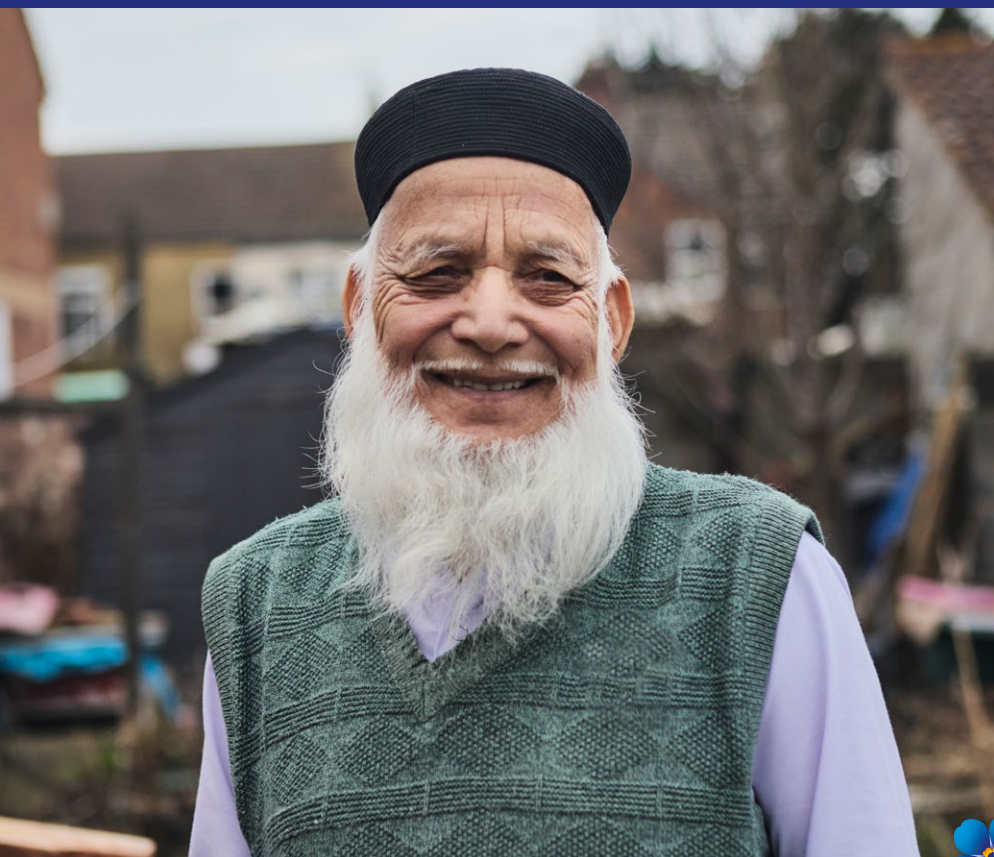


Publications catalogue

2025



Alzheimer's
Society

Together we are help & hope
for everyone living with dementia



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Information to support you

Knowing where to turn to find information about dementia can feel daunting. Whatever you're looking for, use this catalogue to help you.




Dementia is different for every person. However, there are common aspects – symptoms, treatments, and things to put in place and think about. There are strategies to try and many sources of further support.

Understanding more about these and the choices you have can help you cope with your feelings. It can give you more confidence, and prepare you as life changes and gets more difficult.

In this catalogue, you'll find explanation, advice and support. Our information provides practical and emotional guidance, and is grouped in sections that follow common experiences of dementia. Within these sections you will find a list of titles and the formats they come in.

All our information is available online and can be downloaded at alzheimers.org.uk/publications

Our formats include:

- **helpsheets** – summarised one-page publications that are also available to listen to at alzheimers.org.uk/helpsheets
- **factsheets** – more detailed A4-sized publications covering specific topics – between 16 and 28 pages
- **booklets** – A5-sized publications on various aspects of living with dementia. Longer booklets cover subjects in depth or give an overview of a range of topics
- **Easy Read booklets** – A4-sized with simple words and images
- **audio information** – available online where you see this icon 
- **a range of languages** including Welsh (where you see 'WEL') and British Sign Language (BSL) – available online where you see these icons  

Whether you're looking for help because of changes in yourself or someone else, the right information can make a huge difference.

We use thorough processes to produce our information so it's accurate and clear and you can trust it. We work with professional specialists and people affected by dementia who shape and review our information.

