



Publication List

About our publications

ASI publishes a range of factsheets and booklets for people with Alzheimer's / dementia and their families.

Each person's experience with dementia is unique. Some of these booklets and factsheets will be relevant now, some may become relevant in the future and others will not.

You can order any publication and we post copies free of charge to people with dementia and their families. Or you can read them on our website at www.alzheimer.ie

 **Call: 1800 341 341**
 **Email: helpline@alzheimer.ie**
 **LiveChat: www.alzheimer.ie**

About our Factsheets

We have a range of factsheets for family members which are listed by section and topic. We are currently updating our factsheets and adding new topics. We are doing this work over time and new factsheets will be available on our website www.alzheimer.ie or from our Helpline.

Our factsheets are being reviewed by members of our Medical and Scientific Advisory Panel and external experts.

ASI Factsheets for Family Members

Section A: Understanding dementia

- A1 Early symptoms and diagnosis
- A2 Who's who in dementia care
- A6 Understanding late stage dementia

Section B: Understanding changes in behaviour

- B1 Coping with memory loss
- B2 Communication
- B4 Agitation & frustration
- B5 Understanding change
- B5A Practical tips for changes in behaviour
- B6 Hallucinations

Section C: Activities of daily living

- Eating well with dementia, practical tips for family carers
- C1 Understanding & respecting the person with dementia
- C2 Living well day to day
- C3 Maintaining Skills
- C4 Activities
- C4A Engaging Activities at home
- C4B Information for families - activities in the home
- C5 Bathing & washing
- C6 Dressing
- C8 Sleeping
- C9 Safety in the home
- C10 Promoting continence
- C11 Moving & handling
- C12 Dementia and intimate relationships
- C13 Pressure sores

Section D: Planning to live well

- Driving and Dementia, D1 Giving up driving
- D2 Legal and financial arrangements
- D3 Explaining to children

Section E: Looking after yourself as a carer

- E1 Looking after yourself
- E2 Loss and grief when a family member has dementia
- E3 Grieving following the death of someone with dementia
- E4 Caring at Christmas

About our booklets:

Our booklets have been written in consultation with people with dementia, family carers and a range of health and social care professionals.

In addition to our factsheets for family member we also have a booklet:

- Living with dementia: an introduction for family members

Titles which have been written for people with dementia and families include:

- I have dementia...first steps after diagnosis
- I have dementia...how do I plan for the future
- I have dementia...I have rights
- Practical tips for living well with dementia
- Practical tips for coping with memory loss
- Practical steps to support your independence: a guide on how assistive technology can help people with dementia and their families

We also have information about

- Supports provided by the Health Service Executive
- Grants and entitlements
- Choosing a nursing home
- Brain Health

Our Help Card:

Our Help Card is for people with dementia to carry with them when they are out and about. It can be helpful when shopping or using transport. It is available through our Helpline, free of charge.



If you would like to talk to someone...

Call our free and confidential Helpline



Alzheimer National Helpline

1800 341 341

helpline@alzheimer.ie

The Alzheimer Society of Ireland, ASI

ASI works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers and family members.

ASI takes great care to ensure the accuracy of the information contained in our publications. ASI is not liable for any inaccuracies, errors, omissions or misleading information



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