**Reading Well: Books on Prescription for Dementia**

The Trust libraries have a selection of books taken from the national *Reading Well Books on Prescription for Dementia* which was launched in January 2015.

Most of this list has been developed with help from Alzheimer's Society, The British Psychological Society, *Innovations in Dementia* and the Royal College of Psychiatrists – as well as people with dementia and their carers. Others are a selection we have made. All books are available in Trust libraries.

For further information from the *Reading Agency* go to Books on Prescription for Dementia (http://readingagency.org.uk/adults/news/reading-well-books-on-prescription-for-dementia-booklist.htm)

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Summary</th>
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<tbody>
<tr>
<td><em>Can I Tell You About Dementia?</em></td>
<td>Jude Welton</td>
<td>Meet Jack - an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand 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.</td>
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<tr>
<td><em>And Still the Music Plays</em></td>
<td>Graham Stokes</td>
<td>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 of why some behave in the way they do. The stories are set at home, in care homes and hospitals.</td>
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<tr>
<td><em>Introduction to the Psychology of Ageing for Non-Specialists</em></td>
<td>Ian Stuart-Hamilton</td>
<td>A complete primer for non-specialists on the psychology of ageing, this accessible and comprehensive book explains the key issues clearly and concisely. Beginning with explanations of ageing, life expectancy and demographics, it goes on to discuss the aspects of ageing that have the most impact on people’s lives.</td>
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<td><em>Dancing with Dementia</em></td>
<td>Christine Bryden</td>
<td>Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. This book is a vivid account of her experiences, the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks.</td>
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<td><em>ABC of Dementia</em></td>
<td>Bernard Coope &amp; Felicity Richards</td>
<td><em>ABC of Dementia</em> is a practical guide to help healthcare professionals develop knowledge, skills, confidence and an understanding of dementia. It begins with the cognitive disabilities and underlying brain diseases that define dementia, before moving on to diagnostic assessment and early intervention for dementia.</td>
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<td><em>STILL ALICE</em></td>
<td>Lisa Genova</td>
<td>Alice Howland is a cognitive psychology professor, with a successful husband and three grown children. When she begins to grow forgetful and disoriented, she dismisses it for as long as she can until a tragic diagnosis changes her life - and her relationship with her family and the world around her - for ever. Her memory hanging by a frayed thread, she is living in the moment, living for each day. But she is still Alice.</td>
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<tr>
<td><em>Dementia</em></td>
<td>Dave Pulsford &amp; Rachel Thompson</td>
<td>For friends and family members of people with dementia, understanding the condition and coping with the impact it has on their lives can be extremely challenging. This book explores each stage of the &quot;journey&quot; and how best to offer support and where to get professional and informal assistance.</td>
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<tr>
<td><em>Chocolate Rain</em></td>
<td>Sarah Zoutewelle</td>
<td><em>Chocolate Rain</em> shows how to apply creativity to reach the person behind the dementia and to discover the best activities for them. Includes more than 100 tested ideas for a wide range of new activities, and also includes one of the first creative manuals written specifically for caregivers.</td>
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Innovations in Dementia

Most of these titles have been recommended by a group of people drawn from the following organisations:

- Alzheimer’s Society
- British Psychological Society
- Royal College of Psychiatrists
- Alzheimer’s Disease Society of America
- Alzheimer’s Association
- National Institute on Aging
- National Institute of Mental Health
- National Institute on Disability and Rehabilitation Research
- National Institute of Child Health and Human Development
- National Institute of Neurological Disorders and Stroke
- National Institute on Aging
- National Institute on Disability and Rehabilitation Research
- National Institute of Child Health and Human Development
- National Institute of Neurological Disorders and Stroke

The books have been chosen from a wide range of sources, including academic journals, online databases, and professional organisations. The list is intended to be a resource for those who are interested in dementia and would like to learn more about it. The books cover a wide range of topics, from the scientific and medical aspects of dementia to personal stories of people living with the condition. The books are intended to be a valuable resource for anyone who is interested in learning more about dementia, whether they are a professional or a family member of someone with the condition.

