

# Publications catalogue

2017–2018



For more information  
[alzheimers.org.uk](http://alzheimers.org.uk)  
0300 222 1122



# Information for you

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This catalogue showcases the range of information Alzheimer's Society produces. It includes factsheets, booklets and other resources that can help you live well with dementia, or support someone else through the condition.

Our goal is to provide the best advice and support to anyone affected by dementia, including people living with dementia and their family and friends. You will need different information at different times and we aim to make sure this is always accurate, up to date and in the format you need.

There is also information for health and social care professionals. We hope it helps you to understand more about the condition and support people with dementia, and their family and friends, to live as well as possible now and make plans for the future.

We are accredited by the NHS Information Standard, so you can trust that our information is high quality, reliable and clear. All our resources are reviewed by experts in the subject and people with personal experience of dementia.

We are focusing on producing more information in alternative formats. This includes information in languages other than English, audio products and ebooks. You can find out more about these on page 48.

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If you, or someone close to you, have recently been diagnosed with dementia, it might take some time to come to terms with it. The information in this section has been designed to support you at this time. It will help you to understand more about your diagnosis, offer some practical tips on the small changes you can make to continue to do the things you enjoy, and signpost to other useful organisations.

## After your diagnosis



# The dementia guide: Living well after diagnosis

## Booklet

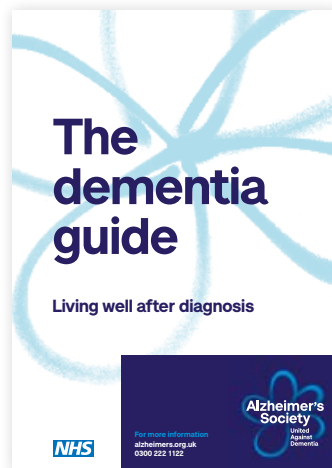
Code 872  
172 pages, A5  
Free  
2017

## Online

[alzheimers.org.uk/  
dementiaguide](http://alzheimers.org.uk/dementiaguide)

## DVD

Code 872DVD  
55 mins  
Free  
2014



The guide is for anyone who has recently been told they have dementia. It will help you understand more about dementia and the treatments, support and services that are available. It includes information about how you can live as well as possible with dementia and about making plans for the future. It also contains helpful information for anyone taking on a caring role.

The second edition of the guide has been redesigned in our new brand, as well as being fully revised and updated. There are new sections on technology, living alone, changes to relationships, communicating and coming to terms with a diagnosis.

### Accessible versions

In the dementia guide films, information from the first edition of the booklet is delivered by a range of experts and people affected by dementia who share their experiences of living with the condition. The films are available both as a DVD and online.

The films include subtitle and voiceover options in Bengali/Sylheti, Hindi, Punjabi, Traditional Chinese/Cantonese, Urdu and Welsh and well as British Sign Language.

# Factsheets

## What is dementia?

Code 400

## What is vascular dementia?

Code 402

## What is dementia with Lewy bodies (DLB?)

Code 403

## What is frontotemporal dementia (FTD)?

Code 404

## Drug treatments for Alzheimer's disease

Code 407

## Assessment and diagnosis

Code 426

## Rarer causes of dementia

Code 442

## Lasting power of attorney

Code 472



Our factsheets are a key resource for anyone affected by dementia. They offer information and advice on a range of issues, as well as listing where to go for further support.

They cover everything from how dementia affects the brain to making a Lasting power of attorney, tips on how to communicate more effectively and how to cope with memory loss.

For a full list of our factsheets, including information specific to Wales and Northern Ireland see page 57 or go to [alzheimers.org.uk/factsheets](http://alzheimers.org.uk/factsheets)

# Understanding your diagnosis

## Young-onset dementia: Understanding your diagnosis

Code 688  
Free  
2017

## Alzheimer's disease: Understanding your diagnosis

Code 616  
Free  
2016

## Vascular dementia: Understanding your diagnosis

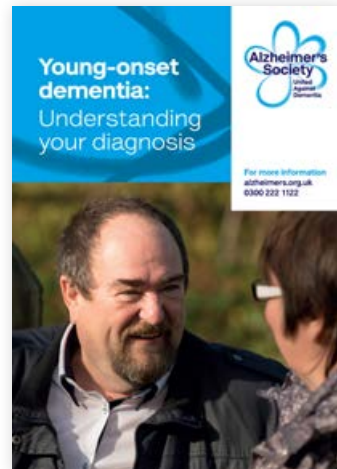
Code 614  
Free  
2016

## Dementia with Lewy bodies: Understanding your diagnosis

Code 37  
Free  
2016

## Frontotemporal dementia: Understanding your diagnosis

Code 687  
Free  
2017



This series is designed to meet the specific information needs of anyone who has recently been diagnosed with dementia.

The booklets will help a person with dementia to understand more about the condition and how it can affect them, as well as helping them to come to terms with some of the feelings they may be having.

