

Publications catalogue

2022/23



**Booklets for support
after diagnosis**

Information for carers

**Different languages including BSL,
plus video, audio and Easy Read**

Easy-to-use order form



The right information at the right time

If you want to know more about dementia, this catalogue is for you.

Our resources can help you deal with the changes dementia brings. You might be worried about changes you've noticed, have a diagnosis or be supporting someone with dementia. There will be difficult times when you need advice, explanation and reassurance.

Some changes are gradual – developing over time, while others may come as a surprise. Whatever you are looking for, the information in this catalogue provides a vital source of support. See some specific resources if you are living with dementia ([page 6](#)) or are a carer ([page 16](#)).

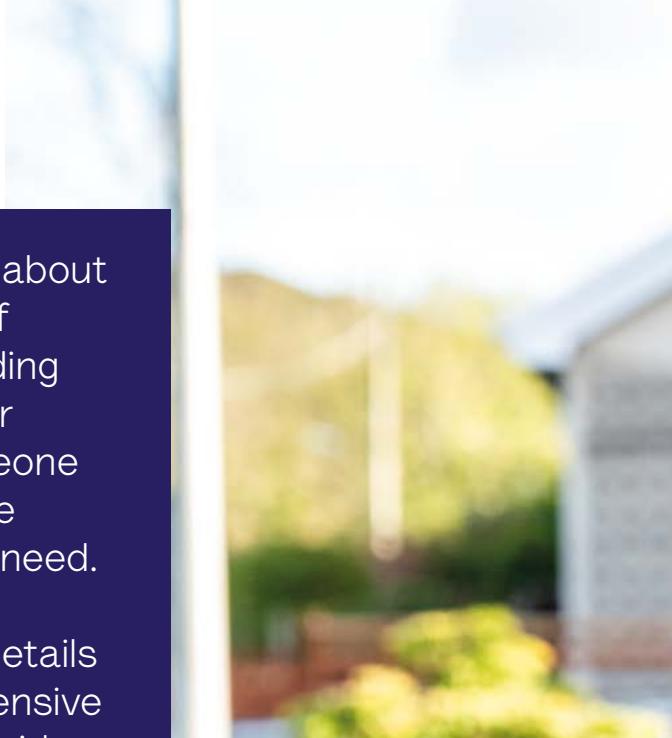
However you are affected by dementia, we have information to suit your needs. From simple one-page helpsheets, to factsheets with more detail, we provide information on a wide range of topics. Many are focused on adjusting to life with dementia, practical solutions and finding a way through challenges. Our information is also available in audio, Easy Read and other languages – read more on [page 30](#).

All our publications and practical resources come from a deep understanding of the reality of living with dementia. They are accurate, up-to-date and based on evidence. They are informed by experts – those with lived experience of dementia and professionals involved in support, care and research.

You'll find more details in the individual listings in this catalogue. Order print copies using the order form inside the back cover or call **0300 303 5933**. You can also read, download and order information at alzheimers.org.uk/publications

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If you're worried about possible signs of dementia, including memory loss, for yourself or someone else, we have the information you need.

See page 4 for details of our comprehensive booklet that provides a one-stop guide to the assessment process.

1

Diagnosing dementia

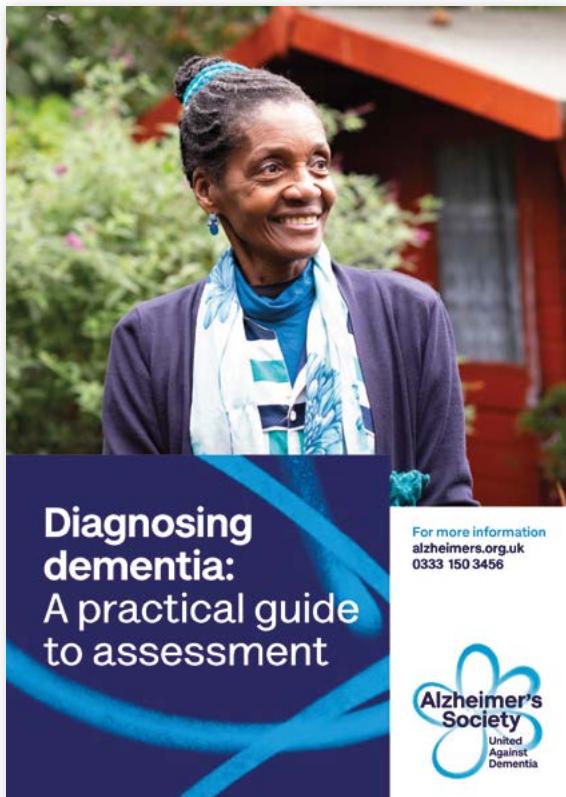
1



3

Diagnosing dementia: A practical guide to assessment

1



Code 78DD
64 pages, A5
2022

Online: [alzheimers.org.uk/
diagnosing-dementia](https://www.alzheimers.org.uk/diagnosing-dementia)

My checklist for possible dementia symptoms

Use this checklist to record symptoms and changes you notice. You can then refer to this when you speak to a health professional.

Mood and mental ability problems	Tick if affected by	Tick if impacting daily life	How long it's been happening
Memory loss – difficulty learning new information or forgetting recent events or people's names			
Struggling to find the right word			
Difficulty judging distances or mistaking reflections or patterns for other objects			
Struggling to make decisions, or making careless or risky decisions			
Losing track of time and dates			
Asking the same question over again or repeating phrases			
Putting objects in unusual places			
Problems with daily living activities			
Struggling with tasks like paying bills, planning ahead, shopping			
Difficulty getting enough sleep			
Getting lost in familiar places			

Mood and behaviour problems	Tick if affected by	Tick if impacting daily life	How long it's been happening
Becoming easily upset, irritable, or aggressive			
Symptoms of depression, like feeling sad or hopeless			
Symptoms of anxiety, like feeling very worried or uneasy			
Withdrawn or losing interest in things I previously enjoyed			
Acting inappropriately or out of character			
Feeling restless and walking about			

Notes on other symptoms or concerns	

Hearing problems	
Date of last hearing test:	

Sight problems	
Date of last sight test:	

4

This brand new booklet provides information for anyone worried about symptoms they are experiencing or that they have noticed in someone else. At what can be an anxious and frightening time, this booklet sets out clearly the process of talking to the GP, as well as possible tests, scan and assessments that can be involved. It provides reassurance and explanation for each stage, with tips on what to expect and how to prepare.

The booklet also shows the differences between symptoms that may be normal signs of ageing compared with possible signs of dementia.

At the back of the booklet, there is a symptoms checklist that can be used to record symptoms and changes. This can be helpful to take to appointments with the GP or other health professionals. You can also print this checklist from our website at alzheimers.org.uk/checklist

You can read more about the causes of memory problems and dealing with these on our website. You will also find stories and films featuring people sharing their experiences of diagnosis, as well as tips for talking to your GP. Visit alzheimers.org.uk/memoryloss

'It is super to have this information in one place in a practical guide like this. Great that it includes the checklist for possible symptoms, which is a helpful tool. I like the comparison table at the beginning.'

Dementia Support Worker

Finding the right information can make a real difference when you have dementia. When changes bring questions and concerns, our publications are here for you.

In this section you'll find booklets that cover a range of different aspects of dementia. They include explanations, practical tips and ideas to make life easier.



2

Living with a diagnosis of dementia

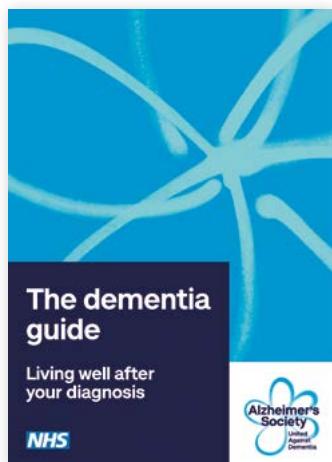
2



7

These longer booklets cover topics related to living with dementia including symptoms, treatments and services. Keep them on hand for ongoing support and information on living well.

The dementia guide: Living well after your diagnosis



This booklet is for anyone with a recent diagnosis of dementia.

It covers a range of topics that you may have questions about after your diagnosis. These include treatments, services and support available. The guide will be an ongoing source of support that you can refer to whenever you need information and advice on living well.

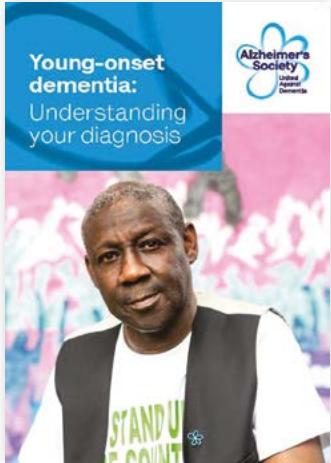
See **pages 35–38** for details about accessible versions of **The dementia guide**.

