

Reading List for **Carers**

Books relating to caring

The Selfish Pig's Guide to Caring - Hugh Marriott

Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. This book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.

The Essential Carers Guide - Mary Jordan

Illustrated with individual case stories, this book covers physical, social, and financial needs, across the stages of immediate, intermediate and advanced care. It is useful as a practical companion for those caring for or responsible for the care of, an elderly friend or relative.

The Emotional Survival Guide for Caregivers - Barry Jacobs

Empathetic guidance from an expert who has been there can help. Through an account of two sisters and their ailing mother - interwoven with no nonsense advice - The Emotional Survival Guide for Care-givers helps family members navigate tough decisions and make the most of their time together as they care for an aging parent.

Caring for Someone with a Long Term Illness - John Costello

The book is designed to help friends, family and carers understand the practical and personal issues that face carers; providing useful suggestions on how to understand the carer's role and ways to make the experience easier for the carer and those around them.

The Man Who Lost His Language - Sheila Hale

A compelling exploration of aphasia - the loss of language - as well as of the resilience of love. This personal account of one couple's experiences will be of interest to all those who want to know more about aphasia and related conditions.

Books for carers of people with memory loss/dementia

Keeping Mum - Marianne Talbot

In this book you will find plenty of practical tips for caring for someone with dementia and on staying sane whilst doing so. Written for anyone, anywhere, who has anything to do with dementia or with caring; in reading it you will know you are not alone.

I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's - John Zeisel

John Zeisel's book dispels myth after myth, the most important of which is that the person with Alzheimer's is lost to us. Gently, but with compelling persuasion and logic, he teaches us how to improve beyond recognition the quality of life of a loved one with Alzheimer's.

Losing Clive to Younger Onset Dementia - Helen Beaumont

Younger Onset Dementia is comparatively rare, but not that rare. This story is for the family and friends of people with the condition, for the people themselves, and for the professionals working with them.

Dancing with Dementia: My Story of Living Positively with Dementia - Christine Bryden

Bryden makes an outspoken attempt to change prevailing attitudes and misconceptions about the disease. Arguing for greater empowerment and respect for people with dementia as individuals, she also reflects on the importance of spirituality in her life and how it has helped her better understand who she is and who she is becoming.

Knickers in the Fridge - Jane Grierson

Is there really a lighter side to Alzheimer's? Molly's family think there is, and so, apparently, does Molly. Her heart-warming story demonstrates with elegance and gentle humour that dementia need not be all doom and gloom. Here is a real story about real people - and some very real problems - but written with compassion and charm.

10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia - Prof June Andrews & Allan House

Covering areas like how to cope with aggression, creating relaxing environments, 'wandering', sleeplessness and how to cope with dementia and depression, it is a mine of information and good advice.

Understanding Alzheimer's Disease & Other Dementias - Graham Nori

This book is intended for anyone who has, or may be worried that they or their family and friends have dementia. It is also for people who live or work with someone with dementia. By reading this book you will have a better understanding of what causes the illness and how it is diagnosed and treated.

One day at a Time: Meditations for Carers - Dorothy Stewart

This book of brief Bible readings, meditations, prayers and self-help suggestions has been written especially for those who have very little time for themselves. Both realistic and upbeat, it will strengthen carers to face squarely the many challenges and struggles of their role - one day at a time.

When Someone you Love has Dementia - Susan Elliot-Wright

Topics include; how to get medical help even if your loved one insists there's nothing wrong, types of dementia, how medication may help, non-drug treatments and therapies, how people with dementia can retain skills and abilities, coping with the practicalities - memory and behaviour, outside help, benefits and services, residential care and coping with being a Carer.

Dementia: Frank and Linda's Story; New Understanding, New Approaches, New Hope - Louise Morse

This book describes how a new understanding of dementia is leading to better care, helping to maintain the personality of the sufferer. It also offers practical, day to day advice from a hands-on perspective, using a narrative structure. It follows the story of an older couple, Linda and Frank and their journey coping with dementia.

Healthy Body, Healthy Brain - Jenny Lewis

Jenny speaks about the importance of valuing and caring for the elderly in our society, of encouraging mobility and independence for as long as possible. There is an emphasis on the prevention of Alzheimer's and Dementia through nutrition, physical activity and maintaining a positive attitude to life, as well as suggestions on how to improve the health and well-being of those already suffering from these conditions.

Alzheimer's: caring for your loved one, caring for yourself - Sharon Mooney

Drawing on her professional and personal background in caring for people suffering from Alzheimer's, the author offers practical, intelligent advice for caregivers searching for hope.

Keeper: A Journey into Alzheimer's - Andrea Gillies

Keeper is a fiercely honest glimpse into the dementia abyss, an endlessly engrossing meditation on memory and the mind, on family, and on a society that is largely indifferent to the far-reaching ravages of this baffling disease.

My Bonnie: How Dementia Stole the Love of my Life - John Suchet

My Bonnie is a heart-rending and uplifting read, alternating between Bonnie and John's intense love story and the progression of the illness.

Is the Cooker Turned Off? - Josephine Woolf

This text provides insight into why everyday memory breaks down and how this can affect thoughts, feelings and behaviour. It shows how memory aids can help, what they are and how to use them.