Each booklet includes information about different aspects of living with dementia, including practical guidance on how to cope with a diagnosis, treatments, living well, and the support and services that are available.

# My visitor book

Code 923  
24 pages, A5  
Free  
2014



My visitor book is for a person with dementia to keep track of the professionals who visit them in their home.

# Helpcards

## I have memory problems

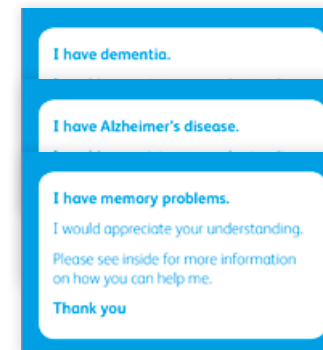
Code 1561  
Free

## I have dementia

Code 1562  
Free

## I have Alzheimer's disease

Code 1563  
Free



2013  
Credit card size

Helpcards for people with dementia to carry with them to help maintain independence. Can be filled out with personal details.

# The memory handbook

Code 1540  
66 pages, A5  
Free  
2017

[alzheimers.org.uk/  
memoryhandbook](http://alzheimers.org.uk/memoryhandbook)



This booklet is for people with a diagnosis of dementia or mild cognitive impairment (MCI), or those without a diagnosis.

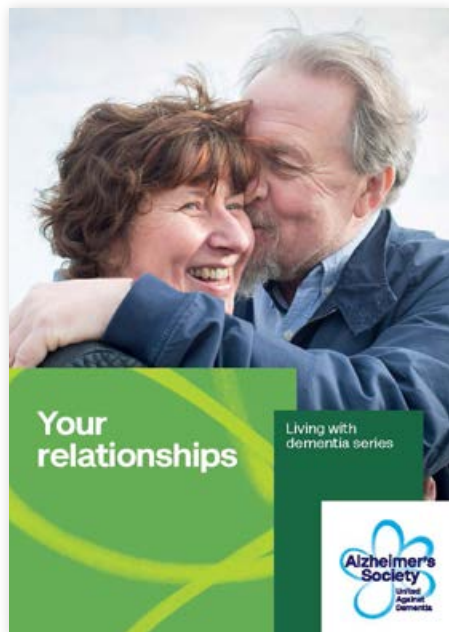
It is full of information about memory problems and tips for living well. This relaunched version suggests lots of strategies, aids and tools to help people cope. Many of these suggestions are from people living with memory problems (including MCI and dementia). The memory handbook can play a vital role in enabling people with memory problems to stay independent and live well.

**‘Reading through The memory handbook helped me to come to terms with my diagnosis, and made me realise that I am not alone. After reading it, I thought to myself “I can do this!”’**

Person with memory problems



# Living with dementia series



These free booklets have been written for anyone recently diagnosed with dementia. They aim to help you live as well as possible with the condition by offering practical advice and tips on dealing with the challenges that you will face following a diagnosis.

## Managing your money

This booklet explains how to get your finances in order, plan for the future, manage bank accounts and find easier ways to pay for things.

Code 1501

A5

2016

## Keeping safe at home

This booklet explains how you can make your home a safe and supportive environment that enables you to live well.

Code 1502

A5

2016

## Health and social care professionals

This booklet explains the different health and social care professionals you might meet and what each of them do.

Code 1503

A5

2016

# Living with dementia series

## Driving

This booklet explains what a diagnosis of dementia means if you drive, including when to stop driving and practical tips on managing without a car.

Code 1504

A5

2016

## Keeping active and involved

This booklet explains why it is important to keep active, and provides tips and suggestions for things you might like to try.

Code 1506

A5

2016

## Your relationships

This booklet explains how dementia can affect your relationships, as well as advice on how to stay close to those who are important to you.

Code 1507

A5

2017

## Living alone

This booklet explains some of the things you might want to think about if you live alone, including getting around, how to stay in touch with people and dealing with isolation and loneliness.

Code 1508

A5

2016

## Employment

This booklet is for people who are still working. It explains your rights, and gives advice on talking to your employer and what your next steps might be.

Code 1509

A5

2016

## Planning ahead

This booklet explains how you can plan ahead following a diagnosis. It covers finances, your wishes for future care and making sure the people you trust can make decisions on your behalf.

Code 1510

A5

2016



You might have found yourself moving into the role of a carer if someone close to you has been told they have dementia, or you might have been caring for someone for some time now. Caring for a person with dementia can be challenging, but also very rewarding. The information presented here aims to help you understand more about supporting someone with dementia, and how to look after yourself.

## Information for carers

2

# This is me

## This is me

Code 1553  
4 pages, A4  
Free  
2017

## This is me x25

Code 1553  
4 pages, A4  
Pack of 25 – £3.20  
2017



A simple form to help record personal information about someone who cannot share it easily themselves. They may be living with dementia or experiencing delirium or other communication difficulties.

It is suitable for use in any setting – at home, in hospital, in respite care or a care home – and enables the person with dementia to receive care that is tailored to them as an individual.

