

Dementia Resources

Books available to borrow from the Admiral Nurses Library

1. Being, An approach to Dementia – David M Sheard

Takes a fresh look at what it really means to be person centered. It introduces the idea that feelings matter most in dementia care and demonstrates how this approach can be applied to our personal lives, work lives and within the culture of organisations.

2. 10 Helpful Hints for Carers

Practical solutions for carers living with people with dementia.

3. Keeping busy...A Handbook of Activities for Persons with Dementia – James R Dowling

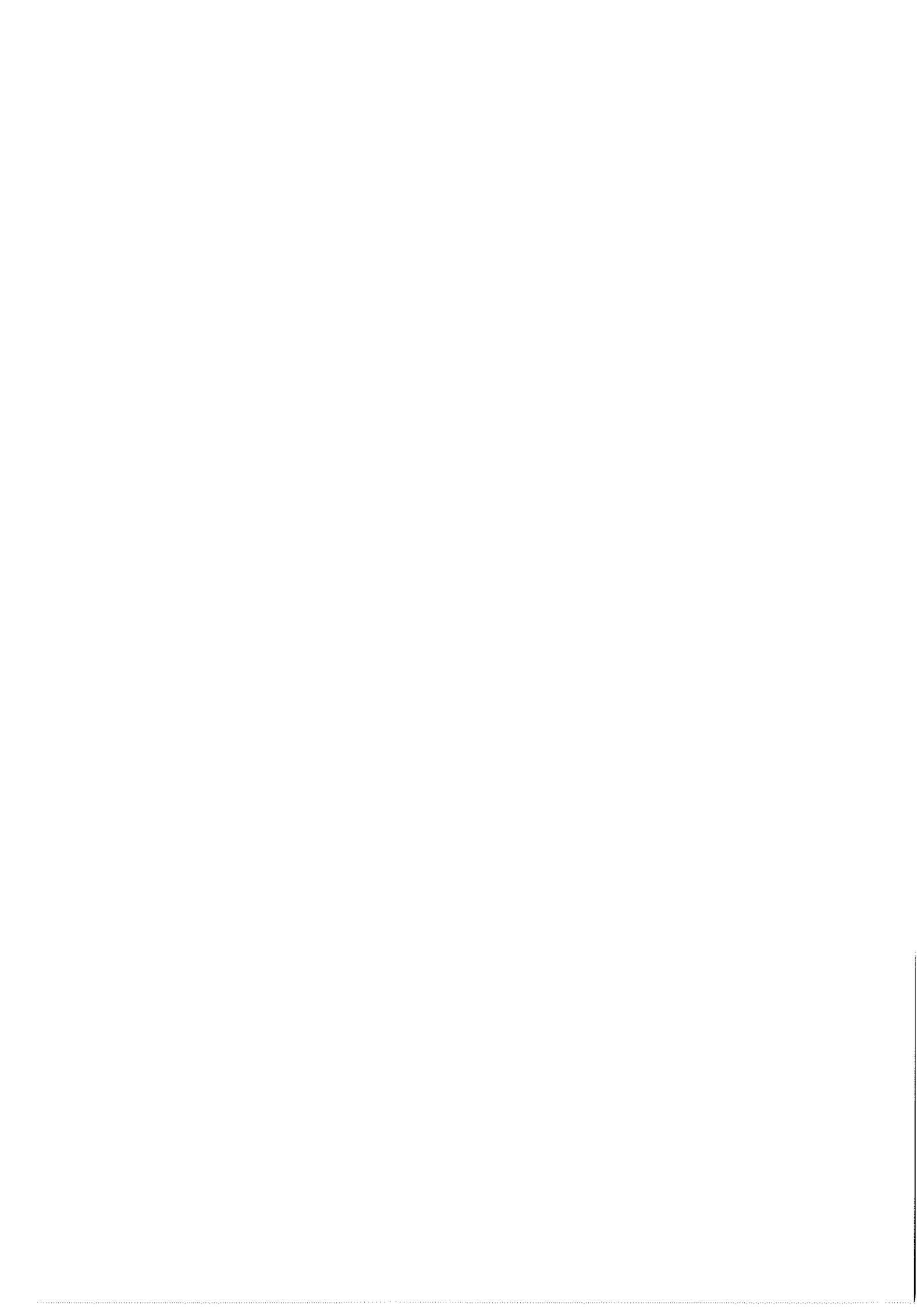
This book describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia. The activities are organised according to categories such as music, exercise, horticulture, pets, humour and social events. The largest selection of the book deals with communication and includes word games that help people make the most of their remaining verbal skills.