Contented Dementia - Oliver James

Oliver James outlines a practical method for managing dementia that will allow both sufferer & carer to maintain the highest possible quality of life, throughout every stage of the illness.

Connecting Through Music with People with Dementia - Robin Rio

For people with dementia, the world can become a lonely and isolated place. Music has long been a vital instrument in transcending cognitive issues; bringing people together, and allowing a person to live in the moment.

Telling Tales about Dementia - Lucy Whitman

How does it feel when someone you love develops dementia? How do you cope with the shock, the stress and the grief? Can you be sure that you and your family will receive the support you need? In "Telling Tales about Dementia" thirty carers from different backgrounds and in different circumstances share their experiences of caring for a parent, partner or friend with dementia.

Explaining Alzheimer's and Dementia - David Moore

Explaining Alzheimer's and Dementia provides a clear and concise introduction to this fascinating and complex subject. Written in accessible, non-specialist language, it provides an ideal introduction for parents, carers, partners and anyone faced with a loved one or client with these conditions.

Can I tell you about dementia? A guide for family, friends and carers - Jude Welton

Meet Jack - an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand the challenges faced by someone with dementia and the changes it causes to memory, communication and behaviour.

Dementia: support for family and friends - Dave Pulsford

This book explores each stage of the journey with dementia and explains not only how it will affect the person with the condition, but also those around them and how best to get professional and informal help.

Who will I be when I die? - Christine Bryden

Christine Bryden was 46 when she was diagnosed with dementia, and in this book she recounts the emotional and spiritual rollercoaster she found herself on immediately afterwards. It provides unique first-hand insights into how it feels to gradually lose the ability to undertake tasks most of us take for granted, and is all the more remarkable because of Christine's unwavering positivity, and her deep sense that in spite of the dementia her life continues to have purpose and meaning.

And still the music plays- stories of people with dementia - Graham Stokes

This is a book about people; people with dementia and their real life stories

Alzheimer's and other dementias: Answers at your fingertips - Harry Cayton, Graham Nori and James Warner

This is a comprehensive questions and answer guide to understanding Alzheimer's and other forms of dementia. It provides positive, practical advice for carers on how to cope with the daily problems of dementia, and advice on legal and financial implications

Books for carers of older people

Living with Mother - Michele Hanson

In Michele Hanson's bittersweet columns in the Guardian, collected here, she explored the physical deterioration of her spirited and resilient elderly mother. From bowel trouble to views on Camilla Parker-Bowles, life is never dull in the Household from Hell.

Now where did I put my glasses? A practical and emotional lifeline - Jackie Highe

Approximately ten million people in the UK are over 65, and the number is growing fast. This text covers all the practicalities of caring for your parents, including clearly laid-out guides to services and resources in the UK, everything from organising home care to power of attorney, to how to choose a care home

Time to help your parents - Jacky Hyams

We're all living longer than ever and there is, inevitably, a point when most of us have to face the fact that our parents need more help. For many, the responsibility of supporting their parents and aiding them to make the right decisions at the right time can be challenging. The author provides solutions and suggestions.

What shall we do with mother? - Rosie Staal

One of the toughest phases of life comes when you realise that one of your parents is becoming dependent on you. This book follows the stories of other people who have been there before, and offers advice and ideas for coping with the guilt, the emotional stress, conflicting pressures on your time and the family tensions that can arise.

The Accidental Carer - Nicole Banerji

This book takes the reader on a journey through the challenges faced when someone suddenly and unexpectedly becomes a carer for a stroke survivor. It covers a wide variety of topics including: getting information out of health care professionals; dealing with emotions; getting out and about; managing pain and discovering financial abuse.

Books for carers of someone who is mentally ill

Living with Schizophrenia - Neel Burton

Addressing the needs of people with schizophrenia and their Carers, friends and relatives, this book de-scribes what schizophrenia is and what it isn't, provides information and support for family and friends, and looks at diagnosis, physical treatments, psychological treatments and social interventions.

Complete Guide to Schizophrenia - Kim Tornva Mueser

The Complete Family Guide to Schizophrenia inspires hope. Authors Kim T. Mueser, PhD, and Susan Gingerich walk readers through a range of treatment and support options that can lead to a better life for the entire family.

Living with a Black Dog – Matthew Johnstone

From the author of the bestselling 'I Had a Black Dog', this is a touching and beautifully illustrated book, written for those who care for those suffering from depression.

Books about end of life

A Safe Journey Home: the simple guide to achieving a peaceful death - Felicity Warner

Felicity Warner reveals her guide to the unique experience of death in 'A Safe Journey Home', based on years of experience in hospice care.

The D-Word: Talking about Dying: a guide for relatives, friends and carers - Sue Brayne

'The D-Word' offers practical guidance for anyone who feels awkward, embarrassed or afraid of talking about death and dying.

End of Life: An essential guide to caring - Mary Jordan

This is a guide to providing practical and emotional support for a dying person while coping with your own feelings, whether you are a professional carer or a friend/relative.

Bereavement: the essential guide - Laura Cook

The loss of a partner, friend or family member can be more than some can bear. This compassionate and sensitive must-read guide accompanies you through the most painful of journeys as you deal with living after the death of a loved one.