

Find out more...

All books listed overleaf can be borrowed or reserved free of charge from any of Bolton's public libraries.

Online sources of information can be found at www.bolton.gov.uk/dementia.

Free internet access is available at your local library. Books listed were purchased by the Bolton Dementia Partnership.

You can either contact us at Ask Bolton Libraries (see below) or visit your local library and ask our friendly staff for help.

Ask Bolton Libraries

T: 01204 332853

E: askboltonlibraries@bolton.gov.uk

Central Library Opening Hours

Monday: 8.15am - 7.30pm

Tuesday: 8.15am - 7.30pm

Wednesday: 9.30am - 5.30pm

Thursday: 8.15am - 7.30pm

Friday: 8.15am - 5.30pm

Saturday: 9am - 5pm

Sunday: 10am - 4pm

Central Library will also be open on some bank holiday Mondays. For opening hours of Bolton's local libraries visit www.bolton.gov.uk/libraries.

Keep in touch online!

www.bolton.gov.uk/askboltonlibraries

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Dementia Book List

'Iris' by John Bayley

John Bayley's account of his long and loving marriage to the great novelist Iris Murdoch, it covers their love affair's inauspicious beginnings to its slow and painful closure with the onset of Alzheimer's more than forty years later. What emerges is the complex portrait of an enigmatic and brilliant woman and of a marriage of quite extraordinary, unforced happiness.

'Dancing with Dementia' by Christine Bryden

A vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and coping with simple tasks. The author makes an outspoken attempt to change attitudes and misconceptions about the disease.

'A Personal Guide to Living with Progressive Memory' by Sandy Burgener

Practical guidance for coping with progressive memory loss. Also includes examples of people who have faced similar challenges. It provides a useful insight for family and friends who wish to offer support for a loved one affected by progressive memory loss.

'Alzheimer's and other Dementias' by Harry Cayton

Explanations about the different types and causes of dementia. It includes help with the practical issues of looking after someone with Alzheimer's, details of where to go for support, guidance on choosing a care home and advice on the legal and financial implications. It also answers to questions about possible treatments and research for the future.

'Understanding Dementia' by Richard Cheston

Focuses on the importance of the experience and emotions of a person with dementia. It brings together ideas on dementia from social and clinical psychology, psychotherapy and linguistics, and outlines the key theoretical issues and practical concerns in this expanding and significant field.

'Understanding Alzheimer's Disease' by Nori Graham

This book is intended for anyone who may be worried that they or their family and friends have dementia. It discusses the different forms of dementia with clear descriptions of the symptoms, describes how diagnosis is performed, and the treatments available. There are chapters on how to get help with care, how to deal with being a carer, and the future prospects for a person with dementia.

'Remind Me Who I am, Again' by Linda Grant

At the beginning of the nineties Linda Grant's mother, Rose, was diagnosed with dementia. The book is written with humour and tenderness and looks at the questions of identity, memory and autonomy that dementia raises.

'The Wilderness' by Samantha Harvey

A fiction book which looks at Alzheimer's through the eyes of Jake. As the disease takes hold of him, he struggles to hold on to his memories and identity, but they become increasingly elusive and unreliable. What happened to his daughter? Is she alive, or long dead? And why exactly is his son in prison? What went so wrong in his life? Is there anything he'll be able to salvage from the wreckage?

'Psychosocial Interventions of Early Dementia' by Esme Moniz-Cook

For the increasing number of people diagnosed with dementia each year, treatment in the early stages can make a significant difference to their quality of life. It looks at ways of providing support at the time of diagnosis and goes on to explore a variety of interventions and services for the treatment of early dementia.

'The Notebook' by Nicholas Sparks

A novel about a man with a faded, well-worn notebook open in his lap. A woman experiences a morning ritual she doesn't understand, until he begins to read to her. *The Notebook* is a tender story about the enduring power of love. Set amid the austere beauty of coastal North Carolina in 1946, Noah Calhoun is haunted by images of the beautiful girl he met fourteen years earlier, a girl he loved like no other.

'Challenging Behaviour in Dementia' by Graham Stokes

This book contrasts the medical interpretation that sees anti-social behaviour as mere symptoms of the disease. It offers a radical and innovative interpretation of challenging behaviour consistent with the new culture of dementia care, focusing on needs to be met rather than problems to be managed.

'And Still the Music Plays' by Graham Stokes

Storytelling is the oldest and perhaps the best way of learning known to humans. Using 22 compelling stories, the author a clinical psychologist draws on his memories of people with dementia, to bring a greater understanding of the condition. The book is designed for professional and family carers alike, who want to know more about dementia.