Code 872
184 pages, A5
Free
2020

Online
[alzheimers.org.uk/
dementiaguide](http://alzheimers.org.uk/dementiaguide)

'I received a copy of The dementia guide. I found it a really useful resource to dip in and out of. There is lots of good information in there. I have it filed away now in my resources and know I can access it any time that I need to.'

Carer for a person living with dementia

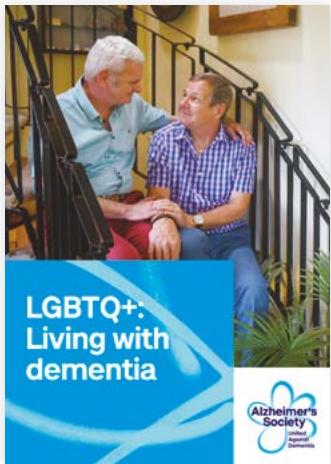


Young-onset dementia: Understanding your diagnosis

This booklet is for anyone diagnosed with dementia under the age of 65. It covers information about treatment, support and services that are available. This includes tips on managing relationships and advice if you are working, drive or have young children.

Code 688
76 pages, A5
Free
2018

2



LGBTQ+: Living with dementia

This booklet is for anyone who is lesbian, gay, bisexual, trans or queer and has dementia. It explains some of the implications of having dementia for LGBTQ+ people and includes advice on staying independent, getting the right support and living well.

Code 1511
40 pages, A5
Free
2021

It costs £100 to print 110 copies of The dementia guide.

Your support means we can continue to provide **The dementia guide** free of charge – go to alzheimers.org.uk/donate or call **0330 333 0804** (local rate) to donate.

Booklets listed on these pages cover individual aspects of living with dementia in more detail.

The memory handbook



2

Code 1540
68 pages, A5
Free
2021

Online
[alzheimers.org.uk/
memoryhandbook](https://alzheimers.org.uk/memoryhandbook)

This booklet is for people with memory problems, including those with a diagnosis of dementia or mild cognitive impairment (MCI), or those without a diagnosis.

It suggests lots of strategies, aids and tools to help people with memory problems cope, stay independent and live well. Many of these suggestions are from people living with memory problems.

'The simple English used in the document makes it easy to read and the descriptions of the different types of memory are a useful and informative addition. This is a handbook that will be handy to keep as a reference document as it contains a wealth of practical advice.'

Person living with dementia

Making your home dementia friendly



This booklet is for people with dementia who are living at home. It describes ways to adapt the home so that it remains a safe and familiar place. This can help make daily living easier and keep you in touch with the things you enjoy doing.

Many of these practical tips come from the personal experiences of people with dementia, as well as family members and care professionals.

2

Code 819
36 pages, A5
Free
2020

Online
[alzheimers.org.uk/
dementiafriendlyhome](http://alzheimers.org.uk/dementiafriendlyhome)

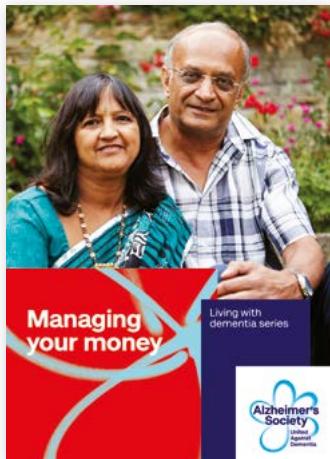
'I wish you could see the difference it makes when we talk with people and can give them a factsheet or a guide. I can't imagine how much hard work goes on to get them out but know you really do make a difference'

Professional

Many people affected by dementia feel overwhelmed after a diagnosis. We suggest starting with our one page, simple summaries of information (see **page 32**). Read these helpsheets online at alzheimers.org.uk/helpsheets

Living with dementia series

These free A5 booklets address common aspects of living with dementia. They offer practical advice and tips on dealing with challenges that you may face following a diagnosis.



Managing your money

This booklet gives advice on different aspects of managing money. This includes paying bills and managing bank accounts. It also gives tips on keeping your money safe and planning for the future.

Code 1501

2019



Driving

This booklet explains what a diagnosis of dementia means if you drive. It looks at the legal requirements on when to stop driving. It also gives practical tips on managing without a car.

Code 1504

2020

Keeping safe at home

This booklet provides advice on making adaptations and using technology in different areas of your home to make a safe and supportive environment.

Code 1502

2020

Keeping active and involved

This booklet gives tips to help you keep your skills and abilities for longer. Suggestions include things to do at home and in the community.

Code 1506

2021

Your relationships

This booklet outlines how relationships with different people might change when you have dementia. It explains the impact dementia might have on your feelings, communication and plans.

Code 1507

2021

Living alone

This booklet contains practical strategies for dealing with challenges you may come across when living alone, including loneliness, managing everyday tasks and staying safe.

Code 1508

2020

Employment

This booklet looks at issues you may face at work. It explains the law related to employment and gives advice on continuing and stopping work.

Code 1509

2020

Planning ahead

This booklet explains the importance of putting plans in place for the future. This includes financial and legal plans. The booklet also contains a template advance statement to record your wishes for care in the future.

Code 1510

2019

'Sometimes they would post information to me and other times they would email or signpost me to where I could find it online. It was really good to have that mixture of different options. I like being able to have some of the information in hard copy so I can refer to it whenever needed.'

Person living with dementia

Practical tools for everyday help

These resources are designed to help deal with the challenges of dementia. You can use them to manage difficulties with going out and keeping track of appointments.



My appointments book

Code 923
30 pages, A4
Free
2021

Online
alzheimers.org.uk/myappointments

This booklet is designed to help people living with dementia keep track of the appointments they have with health and social care professionals.

There is room to record the professional's contact details, write down any questions and make a note of what was said during the meeting.

'We continue to get great feedback from families in regard to the My appointments book. Several carers have said that out of all the information we give them in our info packs, that it is probably the most useful thing.'

Dementia Specialist Nurse

Helpcards



These cards are for people with dementia to use and carry with them, to make it easier to get assistance when they're out in the community. They are a great tool to help a person with dementia maintain their independence.

2021

Credit card size

Free

Online

[alzheimers.org.uk/
helpcards](https://alzheimers.org.uk/helpcards)

Double-sided

This card includes a box on the front for people to record what they might need help with. There is also space on the back for the details of someone who can be contacted in an emergency.

- I have memory problems (1564)

2

Fold-out

These cards are for anyone who wishes to include extra information, such as details about particular medical conditions. There is also space on the inside to include the contact details of two people who can be contacted in an emergency.

- I have memory problems (1561)
- I have dementia (1562)
- I have Alzheimer's (1563)

A £5 donation pays for 180 Helpcards.

Help people living with dementia feel reassured and confident when they go out – see **alzheimers.org.uk/donate** or call **0330 333 0804** (local rate).

When you are supporting a person with dementia you will have questions that will change over time.

The publications in this section provide guidance, reassurance and ideas about specific aspects of caring for someone with dementia.



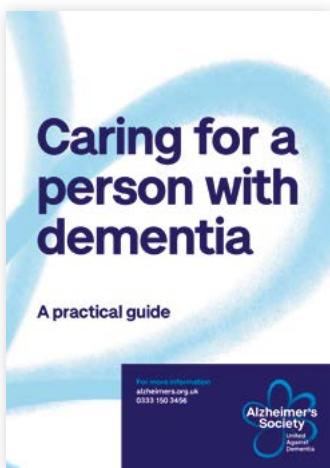
3

Information for carers

3



Caring for a person with dementia: A practical guide



3

Code 600
188 pages, A5
Free
2022

Online
[alzheimers.org.uk/
carersguide](https://www.alzheimers.org.uk/carersguide)

This guide provides information on the topics that are important when you are supporting a person with dementia. This includes symptoms, treatment, staying well, preparing for the future and your rights as a carer.

The guide reflects the current experience of caring for a person with dementia. It was reviewed by carers who told us what advice would have been most helpful to them in their own caring roles.

It is 20 years since the first edition of this publication. It remains a vital source of support.

'I can't tell you how much the guide has helped me. Dementia is so all consuming. When you're alone and it's silly o'clock in the middle of the night/early morning and you don't know what to do, it helps to have something at hand'.

Carer for a person living with dementia

The activities handbook



Code 77AC
76 pages, A5
Free
2020

Online
[alzheimers.org.uk/
activitieshandbook](https://alzheimers.org.uk/activitieshandbook)

This handbook is for anyone who is caring for a person with dementia. It will help you suggest enjoyable and engaging activities for the person you're caring for. It may also help people with dementia who are looking for activities they can try.

