



# READING LIST FOR CARERS

Books on caring, dementia, ageing, mental illness and end of life, recommended by the Improving Lives carers team at Improving Lives Plymouth.

## Books relating to caring

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### **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, this book 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 or dementia

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### **Keeping Mum** — *Marianne Talbot*

Practical tips for caring for someone with dementia and on staying sane whilst doing so. Written for anyone who has anything to do with dementia or with caring, this book reminds you that you are not alone.

### **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.

### **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.

### **Understanding Alzheimer's Disease & Other Dementias** — *Graham Nori*

Intended for anyone who has, or may be worried that they or their family and friends have dementia, and for people who live or work with someone with dementia. It explains what causes the illness and how it is diagnosed and treated.

### **When Someone You Love Has Dementia** — *Susan Elliot-Wright*

Topics include getting medical help, types of dementia, how medication may help, non-drug treatments and therapies, coping with memory and behaviour, outside help, benefits and services, residential care and coping with being a carer.

### **I'm Still Here** — *John Zeisel*

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, it teaches us how to improve beyond recognition the quality of life of a loved one with Alzheimer's.

### **Dancing with Dementia** — *Christine Bryden*

An outspoken attempt to change prevailing attitudes and misconceptions about the disease. Arguing for greater empowerment and respect for people with dementia as individuals, it reflects on the importance of spirituality.

### **10 Helpful Hints for Carers** — *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.

### **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 strengthens carers to face the challenges of their role one day at a time.

## Dementia and memory loss, continued

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### **Dementia: Frank and Linda's Story** — *Louise Morse*

Describes how a new understanding of dementia is leading to better care, helping to maintain the personality of the sufferer. It offers practical, day to day advice, following the story of an older couple, Linda and Frank, and their journey coping with dementia.

### **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.

### **My Bonnie: How Dementia Stole the Love of my Life** — *John Suchet*

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

### **Contented Dementia** — *Oliver James*

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

### **Healthy Body, Healthy Brain** — *Jenny Lewis*

Speaks about the importance of valuing and caring for the elderly, of encouraging mobility and independence for as long as possible, with an emphasis on the prevention of Alzheimer's and dementia through nutrition, physical activity and a positive attitude to life.

### **Keeper: A Journey into Alzheimer's** — *Andrea Gillies*

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.

### **Is the Cooker Turned Off?** — *Josephine Woolf*

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.

### **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.

## Dementia and memory loss, continued

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### **Telling Tales about Dementia** — *Lucy Whitman*

How does it feel when someone you love develops dementia? Thirty carers from different backgrounds and circumstances share their experiences of caring for a parent, partner or friend with dementia.

### **Can I Tell You About Dementia?** — *Jude Welton*

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

### **Who Will I Be When I Die?** — *Christine Bryden*

Christine Bryden was 46 when she was diagnosed with dementia, and recounts the emotional and spiritual rollercoaster she found herself on immediately afterwards, with unwavering positivity and a deep sense that her life continues to have purpose and meaning.

### **Alzheimer's and Other Dementias: Answers at your Fingertips** — *Harry Cayton, Graham Nori & James Warner*

A comprehensive questions and answers guide to understanding Alzheimer's and other forms of dementia, with positive, practical advice for carers on daily problems, and on legal and financial implications.

### **Explaining Alzheimer's and Dementia** — *David Moore*

A clear and concise introduction to this fascinating and complex subject, written in accessible, non-specialist language, ideal for parents, carers, partners and anyone faced with a loved one or client with these conditions.

### **Dementia: support for family and friends** — *Dave Pulsford*

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.

### **And Still the Music Plays** — *Graham Stokes*

A book about people; people with dementia and their real life stories.

## Books for carers of older people

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### **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?** — *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, 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. The author provides solutions and suggestions for supporting parents and helping them make the right decisions at the right time.

### **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 others who have been there before, and offers advice for coping with the guilt, the emotional stress and the family tensions that can arise.

### **The Accidental Carer** — *Nicole Banerji*

Takes the reader on a journey through the challenges faced when someone suddenly and unexpectedly becomes a carer for a stroke survivor, covering 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

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### **Living with Schizophrenia** — *Neel Burton*

Addressing the needs of people with schizophrenia and their carers, friends and relatives, this book describes what schizophrenia is and what it isn't, and provides information and support for family and friends.

### **Complete Guide to Schizophrenia** — *Kim Tornva Mueser*

Inspires hope. Authors Kim T. Mueser 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

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### **A Safe Journey Home** — *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** — *Sue Brayne*

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*

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 or 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 guide accompanies you through the most painful of journeys as you deal with living after the death of a loved one.

## Talk to us

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Many of these titles can be borrowed from your local library or found second-hand. If you would like to talk through what might suit your situation, the Improving Lives carers team is happy to help.

### The Improving Lives carers team

Support, advice and information to help you and your family whilst you are caring.

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