

Downloadable publications

The following publications can be downloaded free of charge.

Worried about your memory?

- [Worried about your memory?](#) booklet - This booklet is designed to help you understand more about memory loss, so that if you are worried ? either about your own or someone else's memory ? you can seek advice and, if necessary, get treatment and support.
- The Worried about your memory? booklet is also available in [Welsh](#), [Arabic](#), [Chinese](#), [Gujarati](#), [Somali](#), [Urdu](#), [Punjabi](#), [Tamil](#), [Bengali](#), [French](#) and [Polish](#).



Living with dementia booklets

Alzheimer's Society's popular series of free booklets for people with dementia has been revised and updated following consultation with members of the Living with dementia programme. Each A5 booklet is between eight and 16 pages, and gives straightforward information and tips on its particular topic.

The nine booklets in the series are:

- [Managing your money \(1501\)](#)
- [Keeping safe in your home \(1502\)](#)
- [Who are all these health professionals? \(1503\)](#)
- [Dementia and driving \(1504\)](#)
- [What your diagnosis means for you \(1505\)](#)
- [Keeping involved and active \(1506\)](#)
- [Talking to children about your illness \(1507\)](#)

- [Living alone \(1508\)](#)
- [Employment \(1509\)](#)

Factsheets

Alzheimer's Society factsheets cover a wide range of dementia-related topics.

Popular factsheets include:

- [What is dementia? \(400\)](#)
- [Diagnosis and assessment \(426\)](#)
- [The later stages of dementia \(417\)](#)
- [Understanding and respecting the person with dementia \(113\)](#)
- [Communicating \(500\)](#)
- [View the full list of factsheets](#)



Some of our factsheets are also available in other languages: [Arabic](#), [Chinese](#), [Gujarati](#), [Somali](#), [Urdu](#), [Punjabi](#), [Tamil](#), [Bengali](#), [Turkish](#), [French](#) and [Polish](#).

Research publications

Alzheimer's Society is dedicated to communicating dementia research in a clear and accessible way. The Research team produces publications including a [monthly newsletter and quarterly e-journal](#).

Living with dementia magazine

[Living with dementia](#) is our magazine for the Society's members. You can read highlights of the latest issue online or download the full issue for free.

If you become an Alzheimer's Society member you can receive a free copy in the post every month. [Find out more about becoming an Alzheimer's Society member.](#)

Campaigns reports

Alzheimer's Society produces reports, briefings and other helpful tools as part of our work as a campaigning organisation. [Take a look at our free campaign reports.](#)

Other publications

- [This is me](#) ? A personal profile to support people with dementia going into hospital.
- [Be head strong](#) ? A guide to help you reduce your risk of developing dementia.
- [When does the NHS pay for care?](#) ? Guidance on eligibility for continuing NHS healthcare funding in England and how to appeal if it is not awarded.
- [Putting care right ? Your guide to choosing a care home](#) ? Taking the decision to move to a care home will always be a difficult one, for the person with dementia and their family. But it can be easier if you are armed with the right information. This booklet can help people facing that kind of decision by setting out what issues to consider and questions to ask.
- [Reducing the use of antipsychotic drugs: A guide to the treatment and care of behavioural and psychological symptoms of dementia](#) ? A leaflet on treating and caring for people experiencing challenging behaviour, and how to reduce the use of antipsychotic drugs

Printed copies

If you are interested in obtaining printed copies of any of these booklets, please download our [Publications catalogue](#).

If you have any queries please [email the Publishing team](#).

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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