Written with input from carers, it has themed sections to help you find activities that match a person's interests and abilities. It covers social, physical and outdoor activities, activities at home, and online and digital activities.

3

**'Such a wonderful resource.
Thank you for something else that
helps us to live well for longer, no
matter whichever stage of our
'dementia journey' we may be at.'**

Carer for a person living with dementia

Selecting and moving into a care home



This booklet will help with choosing the right care home for a person with dementia.

It is written for carers or family members, but may also be useful for people with dementia who want to plan ahead. It explains the process you will need to go through, and includes checklists of things to consider. It also has tips for moving in and how to handle other issues that may arise.

3

Code 690
64 pages, A5
Free
2018

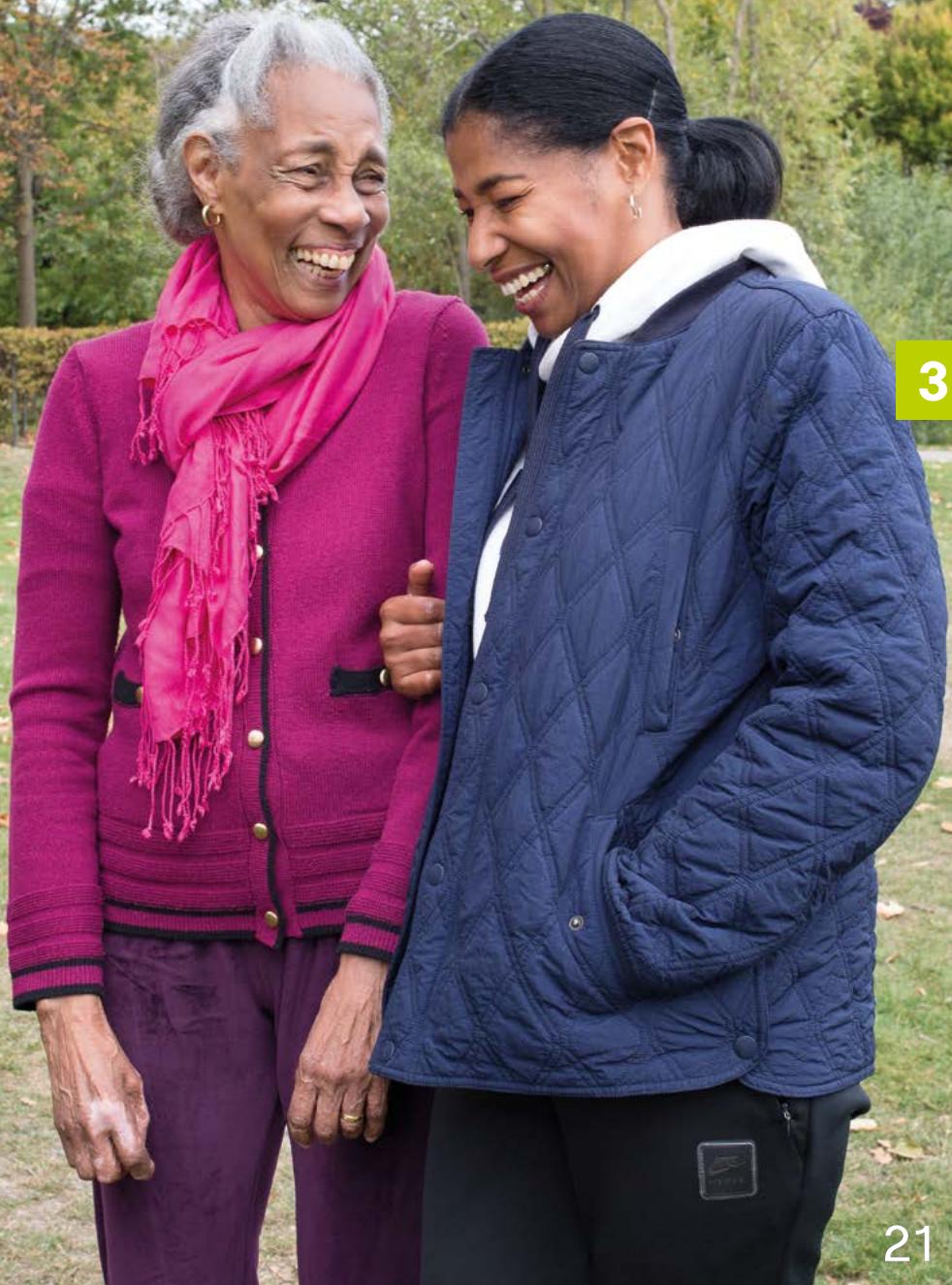
'I had very useful information, literature and factsheets, which I could not believe was so relevant to what I was experiencing. I felt as if it had been written about my husband.'

Carer for a person living with dementia

We campaign to end the challenges around cost, quality and access that people affected by dementia face in social care.

You can too – go to alzheimers.org.uk/campaigns and get involved today.

3



21



Accessing and sharing information on behalf of a person with dementia

Code 882
32 pages, A5
Free
2019

This booklet will help you to understand when you may be able or have a right to access information on behalf of someone with dementia. It also tells you how to complain if you believe you were wrongly denied access to someone's information.

Information in this booklet is based on the law in England, Wales and Northern Ireland. It also explains where there are different laws in these nations.



When does the NHS pay for care?

Code 813
58 pages, A4
Free
2019

This booklet explains what NHS continuing healthcare is, who can get it, how assessments are carried out and what to do if it is not awarded.

The information in this booklet applies to people living in England who need long-term support from the NHS or social services because of dementia.

Further information on continuing healthcare, including tips on preparing your case for the NHS, can be found on our website – alzheimers.org.uk

This is me



This is me

Code 1553

4 pages, A4

Free (single copy)

2019

Online alzheimers.org.uk/thisisme

This is me x25

Code 1553X

4 pages, A4

£3.50 (pack of 25)

2019

This simple and powerful resource can be used to record details about a person with dementia who can't easily share information about themselves. It enables health and social care professionals to better understand the person's preferences and needs so they can provide more person-centred care.

3

This is me includes space to record:

- the person's cultural and family background
- important events, people and places from their life
- their preferences and routines.

It also contains guidance notes with useful examples of information that can be included.

'It was an absolute godsend. I saw real evidence that This is me had been read and that staff were using the information provided to engage with my husband.'

Carer for a person living with dementia

23



Our factsheets provide detailed information on a wide range of topics for anyone affected by dementia.

They explain the issues, provide emotional and practical support and direct you to other sources of information and support.



4 Factsheets



Factsheets

All factsheets are A4 sized. The number of pages varies. They are reviewed every three years and categorised by subject areas, indicated by the colour schemes below.

You can order up to six copies of 10 different factsheets for free. After that, each copy costs 20p. All factsheets can be downloaded for free from [alzheimers.org.uk/publications-list](https://www.alzheimers.org.uk/publications-list)



Blue factsheets: key facts or aspects of dementia

- 400** What is dementia?
- 401** What is Alzheimer's disease?
- 402** What is vascular dementia?
- 403** What is dementia with Lewy bodies (DLB)?
- 404** What is frontotemporal dementia (FTD)?
- 405** Genetics of dementia
- 407** Drug treatments for Alzheimer's disease
- 408** Antipsychotic drugs and other approaches in dementia care
- 430** Learning disabilities and dementia
- 438** What is alcohol-related brain damage?
- 440** What is young-onset dementia?
- 442** Rarer causes of dementia
- 450** Risk factors for dementia
- 456** Dementia and the brain
- 458** The progression and stages of dementia
- 470** What is mild cognitive impairment (MCI)?



Green factsheets: emotional and practical guidance on aspects of living with dementia

4

- 417** Supporting a person in the later stage of dementia
- 429** Using equipment and making adaptations at home
- 437** Using technology to help with everyday life
- 439** Driving and dementia
- 444** Supporting a person with dementia who has depression, anxiety or apathy
- 448** Dental care and oral health
- 474** Going on holiday when a person has dementia
- 480** Supporting an LGBTQ+ person with dementia
- 500** Communicating
- 501** Walking about
- 502** Continence and using the toilet
- 504** Supporting a person with washing and dressing
- 507** Grief, loss and bereavement
- 509** Aggressive behaviour
- 511** Eating and drinking
- 512** Pressure ulcers (bedsores)
- 514** Sex, intimacy and dementia
- 515** Supporting children and young people when a person has dementia
- 523** Carers: looking after yourself
- 524** Understanding and supporting a person with dementia
- 525** Changes in behaviour
- 526** Supporting a person with memory loss
- 527** Changes in perception
- 529** Physical activity and exercise
- 531** End of life care
- 533** Understanding denial and lack of insight
- 534** Understanding sleep problems, night-time disturbance and dementia

For more information about large print and audio factsheets, please see page 38.