**‘This is me makes such a huge difference to the carer as well as the patient.’**

Carer

# Caring for the person with dementia: A handbook for families and other carers

Code 600  
132 pages, A5  
2017  
£7.99



When you find yourself caring for a relative or friend, it can be a daunting prospect. Learning to cope and adapt brings new challenges for the person with dementia and those caring for them. These can be emotionally and physically demanding.

This is our rebranded guide to all aspects of caring for someone living with dementia. This comprehensive book focuses on understanding dementia, how it affects someone and the impact of caring. It also has practical tips on managing financial and legal arrangements, aspects of daily living and personal care activities

There is a focus on maintaining abilities and devising strategies for coping with the changes dementia brings and your feelings as it progresses. These aspects can contribute to helping you manage, stay better informed and less isolated. There are also sections on the other services that are available and can provide further information and support.

# Factsheets

## What is dementia?

Code 400

## Risk factors for dementia

Code 450

## Lasting power of attorney

Code 472

## Carers: looking after yourself

Code 523

## Assistive technology – devices to help with everyday living

Code 437

## The progression of Alzheimer's disease and other dementias

Code 458

## Communicating

Code 500

## Understanding and supporting a person with dementia

Code 524

## Changes in behaviour

Code 525

## Benefits

Code 413

## Mental Capacity Act 2005

Code 460

## Dementia and the brain

Code 456

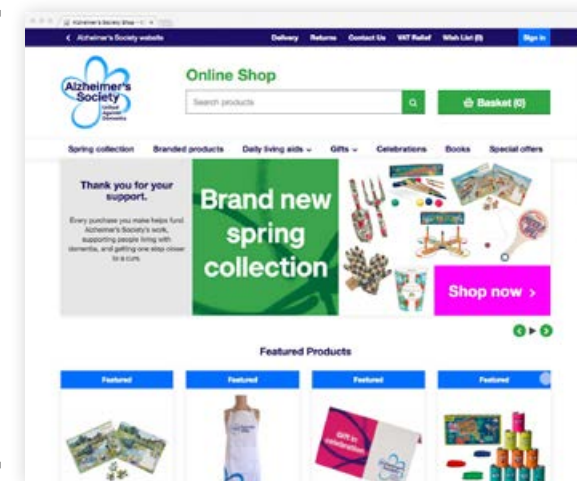


Factsheets are reviewed every three years. All A4. Number of pages varies. Up to six copies of each are free. Each copy thereafter costs 20p. All factsheets can be downloaded free from [alzhaimers.org.uk/factsheets](http://alzhaimers.org.uk/factsheets). For a complete list of factsheets available, please see page 56.

# Visit Alzheimer's Society's online shop

For our full range of products and gifts, visit our online shop at [alzhaimers.org.uk/shop](http://alzhaimers.org.uk/shop) or call **0300 124 0900**.

Every purchase you make helps fund our work to support all those who need our help and ultimately finding a cure for dementia.



Our online shop offers a wide range of products including:

- daily living aids to help with everyday life for people with dementia and their carers
- Alzheimer's Society and Dementia Friends branded products
- celebration gifts and favours for weddings and anniversaries
- Christmas cards
- a great range of gifts for all the family.

We also publish a Winter gift catalogue and a Daily living aids catalogue packed with helpful assistive products.

Lots of our daily living aids are reviewed by people with dementia and their carers so we can be sure we're offering you the best selection of products.

Whether you are just starting out in your first role or you are looking for specialist information on specific areas of care, you will find high quality resources to help you put your learning into practice. These books contain comprehensive guidance on areas such as activities for people with dementia, nutrition, safeguarding and mobility. They will help you to develop professionally, increase your knowledge and hone your skills in care.

## Information for professionals

# Safeguarding people with dementia

Code 34  
40 pages, A5  
One copy £2  
20 copies £30  
50 copies £50  
2015



This indispensable resource will help you identify types of abuse and recognise when someone with dementia is at risk or has been abused or neglected. It outlines the provisions of the Care Act and gives clear guidance on your responsibilities and what to do to reduce risk or in the event of a concern.

It also includes essential questions to consider when assessing risk and best practice recommendations. It gives all the information staff need to put learning into practice – recognising abuse and taking appropriate action.

This guide contains the following chapters:

- What is dementia?
- Abuse and people with dementia
- Safeguarding people with dementia from abuse
- How do we recognise abuse?
- What action should be taken?
- Where to go for support

# Taking part: Activities for people with dementia

Code 14  
134 pages, A4  
£15  
2013



This updated edition of Alzheimer's Society book of activities reflects examples of recent best practice and innovation in dementia care. It also presents case studies, insight from professionals and practical tips to give further ideas and guidance for enjoyable activities.

