

Recommended reading

✔ Title	Author	Publisher
Information and advice		
Normal ageing and memory problems		
<input type="radio"/> Introduction to the Psychology of Ageing for Non-Specialists	Ian Stuart-Hamilton	Jessica Kingsley
<input type="radio"/> Coping with Memory Problems	Sallie Baxendale	Sheldon Press
About dementia		
<input type="radio"/> Alzheimer's and Other Dementias: Answers at Your Fingertips	Alex Bailey	Class Health
<input type="radio"/> Understanding Alzheimer's Disease & Other Dementias	Nori Graham and James Warner	Family Doctor
<input type="radio"/> ABC of Dementia	Bernard Coope and Felicity Richards	John Wiley
<input type="radio"/> About Dementia: For People with Learning Disabilities	Karen Dodd, Vicky Turk and Michelle Christmas	BILD Publications
For children		
<input type="radio"/> Grandma	Jessica Shepherd	Child's Play
Living well with dementia		
<input type="radio"/> First Steps to Living with Dementia	Simon Atkins	Lion Books
<input type="radio"/> Dementia Positive	John Killick	Luath Press
<input type="radio"/> Hearing the Person with Dementia: Person-Centred Approaches to Communication for Families and Caregivers	Bernie McCarthy	Jessica Kingsley
Activities to share		
<input type="radio"/> Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care	Sarah Zoutewelle-Morris	Hawker
<input type="radio"/> Pictures to Share (various titles)	Helen Bate	Pictures to Share
Support for relatives and carers		
<input type="radio"/> When Someone You Love Has Dementia	Susan Elliot-Wright	Sheldon Press
<input type="radio"/> And Still the Music Plays: Stories of People with Dementia	Graham Stokes	Hawker
<input type="radio"/> Can I Tell You about Dementia? A Guide for Family, Friends and Carers	Jude Welton	Jessica Kingsley
<input type="radio"/> Dementia: Support for Family and Friends	Dave Pulsford and Rachel Thompson	Jessica Kingsley

Also available in your local library

- Reminiscence collections**
 Many libraries have reminiscence collections, which include historical objects, audio recordings, books, photographs and posters.
- Information about local dementia services**
 Libraries are a good place to find out about services, groups and self-help support available locally for people affected by dementia.
- Reading Well Books on Prescription for common mental health conditions**
 A diagnosis of dementia can be stressful for everyone. These self-help titles can be found in most libraries and can help you understand and manage common conditions, such as depression and anxiety.
- Reading Well Mood-boosting Books**
Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. To find out more go to reading-well.org.uk

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Reading Well Books on Prescription for dementia has been developed by The Reading Agency in partnership with the Society of Chief Librarians, funded by Arts Council England.

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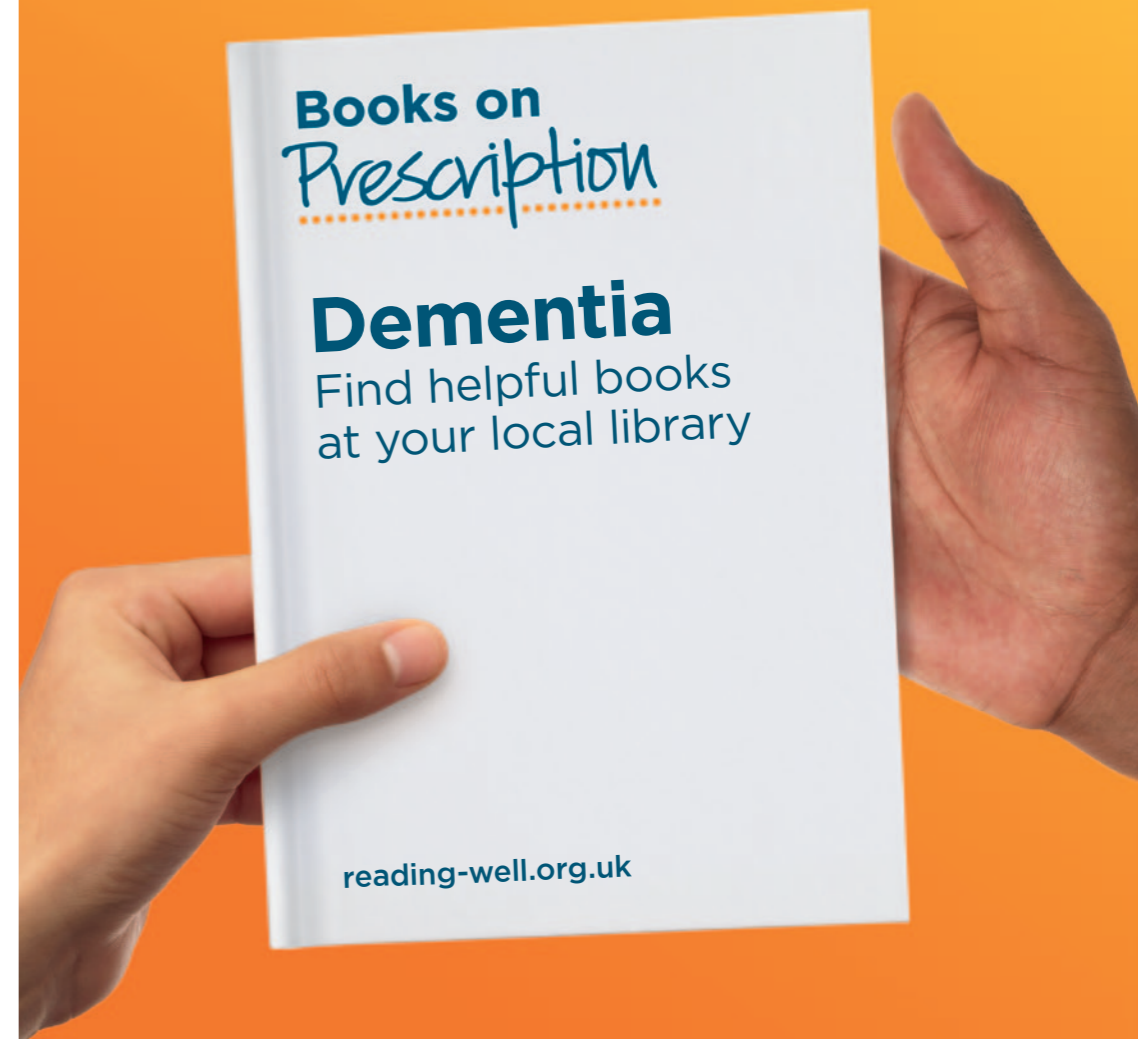
Tell us what you think