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DEAR DEMENTIA*
The laughter and the tears
Ian Donaghy
Using over 100 illustrations and captions, Ian Donaghy captures the emotion and the reality of living with dementia. ‘We laughed, we cried and talked about every page together’. Chris Roberts, living with dementia. ‘Everyone working in care should read this’. Jill Shearer, Maria Mallaband Care Group.

HEARING THE PERSON WITH DEMENTIA*
Bernie McCarthy
As the illness progresses, the person with dementia may find it difficult to express themselves clearly and to understand what others say. This book explains what happens to communication as dementia progresses, how this may affect an individual’s memory, language and senses, and how carers might adapt their approach as a result. This book is essential reading for family caregivers, professional care staff, and all those who are training to work with people with dementia.

CREATIVE APPROACHES IN DEMENTIA CARE
Hilary Lee and Dr Trevor Adams (Eds.)
A practical introduction to the use of the arts in dementia care. It provides guidance on how to employ a variety of innovative techniques including art, music and dance therapies, to promote the physical, psychological, emotional, social and spiritual well-being of people with dementia.

ELIZABETH IS MISSING
Emma Healey
Maud is forgetful. She makes a cup of tea and doesn’t remember to drink it. Sometimes her home is unrecognizable - or her daughter Helen seems a total stranger. But there’s one thing Maud is sure of: her friend Elizabeth is missing. Maud will get to the bottom of it because somewhere in her damaged mind lies the answer to an unsolved mystery. One everyone has forgotten about. Everyone, except Maud.

KEEPER
A book about memory, identity, isolation, wordsworth and cake
Andrea Gillies
Andrea Gillies, a writer and mother of three, took on the care of her mother-in-law Nancy, who was in the middle stages of Alzheimer’s disease. This newly extended family moved to a big Victorian house on a headland in the far, far north of Scotland. This book is a journal of life in this wild location, in which Gillies tracks Nancy’s unravelling grasp on everything that we think of as ordinary, and interweaves her own brilliantly cogent investigations into the way Alzheimer’s works.

REMEMBER REMEMBER
Hazel McHaffie
When Doris is found directing traffic in the middle of the night, her daughter Jessica is forced to put her in a home. Clearing out the family house in preparation for selling it, Jessica comes across secrets her mother kept from her long before her memory began to erode under Alzheimer’s Disease. The knowledge Jessica uncovers as the family secrets are revealed and past memories are stirred, is fleshed out by the revelations Doris herself provides as her story unravels backwards.

MY BONNIE – HOW DEMENTIA STOLE THE LOVE OF MY LIFE
John Suchet
After a whirlwind romance and a marriage that spanned decades, former face of ITV news, John Suchet, revealed that his wife Bonnie was suffering with dementia. This is John’s moving account of how his wife, barely past middle age, was diagnosed with dementia, a disease usually associated with the elderly, remains full of joy, despite the tragedy.

ABOUT DEMENTIA*
For people with learning disabilities
Karen Dodd, Vicky Turk, Michelle Christmas
You may have questions about dementia. You may not know what dementia means. You might be worried about yourself. You may have a friend or a member of your family who has dementia. This booklet provides answers to commonly asked questions about dementia. It is useful for more able people with learning disabilities.

All these books and more can be found on our Library Catalogue at http://tiny.cc/qj08fw

Titles marked with an asterisk (*) are from the Reading Well list.

Join our library and discover the full range of services we offer

Please complete a library registration form available on our website or in your local CWPT library and return to any of our libraries:

- CALUDON CENTRE LIBRARY, Coventry
- ST MICHAEL’S LIBRARY, Warwick
- MANOR COURT LIBRARY, Nuneaton
- BRIAN OLIVER CENTRE LIBRARY, Marston Green