

Publications catalogue

2023



**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

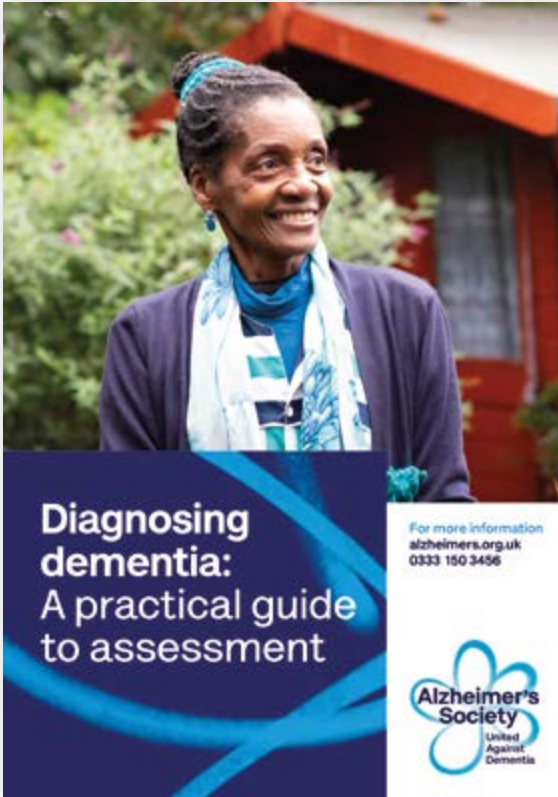


1

3

Diagnosing dementia: A practical guide to assessment

1



Code 78DD
64 pages, A5
2022

Online: alzhaimers.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.

Memory 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			
Withdrawal or losing interest in things 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:			

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

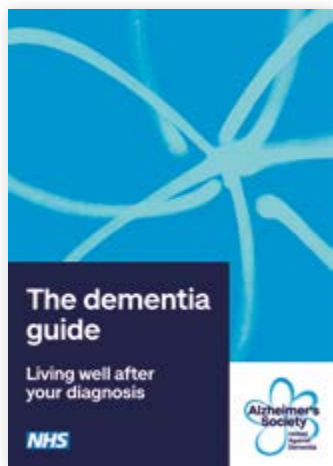
Living with a diagnosis of dementia



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

2



Code 872
184 pages, A5
Free
2020

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

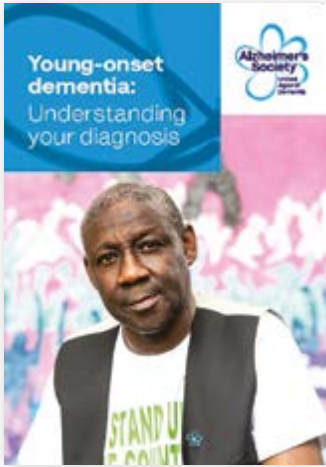
This booklet is for anyone with a recent diagnosis of dementia.

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**.

‘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.’

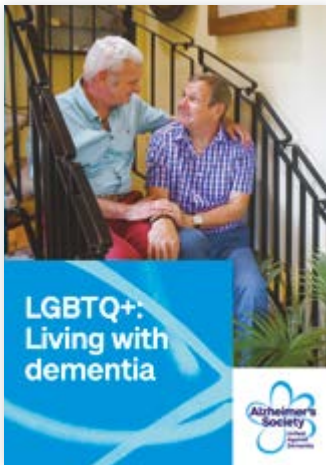
Carer for a person living with dementia



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



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

2

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](https://www.alzheimers.org.uk/donate) or call **0330 333 0804** (local rate) to donate.

9

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](http://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



Code 819
36 pages, A5
Free
2020

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

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

‘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.

2



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

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



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 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.

2



My appointments book

Code 923
30 pages, A4
Free
2021

Online
alzheimer.org.uk/myappointments

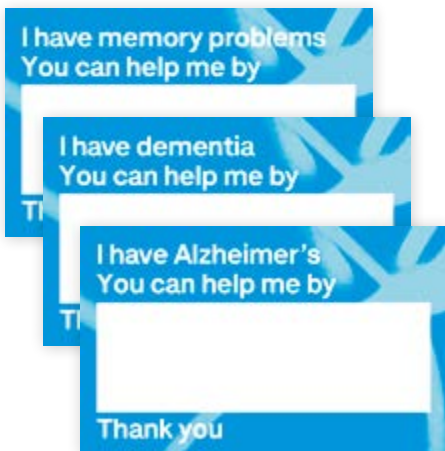
This booklet is designed to help people living with dementia keep track of the appointments they have with health and social care professionals.

