

DEM/23/10

Free publications

The following publications can be downloaded free of charge.

[Take a look at our top 10 publications to see what items are most popular](#)



Living with Dementia booklets

Alzheimer's Society's popular series of free booklets for people with dementia has been revised and updated following consultation with members of the Living with dementia programme. Each A5 booklet is between 8 and 16 pages and gives straightforward information and tips on its particular topic.

The seven booklets in the series are:

- [1501 Managing your money](#)
- [1502 Keeping safe in your home](#)
- [1503 Who are all these health professionals?](#)
- [1504 Dementia and driving](#)
- [1505 What your diagnosis means for you](#)
- [1506 Keeping involved and active](#)
- [1507 Talking to children about your illness](#)

Up to six of each booklet can be ordered free, directly from Xcalibre, by phoning 01753 535751 or emailing alzheimers@xcalibrefs.co.uk

About dementia

Worried about your memory

[Worried about your memory? Booklet](#)

This booklet is designed to help you understand more about memory loss, so that if you are worried - either about your own or someone else's memory - you can seek advice and, if necessary, get treatment and support.

[Worried about your memory? leaflet](#)

[Worried about your memory? poster](#)

Worried about your memory booklet available in other languages

Please take a look at [WAYM? booklets in other languages: Welsh, Arabic, Chinese, Gujurati, Somali, Urdu, Punjabi, Tamil, Bengali, French and Polish](#)

[Be head strong](#)

A guide to help you reduce your risk of developing dementia.

[Non-pharmacological therapies for the treatment of behavioural symptoms in people with dementia](#)

A 2005 report on non-pharmacological therapies.

[Journal of Quality Research in Dementia](#)

Back issues of the The Journal of Quality Research in Dementia.

Quality Research in Dementia Annual Round-Up

The Annual Round-Up of Quality Research in Dementia, Alzheimer's Society research grants programme.

Living with Dementia Magazine

Take a look at the [highlights of this month's issue](#) or [download the full issue for free](#)

Caring for a person with dementia

Love is forever (download only)

Couples speak from the heart on facing dementia together - a reminder of how love endures.

Inclusion pack for Gay and Lesbian carers

A toolkit for gay and lesbian carers, including a newsletter and a number of useful documents.

Long-term care

When does the NHS pay for care?

This booklet has been produced by Alzheimer's Society and is also supported by Age Concern, Help the Aged and the Royal College of Nursing. It contains guidance on eligibility for continuing NHS health care funding in England and how to appeal if it is not awarded.

Have you been paying for care?

As part of our campaign for an end to the unfair system of charging for care, we are encouraging people to examine whether they have been wrongly charged for care and, if so, to seek redress. This leaflet explains how to do so.

Putting care right

Taking the decision to move to a care home will always be a difficult one, for the person with dementia and their family. But it can be easier if you are armed with the right information. This booklet can help people facing that kind of decision by setting out what issues to consider and questions to ask.

Reports

Dementia Tax Report

The Dementia Tax report is based on an Alzheimer's Society survey of over 2,300 people with dementia and their carers in England.

Home from home

Alzheimer's Society report highlighting opportunities for improving standards of dementia care in care homes.

Dementia UK

A major study on the social and economic impact of dementia in the UK.

Annual review

Financial statements

Social care: A lifeline for people with dementia and their carers

This report outlines key findings from the evidence collected and makes recommendations for better quality social care in the future.

Physical copies

If you are interested in obtaining physical copies of any of these booklets, please [download our publications catalogue](#).

If you have any queries please email [the publications team](mailto:enquiries@alzheimers.org.uk).

Contact the Society

Email:

enquiries@alzheimers.org.uk

Telephone:

+44 (0) 20 7423 3500

Send your [feedback](#) or find [key contact details](#).