Red and bright blue factsheets: health and social care

418 Assessment for care and support in England

W418 Assessment for care and support in Wales

NI418 Assessment for care and support in Northern Ireland

425 How the GP can support a person with dementia

462 Replacement care (respite care) in England

W462 Respite care in Wales

NI462 Respite care in Northern Ireland

476 Care homes – when is the right time and who decides?

477 Hospital care

528 Urinary tract infections (UTIs) and dementia

532 Paying for care and support in England

W532 Paying for care and support in Wales

NI532 Paying for care and support in Northern Ireland



Dark blue and green factsheets: legal and financial matters

- 413** Benefits for people affected by dementia
- 414** Council tax
- 459** The Mental Health Act 1983
- 460** Mental Capacity Act 2005
- 463** Advance decisions and advance statements
- 472** Lasting power of attorney
- NI472** Enduring power of attorney and controllership
- 473** Personal budgets
- NI431** Direct payments
- 483** Deprivation of Liberty Safeguards (DoLS)
- 530** Deputyship
- NI467** Financial and legal tips

4

'Having the information there to hand about what options we have and things to think about like power of attorney and care packages versus a care home, it has made making those decisions a lot easier as we are well informed.'

Carer for a person living with dementia



We want everyone to be able to use our information and advice. Whether you're diagnosed with dementia or supporting someone who is, you can read, watch or listen to the information you need.

- Helpsheets
- Easy Read
- Translations
- Large print
- Audio
- Video

To see the full range of resources go to alzheimers.org.uk/accessible-resources

5 More languages and formats

5



31

Helpsheets: simple summaries of information

Helpsheets are simple summaries of our most popular information. You can read them online, or print off a copy from our website.

Helpsheet 01
What is dementia?
Dementia is a range of symptoms that show that the brain disease causes changes in the brain. It cannot work properly. Only some people get dementia, it does not happen to everyone. Most people with dementia have Alzheimer's disease or Lewy bodies. There are other types of dementia too. Most people with dementia are over 65 years old. But dementia can affect younger people too.

What are the symptoms of dementia?
A person with dementia may forget things. They may think they have done things when they haven't. These changes can make it hard to do the things you used to do. They can be very different from person to person. If you notice any changes and are worried about yourself or a loved one, call Alzheimer's Society on 0333 150 3456.

What causes dementia?
There are reasons why dementia might be more likely to develop. Some factors increase your risk of dementia, such as diet, alcohol and smoking.

There is lots of research looking into the brain and why dementia develops. Some experts think that dementia is caused by changes in the brain that stop it working properly. Other experts think that dementia is caused by damage to the brain. Some people with dementia are not able to help themselves. They find it hard to remember things. Dementia is not usually caused by a single problem. It is often caused by a combination of different things.

Can a person get better from dementia?
There is no cure for dementia. A person can't get better from dementia. But there are ways to help. Staying healthy and getting the right care can help. Some people with dementia need a bit of help. Others find that they have dementia. Dementia short-term. People can live well for many years.

Factsheet 001: What is dementia? go to alzheimers.org.uk/what-is-dementia
Our helpline: go to alzheimers.org.uk/helpline
Alzheimer's Society is here for you: If you have any questions, call us on 0333 150 3456 to speak with any member of staff in any language.

Join Talking Point: our online community for dementia – go to alzheimers.org.uk/join-talking-point
To find support in your area, go to: alzheimers.org.uk/dementiadirectory

Helpsheet 05
How can a person with dementia get support?
When you have dementia, it helps to find the right support. Social services and the needs assessment – A person assessment of what you need for one. Social services can give you help with your care and daily life. They can also give you support. Friends and family – it's the first to ask for or accept support. Meeting and talking can help with skills and fun you can't meet in person. See booklet 057, *Your relationships*.

Benefits and employment: If you are working, you've stopped working, you may get benefits and benefit from work. See booklet 058, *Work after dementia*.

Mental health, strategies and technology: *Look after yourself*. There are practical steps to cope with the memory handbook.

Support groups: Some support groups have video dementia. Some are online. See booklet 059, *Your Alzheimer's Society*.

Support workers and dementia advisers: Involvement groups, dementia advisers, dementia friends and Alzheimer's Society to speak to a trained dementia adviser.

Support in the community: Many places of worship have dementia-friendly services and support. These might include coffee mornings, sing-alongs and quizzes.

Staying healthy and active: Having dementia is a balanced life and staying active and involved. See booklet 060, *Living well with dementia*.

Making your home dementia friendly: *Make your home dementia friendly*. See booklet 061.

Factsheet 072: The dementia guide: *Live well*. Your diagnosis has more information. alzheimers.org.uk/dementiaguide

Alzheimer's Society is here for you: If you have any questions, call us on 0333 150 3456 to speak with any member of staff in any language.

Join Talking Point: our online community for dementia – go to alzheimers.org.uk/join-talking-point
To find support in your area, go to: alzheimers.org.uk/dementiadirectory

Helpsheet 09
How can a carer communicate with a person with dementia?
Communicating together can become more difficult over time, as the person with dementia gets worse.

They may:

- struggle to find the right words
- repeat things out loud
- lose interest and what others are saying
- get confused about words and what they mean.

This can be frustrating for both of you. Many carers find it hard to stay calm. Don't be too hard on yourself if this happens. You might need to take a break. There are lots of ways to communicate clearly and calmly together:

- Get the person's full attention before you start. The room should be quiet. For example, turn off the radio.
- Make sure you are where you can see and hear each other as easily as possible.
- Keep hearing aids and glasses clean. Keep prescriptions up to date.
- Listen carefully. Repeat what is said if the person does not understand something. A slightly slower pace than usual of the person can't follow you. Use short, simple sentences.
- Don't talk to the person as if you act like a child – be patient and have respect for them.
- Do not swear or shout as though the person is not there.
- Try to make sure your body language is understood until you feel confident.
- Try to avoid shouting sharply or raising your voice. You become frustrated. Leave the room.

Factsheet 050: Communicating has more information. alzheimers.org.uk/communicating

Alzheimer's Society is here for you: If you are worried about someone, call us on 0333 150 3456. We can arrange to speak with them in any language.

Join Talking Point: our online community for dementia – go to alzheimers.org.uk/join-talking-point
To find support in your area, go to: alzheimers.org.uk/dementiadirectory

Various codes
Double-sided, A4
Free
2021

Online alzheimers.org.uk/helpsheets

People with dementia and their carers told us that they sometimes feel overwhelmed, want simple language, or have concentration issues. They helped us to make these short summaries.

The online versions work with screen-readers, and are designed to be home printer friendly.

If you aren't able to access the helpsheets online, you can order free printed copies.

What is dementia? Code HS1	How can a person with dementia get support? Code HS5	How can a carer communicate with a person with dementia? Code HS9
What are the signs and symptoms of dementia? Code HS2	How can a person with dementia plan ahead? Code HS6	How can a carer for a person with dementia get support? Code HS10
What are non-drug treatments for dementia? Code HS3	How can a person with dementia cope with memory loss? Code HS7	Pack of helpsheets (one of each) Code HSX
What are drug treatments for dementia? Code HS4	How can a person with dementia stay healthy and active? Code HS8	

5

'I really like that it's short, when you are a carer you are bombarded with information – this is short, sharp, succinct.'

Carer for a person living with dementia

Easy Read factsheets

Our Easy Read factsheets simplify our information with images and plain language. They have been co-produced with Dementia Champions with learning disabilities. To download these for free go to alzheimers.org.uk/accessible-resources



What is dementia?

