

Last year The Reading Agency launched [the latest Reading Well Books on Prescription scheme](#), to support people with dementia and their carers. The new scheme builds on the existing [Reading Well Books on Prescription](#) programme which already helps over 275,000 people with common mental health conditions feel better through self-help reading.

The 25 titles on the booklist, available in libraries across England, have been recommended by health experts and people with lived experience of dementia. The books can be recommended by health professionals or people can self-refer and borrow titles for free from their local library.

The titles on the booklist are divided into four categories: information and advice; living well with dementia; support for relatives and carers; and personal stories.

Information and advice

Introduction to the Psychology of Ageing for Non-specialists by Ian Stuart Hamilton (Jessica Kingsley)

Coping with Memory Problems by Sallie Baxendale (Sheldon Press)

Alzheimers: Answers at your Fingertips by Alex Bailey (Class Health)

Understanding Alzheimer's Disease & Other Dementias by Nori Graham and James Warner (Family Doctor)

ABC of Dementia edited by Bernard Coope and Felicity Richards (John Wiley)

About Dementia: For People with Learning Disabilities by Karen Dodd, Vicky Turk and Michelle Christmas (BILD Publications)

Grandma by Jessica Shepherd (Child's Play International)

Living well with dementia

First Steps to Living with Dementia by Simon Atkins (Lion Books)

Dementia Positive by John Killick (Luath Press)

Hearing the Person with Dementia: Person-centred Approaches to Communication for Families and Caregivers by Bernie McCarthy (Jessica Kingsley)

Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care by Sarah Zoutewelle-Morris (Hawker)

Pictures to Share (various titles) by Helen Bate (Pictures to Share)

Support for relatives and carers

When Someone You Love Has Dementia by Susan Elliot-Wright (Sheldon Press)

And Still the Music Plays: Stories of People with Dementia by Graham Stokes (Hawker)

Can I Tell You about Dementia? A Guide for Family, Friends and Carers with Jude Welton (Jessica Kingsley)

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Dementia: Support for Family and Friends by Dave Pulsford and Rachel Thompson (Jessica Kingsley)

10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia by June Andrews (University of Stirling Dementia Services Development Centre)

Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language by Rita Salomon (Radcliffe Publishing)

Personal stories

Dancing with Dementia: My Story of Living Positively with Dementia by Christine Bryden (Jessica Kingsley)

Dear Dementia: The Laughter and the Tears by Ian Donaghy (Hawker)

Still Alice by Lisa Genova (Simon & Schuster)

Losing Clive to Younger Onset Dementia: One Family's Story by Helen Beaumont (Jessica Kingsley)

Telling Tales about Dementia: Experiences of Caring by Lucy Whitman (Jessica Kingsley)

The Little Girl in the Radiator: Mum, Alzheimer's and Me by Martin Slevin (Monday Books)

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But Then Something Happened: A Story of Everyday Dementia by Chris Carling (Golden Books)

Get involved

See more information about the books and the scheme on the [Reading Well website](#)