Use the sections and guide to the different formats above to choose the right information for you. Use the order form inside the back cover or call **0300 303 5933** to order copies. You can also read, download and order publications at alzheimers.org.uk/publications



Audio, translations, BSL and Braille

All our one-page helpsheets are available to listen to at alzheimers.org.uk/helpsheets



Here, you can also read and download the information in the following languages: Arabic, Bengali, Chinese (Traditional), Gujarati, Hindi, Punjabi, Polish, Sylhetim, Urdu and Welsh. Availability of these will be indicated by this icon.



You can listen to audio information for free online at alzheimers.org.uk/audioandvideo. Availability of these will be indicated by this icon.



Our British Sign Language (BSL) videos can be viewed at alzheimers.org.uk/accessibleresources. You will see BSL and this icon where these are available.

A complete set of helpsheets (code HSXBR) is available to order in Braille.

Some of our publications are available in Welsh. This is indicated by WEL in the listings.



1 About dementia

The publications listed in this section provide information on dementia, different types of dementia, risk and general aspects of the condition.

We produce introductory information on types of dementia and some other general subjects in different formats – so you can choose what is most appropriate for you.

Other publications are available in the format stated.

What is dementia?

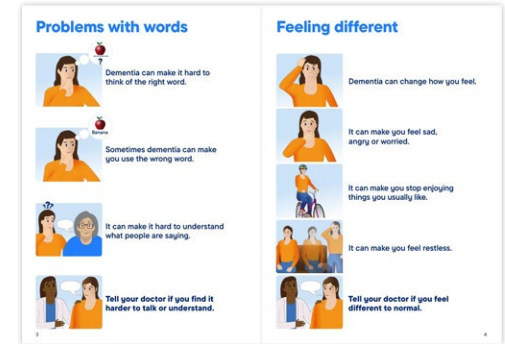
Factsheet code 400,
BSL, WEL



Signs of dementia

Easy Read booklet code
ER1 (simplified versions
with images and plain
language)

Easy Read poster code
ERP



What does having dementia feel like?

Easy Read booklet code ER3

What is dementia?

Helpsheet code HS1



What is Alzheimer's disease?

Factsheet code 401, BSL, WEL



What is vascular dementia?

Factsheet code 402, BSL, WEL



What is dementia with Lewy bodies (DLB)?

Factsheet code 403, BSL



What is frontotemporal dementia (FTD)?

Factsheet code 404, BSL



Genetics of dementia

Factsheet code 405

Learning disabilities and dementia

Factsheet code 430

What is alcohol-related brain damage (ARBD)?

Factsheet code 438

What is young-onset dementia?

Factsheet code 440

Rarer causes of dementia

Factsheet code 442

1

The progression and stages of dementia

Factsheet code 458



What is mild cognitive impairment (MCI)?

Factsheet code 470

Deaf and dementia: What causes dementia?

BSL video



Information on the risk of dementia

Risk factors for dementia

Factsheet code 450

Dementia: Reducing your risk

Booklet code 35

This booklet is for people in their 40s, 50s or 60s who want to reduce their risk of getting dementia. It has information about dementia risk and a range of practical tips for reducing risk, including eating healthily and keeping physically, mentally and socially active.

48 pages, A5



2 Getting a diagnosis

Being assessed for dementia can be stressful. From worrying about symptoms, to going to assessments and talking to others, you may go through many emotions. The information in this section aims to help you understand how a diagnosis might be given and what happens after this.

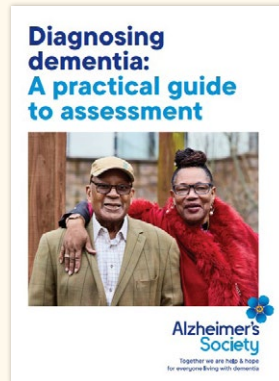
Diagnosing dementia: A practical guide to assessment

Booklet code 78DD

alzheimers.org.uk/diagnosing-dementia

This booklet provides information for anyone worried about symptoms they are experiencing or that they have noticed in someone else. It sets out clearly the process of talking to the GP, as well as possible tests, scans and assessments that can be involved.

72 pages, A5



“

It is super to have this information in one place in a practical guide like this. Great that it includes the checklist for possible symptoms which is a really helpful tool. I like the comparison table at the beginning.

