, support groups, educational sessions, safety services and publications.

Year Founded: 1980

738 Alzheimer's Disease Education and Referral Center

National Institute on Aging

PO Box 8250
Silver Spring, MD 20907-8250
301-495-3311
800-438-4380
Fax: 301-495-3334
TTY: 800-222-4225

E-mail: adear@nia.nih.gov
www.nia.nih.gov/alzheimers

Richard J Hodes, MD, Director
Patrick Shirdon, Director of Management
Luigi Ferrucci, MD, PhD, Scientific Director
Marie A Bernard, MD, Deputy Director

The ADEAR Center provides information about Alzheimer's Disease and related disorders to health professionals, patients and their families, and the public.

Year Founded: 1990

739 Brain Resources and Information Network (BRAIN)

National Institute of Neurological Disorders & Stroke

PO Box 5801
Bethesda, MD 20824-5801
301-496-5751
800-352-9424
Fax: 301-402-2186
TTY: 301-468-5981

E-mail: braininfo@ninds.nih.gov
www.ninds.nih.gov

Denise Dorsey, Chief Administrative Officer
Peter Soltys, Chief Information Officer
Walter J Koroshetz, MD, Director
Marian Emr, Director, Office Communications

Federal agency focused on supporting neuroscience research and working towards reducing the burdens associated with neurological disease.

Year Founded: 1950

740 BrightFocus Foundation

22512 Gateway Center Drive
Clarksburg, MD 20871-2005
800-437-2423
Fax: 301-258-9454
E-mail: info@brightfocus.org
www.brightfocus.org

Scott Rodgville, CPA, Chair
Stacy Pagos Haller, President and CEO
Diane I Marcello, Vice Chair
Nicholas W Raymond, Treasurer

Raises awareness of Alzheimer's disease, macular degeneration, and glaucoma and supports research and programs to cure brain and eye diseases.

Year Founded: 1973

741 Caregiver Action Network

1130 Connecticut Avenue Northwest
Suite 300
Washington, DC 20036
202-454-3970
E-mail: info@caregiveraction.org
www.caregiveraction.org

Dean Stephens, Chair
John Schall, Chief Executive Officer
Lisa Winstel, Chief Operating Officer
Marion TR Watkins, Treasurer

Acts as a support and an advocate for family caregivers.

Year Founded: 1993

742 Center for Mental Health Services (CMHS) Substance Abuse and Mental Health Services Administration

1 Choke Cherry Road
Room 6-1057
Rockville, MD 20857
240-276-1310
877-726-4727
TDD: 800-487-4889
www.samhsa.gov/about-us/who-we-are/offices-centers

Paolo Del Vecchio, MSW, Director
Elizabeth Lopez, PhD, Deputy Director
Keris Myrick, Director, Consumer Affairs
Veronica Parham-Dudley, Director, Program Analysis

Promotes the treatment of mental illness and emotional disorders by increasing accessibility to mental health programs; supporting outreach, treatment, rehabilitation, and support programs and networks; and encouraging the use of scientifically-based information when treating mental disorders. CMHS provides information about mental health via a toll-free and numerous publications. Developed for users of mental health services and their families, the general public, policy makers, providers, and the media.

Year Founded: 1992

743 Federation of Associations in Behavioral and Brain Sciences

1001 Connecticut Avenue Northwest
Suite 1100
Washington, DC 20036
202-888-3949
E-mail: info@fabbs.org
www.fabbs.org

Jeremy M Wolfe, PhD, President
Christine L Cameron, PhD, Executive Director
Donald J Fos, PhD, Vice President
J Bruce Overmier, PhD, Treasurer

FABBS is a coalition of scientific societies focused on expanding scientific knowledge on the brain, mind, and behavior. Educates the public and policymakers on the importance of brain, mind, and behavior sciences research, provides quality sources to federal agencies and the media,

advocates for research-focused policy and legislation, and promotes exchange of information among scientific organizations.

