

# Books on Prescription

## What is Reading Well Books on Prescription?

*Reading Well Books on Prescription* helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

As well as *Reading Well Books on Prescription for dementia*, there is a reading list for common mental health conditions such as anxiety and depression.

*Reading Well Books on Prescription for dementia* recommends books you might find helpful if you have dementia, are caring for someone with dementia, or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories.

### How does it work?

The books are available for anyone to borrow from the local library. Your GP or another health professional may also have recommended one of the titles.

### What do I do now?

- Go to your local library, where you can borrow the book for free.
- If the book is not available, you can reserve it. Free reservations are available in most libraries.
- You might choose to read the whole book or focus on the parts that seem most relevant to you.

### How are the books chosen?

The books have all been recommended by health professionals and have been tried and tested by people with experience of dementia. They have been selected using guidelines and quality standards for dementia care from NICE (National Institute for Health and Care Excellence) and other professional organisations.

### Joining the library

It is easy to join your local library. In most libraries the book recommendation form will act as suitable ID if it has been signed by a health professional and includes your name and address. Library book loans and borrower details are treated as strictly confidential.

### Reading Well Books on Prescription is supported by

Alzheimer's Society, British Association for Behavioural and Cognitive Psychotherapies, British Association for Counselling and Psychotherapy, The British Psychological Society, Carers UK, Dementia UK, NHS England (IAPT), Innovations in Dementia, National Association of Primary Care, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists.

## Where to get help

If you are worried about dementia or your memory, contact your GP.

The following organisations also offer information and support:

### Alzheimer's Society

Call the Alzheimer's Society National Dementia Helpline on 0300 222 1122

Order your **free** copy of:

- The Dementia Guide:  
[www.alzheimers.org.uk/dementiaguide](http://www.alzheimers.org.uk/dementiaguide)
- The Memory Handbook:  
[www.alzheimers.org.uk/memoryhandbook](http://www.alzheimers.org.uk/memoryhandbook)

You can also download:

- Factsheets: [www.alzheimers.org.uk/factsheets](http://www.alzheimers.org.uk/factsheets)
- The Dementia Guide in other languages:  
[www.alzheimers.org.uk/pubsotherlanguages](http://www.alzheimers.org.uk/pubsotherlanguages)

### Dementia UK

[www.dementiauk.org](http://www.dementiauk.org)

Call Admiral Nursing Direct on 0845 257 9406

### DEEP

[www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)

### YoungDementia UK

[www.youngdementiauk.org](http://www.youngdementiauk.org)

### Carers UK

[www.carersuk.org](http://www.carersuk.org)

Call the Carers UK advice line on 0808 808 7777

### Age UK

[www.ageuk.org.uk](http://www.ageuk.org.uk)

### Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

## Also available in your local library

### ■ Reminiscence collections

Many libraries have reminiscence collections, which include historical objects, audio recordings, books, photographs and posters.

### ■ Information about local dementia services

Libraries are a good place to find out about services, groups and self-help support available locally for people affected by dementia.

### ■ Reading Well Books on Prescription for common mental health conditions

A diagnosis of dementia can be stressful for everyone. These self-help titles can be found in most libraries and can help you understand and manage common conditions, such as depression and anxiety.

### ■ Mood-boosting Books

Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. To find out more go to [reading-well.org.uk](http://reading-well.org.uk)

## Tell us what you think

We would like to hear your views on *Reading Well Books on Prescription for dementia*. You will find a simple and confidential online form at [reading-well.org.uk](http://reading-well.org.uk) or contact us at [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk)

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*Reading Well Books on Prescription for dementia* has been developed by The Reading Agency in partnership with the Society of Chief Librarians, funded by Arts Council England.  
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## Recommended reading

**Information for prescribers:** Please tick the book you would like to recommend and make sure you add your details at the end of the booklist. You can do this electronically or by printing the form and completing it by hand.

✓ Title	Author	Publisher
<b>Information and advice</b>		
<b>Normal ageing and memory problems</b>		
<b>Introduction to the Psychology of Ageing for Non-Specialists</b>	Ian Stuart-Hamilton	Jessica Kingsley
<b>Coping with Memory Problems</b>	Sallie Baxendale	Sheldon Press
<b>About dementia</b>		
<b>Alzheimer's and Other Dementias: Answers at Your Fingertips</b>	Alex Bailey	Class Health
<b>Understanding Alzheimer's Disease &amp; Other Dementias</b>	Nori Graham and James Warner	Family Doctor
<b>ABC of Dementia</b>	Bernard Coope and Felicity Richards	John Wiley
<b>About Dementia: For People with Learning Disabilities</b>	Karen Dodd, Vicky Turk and Michelle Christmas	BILD Publications
<b>For children</b>		
<b>Grandma</b>	Jessica Shepherd	Child's Play
<b>Living well with dementia</b>		
<b>First Steps to Living with Dementia</b>	Simon Atkins	Lion Books
<b>Dementia Positive</b>	John Killick	Luath Press
<b>Hearing the Person with Dementia: Person-Centred Approaches to Communication for Families and Caregivers</b>	Bernie McCarthy	Jessica Kingsley
<b>Activities to share</b>		
<b>Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care</b>	Sarah Zoutewelle-Morris	Hawker
<b>Pictures to Share (various titles)</b>	Helen Bate	Pictures to Share
<b>Support for relatives and carers</b>		
<b>When Someone You Love Has Dementia</b>	Susan Elliot-Wright	Sheldon Press
<b>And Still the Music Plays: Stories of People with Dementia</b>	Graham Stokes	Hawker
<b>Can I Tell You about Dementia? A Guide for Family, Friends and Carers</b>	Jude Welton	Jessica Kingsley
<b>Dementia: Support for Family and Friends</b>	Dave Pulsford and Rachel Thompson	Jessica Kingsley
<b>10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia</b>	June Andrews and Allan House	University of Stirling, Dementia Services Development Centre
<b>Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language</b>	Rita Salomon	Radcliffe Publishing

Title	Author	Publisher
<b>Personal stories</b>		
<b>Dancing with Dementia: My Story of Living Positively with Dementia</b>	Christine Bryden	Jessica Kingsley
<b>Dear Dementia: The Laughter and the Tears</b>	Ian Donaghy	Hawker
<b>Still Alice (fiction)</b>	Lisa Genova	Simon & Schuster
<b>Losing Clive to Younger Onset Dementia: One Family's Story</b>	Helen Beaumont	Jessica Kingsley
<b>Telling Tales About Dementia: Experiences of Caring</b>	Lucy Whitman	Jessica Kingsley
<b>The Little Girl in the Radiator: Mum, Alzheimer's and Me</b>	Martin Slevin	Monday Books
<b>But Then Something Happened: A Story of Everyday Dementia</b>	Chris Carling	Golden Books

Prescriber's name:

Job title:

Prescriber's further information or additional recommendations:

Prescriber's signature:

**Joining the library**

If you are not yet a member of your local library and would like to join, please insert your name and address and hand the form to a member of the library staff:

Name:

Address:

Prescriber's practice/organisation stamp:

For more information, go to [reading-well.org.uk](http://reading-well.org.uk)



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**SCL** Leading & Managing Public Libraries

