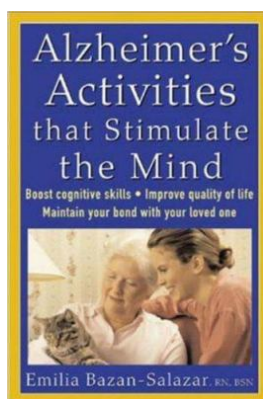


## A Selection of Books on Dementia in Doncaster Libraries

Please also refer to the Reading Well Books on Prescription for  
Dementia list

For further information contact your nearest library



### **Alzheimer's activities that stimulate the mind**

Bazan-Salazar, Emilia C.  
McGraw-Hill, 2005 ISBN: 0071447318  
Shelfmark: 616.8983 BAZ

A fresh alternative to the many other books on physical caregiving, this book introduces easy-to-follow exercises that have been medically proven to enhance and maintain the brains of Alzheimer's and Dementia sufferers in all four stages

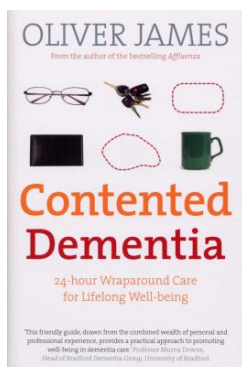
Communicating  
across  
**Dementia**  
How to talk, listen, provide  
stimulation and give comfort  
STEPHEN MILLER



### **Communicating across dementia: how to talk, listen, provide stimulation and give comfort**

Miller, Stephen  
Robinson, 2015 ISBN: 9781845285708  
Shelfmark: 616.83

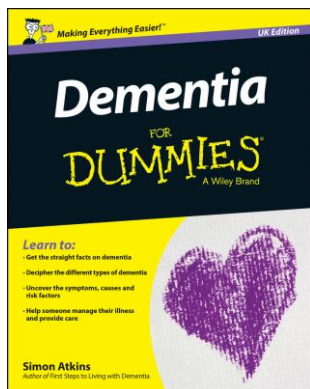
If someone close to you has dementia you will know that communication gradually becomes more difficult and at times frustrating. This jargon-free book explains why this happens and how you have to rethink your whole approach by making key changes to the way you communicate.



### **Contented dementia: 24-hour wraparound care for lifelong well-being**

James, Oliver  
Vermillion, 2008 ISBN: 9780091901806  
Shelfmark: 616.83

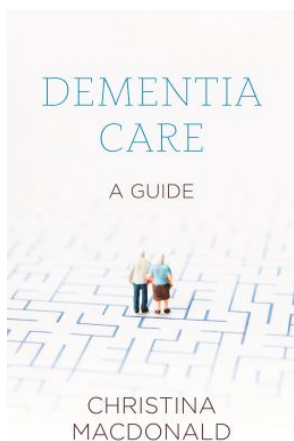
Oliver James outlines a practical method for managing dementia that will allow both sufferer & carer to maintain the highest possible quality of life, throughout every stage of the illness.



### **Dealing with dementia for dummies**

Wiley 2015 ISBN: 9781118924693

Shelfmark: 616.83

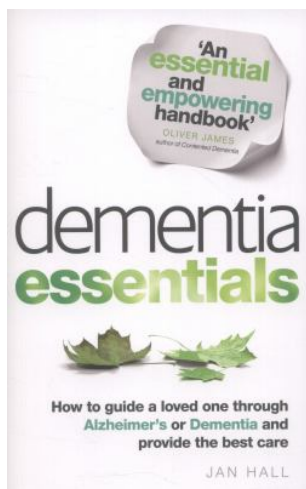


### **Dementia care: a guide**

MacDonald, Christina

Sheldon Press, 2016 ISBN: 9781847093998

This guide falls into three sections - living at home, when care needs increase, finding and settling your parent into a care home. Other topics include: Dealing with the diagnosis: Your parent has been diagnosed - what happens next? What support are they likely to need if they want to stay at home? Making them safe at home: items to help them cope, such as a pendant alarm, key safe, giving neighbours a set of house keys, informing the neighbours of the situation etc, and many more.