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)

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)

2

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

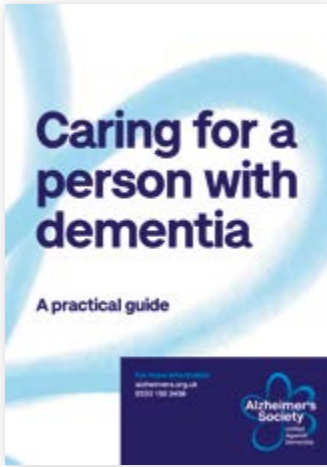
Information for carers



3

Caring for a person with dementia: A practical guide

3



Code 600
188 pages, A5
Free
2022

Online
[alzheimer.org.uk/
carersguide](https://alzheimer.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



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.

Code 77AC
76 pages, A5
Free
2020

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

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

3



Code 690
64 pages, A5
Free
2018

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.

‘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



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 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.

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.

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

'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



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



Alzheimer's Society
The National Dementia Resource

Careers - looking after yourself

Contents

- Introduction
- What is a career?
- How to find a career
- How to prepare for a career
- How to stay motivated
- How to deal with stress
- How to deal with a change in career
- How to deal with a change in employer
- How to deal with a change in role
- How to deal with a change in location
- How to deal with a change in industry
- How to deal with a change in technology
- How to deal with a change in demand
- How to deal with a change in supply
- How to deal with a change in competition
- How to deal with a change in customer expectations
- How to deal with a change in market conditions
- How to deal with a change in government policy
- How to deal with a change in social norms
- How to deal with a change in values
- How to deal with a change in attitudes
- How to deal with a change in beliefs
- How to deal with a change in opinions
- How to deal with a change in preferences
- How to deal with a change in interests
- How to deal with a change in hobbies
- How to deal with a change in passions
- How to deal with a change in dreams
- How to deal with a change in aspirations
- How to deal with a change in goals
- How to deal with a change in ambitions
- How to deal with a change in dreams
- How to deal with a change in aspirations
- How to deal with a change in goals
- How to deal with a change in ambitions

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



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** Medicines to help memory and thinking
- 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

- 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
- 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](https://www.alzheimers.org.uk/accessible-resources)

5
More
languages
and formats



5

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.



5

Various codes
Double-sided, A4
Free
2021

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

What are the signs and symptoms of dementia?

Code HS2

What are non-drug treatments for dementia?

Code HS3

What are drug treatments for dementia?

Code HS4

How can a person with dementia get support?

Code HS5

How can a person with dementia plan ahead?

Code HS6

How can a person with dementia cope with memory loss?

Code HS7

How can a person with dementia stay healthy and active?

Code HS8

How can a carer communicate with a person with dementia?

Code HS9

How can a carer for a person with dementia get support?

Code HS10

Pack of helpsheets (one of each)

Code HSX

‘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](https://www.alzheimers.org.uk/accessible-resources)

5



Easy Read factsheet: What is dementia?

Code ER1

14 pages, A4

Free

2020



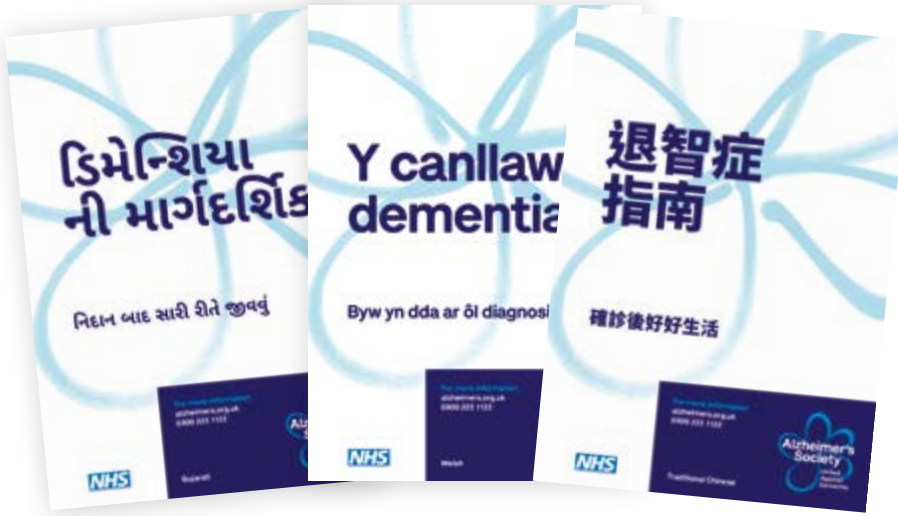
Easy Read factsheet: Helping a person with dementia

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



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 seibiart 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 alzheimer.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.

5

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.

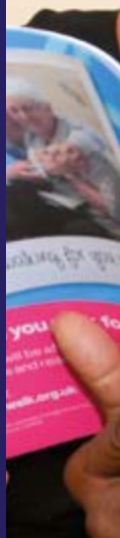
Donate what you can or receive it for free – any donation you can make will help us to change the lives of people affected by dementia.

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.

