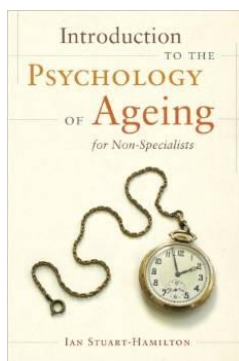


## Reading Well Books on Prescription: Overview of the 24 dementia books

### 1. Information and advice

#### Normal ageing and memory problems

***Introduction to the Psychology of Ageing for Non-specialists* by Ian Stuart-Hamilton, published by Jessica Kingsley**

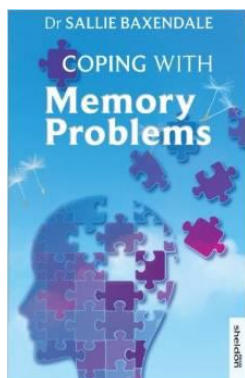


A complete primer for non-specialists on the psychology of ageing, this accessible and comprehensive book explains the key issues clearly and concisely. Beginning with explanations of ageing, life expectancy and demographics, it goes on to discuss the aspects of ageing that have the most impact on people's lives. From changes in intelligence and personality to mental health and sexuality, the author explains the psychology involved and focuses on the points that offer the most practical help to those working with the older population. Drawing on the latest findings in the field, the book provides a comprehensive overview of the subject. The book will be a key resource for social workers, care workers, nurses, medical professionals and anyone more generally interested in ageing.

**ISBN:** 9781849053631 **Format:** Paperback **Publication date:** 31 March 2014 **Extent:** 240 pages

Other formats: Ebook (9780857007155), Audiobook (9781784500818)

## ***Coping with Memory Problems* by Sallie Baxendale, published by Sheldon Press**



For every person who develops Alzheimer's, there are thought to be at least another eight whose memory problems are severe enough to affect the quality of their lives. Written by a consultant clinical neuropsychologist, *Coping with Memory Problems* addresses all forms of memory loss, organic and non-organic.

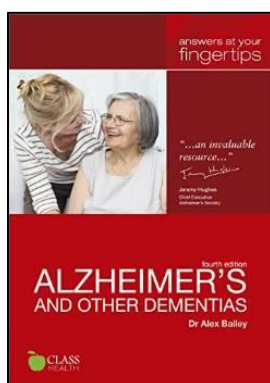
It suggests practical ways of coping, as well as what to do if you are concerned about your tendency to forget things, or if you are caring for someone who has memory difficulties. Topics include: different types of memory, such as prospective, autobiographical and procedural; how memory goes wrong – a checklist; why memory might go wrong – normal age-related decline, physical illness, worry, medication, hormonal changes, diet, alcohol, and disease; the role of anxiety, depression and stress in memory problems; dementia and how it might manifest; neurological damage; myths and misconceptions; when to seek further help – tell-tale signs and symptoms.

**ISBN:** 9781847092748 **Format:** Paperback **Publication date:** 20 March 2014 **Extent:** 128 pages

**Other formats:** Ebook (9781847092755)

## **About dementia**

### ***Alzheimer's and Other Dementias: Answers at Your Fingertips* by Alex Bailey, published by Class Health**

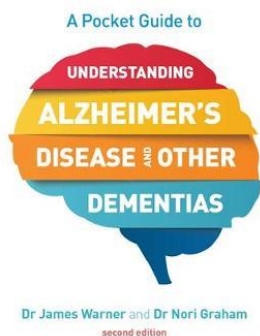


If you are affected by dementia this book is for you. You may know or care for someone with dementia or you may have been recently diagnosed yourself. Whoever you are, confusion not only affects the person with the condition. Carers, family members and friends are all bewildered and confused by what is happening to the person they know. Often, when diagnosis is made you cannot think of all the questions you want to ask and may not even feel ready to ask them. But as time passes you will want to know as much as possible about dementia and how to care for the person who has it. Knowledge is the best way of lifting the cloud of confusion and taking charge of the situation. This book gives you the information and support to cope with dementia.

