



Living with Dementia Resource Guide

This guide lists resources currently held by Newcastle Libraries relating to dementia in the following categories.

- Children and young adult
- Adult fiction
- Adult non-fiction
- e-resources

The guide also includes a guide to available dementia apps and links to relevant support organisations.

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Living with Dementia – Resources for Children and Young Adults

Picture Books for Younger Children

Bottum-Jones, Suzanne	Nice to meet you...again
Cummings, Phil	Newspaper hats
Davies, Benji	Grandad's island
Eastham, Ruth	The memory cage
Fox, Mem	Wilfred Gordon McDonald Partridge
Jarman, Julia	Lovely old lion
Lane, Victoria	Celia and Nonna
Lawson, Sue	My Gran's different
Oliveros, Jessie	The remember balloons
Rivard, Emilie	Really and truly
Royce, Ellie	Lucas and Jack
Russell, Paul Eric	Grandma forgets
Shepherd, Jessica	Grandma
Steinkellner, Elisabeth	My new granny
Tidball, Debra	When I see grandma
Tyrrell, Karen	Harry helps grandpa remember
Walliams, David	Grandpa's great escape
Watkins, Ross	One photo

Children's Stories

Bate, Helen	Me and Mrs Moon (graphic novel)
Murphy, Sally	Pearl verses the world

Young Adult Fiction

Downham, Jenny	Unbecoming
Eagar, Lindsay	Hour of the bees
Touchell, Dianne	Forgetting Foster

Junior Non- Fiction

Demetris, Jean	Grandma's box of memories: helping Grandma to remember
Tauber Prior, Beatrice	Grandma and me: a kid's guide for Alzheimer's and dementia

Living with Dementia – Adult Fiction

Backman, Fredrik	And every morning the way home gets longer and longer
Bennett, Andrea	Two cousins of Azov
Byrski, Liz	The woman next door
Coleman, Rowan	The memory book
Genova, Lisa	Still Alice
Genova, Lisa	Inside the O'Briens
Hawke, Steven	Out of time
Healey, Emma	Elizabeth is missing
Hepworth, Sally	The things we keep
Khong, Rachael	Goodbye, Vitamin
Makert, James	Midnight at the Tuscany Hotel
Macomber, Debbie	A Mrs Miracle Christmas
Marsh, Katie	A life without you
McKervey, Henrietta	The heart of everything
McKnight, Harriet	Rain birds
Tyler, Anne	A spool of blue thread

Living with Dementia – Adult Non-Fiction

Food and Nutrition

Beer, Maggie	Maggie's recipe for life: 200 delicious recipes to help reduce your chances of Alzheimer's and other lifestyle diseases
Estep, Preston W	The minespan diet: reduce Alzheimer's risk, minimize memory loss and keep your brain young
Hobbins, Ngaire	Better brain food: eat to cheat dementia and cognitive decline
Moon, Maggie	The mind diet: scientific approach to enhancing brain function and helping prevent Alzheimer's and dementia
Morgan-Jones, Peter	Don't give me eggs that bounce: 118 cracking recipes for people with Alzheimer's
Rayman, Margaret	Healthy eating to reduce the risk of dementia: 100 fantastic recipes based on extensive, in-depth research

General

Andrews, June	Dementia: the one stop guide: practical advice for families, professionals and people living with dementia and Alzheimer's
Baxendale, Sallie	Coping with memory problems
Beilharz, Kristy	Music remembers me: connection and well-being in dementia
Bielak-Smith, Pati	Dementia together: how to communicate to connect
Bredesen, Dale E	The end of Alzheimer's: the first programme to prevent and reverse the cognitive decline of dementia
Deetken, Michelle	Alzheimer's disease: a holistic approach
Devi, Gayatri	The spectrum of hope: an optimistic and new approach to Alzheimer's and other dementias
Hall, Jan	Dementia essentials: how to guide a loved one through Alzheimer's or dementia and provide the best care
Houston, Agnes; Cunningham, Colm and Duggan, Natalie	My home, my life: practical ideas for people with dementia and carers
Low, Lee-Fay	Live and laugh with dementia: the essential guide to maximum quality of life
Ludomyr, Mykyta	Dementia is different
Mace, Nancy L & Rabins, Peter	The 36-hour day: a family guide to caring for people who have Alzheimer disease, other dementias and memory loss
McIntyre, Paul	Use it or lose it
Mosconi, Lisa	The XX brain: the groundbreaking approach for women to prevent dementia and Alzheimer's disease and improve brain health
Pool, Jackie	Reducing the symptoms of Alzheimer's disease and other dementias: a guide to personal cognitive rehabilitation techniques
Powell, Tia	Dementia reimaged: building a life of joy and dignity from beginning to end
Sabat, Steven	Alzheimer's disease and dementia: what everyone needs to know
Sherzai, Dean	The Alzheimer's solution: a revolutionary guide to how you can prevent and reverse memory loss
Unkenstein, Anne	Memory-wise: how memory works and what to do when it doesn't

Personal Stories

Arrowsmith-Young, Barbara	The woman who changed her brain: and other inspiring stories of pioneering brain transformation
Bryden, Christine	Before I forget: how I survived being diagnosed with younger-onset dementia at 46
Bryden, Christine	Will I still be me?

