

# NOTHING ABOUT US, WITHOUT US!



## 20 YEARS OF DEMENTIA ADVOCACY

**Christine Bryden**

July 2015

**NEW**

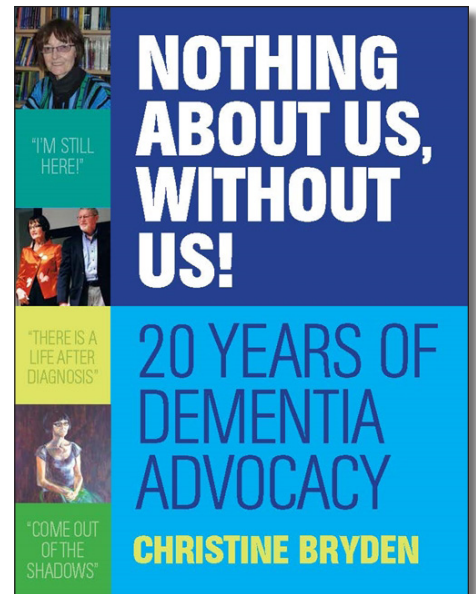
Advocating for dementia for 20 years, Christine Bryden has been instrumental in ensuring that people with dementia are included in discussions about the condition and how to manage and think about it. This collection of her hard-hitting and inspiring insider presentations demands 'nothing about us, without us!' and promotes self-advocacy and self-reflection.

Provocative and insightful, the pieces included in the book address issues that demand attention, and will change the way dementia is perceived, and the lives of people with dementia and their families.

Pbk 320pp 9781849056717 A\$42.95 NZ\$48.95 2015.09 Jessica Kingsley Publishers

### ABOUT THE AUTHOR:

Christine Bryden has worked in the pharmaceutical industry and as a senior executive in the Australian Prime Minister's Department. Following her diagnosis with Alzheimer's Disease in 1995, she has been instrumental in setting up local support groups for people with dementia and has addressed national and international conferences. In 2003 she was the first person with dementia to be elected to the Board of Alzheimer's Disease International.



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# Dancing *with* Dementia



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## MY STORY OF LIVING POSITIVELY WITH DEMENTIA

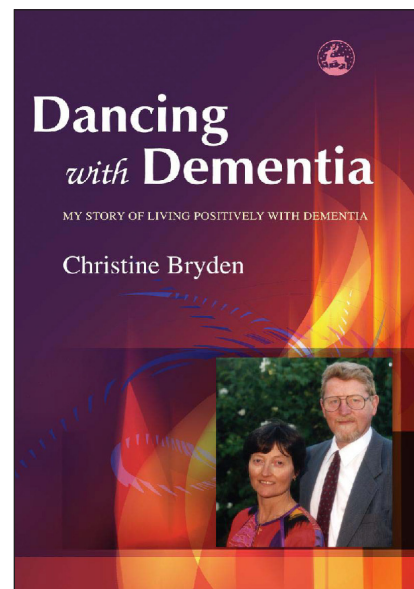
Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. Since then she has gone on to challenge almost every stereotype of people with dementia by campaigning for self-advocacy, writing articles and speaking at national conferences.

This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help.

Christine Bryden makes an outspoken attempt to change prevailing attitudes and misconceptions about the disease. Arguing for greater empowerment and respect for people with dementia as individuals, she also reflects on the importance of spirituality in her life and how it has helped her better understand who she is and who she is becoming.

**Dancing with Dementia** is a thoughtful exploration of how dementia challenges our ideas of personal identity and of the process of self-discovery it can bring about.

Pbk 208pp 9781843103325 A\$34.95 NZ\$39.95 2005



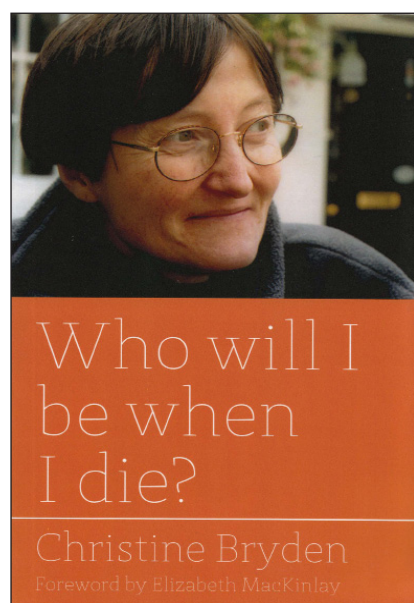
## Who Will I be When I Die?

Christine Bryden was 46 years old when she was diagnosed with dementia, and in this book she describes her remarkable emotional, physical and spiritual journey in the three years immediately following. Offering rare first-hand insights into how it feels to gradually lose the ability to undertake tasks most people take for granted, it is made all the more remarkable by Christine's positivity and strength, and deep sense, drawn in part from her Christian faith, that life continues to have purpose and meaning.

Originally published in Australia in 1998, the book is brought up-to-date with a new Foreword, Preface and Appendix, in which Christine explains how the disease has progressed over the years, and how she is today. It also contains many previously unseen photographs of Christine and her family, from around the time of her diagnosis up to the present day.

Inspirational and informative in equal measure, **Who will I be when I die?** will be of interest to other people with dementia and their families, as well as to dementia care professionals.

Pbk 176pp 9781849053129 A\$34.95 NZ\$39.95 2012 Jessica Kingsley  
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