Year Founded: 1980

744 National Association for the Dually Diagnosed (NADD)

132 Fair Street
Kingston, NY 12401-4802
845-331-4336
800-331-5362
Fax: 845-331-4569
E-mail: info@thenadd.org
www.thenadd.org

Robert J Fletcher, DSW, Chief Executive Officer
Donna McNelis, PhD, President
Dan Baker, PhD, Vice President
Julia Pearce, Secretary

Nonprofit organization designed to increase awareness of, and provide services for, individuals with developmental disabilities and mental illness. Emphasizes the importance of quality mental healthcare for people with mental health needs and offers conferences, information resources, educational programs and training materials to professionals, parents, and organizations.

Year Founded: 1983

745 National Association of Councils on Developmental Disabilities

1825 K Street Northwest
Suite 600
Washington, DC 20006
202-506-5813
E-mail: info@nacdd.org
www.nacdd.org

Donna A Meltzer, Chief Executive Officer
Molly Cole, President
Mathew McCollough, Vice President
Larry Clausen, Treasurer

A national membership association representing the 56 State and Territorial Councils on Developmental Disabilities. An organization with the purpose of promoting the programs and policies that its member councils advocate, as well as ensuring inclusion for Americans with developmental disabilities.

746 National Mental Health Consumers' Self-Help Clearinghouse

1211 Chestnut Street
Suite 1100
Philadelphia, PA 19107-4103
267-207-3810
800-553-4539
Fax: 215-636-6312
E-mail: info@mhsselfhelp.org
www.mhsselfhelp.org

Joseph Rogers, Founder and Executive Director
Susan Rogers, Director
Britani Nestel, Program Specialist
Christa Burkett, Technical Assistance Coordinator

Peer-run national technical assistance center focused on achieving respect and equality of opportunity for those with mental illnesses. Helps with the growth of the mental health consumer movement by evaluating mental health services, advocating for mental health reform, and providing con-

sumers with news and information, publications, and consultation services.

Year Founded: 1986

747 National Niemann-Pick Disease Foundation

401 Madison Avenue, Suite B
PO Box 49
Fort Atkinson, WI 53538-0049
920-563-0930
877-287-3672
Fax: 920-563-0931
E-mail: nnpdf@nnpdf.org
www.nnpdf.org

Leslie Hughes, Board Chair
Lisa Chavez, Vice Chair
Nadine M Hill, Executive Director
Jill Flinton, Treasurer

Promotes research and offers support and funding for individuals with Niemann-Pick Disease and their support network.

Year Founded: 1992

748 The Center for Family Support

2811 Zulette Avenue
Bronx, NY 10461
718-518-1500
Fax: 718-518-8200
www.cfsny.org

Steven Vernikoff, Executive Director
Lloyd Stabiner, President
Amy Bittinger, Vice President
Eileen Berg, Director of Quality Assurance

The Center for Family Support offers assistance to individuals with developmental and related disabilities, as well as their families, and provides support services and programs that are designed to accommodate individual needs. Offers services throughout New York City, Westchester County, Long Island and New Jersey.

Year Founded: 1954

Books

749 Agitation in Patients with Dementia: a Practical Guide to Diagnosis and Management
American Psychiatric Publishing, Inc.

1000 Wilson Boulevard
Suite 1825
Arlington, VA 22209-3901
703-907-7322
800-368-5777
Fax: 703-907-1091
E-mail: appi@psych.org
www.appi.org

George T Grossberg, M.D, Editor
Donald P Hay, M.D, Editor
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Appealing to a wide audience of geriatric psychiatrists, primary care physicians and internists, general practitioners, nurses, social workers, psychologists, pharmacists and mental health care workers and practitioners in hospitals, nursing homes and clinics, this remarkable monograph offers practical direction on assessing and managing agitation in patients with dementia. \$57.00

272 pages Year Founded: 2003 ISBN 0-880488-43-3

**750 Alzheimer's Disease Sourcebook
Omnigraphics**

155 West Congress
Suite 200
Detroit, MI 48226
313-961-1340
800-234-1340
Fax: 313-961-1383
E-mail: contact@omnigraphics.com
www.omnigraphics.com

Amy L. Sutton, Author

Omnigraphics is the publisher of the Health Reference Series, a growing consumer health information resource with more than 100 volumes in print. Each title in the series features an easy to understand format, nontechnical language, comprehensive indexing and resources for further information. Material in each book has been collected from a wide range of government agencies, professional associations, periodicals, and other sources. \$95.00

