



CARING FOR SOMEONE WITH DEMENTIA?

SUPPORTING PEOPLE WITH DEMENTIA

LIVING WITH DEMENTIA

Dementia, depression and living with the after effects from strokes can create feelings of isolation and problems communicating with family, friends and carers. Hampshire County Council's Library Service offers a range of materials and resources to borrow to help improve and stimulate discussion and memories.

Call in and ask for more information, or telephone **0300 555 1387**



### Books on Prescription Dementia collection

An informative collection of titles chosen by The Reading Agency, and recommended and endorsed by health professionals to provide information and advice about dementia plus support for relatives and carers, personal stories and activities to share.

### Reminiscence collection

The collection helps to stimulate memories and past experiences. It includes posters, games and quizzes, postcards, printed and recorded music, memory boxes, jigsaws, photographs and books which can be used to stimulate and support reminiscence.



### Audio resources

Sometimes listening to the rhythm of a voice reading a story can be relaxing in itself. Audio resources can also help if someone wakes during the night, or when attending medical appointments.

### Playaways

Individual books are pre-loaded onto an MP3 player about the size of a pack of cards. The user can slow down the reading pace to suit their needs.

### MP3 CDs

A whole book on 1 or 2 discs that can be listened to, paused, rewound or fast forwarded as needed so that people with dementia can still enjoy the pleasure of a book.

### National Talking Newspapers and Magazines

Library staff are happy to load your favourite newspapers and magazines onto your own memory stick. Over 150 audio versions available including, Reader's Digest, Which?, Country Living and People's Friend.

### Quick Reads

Shorter, easy to read paperbacks by popular authors in larger clear print.

### Pictures to Share collection

Books with large simple images designed for people with dementia to help stimulate conversation between families, professionals and those with dementia.

### Home Library Service

For anyone who struggles to get to the library because of ill health, disability or caring responsibilities. We carefully match customers with local volunteers who are DBS checked and recruited and trained by library staff to choose and deliver relevant library materials usually on monthly basis. Many of our Hampshire Library Service staff and volunteers have attended Dementia Awareness sessions and are experienced in talking with people who have dementia. Please do ask for more information about any of the services and resources listed here and other services we provide such as the Good Neighbour scheme.



[www.hants.gov.uk/library](http://www.hants.gov.uk/library)