

Dementia Resources and Information

Books available for loan

Dementia : Support for Family and Friends / Dave Pulsford and Rachel Thompson

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 journey with dementia and explains not only how it will affect the person with the condition, but also those around them and how best to get professional and informal help.

And Still the Music Plays : Stories of People with Dementia / Graham Stokes

Using 22 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. The central theme is that everyone with dementia is unique and it is only by thinking deeply about each person individually that we can respond to their needs and give the best possible care.

Chocolate Rain : 100 Ideas for a Creative Approach to Activities in Dementia Care / written, designed and illustrated by Sarah Zoutewelle-Morris

Chocolate Rain, 100 ideas for a creative approach to activities in dementia care is a visually exciting and easy to use activity manual for caregivers and relatives.

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.

Dementia Essentials : How to Guide a Loved One through Alzheimer's or Dementia and Provide the Best Care / Jan Hall

When a loved one has been diagnosed with dementia, many family members assume new roles as carers, helping their relative to remain safe, happy and as independent as possible. This text presents a practical, realistic and reassuring guide to help you and the person with dementia on the journey ahead.

When someone you love has dementia / Susan Elliot-Wright

For individual carers without enough support, having a loved one with dementia often remains challenging. This text looks at the practicalities and relationships.

Keeper : a book about memory, identity, isolation, Wordsworth and cake-- / Andrea Gillies

When her mother-in-law, Nancy, was diagnosed with Alzheimers, Andrea Gillies made the decision to care for her full time. 'Keeper' is the result of this - a frank, moving and utterly gripping account of Alzheimers and its impact on one family.

But then something happened : a story of everyday dementia / Chris Carling

Moving, highly topical memoir. The story of a family hit by a double dose of dementia. Mum gets Alzheimer's, Dad vascular dementia. Focus is on relationships: what happens to them as a couple, as parents. And on the family's emotional journey. Depicts dementia as a phase of life lived by both sufferers and carers. Laughter as well as tears.

Coping with memory problems / Dr Sallie Baxendale

We all do it: forget where we put the car keys (or the car) or whether we locked the back door. Missed appointments, shopping we came home without, forgetting what we were about to say - all may make us question our mental processes. While ageing can be a factor,

however, other things can cause your memory to let you down, including stress, depression, illness and some prescription medications. This book describes the various conditions that lead to it, and how to treat it.

Alzheimer's and other dementias / Dr Alex Bailey

Aimed primarily at the family and carers of people with Alzheimer's disease and other types of dementia, this book provides practical and sympathetic guidance to anyone dealing with this devastating condition on a daily basis.

First steps to living with dementia / 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 for 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. This book provides an easy and accessible introduction.

The memory book / Rowan Coleman. [Fiction]

The name of your first-born. The face of your lover. Your age. Your address. what would happen if your memory of these began to fade? Is it possible to rebuild your life? Raise a family? Fall in love again? When Claire starts to write her memory book, she already knows that this scrapbook of mementoes will soon be all her daughters and husband have of her. But how can she hold onto the past when her future is slipping through her fingers?

Still Alice / Lisa Genova [Fiction]

Alice Howland is proud of the life she worked so hard to build. A Harvard professor, she has a successful husband and three grown children. She soon finds herself in the rapidly downward spiral of Alzheimer's Disease. Her short-term memory may be hanging on by a couple of frayed threads, but she is still Alice.

Where Memories Go : Why Dementia Changes Everything / Sally Magnusson.

Sally Magnusson cared with her two sisters for her mother, Mamie, during her long struggle with dementia, until her death in 2012. This moving and honest account of losing a loved one day by day to an insidious disease is both deeply personal and a challenging call to arms.

The Little Girl in the Radiator : Mum, Alzheimer's and Me / Martin Slevin.

A touching tale of love, loss, and family, 'The Little Girl in the Radiator' is the story of a man's struggle to care for his mother after her diagnosis with Alzheimer's. Moving back home to care for her, one question plagues Martin - who is the little girl in the radiator who his mum has conversations with?

E-books available for loan

Understanding and Dealing with Dementia / Dr Keith Souter

This title gives the basic information needed to understand what dementia is, how to recognise it, and, most essentially, how to deal with it, including details on: the different types of dementia; risk factors and investigation; the various treatments and supports available; and daily living, diet, exercise, and attitude.

Can I tell you about dementia? / 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.

Before I Forget / Fiona Phillips [Autobiography]

'Before I Forget' is Fiona Phillips' account of growing up within a complex family. During her childhood her father could sometimes be distant and demanding, while her mother was always the devoted wife and the steady heart of the family. Both parents were later diagnosed with Alzheimer's disease.

Keeping Mum / Marianne Talbot

When her mum was diagnosed with Alzheimer's disease, Marianne Talbot decided she couldn't put her into a care home. Instead, for five years, she looked after her mum in her own home. For nearly three of those years, she chronicled the fears and frustrations, the love and the laughter, and the tears and the trauma of caring.

Other Information

NHS INFORM

An introduction to dementia – what it is, the causes and treatment.

Website: www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/about-dementia

Alzheimer Scotland

Specialist dementia charity that works to improve the lives of everyone affected by dementia. Provides individualised support and day services, and fundraises to provide Dementia Advisors, Dementia Nurses, Dementia research and a 24-hour Dementia Helpline.

Website: <https://www.alzscot.org/>

Helpline: 0808 808 3000

PKAVS Carer Hub

PKVAS Carers Hub supports over 1,000 unpaid carers in Perth & Kinross. We help people be individuals first, carers second.

Website: <https://www.pkavs.org.uk/>

Age Scotland

Helpful resources around aging well.

Website: <https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/dementia/>

Dementia Friends Scotland

Website: <http://www.dementiafriendsscotland.org/>

Playlist for Life

Personal music for dementia.

Website: <https://www.playlistforlife.org.uk>