The wide variety of activity suggestions are arranged in chapters. Below are just a selection of the themes covered:

- Conversation and discussion
- Using computers and the internet
- Reminiscence
- Physical activities
- Gardening

This book is a vital resource for anyone providing person-centred care to someone with dementia. It will inspire professionals involved in all aspects of dementia care not only those responsible for activity programmes. It will also be a valuable resource for family members looking for ways to tailor care and find ways to make someone with dementia feel engaged and involved.

# Promoting mobility for people with dementia: a problem-solving approach

Code 48  
138 pages, A4  
£10  
2011



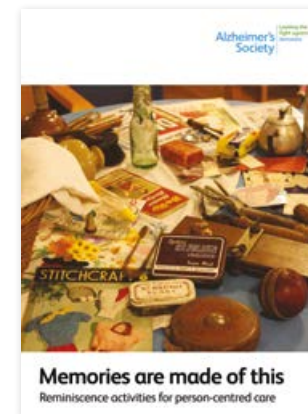
Influential title from author Rosemary Oddy. This book provides comprehensive and accessible information on all aspects of maintaining mobility for occupational therapists and physiotherapists, but also for anyone involved in caring for people with dementia.



## Alzheimer's Society guide to the dementia care environment

Code 26  
106 pages, A4  
£10  
2009

Written by Jackie Pool, leading occupational therapist and trainer. Describes clearly and comprehensively how physical and social environments can support a person-centred approach to dementia care. Includes illustrated examples of internal and external environments and advice on how to put solutions into care practice.



## Memories are made of this

Code 29  
80 pages, A4  
£7.50  
2009

A detailed resource on reminiscence activities in dementia care. Specific ideas for the use of music and objects complement clear instructions for activities.



## Alzheimer's Society guide to catering for people with dementia

Code 42  
50 pages, A4  
£7.50  
2009

Practical guide full of tips and ideas, as well as advice and information to help inform caterers about topics including menu planning, nutrition, taste, flavour and presentation as well as swallowing difficulties, poor appetite and weight loss.

**Special offer**  
Buy these four  
books together  
for £20(+P&P)



### Support and care for people with dementia at home: A guide for homecare workers

Code 49  
80 pages, A5  
One copy £5  
20 copies £80  
50 copies £150  
2011

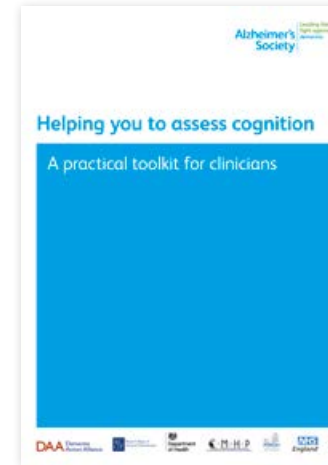
This guide for homecare workers provides advice, practical tips and strategies on supporting a person with dementia at home. Sections cover topics from challenging behaviour and communication to recognising pain, record-keeping and looking after yourself.



### Evidence-based approaches for improving dementia care in care homes

Code 33  
160 pages, A4  
£5  
2008

Robust guidance, information and practical activities for implementing change to improve dementia care in care homes. Findings are based on UK research into alternative approaches to sedative medication in the support of people with dementia in care homes.



### Helping you to assess cognition: A practical toolkit for clinicians

Code 937  
36 pages, A5  
Free  
2015

This online resource aims to help health professionals, including GPs with knowledge of measuring cognitive function, determine the most appropriate cognitive assessment tool for use with patients in their setting. It lists a variety of available tools with suggestions of their suitability to comparative settings.



### Guidance for NHS continuing healthcare assessors

Code 935  
36 pages, A5  
Free  
2011

Specialist resource for CHC assessors working in hospitals and other care settings who are familiar with the National framework for NHS continuing healthcare and NHS-funded nursing care. Includes questions to consider, suggested indicators of needs, and tips on making assessments for people in the later stages of dementia.

## Training and Consultancy

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Alzheimer's Society Training and Consultancy provides specialist training to organisations directly responsible for delivering dementia care and support, as well as to organisations whose staff come into contact with people living with dementia.

From specialist health and social care training to general dementia awareness courses, our courses offer great value for money and can be tailored to your individual objectives and requirements.

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**3** Recent customer feedback shows that 99.6% of people who attended our training between April 2016 and March 2017 said that their knowledge and understanding of dementia has improved as a result of attending the course and 99.5% said that they now feel more confident supporting a person living with dementia.

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If you would like further information please contact the Training and Consultancy team by emailing [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk) or telephoning **01904 567909**



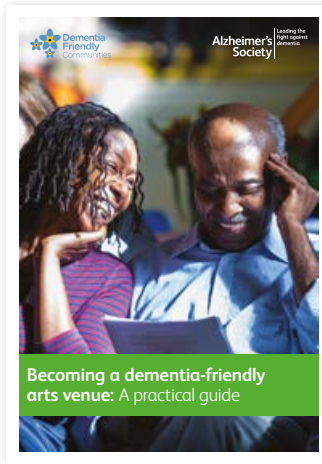


Alzheimer's Society established a Champion group on dementia-friendly communities. This focuses on improving the experiences of people with dementia within specific sectors.