Tools

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Online forum

Visit [Talking Point](#) and take part in the discussion

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- [Where do you start?](#)

Useful contacts

Chartered Society of Physiotherapy

14 Bedford Row
London WC1R 4ED
T 020 7306 6666
www.csp.org.uk

Occupational Therapists in Independent Practice (UK)

T 0800 389 4873
www.otip.co.uk

Royal College of Speech and Language Therapists

2 White Hart Yard
London SE1 1NX
T 020 7378 1200
E info@rcslt.org
www.rcslt.org

Society of Chiropractors and Podiatrists

1 Fellmonger's Path
Tower Bridge Road
London SE1 3LY
T 020 7234 8620
www.feetforlife.org

Alzheimer's Society

Devon House
58 St Katharine's Way
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alzheimers.org.uk

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Alzheimer's Society Dementia Helpline
England and Wales 0845 3000 336 Northern Ireland 028 9066 4100

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1503

Who are all these health professionals?



If you have been diagnosed with dementia, you may need to see several different doctors who can help you with your condition. Like everyone, you may also have other problems with your health from time to time, which are nothing to do with your dementia. It can be confusing seeing many different health professionals in different places. This booklet explains who these health professionals are, what they do and how they can help you.

General practitioners (GPs)

You should go to your GP first if you have any worries about your health. You can see your GP in their surgery, or they may visit you at home. You should always keep the number of your GP surgery somewhere near your telephone.

Your GP can:

- talk to you about your symptoms and problems
- carry out a physical examination
- arrange further tests with a consultant or hospital specialist
- review whether your drugs are working.

Discuss your concerns with your GP and he will refer you to the right specialised health professional

Tips for visiting the GP

- Write down what you want to discuss before you go. It can be difficult to remember everything you want to say.
- Make a note of anything important the doctor says. You might want to write down any medical terms, for example.
- Ask the doctor to explain in simpler language if you do not understand.
- If you come from a different background or culture from your GP, mention any relevant customs, attitudes or beliefs.
- Do telephone the surgery after the appointment if there is anything you have forgotten to ask. You may be able to speak to the doctor on the telephone rather than make another appointment.



Community nurses

Community nurses work alongside GPs, social workers and therapists. There are different types of community nurses and they have different titles. Here are some explanations of the different types.

Practice nurses

Most GP surgeries have a practice nurse.

The practice nurse:

- carries out general treatments (including dressings, injections, ear care)
- runs clinics (such as managing asthma and preventing heart disease)
- looks after patients with ongoing illness (such as diabetes).

You can see the practice nurse at the GP surgery. Telephone the receptionist for an appointment.

District nurses

District nurses have had extra training in nursing people at home. They often work with healthcare assistants to provide nursing at home and at local clinics. Ask your GP if you want to contact a district nurse.

Health visitors

Health visitors have had specific training in how to help people stay well. They can give you information on local health services and suggest ways of keeping healthy. Health visitors work alongside GPs. Again, ask your GP if you want to contact a health visitor.

District nurses hold clinics or will make a visit to your home

Community psychiatric nurses (CPNs)

Community psychiatric nurses (CPNs) provide treatment, care and support for people with mental health problems or dementia. They can assess you at home, or you can see them at the GP surgery or a separate clinic called a mental health unit. CPNs can advise you on how to cope with your condition and how to improve your health and quality of life.

They do not normally carry out physical nursing tasks. You could be referred to a CPN from a number of sources including GPs, psychiatrists and inpatient wards or you might be able to contact a CPN directly yourself. Ask how to do this at your GP surgery.



Consultants

A consultant has more in-depth knowledge and experience of dementia. Consultants can also carry out investigations, such as brain scans and are able to prescribe drugs for dementia. Your GP will refer you to a particular type of consultant. The type of consultant you see will depend on your age, your symptoms, and what is available. You may see a neurologist, a psychiatrist, or a geriatrician. You will probably see a consultant at your local hospital.

Memory clinics

However, your GP may also make an appointment for you at a memory clinic. Here you can see different doctors and specialist nurses who can decide the best way of helping you. They can discuss your drugs with you, and suggest ways to help you live on your own for as long as possible. You may also see a social worker at a memory clinic.

At a memory clinic specialists will assess your needs and recommend the best treatment for you

Neurologists

A neurologist is a doctor who specialises in the brain and nervous system. Some neurologists have particular experience in dementia.

