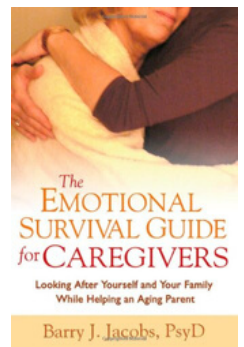
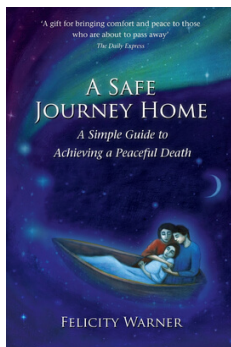
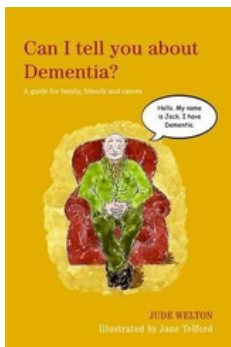
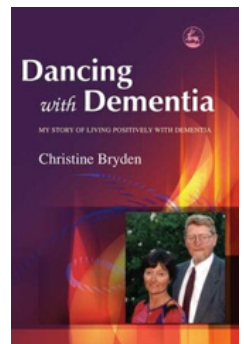
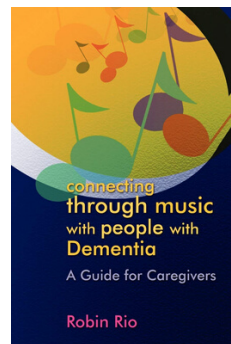
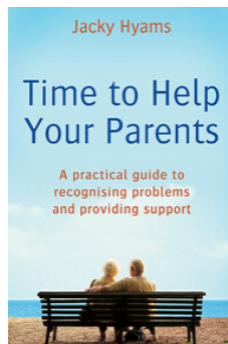
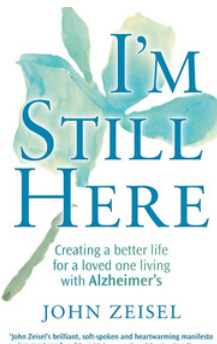
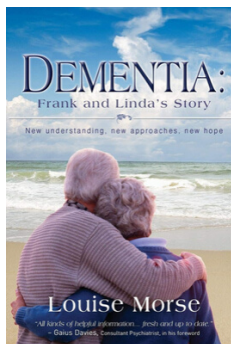
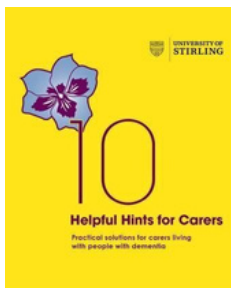
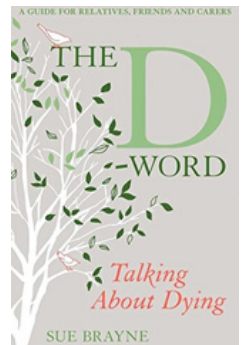
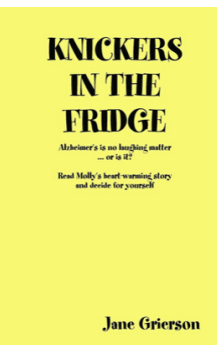
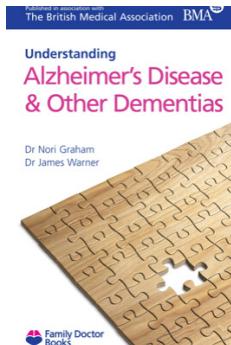
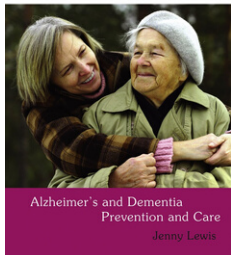


Islington Libraries Carers Collection



Healthy Body,
Healthy Brain



The Carers' Collection is a joint venture with Islington Carers' Hub. There are collections of books for carers at Archway, Central, N4 and Finsbury libraries. They include books about caring for people:

- with dementia
- in old age
- after a stroke
- and many other conditions

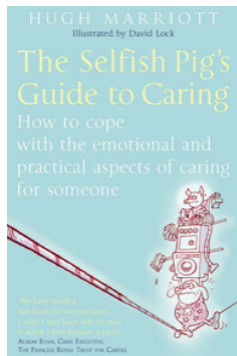
You can request any of these books free of charge using our reservation service – ask a member of staff for more details, or go online: www.islington.gov.uk/reserveonline

Follow us on Twitter to stay up to date on the latest activities and events.