637 pages Year Founded: 1985 ISBN 0-780811-50-8

**751 Alzheimer's Disease: Activity-Focused Care,
Second Edition
Therapeutic Resources**

PO Box 16814
Cleveland, OH 44116-814
440-331-7114
888-331-7114
Fax: 440-331-7118
E-mail: contactus@therapeuticresources.com
www.therapeuticresources.com

Carly R. Hellen, OTR/L, Author

Provides practical and innovative strategies for care of people with Alzheimer's disease, emphasizing the activities that make up daily living - dressing, toileting, eating, exercising, and communication. The text is written from the viewpoint that activity-focused care promotes the resident's cognitive, physical, psychosocial, and spiritual well-being. \$59.95

536 pages ISBN 0-750699-08-6

**752 American Psychiatric Association Practice
Guideline for the Treatment of Patients with
Delirium**

American Psychiatric Publishing, Inc.
1000 Wilson Boulevard
Suite 1825
Arlington, VA 22209-3901
703-907-7322
800-368-5777
Fax: 703-907-1091
E-mail: appi@psych.org
www.appi.org

Robert E Hales MD, Editor-in-Chief
Ron McMillen, Chief Executive Officer
John McDuffie, Editorial Director
Rebecca Rinehart, Publisher

Best practices examined from the group whose vision is a society that has available, accessible quality psychiatric diagnosis and treatment. \$47.95

75 pages Year Founded: 1999 ISBN 0-890423-13-4

**753 Behavioral Complications in Alzheimer's
Disease**

American Psychiatric Publishing, Inc.
1000 Wilson Boulevard
Suite 1825
Arlington, VA 22209-3901
703-907-7322
800-368-5777
Fax: 703-907-1091
E-mail: appi@psych.org
www.appi.org

Brian A. Lawlor, MD, Author

Practical management strategies for the identification, measurement and treatment of behavioral symptoms in patient with Alzheimer's disease. \$67.00

303 pages Year Founded: 1995 ISBN 0-880484-77-0

**754 Care That Works: A Relationship Approach to
Persons with Dementia
Johns Hopkins University Press**

2715 N Charles Street
Baltimore, MD 21218-4319
410-516-6900
800-537-5487
Fax: 410-516-6998

Jitka M. Zgola, Author

Provides caregivers the information with which they can develop their own approaches, evaluate their effectiveness, and continue to grow in skill and insight. Real life strategies for a challenging task. \$24.00

272 pages Year Founded: 1999 ISBN 0-801860-25-6

**755 Cognitive Therapy in Practice
WW Norton & Company**

500 5th Avenue
New York, NY 10110-54
212-354-2907
800-233-4830
Fax: 212-869-0856
E-mail: npd@wwnorton.com

Jacqueline Persons, Author

Basic text for graduate studies in psychotherapy, psychology nursing social work and counseling. \$29.00

256 pages Year Founded: 1989 ISBN 0-393700-77-0

**756 Dementia: A Clinical Approach
Elsevier Health Sciences**

11830 Westline Industrial Drive
St. Louis, MO 63146-3313
314-872-8370
800-568-5136
Fax: 314-432-1380
E-mail: orders@bhusa.com or custserv@bhusa.com
www.elsevier.com

Jeffrey L. Cummings, Author

Jeffrey L Cummings, Author

Third Edition, this is both a scholarly review of the dementias and a practical guide to their diagnosis and treatment. \$ 99.00

432 pages Year Founded: 2003 ISBN 0-750674-70-9

757 Disorders of Brain and Mind: Volume 1
Cambridge University Press
32 Avenue of the Americas
New York, NY 10013-2473
212-337-5000
Fax: 212-691-3239
E-mail: newyork@cambridge.org
www.cambridge.org
Maria A. Ron, Author
Anthony S. David, Author
Discusses various neuropsychiatry topics where the brain and mind come together. \$113.00
388 pages Year Founded: 1534 ISBN 0-521778-51-0