We would like to hear your views on *Reading Well Books on Prescription for dementia*. You will find a simple and confidential online form at reading-well.org.uk or contact us at readingwell@readingagency.org.uk

reading-well.org.uk

September 2014
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**READING
WELL**



Recommended and endorsed
by health professionals



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

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Public Libraries

**THE
READING
AGENCY**

What is Reading Well Books on Prescription?

Reading Well Books on Prescription helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

As well as *Reading Well Books on Prescription for dementia*, there is a reading list for common mental health conditions such as anxiety and depression.

Reading Well Books on Prescription for dementia recommends books you might find helpful if you have dementia, are caring for someone with dementia, or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories.

How does it work?

The books are available for anyone to borrow from the local library. Your GP or another health professional may also have recommended one of the titles.

What do I do now?

- Go to your local library, where you can borrow the book for free.
- If the book is not available, you can reserve it. Free reservations are available in most libraries.
- You might choose to read the whole book or focus on the parts that seem most relevant to you.

How are the books chosen?
The books have all been recommended by health professionals and have been tried and tested by people with experience of dementia. They have been selected using guidelines and quality standards for dementia care from NICE (National Institute for Health and Care Excellence) and other professional organisations.

Joining the library
It is easy to join your local library. In most libraries the book recommendation form will act as suitable ID if it has been signed by a health professional and includes your name and address. Library book loans and borrower details are treated as strictly confidential.

Where to get help

If you are worried about dementia or your memory, contact your GP.

The following organisations also offer information and support:

Alzheimer’s Society
Call the Alzheimer’s Society National Dementia Helpline on 0300 222 1122

Order your **free** copy of:

- The Dementia Guide: www.alzheimers.org.uk/dementiaguide
- The Memory Handbook: www.alzheimers.org.uk/memoryhandbook

You can also download:

- Factsheets: www.alzheimers.org.uk/factsheets
- The Dementia Guide in other languages: www.alzheimers.org.uk/pubsotherlanguages

Reading Well Books on Prescription for dementia is supported by

Alzheimer’s Society, British Association for Behavioural and Cognitive Psychotherapies, British Association for Counselling and Psychotherapy, The British Psychological Society, Carers UK, Dementia UK, NHS England (IAPT), Innovations in Dementia, National Association of Primary Care, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists.

Dementia UK
www.dementiauk.org
Call Admiral Nursing Direct on 0845 257 9406

DEEP
www.dementiavoices.org.uk

YoungDementia UK
www.youngdementiauk.org

Carers UK
www.carersuk.org
Call the Carers UK advice line on 0808 808 7777

Age UK
www.ageuk.org.uk

Cruse Bereavement Care
www.cruse.org.uk

Title	Author	Publisher
Support for relatives and carers (continued)		
<input type="radio"/> 10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia	June Andrews and Allan House	University of Stirling, Dementia Services Development Centre
<input type="radio"/> Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language	Rita Salomon	Radcliffe Publishing
Personal stories		
<input type="radio"/> Dancing with Dementia: My Story of Living Positively with Dementia	Christine Bryden	Jessica Kingsley
<input type="radio"/> Dear Dementia: The Laughter and the Tears	Ian Donaghy	Hawker
<input type="radio"/> Still Alice (fiction)	Lisa Genova	Simon & Schuster
<input type="radio"/> Losing Clive to Younger Onset Dementia: One Family’s Story	Helen Beaumont	Jessica Kingsley
<input type="radio"/> Telling Tales About Dementia: Experiences of Caring	Lucy Whitman	Jessica Kingsley
<input type="radio"/> The Little Girl in the Radiator: Mum, Alzheimer’s and Me	Martin Slevin	Monday Books
<input type="radio"/> But Then Something Happened: A Story of Everyday Dementia	Chris Carling	Golden Books

Prescriber’s name:

Job title:

Prescriber’s further information or additional recommendations:

Prescriber’s signature:

Joining the library
If you are not yet a member of your local library and would like to join, please insert your name and address and hand the form to a member of the library staff:

Name:

Address:

Prescriber’s practice/organisation stamp:

The *Reading Well Books on Prescription for dementia* list is only available for use as part of the *Reading Well Books on Prescription* scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.