Easy Read factsheet

Alzheimer's Society
Dementia Champions

Easy Read factsheet: What is dementia?
Code ER1
14 pages, A4
Free
2020

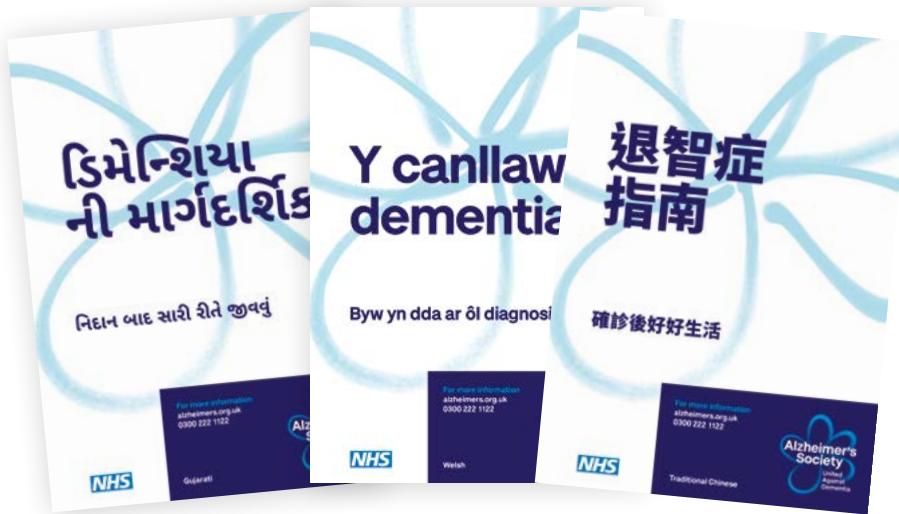


Helping a person with dementia

Easy Read factsheet

Alzheimer's Society
Dementia Champions

Easy Read factsheet: Helping a person with dementia
Code ER2
14 pages, A4
Free
2020



Information in other languages

We are developing our information in languages in a range of languages. New translated versions will be based on what people who speak these languages and are affected by dementia have told us. Our aim is to make the right advice and support easily available, so that everyone in need can deal confidently with the challenges of dementia.

Check [alzheimers.org.uk/accessible-resources](https://www.alzheimers.org.uk/accessible-resources) for the most up-to-date details of what's available.

We also have some translations of the previous version of **The dementia guide** (*indicates online version only). These are:

Code 872ARA Arabic
Code 872BEN Bengali
Code 872CHI Chinese
Code 872GUJ Gujarati*
Code 872HIN Hindi
Code 872PUN Punjabi*
Code 872URD Urdu*
Code 872WEL Welsh

Mae gofal seibiant yn unrhyw drefniant gofal a gylchunir i roi eglwyl neu ryddhad i ofalwyr di-dâl. Ei nod yw cynorthwyo gofalfwyri i gael eglwyl o'u cyrffoldebau gofalu. Mae'r ddalen ffeithiau hon yn edrych ar beth yw gofal seibiant, y gwananol fathau sydd ar gael, a sut i dalu amdan. Mae hefyd yn cynnig awgrymiadau i gynorthwyo gofalfwyr a phobol â dementia i gael y gorau allan o ofal amnewid.

Mae'r ddalen ffeithiau hon ar gyfer pob ty'n bwys yn Nghymru. Nod yw wedi'i beniddu ar gyfer posti yn Lloegr a Gogledd Iwerddon, lle mae'r systemau yn wahanol. Am wybodaeth ar ofal seibiant yn y gwledydd hyn gofalu: [Dalen ffeithiau 462, Replacement care \(respite care\) in England](#), neu [W462C, Respite care in Northern Ireland](#).

Cynnwys

- Beth yw gofal seibiant?
- Sut y darpari gofal seibiant?
- Mathusr a ofal seibiant?
- Sut yr enenir gofal seibiant?
- Rhos gwybodaeth i ddilysewyr gofal seibiant
- Gofal seibiant awgrymiadau i ofalwyr
- Adasau i ofal seibiant
- Sefydliadau a ffyrddol eraill

Mae'r ddalen ffeithiau hon ar gael yn Saesneg, mewn print neu ar-lein. Ewch i alzheimers.org.uk/publications

This factsheet is available in English, in print or online. Visit alzheimers.org.uk/publications

As well as producing **The dementia guide** in Welsh (see **page 35**), we also produce factsheets in Welsh. These are all size A4 and free to order.

Beth yw dementia? (What is dementia?)

400WEL

Beth yw Clefyd Alzheimer? (What is Alzheimer's disease?)

401WEL

Beth yw dementia fasgwlaidd? (What is vascular dementia?)

402WEL

Newidiadau mewn ymddygiad (Changes in behaviour)

525WEL

Y dreth gyngor (Council tax)

414WEL

Gofal seibiant yng Nghymru (Respite care in Wales)

W462WEL

Talu am ofal a chymorth yng Nghymru (Paying for care and support in Wales)

W532WEL



Dyma fi/This is me (Welsh)

Dyma fi/This is me is a bilingual, simple form to help record personal information about someone who cannot easily share it themselves.

It's an easy and practical way to let health and social care staff know more about the person's life, background and preferences.

**Dyma fi/
This is me**
Code 1553W
6 pages, A4
Free
(single copy)
2017

**Dyma fi/
This is me x25**
Code 1553WX
6 pages, A4
£3.50
(pack of 25)
2017

5

Go to alzheimers.org.uk/accessibility to see more about how we make our online information accessible, including adaptations you can make to your computer.

For people who have sight loss

In large print

All of our factsheets print out from our website automatically as large print.

To download these for free go to alzheimers.org.uk/publications

In Braille

Helpsheets (10 topics)
Code HSXBR
Available on request
2021

Listening

You can listen to **The dementia guide** and 15 of our most popular factsheets for free online at alzheimers.org.uk/audioandvideo

You can order CDs (using the relevant code) of any that are marked with an asterisk.

**Helpsheets
(10 topics)***
Code HSXCD

**The dementia guide:
Living well after your
diagnosis***
Code 872CD

What is dementia?
Code 400C

**What is Alzheimer's
disease?**
Code 401C

**What is vascular
dementia?**
Code 402C

**What is dementia with
Lewy bodies (DLB)?**
Code 403C

**What is frontotemporal
dementia (FTD)?**
Code 404C

**The later stages of
dementia**
Code 417C

**How the GP can
support a person with
dementia**
Code 425C

**Assessment and
diagnosis**
Code 426C

**The progression and
stages of dementia**
Code 458C

**Lasting power of
attorney**
Code 472C

Communicating
Code 500C

**Carers – looking after
yourself**
Code 523C

**Understanding and
supporting a person
with dementia**
Code 524C

Changes in behaviour
Code 525C

**Supporting a person
with memory loss**
Code 526C

For people who use BSL, are Deaf, or have hearing loss

To view videos in BSL go to alzheimers.org.uk/bsl-factsheets
They cover:

What causes dementia?

Symptoms of dementia

Coping with changes in communication and behaviour

Staying as independent and healthy as possible

You can also see the following BSL signed videos:

What is dementia?

What is Alzheimer's disease?

What is vascular dementia?

What is dementia with Lewy bodies (DLB)?

What is frontotemporal dementia (FTD)?

For all our videos go to
alzheimers.org.uk/audioandvideo



5

'I am partially sighted and she took that into consideration and sent me The dementia guide on CD.'

Carer for a person living with dementia

Dementia together is our magazine for all Society supporters and anyone affected by dementia.

Its inspiring stories and ideas come straight from people dealing with dementia day to day and others doing what they can to make a difference.

Find out more about how you can read and listen to our articles.



6
**Dementia
together**



6

Read our magazine

Sign up to our magazine, **Dementia together** – it's the essential way for our supporters and anyone affected by dementia to keep in touch and involved.

Get 40 pages of real-life stories and ideas in the post every two months, or an email with links to the same great articles online.

Dip into our interviews, news and reviews, take part in our competitions and share your ideas.

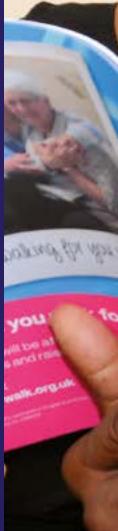
Donate what you can or receive it for free – any donation you can make will help us to change the lives of people affected by dementia.

Dementia together magazine
Code DTM
Six issues a year
40 pages, A4 or email

Subscribe to our magazine today at alzheimers.org.uk/subscribe or call 0330 333 0804 (Monday–Friday, 9am–5pm).

Listening
Listen to **Dementia together** magazine in full on CD – email enquiries@alzheimers.org.uk to request a copy.

