

Tips for Reading With Young onset/Dementia



Reading with Dementia

If you are living with young onset/dementia or Alzheimers and love reading novels and books, then these practical tips may help enrich your reading experience and enhance your memory retention.

Tips for When you're Reading

- Choose the right material - Opt for books with simpler plots and fewer characters to minimize confusion. Books with shorter chapters and **larger fonts** may be more accessible.
- Leverage Existing Interests - Opt for books related to subjects or locations you're interested in or have knowledge of. This is particularly successful if that knowledge is from an interest learned years ago.



- Try "Quickbooks" - To rebuild your confidence try a book from the "Quickbook" genre. These are condensed novels that can be read in one go.

- Chapter by character books - These can be easier to follow as you get to concentrate on one character at a time.



Tips for when you're Reading

- Choose a familiar book - Start by reading a book you loved as a young adult. Familiar stories can act as triggers making it easier to recall the storyline and build your confidence.



- Pause and reflect - Take breaks whilst reading to pause and reflect on what you've read. Summarize the key events in your mind before moving on.

- Repetition and Review - Periodically review chapters before starting a new one. Repetition can reinforce memory making it easier to remember the storyline.



- **Practice Patience - Be patient with yourself. If you are struggling to remember a certain part of the storyline, take a moment to relax and then revisit the text.**