We have now produced a number of publications which provide valuable information about a range of issues relating to dementia-friendly communities.

## Dementia-Friendly Communities





## Becoming a dementia-friendly arts venue: A practical guide

Code 944  
40 pages, A5  
Free  
2017

This guide allows arts venues to tailor practical guidance and create a dementia-friendly approach specific to their organisation. It provides guidance on community engagement, accessibility and programming to help people living with dementia to socialise and remain independent.



## Becoming a dementia-friendly retailer: A practical guide

Code 960  
32 pages, A4  
Free  
2017

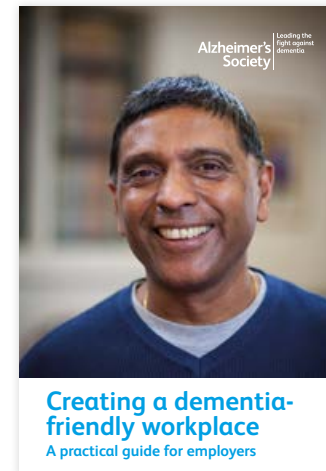
This guide aims to help large and small retail organisations wishing to improve the dementia-friendliness of their store. It suggests making simple changes to enable people with dementia to continue shopping by creating places that understand their needs.



## Dementia-friendly housing charter: Guidance on delivering a dementia-friendly approach to housing

Code 963  
54 pages, A4  
Free  
2017

This charter is designed to help all professionals in the housing sector support people living with dementia in their homes and in housing with care setting. It facilitates consistency and good practice, as well as helping to future-proof organisations and services.



## Creating a dementia-friendly workplace: A practical guide for employers

Code 939  
32 pages, A5  
Free  
2015

This informative guide is for employers, to help them gain an understanding of dementia, how it impacts organisations and the practical steps they can take to support employees, clients and customers.

Alzheimer's Society funds high-quality research into the cause, cure, care and prevention of all forms of dementia.

The research team produce a number of publications that range from showing the science behind dementia to explaining how people can get involved.

## Research





## Care and cure magazine

Code CC  
 Four issues a year  
 12 pages, A4  
 Free  
[alzheimers.org.uk/careandcure](http://alzheimers.org.uk/careandcure)

Our quarterly research magazine is aimed at a general audience who are interested in what is happening in dementia research. It includes feature articles to explain the background to research, as well as the latest research findings and news about the Society's research programme.



## Alzheimer's Society Research Network

Code RNF  
 A5, double-sided  
 Free  
 2017

The Alzheimer's Society Research Network provide valuable advice and feedback from their personal experience of dementia, as people who have dementia or are carers or former carers. Their input helps to make sure we fund high quality research. This flyer explains the role of a Research Network volunteer.

## Annual Research Review 2017

Code AR17  
 A4  
 Free  
 2017  
[alzheimers.org.uk/researchreview](http://alzheimers.org.uk/researchreview)

Each year we produce an Annual Research Review that looks back on the last year of research funding. We highlight some of our successes and examples of where our research has made a difference to those living with dementia.



## Join Dementia Research

Code JDR  
 Fold out DL leaflet  
 Free  
 2017

This fold-out leaflet outlines how people can participate in dementia research. It explains who can take part, the benefits for researchers and for participants, and gives the website and phone number for people who would like to join.

5

Our Policy team works to improve the lives of people with dementia and their carers. In this section you will find up-to-date policy reports which provide information on the state of dementia in England and the UK. These publications set out the key statistics about dementia as well as documenting how well people are living with the condition and the barriers they are facing.

For more information please visit  
[alzheimers.org.uk/policy](https://www.alzheimers.org.uk/policy)

## Policy

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# Turning Up the Volume: unheard voices of people with dementia

Code 800  
44 pages, A4  
Online only  
2017

[alzheimers.org.uk/  
turningupthevolume](http://alzheimers.org.uk/turningupthevolume)



Alzheimer's Turning Up the Volume project is the largest consultation of people affected by dementia we have ever undertaken, aiming to capture the experiences of as many different people affected by dementia as we can across England, Wales and Northern Ireland.

We know that people's experience of dementia differ. Someone living with frontotemporal dementia, or dementia with Lewy bodies, will differ from those living with Alzheimer's, and people with young-onset dementia face a different set of challenges to those who develop dementia later in life.

Speaking to people with dementia on this scale – and importantly with this level of detail – has helped us understand the real experience of living with dementia in 2017.

# Dementia UK: Update

Code 930  
114 pages, A4  
Free  
2014  
[alzheimers.org.uk/  
dementiauk](http://alzheimers.org.uk/dementiauk)



In autumn 2014, Alzheimer's Society published a major study on the social and economic impact of dementia in the UK.

