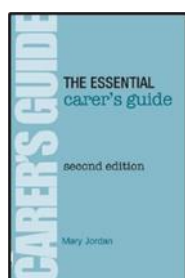




# Carers Network Resource List

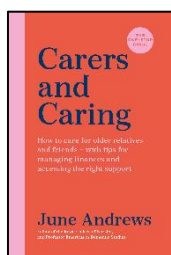


## BOOKS



### **The essential carers guide (2013) by Mary Jordan. ISBN: 9781781610251**

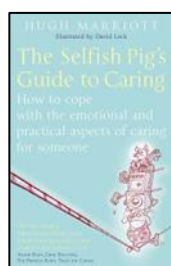
*For the estimated six million carers in the UK today, Mary Jordan has once again brought together a wealth of practical information, supported it with numerous sources of extra help, and illustrated the practical issues with personal stories that experienced carers will instantly recognize. Revised and updated to reflect the latest changes in financial, social and health care support, this Guide will continue to be an essential companion for anyone caring for a relative or friend, especially in the context of old age and/or dementia*



### **Carers and caring: The one-stop guide (2022) by June Andrews. ISBN: 9781800810006**

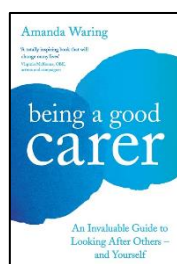
*Whether due to old age, illness or disability, more and more of us are becoming carers to loved ones. Carers and Caring is a complete handbook for anyone in a caring role, guiding you through the everyday administrative and emotional challenges of supporting a loved one. Dementia specialist Professor June Andrews offers accessible advice on:*

- *Managing your time, finances and family dynamics*
- *Accessing resources from the NHS and social care services*
- *Daily care such as physical assistance and meal preparation*
- *Considering the transition from at-home to nursing home care*



### **The selfish pig's guide to caring: How to cope with the emotional and practical aspects of caring for someone (2009) by Hugh Marriott. ISBN: 9780749929862**

*Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. So Hugh Marriott has written this book for them - and also for the rest of us who don't know what being a carer is all about. His aim is bring into the open everything he wishes he'd been told when he first became a carer*

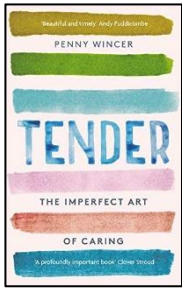


### **Being a good carer: An invaluable guide to looking after others – and yourself (2020) by Amanda Wearing. ISBN: 9781788164252**

*Being a Good Carer is essential reading for anyone who cares for an elderly person, whether as a professional or as a loved one, in its promotion of the role dignity and respect should play.*

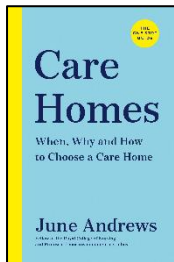
*This accessible and detailed guide includes practical tips, checklists for best practice, and case studies from a wide range of carers offering solutions to common problems. With*

*expert advice on personal care, daily living and addressing spiritual needs, this handbook shows you how to deliver compassionate and dignified care to older people*



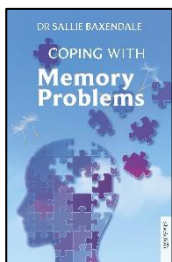
**Tender: The imperfect art of caring (2021) by Clover Stroud. ISBN: 9781529331226**  
*We are all likely - at some point in our lives - to face the prospect of caring for another, whether it's a parent, child or partner. It is estimated that there are 7 million people in the UK caring for loved ones. And yet these are the unpaid, unsung people whose number is rising all the time.*

*In this book, Penny Wincer combines her own experiences as a carer with the experiences of others to offer real and transformative tools and insights for navigating a situation that many of us are either facing or will face at some time*

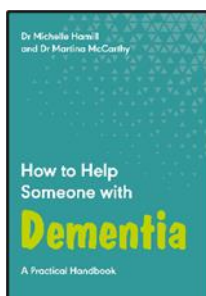


**Care homes: The one-stop guide: When, why and how to choose a care home (2020) by June Andrews. ISBN: 9781788163644**  
*Choosing a care home is one of the more emotional and expensive decisions that anyone ever has to make. You may be unprepared, inexperienced, under time pressure and in an emotional whirlwind. This book is designed to cut through this noise and offer clear, practical advice for anyone who has to make this crucial decision.*

*Professor June Andrews looks at everything that you need to know, from first deciding whether care is needed for someone, to choosing a care home, to what happens next. She offers honest and sensible information about costs, quality of care and accommodation, and examines the finer details of what you might consider, such as food, décor, medical services and religious arrangements*



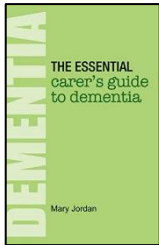
**Coping with memory problems (2014) by Sallie Blaxendale. ISBN: 9781847092748**  
*Do you, or does someone you know, struggle to remember things? For every person who develops Alzheimer's, there are thought to be at least another eight whose memory problems are severe enough to affect the quality of their lives. Written by an award-winning neuropsychologist, Coping with Memory Problems has been written to help you, or the person you are caring for, cope with memory difficulties. It explains how memory works and describes strategies you can use to boost your brain.*



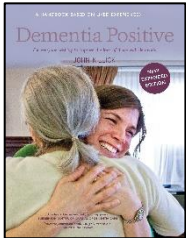
**How to help someone with dementia: A practical handbook (2022) by Michelle Hamill & Martina McCarthy. ISBN: 9781789563016**

*This book provides insights and ideas to improve quality of life for both you and your loved one, drawing on the experiences of people who are caring for a person with dementia from our services.*

