

Escape. Connect. Relate.

Ageing

Ageing - Someone who is ageing is becoming older and less healthy or efficient

Collins Dictionary

Dementia - A general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia.

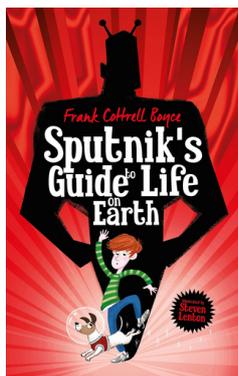
www.alz.org





ECR Suggested Reads

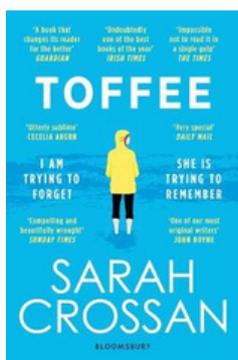
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



Sputnik's Guide To Life on Earth, by Frank Cottrell Boyce

The Blythes are a big, warm, rambunctious family who live on a small farm and sometimes foster children. Now Prez has come to live with them. But, though he seems cheerful and helpful, he never says a word. Then one day Prez answers the door to someone claiming to be his relative. This small, loud stranger carries a backpack, walks with a swagger and goes by the name of Sputnik.

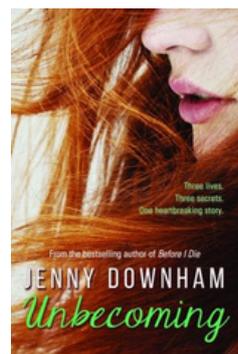
S1+, Dementia



Toffee, by Sarah Crossan

Allison's home is not safe, so she runs. She doesn't know where she's going, but she just knows that she cannot turn back. Until she takes shelter in Marla's shed. Marla is an older lady who is a bit confused, and just invites Allison to come in. That's when Allison starts to question the meaning of home, friendship and who she really is.

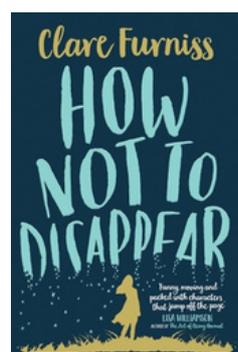
S3+, Dementia, Verse Novel



Unbecoming, by Jenny Downham

Katie's life is falling apart: her mum's controlling, her dad's run off, she's in love with someone whose identity she can't reveal and now her estranged grandmother's turned up on the doorstep and Katie's expected to take care of her. Soon Katie discovers she's not the only one with secrets. If she's going to get her life back together, she's going to have to expose all of them - including her own.

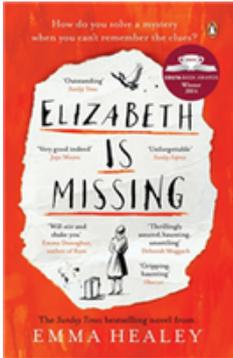
S3+, Dementia



How Not To Disappear, by Clare Furniss

Hattie's summer isn't going well. Her best friends have abandoned her and she is stuck dealing with endless family dramas, including the arrival of Gloria, a Great Aunt, who is dealing with dementia. Oh, and Hattie has just discovered that she's pregnant! Gloria and Hattie set out on a road trip of self-discovery – Gloria to finally confront the secrets of her past before they are erased from her memory forever and Hattie to face the hard choices that will determine her future.

S3+, Dementia

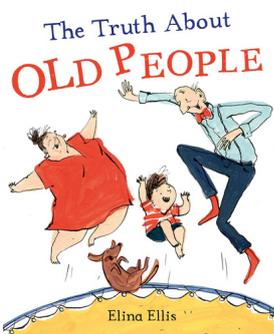


Elizabeth Is Missing, by Emma Healey

Maud, a grandmother, is slowly losing her memory – and her grip on everyday life. Yet she refuses to forget her best friend Elizabeth, who she is convinced is missing and in terrible danger. But no one will listen to Maud – not her daughter, not her caretakers, not the police, and especially not her son. Armed with handwritten notes she leaves for herself and an overwhelming feeling that Elizabeth needs her help, Maud resolves to discover the truth and save her beloved friend.

S3+, Dementia

Information Books



The Truth About Old People, by Elina Ellis

When you're small, everybody bigger than you seems really old. But does being old mean being boring, or slow, or quiet? NO! Elina Ellis' wonderful illustrations reveal that the age you are makes no difference to how amazing you can be.

Junior, Dementia, Picture Book



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Alzheimer's Research UK

The UK's leading dementia research charity. The website has information and downloads about the different types of dementia, aimed at teens

<https://www.alzheimersresearchuk.org/kids/teens/>

Alzheimer's Society

Website for teenagers has lots of resources, including videos

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