The study showed that there would be 850,000 people living with dementia in the UK by 2015 and that dementia costs the UK £26 billion a year. The research, commissioned through King's College London and the London School of Economics, provides the most detailed and robust picture to date of the prevalence and economic impact of dementia in the UK.

This report updates the findings of the 2007 Dementia UK report, which led to landmark changes in how dementia was prioritised across the UK.

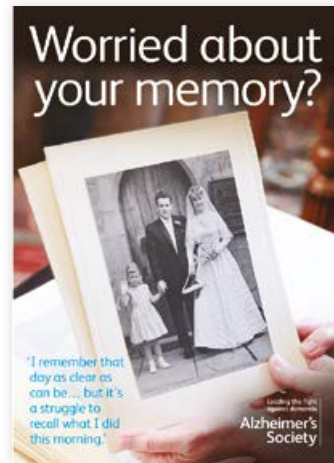
Perhaps you are holding an event or representing the Society. Here you'll find the free resources that are available to you if you want to publicise Alzheimer's Society products and services or raise awareness of dementia.



## Dementia awareness

# Worried about your memory?

These materials explain what you should do if you are worried about yourself, or someone you know. For more information visit [alzheimers.org.uk/memoryworry](http://alzheimers.org.uk/memoryworry)



## Worried about your memory?

### Leaflet

English – Code 218  
Welsh – Code 231  
6 pages, DL  
Free  
2013

### Booklet

English – Code 207  
8 pages, A5  
Free  
2013

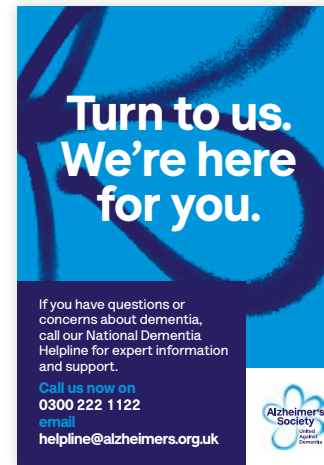
### Poster

English – Code 219  
Welsh – Code 227  
A4  
Free  
2013

## 5 things you should know about dementia

Code 5THINGS17  
150mm x 150mm  
Free  
2017

Informative booklet to get the facts and dispel the myths about dementia



## Turn to us. We're here for you (Helpline flyer)

Code 316  
A5, double-sided  
Free  
2017

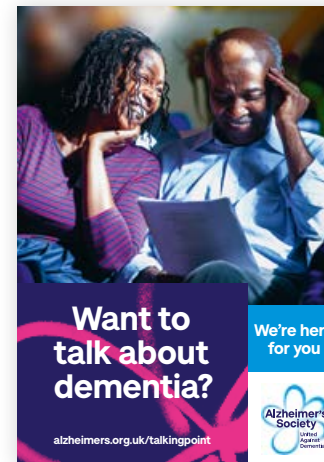
This flyer promotes the National Dementia helpline, including opening hours and details of the type of information, support and advice available on all aspects of dementia from trained advisers.



## National Dementia Helpline card

English – Code 308  
Welsh – Code 309  
Double sided, credit card size

Contains contact details for the National Dementia Helpline to publicise the services offered for anyone affected by dementia.




## Want to talk about dementia?

Code 317  
A5, double-sided  
Free  
2017

This flyer introduces Talking Point, an online support community for people with dementia, carers and families. It includes information on how to access Talking Point.





A selection of our publications are available in alternative formats to make them accessible to as many people as possible. These include ebooks, films, large-print PDFs, publications in other languages, and audio-versions of our most popular factsheets. We have also developed some publications specifically to meet the needs of people with learning disabilities.

To see what we have available go to [alzheimers.org.uk/accessibleresources](https://alzheimers.org.uk/accessibleresources)

**Accessible  
resources**

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# Ebooks

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Some of our most popular titles are available as ebooks. They can be purchased from major ebook retailers including Amazon, Google Play, Waterstones, Kobo and iTunes.

Visit [alzheimers.org.uk/ebooks](https://www.alzheimers.org.uk/ebooks) or search for the titles you want using your ereader device.

## Resources for professionals

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- Safeguarding people with dementia: Recognising adult abuse
- Each day is different: An introduction to the care and support of people with dementia
- How to help people with dementia: A guide for customer-facing staff
- Support and care for people with dementia at home: A guide for homecare workers
- Alzheimer's Society guide to catering for people with dementia
- Memories are made of this: Reminiscence activities for people with dementia
- Taking part: Activities for people with dementia
- Promoting mobility for people with dementia: A problem solving approach

## Booklets

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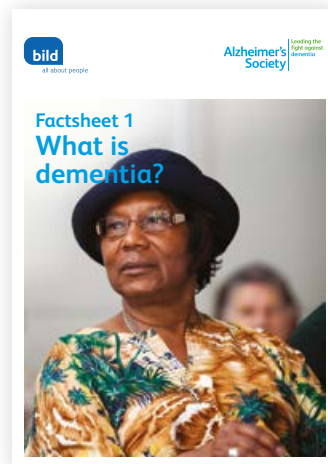
- The dementia guide: Living well after diagnosis

