

## Useful resources

1. **Dementia Adventure** <http://dementiaadventure.org> Tel: 01245 237548  
A national charity providing supported dementia holidays, Dementia Skills Sessions for family and friends supporting somebody with dementia and training & consultancy.
2. **Age UK** [www.ageuk.org.uk](http://www.ageuk.org.uk) Tel: 0800 678 1602  
Age UK is the leading charity for older people providing help, information and advice.
3. **Alzheimer's Society** [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Tel:0300 222 122  
Alzheimer's Society is a United Kingdom care and research charity for people with dementia and their carers. It operates in England, Wales and Northern Ireland, while its sister charities Alzheimer Scotland and Alzheimer's Society of Ireland cover Scotland and the Republic of Ireland respectively. It provides a range of free resources covering many different types of dementia in addition to help, advice and support services.
4. **Carers First** [www.carersfirst.org.uk](http://www.carersfirst.org.uk) Tel:0300 303 1555  
Carers FIRST is a charity who supports people who look after a relative or friend who could not manage without their help. They work across areas in London, the South East and East of England.
5. **Carers Trust** [www.carers.org](http://www.carers.org)  
A charity for, with and about carers. They work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.
6. **Carers UK** [www.carersuk.org](http://www.carersuk.org) Tel: 020 7378 4999  
Carers UK give carers expert advice, information and support. They campaign and innovate to find better ways to reach and support carers.
7. **Admiral Nurses** [www.dementiauk.org/get-support/admiral-nursing](http://www.dementiauk.org/get-support/admiral-nursing) Tel:0800 888 6678  
Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, Admiral Nurses work alongside people with dementia, and their families: giving them one-to-one support, expert guidance and practical solutions.
8. **Independent Age** [www.independantage.org](http://www.independantage.org) Tel: 020 7605 4200  
Whatever happens as we get older, we all want to remain independent and live life on our own terms. Independent Age offers regular friendly contact and a strong campaigning voice. They can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility.

**9. Young Dementia Network** [www.youngdementiauk.org](http://www.youngdementiauk.org)

A community that includes people living with young onset dementia, their family and friends, as well as organisations and professionals who work in the fields of dementia and social care.

- Provides opportunities for members to share experience, knowledge and to learn from each other.
- Collaborates to create young onset dementia resources.
- Encourages improved young onset services across the UK and influence and inform national and local policies.

**10. Dementia Action Alliance** [www.dementiaaction.org.uk](http://www.dementiaaction.org.uk)

Organisations across England who connect, share best practice and take action on dementia. Everything they do is in partnership, and informed by people living with dementia, and those that care for them.

**11. DEEP – Dementia Engagement and Empowerment Project** [www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)

DEEP engages and empowers people living with dementia to influence attitudes, services and policies that affect their lives.

**12. Teepa Snow** [www.teepasnow.com](http://www.teepasnow.com)

Teepa Snow also has videos on Youtube regarding distraction techniques and positive support strategies.

**13. SCiE – Social Care Institute for Excellence** [www.scie.org.uk/index](http://www.scie.org.uk/index)

Information, guidance, resources and accredited training for anyone supporting people with dementia.

**14. Reengage** [www.reengage.org.uk](http://www.reengage.org.uk)

Formerly Contact the Elderly, they have a vision of a world where no one is ever too old to make friends and enjoy social interaction.

**15. Live Better with Dementia** [dementia.livebetterwith.com](http://dementia.livebetterwith.com)

Unforgettable Has Joined The Live Better With Family. Same Great Dementia Products. Making Everyday Life A Little Bit Better For People Living With Dementia.

## Memory Resources

**16. Life story book template** – A resource from Dementia UK:

<https://www.dementiauk.org/understanding-dementia/advice-and-information/planning-ahead/creating-a-life-story/>

**17. Playlist for Life** [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)

Playlist for Life is a charity founded in 2013 by writer and broadcaster Sally Magnusson. They want everyone with dementia to have a unique, personal playlist and everyone who loves or cares for them to know how to use it. More than 20 years of scientific research shows that listening to a personal playlist can make living with dementia easier and happier. Building a personal playlist means exploring someone's life story to gather the tunes that are most deeply attached to memories and emotions.

**18. BBC Reminiscence Archive Library** <https://remarc.bbcrewind.co.uk/index.html>

The BBC Reminiscence Archive is designed to trigger memories and reminiscences in people with dementia.

## Nature based websites

**19. The Woodland Trust** [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

Information about sites to visit and things to do in the woods. Step into their woods and enter a world of endless opportunities. Watch for wildlife. Uncover history. Go on an adventure. Get closer to nature.

**20. The Wildlife Trusts** [www.wildlifetrusts.org](http://www.wildlifetrusts.org)

For more than a century The Wildlife Trusts have been saving wildlife and wild places, increasing people's awareness and understanding of the natural world, and deepening people's relationship with it. They look after more than 2,300 nature reserves, covering 98,500 hectares, and operate more than 100 visitor and education centres in every part of the UK, on Alderney and the Isle of Man.

**21. The Sensory Trust** [www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)

The Sensory Trust is a leading authority on inclusive and sensory design. They use nature and the outdoors to improve the health and wellbeing of people living with dementia, disability and health issues, their families and carers. We work throughout the UK, and share our approaches internationally with a wide network of organisations and individuals.

## Learning from the experiences of People Living with Dementia

### **22. Dementia Diaries** <https://dementiadiaries.org>

Dementia Diaries is a UK-wide project that brings together people's diverse experiences of living with dementia as a series of audio diaries. It serves as a public record and a personal archive that documents the views, reflections and day-to-day lives of people living with dementia, with the aim of promoting dialogue and changing attitudes.

### **23. Peter Berry** <https://dementiadiaries.org/diarist/peter-berry> <https://www.youtube.com/channel/UCMZZZ51ATdWO83s8VoEvMcw>

Peter posts monthly Youtube videos about his life and experiences.

### **24. Agnes Houston** <https://dementiadiaries.org/diarist/agnes-houston> and on Twitter

### **25. Wendy Mitchell** podcast <https://www.bbc.co.uk/programmes/p0739dwx> and on Twitter

## Apps

### **26. Timeless App** [www.timeless.care](http://www.timeless.care)

A caregiver-assisted app for people living with dementia to stay connected with their loved ones. It helps people with dementia to remember events and recognize people through artificial intelligence.

### **27. Woodland Trust App** from App Stores

Free tree identification App

### **28. Wildlife Trust App** from App Stores

App to find Wildlife Trust sites in your area and find out about the services they offer

## Books

### **29. Talking Sense** by Agnes Houston – this book is available as a free download from <https://www.dementiacentre.com/images/Talking-sense.pdf>

### **30. Somebody I Used to Know** by Wendy Mitchell

### **31. Dancing with Dementia: My Story of Living Positively with Dementia** by Christine Bryden

### **32. And Still the Music Plays: Stories of People with Dementia** by Graham Stokes

### **33. Contented Dementia: A Revolutionary New Way of Treating Dementia : 24-hour Wraparound Care for Lifelong Well-being** by Oliver James

### **34. Dementia Reconsidered, Revisited; the person still comes first** by Tom Kitwood & Dawn Brooker