@Islingtonlibs

Books relating generally to caring



The selfish pig's guide to caring Hugh Marriott

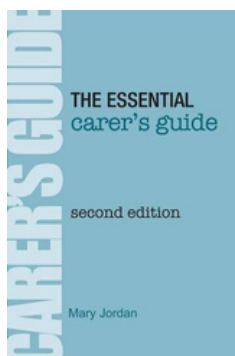
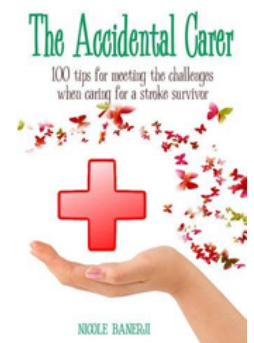
362.102

Six million people in the UK provide unpaid care for disabled or elderly relatives, friends or neighbours. Carers suffer frequent damage to physical and mental health. This book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.

The accidental carer Nicole Banerji

362.196

A journey through the challenges faced when someone suddenly and unexpectedly becomes a carer for an adult. It covers a wide variety of topics including getting information out of health care professionals, dealing with emotions, managing pain & discovering financial abuse.



The essential carer's guide Mary Jordan

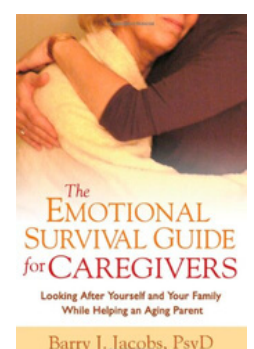
362.63

An essential companion for anyone caring for a relative or friend, especially in the context of old age and/or dementia.

The emotional survival guide for caregivers Barry Jacobs

649.808

This compassionate book will help families everywhere avoid burnout and preserve bonds whilst caring for a parent whose health is in decline.



Books for carers of people with memory loss/dementia



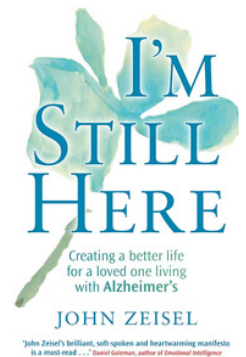
Keeping mum Marianne Talbot

362.196

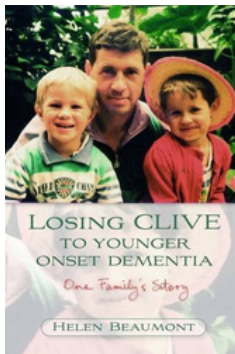
Plenty of practical tips for caring for someone with dementia and on staying sane whilst doing so. Written for anyone, anywhere, who has anything to do with dementia or with caring; in reading it you will know you are not alone.

I'm still here: creating a better life for a loved one living with Alzheimer's John Zeisel

616.831



John Zeisel's book dispels myth after myth, the most important of which is that the person with Alzheimer's is lost to us.



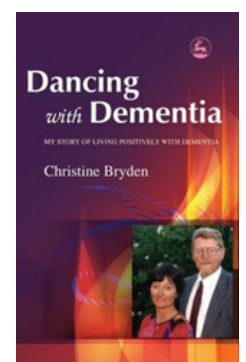
Losing Clive to younger onset dementia Helen Beaumont

616.83

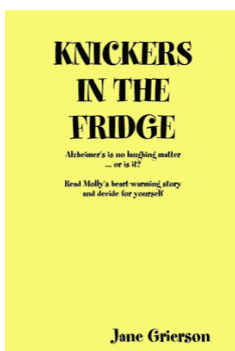
Younger onset dementia is comparatively rare, but not that rare. This story is for the family and friends of people with the condition, for the people themselves, and for the professionals working with them.