758 Drug Therapy and Cognitive Disorders
Mason Crest Publishers
450 Parkway Drive
Suite D
Broomall, PA 19008-4017
610-543-6200
866-627-2665
Fax: 610-543-3878
E-mail: dtaylor@masoncrest.com
www.masoncrest.com
Sherry Bonice, Author
Carolyn Hoard, Author
Michelle Luke, Director, Marketing, PR
Michael Togli, Special Sales
Alzheimer's disease is one of the most common cognitive disorder, one that affects millions of people. Patients, caregivers and loved ones all suffer as they experience the devastation of this often misunderstood disease. Researchers are working hard to find a cure for the symptoms of Alzheimer's and other cognitive disorders, and this book describes the most recent research. Coauthored by someone who has experienced the early stages of Alzheimer's firsthand, this volume will give readers a new understanding and appreciation of the treatment options for those who experience a cognitive disorder.
128 pages ISBN 1-590845-62-5

759 Progress in Alzheimer's Disease and Similar Conditions
American Psychiatric Publishing, Inc.
1000 Wilson Boulevard
Suite 1825
Arlington, VA 22209-3901
703-907-7322
800-368-5777
Fax: 703-907-1091
E-mail: appi@psych.org
www.appi.org
Leonard L Heston, M.D., Editor
Ron McMillen, Chief Executive Officer
John McDuffie, Editorial Director
Details advances in research on human genetics that is broadening our knowledge of Alzheimer's disease and other related afflictions. Describes disease mechanisms, including prions, that provide insight into the role environment plays in the development of disease. Includes stories about the pain inflicted by this disease on the patients and their family and friends as well as current efforts in management and treatment. \$77.00
318 pages Year Founded: 1997 ISBN 0-880487-60-7

760 Treating Complex Cases: The Cognitive Behavioral Therapy Approach
John Wiley & Sons
111 River Street
Hoboken, NJ 07030-5774
201-748-6000
Fax: 201-748-6088
E-mail: info@wiley.com
www.wiley.com
Nicholas Tarrier, Author
Adrian Wells, Author
Gillian Haddock, Author
This book brings together some of the most experiences and expert cognitive behavioral therapists to share their specialist experience of formulation and treatment of complex problems such as co-morbidity, psychotic conditions, and chronic conditions. The experienced clinician will find: evidence-based approaches to assessment and formulation of complex cases; a wide range of problems not restricted to disorder categories, including anger, low self-esteem, abuse and shame; a concern with the realities of clinical practice which involves complex cases that do not fit into simple case conceptualisations or diagnostic categories. Copyright 2000. \$89.95
458 pages Year Founded: 2000 ISBN 0-471978-39-8

761 Victims of Dementia: Service, Support, and Care
Haworth Press
10 Alice Street
Binghamton, NY 13904-1503
607-722-5857
800-429-6784
Fax: 607-721-0012
E-mail: getinfo@haworthpressinc.com
www.haworthpress.com
William Michael Clemmer, PhD, Editor
Provides an in depth look at the concept, construction and operation of Wesley Hall, a special living area at the Chelsea United Methodist retirement home in Michigan. \$27.95
161 pages Year Founded: 1993 ISSN 978156024-265-9

Periodicals & Pamphlets

762 Alzheimer's Disease Research and the American Health Assistance Foundation
American Health Assistance Foundation
22512 Gateway Center Drive
Clarksburg, MD 20871-2005
301-948-3244
800-437-2423
Fax: 301-258-9454
E-mail: info@brightfocus.org
www.brightfocus.org
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Provides information on treatment, medication, medical referrals.

Video & Audio

763 **A Change of Character**
Fanlight Productions

32 Court Street
21st Floor
Brooklyn, NY 11201
718-488-8900
800-876-1710
Fax: 718-488-8642
E-mail: fanlight@fanlight.com
www.fanlight.com

Neal Goodman, Author

Truett Allen's personality changed drastically after a series of strokes resulted in damage to the frontal lobes of his brain. This captivating video features neuroscientist Dr. Elkhonon Goldberg, author of *The Executive Brain*, as well as neurologist and best-selling author Dr. Oliver Sacks.