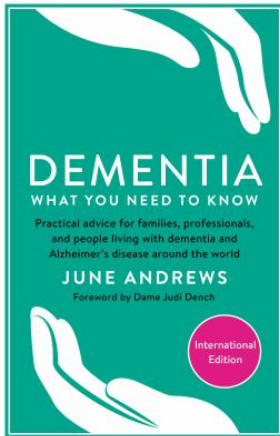
### **Dementia essentials: how to guide a loved one through Alzheimer's or dementia and provide the best care**

Hall, Jan

Vermillion, 2013 ISBN: 9780091948160

Shelfmark: 362.19683

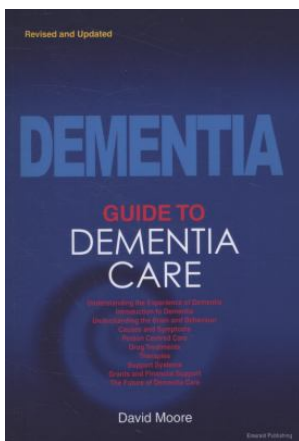
When a loved one has been diagnosed with dementia, many family members assume new roles as carers, helping their relative to remain safe, happy and as independent as possible. This text presents a practical, realistic and reassuring guide to help you and the person with dementia on the journey ahead. Written by a real carer with first-hand experience of the challenges dementia poses, the book is full of essential advice, personal insights and helpful strategies.



**Dementia: what you need to know: practical advice for families, professionals and people living with dementia and Alzheimer's disease around the world**

Andrews, June  
 Profile Books, 2016 ISBN: 9781781256701  
 Shelfmark: 616.83

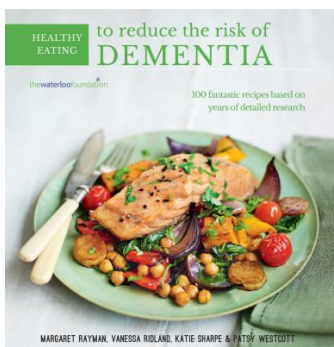
Across the world, 44.4 million people suffer with dementia. Hundreds of millions of people are affected by the dementia of parents, partners, siblings or friends. And as much of the world struggles with an aging population, dementia is set to become ever more of a challenge for societies and individuals. But still, most people who are diagnosed, or who are dealing with the diagnosis of a loved one, feel as though they are alone. This guide provides practical information and support for living with, or caring for, dementia.



**A guide to dementia care**

Moore, David  
 Emerald, 2009 ISBN: 9781847160980  
 Shelfmark: 616.83

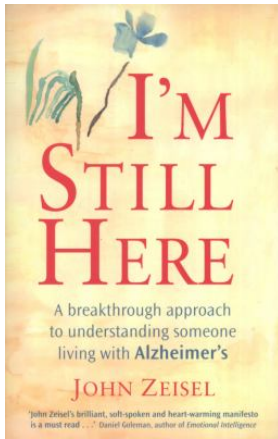
'A Guide to Dementia Care' is a wide-ranging introduction to the nature of dementia, guiding the professional, layperson or student through the existing support framework.



**Healthy eating to avoid dementia**

Margaret Rayman, Katie Sharpe, Vanessa Ridland and Patsy Westcott  
 Kyle Books, 2015 ISBN: 9780857832283  
 Shelfmark: 641.563

There is evidence that a healthy lifestyle, especially in mid-life, can help to reduce the risk of developing dementia. Margaret Rayman and her team of nutritional experts lay down some clear and effective guidelines to show you how to adapt your diet and lifestyle to help protect you against this disease.



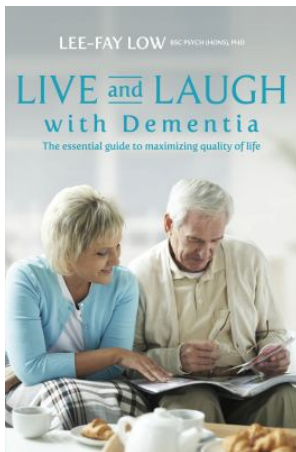
## **I'm still here: a breakthrough approach to understanding someone living with Alzheimer's**

Zeisel, John

Piatkus, 2010 ISBN: 9780749952211

Shelfmark: 616.831

The unfortunate popular perception is that, when someone is diagnosed with Alzheimer's, they are immediately lost to themselves, to those who love them and to those they love. In 'I'm Still Here', John Zeisel shows how you can connect with someone through the fog of dementia and build a relationship with the person within.



