



# Publications list

## Introduction

Alzheimer Scotland produces a range of information materials which are free to people with dementia and carers. We ask professionals and organisations to pay so that we can cover our costs. Some of these materials are also available in large print and audio tape formats. Most of our publications may also be read on-line or downloaded in portable document format (pdf) from [www.alzscot.org](http://www.alzscot.org) Publications, merchandise and Christmas cards may be purchased directly from the "Shop" section of the website: [www.alzscot.org/store/](http://www.alzscot.org/store/)

We also produce publicity materials to help raise awareness about dementia and about services available – these are free to everyone.

We publish a range of policy reports for which we charge.

<b>Free publicity materials</b>	<b>1</b>
<b>Booklets and leaflets for people with dementia &amp; carers</b>	<b>2</b>
<b>Information sheets</b>	<b>3</b>
<b>Multimedia (tape, CD, video, DVD)</b>	<b>4</b>
<b>Local service guides</b>	<b>6</b>
<b>Publications from other organisations</b>	<b>7</b>
<b>Public information leaflets</b>	<b>7</b>
<b>Newsletter</b>	<b>7</b>
<b>Reports</b>	<b>8</b>
<b>Ordering</b>	<b>9</b>

## Free publicity materials

Quantity

<input type="checkbox"/>	<b>Dementia – how to reduce your risk</b>	free
<input type="checkbox"/>	<b>We care about dementia – about Alzheimer Scotland</b>	free
<input type="checkbox"/>	<b>Worried about dementia? – how the Dementia Helpline can help</b>	free
<input type="checkbox"/>	<b>Countertop dispenser for Worried about dementia leaflets</b>	free
<input type="checkbox"/>	<b>Dementia Helpline posters (A4)</b>	free
<input type="checkbox"/>	<b>Dementia Helpline cards – wallet-sized, for handing out</b>	free
<input type="checkbox"/>	<b>Please join - individual membership leaflet</b>	free
<input type="checkbox"/>	<b>Corporate &amp; group membership - leaflet</b>	free
<input type="checkbox"/>	<b>Do you want to complain? If something has gone wrong, we want to know</b>	free
<input type="checkbox"/>	<b>Payroll giving - how to support Alzheimer Scotland directly through your pay</b>	free
<input type="checkbox"/>	<b>Get active for Alzheimer Scotland – events leaflet</b>	free
<input type="checkbox"/>	<b>Remember someone special – Forget-me-not tribute funds leaflet</b>	free

**Booklets and leaflets for people with dementia & carers**

**Single copies free to carers and people with dementia;** professionals and organisations are asked to pay.

Quantity

<input type="checkbox"/>	<b>Letting go without giving up:</b> continuing to care for the person with dementia	£2.00 (5 + copies £1.50 each)	<input type="checkbox"/>	<b>Helpcard for people with dementia –</b> wallet-sized card for people with dementia to show to display when seeking extra help or understanding	20p minimum paid order 5 copies
<input type="checkbox"/>	<b>A positive choice –</b> choosing long-stay care for a person with dementia	£3.00 (5 + copies £1.50 each)	<input type="checkbox"/>	<b>Getting help – caring for someone with dementia –</b> leaflet	10p
<input type="checkbox"/>	<b>Activities –</b> a guide for carers of people with dementia	£1.50 (5+ copies £1.20 each)	<input type="checkbox"/>	<b>Dementia: money &amp; legal matters –</b> a guide	£5.00 (5+ copies £3.75 each)
		<i>Temporarily out of print- new edition due Dec 08</i>	<input type="checkbox"/>	<b>Working with dementia: a handbook for care staff –</b> booklet by former carer Margaret MacKinlay	Single copy free to care staff
<input type="checkbox"/>	<b>Getting help from your doctor –</b> a guide for people worried about their memory, people with dementia and carers	£1.50 (5+ copies £1.20 each)	<input type="checkbox"/>	<b>Working with dementia: a handbook for home carers –</b> booklet by the Glasgow North Dementia Forum. <b>NB Aimed at home care workers, not family carers</b>	£0.50 per copy; minimum order 10 copies
		<i>Temporarily out of print- new edition due Jan 09</i>	<b>NEW</b>		
<input type="checkbox"/>	<b>I'll get by with a little help from my friends –</b> information for friends of people with dementia	£1.50 (5+ copies £1 each)	<input type="checkbox"/>	<b>Dementia: what you need to know –</b> leaflet	
<input type="checkbox"/>	<b>Looking after yourself –</b> for carers of people with dementia, produced with the help of carers in Scotland.	£1.50 (5+ copies £1 each)	<input type="checkbox"/>	<b>English version –</b> for use only as a translation with minority language leaflets	Free
<input type="checkbox"/>	<b>Don't make the journey alone –</b> personal thoughts, support and practical advice written by and for people with dementia	See section <b>Publications from other organisations,</b> page 8	<input type="checkbox"/>	<b>Bengali version</b>	Free
			<input type="checkbox"/>	<b>Chinese version</b>	Free
			<input type="checkbox"/>	<b>Italian version</b>	Free
			<input type="checkbox"/>	<b>Polish version</b>	Free
			<input type="checkbox"/>	<b>Ukrainian version</b>	Free
			<input type="checkbox"/>	<b>Urdu version</b>	Free

## Information sheets

**Single copies free to carers and people with dementia;** professionals and organisations are asked to pay 25p per copy.