Geriatricians

A geriatrician looks after older people, and specialises in the physical illnesses and disabilities of old age. If you have reached retirement age, your GP might make an appointment for you to see a geriatrician to see if you have any physical illnesses as well as dementia.

General adult psychiatrists

A general adult psychiatrist diagnoses and treats many different mental health problems. If you are under retirement age, your GP may ask a general psychiatrist to see you and help confirm your diagnosis.

The specialist team

The consultant usually works with several other doctors. You may see one of these doctors, but the consultant is still responsible for your care. The consultant also works with nurses, psychologists, occupational therapists and social workers.

Neuropsychiatrists

A neuropsychiatrist is a doctor trained in both psychiatry and neurology. They study diseases that may have both a physical and psychological cause. Neuropsychiatrists have a special interest in the way the brain affects behaviour.

Psychogeriatricians

A psychogeriatrician, or old age psychiatrist, is a psychiatrist who has had extra training in the mental health problems of older people. This can include dementia. They may also offer support to younger people with dementia.

Physiotherapists

Physiotherapists can show you exercises to help you move around easily. You can see a physiotherapist at your local hospital, or sometimes at the GP surgery.

You may also be able to see one at home. Ask your GP to arrange an appointment for you. Some physiotherapists work privately. Look for the letters MCSP and/or SRP after their name. The Chartered Society of Physiotherapy can tell you how to get in touch with a private physiotherapist (see back cover of this booklet).



Chiropodists

Chiropodists are trained to prevent and treat medical problems with people's feet. They can also advise you on proper foot care. It is important to have healthy feet so that you can walk around easily. Ask your GP if you want to see a chiropodist. To find a private chiropodist, contact the Society of Chiropodists and Podiatrists.

Audiologists

Audiologists can check whether you have any hearing problems and can fit a hearing aid if you need one. If you already have a hearing aid, the audiologist should check it for you regularly. Hearing tests, equipment and equipment checks are free on the NHS. Ask your GP to arrange an appointment for you at your nearest NHS hearing centre.

Hearing tests, hearing aids and equipment checks for hearing aids are all free on the NHS

Dentists

It is important to see a dentist regularly to keep your teeth and gums healthy, or to make sure your dentures are comfortable if you wear them. Your dentist may be able to visit you at home. NHS home visits are free but you might have to pay for treatment. You will find details of local NHS dentists at your GP surgery.



Optometrists and opticians

Problems with your sight can sometimes make you feel more confused. You should have your sight checked regularly by an optometrist. They will check for any medical conditions that affect your eyes at the same time. If you do not have an optometrist, ask your GP to suggest a good one. Some optometrists will visit you at home. If you are over 60 you are entitled to a free NHS eye test. If you are under 60 and have dementia, you may also be entitled to a free NHS eye test.

Dietitians

If you are worried about poor appetite, weight loss or weight gain, vitamins or food supplements, a dietitian can provide you with information and advice. Your GP or consultant can arrange for you to see a dietitian. Some dietitians may visit you at home; others may be based at a health centre, GP practice or hospital.

**A dietitian can visit you at home
and give you valuable advice**

Clinical psychologists

Clinical psychologists assess memory, learning abilities and other skills. They also offer support to cope with any difficulties you may be experiencing. They often work with consultants in memory clinics as part of a team. Ask your GP for more information.

Speech and language therapists

Speech and language therapists can help you to communicate with other people more easily. They can also help with problems such as swallowing difficulties. Your GP can arrange an appointment for you.

**Speech and language
therapists can help you
communicate more easily**

Occupational therapists (OTs)

Occupational therapists can tell you about adaptations and equipment that will help you to live independently for as long as possible. Ask your GP, consultant or social services if you think an occupational therapist might be able to help you. Some occupational therapists work privately. To find one, contact Occupational Therapists in Independent Practice (see back cover).

Social care

Your local social services department can arrange many helpful care services for you. These services may include equipment and adaptations, meals on wheels, home care, day care and care in a care home. Social services have to assess your needs before they can arrange care services for you. To find out about an assessment, ask your social services department (the address will be in the phone book under the name of your local authority).