Care professional

”

Symptoms checklist

Code 78DD checklist, WEL



alzheimers.org.uk/checklist

Our symptoms checklist can be used to record symptoms and changes. This can be helpful to take to appointments with the GP or other health professionals.

Young-onset dementia: Understanding your diagnosis

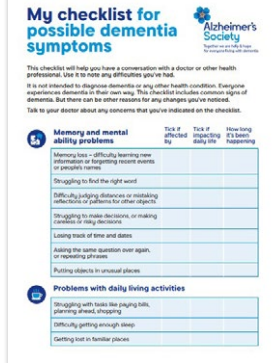
Booklet code 688

This booklet is for anyone diagnosed with dementia under the age of 65. It covers information about treatment, support and services that are available. It also includes tips on managing relationships and advice if you are working, drive or have young children.

80 pages, A5

Supporting children and young people when a person has dementia

Factsheet code 515



2



3 Practical arrangements after diagnosis

When you're told you have dementia, it can be confusing to know what to do next. There are some specific, practical actions that can help you make life easier to manage and prepare for times when you need further support. Find information in this section on financial and legal arrangements.

Benefits for people affected by dementia

Factsheet code 413

Council tax

Factsheet code 414, WEL



Direct payments

(This factsheet is specific to Northern Ireland)

Factsheet code NI431

Driving and dementia

Factsheet code 439

Mental Capacity Act 2005

Factsheet code 460

Advance decisions and advance statements

Factsheet code 463

Financial and legal tips in Northern Ireland

(This factsheet is specific to Northern Ireland)

Factsheet code NI467

Lasting power of attorney

Factsheet code 472

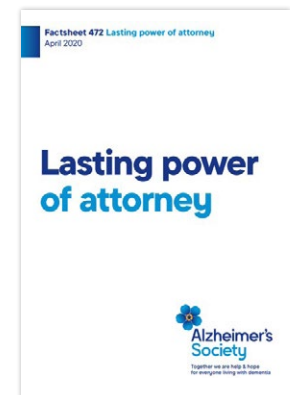


Enduring power of attorney and controllership

(This factsheet is specific to Northern Ireland) Factsheet code NI472

Personal budgets

Factsheet code 473



Support for people with dementia

Helpsheet code HS5



Managing money and making decisions

Helpsheet code HS6



Managing your money

Booklet code 1501

This booklet gives advice on paying bills and managing bank accounts. It also gives tips on keeping your money safe and planning for the future.

48 pages, A5

Work and dementia

Booklet code 1509

This booklet can help a person with dementia to decide whether to continue or stop working, with guidance on how to talk to an employer, what they can do to help and how the law protects people with dementia.

48 pages, A5



Planning ahead

Booklet code 1510

This booklet looks at putting plans in place for the future including financial and legal plans. It also contains a template advance statement to record your wishes for care in the future.

48 pages, A5

Accessing and sharing personal information

Booklet code 882

This booklet will help you to understand when you may be able to have a right to access information on behalf of someone with dementia. It also tells you how to complain if you believe you were wrongly denied access to someone's information.

Information in this booklet is based on laws in England, Northern Ireland and Wales.

28 pages, A5

Planning ahead





4 Symptoms and treatments

Dementia affects how you feel and make sense of the people and places around you. Understanding more about this can help you and the people around you get better support. There are also different types of treatment that can make life easier. The publications listed in this section cover a wide range of topics that cover different aspects of coping with dementia.

The memory handbook: A practical guide to living with memory problems

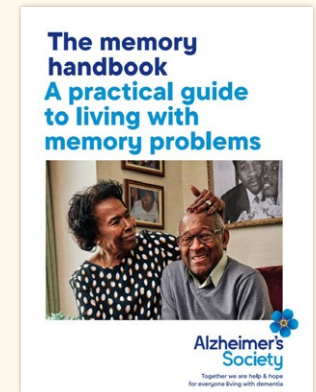
Booklet code 1540

[alzheimers.org.uk/
memoryhandbook](https://alzheimers.org.uk/memoryhandbook)

This booklet is for people with memory problems, including those with a diagnosis of dementia or mild cognitive impairment (MCI), or those without a diagnosis.

It suggests lots of strategies, aids and tools to help people with memory problems cope, stay independent and live well. Many of these suggestions are from people living with memory problems.

