

# Why use Reading Well Books on Prescription for dementia?

Improving dementia services and quality of care is a key priority of the National Dementia Strategy. The National Institute for Health and Care Excellence (NICE CG 42) recommends dementia care should:

- Increase knowledge of dementia
- Offer practical advice about services
- Provide support following diagnosis and with early memory loss
- Support carers practically, emotionally and mentally
- Encourage people to remain independent and active
- Enhance quality of care.

The books on the *Reading Well Books on Prescription for dementia* list have been recommended by experts and people with experience of dementia as providing quality assured support in these areas.

## Evaluation

We would like to contact you in the future regarding evaluation of the scheme. Please register your details by emailing [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk)

## Why are public libraries important?

Evidence shows that people see their library as a safe, trusted and non-stigmatised place to go for help with, and information about, health. Libraries play a key role in building dementia-friendly communities.

They offer:

- **Information about local dementia services**  
Libraries are a good place to find out about services, groups and self-help support available locally for people affected by dementia.
- **Social and recreational activities, such as reading groups and self-help groups**  
Libraries offer a range of activities that bring people together, promote wellbeing and reduce isolation.
- **Reminiscence collections**  
Many libraries have reminiscence collections, which include historical objects, audio recordings, books, photographs and posters.
- **Reading Well Books on Prescription for common mental health conditions**  
Self-help reading can help people understand and manage common conditions, including depression and anxiety. *Reading*

*Well Books on Prescription for common mental health conditions* is a collection of 30 self-help titles that can be found in most libraries.

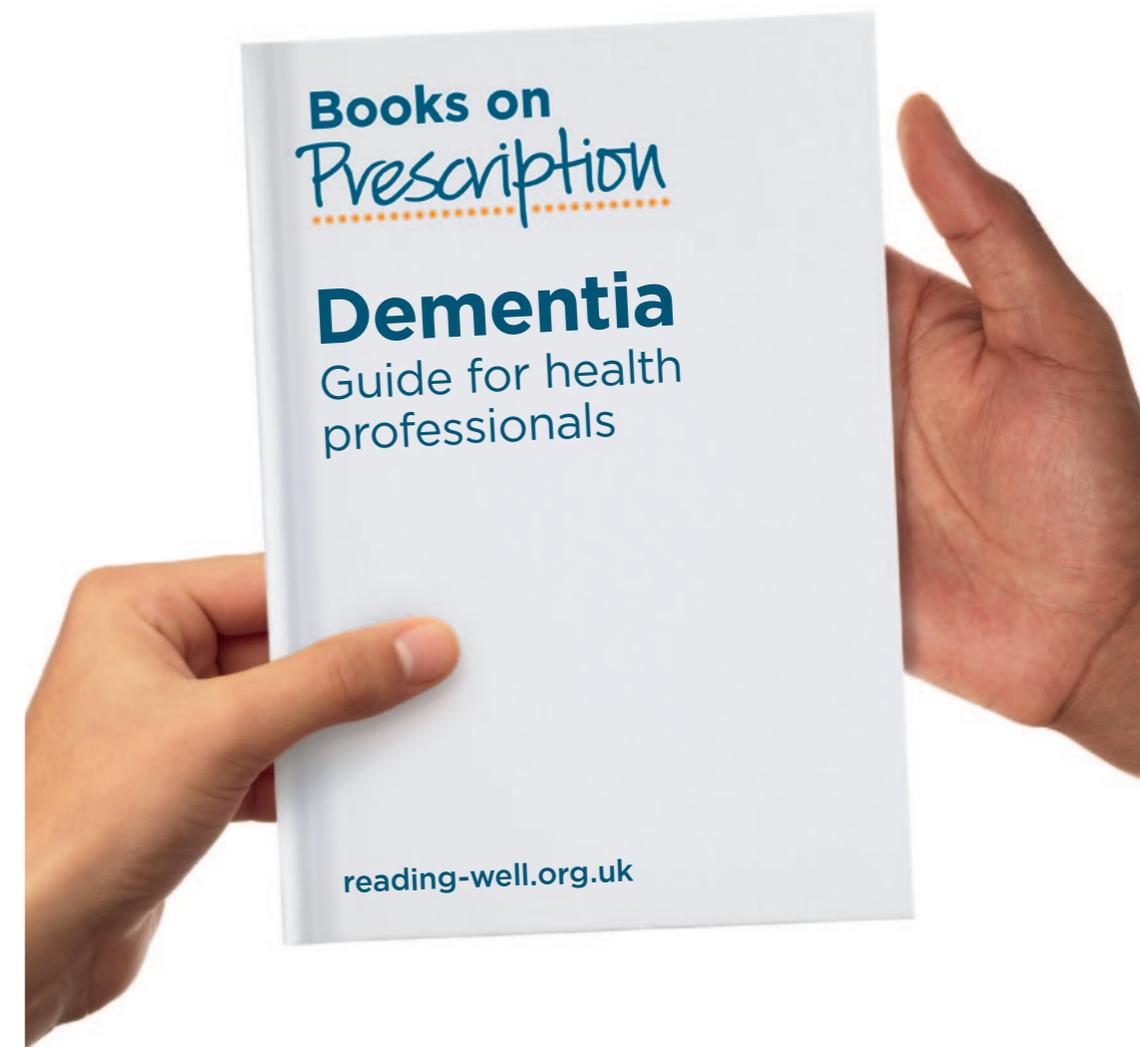
- **Reading Well Mood-boosting Books**  
*Reading Well Mood-boosting Books* is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books have been recommended by readers and are available in most libraries. Find out more about Reading Well at [reading-well.org.uk](http://reading-well.org.uk)