4. Wellness Recover Action Plan – Mary Ellen Copeland

The book presents a system developed and used successfully by people with a variety of physical and emotional difficulties. It has helped them use self-help skills more easily to monitor how they feel and to help themselves feel better, recover, stay well and improve the quality of their lives.

The book will help you:

- Develop your own list of activities for well being
- Track triggering events and early warning signs
- Prepare your personal responses for when you are not feeling well
- Create a plan for your supporters to care for you if necessary.



5. Elizabeth is Missing – How to solve a mystery when you can't remember the clues?

By Emma Healey

A remarkably insightful and gripping novel about dementia. A story of Maud who is forgetful. She makes a cup of tea and doesn't remember to drink it. She goes to the shops and forgets why she went. Sometimes her home is unrecognizable – or her daughter Helen seems a total stranger.

6. The Selfish Pig's Guide to Caring

by Hugh Marriott

Carers are liable to feelings of guilt, probably brought on by fatigue and isolation. So Hugh Marriott has written this book for them and also for the rest of us who hadn't realised what went on behind closed doors. His aim was to bring into the open everything he wished he's been told when he first became a carer.

7. Could it be Dementia? Losing your mind doesn't mean losing your soul

by Louise Morse & Roger Hitchings

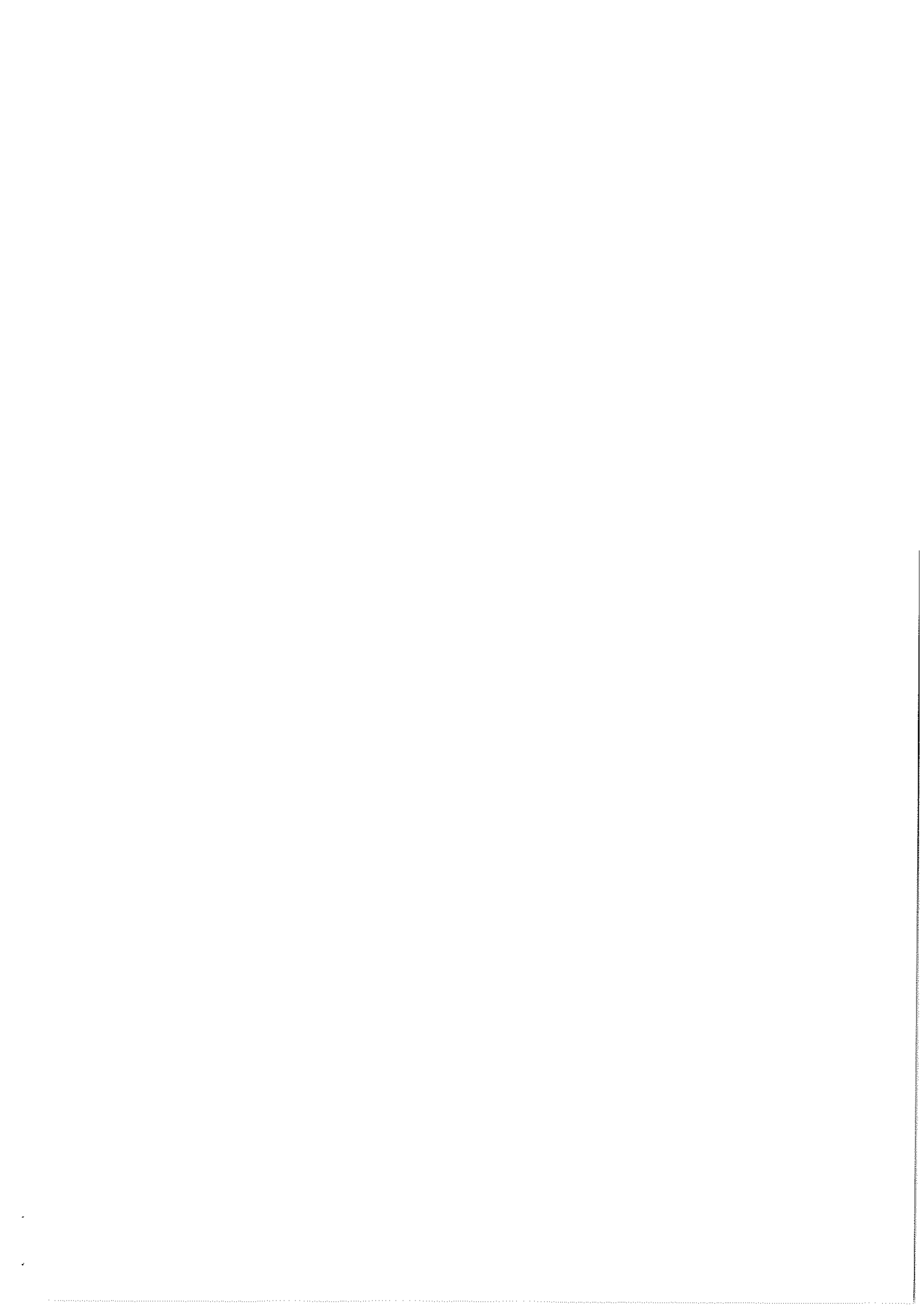
Dementia in a Christian context. The book is full of carefully gathered facts and stories about Alzheimer's, and the carers of those who suffer from it. The authors reveal insight, compassion and Christian ways of showing practical care and concern.