Social workers

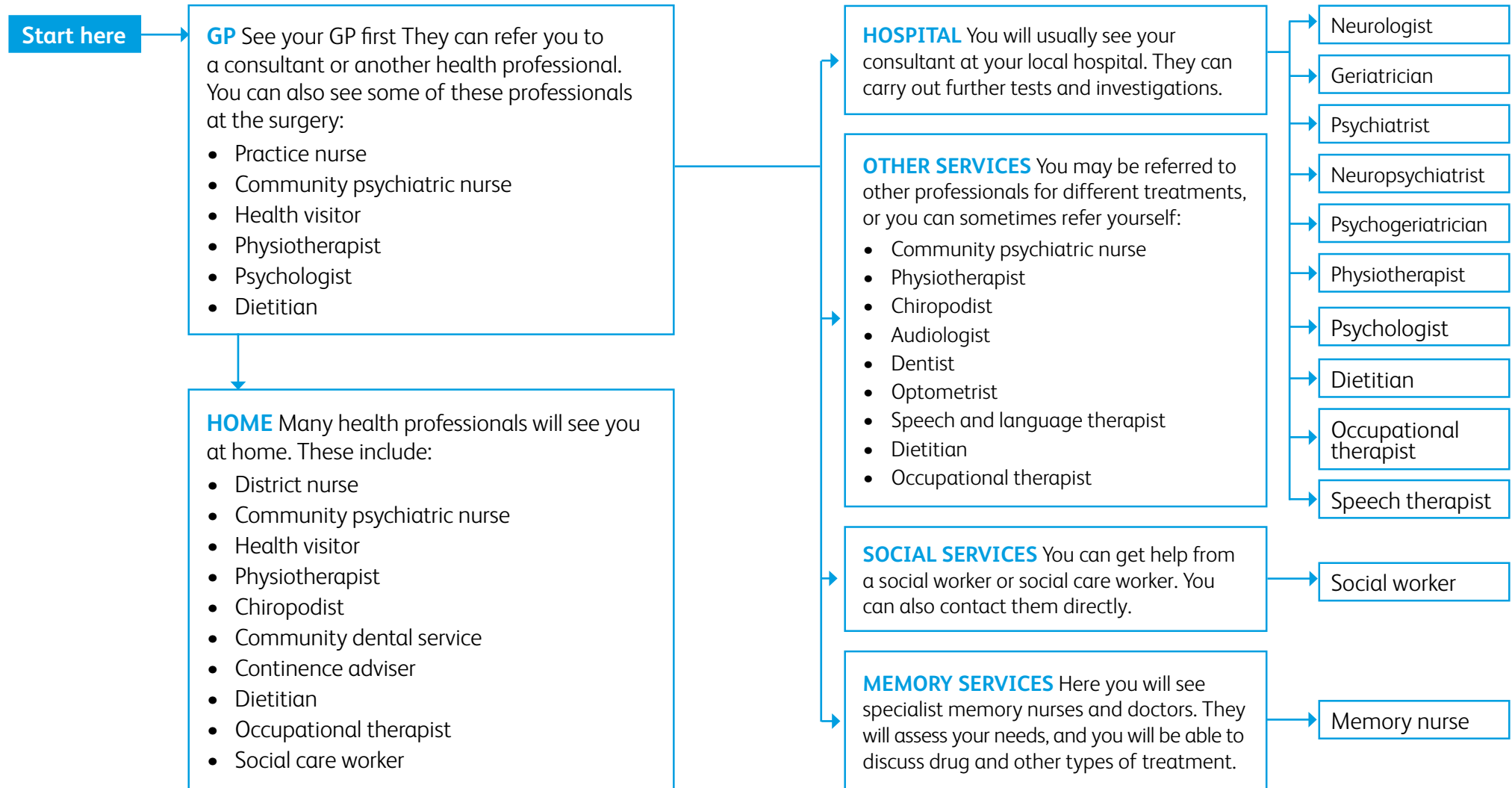
Social workers can decide what services you need. They can also offer support if you need to talk things through. Social workers work in social services departments, hospitals and care homes. To talk to a social worker, contact your social services department (the address will be in the phone book under the name of your local authority) or ask your GP. Social workers can also help sort out funding support and are the primary route for requesting continuing care funding.

