

Library and Knowledge Services

Dementia

Reading Well for dementia, helpful reading books for people living with dementia. There are also books for family, friends and carers. The booklist provides reliable information, advice and support as well as personal stories.

The new book leaflet is targeted at people living with dementia, carers and family members to help them understand more about dementia.

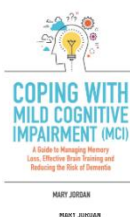
Books and E-Books* can be accessed via the Library online catalogue at:
<http://cwpt.wordpress.ptfs-europe.co.uk/>

*E-Books require an OpenAthens account

Contact your local library for more information or to request an Athens Account.

Books for Clinicians in Support of New Carers and Family

About Dementia

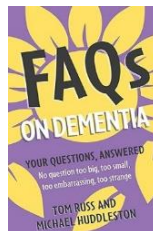


Coping with Mild Cognitive Impairment (MCI)

Mary Jordan

The self-help measures in this book include memory aids, health and

lifestyle changes, activities, therapies and technological aids. All of them are known to improve cognition and can be incorporated into daily life. Every measure is firmly based in current research, and this book is also applicable to those with early-stage dementia wishing to delay the onset of more severe cognitive impairment.

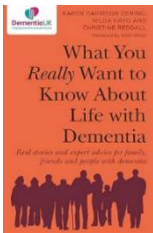


FAQs on Dementia

Tom Russ

You have so many questions, but no idea where to start finding the answers. Here they are.

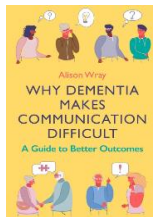
In this book you'll find the definitive, expert responses to all your *FAQs: On Dementia*. No question is too simple, too embarrassing, too rude or too offbeat to be included, and each one has been asked by thousands of people just like you.



What You Really Want to Know About Life With Dementia: Real Stories and Expert Advice for Family, Friends and People with Dementia

Karen Harrison Dening

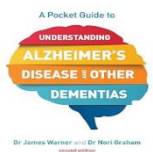
A family-led vision of what carers of people with dementia need and want to know. Supporting families and carers in their day-to-day life with dementia, this unique resource combines real stories from families with expert responses and advice for specific issues and concerns.



Why Dementia Makes Communication Difficult: a guide to better outcomes

Karen Harrison Dening

Including clear action points for carers, bystanders and people with a dementia diagnosis, this book shows how to approach communication to improve outcomes.



A Pocket Guide to Understanding Alzheimer's Disease and Other Dementias

James Warner

If you or a loved one are worried about Alzheimer's disease or other types of dementia, this pocket guide will help you to better understand the conditions, and how they are diagnosed and treated. Written by experts this book provides clear and concise information.



First Steps to Living with Dementia

Dr Simon Atkins

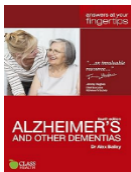
Thousands suffer from dementia. There is a clear need for better understanding of the condition, both for those who suffer from it and those around them - to be aware of what it may mean, and to know what can be done to improve the mental health of sufferers.



Dementia Positive

John Killick

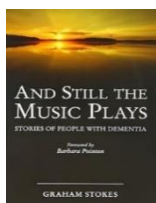
John Killick writes out of two decades of experience of working with people with dementia and their carers, friends and supporters. He also shares with us the views of many of the people he has encountered on his journey.



Alzheimer's and Other Dementias: (Answers at Your Fingertips)

Alex Bailey

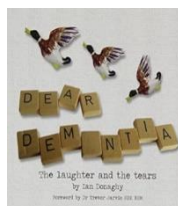
If you are affected by dementia this book is for you. You may know or care for someone with dementia or you may have been recently diagnosed yourself. Whoever you are, confusion not only affects the person with the condition. This book gives you the information and support to cope with dementia.



And Still the Music Plays Graham Stokes

Storytelling is the oldest and perhaps the best way of learning known to

humans. Using 22 compelling stories, clinical psychologist Graham Stokes draws on his memories of people with dementia he has met to bring us all a greater understanding of the condition and why some behave in the way they do.

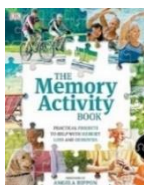


Dear Dementia: the Laughter and the Tears

Ian Donaghy

Excellent insight into the experiences of dementia sufferers, their family and friends.

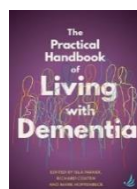
Living With Dementia



The Memory Activity Book

Helen Lambert

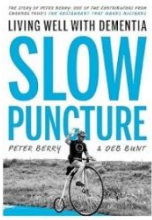
Using step-by-step ideas designed to stimulate and entertain, dementia care specialist Helen Lambert explains how engaging in a variety of simple activities can benefit different parts of the brain and help to keep your mind fitter for longer.



The Practical Handbook of Living with Dementia

Isla Parker

This wide-ranging book takes a person-centred approach to supporting the person and their families/carers to live with dementia and challenge the stigma attached to the condition.



Living Well with Dementia: Slow Puncture

Peter Berry

Peter has embarked on a series of challenges to show that 'life isn't over

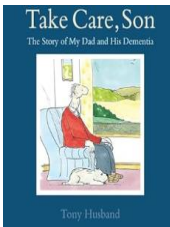
with dementia, it's just a little different'. Peter has now raised thousands of pounds for dementia charities, cycling hundreds of miles in his quest to show that life is always worth living.



Unforgettable

Steve Thompson

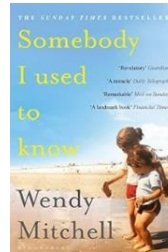
This tale of hope and courage stands as testament to the ultimate strength of the human mind - and to a man no longer pushing himself to the limit for competition, but for his own place in the world.