8. Telling Tales about Dementia, Experiences of Caring

These personal accounts by family carers, harrowing, distressing, but also inspiring and uplifting, will have you weeping one moment and laughing the next, as they describe struggling to manage situations that range from horrific to comical. How do you cope alone with your loved one's slow loss of rational behaviour? The single most valuable achievement of this book is to tell carers they are not alone. The more of us there are, the stronger we become, and the better we fight for our loved ones in the face of the disease.

9. Changes and Challenges in Later Life: Learning from Experience.

This book aims to encourage the self-confidence of older people in meeting most of the major personal and social changes and challenges of late life. Firstly it affirms our natural



human abilities and strengths for coping with change. Secondly it offers guidance in self-help. Thirdly it provides information and advice about making wise choices and decisions as to when and where assistance may be sought from available services.

10. Alzheimer's Disease and Memory Loss Explained A guide for patients and carers

by Alistair Burns, Sean Page and Jane Winter

The book has been written especially for patients and their families by a team of clinical experts. It describes the various forms of dementia, of which the Alzheimer's disease is the commonest, explains how they are diagnosed, and charts the likely progression of the condition over a period of time. At the same time, the book provides a positive note in explaining the many things that can be done to treat the symptoms and maintain quality of life.

11. My Bonnie, How Dementia stole the love of my life

by John Suchet

For John it was love at first sight. From the moment he spotted Bonnie walking past his window, he knew they must meet. John and Bonnie travelled the world, living their lives to the full, never imagining that one day their utopia would be shattered by a cruel disease.