Dancing with dementia: my story of living positively with dementia Christine Bryden

362.196



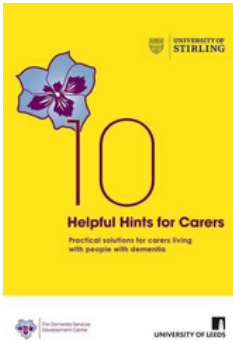
A thoughtful exploration of how dementia challenges our ideas of personal identity and of the process of self-discovery it can bring about.



Knickers in the fridge Jane Grierson

362.196

Is there really a lighter side to Alzheimer's? Molly's family think there is, and so, apparently, does Molly. Her heart-warming story demonstrates with elegance and gentle humour that dementia need not be all doom and gloom. Here is a real story about real people - and some very real problems - but written with compassion and charm.



10 helpful hints for carers Prof June Andrews & Allan House

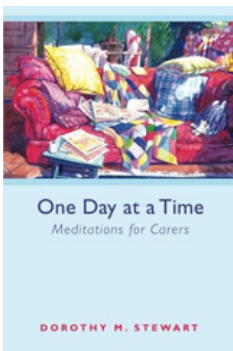
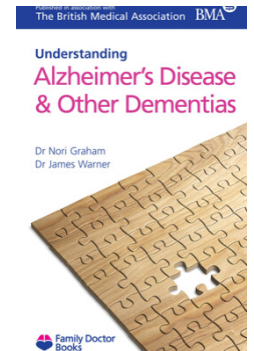
362.196

An easy-to-read guide for carers living with people with dementia. It provides simple, practical solutions to the everyday problems family carers can face when looking after a person with dementia.

Understanding Alzheimer's disease & other dementias Dr Nori Graham & Dr James Warner

616.831

This book is intended for anyone who has, or may be worried that they or their family and friends have, dementia. It is also for people who live or work with someone with dementia.



One day at a time: meditations for carers Dorothy M Stewart (Editor)

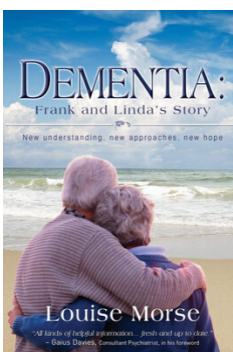
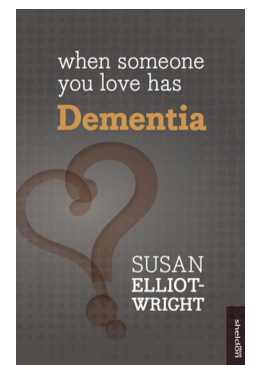
248.34

Brief Bible readings, meditations, prayers and self-help suggestions especially for those who have very little time for themselves. Both realistic and upbeat, this book will strengthen carers to face squarely the many challenges and struggles of their role - one day at a time.

When someone you love has dementia Susan Elliot-Wright

362.196

For individual carers without enough support, having a loved one with dementia often remains challenging. This book looks at practicalities and relationships with topics including; how to get medical help even if your loved one insists there's nothing wrong, types of dementia, how medication may help, and non-drug treatments and therapies.

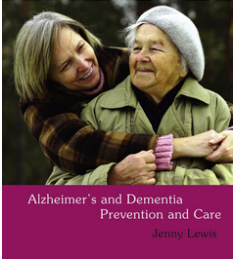


Dementia: Frank and Linda's Story Louise Morse

362.196

This book offers practical, day to day advice from a hands-on perspective, using a narrative structure. It follows the story of an older couple, Linda and Frank and their journey coping with dementia.

Healthy Body,
Healthy Brain



Healthy body, healthy brain Jenny Lewis

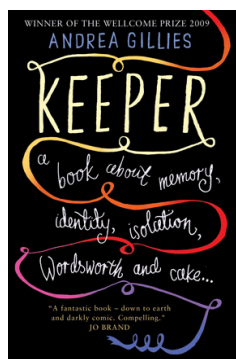
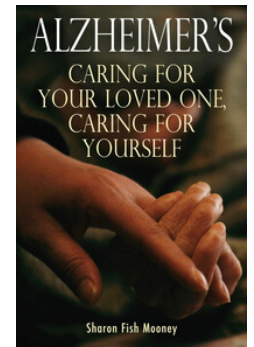
362.196

Jenny speaks about the importance of valuing and caring for the elderly in our society, of encouraging mobility and independence for as long as possible.