**ISBN:** 9781859595527 **Format:** Paperback **Publication date:** 30 September 2014 **Extent:** 280 pages

**Other formats:** Ebook (9781859595534)

***A Pocket Guide to Understanding Alzheimer's Disease and Other Dementias* by Nori Graham and James Warner, published by Jessica Kingsley**

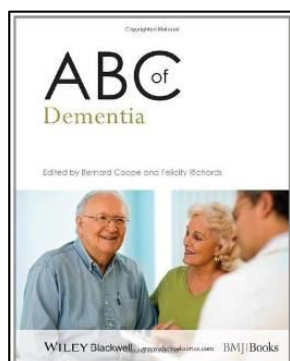


Dementia is a term used to describe any condition where a variety of different brain functions such as memory, thinking, recognition, language, planning and personality deteriorate over time. Dementia is not part of normal ageing. Everyone gets more forgetful as they get older that does not mean that they have dementia. The most common type of dementia is Alzheimer's disease, but there are several other types. There is a lot of myth and misinformation about dementia. This book is intended for anyone who has, or may be worried that they or their family and friends have, dementia. It is also for people who live or work with someone with dementia.

We hope that by reading this book you will have a better understanding of what causes the illness and how it is diagnosed and treated.

**ISBN:** 9781785924583 **Format:** Paperback **Publication date:** May 2018 **Extent:** 160 pages

***ABC of Dementia* by Bernard Coope and Felicity Richards, published by John Wiley**



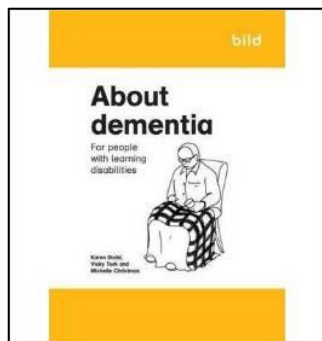
*ABC of Dementia* is a practical guide to help healthcare professionals develop knowledge, skills, confidence and an understanding of dementia, in order to support those with dementia to live well. It begins with the cognitive disabilities and underlying brain diseases that define dementia, before moving on to diagnostic assessment and early intervention for dementia. There is a focus on the experience of the person with dementia and their families, highlighting the journey from diagnosis to end of life, including the role of person-centred care, and the limited therapeutic options available.

Separate chapters address dementia in acute hospital settings, primary care, and care for those with the most severe challenges, as well as the specific needs of younger people developing dementia. The ethical and legal context of dementia care is also outlined. From a multidisciplinary author team, *ABC of Dementia* is a valuable resource for general practitioners, family physicians and other health care professionals caring for patients with dementia and related disorders. It is also relevant for geriatricians, psychologists, specialist and practice nurses, and nursing home staff.

**ISBN:** 9781118474020 **Format:** Paperback **Publication date:** 11 April 2014 **Extent:** 74 pages

**Other formats:** Ebook (9781118474013)

***About Dementia: For People with Learning Disabilities* by Karen Dodd, Vicky Turk and Michelle Christmas, published by BILD Publications**



Describing dementia, this booklet provides answers to commonly asked questions. It is useful for more able people with learning disabilities. It describes dementia in easy-to-understand language and provides answers to commonly asked questions. Large print text.

**ISBN:** 9781904082903 **Format:** Booklet **Publication date:** 11 February 2005 **Extent:** 12 pages

## For children

***Grandma* by Jessica Shepherd, published by Child's Play**



Oscar loves Grandma, and their time together is always lots of fun. As she becomes less able to look after herself, she has to go into a care home.

More and more children are encountering dementia and its effects on their families. This touching story, told in Oscar's own words, is a positive and practical tale about the experience. The factual page about dementia helps children talk about their feelings and find new ways to enjoy the changing relationship.

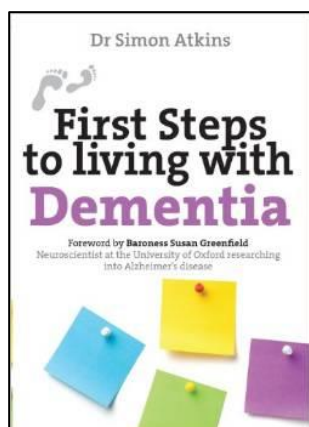
Jessica Shepherd's sensitive first picture book has grown out of her experiences in a variety of caring roles.