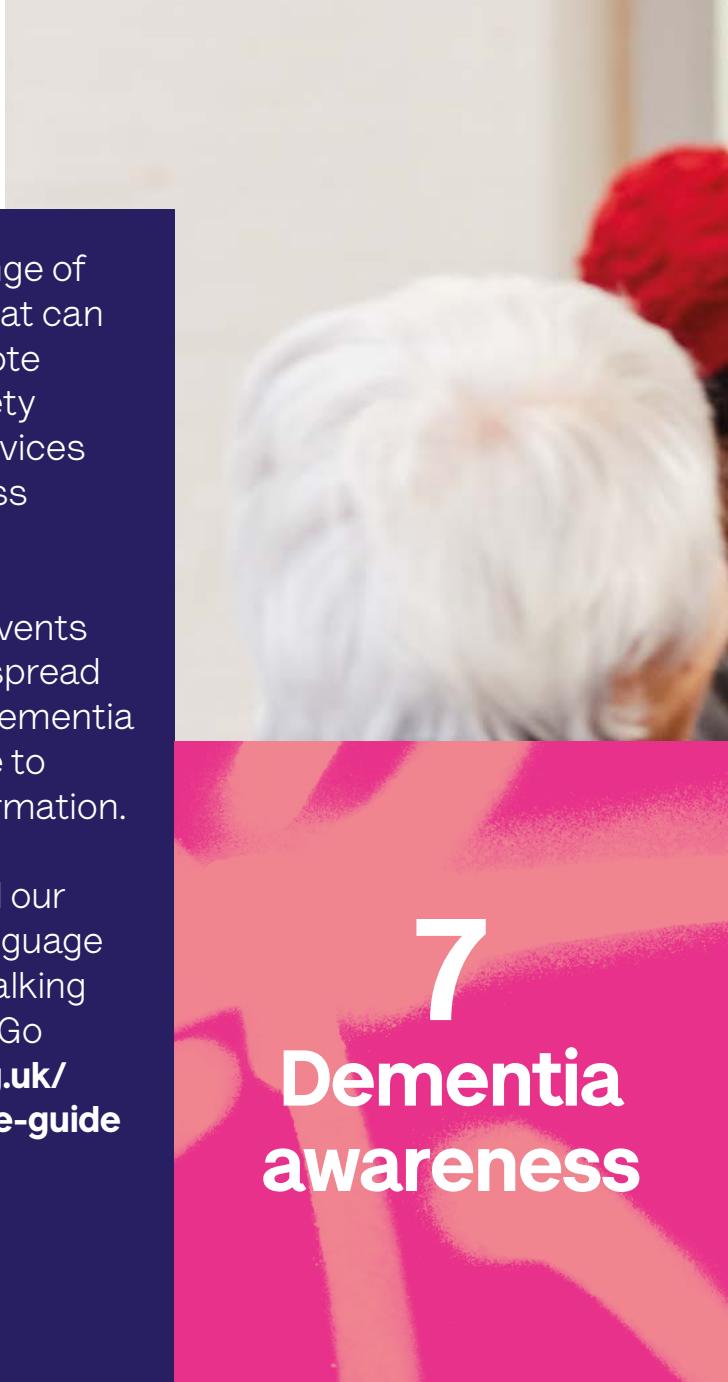
Hear the main interview from each issue at alzheimers.org.uk/podcast or search 'Alzheimer's Society' on your podcast app.



'I make sure my husband, who has dementia, reads the magazine – so he knows what goes on and sees how people cope. I take great comfort in reading the magazine – it gives you information that you aren't aware of. You're just thinking about your husband but then you read about everybody else and you learn something. You get useful information.'

Carer for a person living with dementia





We produce a range of free resources that can be used to promote Alzheimer's Society products and services or raise awareness of dementia.

Order these for events and activities to spread the word about dementia and direct people to support and information.

You can also read our guide to using language positively when talking about dementia. Go to alzheimers.org.uk/positive-language-guide

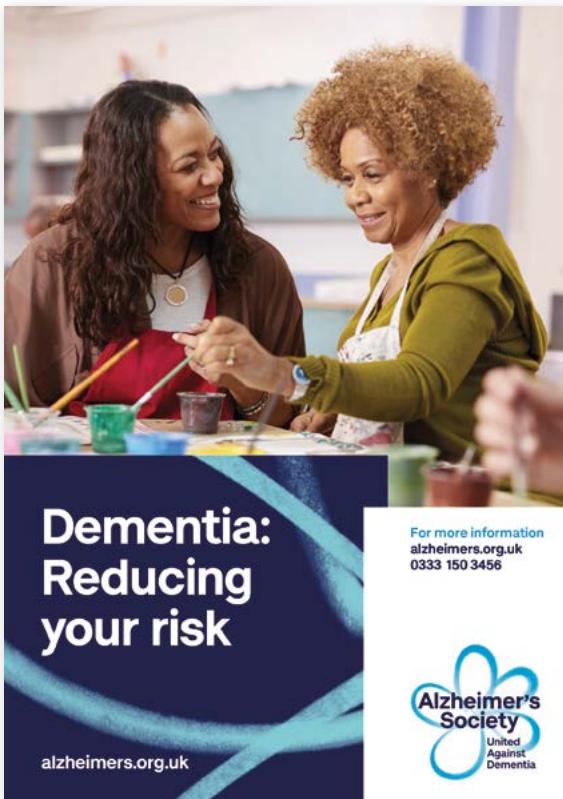
7 Dementia awareness



7

45

Reducing your risk



Code 35
56 pages, A5
Free
2021

7

This booklet is written for people in their 40s, 50s or 60s who want to reduce their risk of getting dementia.

It has information about dementia risk and a range of practical tips for reducing risk, including eating healthily and keeping physically, mentally and socially active.



7

47



Publications catalogue

Code PL1
69 pages, A5
Free
2022

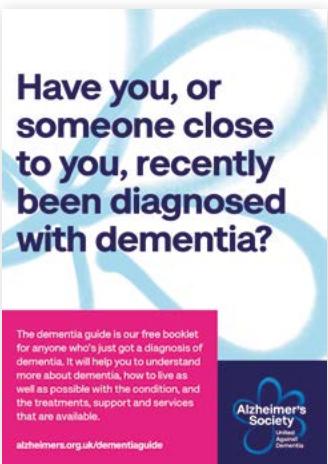
This catalogue can be used to promote the range of information Alzheimer's Society produces to help someone live well with dementia, or to support someone with the condition.



Dementia Connect promotional leaflet

Code DCNDA
4 pages, A5
Free
2018

If you need dementia support, we're here for you. The Dementia Connect leaflet for service users outlines the support available to anyone with dementia, their carers, families and friends. This covers face-to-face, online and phone support. This leaflet is available in other languages. Please contact **marketing@alzheimers.org.uk** for more information.



The dementia guide promotional leaflet

Code 916
Double-sided, A5
Free
2018

This leaflet tells people how they can order **The dementia guide** and includes information about the different formats that are available to order.



Dementia together magazine promotional leaflet

Code DTMPL
4 pages, A5
Free
2018

This leaflet tells people what they can expect from **Dementia together** magazine – for everyone involved in the dementia movement and anyone affected by the condition – and encourages them to subscribe.



Join a Memory walk

Put your best foot forward this Autumn as we walk to provide help and hope for anyone affected by dementia.

Whether you're joining an existing walk or taking on your own, Memory Walk is the perfect opportunity to get together with friends and family, enjoy the great outdoors, remember loved ones, or create new memories.

Memory Walk is a sponsored walk like no other – Who will you walk for? Find out more at memorywalk.org.uk or call **0300 330 5452** (local rate).





Talking Point promotional leaflet

Code 317
Double-sided, A5
Free
2019

This leaflet introduces Talking Point, an online support community for people with dementia, and their carers and families. It includes information on how to access Talking Point.



Dementia directory postcard – Find support near you

Code DD2
Double-sided, postcard size
Free
2019

This postcard introduces Alzheimer's Society's easy-to-use online support services directory for anyone affected by dementia in England, Wales and Northern Ireland.



Worried about your memory leaflet

English – Code 254
Welsh – Code 255
Free
2021

This leaflet explains what you should do if you are worried about your own memory, or that of someone you know. You can also access information on memory loss and dementia diagnosis at alzheimers.org.uk/memoryloss. Please contact marketing@alzheimers.org.uk for information on the different languages available.



5 things you should know about dementia

English – Code 5THINGS17
Welsh – Code 5THINGSBIL17
150mm x 150mm
Free
2019

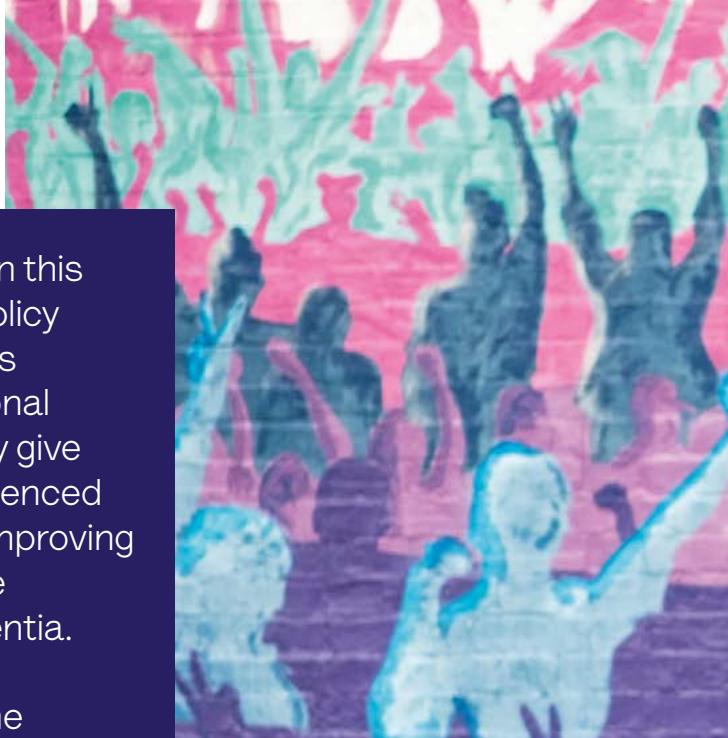
This informative booklet explains the facts and dispels the myths about dementia. Please contact **marketing@alzheimers.org.uk** for information on the different languages available.