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

Tony Husband

Written and illustrated with wit and charm by cartoonist Tony Husband, *Take Care, Son* is an emotional, honest account of the illness that will strike a chord with anyone who has personal experience of dementia



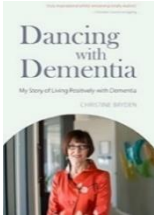
Somebody I Used to Know

Wendy Mitchell

How do you build a life when all that you know is changing?

How do you conceive of love when you can no longer recognise those who mean the most to you?

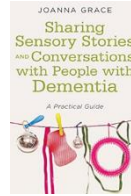
A phenomenal memoir, *Somebody I Used to Know* is both a heart-rending tribute to the woman Wendy Mitchell once was, and a brave affirmation of the woman dementia has seen her become



Dancing with Dementia

Christine Bryden

Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. *Dancing with Dementia* is a vivid account of her experiences of living with dementia. She describes how, with the help of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help.

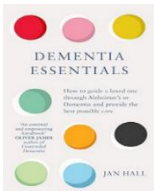


Sharing Sensory Stories and Conversations with People with Dementia: A Practical Guide

Joanna Grace

This book looks at how sensory engagement can help someone with dementia feel safe and secure, minimise their anxieties, support their cognitive abilities, as well as other benefits. Full of practical advice, this book provides everything you need to put Sensory Stories into practice.

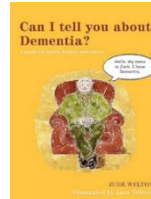
Carers and Family



Dementia Essentials: How to Guide a Loved One Through Dementia and Alzheimer's, and Provide the Best Possible Care

Jan Hall

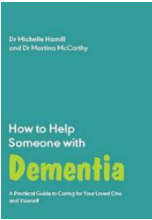
When a loved one has been diagnosed with dementia you might step into the new role of carer, helping your relative to remain safe, happy and as independent as possible. *Dementia Essentials* offers a realistic and reassuring guide to help you and the person affected navigate the complexities of dementia and Alzheimer's, and face anything that these conditions might place your way.



Can I tell You About Dementia?: A Guide for Family, Friends and Carers

Jude Welton

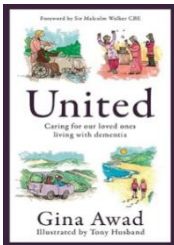
Meet Jack - an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand the challenges faced by someone with dementia and the changes it causes to memory, communication and behaviour. He also gives advice on how to help someone with dementia stay as mentally and physically active as possible, keep safe and continue to feel cared for and valued.



How to Help Someone With Dementia: a Practical Guide to Caring for Your Loved One and Yourself

Michelle Hamill

There can be a lot of understandable fear and worry when a loved one receives a diagnosis of dementia. Whilst the stigma of dementia can be powerful it should not restrict a person from finding meaning and purpose in life. Psychologists Dr Michelle Hamill and Dr Martina McCarthy believe that a holistic and relationship-centred understanding of dementia can help to acknowledge the challenges of the condition, whilst enabling people to live with dignity. This book provides insights and ideas to improve quality of life for both you and your loved one, drawing on the experiences of people who are caring for a person with dementia from our services.

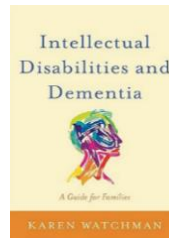


United: Caring for Our Loved Ones Living with Dementia

Gina Awad

A moving and beautifully illustrated book that captures the real life tales of people living with dementia, as told by their loved ones caring for them.

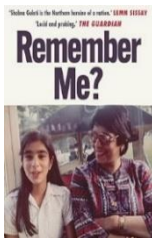
This humorous, heartwarming and often heartbreaking collection will be relatable and supportive for anyone touched by dementia in their lives, and provides insight and information for anyone



Intellectual Disabilities and Dementia: a Guide for Families

Karen Watchman

Drawing on the author's first-hand experiences with families, this book provides crucial, accessible information and answers the difficult questions that often arise when a family member with an intellectual disability is diagnosed with dementia.

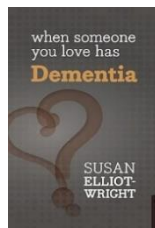


Remember Me?: Discovering My Mother as She Lost Her Memory

Shobna Gulati

In her first book, Shobna Gulati sets out to reclaim her mother's past after her death, and in turn, discovers a huge amount about herself and their relationship.

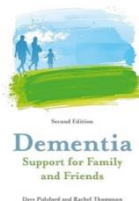
Remember Me? is a heartbreakingly courageous and tender memoir on losing a parent to dementia which captures memory at its most fragile and its most revealing. The book tells the story of a mind unravelling and the hidden stories that lay within it.



When Someone You Love Has Dementia

Susan Elliot-Wright

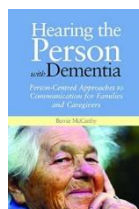
This book looks at practicalities and relationships, including: Defining Alzheimer's and other dementias; Diagnosis; After diagnosis; planning for the future; Medications to help with symptoms such as memory problems, wandering, and aggressive behavior; Other therapies such as music therapy; Practicalities: coping with strange behaviour, confusion, memory problems.



Dementia: Support for Family and Friends

Dave Pulsford

The book explores each stage of the journey people with dementia face and explains how it affects the person, as well as those around them both at home and in residential settings. It shows how best to offer support and where to get professional and informal assistance. Focussing on the progressive nature of dementia and the issues that can arise as a result, it gives practical advice that can help to ensure the best possible quality of life both for the person with dementia and the people around them.



Hearing the Person with Dementia: Person Centred Approaches to Communication for Families and Caregivers

Bernie McCarthy

Written with both family and professional carers in mind, this book clearly explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers might need to adapt their approach as a result.

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