

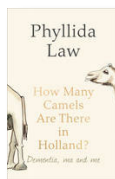
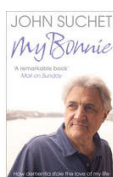
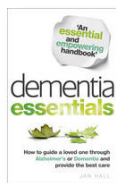
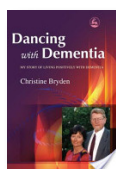
Living well with dementia

Book list and library services

Dorset County Council



Working together for a strong and successful Dorset



Dorset County Council libraries have many books and resources which may help you, your family or carers, if you have been affected by dementia. This leaflet contains a selection of books which cover:

- Information about the causes and symptoms
- Advice on how to live well with dementia
- Personal stories from sufferers and carers
- Books suitable for children

Non Fiction

First Steps to Living With Dementia

Simon Atkins, M. D. 362.19683

A short, accessible, comprehensive and no-nonsense guide written by a GP.

Dancing with Dementia: My Story Of Living Positively With Dementia

Christine Dryden, 616.83

Diagnosed at 46, Christine relates her experiences of living with the condition and her attempt to change prevailing attitudes and misconceptions about the disease.

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

Jan Hall, 362.19683

A practical, realistic and reassuring guide to help carers and sufferers to remain safe, happy and as independent as possible.

Contented Dementia: 24-hour wraparound care for lifelong well-being

Oliver James, 616.83

A practical method for managing dementia that aims to maintain quality of life by creating links between past memories and the routine activities of daily life.

Keeping Mum: caring for someone with dementia

Marianne Talbot, 362.196831

Humorous and honest, it highlights the challenges of caring for a relative with dementia and includes practical suggestions for those who find themselves in the same boat.

Biography

Losing Clive to Younger Onset Dementia: one family's story

Helen Beaumont, B/BEA

Clive was diagnosed with Younger Onset Dementia at age 45, when his children were aged just 3 and 4. Clive's wife, Helen, tells of how she and the rest of the family made it through the six years until Clive died.

Keeper : living with Nancy : a journey into Alzheimer's

Andrea Gillies, B/GIL

Andrea Gillies took on the care of her mother-in-law Nancy, who was in the middle stages of Alzheimer's disease, then moved to a big Victorian house in the far north of Scotland.

How Many Camels Are There in Holland?

Phyllida Law, B/LAW

A bittersweet and often darkly comic memoir of the final months of her mother's life. Illustrated with her own watercolours, the book is part journal, part anecdotal, but the overall effect is a courageous celebration of life.

The Little Girl in the Radiator: mum, Alzheimer's and me

Martin Slevin, B/SLE

Martin moved back home to care for his mother, an intelligent and fiercely independent woman who ran her own business, prior to diagnosis.

My Bonnie : how dementia stole the love of my life

John Suchet, B/SUC

John describes how he has effectively lost his beloved wife Bonnie to dementia and his very personal memoir exposes the uniquely cruel nature of the disease.

Adult Fiction

Still Alice

Lisa Genova

When Alice finds herself in the downward spiral of Alzheimer's she is just fifty years old. But when she can't remember how to make her famous Christmas pudding, gets lost in her own back yard, and fails to recognise her daughter, she comes up with a desperate plan.

What Comes Next?

John Katzenbach

Retired psychology professor Adrian Thomas has spent a lifetime delving into other people's disturbed minds. Now he's been diagnosed with degenerative dementia, and all his thoughts are of ending his own life while he still can.

Turn of Mind

Alice LaPlante

Is the perfect murder the one you can't forget or the one you can't remember? Dr. Jennifer White, a brilliant former surgeon in the early grip of Alzheimer's, is suspected of murdering her best friend Amanda.

Lost: a novel

Alice Lichtenstein

Suffering from dementia, no longer able to dress, or feed or wash himself, Susan's husband has wandered alone into a frigid landscape with no sense of home or direction.

Children's Fiction

My Grandpa

Marta Altes

This outstanding picture book tells of a happy and accepting relationship between a grandfather bear and his little grandson. Dementia is never explicitly mentioned, but the theme is central. (age 3-5)

The Memory Cage

Ruth Eastham

Alex's grandfather keeps forgetting things, and Alex has overheard his parents say that they're going to put grandpa in a home. His grandfather begs Alex to save him from that, and it's a promise Alex is desperate to keep. (age 8-12)

Mile-High Apple Pie

Laura Langston

My Grandma wears trainers with yellow laces and she laughs very loud. She remembers lots of things but some days, her remembering is not so good. Then her granddaughter reassures her: "I am Margaret. I am your remembering." (age 3-5)

My Little Grandmother Often Forgets

Reeve Lindbergh

Sometimes Tom's grandmother forgets the way home, or that Tom's name is Tom and not Roy. But Tom doesn't mind. The special bond between a beloved grandmother affected by memory loss and her devoted grandson is beautifully described and illustrated. (age 4-7)

Library services

Books in alternative formats

The library service offers a selection of books in alternative formats, including large print, audio and e-books.

"Good neighbour" card

Readers who are housebound or unable to visit the library may have a named representative to collect items for them, i.e. a friend or relative. Please contact any library for further information.

Home library service

Home visits for Dorset residents who want to continue using the library but are having problems getting there. This is run in partnership with the Royal Voluntary Service who call regularly at a convenient time to exchange books and other materials. Contact Maria Jacobson. Telephone: 01305 236666
Maria.Jacobson@royalvoluntaryservice.org.uk

The home library service mobile library

The home mobile operates across Dorset on a regular timetable, serving care homes, day centres and sheltered housing complexes. The specially adapted vehicle has low steps and a lift suitable for wheelchairs or walking frames. There is also a hearing loop.

Reading and discussion groups for older readers

People with dementia and their carers may benefit from being part of a reading group. Some libraries have groups aimed at older readers (and their carers) or run sessions in partnership with other organisations. For more information about joining or starting a reading group contact your local library or visit:
<http://www.dorsetforyou.com/readinggroup>

Further information

For general advice on Dementia and memory loss and a guide to local support visit the Dorset for You website:
<http://www.dorsetforyou.com/dementia>

Dementia Friends help people learn more about what it's like to live with dementia and offers ways to support others with the disease.
<http://www.dementiafriends.org.uk>

The Alzheimer's Society offers information, advice and support.
Dorchester branch: Telephone: 01305 259740
Poole branch: Telephone: 01202 716393

Age UK supports people with memory loss and their carers by providing information, advice, guidance and signposting.
Dorchester branch: Telephone: 01305 263113

Help and Care is a local charity providing a range of services including information and advice, carers' services and one-to-one support. **Telephone: 0300 111 3303**

For more information about our services please contact your local library or visit the website at:
<http://www.dorsetforyou.com/libraries>

For contact details for your local library please
Telephone: 01305 225000

This leaflet can be made available in large print and Braille, or alternative languages on request.