Dementia Friends postcard

Free
2021

This postcard introduces Alzheimer's Society's Dementia Friends programme – the UK's biggest ever initiative to change people's perceptions of dementia. It highlights what the initiative is and how someone can become a Dementia Friend. Order copies by emailing **dementiafriends@alzheimers.org.uk**



The publications in this section include policy recommendations for local and national government. They give practical and evidenced suggestions for improving the lives of people affected by dementia.

The reports outline our findings on issues including dementia and coronavirus, carers and disability rights.

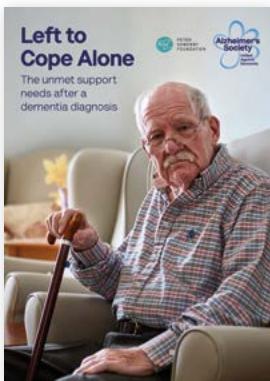
8

Policy and campaigns

8



Policy and campaign reports



Left to Cope Alone

2022

68 pages

Online only

alzheimers.org.uk/left-to-cope-alone-diagnosis

This report seeks to understand what people affected by dementia want and need from support after diagnosis. It also looks at whether people's needs are being met and the impact on them, their families and the wider health and care system if they're not.



A Future for Personalised Care

2021

41 pages

Online only

alzheimers.org.uk/future-personalised-care

This discussion paper starts a conversation on what social care reform needs to deliver in order to meet the needs of people with dementia. It looks at personalised care, what 'living well' means for people with dementia, and the importance of social connections.



Stabilise, energise, realise: a long term plan for social care

2021

80 pages

Online only

alzheimers.org.uk/stabilise-energise-realise

This report, written in collaboration with Future Health, puts forward a ten-year long-term plan for social care focusing on care funding, new technology and investment, quality, workforce, carers, integration and public engagement.



Regional variation

Increasing access to a dementia diagnosis



Hospitals and care homes

Increasing access to a dementia diagnosis



Ethnic minority communities

Increasing access to a dementia diagnosis



Increasing access to a dementia diagnosis

2021

Online only

[alzheimers.org.uk/increase-dementia-diagnosis](https://www.alzheimers.org.uk/increase-dementia-diagnosis)

This series of reports seeks to increase diagnosis rates for people living with dementia by reducing regional variation, and by supporting those from an ethnic minority community and those residing in a hospital or care home setting to access a diagnosis.

Moving forward stronger

Addressing deterioration in people with long-term conditions during the pandemic

Moving forward stronger

2021

18 pages

Online only

[alzheimers.org.uk/moving-forward-stronger](https://www.alzheimers.org.uk/moving-forward-stronger)

Bringing together the views of 10 charities and allied health professional organisations, this paper focusses on the importance of community rehabilitation services for people with long-term conditions who have been affected by the pandemic.

Fuelling the Moonshot: Unleashing the UK's potential through dementia research



This is not an official publication of the House of Commons or the House of Lords. It has not been approved by either House or its committees. It does not purport to reflect the opinion of either House. The views expressed in this report are those of the group.

Fuelling the Moonshot

2021

40 pages

Online only

alzheimers.org.uk/fuelling-moonshot

This report investigates the current state of UK dementia research, highlights areas where the UK is leading the field in dementia research, makes the case for the Government to bring forward the 'Dementia Moonshot' funding, and makes recommendations on how this extra funding could be utilised.



The Fog of Support

2020

68 pages

Online only

alzheimers.org.uk/fog-of-support-report

This report explores the support available for unpaid, informal carers, and the challenges that exist around respite care and carers assessments. It makes recommendations to local and national government on achieving better outcomes for people affected by dementia.



Worst hit: dementia during coronavirus

2020

48 pages

Online only

alzheimers.org.uk/worst-hit-report

This report shows the impact of coronavirus on people affected by dementia. It suggests ways the government can support people with dementia, prepare against the challenges ahead and address the need for long-term social care reform.



From diagnosis to end of life

2020

84 pages

Online only

alzheimers.org.uk/from-diagnosis-report

This report provides a roadmap for action to improve dementia care from diagnosis to end of life. It is written for both national and local health organisations. The suggestions will help to improve dementia care and support. They include examples of best practice.



Fix Dementia Care

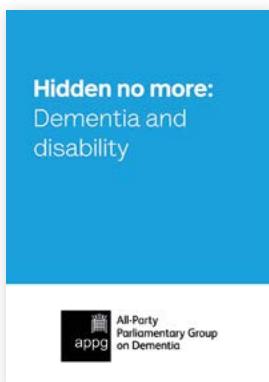
2019

15 pages

Online only

alzheimers.org.uk/dementia-fund-report

This report sets out Alzheimer's Society's call for a £2.4 billion Dementia Fund as an urgent investment to keep social care afloat.



Hidden no more: Dementia and disability

8

2019

51 pages

Online only

alzheimers.org.uk/hidden-no-more-report

This report from the All Party Parliamentary Group on Dementia shines a spotlight on dementia as a disability. It seeks to enable people with dementia to assert their rights to services and their rights to be treated fairly and equally.

Alzheimer's Society external training

Dementia is one of the greatest challenges facing the UK today, making dementia training now more important than ever. With expert training, informed by the latest research from Alzheimer's Society, and certified by CPD, we provide individuals and organisations across all sectors with the tools they need to best support people living with dementia.

We deliver live training, interactive online learning, Train the Trainer and audits tailored to your learning requirements.

Find out about our best-selling dementia training courses and how you can benefit from affordable, tailored training from the UK's leading dementia charity.

Find out more at
alzheimers.org.uk/training





Research

Alzheimer's Society funds high-quality research into the cause, cure, care and prevention of all forms of dementia. Our Research team produces publications including leaflets explaining how people can get involved.

Find out more about our research into the cause, cure, care and prevention of dementia – see alzheimers.org.uk/research

Annual Research Review 2019

Code ARR19

15 pages, A4

Free

2019

Online alzheimers.org.uk/researchreview

Our Annual Research Review looks back over some of our 2018–2019 successes and examples of where our research has made a difference to those living with dementia.