764 **Effective Learning Systems**

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St #390160
Minneapolis, MN 55439
239-948-1660
800-966-0443
Fax: 239-948-1664
E-mail: info@efflearn.com
www.effectivelearning.com

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Year Founded: 1972

765 **Understanding Mental Illness**
Educational Video Network

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Huntsville, TX 77340
936-295-5767
800-762-0060
Fax: 936-294-0233
E-mail: info at evn.org
www.evndirect.com

A video to learn and understand mental illness and how it affects you. \$79.95

Year Founded: 2004 ISBN 1-589501-48-9

Web Sites

766 **www.Nia.Nih.Gov/Alzheimers**
Alzheimer's Disease Education and Referral

Fax: 301-495-3334
A division of the National Institute on Aging of the National Institute of Health. Solid information and a list of federally funded centers for evaluation, referral, treatment.

767 **www.aan.com**
American Academy of Neurology

Provides information for both professionals and the public on neurology subjects, covering Alzheimer's and Parkin-

son's diseases to stroke and migraine, includes comprehensive fact sheets.

768 **www.agelessdesign.com**
Ageless Design

Information on age related diseases such as Alzheimer's disease.

769 **www.ahaf.org/alzdis/about/adabout.htm**
American Health Assistance Foundation

Alzheimer's resource for patients and caregivers.

770 **www.alz.co.uk**
Alzheimer's Disease International

Umbrella organization of associations that support people with dementia.

771 **www.alzforum.org**
Alzheimer Research Forum

Information in layman's terms, plus many references and resources listed.

772 **www.alzheimersbooks.com/**
Alzheimer's Disease Bookstore773 **www.alzheimersupport.Com**
AlzheimerSupport.com

Information and products for people dealing with Alzheimer's Disease.

774 **www.biostat.wustl.edu**
Washington University - Saint Louis

Page on Alzheimer's information, from basic care to friends and family networking experiences for support.

775 **www.cyberpsych.org**
CyberPsych

Hosts the American Psychoanalysts Foundation, American Association of Suicideology, Society for the Exploration of Psychotherapy Intergration, and Anxiety Disorders Association of America. Also subcategories of the anxiety disorders, as well as general information, including panic disorder, phobias, obsessive compulsive disorder (OCD), social phobia, generalized anxiety disorder, post traumatic stress disorder, and phobias of childhood. Book reviews and links to web pages sharing the topics.

776 **www.mayohealth.org/mayo/common/htm/**
MayoClinic.com

Information for dealing with Alzheimer's Disease.

777 **www.mentalhealth.com**
Internet Mental Health

On-line information and a virtual encyclopedia related to mental disorders, possible causes and treatments. News, articles, on-line diagnostic programs and related links. Designed to improve understanding, diagnosis and treatment of mental illness throughout the world. Awarded the Top Site Award and the NetPsych Cutting Edge Site Award.

778 **www.mindstreet.com/training.html**
Cognitive Therapy: A Multimedia Learning Program

The basics of cognitive therapy are presented.

- 779 **www.ninds.nih.gov**
National Institute of Neurological Disorders & Stroke
Neuroscience updates and articles.
- 780 **www.noah-health.org/en/bns/disorders/alzheimer.html**
Ask NOAH About: Aging and Alzheimer's Disease
Links to brochures on medical problems of the elderly.
- 781 **www.ohioalzcenter.org/facts.html**
University Memory and Aging Center
Alzheimer's disease fact page.
- 782 **www.planetpsych.com**
Planetpsych.com
Learn about disorders, their treatments and other topics in psychology. Articles are listed under the related topic areas. Ask a therapist a question for free, or view the directory of professionals in your area. If you are a therapist sign up for the directory. Current features, self-help, interactive, and newsletter archives.
- 783 **www.psych.org/clin_res/pg_dementia.cfm**
American Psychiatric Association
Practice guidelines for the treatment of patients with Alzheimer's.
- 784 **www.psychcentral.com**
Psych Central
Personalized one-stop index for psychology, support, and mental health issues, resources, and people on the Internet.
- 785 **www.rcpsych.ac.uk/info/help/memory**
Royal College of Psychiatrists
Memory and Dementia
- 786 **www.store.samhsa.gov**
Substance Abuse and Mental Health Services Administration
Resources on mental disorders as well as treatment and recovery.
- 787 **www.zarcrom.com/users/alzheimers**
Alzheimer's Outreach
Detailed and practical information.
- 788 **www.zarcrom.com/users/yeartorem**
Year to Remember
A memorial site covering many aspects of Alzheimer's disease.