*Through the book you will: understand dementia and the symptoms and behaviours that people with dementia can present with; learn communication skills and strategies that can help when caring for a person with dementia; and explore compassion-based care, develop resilience and improve your wellbeing. Whilst every situation is unique, this book will give you the confidence and advice you need to help you support your loved one*



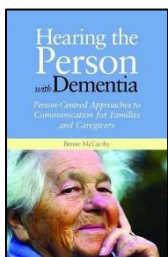
**The essential carer's guide to dementia (2014) by Mary Jordan. ISBN: 9781781610497**  
*"Tell me what to expect at each stage of dementia, and how to deal with it," Mary Jordan's clients frequently ask her. The advice she gives, one-to-one while working for a national dementia charity and in the workshops she runs for carers, forms the basis of this practical guide. In the Essential Carer's Guide to Dementia, Mary explains what you can expect when you receive a diagnosis of one of the many causes of dementia and what you can do to manage life going forward - how you can slow the progress of symptoms and how you can maximise available support. The earlier you start, the better you will be able to cope.*



**Dementia positive (2014) by John Killick. ISBN: 9781910021507**  
*Dementia is a mysterious condition. It frightens many of us. When we are confronted with someone with it we feel helpless. This is not how it has to be.*

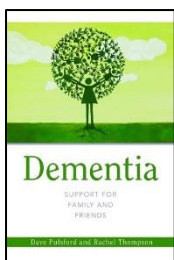
*John Killick, in this thought-provoking and warm-hearted book, challenges these assumptions. He shows us ways in which we can help, and make lives better for all concerned.*

*He writes out of two decades of experience of working with people with dementia and their carers, friends and supporters. He also shares with us the views of many of the people he has encountered on his journey*



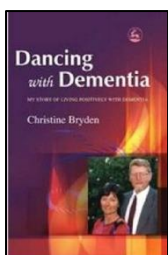
**Hearing the person with dementia: Person-centred approaches to communication for families and caregivers (2011) by Bernie McCarthy. ISBN: 9781849051866**

*Written with both family and professional carers in mind, this book clearly explains what happens to communication as dementia progresses, how this may affect an individual's memory, language and senses, and how carers might need to adapt their approach as a result. Advocating a person-centred approach to dementia care, the author describes methods of verbal and non-verbal communication, techniques for communicating with people who can no speak or move easily, and strategies for communicating more effectively in specific day-to-day situations, including at mealtimes, whilst helping the person with dementia to bathe or dress, and whilst out and about*



**Dementia: Support for family and friends (2013) by Dave Pulsford and Rachel Thompson. ISBN: 9781849052436**

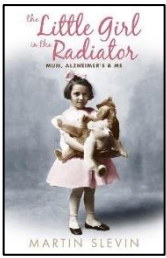
*For friends and family members of people with dementia, understanding the condition and coping with the impact it has on their lives can be extremely challenging. This book, written specifically for friends and relatives, explores each stage of the "journey with dementia" and explains not only how it will affect the person with the condition, but also those around them, and how best to offer support and where to get professional and informal assistance. It focuses on the progressive nature of dementia and the issues that can arise as a result and gives practical advice that can help ensure the best possible quality of life both for the person with dementia and the people around them*



**Dancing with dementia: My story of living positively with dementia (2005) by Christine Bryden. ISBN: 9781843103325**

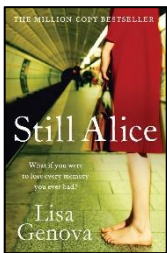
*Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. Since then she has gone on to challenge almost every stereotype of people with dementia by campaigning for self-advocacy, writing articles and speaking at national conferences. This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with*

simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help



**The little girl in the radiator: Mum, alzheimer's and me (2012) by Martin Slevin.**  
**ISBN: 9781906308438**

*A touching tale of love, loss and family, The Little Girl in the Radiator is the sometimes heartbreaking story of a man's struggle to care for his mother after her diagnosis with Alzheimer's. Martin Slevin's mother was a highly active, very intelligent and fiercely independent woman who ran her own business. But after her diagnosis, Martin moves back home to care for her. Together they embark on a journey through the various stages of the condition. But one question plagues Martin: who is the little girl in the radiator who his mum has daily conversations with?*



**Still Alice (2012) by Lisa Genova. ISBN: 9781849838429**

*When Alice finds herself in the rapidly downward spiral of Alzheimer's Disease she is just fifty years old. A university professor, wife, and mother of three, she still has so much more to do - books to write, places to see, grandchildren to meet. But when she can't remember how to make her famous Christmas pudding, when she gets lost in her own back yard, when she fails to recognise her actress daughter after a superb performance, she comes up with a desperate plan. But can she see it through? Should she see it through?*

*Losing her yesterdays, living for each day, her short-term memory is hanging on by a couple of frayed threads. But she is still Alice*

All of the books listed above are available from the library.

The books can be found on the library shelves and can be borrowed for four weeks at a time. You can also ring/email to borrow them and we can post them out to you.

## ONLINE RESOURCES

- **Carers UK**  
<https://www.carersuk.org/>
- **Carers Trust**  
<https://carers.org/>
- **Age UK: Help for Carers looking after a loved one**  
<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/>



- **Citizen's Advice: Carers - help and support**

<https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/>

- **MWL Carer Support (via Extranet)**

<https://intranet.sthk.nhs.uk/extranet/circle/235bf23ee7885b43609e3711dd47fd36>

Find out more about the **Carers Network** here:

<https://intranet.sthk.nhs.uk/extranet/circle/61d0b1d38343a933fa6984a2e2119a67?page=109a0ca3bc27f3e96597370d5c8cf03d>, on the Trust Extranet, or email:

[carer.staffnetworks@sthk.nhs.uk](mailto:carer.staffnetworks@sthk.nhs.uk)

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