## What are the advantages of ebooks?

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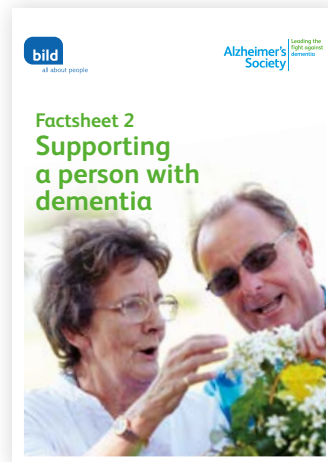
- Storage and portability: keep as many titles on your device as you like.
- Usability: change the font, size of text and contrast and brightness of the screen to suit your needs.
- Searchability: find the information you need quickly and easily.
- Links to further information when you are online.
- Other functionality such as notes, highlighting and dictionary to enhance the way the information works for you.

# For people with learning disabilities



## What is dementia? – Easy Read factsheet for people with learning disabilities

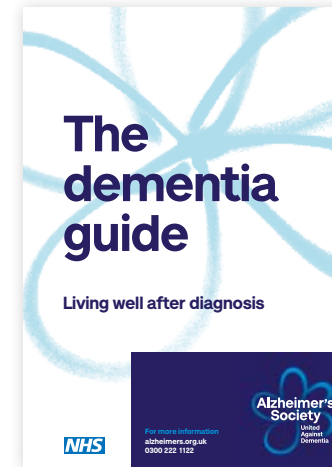
Code ER1  
12 pages, A5  
Free  
2014



## Supporting a person with dementia – Easy Read factsheet for people with learning disabilities

Code ER2  
12 pages, A5  
Free  
2014

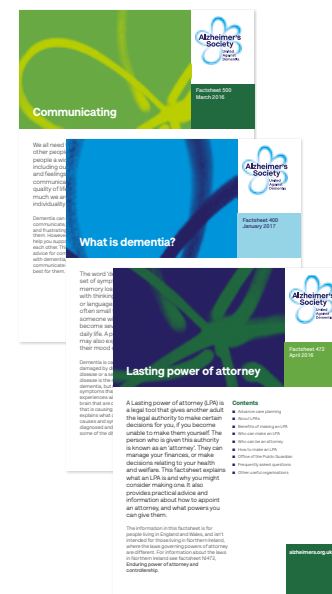
# For people with sight impairment



## The dementia guide: Living well after diagnosis in braille

Code 872BR  
Available on request  
2017

## Factsheets



Our most popular factsheets are available in audio format on CD. You can also listen to them online at [alzheimers.org.uk/audioandvideo](http://alzheimers.org.uk/audioandvideo)

All our factsheets are available in large-print (16pt) versions online. To download go to [alzheimers.org.uk/factsheets](http://alzheimers.org.uk/factsheets)

# For people with hearing impairment

Five of our factsheets are also available in British Sign Language (BSL).

## What is dementia?

Code 400



## What is Alzheimer's disease?

Code 401



## What is vascular dementia?

Code 402

## What is dementia with Lewy bodies (DLB)?

Code 403

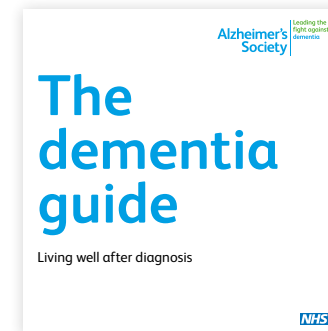


## What is frontotemporal dementia?

Code 404

To watch these, go to [alzheimers.org.uk/accessibleresources](http://alzheimers.org.uk/accessibleresources)

# In other languages



## The dementia guide: Living well after diagnosis DVD

The dementia guide first edition DVD has subtitle and voiceover options in a range of other languages. These include Bengali/Sylheti, Hindi, Punjabi, Traditional Chinese/Cantonese, Urdu and Welsh, as well as British Sign Language.

## The dementia guide: Living well after diagnosis translated PDFs

Translated versions of the dementia guide are available online only in Bengali, Hindi, Punjabi, Traditional Chinese, Urdu and Welsh.

## This is me

This is me, our tool to enable people to receive person-centred care, is available in Welsh.

To download the PDFs go to [alzheimers.org.uk/translations](http://alzheimers.org.uk/translations)



Our factsheets offer information on a wide range of topics relating to dementia. They explain the issues, give practical advice and tips, and point you in the direction of other sources of information and support.