Carew, Keggie	Dadland: a journey into uncharted territory
Comer, Meryl	Slow dancing with a stranger
Cranwell, Carolyn	Navigating Alzheimer's: survival secrets of a long-term carer
Doidge, Norman	The brain that changes itself: stories of personal triumph from the frontiers of brain science
Eyers, Kerrie	Managing depression growing older: a guide for professionals and carers
Gemmell, Nikki	After
Gierck, Michelle	Fraying: mum, memory loss, the medical maze and me
Kalanithi, Paul	When breath becomes air
Mitchell, Wendy	Somebody I used to know
Oliver, Keith	Dear Alzheimer's: a diary of living with dementia
Pieters-Hawke, Sue	Hazel: my mother's story
Saunders, Gerda	Memory's last breath: field notes on my dementia
Smith, Barbara	Before I forget: love, hope, help and acceptance in our fight against Alzheimer's
Swaffer, Kate	Diagnosed with Alzheimer's or another dementia
Swaffer, Kate	What the hell happened to my brain?: living beyond dementia
Williams, Marie	Green Vanilla Tea

Living with Dementia – e-resources

Andrews, June	Dementia: what you need to know	e-book Axis 360
Atkins, Simon	Dealing with dementia for dummies	e-book Axis 360
Bielak-Smith, Pati	Dementia together	e-book CloudLibrary
Doidge, Norman	The brain that changes itself	e-audiobook Bolinda
Estep, Preston, W	The minespan diet	e-book Axis 360
Furman, Richard	Defeating dementia	e-book CloudLibrary
Gemmell, Nikki	After After	e-book Axis 360 e-book CloudLibrary
Genova, Lisa	Inside the O'Briens	e-audiobook Axis 360
Hanley, Kate	Breakfast memories: a dementia love story	e-book CloudLibrary
McKnight, Harriet	Rain birds	e-book Axis 360
Morse, Louise	Dementia: pathways to hope	e-book CloudLibrary
Shagam, Janet Yagoda	Somebody I used to know	e-book CloudLibrary
Shaw, Edward	The dementia care partner's workbook	e-book CloudLibrary
Tyler, Anne	A spool of blue thread A spool of blue thread	e-book Axis 360 e-audiobook Bolinda
Valenzuela, Michael J.	Maintain your brain: what you can do to improve your brain's health and avoid dementia	e-book Bolinda

Living with Dementia – Apps

These apps offer support, guidance and fun for those with dementia and their families.



Dementia Friendly Home

Developed by Dementia Australia and The Deakin Software and Technology Innovation Laboratory. It provides carers with ideas to make their home more accessible for people living with dementia.



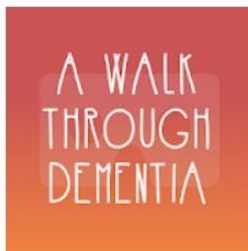
A Better Visit

Developed by Dementia Australia and features a range of two-player games designed to enhance communication. It aims to facilitate positive social interactions between people with dementia and their visitors, especially those in residential care.



My Life Story

This award-winning Australian app allows people with dementia to record their life stories and memories.



A Walk Through Dementia

Developed by Alzheimer Research UK and is designed to put you in the shoes of someone living with dementia. The app features three everyday situations and demonstrates symptoms that pose challenges to those with dementia.



Iridis

This Scottish app was developed by Stirling University and helps people prepare their homes to make them dementia friendly. It makes quick assessments and offers advice on lighting, furniture, noise and the use of colour.



Nymbi

This UK app is based on 35 years of clinical research and improves independence and promotes physical activities. It offers a variety of balance tools and increases emotional health and confidence.



My Reef 3D

This app allows users to interact with the fish or just relax and enjoy the reef. It is a very gentle and easy app to use, making it suitable for those with advanced dementia.



Let's Create Pottery

Creates a relaxing therapeutic experience, particularly for those who have creative interests. This app allows you to touch the screen to make pottery by throwing clay on a virtual wheel.



Flower Garden

This simple and soothing app is filled with gentle sounds and beautiful flowers to plant, water and watch them grow. Beneficial for those who miss their former gardens and allows dementia sufferers to replicate past activities.

Living with Dementia – Support Organisations

[Dementia Australia](#) is a national organisation that provides information, education and support to healthcare professionals and carers of Australians living with dementia. They offer family members invaluable support services, ranging from a Dementia Helpline, Dementia Carer workshop, Dementia Australia library, Dementia Design Services and Dementia Carer Support groups.

Dementia Australia also provide links to websites offering specific support for families.

[Dementia in my family](#) offers information and resources for both children and adults who either know someone living with dementia or have dementia in the family. This website will explain what dementia is and how it effects the brain. It will tell you how to deal with dementia and how to share your story.

[The Dementia Australia Library resources](#) have a large collection of ebooks and e-audiobooks and hold resources on a range of topics from dementia care, personal accounts, younger-onset dementia, memoirs, fiction, support and palliative care, food and nutrition.

Dementia Australia provides a 24hour support helpline 1800 100 500

[Dementia Friendly Community Program](#) is an Australian Government funded program administered by Dementia Australia.

Dementia-friendly communities encourage organisations, businesses, community groups and individuals to make practical changes that will have a positive impact on the lives of people living with dementia and their carers. This website challenges you to understand what it is like to live with dementia and provides free online learning about dementia and what you can do to help.

[Dementia Support Australia](#) is a partnership led by HammondCare that brings together dementia expertise from across the aged care industry. Supported by the Australian Government under the Dementia and Aged Care Services Fund, Dementia Support Australia offers a free national service operating 24/7 365 days a year. Their role is to improve the quality of life for people living with dementia and their carers.

Dementia Support Australia offers a 24 hour support helpline 1800 699 799

[Carers NSW](#) provides information about non-profit organisations in the area of aged care and dementia support. They also provide a dedicated carer line which gives information, support and counselling.

Carers NSW Carer Line operates from Monday-Friday 8am-5pm on 1800 242 636 and is a freecall.