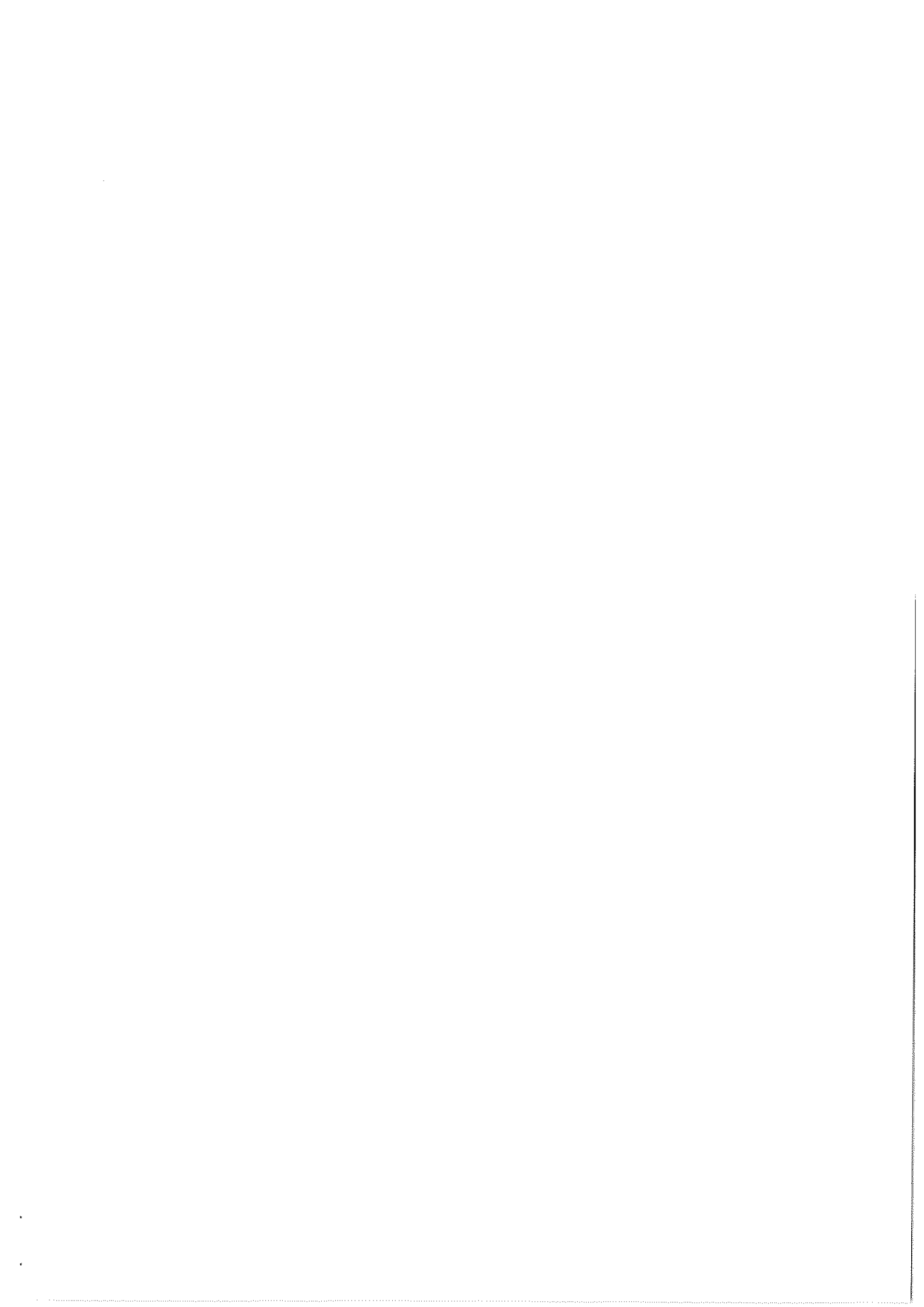
12. In a Strange Land, People with Dementia and the Local Church

by Malcolm Goldsmith

The book is a mine of information and of practical suggestions – a must for every church congregation, residential home or family where there is dementia.

13. Forgetfulness and Dementia

Most people get a bit more forgetful as they grow older. Although it can be embarrassing it is usually nothing to worry about. Often some simple tips are all that's needed to cope. But occasionally memory loss is the symptom of something more serious such as Alzheimer's disease or blood vessel disease, requiring expert help. The authors explain how to go about getting this and offer detailed and practical guidance for carers, relatives and friends.



14. Your Guide to Alzheimer's Disease

by Professor Alistair Burns

The Royal Society of Medicine brings you this indispensable book that provides:

- All the information you need about Alzheimer's disease
- Invaluable advice to help you make informed decisions
- Support throughout the illness – every step of the way

15. Contented Dementia

By Oliver James

In this ground breaking book, psychologist Oliver James explains a revolutionary way to care for dementia patients. An indispensable handbook for anyone coping with the effects of dementia.

16. Coping successfully with pain

By Neville Shone

If you are one of the thousands of people who suffer from pain this book is for you. Pain can dominate your whole life and leave you depressed. But it doesn't have to be like that. You can build your strength, recover your mobility and control pain. This is a practical guide to taking charge of your life again.