76 pages, A5



4

Medicines to help memory and thinking

Factsheet code 407

Antipsychotic drugs and other approaches in dementia care

Factsheet code 408

How the GP can support a person with dementia

Factsheet code 425



Walking and dementia

Factsheet code 501

Aggressive behaviour

Factsheet code 509

Changes in perception

Factsheet code 527

Understanding denial and lack of insight

Factsheet code 533

Understanding sleep problems, night-time disturbance and dementia

Factsheet code 534

Changes that happen with dementia

Helpsheet code HS2

**What are non-drug treatments for dementia?**

Helpsheet code HS3

**Medicines to help memory and thinking**

Helpsheet code HS4

**Coping with memory loss**

Helpsheet code HS7



You will also find information on dealing with symptoms and treatments in section 6 'Adjusting to caring for someone with dementia' on page 24.



5 Adjusting to life with dementia

With the right support and information, people with dementia can continue to do many things that are important to them. The publications listed in this section focus on keeping physically and mentally healthy, safe, active and involved. They include longer guides with practical advice on how to do this, or that provide an overview of a range of different aspects of living with dementia. You'll also find other resources that cover specific topics.

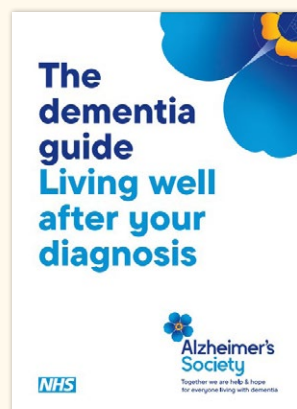
The dementia guide

Booklet code 872

**alzheimers.org.uk/
dementiaguide**

This booklet is for anyone with a recent diagnosis of dementia. It will give you a general overview of a range of topics. It will help you to understand more about dementia and the treatments, support and services that are available. It also includes information about how you can live as well as possible with dementia, and about making plans for the future.

184 pages, A5

**Physical activity, movement and exercise**

Factsheet code 529

Help when you have dementia

Easy Read booklet code ER4

Driving

Booklet code 1504

This booklet explains what a diagnosis of dementia means if you drive. It looks at the legal requirements on when to stop driving and provides practical tips on managing without a car.

24 pages, A5

Keeping active and involved

Booklet code 1506

This booklet gives tips to help you keep your skills and abilities for longer, including things to do at home and in the community.

32 pages, A5

Your relationships

Booklet code 1507

This booklet outlines how relationships with different people might change when you have dementia. It explains the impact dementia might have on your feelings, communication and plans.

40 pages, A5



This guide is really good. Just what those new to dementia need - good, clear advice covering a wide range of topics with links to supporting fact sheets.

Dementia Support Forum volunteer

**Using equipment and making adaptations at home**

Factsheet code 429

Using technology to help with everyday life

Factsheet code 437

Dental and mouth care

Factsheet code 448

Grief, loss and bereavement

Factsheet code 507

Eating and drinking

Factsheet code 511

Sex, intimacy and dementia

Factsheet code 514

Going on holiday when a person has dementia

Factsheet code 474

Living alone

Booklet code 1508

This booklet contains practical strategies for dealing with challenges you may come across when living alone.

36 pages, A5

LGBTQ+: Living with dementia

Booklet code 1511

This booklet is for anyone who is lesbian, gay, bisexual, trans or queer and has dementia. It explains some of the implications of having dementia for LGBTQ+ people and includes advice on getting the right support and living well.

44 pages, A5

Making your home dementia friendly

Booklet code 819

This booklet is for people with dementia who are living at home. It describes ways to adapt the home to make it safe and help make daily living easier.

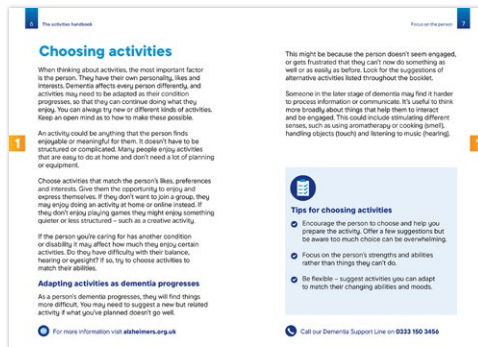
40 pages, A5

The activities handbook

Booklet code 77AC

This booklet is for anyone who is caring for a person with dementia. It will help you suggest enjoyable, meaningful and engaging activities for the person with dementia and the people around them.