Alzheimer's: caring for your loved one, caring for yourself Sharon Fish Mooney

362.196

Drawing on her professional and personal background in caring for people suffering from Alzheimer's, the author offers practical, intelligent advice for caregivers searching for hope.



Keeper Andrea Gillies

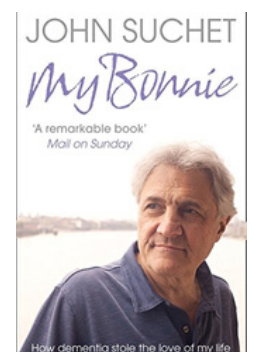
362.196

A fiercely honest glimpse into the dementia abyss, an endlessly engrossing meditation on memory and the mind, on family, and on a society that is largely indifferent to the far-reaching ravages of this baffling disease.

My Bonnie: how dementia stole the love of my life John Suchet

362.196

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



Is the cooker turned off? Josephine Woolf

362.6

This book offers practical, day to day advice from a hands-on perspective, using a narrative structure. It follows the story of an older couple, Linda and Frank and their journey coping with dementia.

OLIVER JAMES

From the author of the bestselling *Alzheimer's*



Contented Dementia

24-hour Wraparound Care
for Lifelong Well-being

'You have helped us disable the worst impact
of the disease - my wife still has dementia
but somehow it doesn't matter any more'

Contented dementia

Oliver James

616.83

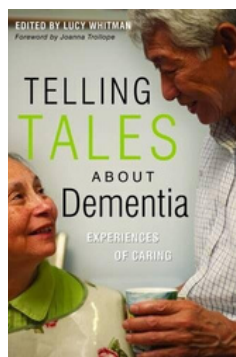
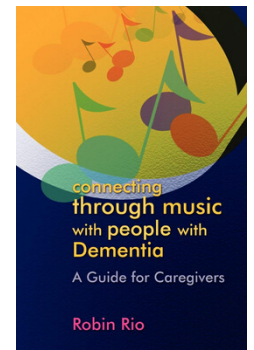
Outlining a practical method for managing dementia that will allow both sufferer & carer to maintain the highest possible quality of life, throughout every stage of the illness.

Connecting through music with people with dementia

Robin Rio

616.83

For people with dementia, the world can become a lonely and isolated place. Music has long been a vital instrument in transcending cognitive issues; bringing people together, and allowing a person to live in the moment.



Telling tales about dementia

Lucy Whitman

616.83

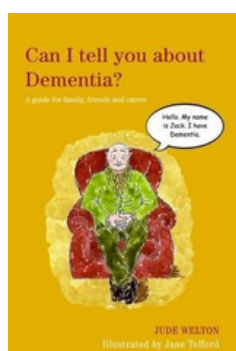
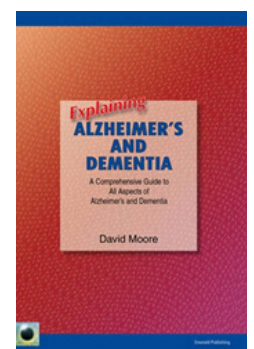
Thirty carers from different backgrounds and in different circumstances share their experiences of caring for a parent, partner or friend with dementia.

Explaining Alzheimer's and dementia

David Moore

616.831

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

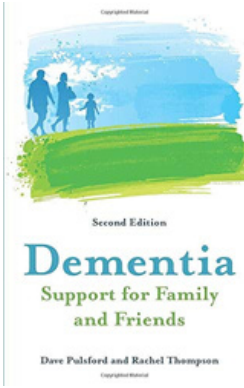


Can I tell you about dementia?

Jude Welton

616.83

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



Dementia - support for family and friends Dave Pulsford

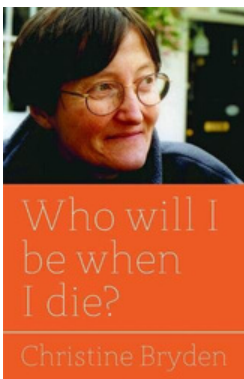
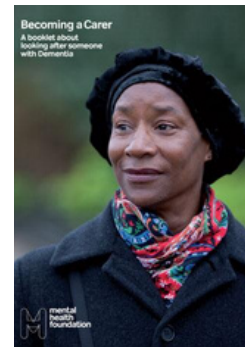
362.196

This book explores each stage of the journey with dementia and explains not only how it will affect the person with the condition, but also those around them and how best to get professional and informal help.