Social care workers

Social care workers usually work in residential care homes or in your own home. They can help with personal care such as washing, dressing, changing bedding, doing laundry and helping with meals.

**Social workers can help
arrange funding support
for continued care**

Who you see where



Keeping involved and active



Alzheimer's Society

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Alzheimer's Society Dementia Helpline

England and Wales 0845 3000 336 Northern Ireland 028 9066 4100

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A diagnosis of dementia can be hard to take in. You may feel frightened and apprehensive, and you may not feel like going out or making an effort to be with people or to do things – even things that you normally enjoy. But try to take part in activities, you may find that you enjoy them. It can be tough, but life will still go on and you can still do many things, but perhaps in a different way. Keep busy, keep fighting and keep positive.

Keep active and involved

Don't give up

As well as simply keeping yourself busy and occupied, always keep in mind that you are an important person, a person with value, who has much to offer other people. The attitude towards people with dementia is changing – and you can help it change. You matter, not just to your husband or wife and family, but to the bigger community.

Positive attitude

Much has been made of the benefits of keeping a positive attitude. Cancer patients, for example, are often told that a positive attitude will help fight the illness. Anecdotal evidence does seem to suggest that this is the case, to some extent. But it is unclear whether clinical evidence could be found to support this.

The positive attitude theory can sometimes make it even harder for people who are feeling miserable anyway – they can feel guilty that they're not 'trying harder', for example. Don't worry if you sometimes feel angry or frustrated. These feelings will pass.

'I worry about making mistakes and don't participate in activities. Life used to be so easy, now I have to think hard about everything.'

But if you can try to keep a positive attitude (at least some of the time) you may find that you feel better. Even pretending to feel alright can sometimes have the knock-on effect of improving your mood. And keeping busy and active can act as a distraction.

Some people with dementia find it helps to keep an 'achievement diary'. They write down what they have achieved each day, reminding themselves of all the things they are still able to do.



Alzheimer's Society

The first port of call could be your local Alzheimer's Society branch. You may well have already contacted them. Don't be discouraged if you are not normally a 'joiner' of things. Keep an open mind: there could be roads ahead that you might not have planned to walk down.

Local branch

Branches provide local information and support to people with dementia and those close to them. Many branches employ staff, but they all have volunteers. They provide services such as organising outings, providing day care, home care, a befriending service, telephone helplines and counselling. You may not feel you need these services yet, but it may help to know they are there if you ever do.

Sometimes the most important thing that branches can offer is contact with other people who are in the same situation.

To find your local branch, visit alzheimers.org.uk/Your_local_branch, or telephone the Alzheimer's helpline on 0845 3000 336

Day care centres

Day centres sometimes suffer from an outdated reputation: they are no longer places where old people come to sit and watch television. Rather, they are usually a lively mix of social club and activities centre. You can meet other people, talk and have lunch or coffee. Day centres also run more structured activities, such as cookery, creative writing, art, computer skills or yoga. Your local Alzheimer's Society branch can tell you what's available.

National level

The Alzheimer's Society can help you in many ways, but you can also help the Society. We are always looking for people who are willing to speak about their dementia, to both local and national media. If you feel you could help us in this way, please do contact us. We want to help people with dementia become more visible in the wider world, and to make sure their voices are heard. Contact the Living with Dementia team for more details (see last page).



‘I do volunteer work with the Alzheimer’s Society. It gives me the opportunity to make wonderful friendships and a strong sense of self-worth. It makes me feel useful at a time when I can no longer be in the workforce.’

Activities and pastimes

You don't have to start a new hobby or do anything too strenuous. Just try to continue with activities that you have always enjoyed. Adapt them, if necessary.

Exercise

It may be easier (or safer) to take part in physical activities with other people rather than alone, such as walking, swimming, dancing or gentle exercise classes. Moderate exercise is a good idea anyway; keeping physically fit often helps you feel better mentally and emotionally too.