84 pages, A5



Staying healthy and active when you have dementia

Helpsheet code HS8



Coping with changes in communication and behaviour

BSL video



Staying as independent and healthy as possible

BSL video





6 Adjusting to caring for someone with dementia

Carers can face challenges when adapting to the changes dementia brings. This section includes a comprehensive guide for carers. Other publications listed give reassurance and ideas for providing care and support. You will also find guidance on looking after yourself as a carer.

Caring for a person with dementia: A practical guide

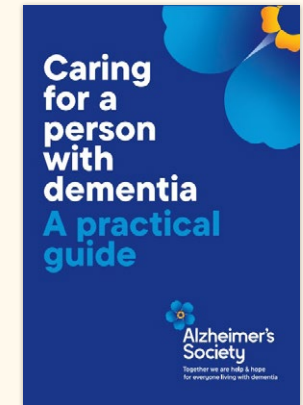
Booklet code 600

alzheimers.org.uk/carersguide

This guide provides information on the topics that are important when you are supporting a person with dementia. This includes symptoms, treatment, staying well, preparing for the future and your rights as a carer.

The guide reflects the current experience of caring for a person with dementia. It was reviewed by carers who told us what advice would have been most helpful to them in their own caring roles.

196 pages, A5



Supporting a person with dementia who has depression, anxiety or apathy

Factsheet code 444

Supporting an LGBTQ+ person with dementia

Factsheet code 480

Communicating

Factsheet code 500



Continence and using the toilet

Factsheet code 502

Supporting a person with washing and dressing

Factsheet code 504

Carers – looking after yourself

Factsheet code 523



Understanding and supporting a person with dementia

Factsheet code 524



Changes in behaviour

Factsheet code 525, WEL



Supporting a person with memory loss

Factsheet code 526

Communicating with a person with dementia

Helpsheet code HS9



Support for people who look after someone with dementia

Helpsheet code HS10



Easy Read: Finding out you have dementia

Easy Read factsheet code ER2

Being there for someone who has dementia

Easy Read booklet code ER5



Our information comes in a range of formats including:

- **helpsheets** – one-page, summarised information
- **factsheets** – longer, more detailed information.

See the beginning of the catalogue for more details on our print, audio and online publications.



7 Needing greater support with care

A person's needs will change over time as dementia progresses. Publications in this section provide advice on accessing support services. You can also find a selection of practical tools that can help you deal with the difficulties and challenges of living with dementia.

Assessment for care and support in England

Factsheet code 418

Assessment for care and support in Northern Ireland

Factsheet code NI418

Assessment for care and support in Wales

Factsheet code W418

Respite care in England

Factsheet code 462

Respite care in Northern Ireland

Factsheet code NI462

Respite care in Wales

Factsheet code W462, WEL



Paying for care and support in England

Factsheet code 532

Paying for care and support in Northern Ireland

Factsheet code NI532

Paying for care and support in Wales

Factsheet code W532, WEL



Deprivation of Liberty Safeguards (DoLS)

Factsheet code 483

Deputyship

Factsheet code 530

When does the NHS pay for care?

Booklet code 813

This booklet explains what NHS continuing healthcare is, including who can get it, assessment and next steps if it's not awarded. The information applies to people living in England with long-term support needs from the NHS or social services.

56 pages, A4

Practical tools

My appointments

Booklet code 923

alzheimers.org.uk/myappointments

This booklet is designed to help people living with dementia keep track of the appointments they have with health and social care professionals.

There is room to record the professional's contact details, write down any questions and make a note of what was said during the meeting.

36 pages, A4

“

I just wanted to let you know that these factsheets are the most comprehensive, well put together, clear and well-designed factsheets I have ever read on any subject.

Daughter of person with memory problems

”

Helpcards

(credit-card sized)

These cards are for people with dementia to use and carry with them, to make it easier to get assistance when they're out in the community. They are a great tool to help a person with dementia maintain their independence.