**ISBN:** 9781846435973 **Format:** Paperback **Publication date:** 27 January 2014 **Extent:** 32 pages

**Other formats:** Hardback (9781846436024)

## 2. Living well with dementia

### ***First Steps to Living with Dementia* by Simon Atkins, published by Lion Books**



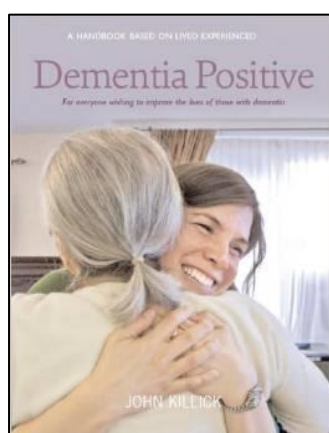
Thousands suffer from dementia. There is a clear need for better understanding of the condition, both for those who suffer from it and those around them – to be aware of what it may mean, and to know what can be done to improve the mental health of sufferers.

This book provides an easy and accessible introduction. *First Steps* is a successful series of short, affordable self-help books on a range of key topics.

**ISBN:** 9780745955568 **Format:** Paperback **Publication date:** 15 February 2013 **Extent:** 98 pages

**Other formats:** Ebook (9780745957210), Large print (9781459686755)

### ***Dementia Positive* by John Killick, published by Luath Press**



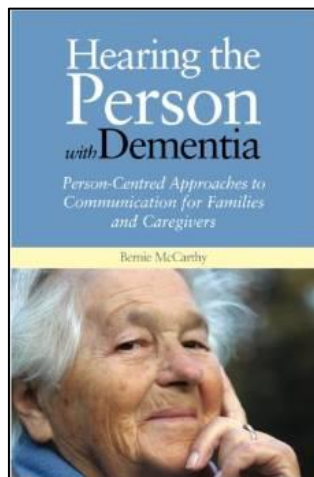
This book is not about the past, which has gone. Or the future, which is uncertain. But it is for those who want to improve the lives of people with dementia and themselves in the Here and Now.

The book is not written by an expert but by a man seeking to find new approaches concerning dementia who wishes to share his discoveries. Killick steers clear of any sort of medical terminology and instead nurtures the often neglected aspects of dementia, thereby reinforcing to the reader that these are of no lesser importance. In recognition that we are all in this together, Killick gives equal prominence to quotations from, and conversations with, people with dementia and their carers.

**ISBN:** 9781910021507 **Format:** Paperback **Publication date:** 15 December 2014 **Extent:** 192 pages

**Other formats:** Ebook (9781909912410)

***Hearing the Person with Dementia: Person-Centred Approaches to Communication for Families and Caregivers* by Bernie McCarthy, published by Jessica Kingsley**



Losing the ability to communicate can be a frustrating and difficult experience for people with dementia, their families and carers. As the illness progresses, the person with dementia may find it increasingly difficult to express themselves clearly, and to understand what others say. Written with both family and professional carers in mind, this book clearly explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers might need to adapt their approach as a result. Advocating a person-centred approach to dementia care, the author describes methods of verbal and non-verbal communication, techniques for communicating with people who can not speak or move easily, and strategies for communicating more effectively in specific day-to-day situations, including at mealtimes, whilst helping the person with dementia to bathe or dress, and whilst out and about.

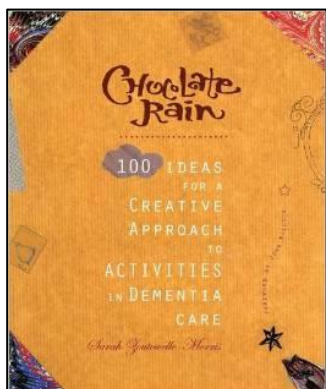
Exercises at the end of each chapter encourage the carer to reflect on their learning and apply it to their own circumstances, and guidelines for creating a life story with the person with dementia as a means of promoting good communication are also included. This concise, practical book is essential reading for family caregivers, professional care staff, and all those who work with, or who are training to work with, people with dementia.