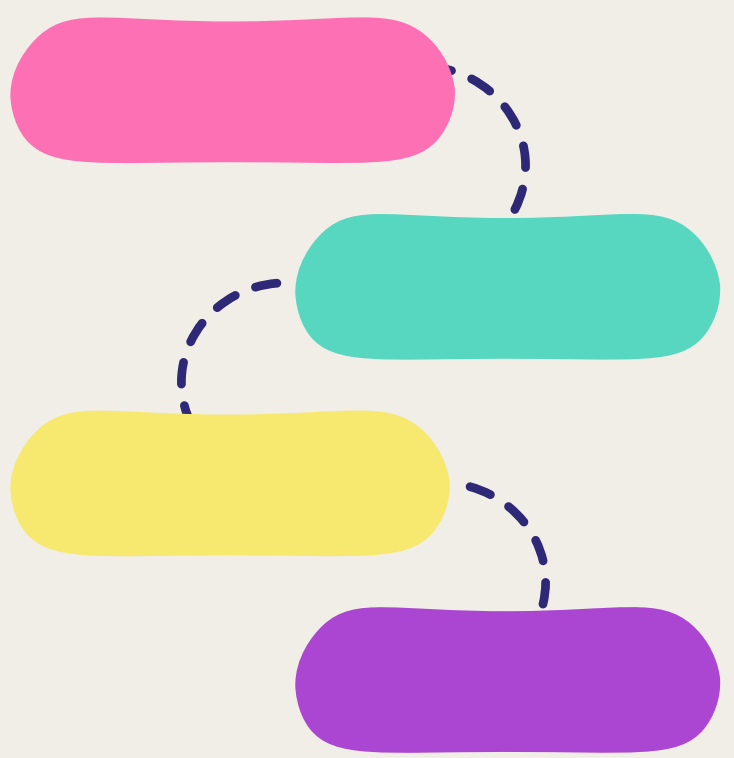


Tips for when you're Reading

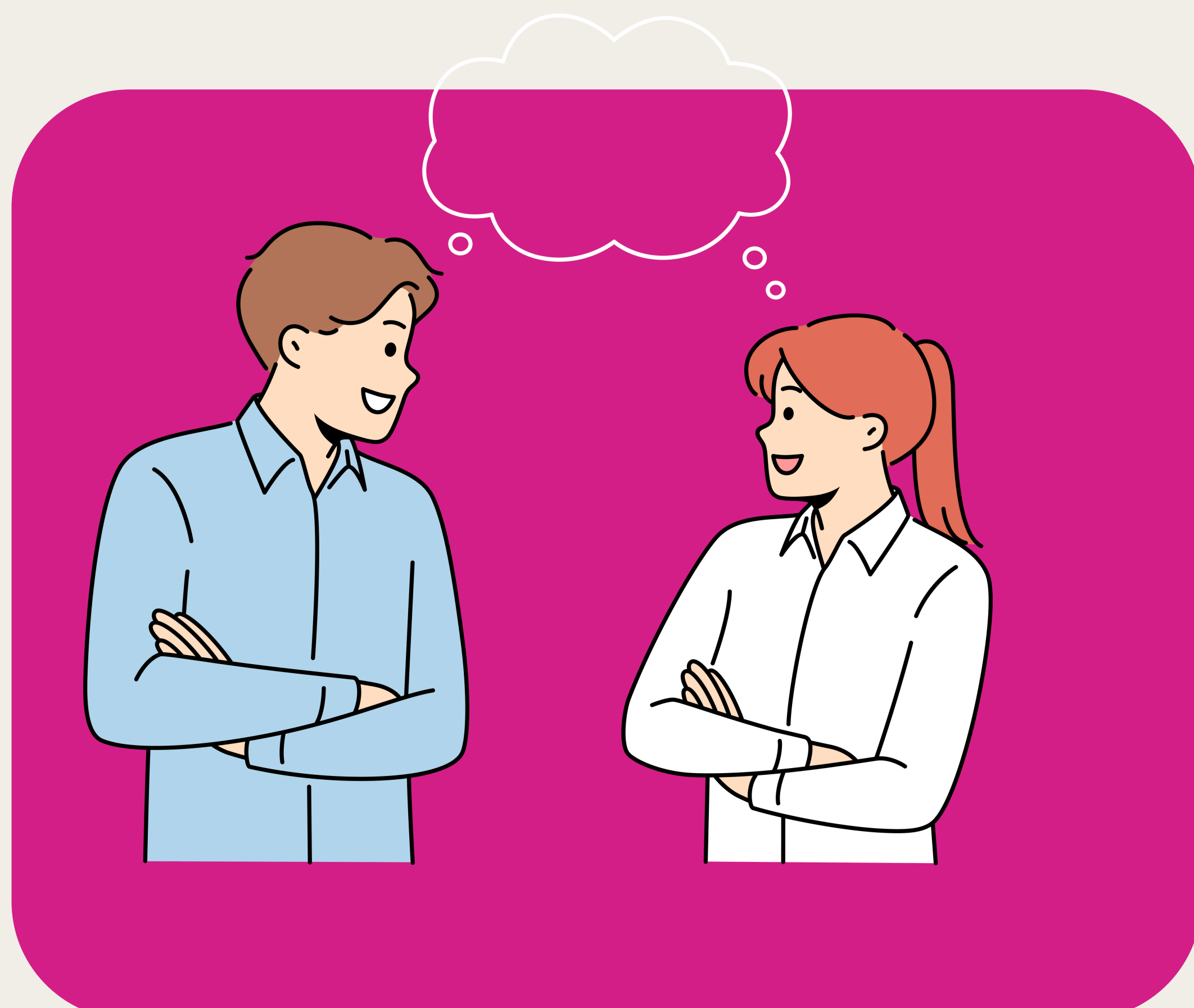
- **Take Notes** - Keep a notebook or use sticky notes to jot down key points, characters, and important events as you read. Summarise chapters in your own words to reinforce storylines



- **Use Visual aids** - have a go at creating a flow chart or something similar to show the character's relationships and how the story's progressing. This can help you visualise and better understand the narrative. And remember, no one else is going to see your visual add so don't be embarrassed how it looks - its for you!



- **Engage in discussion** - share your reading experience with a friend, family member or support group. Talking about the book's plot, characters and themes reinforce your memory and deepen understanding.