I have memory problems

Helpcard code 1561

I have dementia

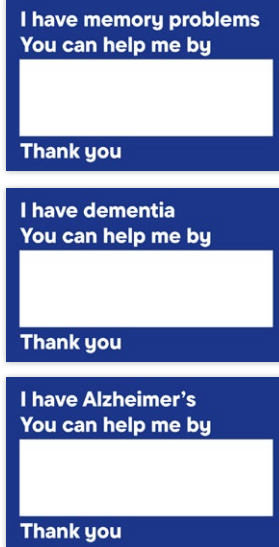
Helpcard code 1562

I have Alzheimer's

Helpcard code 1563

I have memory problems (double sided)

Helpcard code 1564



8 Hospitalisation

Going into hospital when you have dementia can be difficult and frightening. It can help to know what to expect and be prepared. The resources listed in this section cover aspects relating to hospital care including infections and mental health. You can also read about **This is me** – our simple, powerful tool that supports person-centred care.

This is me

Code 1553W

WEL code 1553W



alzheimers.org.uk/thisisme

This simple and powerful resource can be used to record details about a person with dementia who can't easily share information about themselves. It enables health and social care professionals to better understand the person's preferences and needs so they can provide more person-centred care.

Single copies of **This is me** are available to order for free. You can also download it to print and complete, or save it to a device and fill it in electronically.

The form is divided into several sections with icons and text prompts:

- My communication and mobility**
 - My hearing and eyesight:** Do you need a hearing aid? Do you wear glasses or need any other vision aids?
 - How we can communicate:** How do you like to communicate? Do you need and what? How is it best to approach you? Include anything that may help others know what you need.
 - My mobility:** Do you need help on an aid to get around? Can you use stairs? Can you stand unaided? What helps you to be comfortable?
- My personal habits**
 - Things that help me sleep:** Do you like to get up to get a warm drink before bed? Do you find it difficult to fall or wake up at night? Do you have a favourite position to lie in, special mattress or pillow?
 - My personal care:** Tell me your wishes and preferences. Do you like to use certain cosmetics and toiletries? Do you need assistance with or help with looking after your needs/preferences? What about caring for your hair?
- How I take my medication:** Do you need help to take medication? Do you prefer to take liquid medication?
- Eating and drinking:** What do you like to eat and drink? Do you have any dietary requirements or preferences including being vegetarian or any religious or cultural needs? Do you need help or support with? Can your food need to be soft, liquidised or not too spicy? Include information about your appetite, interests and any swallowing difficulties.
- Other notes about me:** Include any other points not covered above that you would like people to know, such as important alerts from your past. You can include any advance plans you have made, such as anyone you have appointed as your attorney.

It's also available to order in packs of 25 for £3.50. Use the code 1553X.

The Mental Health Act 1983

Factsheet code 459

Hospital care

Factsheet code 477

Urinary tract infections (UTIs) and dementia

Factsheet code 528



9 Care homes

Many people with dementia move into a care home when this offers them the best support. But this can be a stressful time to think about, and the person with dementia, carers, families and friends can find it difficult and unsettling. Our information on care homes provides advice and reassurance on every aspect of looking at this option. This includes checklists, tips and managing your emotions.

Care homes and other options: Making the decision

Booklet code 689

This booklet looks at other housing options a person may want to consider before making a decision on care homes. This includes sheltered accommodation and assisted living, Shared Lives, respite care and PAs.

It also contains important emotional support for people who are making that difficult decision.

68 pages, A5

Choosing a care home for a person with dementia

Booklet code 690

This booklet will help with choosing the right care home for a person with dementia.

It is written for carers or family members but may also be useful for people with dementia who want to plan ahead. It explains the process you will need to go through, and includes checklists of things to consider. It also has tips for moving in and how to handle other issues that may arise.

84 pages, A5

Supporting a person with dementia in a care home

Booklet code 691

This booklet gives advice on how to support a person with dementia in a care home. It includes practical tips on how to help the person to settle in and ways to stay connected. It describes common emotions you and the person may have. It also gives information on managing the financial side.

88 pages, A5



10 Later stage of dementia

When the person is in the later stage of dementia, there are particular challenges to cope with. The publications listed in this section provide detailed information on changes including physical and emotional needs, and treatment and care. In our end of life information, we also cover decision-making, communication and palliative services.

Supporting a person in the later stage of dementia

Factsheet code 417



End of life care

Factsheet code 531



See also section 6 'Adjusting to caring for someone with dementia' on page 24 for information on aspects of behaviour, care and support that may help when the person is in the late stage of dementia.



11 Dementia awareness

We produce a range of free resources that can be used to raise awareness of dementia or promote Alzheimer's Society products and services.