**ISBN:** 9781849051866 **Format:** Paperback **Publication date:** 15 February 2011 **Extent:** 112 pages

**Other formats:** Ebook (9780857004994)

## Activities to share

***Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care* by Sarah Zoutewelle-Morris, published by Hawker**



This is a visually exciting and easy-to-use activity manual for caregivers and relatives. It shows how to apply creativity in order to reach the person behind the dementia and to approach them as an equal creative companion in discovering the best activities for them.

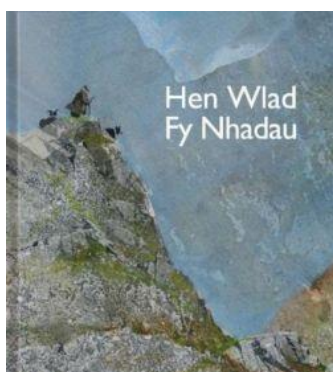
This book is unique in the field not only because it includes more than 100 successfully tested ideas for a wide range of new activities, but it also includes one of the first creative manuals written specifically for caregivers.

*Chocolate Rain* offers practical advice as well as inspiration for improving the wellbeing of people with dementia. And special attention is given to supporting and engaging those with advanced dementia.

The book is divided into four main sections: Elements of a Creative Approach; Getting Started; Creating Your Own Activities; and 100 Activities Handbook. Additional features are an activities list with every activity in the book classified by category, and a mini guide section which cross references all the activities according to abilities, gender, whether the activity is active or restful, for an individual or group etc.

**ISBN:** 9781874790969 **Format:** Paperback **Publication date:** 1 January 2011 **Extent:** Unknown

***Pictures to Share* series (various titles) by Helen Bate, published by Pictures to Share**  
**[NOTE: Please see the [appendix](#) for a full list of the books in the series]**



*Pictures to Share* is a social enterprise that is dedicated to providing high quality and non-patronising books and activity resources for those with mid to late stage dementia or cognitive problems.

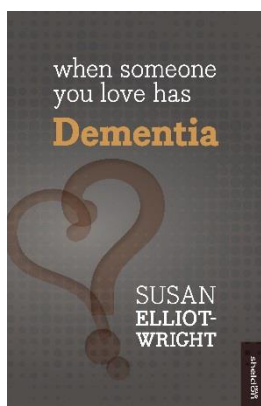
*Pictures to Share* illustrated books have been shown to encourage meaningful communication and provide real enjoyment when little else works, so improving the quality of life. Whether problems are caused by Alzheimer's Disease, stroke, Parkinson's Disease, brain injury or any other condition, the books can be enjoyed by anyone affected, as well as by their carers.

The books make communication easier; reduce boredom, depression and isolation; help deal with difficult behaviour; encourage reminiscence; provide and enjoyable activity; and work as an enjoyable distraction.

**ISBN:** Various **Format:** Hardback **Publication date:** 2008–2013 **Extent:** 48 pages

### 3. Support for relatives and carers

#### ***When Someone You Love has Dementia* by Susan Elliot-Wright, published by Sheldon Press**



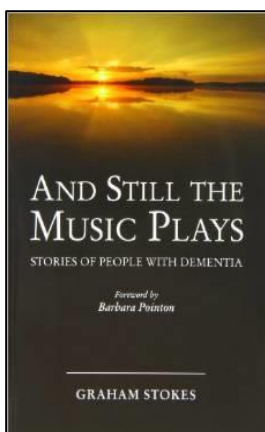
Caring for people with dementia is a well-recognized burden, but recently there have been moves to represent this in a more positive light, emphasising people with dementia as individuals who deserve respect, rather than as the challenge as which they have traditionally been viewed. Nevertheless, for individual carers without enough support, having a loved one with dementia often remains challenging.

