

YPWD Book List – June Newsletter

If you would like to borrow any of the books listed below from the YPWD Library, then please email contact@ypwd.info

Reminiscence

Collecting The 1970s - Katherine Higgins

Collecting the 1970s is structured thematically; after an introduction and timeline highlighting important events of the decade, it is split into three sections. Homestyle features items from furniture, ceramics, and glass to the latest technology and kitchenware. Fashion covers everything from the nostalgic revival of old prints and patterns, embroidered flares, and platform shoes to punk style, plus the boom in costume jewellery. Leisure looks at toys and dolls, rock and pop, film, and books, covering Happy Days memorabilia, chopper bikes, Bowie, and Clockwork Orange among much else. From the shimmering lurex of the disco age to the floral prints of Laura Ashley, *Collecting the 1970s* explores the leading trend-setters of the decade through their creations.

British Seaside – YPWD (3 Copies)

The charity has released two books in our Life in Pictures Books series. *British Seaside*, on the theme of the days by the sea in Britain, provides a collection of beautiful images and memory prompts, which are specially designed to aid reminiscence in younger people with dementia. A4 sized with a hard back cover, the book contains poems, references to songs, locations, television programmes and much more.

Compiled by those working with and for younger people with dementia, they have been produced as there were no age specific books of this genre for younger people with dementia on the market.

Carers

Telling Tales about Dementia: Experiences of Caring - Lucy Whitman & Joanna Trollope

In *Telling Tales About Dementia*, thirty carers from different backgrounds and in different circumstances share their experiences of caring for a parent, partner, or friend with dementia. The stories told here vividly reflect the tragedy of dementia, the gravity of loss, and instances of unsatisfactory diagnosis, treatment, and care. But they contain hope and optimism too: clear indications that the quality of people's lives can be enhanced by sensitive support services, by improved understanding of the impact of dementia, by recognising the importance of valuing us all as human beings, and by embracing and sustaining the connections between us.

Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care - Sarah Morris

Chocolate Rain is for those working in residential care, day care, and at home who seek creative solutions to improving the wellbeing of people living with dementia. It is suitable for those with limited experience, including family members, because the suggestions are practical and focus on what can be achieved; and for more experienced practitioners by offering opportunities to communicate more imaginatively and effectively. Each of these ideas has been successfully applied across a full range of dementia care situations.

Children's

Visiting Grandad's New Home - Virginia Ironside (2 Copies)

A gentle story that uses animal characters to tell the story of a child (Emma) as she adapts to her grandad going to live in a care home. Grandad has dementia and needs the special care the home provides. Emma visits her grandfather in his new home and gradually gets used to this unfamiliar environment with the help of her mum and the supportive staff there.

Visiting Gran's New Home - Virginia Ironside

Visiting Gran's New Home explains dementia through the story of a child's first visit to see gran in her new care home. As the tale unfolds and dementia is clearly described, the child is reassured and understands that they can help gran feel loved and wanted.

Professional

Early Onset Dementia: A Multidisciplinary Approach - John Hodges

Although uncommon in comparison to dementia in the elderly, early-onset dementia presents a huge problem for patients, their carers and physicians. This is the first comprehensive and international book on the subject, encompassing the clinical and neuropsychological features as well as the relevant advances in the neurosciences and patient management. After an introductory chapter on epidemiology, the book deals with assessment and evaluation, covers disorders mimicking dementia and describes the relevant advances in imaging, molecular pathology, neurochemistry, and neuropathology. The focus then shifts to the main causes of dementia including Alzheimer's disease, frontotemporal dementia, dementia with Lewy bodies, vascular dementia, Huntington's disease, prion encephalopathies and inflammatory disorders. The final section of the book deals with treatment issues including drug interventions and opportunities for non-pharmacological management. John Hodges is an acknowledged expert in this field and has assembled a team of leading academics and clinicians from around the world as contributors.