Becoming a carer Mental Health Foundation

362.196

A booklet about looking after someone with dementia. It explains some basic facts about dementia and provides ideas on where you can get practical advice.



Who will I be when I die? Christine Bryden

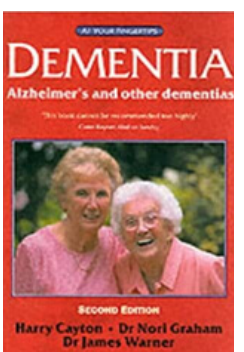
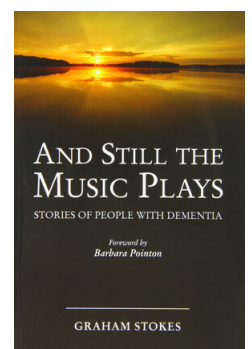
616.831

Christine Bryden was 46 when she was diagnosed with dementia, and in this book she recounts the emotional and spiritual rollercoaster she found herself on immediately afterwards. It provides unique first-hand insights into how it feels to gradually lose the ability to undertake tasks most of us take for granted.

And still the music plays Graham Stokes

362.196

This is a book about people; people with dementia and their real life stories.

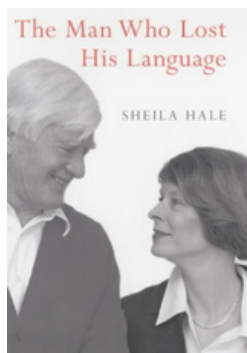


Alzheimer's and other dementias Harry Cayton, Graham Nori & James Warner

616.831

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

Books for carers of someone after a stroke



The man who lost his language Sheila Hale

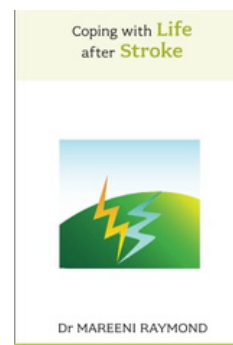
616.855

A compelling exploration of aphasia - the loss of language - as well as of the resilience of love. This personal account of one couple's experiences will be of interest to all those who want to know more about aphasia and related conditions.

Coping with life after a stroke Mareeni Raymond

616.81

A stroke can have a devastating impact on individuals and their families. This book provides survivors with the support and information they need to get through the first difficult days and weeks in the period after a stroke.



Books for carers of someone after a stroke

LIVING WITH MOTHER



Living with mother Michele Hanson

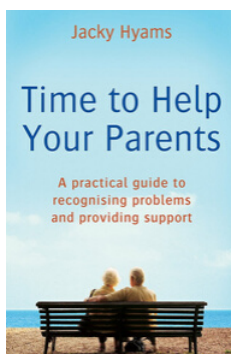
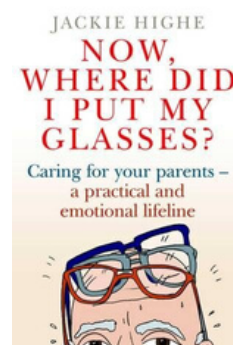
306.874

In Michele Hanson's bittersweet columns in the Guardian, collected here, she explored the physical deterioration of her spirited and resilient elderly mother. From bowel trouble to views on Camilla Parker-Bowles, life is never dull in the Household from Hell.

Now where did I put my glasses? Jackie Highe

362.6

Covers all the practicalities of caring for your parents, including clearly laid-out guides to services and resources in the UK, everything from organising home care to power of attorney, to how to choose a care home.

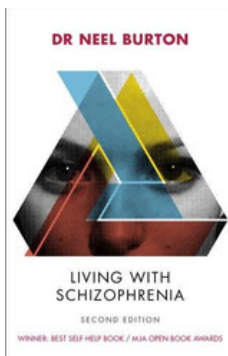


Time to help your parents Jacky Hyams

362.6

There is a point when most of us have to face the fact that our parents need more help. For many, the responsibility of supporting their parents and aiding them to make the right decisions at the right time can be challenging. The author provides solutions and suggestions.

