Alzheimer’s Australia Vic library is a collection of resources about dementia. We have books, journals and DVDs covering a broad range of topics.

The library is a welcoming and comfortable space open to all visitors. Alzheimer’s Australia Vic members are welcome to borrow from the collection.

Our dementia resources blog
dementiRESOURCES.ORG.AU
We update the blog every month with a different dementia-relevant topic. Posts include spirituality and dementia, how to design a more dementia-friendly home, younger onset dementia, films and fiction that have a theme of dementia, along with many others. Sign up and stay informed on a range of best-practice dementia materials.

Our online library catalogue
dementiaLibrary.ORG.AU
This national catalogue contains information about items held in Victoria and nationally. You can visit online or call the library if you would like to borrow something.

Alzheimer’s Australia Vic library
100 Riversdale Road, Hawthorn, 3122
Phone 03 9815 7800
Email vic.library@alzheimers.org.au

OPEN MONDAY TO FRIDAY, 9AM TO 5PM
SOME SUGGESTED READING

With over 2000 titles to choose from it can be difficult to know where to start. The following are some of our favourites.

**Personal accounts of dementia**

**People with Dementia Speak Out** / Edited by Lucy Whitman (2015)

In People with Dementia Speak Out, twenty-three people from diverse backgrounds share their experiences of living with dementia. The contributors are honest about the frustrations and fears they face, but overall there is remarkably little self-pity and a great deal of optimism.

**Nothing About Us, Without Us!: 20 Years of dementia advocacy** / Christine Bryden (2016)

Advocating for dementia for 20 years, Christine Bryden has been instrumental in ensuring that people with dementia are included in discussions about the condition and how to manage and think about it. This collection of her hard-hitting and inspiring insider presentations demands ‘nothing about us, without us!’ and promotes self-advocacy and self-reflection.

**Before I Forget: How I survived a diagnosis of younger onset dementia at 46** / Christine Bryden (2015)

When she was just 46, Christine Bryden – science advisor to the prime minister and single mother of three daughters – was diagnosed with younger-onset dementia. Doctors told her to get her affairs in order as she would soon be incapable of doing so. Twenty years later she is still thriving, still working hard to rewire her brain even as it loses its function.

**What the Hell Happened to My Brain?: Living with dementia** / Kate Swaffer (2016) Foreword by Steven R. Sabat , Shibley Rahman and Glenn Rees

Kate describes vividly her experiences of living with dementia, exploring the effects of memory difficulties, loss of independence, leaving long-term employment, the impact on her teenage sons, and the enormous impact of the dementia diagnosis on her sense of self. She tackles head-on stigma, inadequacies in care and support, and the media’s role in perpetuating myths about dementia.

**Family accounts of dementia**

**Green vanilla tea** / Marie Williams (2013)

Dominic, Marie and their two sons had migrated to Australia to have a life where they shared more family time – when gradually Dominic’s behaviour became more and more unpredictable. It took nearly four years before there was a diagnosis of early onset dementia coupled with motor neurone disease.

**Alzheimer’s: a love story** / Vivienne Ulman (2009)

In Alzheimer’s: a love story, Vivienne records with tender lyricism and searing honesty the progress of her mother’s Alzheimer’s, her own grief over the gradual loss of her beloved mother, and the way in which her parents’ enduring love for each other sustains them.

**Guides to caring**

**The 36-hour day: a family guide to caring for people with Alzheimer disease, other dementias, and memory loss** / 5th ed./ Nancy Mace and Peter Rabins (2011)

A family guide to caring for people with dementia. It covers all aspects of dementia including assessment, coping strategies, legal issues, residential options, carer health, children and teenagers and research.

**And still the music plays: stories of people with dementia** / Graham Stokes (2008)

Using 22 stories, the author draws on his memories of people with dementia he has met to bring the reader a greater understanding of the condition and why some people behave in the way they do.

**Can I tell you about Dementia?: a guide for family, friends and carers** / Jude Welton (2012)

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 – the one-stop guide: practical advice for families, professionals, and people living with dementia and Alzheimer’s Disease** / June Andrews (2015)

Dementia: The One-Stop Guide aims to provide practical information and support for living with dementia. With clear and sensible information about recognising symptoms, getting help, managing financially, staying at home, treatment and staying positive, this guide will help people with dementia and their families to make sure that they can stay well and happy as long as possible.