Living with Dementia

Five Minutes of Amazing - Chris Graham

This story poses a profound question - do we accept the hand that fate deals us, or do we battle to make the most of the life we have and help others in the process? Chris Graham, just 38 years old but already facing the advanced stages of Alzheimer's disease, has chosen the latter. Having lived through a troubled childhood, Chris joined the British Army at a young age and found that the life of a soldier provided him with a much-needed sense of stability. However, his world was turned upside down when, at just 34 years of age, he was diagnosed with a form of early onset dementia. This brutal disease had already claimed the life of his father at 42, and tragically had already confined his brother to a nursing home at the age of 43. In his brother's life, Chris could see a terrifying window into his own near future. Chris, though, is an extraordinary human being. Having been handed nothing less than a death sentence, he decided to stand up to this horrendous disease and do something to leave his mark before it was too late. And so it was that Chris embarked on an awareness-raising 16,000-mile solo cycle around North America, armed only with his bike, a sense of humour, and some good old-fashioned British grit. Leaving his wife and baby son at home, he took on huge challenges and made it home in time for Christmas, determined to spend however long he has left pouring his love and attention into his family life.

To Forget with Grace - Peedell & Davies

Both Jacqui, a mosaic artist who was finally diagnosed with subcortical vascular dementia in 2014 after having symptoms for 6 or 7 years, and Jo, a support worker for Young Dementia UK, are keen to enlighten the public about the realities of living with Early Onset Dementia.

Not in a gloomy way, but to inspire and maybe even raise a smile. This book is a re-telling of Jacqui's story as a series of illustrated poems: her story with its vibrant background, its bravery, and her never-failing pragmatism in the face of life's ups and downs.

Good Reads

Love Stories - Everyman Classics

Love Stories brings together a captivating assortment of short stories inspired by romantic entanglement in its many forms: first love, infatuation, obsession, unrequited love, marriage, adultery, jealousy, and the complicated bonds of those who have spent their lives together. An array of writers evoke a variety of moods, from the raw, erotic passion of Lawrence and Colette to the wickedly cynical comedy of Dorothy Parker and Roald Dahl; from the agonizing madness of jealousy in Nabokov's 'That in Aleppo Once ...' to romantic illusions in Scott Fitzgerald's 'Winter Dreams'. Objects of passion range from a glamorous silent-movie star in Elizabeth Bowen's haunting 'Dead Mabelle' to a faithful ghost in Kawabata's 'Immortality' and a successful heart surgeon and serial husband in Margaret Atwood's 'Bluebeard's Egg'. Jhumpa Lahiri plumbs the depths of a couple sundered by tragedy while Lorrie Moore movingly portrays a husband and wife brought together by it. Together these nineteen stories make an enticing gift for lovers at any stage of life. Perfect for Valentine's Day.

Bletchley Park & Secret Service Brainteasers - Puzzles, Riddles and Enigmas to test your mental agility - Sinclair McKay

When scouring the land for top-level code breakers, the Bletchley Park recruiters left no stone unturned. As well as approaching the country's finest mathematicians, they cast their nets much wider, interviewing sixth-form music students who could read orchestral scores, chess masters, poets, linguists, hieroglyphics experts and high society debutantes fresh from finishing school. To assess these individuals, they devised various ingenious mind-twisters - hidden codes, cryptic crosswords, secret languages, complex riddles - and it is puzzles such as these, together with the fascinating recruitment stories that surround them, that make up the backbone of this book. The code breakers of Bletchley Park were united in their love of a good puzzle. If you feel the same, why not dive in, put your mental agility to the test and discover: Would Bletchley Park have recruited YOU.

A Summer Walk – Jamie Stonebridge

A Summer Walk is a simplified but enjoyable story, specially written for people with Dementia, Alzheimer's, Parkinson's or rehabilitating after a Stroke. Books by Jamie Stonebridge are perfect for anyone facing challenges with memory or concentration but who still wants to be treated as an adult. Presented as 'normal' 6x9 inch paperback book with an attention-grabbing modern cover.

The warm weather brings the perfect opportunity to go for a walk and experience the summer in this relaxing story. Enjoy a friendly, gentle walk in this calming book about a summer's day full of pleasant experiences. Remember the simple pleasure of walking barefoot on grass, enjoying an ice cream or watching children play?