Order these for events and activities to spread the word about dementia and direct people to support and information.

Publications catalogue

Code PL1

This catalogue can be used to promote the range of information Alzheimer's Society produces to help people living with dementia, or to support someone with the condition.

Dementia Support service user leaflet

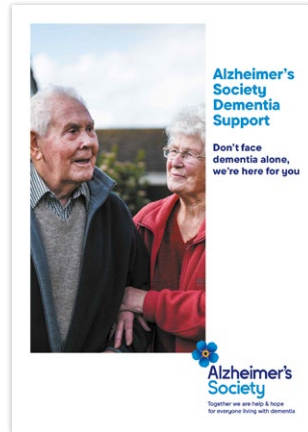


Code DSSU

WEL code DSSUW

If you need dementia support, we're here for you. This leaflet outlines the support available to anyone with dementia, their carers, families and friends. This covers face-to-face, online and phone support.

This leaflet is available in Arabic, Bengali, Cantonese, Gujarati, Hindi, Mandarin, Polish, Punjabi (Gurmukhi Script), Punjabi (Shahmukhi script) and Urdu. Please note these translations only cover phone and web support. Please contact marketing@alzheimers.org.uk for any queries.



Dementia Support for health care professionals leaflet



Code DSHCP

WEL code DSHCPW

This leaflet is for health care professionals who might need expert advice on how they can support their patients in the best way possible.

Dementia Support Forum leaflet

Code 317

This leaflet introduces Alzheimer's Society's Dementia Support Forum, an online support community for people with dementia, and their carers and families. It includes information on how to access the forum.



5 things you should know about dementia



English – Code 5THINGS17

Bilingual (English/Welsh) – Code 5THINGSBIL17

This informative booklet explains the facts and dispels the myths about dementia.



Dementia Directory Provider Postcard

Code DD2

This postcard is for service providers offering support services for people affected by dementia. It highlights how providers can promote their services by listing them in our easy-to-use online Dementia Directory.

Dementia Directory User Postcard

Code DDUSER

This postcard highlights how people affected by dementia can use our easy-to-use online Dementia Directory to find support services.



Dementia together magazine

Dementia together is our magazine for anyone affected by dementia.

Its inspiring stories and ideas come straight from people dealing with dementia day to day and others making a difference.

Find out more about how you can read and listen to our articles.

Sign up

Subscribe to Dementia together – our bi-monthly magazine featuring the latest Society news and real-life stories for people affected by dementia.

You can get our 40-page magazine every two months in the post or by email. We also have an audio CD version.

Read our interviews, features, news and reviews, and take part by entering competitions and sharing your thoughts.

Donate what you can or receive the magazine for free – any donation you can make will go towards providing help and hope to people affected by dementia.

Dementia together magazine

Code DTM

Six issues per year

40 pages, A4
(also available by email or on CD)

Subscribe

Sign up to receive the magazine in print, by email or on CD – call **0330 333 0804** or email **magazine@alzheimers.org.uk**

You can also subscribe to the print magazine at **alzheimers.org.uk/subscribe**

Podcast

Listen to magazine interviews at **alzheimers.org.uk/podcast** or search 'Alzheimer's Society' on your podcast app.





Visit Alzheimer's Society's online shop

For our full range of products and gifts, go to our online shop at shop.alzheimers.org.uk or email us at trading@alzheimers.org.uk



Every purchase you make funds the work we do at Alzheimer's Society, giving help and hope to people living with dementia.

Our online shop offers a wide range of:

- assistive products to help with everyday life for people with dementia and their carers
- Alzheimer's Society branded merchandise and wedding favours
- Christmas cards and essentials
- gifts for all the family.

We also publish a Winter gift catalogue, and a Helpful everyday products catalogue packed with helpful assistive products.

People living with dementia and people purchasing on their behalf can buy many of our helpful products VAT free – a saving of 20%.



A trek to remember.

Grab your hiking boots and get ready for your greatest challenge yet. Take on a 13- or 26- mile Trek26 in 2025 in one of 12 stunning locations and experience breathtaking views as you trek for brighter days ahead. With every mile, step towards a world where dementia no longer devastates lives.