DVDS

Memory Matters – the DVD provides information and advice for family members and carers of people with dementia

Pain in People with Dementia: The See Change: Think Pain Campaign

The DVD aims to raise awareness about the signs and symptoms of unidentified pain in people with dementia

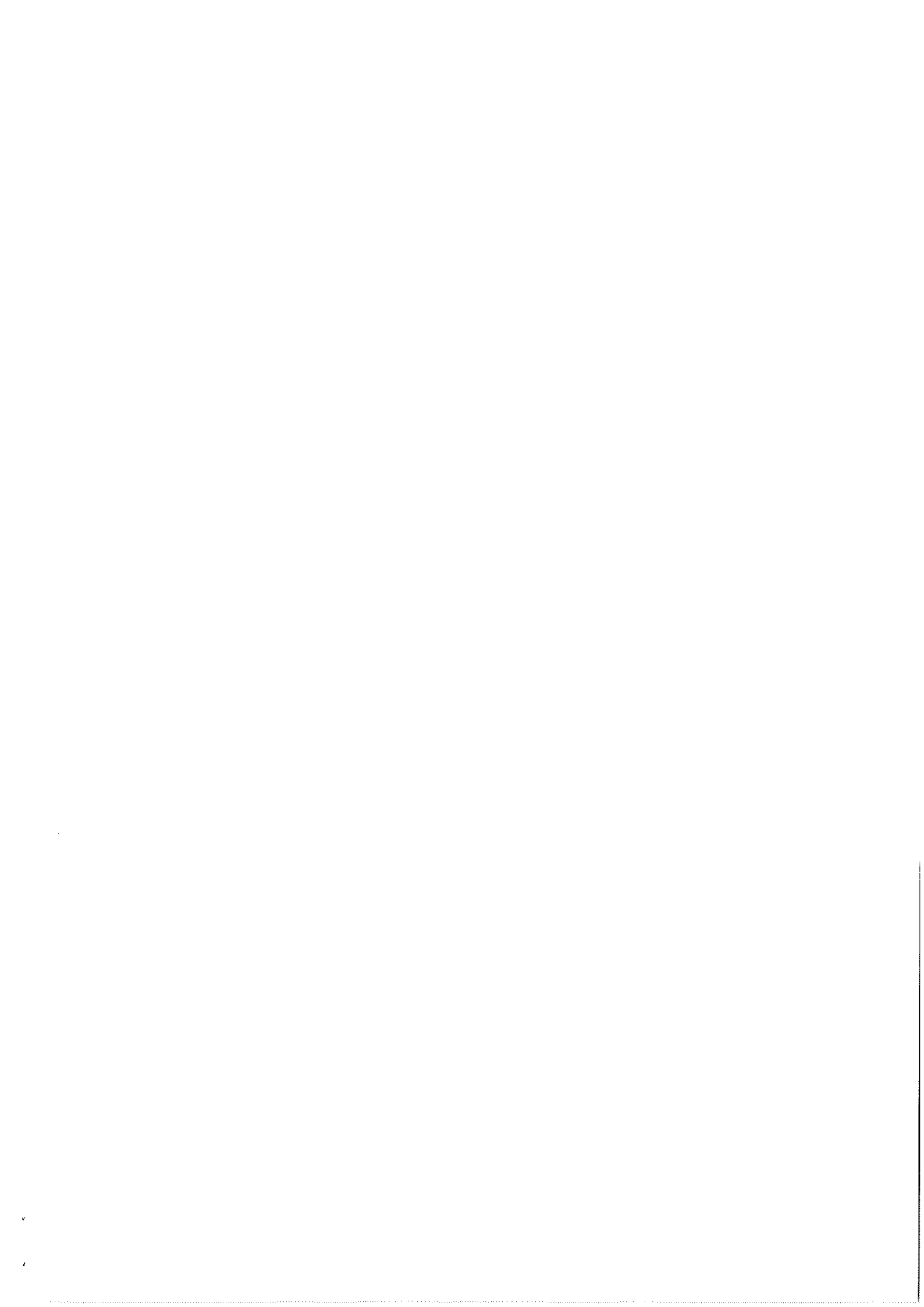
Alzheimer's Disease

The World War II Archives:

Victory in the Pacific 1945

D-Day and Beyond 1944-1945

Defining Moments of World War II 1939 -1945



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