## Factsheets

Code	Title
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### About dementia

- |     |  |
|-----|--|
| 400 | What is dementia?  |
| 401 | What is Alzheimer's disease?                                 |
| 402 | What is vascular dementia?                                   |
| 403 | What is dementia with Lewy bodies (DLB)?                     |
| 404 | What is frontotemporal dementia (FTD)?                       |
| 405 | Genetics of dementia   |
| 407 | Drug treatments for Alzheimer's disease                      |
| 408 | Drugs for behavioural and psychological symptoms in dementia |
| 426 | Assessment and diagnosis                                     |
| 430 | Learning disabilities and dementia                           |
| 438 | What is alcohol-related brain damage?                        |
| 440 | What is young-onset dementia?                                |
| 442 | Rarer causes of dementia                                     |
| 450 | Risk factors for dementia                                    |
| 456 | Dementia and the brain                                       |
| 458 | The progression of Alzheimer's disease and other dementias   |
| 470 | What is mild cognitive impairment (MCI)?                     |
| 527 | Sight, perception and hallucinations in dementia             |

Code	Title
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### Emotional and practical support

- |     |   |
|-----|---|
| 417 | The later stages of dementia                                      |
| 429 | Using equipment and making adaptations at home                    |
| 437 | Assistive technology – devices to help with everyday living       |
| 439 | Driving and dementia  |
| 444 | Apathy, anxiety and depression                                    |
| 445 | Talking therapies (including counselling, psychotherapy and CBT)  |
| 448 | Dental care and oral health                                       |
| 474 | Travelling and going on holiday                                   |
| 480 | Supporting a lesbian, gay, bisexual or trans person with dementia |
| 484 | Making decisions and managing difficult situations                |
| 500 | Communicating   |
| 501 | Walking about   |
| 502 | Continence and using the toilet                                   |
| 504 | Washing and bathing   |
| 507 | Grief, loss and bereavement                                       |
| 509 | Dementia and aggressive behaviour                                 |
| 510 | Dressing  |
| 511 | Eating and drinking   |
| 512 | Pressure ulcers (bedsores)  |
| 514 | Sex and intimate relationships                                    |
| 515 | Explaining dementia to children and young people                  |
| 522 | Staying healthy   |
| 523 | Carers: looking after yourself                                    |
| 524 | Understanding and supporting a person with dementia               |
| 525 | Changes in behaviour  |
| 526 | Coping with memory loss   |
| 529 | Exercise and physical activity                                    |
| 531 | End of life care  |

Code	Title
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### Health and social care

- 418** Assessment for care and support in England
- NI418** Community care assessment (for Northern Ireland)
- W418** Assessment for care and support in Wales
- 425** How the GP can support a person with dementia
- 462** Replacement care (respite care) in England
- NI462** Respite care in Northern Ireland
- W462** Respite care in Wales
- 476** Selecting a care home
- 477** Hospital care
- 532** Paying for care and support in England
- NI532** Paying for care and support in Northern Ireland
- W532** Paying for care and support in Wales

### Legal and financial

- 413** Benefits
- 414** Council tax
- NI431** Direct payments (for Northern Ireland)
- 459** The Mental Health Act 1983 and guardianship
- 460** Mental Capacity Act 2005
- 463** Advance decisions and advance statements
- NI467** Financial and legal tips (for Northern Ireland)
- 472** Lasting power of attorney
- NI472** Enduring power of attorney and controllership
- 473** Personal budgets
- 483** Deprivation of Liberty Safeguards (DoLS)
- 530** Becoming a deputy for a person with dementia



# Subscribe today

Our magazine. Living with dementia, showcases 40 pages of real-life stories, support and information about the growing dementia movement, alongside tips from people living with the condition. All this is delivered to your door every two months when you sign up.

There's no subscription fee. We just ask that you consider making a donation to support our vision of a world without dementia.

Unite with us now against dementia by subscribing. It helps us strengthen our campaigning voice while generating valuable funds to improve the quality of life for people with dementia, their carers and families.

## Living with dementia magazine

Code LWD  
Six issues a year  
40 pages, A4

Sign up at  
[alzheimers.org.uk/subscribe](https://alzheimers.org.uk/subscribe)  
or call **0330 333 0804**  
(Mon–Fri, 9am–5pm).

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**‘The latest edition came through my letter box today, and I felt as if a light had been switched on in my darkness. They seemed to be talking about world I live in.’**

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# How to order

You can order one copy free of many of our publications (excluding publications for health and social care professionals) via our online order form. Please visit [alzheimers.org.uk/orderpublications](http://alzheimers.org.uk/orderpublications)

Alternatively, you can use this form to order by post or over the phone on **0300 303 5933**. To place an order, please complete the order form and send it to:

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Thank you for your support

## Data protection

We can only win the fight against dementia with the passion and generosity of our supporters. We'd love to keep you updated about everything we're doing. We will never sell your data onto third parties. Let us know how you'd like to be contacted:

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**Alzheimer’s Society is the UK’s leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.**

If you have any concerns about Alzheimer’s disease or any other form of dementia, visit [alzheimers.org.uk](https://www.alzheimers.org.uk) or call the **Alzheimer’s Society National Dementia Helpline** on **0300 222 1122**. (Interpreters are available in any language. Calls may be recorded or monitored for training and evaluation purposes.)

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Code PL1