Quantity  
stan- large  
dard print

Quantity	stan- dard	large print	
<input type="checkbox"/>	<input type="checkbox"/>		1 <b>Branches and services of Alzheimer Scotland</b>
<input type="checkbox"/>	<input type="checkbox"/>		2 <b>Communicating with the person with dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>		3 <b>Volunteering for research into dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>		4 <b>Aluminium and Alzheimer's disease</b>
<input type="checkbox"/>	<input type="checkbox"/>		5 <b>Personal care</b>
<input type="checkbox"/>	<input type="checkbox"/>		6 <b>Understanding and dealing with challenging behaviour</b>
<input type="checkbox"/>	<input type="checkbox"/>		7 <b>Safety in the home</b>
<input type="checkbox"/>	<input type="checkbox"/>		8 <b>Drugs during dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>		9 <b>Travel and holidays</b>
<input type="checkbox"/>	<input type="checkbox"/>		11 <b>Drug treatment for Alzheimer's disease: Aricept or donepezil hydrochloride</b>
<input type="checkbox"/>	<input type="checkbox"/>		12 <b>Anti-inflammatory drugs and Alzheimer's disease – current research</b>
<input type="checkbox"/>	<input type="checkbox"/>		13 <b>Alzheimer's disease: Oxford Project to Investigate Memory and Ageing (OPTIMA)</b>
<input type="checkbox"/>	<input type="checkbox"/>		14 <b>Drug treatments for Alzheimer's disease: Exelon or rivastigmine</b>
<input type="checkbox"/>	<input type="checkbox"/>		15 <b>Community care and assessments</b>

Quantity  
stan- large  
dard print

<input type="checkbox"/>	<input type="checkbox"/>	16 <b>Dementia factsheet</b>
<input type="checkbox"/>	<input type="checkbox"/>	17 <b>Drug treatments for Alzheimer's disease: Reminyl or galantamine</b>
<input type="checkbox"/>	<input type="checkbox"/>	18 <b>Dementia with Lewy bodies</b>
<input type="checkbox"/>	<input type="checkbox"/>	19 <b>Free personal care and nursing care</b>
<input type="checkbox"/>	<input type="checkbox"/>	20 <b>Drug treatments for Alzheimer's disease: Ebixa or memantine</b>
<input type="checkbox"/>	<input type="checkbox"/>	21 <b>Vascular dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>	22 <b>Complaints – what to do if not happy with a service</b>
<input type="checkbox"/>	<input type="checkbox"/>	23 <b>Solicitors specialising in mental health</b>
<input type="checkbox"/>	<input type="checkbox"/>	24 <b>Continence management – advice for carers</b>
<input type="checkbox"/>	<input type="checkbox"/>	25 <b>Driving and dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>	26 <b>When people with dementia walk – guide for carers</b>
<input type="checkbox"/>	<input type="checkbox"/>	27 <b>Alzheimer's disease</b>
<input type="checkbox"/>	<input type="checkbox"/>	28 <b>Sexuality and dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>	29 <b>Direct payments</b>
<input type="checkbox"/>	<input type="checkbox"/>	30 <b>Neuroleptic drugs for the treatment of behavioural symptoms of people with dementia</b>
<input type="checkbox"/>	<input type="checkbox"/>	31 <b>Alcohol-related brain damage</b>

Quantity

stan- large  
dard print

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 32 <b>Stem cell research &amp; animal research in dementia</b>         |
| <input type="checkbox"/> | <input type="checkbox"/> | 33 <b>Healthy living with dementia</b>                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 34 <b>Celebrating the festive season with someone who has dementia</b> |
| <input type="checkbox"/> | <input type="checkbox"/> | 35 <b>Genetics and dementia</b>  |
| <input type="checkbox"/> | <input type="checkbox"/> | 36 <b>Making decisions about future treatment</b>                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 37 <b>Private prescription of dementia drugs</b>                       |

Quantity

- |                          |   |       |
|--------------------------|---|-------|
| <input type="checkbox"/> | <b>Driving and dementia</b>   | £3.00 |
| <input type="checkbox"/> | <b>Worried about dementia</b>   | £3.00 |
| <input type="checkbox"/> | <b>Alzheimer's disease</b>  | £3.00 |
| <input type="checkbox"/> | <b>Vascular dementia</b>  | £3.00 |
| <input type="checkbox"/> | <b>Dementia with Lewy bodies</b>  | £3.00 |
| <input type="checkbox"/> | <b>Talking dementia – 90-minute audio tape: practical guidance for carers</b> | £2.95 |

## Multimedia (tape, CD, video, DVD)

### Information on audio tape

Single copies available free to carers, relatives and people with dementia.