This book looks at practicalities and relationships, including: Defining Alzheimer's and other dementias; Diagnosis; After diagnosis; Planning for the future; Medications to help with symptoms such as memory problems, wandering, and aggressive behaviour; Other therapies such as music therapy; Practicalities: coping with strange behaviour, confusion, memory problems; Outside help and services and how to access them; Later stages of dementia; Issues to consider such as residential care, financial arrangements, wills and living wills; and Coping with being a carer.

**ISBN:** 9781847094032 **Format:** Paperback **Publication date:** 18 February 2016 **Extent:** 128 pages

**Other formats:** Ebook (9781847094049)

#### ***And Still the Music Plays: Stories of People with Dementia* by Graham Stokes, published by Hawker**



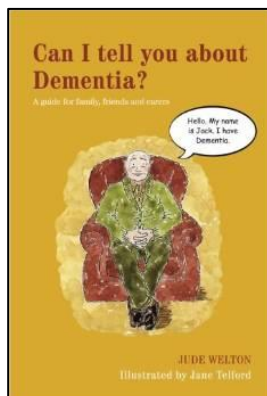
Using 22 compelling stories set at home, in care homes and hospitals, clinical psychologist Graham Stokes draws on his memories of people with dementia he has met to bring us all a greater understanding of the condition and why some behave in the way they do.

The book is split into 22 chapters - individual case histories. It reads a bit like a series of detective stories, where motives for behaviour that looks bizarre or destructive are analysed - sometimes resolved, sometimes not. He looks at the reality of how damaged brains can produce specific behaviours but never loses sight of the fact that dementia is filtered through individuality and personality. It is aimed at carers of people with dementia, professional and otherwise but it's written with the possibility of a broader general readership in mind.

**ISBN:** 9781874790952 **Format:** Paperback **Publication date:** 1 September 2010 **Extent:** 244 pages



***Can I Tell You about Dementia? A Guide for Family, Friends and Carers* by Jude Welton,  
published by Jessica Kingsley**



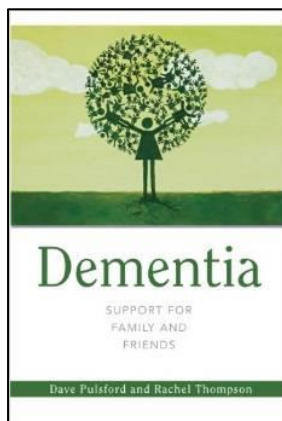
Meet Jack – an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand the challenges faced by someone with dementia and the changes it causes to memory, communication and behaviour. He also gives advice on how to help someone with dementia stay as mentally and physically active as possible, keep safe and continue to feel cared for and valued.

With illustrations throughout, this useful book will be an ideal introduction to dementia for anyone from child to adult. It will also guide family, friends and carers in understanding and explaining the condition and could serve as an excellent starting point for family and classroom discussions.

**ISBN:** 9781849052979 **Format:** Paperback **Publication date:** 28 February 2013 **Extent:** 48 pages

**Other formats:** Ebook (9780857006349)

***Dementia: Support for Family and Friends* by Dave Pulsford and Rachel Thompson, published by  
Jessica Kingsley**



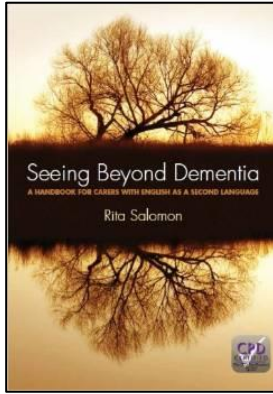
For friends and family members of people with dementia, understanding the condition and coping with the impact it has on their lives can be extremely challenging. This book, written specifically for friends and relatives, explores each stage of the "journey with dementia" and explains not only how it will affect the person with the condition, but also those around them, and how best to offer support and where to get professional and informal assistance.

It focuses on the progressive nature of dementia and the issues that can arise as a result and gives practical advice that can help ensure the best possible quality of life both for the person with dementia and the people around them. A comprehensive and practical introduction to the condition, this book is essential reading for anyone who has a friend or relative with dementia.