Sign up today, visit alzheimers.org.uk/trek26 or search 'Trek26'

 Alzheimer's Society
Trek26



Dementia Support from Alzheimer's Society

Alzheimer's Society provides a range of information, advice and support to anyone affected by dementia in England, Wales and Northern Ireland. You can reach us online, on the phone and face-to-face.



Online

Visit [alzheimers.org.uk/getsupport](https://www.alzheimers.org.uk/getsupport) for online advice and support whenever you need. Here, you'll find information on any aspect of dementia and the option to download or order what you need from our wide range of publications.

You can also connect to others affected by dementia on our Dementia Support Forum (forum.alzheimers.org.uk) and search for services in your area using our dementia directory at [alzheimers.org.uk/dementiadirctory](https://www.alzheimers.org.uk/dementiadirctory)



Phone

You can contact our Dementia Support Line by calling **0333 150 3456** seven days a week. Our dementia advisers are available to listen, give support and advice, and connect you to the help you need in your local area. They can send out information that's right for you via email or post.

If you speak Welsh, call our Welsh-speaking support line on **03300 947 400**.

If English isn't your language of choice, we can arrange a simultaneous language translation service. Please call our English-speaking support line on **0333 150 3456**, say the English word for the language you would like to use, end the call and wait. An interpreter will usually call you back within five minutes.

If you have a speech or hearing impairment and have a textphone or an adapted computer, you can use Text Relay to call our English-speaking dementia support line on **18001 0333 150 3456**.



Lasting power of attorney digital assistance service

We offer a Lasting power of attorney (LPA) digital assistance service to help people living with dementia create LPAs online. If you don't have access to the internet, we can help you to create an LPA through a series of telephone appointments. The service does not provide legal advice. Call us on **0333 150 3456**.



Face-to-face services

Our local dementia advisers and volunteers can meet you to offer further support, advice and information. They can also connect you to other face-to-face services in your area.

These include Singing for the Brain®, activity groups and peer support for people with dementia, and information and support groups for carers.

Get involved

Alzheimer's Society has a range of different ways to find out more about our activities, get involved and influence our work. This includes opportunities for your experience to help other people affected by dementia.

Read our magazine

Keep in touch by reading Dementia together in print or online. You can also listen to the CD version or podcast. Our magazine comes out every two months. Find out more about its real-life stories and ideas on page 40.

Share your lived experience

We can't do the work we do at Alzheimer's Society without the expertise, opinions and ideas of people with lived experience of dementia. Whether you are diagnosed with dementia, or you might be a carer or former carer for someone with dementia, no matter what your age or dementia diagnosis, there are so many ways you can get involved. You will receive our monthly e-newsletter with updates and opportunities to share your experience.

To find out more email us at **YourSay@alzheimers.org.uk** or visit **alzheimers.org.uk/involvement**

Volunteer

You, your friends and family can get involved in a variety of activities such as supporting services in your local area, campaigning and fundraising. Email **volunteering@alzheimers.org.uk**, call **0300 222 5706** or go to **www.alzheimers.org.uk/get-involved/volunteering** to find out more.

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You can order most of the information in this catalogue for free. This includes booklets and up to six copies of 10 different factsheets. After that, each factsheet costs 20p plus postage.

You'll find more information at **alzheimers.org.uk/publications** including a link to a full list of publications.

From there you can download the publications for free. You can also use the online form to order one free copy of up to 10 publications.

You can also use the form opposite to order by post. To place an order, please complete the order form and send it to:

Alzheimer's Society
Suite 2, 1st Floor East Wing
Plumer House
Tailyour Road
Plymouth PL6 5FS

Order form

Please fill out both sides of this form and return it to: Alzheimer's Society, Suite 2, 1st Floor East Wing, Plumer House, Tailyour Road, Plymouth PL6 5FS

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I am happy for all gifts of money that I have made to Alzheimer's Society in the past four years, and all future gifts of money that I make, to be Gift Aid donations



At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to everyone who needs it today, and hope for everyone in the future.

For advice and support on any other aspect of dementia, call us on **0333 150 3456** or visit **alzheimers.org.uk**

Thanks to your donations, we're able to be a vital source of support and a powerful force for change for everyone living with dementia. Help us do even more, call **0330 333 0804** or visit **alzheimers.org.uk/donate**



Patient Information Forum



Together we are help & hope
for everyone living with dementia

Alzheimer's Society
43-44 Crutched Friars
London EC3N 2AE
0330 333 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

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