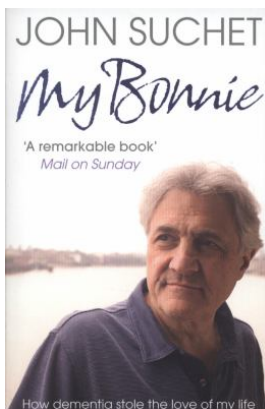
## **Live and laugh with dementia: the essential guide to maximising quality of life**

Lee-Fay Low

Exisle, 2014 ISBN: 9781921966521

Shelfmark:

Just as we need to exercise our body's muscles to keep them strong, flexible and working well, so too do we need to exercise our mental muscles (our brain) in order to strengthen and maintain our neural capabilities. By tailoring activities to suit the needs and abilities of dementia patients, we can help them to maintain their relationships with others, maintain their self-identity, slow the decline of mental function by providing physical and mental stimulation, stave off boredom and experience happiness and pleasure.



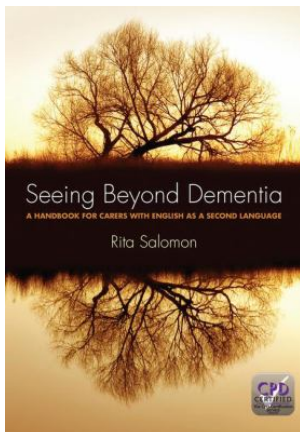
## **My Bonnie: how dementia stole the love of my life**

Suchet, John

Harper, 2010 ISBN: 9780007328413

Shelfmark: 920 SUC

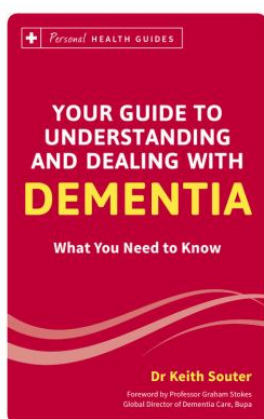
In 2009, John Suchet revealed that his beautiful, 67-year-old wife, Bonnie, the love of his life, was suffering from dementia. Written in passionate & vivid prose, that captures both the warmth of the good times & the utter despair of the bad times, John weaves together a series of moving & heartfelt stories.



### **Seeing beyond dementia: a handbook for carers with English as a second language**

Salomon, Rita  
Radcliffe, 2014 ISBN: 9781846198922  
Shelfmark: 362.19683

This 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 a 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.



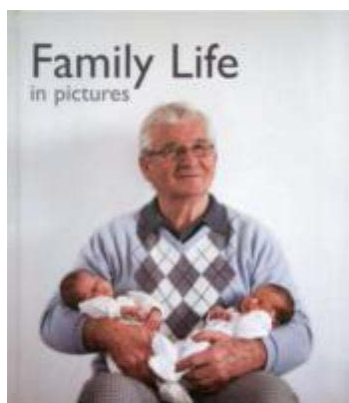
### **Your guide to understanding and dealing with dementia**

Souter, Keith M.  
Summersdale, 2015 ISBN: 9781849537704  
Shelfmark: 362.19683

This title gives the basic information needed to understand what dementia is, how to recognise it, and, most essentially, how to deal with it, including details on: the different types of dementia; risk factors and investigation; the various treatments and supports available; and daily living, diet, exercise, and attitude.

Below is a selection of books published by Pictures to Share – a company which specialises in providing books for people with dementia

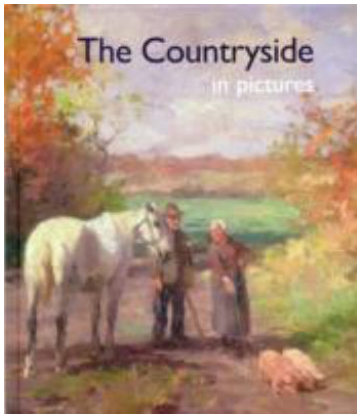
When the person with dementia no longer recognizes family photographs, and is less able to hold a conversation, these books will provide an enjoyable activity.



### **Family life in pictures**

Helen J Bate  
Pictures to Share Community Interest Company, 2010  
ISBN: 9780956381811  
Shelfmark: 306.850222

'Family Life in Pictures' takes a look at the traditional family. Children, parents, grandparents, 'tipsy' uncles and even the family dog are depicted. There are weddings, family meals, celebrations, picnics, church services, holidays and quiet time spent at home reading or in front of the TV.



### **The countryside in pictures**

Pictures to Share, 2007 ISBN: 9780955394010

Shelfmark: 616.831

Memorable paintings, photographs and texts provide a talking point, whether about bluebell woods, rabbit pie, lambing time, hill walking or scrumping apples.

Other titles in this series include: **A sporting life in pictures**, **Beside the seaside in pictures**, **Shopping in pictures**, **Pets in pictures.**, **A world of work in pictures** and **Travelling in pictures**