**ISBN:** 9781849052436 **Format:** Paperback **Publication date:** 15 November 2012 **Extent:** 240 pages

**Other formats:** Ebook (9780857005045)

***Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language* by Rita Salomon, published by Radcliffe Publishing**



This unique guide is specifically designed for dementia carers with English as a second language. It is a concise compendium of current thinking on person-centred dementia care that features sample vocabulary and sentences ideal for working specifically with dementia patients. It focuses on the importance of good day-to-day communication skills and positive interaction between patients and carers during different activities.

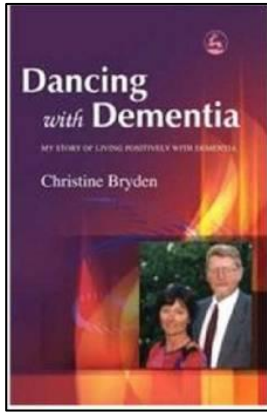
Whether used as a self-study aid or alongside any of the available training courses, it is a must for all carers with English as a second language working in care homes, hospitals, hospices, home support or any other supporting environment.

**ISBN:** 9781846198922 **Format:** Paperback **Publication date:** 28 December 2013 **Extent:** 112 pages

**Other formats:** Ebook (9781846199455)

## 4 Personal stories

***Dancing With Dementia: My Story of Living Positively with Dementia* by Christine Bryden, published by Jessica Kingsley**



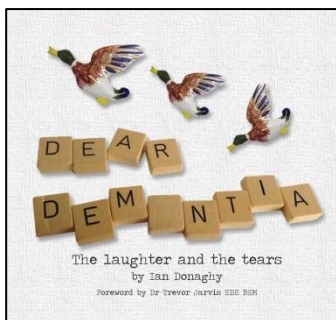
Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. Since then she has gone on to challenge almost every stereotype of people with dementia by campaigning for self-advocacy, writing articles and speaking at national conferences. This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help. Christine Bryden makes an outspoken attempt to change prevailing attitudes and misconceptions about the disease.

Arguing for greater empowerment and respect for people with dementia as individuals, she also reflects on the importance of spirituality in her life and how it has helped her better understand who she is and who she is becoming. *Dancing with Dementia* is a thoughtful exploration of how dementia challenges our ideas of personal identity and of the process of self-discovery it can bring about.

**ISBN:** 9781843103325 **Format:** Paperback **Publication date:** 15 February 2005 **Extent:** 200 pages

**Other formats:** Ebook (9781846420955), Audiobook (9781784500795)

***Dear Dementia: The Laughter and the Tears* by Ian Donaghy, published by Hawker**



Using over 100 illustrations and captions, Ian Donaghy captures the emotion and the reality of living with dementia. *Dear Dementia: The laughter and the tears* has a message for all those touched by dementia - those living with dementia, their carers and all professional staff.

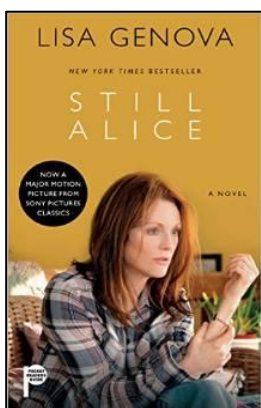
'We laughed, we cried and talked about every page together' - Chris Roberts.

'Highly entertaining and deeply thought-provoking' - Barbara Pointon.

'Everyone working in care should read this' - Jill Shearer.

**ISBN:** 9781874790860 **Format:** Paperback **Publication date:** 16 June 2014 **Extent:** 104 pages

## **Still Alice by Lisa Genova, published by Simon & Schuster**



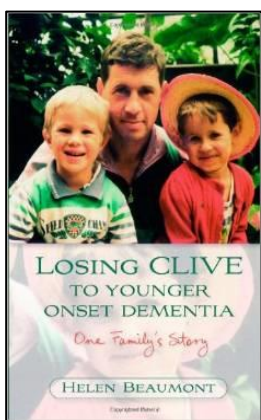
When Alice finds herself in the rapidly downward spiral of Alzheimer's Disease she is just fifty years old. A university professor, wife, and mother of three, she still has so much more to do - books to write, places to see, grandchildren to meet. But when she can't remember how to make her famous Christmas pudding, when she gets lost in her own back yard, when she fails to recognise her actress daughter after a superb performance, she comes up with a desperate plan. But can she see it through? Should she see it through?

