

# Read about dementia

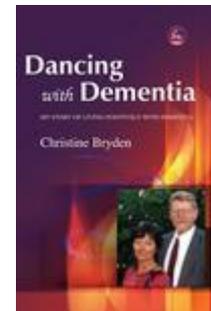
Find self-help books at your local library

## **Of interest to someone with dementia**

### **Dancing with dementia**

*Christine Bryden*

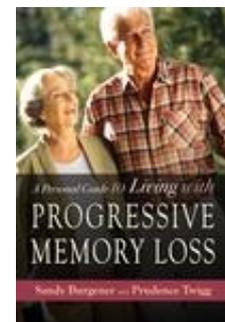
Christine Bryden was diagnosed with dementia at the age of 46. This book relates her experiences of living with the condition, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks.



### **A personal guide to living with progressive memory loss**

*S Burgener & P Twigg*

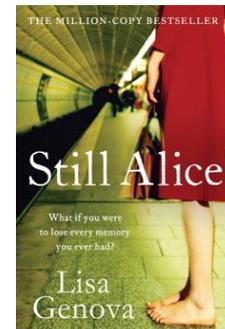
Useful for describing the experience of memory loss and dealing with communication problems, this guide also suggests ways of maintaining physical and mental health by staying active and engaged in society. It includes examples of real people who have faced similar challenges



### **Still Alice**

*Lisa Genova*

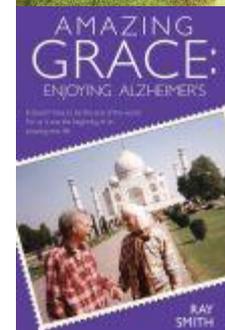
A novel sensitively and informatively describing the impact of early onset dementia on both the person experiencing it and her family



### **Amazing Grace: enjoying Alzheimer's**

*Ray Smith*

This is the positive biography of the full and active life of Grace and her husband/carer, who refuse to let her illness get the better of her after her diagnosis in her 50s

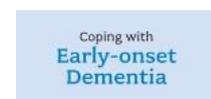


## **Of interest to someone with dementia or their carer**

### **Coping with early onset dementia**

*Jill Eckersley*

This guide gives comprehensive, realistic and practical support in a matter of fact style



JILL ECKERSLEY

## Of interest to carers

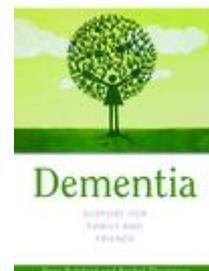
**But then something happened; a story of everyday dementia**  
*Chris Carling*

This is a description of the emotional rollercoaster experienced by a daughter looking after two parents with different forms of dementia - the fears and anxieties but also the fun and laughter



**Dementia: support for family and friends**  
*Dave Pulsford & Rachel Thompson*

A book of practical advice to help you understand and cope with the progression of the disease, from a leading authority in dementia care nursing



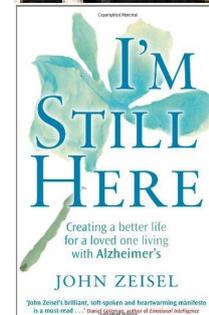
**Keeping mum: caring for someone with dementia**  
*Marianne Talbot*

Marianne Talbot gives us an honest diary-style account of the challenges of caring at home. It is based on the author's blog she wrote while she was caring for her mother



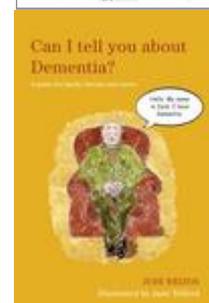
**I'm still here**  
*John Zeisel*

John Zeisel shows how you can connect with someone through the fog of dementia and build a relationship with the person within



**Can I tell you about dementia? A guide for family, friends and carers**  
*Jude Welton*

Just as it says in the title, this is very informative for family (children aged 11years +) and friends, giving a sense of what living with dementia can be like



Recommended by local dementia specialists