## Working in partnership

*Reading Well Books on Prescription for dementia* has been developed by The Reading Agency in partnership with the Society of Chief Librarians, local library services and health partners.

It is supported by Alzheimer's Society, British Association for Behavioural and Cognitive Psychotherapies, British Association for Counselling and Psychotherapy, The British Psychological Society, Carers UK, Dementia UK, NHS England (IAPT), Innovations in Dementia, National Association of Primary Care, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists.

**READING  
WELL**



# What is Reading Well Books on Prescription?

*Reading Well Books on Prescription* provides book-based support for adults experiencing a variety of conditions. The scheme is endorsed by health professionals and supported by public libraries.

It was launched in 2013 as the first national scheme for England with a list of evidence-based self-help books on common mental health conditions. It is based on a model developed in Wales by clinical psychologist Professor Neil Frude.

## Reading Well Books on Prescription for dementia

*Reading Well Books on Prescription for dementia* provides recommended reading to improve people's awareness and understanding of dementia in its various forms. The list includes professionally endorsed information and advice for people diagnosed with dementia and their carers, as well as support and guidance on how to live well with the condition.

It provides:

- Information and advice about dementia and normal ageing
- Support following diagnosis
- Support and practical advice for carers
- Personal accounts of people with dementia, and their relatives and carers
- Shared therapeutic activities.

## Who is it for?

*Reading Well Books on Prescription* has been developed for people with dementia and their carers. It is also helpful in raising public awareness of the causes and symptoms of the condition and contributing to the creation of dementia-friendly communities.

The scheme is aimed at people able to read and manage book-based content. It includes material for a range of reading levels and in a variety of formats, as well as resources for people with English as a second language.

## How does it work?

Books can be recommended using the form attached to the user guide. This can also be downloaded at [reading-well.org.uk](http://reading-well.org.uk)

People take their book recommendation to the library, where the book can be borrowed for free. If the book is not available, it can be reserved. Free reservations are available in most libraries.

Books can also be borrowed without submitting the form.

## Who can recommend books?

Health professionals who provide dementia care can use the scheme. Books can be used before, during or after diagnosis, and to support family and informal carers.

The scheme will be useful to GPs, IAPT professionals including psychological wellbeing practitioners, memory clinic professionals, counsellors, therapists and community nurses (e.g. Admiral Nurses), as well as people working in care homes.

## Self-referral

Some people will also use *Reading Well Books on Prescription for dementia* independently as the first step to understanding their symptoms and seeking help.

The *Reading Well Books on Prescription for dementia* user guide includes appropriate referral advice for people not currently receiving dementia care.

## Joining the library

It is easy to join the library. In most libraries the book recommendation form will act as suitable ID if it has been signed by a health professional. Library book loans and borrower details are treated as strictly confidential.

## Available resources

As well as this guide for professionals, resources to support the scheme include a user guide with book list and posters. These are available from your local library service or you can email [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk)

There are other useful prescriber resources including an online toolkit, a guide to the book list and a list of useful dementia titles for health professionals.

