

THE
READING
AGENCY

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Reading Well for dementia



reading-well.org.uk

Recommended books chosen by
people living with dementia,
carers and health professionals.



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



**Libraries
Connected**

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Reading Well for dementia recommends helpful reading for people living with dementia. The books provide reliable information, advice and support as well as personal stories.

There are also books on the list for family members, friends and carers.



Tried and tested by people living with dementia



Recommended by health professionals



For more information visit
reading-well.org.uk/dementia

How can books help?

These Reading Well books have been chosen by people living with dementia, carers and health professionals to help you **understand more about dementia**.

You can read the books on your own or talk about them with someone you trust.

Reading Well for dementia books are **free for you to borrow** from your local library.

You may have been recommended a Reading Well book by your GP or another professional. The books can be used alongside other support and care.

The library

Look for the Reading Well for dementia books in your local library – they're free to borrow.

It's **easy and free to join** your local library if you are not already a member. A member of library staff can help you join.

Once you have a library card you can borrow books, including large print and talking books.

You can take part in **activities, events and so much more**.

Many local libraries provide **information** and **activities** for people affected by dementia including information about local services. To find out more ask the library staff about what the library can offer.

Other Reading Well booklists

As well as Reading Well for dementia you might also find Reading Well for mental health helpful. This collection includes recommended books for common mental health conditions such as anxiety and depression.

Find out about other Reading Well booklists at your local library or visit reading-well.org.uk

Recommended reading

Book Key

- ▲ General information
- Personal stories
- ◆ Fiction

About dementia

Coping with Mild Cognitive Impairment (MCI)

Mary Jordan.
Jessica Kingsley Publishers ▲

FAQs on Dementia

Tom Russ,
Michael Huddleston.
Sheldon Press ▲

What You Really Want to Know About Life with Dementia

Karen Harrison Denning,
Hilda Hayo,
Christine Reddall.
Jessica Kingsley Publishers ▲

Why Dementia Makes Communication Difficult

Alison Wray.
Jessica Kingsley Publishers ▲

Living with dementia

The Practical Handbook of Living with Dementia

Richard Coaten,
Mark Hopfenbeck,
Isla Parker.
PCCS Books ▲

The Memory Activity Book

Helen Lambert.
DK ▲

Personal stories

Slow Puncture: Living Well with Dementia

Peter Berry, Deb Bunt.
The Book Guild Ltd ■

Somebody I Used to Know

Wendy Mitchell.
Bloomsbury Publishing ■

Take Care, Son: The Story of My Dad and his Dementia

Tony Husband.
Robinson ■

Unforgettable: Rugby, dementia and the fight of my life

Steve Thompson.
Bonnier Books ■

Carers and family

Dementia Essentials

Jan Hall.
Vermilion ▲

How to Help Someone with Dementia

Dr Michelle Hamill,
Dr Martina McCarthy.
Trigger Publishing ▲

United: Caring for our loved ones living with dementia

Gina Awad.
Robinson ▲

Intellectual Disabilities and Dementia: A Guide for Families

Karen Watchman.
Jessica Kingsley Publishers ▲

Personal stories

Remember Me?

Shobna Gulati.
Brazen ■

The Songaminute Man: How music brought my father home again

Simon McDermott.
HQ ■

For children

My Book about Brains, Change and Dementia

Lynda Moore.
Jessica Kingsley Publishers ▲

Elmer and the Gift

David McKee.
Andersen Press ◆

The Memory Book

Louise Gooding.
Wren & Rook ◆

The Stories Grandma Forgot (and How I Found Them)

Nadine Aisha Jassat.
Orion Children's Books ◆

Digital Resources



Alongside the Reading Well for dementia books, there are recommended digital resources. These provide information to help you understand and manage your health and wellbeing.

Scan the QR code or visit reading-well.org.uk/dementia to find out more.

What if I need more help?

If a book does not provide you with all the help you need, you can talk with someone you trust such as a family member, carer, friend or faith leader. You can also talk to people with expertise in the community such as your GP practice, memory clinic or other professionals.

You can contact one of the following organisations for support:

Alzheimer's Society: Free information, practical advice, and emotional support for people living with dementia and their families. Information is also available in other languages.

Dementia Support Line on:

 **0333 150 3456**  **alzheimers.org.uk**

Dementia UK: Free support and advice for anyone affected by dementia. Information is also available in other languages.

Dementia Helpline on:

 **0800 888 6678**  **dementiauk.org**

Age UK: Free support for older people, their families, friends, carers and professionals.

Advice Line on:

 **0800 678 1602**  **ageuk.org.uk**

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