

# Older Adult & Caring

11.1 

Date:

Title: **Helpful Hints for Carers**

Author(s): **Professors June  
Andrews & Allan House –  
University of Stirling**

Publisher: **DSDC, University of  
Stirling**

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This easy to read guide offers practical solutions for carers living with people with dementia. Based on findings from scientific research, this guide offers 10 helpful hints on how to cope with various problems including:

- aggression,
- depression
- agitation
- wandering

Also provides information about other organisations and services that can help or give support. **55 pages**

The following titles are also available:

Caring for a Parent in Later Life

On the Tip of Your Tongue: your memory in later life

Contented Dementia

Choices in retirement: your guide to the essential information

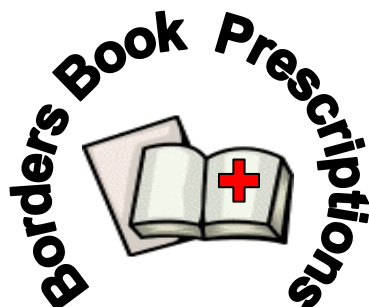
Coping With Memory Problems

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