Housework, cooking and gardening

There is no reason why you can't continue to tackle tasks around the house that you've always done. But don't feel you have to. If the things you normally do easily become difficult, think about simplifying them. Recipes can be adapted. Gardening tools are available that are (in theory) easier to handle than normal tools. But you may find them awkward to use, simply because they are different.

Keep doing the things you like doing for as long as possible or as long as you feel comfortable

Mental stimulation

Research suggests that you can slow down the course of the illness by keeping mentally active and stimulated. Keep doing the crossword, if you enjoy it. Don't worry about it taking longer. If you find it difficult, think about switching to the quick crossword rather than the cryptic, or try word puzzles. Reading may become more difficult. The words may all run together, or you may not recognise words. If this happens, try short newspaper or magazine articles rather than books.



Travel

Holidays and travel can bring much pleasure. Some people with dementia find it easier to go to places that they are familiar with. Some also prefer going on holiday to places that are reasonably near. Long-haul travel is more of a challenge, and complicated travel arrangements can be frightening and confusing. As with many things, travel is easier if you have someone with you. But it's not impossible to travel alone: take time to prepare thoroughly, and make lots of lists of things to pack, and details of your travel arrangements and necessary documents.



Radio, TV and music

Many people enjoy listening to the radio. In some ways, it's easier to accommodate than the television. Sometimes television programmes can be confusing. The brain can find radio easier to tune into because there is only one source of information – sound – rather than both sound and pictures. Television can become tangled up with real life when visuo-perception is affected.

Music is a powerful source of inspiration. It is often linked strongly to memory, and you may take comfort in this. It can also prompt other memories of things you may have thought you'd forgotten. Dancing can also be enjoyable – and another way of exercising.

Sensory stimulation

Research has shown that two complementary therapies – aromatherapy and bright light therapy – have a positive effect on people with dementia. Studies on other types of sensory stimulation have not been conclusive, as they have mainly been undertaken on small numbers of patients. But you may find several types of sensory stimulation enjoyable. These could include aromatherapy, massage, light boxes, or reflexology (foot massage).

Maintaining skills

- **Keeping things simple**

It's important that you try to maintain your existing skills for as long as possible. This will not only make your life easier, it will help you feel better about yourself. But don't push yourself too hard: you may find it helps to simplify your routine, or daily tasks, to make them more manageable. Take things slowly, and don't worry too much if some things seem too hard. Some days will be easier than others – as they are for everyone.

- **One step at a time**

Try breaking tasks down into their component parts. For example, cooking – even something relatively simple – is quite a complex process. It includes planning, shopping, cutting and chopping, mixing, using the hob and using the oven, timing, cleaning and washing up. Think about each stage, one stage at a time. Could some of the steps be done by others? Can you make other steps simpler? What about buying a ready-made sauce rather than making it from scratch?

- **Practice/repetition**

People with dementia often have trouble with their short-term memory. Turning a short-term memory into a long-term memory is often a question of repetition. If you practise something again and again, it becomes a reflex action.

- **Courses and groups**

As with many things, sometimes it's easier to learn new skills (or maintain old ones) as part of a group. Adult learning centres offer many courses. You can look in your phone book for local courses. Again, your local Alzheimer's Society branch can tell you if there are classes and activities at a local day centre.

'My time is well spent here. We talk and encourage one another while laughing at ourselves on occasion. There is a good feeling of camaraderie. We understand both our feelings and our needs.'

Conclusion

Remember, a positive attitude really can help. One of the most important ways of keeping involved and active is simply to talk to others. Don't allow yourself to become isolated. The effort involved in keeping in touch with other people is always worth it.

Useful contacts

Adult Learning Centres

Visit www.direct.gov.uk and click on Education and learning for a list of courses near you.

Alzheimer's Society

To find your nearest branch visit alzheimers.org.uk/Your_local_branch or phone the Alzheimer's Helpline 0845 3000 336 (8.30am – 6.30pm weekdays).

Living with Dementia programme:

T 020 7423 3500