Join Dementia Research

Code JDR

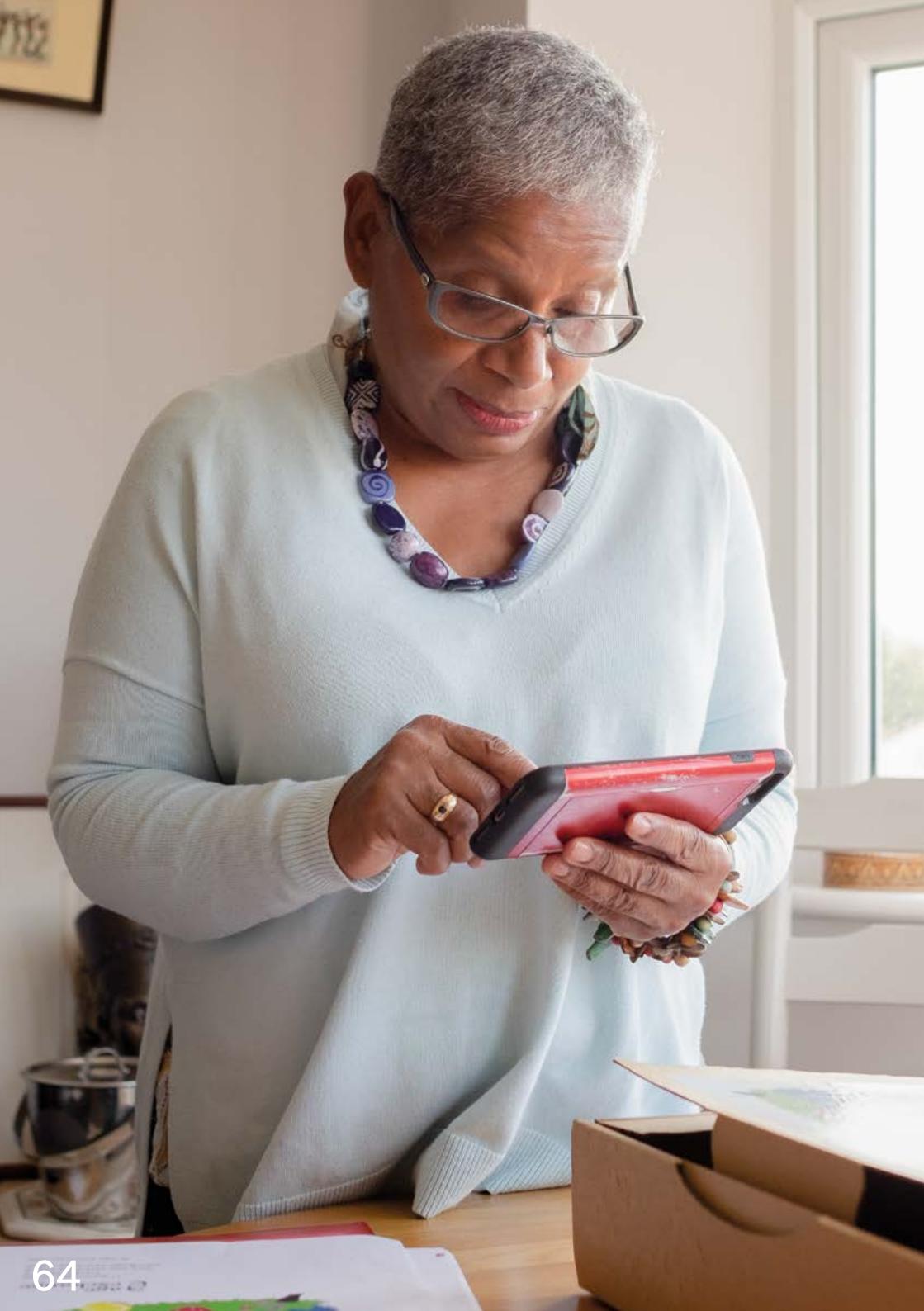
Fold-out leaflet

Free

2018

This fold-out leaflet outlines how people can participate in dementia research. It explains who can take part, the benefits for researchers and participants, and gives the website and phone number for people who would like to join.





Visit Alzheimer's Society's online shop



For our full range of products and gifts, go to our online shop at alzheimers.org.uk/shop or email us at trading@alzheimers.org.uk

Every purchase you make helps fund our work to support all those who need our help and ultimately find a cure for dementia.

Our online shop offers a wide range of products including:

- assistive products to help with everyday life for people with dementia and their carers
- Alzheimer's Society and Dementia Friends branded products
- celebration gifts and favours for weddings and anniversaries
- Christmas cards
- a great range of gifts for all the family.

We also publish a **Winter gift catalogue** and a **Helpful everyday products catalogue** packed with helpful assistive products.

Lots of our daily living aids are reviewed by people with dementia and their carers so we can be sure we're offering you the best selection of products.

Alzheimer's Society support services

Alzheimer's Society's Dementia Connect service provides a range of information, advice and support to anyone affected by dementia in England, Wales and Northern Ireland. You can reach us online, on the phone and face-to-face.



Online

Go to alzheimers.org.uk/get-support for online advice and support whenever you need. Here, you'll find information on any aspect of dementia and the option to download or order what you need from our wide range of publications.

You can also connect to others affected by dementia on our online community Talking Point, and search for services in your area using our dementia directory.



Phone

You can contact our Dementia Connect support line by calling **0333 150 3456** seven days a week. If you speak Welsh, call our Welsh-speaking support line on **03300 947 400**. Our dementia advisers are available to tackle problems, share advice and practical information or simply provide a listening ear. They can send out information that's right for you via email or post and connect you to help in your local area.

Alzheimer's Society offers a Lasting power of attorney digital assistance service to help people with dementia create LPAs online. If you don't have access to the internet, we can help you to create an LPA through a series of telephone appointments. Please note that we do not provide legal advice. Call us on **0333 150 3456**.



Face-to-face support

Our trained staff and volunteers can connect and signpost you to practical advice, support and information in your local area. This includes face-to-face services when these are available. They can make things easier and help you continue doing things that are important to you.

We also oversee support groups that meet in person and sometimes via video or phone. These include Singing for the Brain®, peer support for people with dementia, and information and support groups for carers.

To find out what support is available in your area, call us on **0333 150 3456** or visit **alzheimers.org.uk/dementiadirectory**

Get involved

Alzheimer's Society has a range of different ways to find out more about our activities, get involved and influence our work. This includes opportunities to help other people affected by dementia.



Share your thoughts and ideas

You can take part in regular chats and other opportunities to share your experiences and interests with our Dementia Voice programme.

Visit [alzheimers.org.uk/dementiavoice](https://www.alzheimers.org.uk/dementiavoice) to find out more about how you can help shape our work to make a better world for people with dementia.



Volunteer

You, your friends and family can get involved in a variety of activities, such as supporting services in your local area, campaigning and fundraising.

Email volunteers@alzheimers.org.uk, call **0300 222 5706** or go to [alzheimers.org.uk/volunteer](https://www.alzheimers.org.uk/volunteer) to find out more.

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Registered charity no. 296645. A company limited by guarantee and registered in England no. 2115499. Alzheimer's Society operates in England, Wales and Northern Ireland.

How to order

You can order one free copy of up to 10 of our publications through our online order form.

Please go to alzheimers.org.uk/orderpublications

If you are a professional looking for information or resources on dementia, please don't use the online order form. Instead, please email publications@alzheimers.org.uk with details about what you'd like to order or what you're looking for.

You can also use the form opposite to order by post. To place an order, please complete the order form and send it to:

**Alzheimer's Society
Scott Lodge
Scott Road
Plymouth
PL2 3DU**

Order form

Please fill out both sides of this form and return it to:
Alzheimer's Society, Scott Lodge, Scott Road, Plymouth, PL2 3DU

Title	First name
Surname	
Address	
	Postcode
Telephone	
Email	

Choose to change the future of dementia

Please choose to stay updated on incredible research breakthroughs, fundraising and campaigning news, and the latest on our volunteering and services. Your data will not be sold to third parties. If you'd like to change what you receive from us at any time, please call Customer Care on **0330 333 0804** or email enquiries@alzheimers.org.uk

- | | |
|--|--|
| <input type="checkbox"/> Yes, please do contact me via email | <input type="checkbox"/> Yes, please do contact me via SMS |
| <input type="checkbox"/> Yes, please do contact me via phone | <input type="checkbox"/> No contact via mail, please |
| <input type="checkbox"/> Yes, please contact me via social media | |

To find out more about how we use your information please go to
alzheimers.org.uk/supporterinformation

I enclose a cheque/postal order payable to Alzheimer's Society

To make a payment using a credit or debit card, please call **0207 423 5134**.

Please note that there is a postage and packing charge of £4.95 on every order. This does not apply if your order only includes free publications.

Order form



Please fill out both sides of this form

* This postage charge does not apply to free publications.

Order subtotal	
Donation (Thank you)	
Postage and packing	£4.95*
TOTAL £	

giftaid it Gift Aid makes every £1 you give worth more at no extra cost to you

I am a UK taxpayer and understand that if I pay less Income Tax and Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all of my donations across all charities, it is my responsibility to pay any difference. Alzheimer's Society reclaims 25p for every £1 you donate from the tax you pay for the current tax year. **If you change your name, address or tax status, please let us know.** Thank you for your support.

- I am happy for all gifts of money that I have made to Alzheimer's Society in the past four years, and all future gifts of money that I make, to be Gift Aid donations

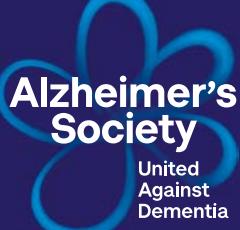
**Alzheimer's Society is the UK's leading dementia charity.
We provide information and support, improve care, fund research,
and create lasting change for people affected by dementia.**

If you have any concerns about Alzheimer's disease or any other form of dementia, go to **alzheimers.org.uk** or call our **Dementia Connect support line** on **0333 150 3456**.

(Interpreters are available in any language. Calls may be recorded or monitored for training and evaluation purposes.)



People affected by dementia need our support more than ever. With your help we can continue to provide the vital services, information and advice they need. To make a single or monthly donation, please call us on **0330 333 0804** or go to **alzheimers.org.uk/donate**



Alzheimer's Society
43–44 Crutched Friars
London EC3N 2AE

0330 333 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

Code PL1