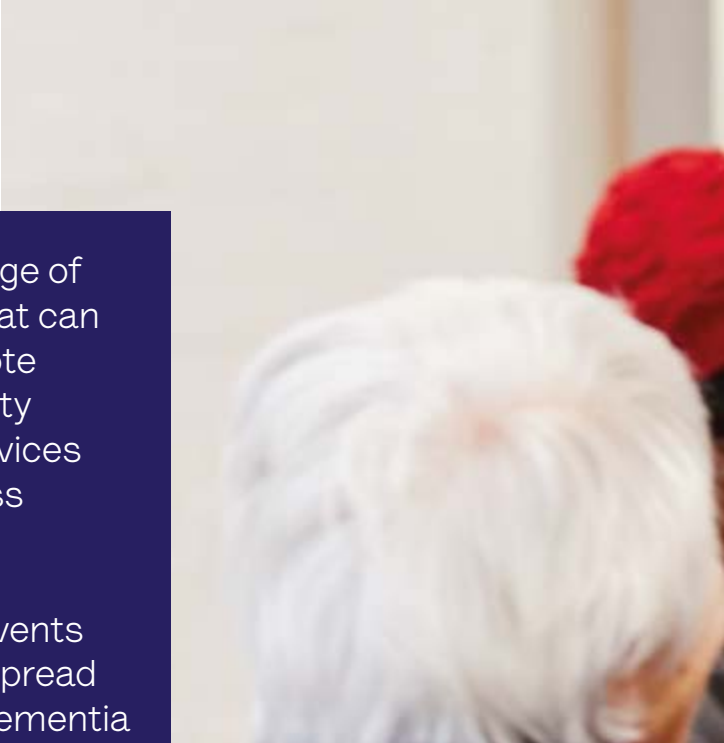
Hear the main interview from each issue at alzheimers.org.uk/podcast or search 'Alzheimer's Society' on your podcast app.



‘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](https://www.alzheimers.org.uk/positive-language-guide)

7

Dementia awareness



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



Publications catalogue

Code PL1
69 pages, A5
Free
2023

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.

7



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).



7



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.

7



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

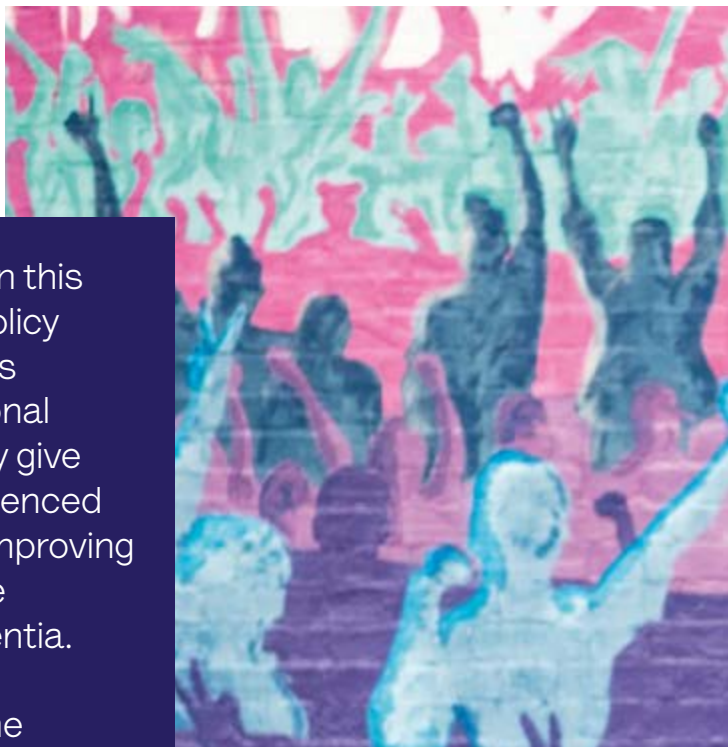
This informative booklet explains the facts and dispels the myths about dementia. Please contact marketing@alzheimers.org.uk for information on the different languages available.



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.



Increasing access to a dementia diagnosis

2021

Online only

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

2021

18 pages

Online only

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



The report will be available on the Alzheimer's Society website at <https://www.alzheimers.org.uk> and on the All-Party Parliamentary Group on Dementia website at <https://www.mentalhealth.org.uk/all-party-parliamentary-group-on-dementia>. The report will also be available on the Alzheimer's Society website at <https://www.alzheimers.org.uk> and on the All-Party Parliamentary Group on Dementia website at <https://www.mentalhealth.org.uk/all-party-parliamentary-group-on-dementia>.

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.

8



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

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](https://www.alzheimers.org.uk/research)

Annual Research Review 2019

Code ARR19
15 pages, A4
Free
2019
Online [alzheimers.org.uk/researchreview](https://www.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 **alheimers.org.uk/dementiadirctory**

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 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 to find out more.

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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**

- Yes, please do contact me via email Yes, please do contact me via SMS
 Yes, please do contact me via phone No contact via mail, please
 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

Item code	Publication title	Quantity	Amount

* 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

We are Alzheimer's Society. We are a vital source of support and a powerful force for change for everyone affected by dementia. We provide help and hope.

For support and advice, call us on **0333 150 3456** or visit **alzheimers.org.uk**

(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

