

## Websites

### Dementia Lakes

<http://www.dementialakes.org.nz>

Dementia Lakes' Support Coordinators offer Individualised Support and continuity of care. Our Support Coordinators are available to visit clients and family/whanau in their homes and they can follow up with regular phone calls, and/or emails or letters. They offer information, support, advice and coping strategies specific to the needs of each client. This ensures people have access to the ongoing support they need through all stages of their dementia journey.



### Dementia New Zealand

[www.dementia.nz](http://www.dementia.nz)

Information that helps you understand dementia, its symptoms, and how you can best support a loved one through their own journey with dementia.

### Dementia Alliance International

<https://www.dementiaallianceinternational.org>

Online support groups, resources and monthly online cafe "Café Le Brain".

### BUPA: Dementia-friendly Rotorua

<https://www.bupa.co.nz/care-homes/dementia/dementia-friendly-communities>

First steps to a dementia-friendly Rotorua report

### Alzheimers New Zealand

<https://www.alzheimers.org.nz>

Information and support, become a dementia friend

## Programmes

### Dementia Group

Rotorua Library, Te Aka Mauri  
Wednesday 10-11:30am

## Magazines

These magazines are available to read free on the internet:



### Dementia Together (UK)

Welcome to the Alzheimer's Society magazine, produced six times a year for everyone in the dementia movement and anyone affected by the condition.

Free online at: <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia->



### Dementia Connections (Canada)

the only life-style magazine in Canada focussed on supporting people living with dementia, care partners and families to live a good life, despite dementia.

Free online at: <https://www.dementiaconnections.ca>



1127 Haupapa Street, Rotorua



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(07) 348 4177

## Dementia and memory loss

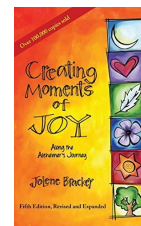


### a Library Pathfinder

## Books

These books can all be borrowed from the **Memory loss & Dementia Collection** on the Ground Floor.

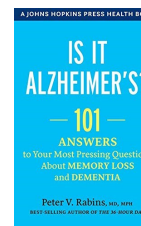
Library staff will be happy to help you find them.



### Creating moments of joy

Jolene Brackey

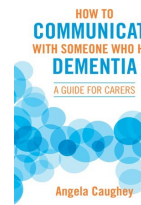
Brackey moves beyond the challenges of Alzheimer's, offering practical advice, and focusing on creating moments of joy-- while the patient may forget what was said or done, their feelings will linger on.



### Is it Alzheimer's?

Peter V. Rabins

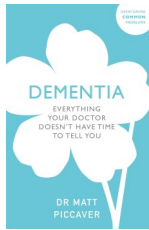
101 answers to your most pressing questions about memory loss and dementia .a top expert in the field.



### How to communicate with someone who has dementia : a guide for carers

Angela Caughey

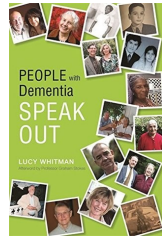
This book provides practical strategies that are easy to implement when dealing with some commonly encountered problems drawn from real-life



## Dementia : everything your doctor doesn't have time to tell you

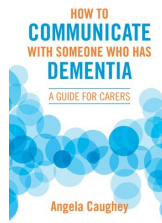
**Matt Piccaver**

This book by a busy working doctor tells you everything you need to know about dementia and its various forms.



## People with dementia speak out

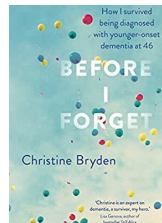
Lucy Whitman  
Twenty-three people from diverse backgrounds share their experiences of living with dementia.



## How to communicate with someone who has dementia : a guide for carers

**Angela Caughey**

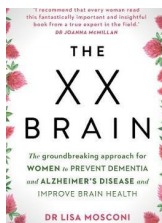
This book provides practical strategies that are easy to implement when dealing with some commonly encountered problems drawn from real-life experience.



## Before I forget

**Christine Bryden**

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. Her story is one of triumph and overcoming adversity.

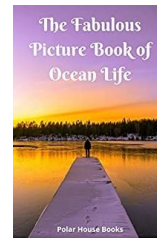


## The XX brain

**Lisa Mosconi**

The XX Brain gives women the first plan to address the unique risks and strengths of the female brain for optimal, lifelong brain health.

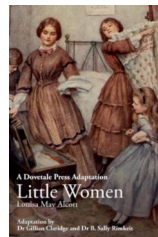
## Books for those with dementia



## The fabulous picture books

These books are a collection of pictures that can help seniors with Alzheimer and other forms of dementia recall the bonds that interlace their lives. Here are some of the titles:

- The fabulous picture book of ocean life
- The fabulous flower book
- A picture book of cows
- A picture book of dogs



## Little women

**Louisa May Alcott**

This book is one of a collection of adaptations by Dovetale Press that address challenges faced by readers with cognitive impairment.

Also available:

- A Christmas Carol / Charles Dickens
- Sherlock Holmes / Arthur Conan Doyle
- The garden party & The doll's house / Katherine Mansfield

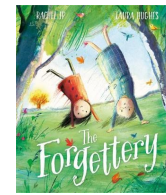


## Gone fishing

**Judi Parkinson**

This book provides the opportunity for sharing, reminiscence and storytelling in one-on-one situations or with a small group.

## Books for children



## The tide

**Clare Helen Welsh**

Grandad doesn't remember things like he used to. But I love him as much as I always have. And I know that he loves me. A story about families, laughter, and how we can help a loved one with dementia live well.

*Children's Picture Book WEL*



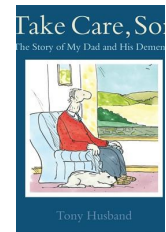
## The space between lost and found

**Sandy Stark-McGinnis**

A moving, heartfelt story of a girl figuring out how to deal with slowly losing her mom to Alzheimer's disease.

*Children's Fiction STA*

# eBooks

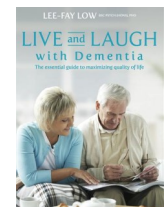


## Take care, son

**Tony Husband**

The story of my dad and his dementia. The book is framed as a chat between Tony and his dad, who fades away through the last few pages of the book.

*In Wheelers ePlatform*



## Live and Laugh with Dementia: The essential guide to maximizing quality of life

**Lee-Fay Low**

'Live and Laugh with Dementia' explains how to make life with dementia as positive as possible. By tailoring activities to suit the needs and abilities of dementia patients, we can help them to maintain their self-identity, slow the decline of mental function, and experience happiness.

*In Wheelers ePlatform*