Losing her yesterdays, living for each day, her short-term memory is hanging on by a couple of frayed threads. But she is still Alice.

**ISBN:** 978-1471140822 **Format:** Paperback **Publication date:** 16 December 2014 **Extent:** 400 pages

**Other formats:** Ebook (9781849833714), Audiobook (9780743581486)

## **Losing Clive to Younger Onset Dementia: One Family's Story by Helen Beaumont, published by Jessica Kingsley**



Clive Beaumont was diagnosed with Younger Onset Dementia at age 45, when his children were aged just 3 and 4. He had become less and less able to do his job properly and had been made redundant from the Army the year before.

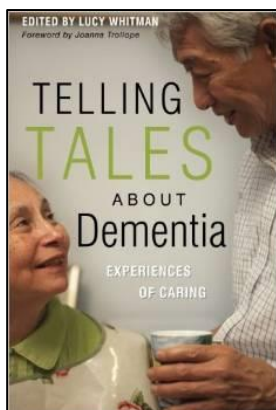
Clive's wife, Helen, tells of how she and the rest of the family made it through the next six years until Clive died: the challenge of continually adapting to his progressive deterioration; having to address the legal implications of the illness; applying for benefit payments; finding nursing homes; and juggling her responsibilities as a wife, a mother and an employee. She also describes the founding and development of The Clive Project, a charity set up by Helen and others to establish support services for people with Younger Onset Dementia.

Younger Onset Dementia is comparatively rare, but not that rare. This story is for the family and friends of people with the condition, for the people themselves, and for the professionals working with them.

**ISBN:** 9781843104803 **Format:** Paperback **Publication date:** 15 November 2008 **Extent:** 160 pages

**Other formats:** Ebook (9781846428623)

***Telling Tales About Dementia: Experiences of Caring* by Lucy Whitman, published by Jessica Kingsley**



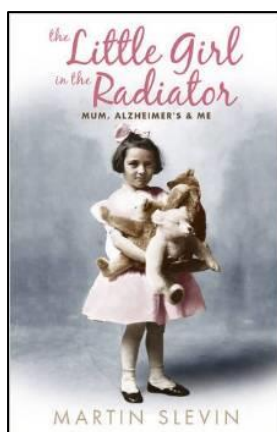
How does it feel when someone you love develops dementia? How do you cope with the shock, the stress and the grief? Can you be sure that you and your family will receive the support you need? In *Telling Tales About Dementia*, 30 carers from different backgrounds and in different circumstances share their experiences of caring for a parent, partner or friend with dementia. They speak from the heart about love and loss: 'I still find it hard to believe that Alzheimer's has happened to us' writes one contributor, 'as if we were sent the wrong script'. The stories told here vividly reflect the tragedy of dementia, the gravity of loss, and instances of unsatisfactory diagnosis, treatment and care.

But they contain hope and optimism too: clear indications that the quality of people's lives can be enhanced by sensitive support services, by improved understanding of the impact of dementia, by recognising the importance of valuing us all as human beings, and by embracing and sustaining the connections between us. This unique collection of personal accounts will be an engaging read for anyone affected by dementia in a personal or professional context, including relatives of people with dementia, social workers, medical practitioners and carers.

**ISBN:** 9781843109419 **Format:** Paperback **Publication date:** 15 October 2009 **Extent:** 224 pages

**Other formats:** Ebook (9780857000170)

***The Little Girl in the Radiator: Mum, Alzheimer's and Me* by Martin Slevin, published by Monday Books**



A touching tale of love, loss and family, *The Little Girl in the Radiator* is the sometimes heartbreaking story of a man's struggle to care for his mother after her diagnosis with Alzheimer's. Martin Slevin's mother was a highly active, very intelligent and fiercely independent woman who ran her own business. But after her diagnosis, Martin moves back home to care for her. Together they embark on a journey through the various stages of the condition. But one question plagues Martin: who is the little girl in the radiator who his mum has daily conversations with? Winner of the Chairman's Choice Award at the British Medical Association Book Awards 2013, and highly commended in the Popular Medicine category at the British Medical Association Book Awards 2013.