Quantity:

- |                          |   |       |
|--------------------------|---|-------|
| <input type="checkbox"/> | <b>Getting help from your doctor</b>                  | £5.00 |
| <input type="checkbox"/> | <b>Activities</b>                                     | £5.00 |
| <input type="checkbox"/> | <b>Looking after yourself</b>                         | £5.00 |
| <input type="checkbox"/> | <b>I'll get by with a little help from my friends</b> | £3.00 |
| <input type="checkbox"/> | <b>Don't make the journey alone</b>                   | £3.00 |
| <input type="checkbox"/> | <b>Continence management</b>                          | £3.00 |
| <input type="checkbox"/> | <b>When people with dementia walk</b>                 | £3.00 |

### Information on CD

**Single copies available free to carers, relatives and people with dementia**

- |                          |   |      |
|--------------------------|---|------|
| <input type="checkbox"/> | <b>Caring is no joke but you can still have a laugh</b> | Free |
|--------------------------|---|------|

Produced by the Latta family and members of the Glasgow Carers Panel (now Glasgow Dementia Action Group)

### Information on video/DVD

**Single copies free to carers and people with dementia;** professionals and organisations are asked to pay.

- |                          |  |                            |
|--------------------------|--|----------------------------|
| <input type="checkbox"/> | <b>Listening to the Experts - DVD</b><br>Training DVD: 10 people with a diagnosis of dementia discuss their experiences      | £15.00<br>including<br>p&p |
| <input type="checkbox"/> | <b>United we stand - . DVD</b><br>The Scottish Dementia Working Group showcases its campaigning & awareness raising activity | £7.50<br>including<br>p&p  |

## Local service guides

We are producing guides to local services for people with dementia and carers for each of Scotland's 32 local authorities. The guides below are those complete to date.

**Single copies free to carers and people with dementia;** professionals and organisations are asked to pay 25p per copy.

Quantity

<input type="checkbox"/>	<b>Angus</b>
<input type="checkbox"/>	<b>Argyll &amp; Bute</b>
<input type="checkbox"/>	<b>City of Edinburgh</b>
<input type="checkbox"/>	<b>Clackmannanshire</b>
<input type="checkbox"/>	<b>Dumfries &amp; Galloway</b>
<input type="checkbox"/>	<b>Dundee</b>
<input type="checkbox"/>	<b>East Lothian</b>
<input type="checkbox"/>	<b>East Renfrewshire</b>
<input type="checkbox"/>	<b>Falkirk</b>
<input type="checkbox"/>	<b>Fife</b>
<input type="checkbox"/>	<b>Glasgow</b>
<input type="checkbox"/>	<b>Highland – Badenoch, Strathspey &amp; Nairn</b>
<input type="checkbox"/>	<b>Highland – Caithness &amp; Sutherland</b>
<input type="checkbox"/>	<b>Highland - Inverness</b>

Quantity

<input type="checkbox"/>	<b>Highland - Lochaber</b>
<input type="checkbox"/>	<b>Highland – Ross, Cromarty, Skye &amp; Lochalsh</b>
<input type="checkbox"/>	<b>Inverclyde</b>
<input type="checkbox"/>	<b>Midlothian</b>
<input type="checkbox"/>	<b>North Ayrshire</b>
<input type="checkbox"/>	<b>North Lanarkshire</b>
<input type="checkbox"/>	<b>Orkney</b>
<input type="checkbox"/>	<b>Perth &amp; Kinross</b>
<input type="checkbox"/>	<b>Scottish Borders</b>
<input type="checkbox"/>	<b>Shetland</b>
<input type="checkbox"/>	<b>South Lanarkshire</b>
<input type="checkbox"/>	<b>Stirling</b>
<input type="checkbox"/>	<b>West Lothian</b>

## Publications from other organisations

We can supply **single copies** of information published by other organisations free **to carers, relatives and people with dementia only**. We cannot supply these titles to professionals or organisations or in bulk, but we list below details of publishers.