Books for carers of someone who is mentally ill



Living with schizophrenia Neel Burton

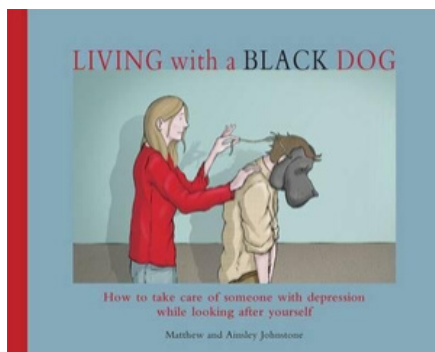
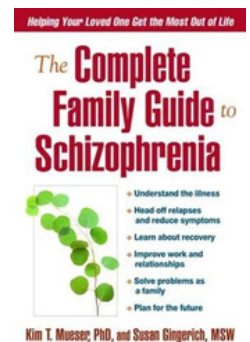
616.898

Addressing the needs of people with schizophrenia and their carers, friends and relatives, this book describes what schizophrenia is and what it isn't, provides information and support for family and friends, and looks at diagnosis, physical treatments, psychological treatments and social interventions.

Complete family guide to schizophrenia Kim Tornva Mueser

616.898

This hope-inspiring text walks readers through a range of treatment and support options that can lead to a better life for the entire family.

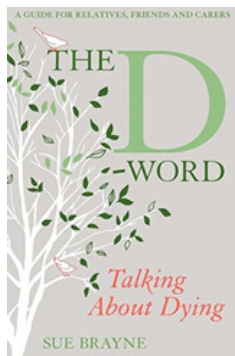


Living with a black dog Matthew & Ainsley Johnstone

616.852

A touching and beautifully illustrated book, written for those who care for those suffering from depression.

Books about end of life



The d-word: talking about dying Sue Brayne

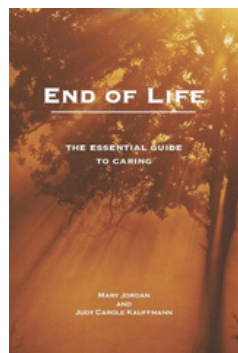
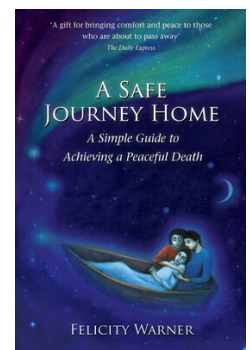
155.937

Practical guidance for anyone who feels awkward, embarrassed or afraid of talking about death and dying.

A safe journey home Felicity Warner

306.9

This essential guide will tell you all you need to know to help a loved one or friend to die gently and with dignity once medicine has reached its limits.



End of life: the essential guide Mary Jordan

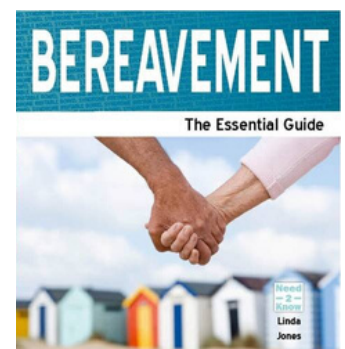
362.175

This is a guide to providing practical and emotional support for a dying person while coping with your own feelings, whether you are a professional carer or a friend/relative.

Bereavement: The essential guide Laura Cook

155.937

The loss of a partner, friend or family member can be more than some can bear. This compassionate and sensitive must-read guide accompanies you through the most painful of journeys as you deal with living after the death of a loved one.



Islington Library Locations



- 1 Archway Library
- 2 Cat and Mouse Library
- 3 Central Library
- 3 Home Library Service
- 4 Finsbury Library
- 4 Islington Local History Centre
- 4 Islington Museum
- 5 Lewis Carroll Children's Library
- 6 Mildmay Library
- 7 N4 Library
- 8 North Library
- 9 South Library
- 10 West Library

Most libraries have full or partial wheelchair access.

To find out more, visit www.islington.gov.uk/libraries

**Do you need this information in another language or reading format such as Braille, large print, audio or Easy Read?
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