









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.

Find out more about Reading Well support on our website reading-well.org.uk

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.
- 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 and free to join your local library. Library book loans and borrower details are treated as confidential. Some libraries may ask for proof of your name and address.

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

You can also download:

- Factsheets: alzheimers.org.uk/ factsheets
- The Dementia Guide in other languages: alzheimers.org.uk/ get-support/publications-andfactsheets/publications-otherlanguages

Dementia UK

dementiauk.org Call Admiral Nursing Dementia Helpline on 0800 888 6678

DEEP

dementiavoices.org.uk

YoungDementia UK

voungdementiauk.org

Carers UK

carersuk.org

Call the Carers UK advice line on 0808 808 7777

Age UK

ageuk.org.uk

Cruse Bereavement Care

cruse.org.uk

Wales Dementia Helpline

Call the Wales Dementia Helpline on 0808 808 2235

Or text 'Help' to 81066

callhelpline.org.uk/Dementia-Helpline.asp

Reading Well Books on Prescription for dementia is supported by

Alzheimer's Society, British Association for Behavioural and Cognitive Psychotherapies, 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.

Recommended reading

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

For information on Welsh language translations of these titles visit **reading-well.org.uk**

✓ Title	Author	Publisher
Support for relatives and carers (continued)		
Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language	Rita Salomon	Radcliffe Publishing
Personal stories		
Dancing with Dementia: My Story of Living Positively with Dementia	Christine Bryden	Jessica Kingsley
Dear Dementia: The Laughter and the Tears	Ian Donaghy	Hawker
Still Alice (fiction)	Lisa Genova	Simon & Schuster
Losing Clive to Younger Onset Dementia: One Family's Story	Helen Beaumont	Jessica Kingsley
Telling Tales About Dementia: Experiences of Caring	Lucy Whitman	Jessica Kingsley
The Little Girl in the Radiator: Mum, Alzheimer's and Me	Martin Slevin	Monday Books
But Then Something Happened: A Story of Everyday Dementia	Chris Carling	Golden Books

Prescriber's name:	Joining the library If you are not yet a member of	
Job title:	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:	
Prescriber's further information or additional recommendations:		
	Address:	
Prescriber's signature:	Prescriber's practice/ organisation stamp:	

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 dementia has been developed by The Reading Agency in partnership with the Society of Chief Librarians. The programme is funded by Arts Council England, Wellcome and the Welsh Government.

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