Order (1 copy, for individuals only – see above)

- Coping with dementia: a guide for carers** – book (Bulk copies *from local health promotion departments*.  
Publisher: *NHS Health Scotland, Woodburn House, Canaan Lane, Edinburgh EH10 4SG, 0131-536 5500*)
- Facing dementia - useful information for people with dementia** – booklet (*NHS Health Scotland - see above.*)
- Don't make the journey alone** - personal thoughts, support and practical advice written by and for people with dementia (*Published by Alzheimer Scotland; bulk copies from NHS Health Scotland - see above.*)
- Understanding dementia: a guide for young carers** – booklet (*NHS Health Scotland - see above.*)
- Keeping safe - a guide to safety when someone with dementia lives alone** – booklet (*NHS Health Scotland - see above.*)
- Are you worried about your memory?** – booklet (*NHS Health Scotland - see above.*)

## Public information leaflets

**Single copies free**; professionals and organisations are asked to pay for multiple copies.

Quantity

**What is dementia? –**  
leaflet

10p

## Newsletter

Quantity

**Dementia in Scotland -**  
Quarterly newsletter of  
Alzheimer Scotland

£1.50

(*Free to members*)

## Reports

Quantity		Quantity		
<input type="checkbox"/>	<b>Meeting our needs? The level and quality of dementia support services in Scotland.</b> 2008 ISBN 978 0 948897 55 9 <b>NEW</b>	£10	<input type="checkbox"/> <b>Signposts to support:</b> Understanding the special needs of carers of people with dementia 2003 ISBN 0 948897 34 1	£7
<input type="checkbox"/>	<b>The Dementia Epidemic - where Scotland is now and the challenge ahead</b> 2007 ISBN 978 0 948897 51 1	£10	<input type="checkbox"/> <b>You're not alone – dementia awareness in Scotland</b> 2002 ISBN 0 948897 33 3	£5
<input type="checkbox"/>	<b>Good for You Good for Your Brain: the evidence on risk reduction and dementia</b> 2006 ISBN 0 948897 48 1	Free	<input type="checkbox"/> <b>Planning signposts for dementia care services – for planners &amp; service commissioners, and anyone interested in developing local plans &amp; services</b> 2000 ISBN 0 948897 30 9	£6
<input type="checkbox"/>	<b>This is my home: quality of care for people with dementia living in care homes</b> 2005 ISBN 0 948897 44 9	£10	<input type="checkbox"/> <b>Life after diagnosis: a report on meeting the needs of people in the early stages of dementia</b> 1998 ISBN 0 948897 28 7	£5
<input type="checkbox"/>	<b>Short break services for people with dementia and their carers in Scotland</b> Advocating short breaks, identifying issues in the area and challenging policy makers to improve services. 2004 ISBN 0 948897 43 0	£8	<input type="checkbox"/> <b>The right to know? Sharing the diagnosis of dementia</b> Kate Fearnley, Jane McLennan, Dot Weeks 1997 ISBN 0 948897 27 9	£5
<input type="checkbox"/>	<b>Making the journey brighter: early diagnosis and support services for people with dementia and their carers.</b> 2003 ISBN 0 948897 36 8	£8	<input type="checkbox"/> <b>Advocacy and dementia</b> Jan Killeen 1996 ISBN 0 948897 24 4	£5

## Ordering

Please use this sheet or a photocopy to order. Prices given include UK post & packing. International postage applies to deliveries outside the UK

**Please supply me with the items marked.**

Name: \_\_\_\_\_

Organisation  
(if any): \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone (day): \_\_\_\_\_

E-mail address: \_\_\_\_\_

Cardholder address, if different  
(credit card orders only): \_\_\_\_\_

Payment method (please tick):

- I enclose a cheque*
- Please charge my Visa or Mastercard*
- Please invoice my organisation*
- No charge** (except reports – listed on page 8) to:
- *Carers and people with dementia*
  - *Alzheimer Scotland services and branches*

Card no:

Amount due: £

Expiry date: \_\_\_\_\_ Order date: \_\_\_\_\_

Donation: £

Cardholder signature: \_\_\_\_\_

Total: £

Card security code  (This is the last 3 digits of the number printed on the back of your card. This information will be destroyed as soon as we have processed your payment.)

I am a UK tax payer and would like Alzheimer Scotland to treat all donations I have made in the past 6 years and all my future donations as Gift Aid donations. Please tick box

We would like to keep your details so that in future we can send you occasional information about Alzheimer Scotland or how you could help us. We will not pass them on to any other organisation. Please tick this box if you do not wish us to keep your details.

**Please return to: Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh EH3 7RN, Scotland, UK. Fax: 0131-243 1450 E-mail: [alzheimerscot.org](mailto:alzheimerscot.org)**



**Dementia** Alzheimer Scotland  
*Action on Dementia*

# Helpline

**24 HOUR**

Freephone **0808 808 3000**

### Alzheimer Scotland

22 Drumsheugh Gardens, Edinburgh EH3 7RN

Telephone: 0131 243 1453

Fax: 0131 243 1450

Email: [alzheimerscot.org](mailto:alzheimerscot.org)

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

Find us on the internet at  
**[www.alzscot.org](http://www.alzscot.org)**