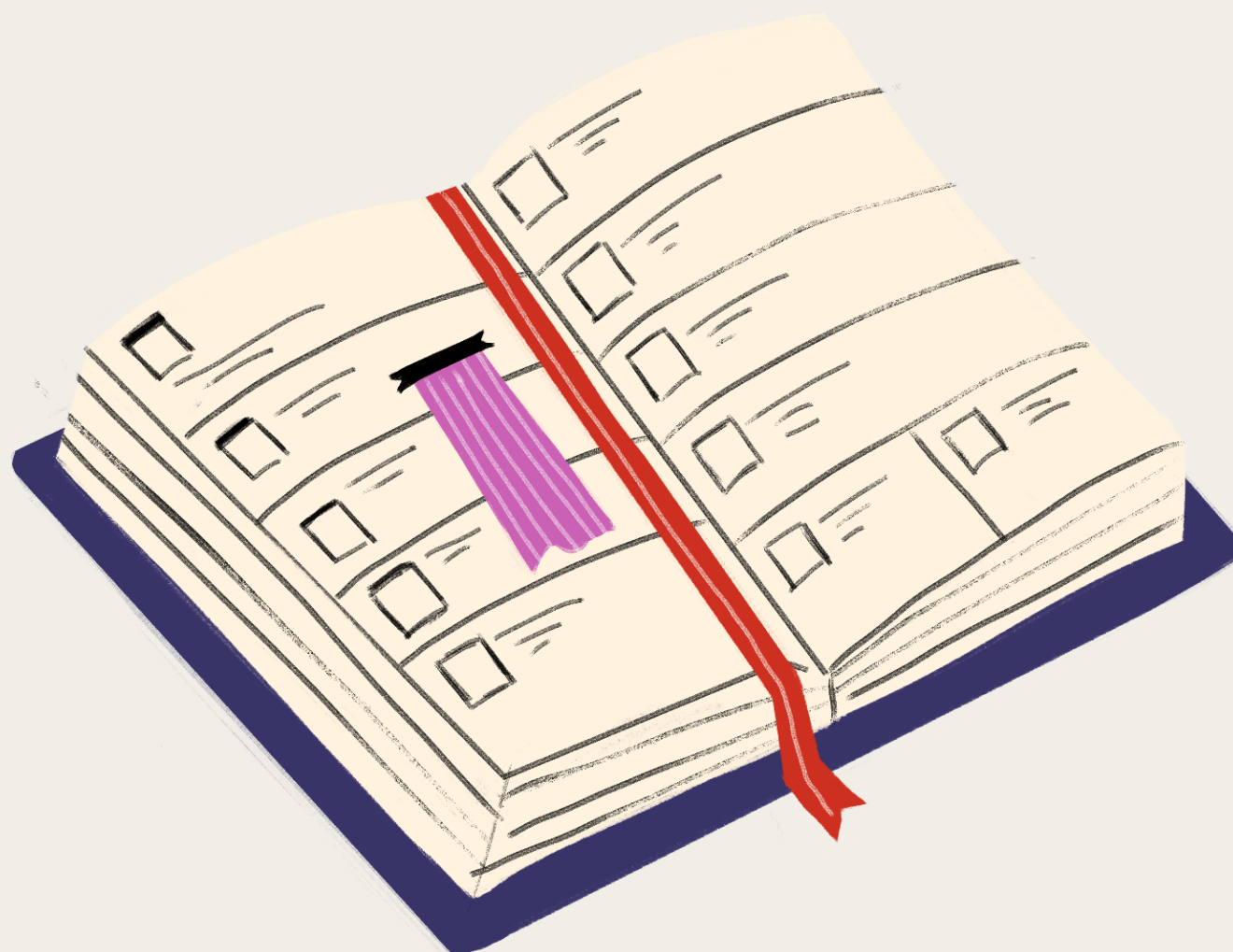


Tips for when you're Reading

- Try combining audiobooks with reading. Consider listening to audiobooks whilst following along with the physical text. Hearing the story can complement your reading experience and reinforce memory through multiple sensory channels.



- **Create associations - Relate the events in the story to your own life experiences or other stories you're familiar with. Forming connections can help solidify memories.**
- **Visualise Scenes - As you read try to visualise the scenes, characters and settings in your mind's eye. Engaging your imagination can enhance memory retention.**
- **Use bookmarks stratigically - Place your bookmark a few pages back from where you finished reading. This provides a chance to catch up and recap on the story (check your notes and diagrams too).**



Living with young onset/
dementia or Alzheimers poses
challenges, but by
implementing these strategies
and enhancing them with others
you create yourself, you can re-
engage with books.

Remember the goal is not to
remember the entire storyline,
but to enjoy the act of reading.

The journey of reading is as
important as the destination of
remembering the story.



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Reminiscence Collection

The collection is designed for people suffering from debilitating memory conditions and includes flashcards, smell boxes and DVDs.

The collection is free to those who hold a Reminiscence Borrower Library Card.

For more information on the Reminiscence Collection and Card visit libraries.programmes@surrey.gov.uk

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