**ISBN:** 9781906308438 **Format:** Paperback **Publication date:** 1 August 2012 **Extent:** 256 pages

**Other formats:** Ebook (1230001032512)

***But Then Something Happened: A Story of Everyday Dementia* by Chris Carling, published by Golden Books**

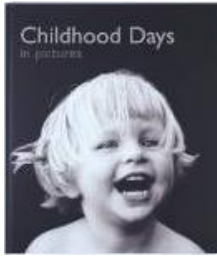


*But Then Something Happened: A Story of Everyday Dementia* is a moving and highly topical memoir dealing with a subject never far from the news, the increase in dementia in families. It tells the story of one family hit by a double dose of dementia, as Dad, Fred, develops vascular dementia at the same time as Mum, Mary, is struck by Alzheimer's. Fred and Mary are a quirky long-married couple with a relationship that's unique, as all marriages are. The focus of the story is on what happens to their couple, their long love story, as both gradually lose their minds. And on what happens to their relationship with their daughter, Chris, the narrator, who falls into an 'amateur carer' role, groping her way uncertainly around 'the system', learning at first-hand how dementia changes everything in ordinary and extraordinary ways.

**ISBN:** 9780957307902 **Format:** Paperback **Publication date:** 30 July 2012 **Extent:** 240 pages

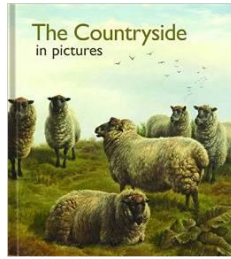
**Other formats:** Ebook (9780957307902)

## APPENDIX: *Pictures to Share* series



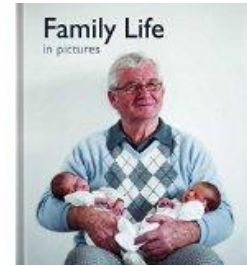
*Childhood Days in Pictures*

ISBN 9780956381828



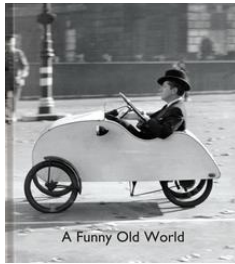
*The Countryside in Pictures*

ISBN 9780956381859



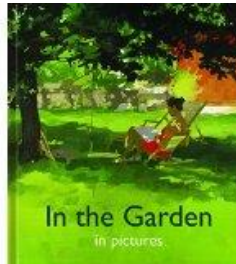
*Family Life in Pictures*

ISBN 9780956381811



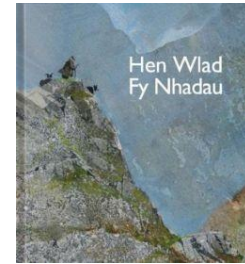
*A Funny Old World in Pictures,  
2<sup>nd</sup> edition*

ISBN 9780993404924



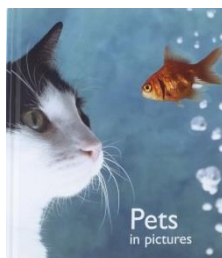
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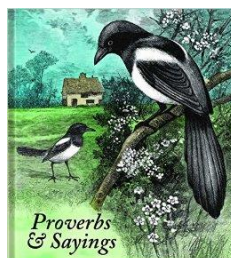
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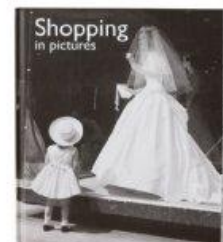
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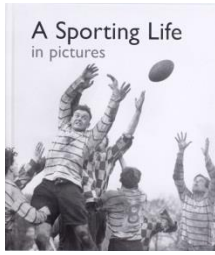
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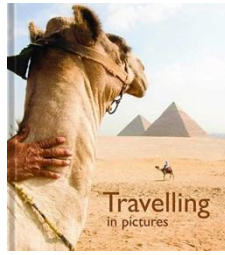
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