

Home > Residents > Health and social care > Public health > **Dementia**

Dementia

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[Skip to main content](#)  

Blackpool Council is committed to helping Blackpool become a dementia friendly town and aims to promote information, services and activities available to people living with dementia (and their families and carers), in order to improve their health and wellbeing.

Dementia describes a set of symptoms that may include:

- Memory loss
- Difficulties with thinking, problem-solving or language

These changes are often small to start with, but for someone with dementia they have become severe enough to affect daily life.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer’s disease or a series of strokes.

Dementia books on prescription

Reading Well Books on Prescription helps people understand and manage their health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

The books have been developed with dementia healthcare experts, people with dementia and carer groups to select a list of 25 titles that provide support and advice for people with dementia and their carers. Health professionals will be able to use the list to prescribe books to their patients and the titles will be available for anyone to borrow free-of-charge from their public library

The [Dementia Books on Prescription](#) can be found in all eight Blackpool libraries.

Become a Dementia Friend - Individuals

The Alzheimer's Society runs a scheme called Dementia Friends.

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. From helping someone to find the right bus to spreading the word about dementia on social media, every action counts.

Register your details if you are interested in [becoming a Dementia Friend](#).

[More information on Dementia Friends](#)

To book Dementia Friends training please call 01253 476363 or email PublicHealth@blackpool.gov.uk

Become a Dementia Friend - Businesses

We provide **free** Dementia Friends training courses for Blackpool businesses. Please [contact us](#) to find out more.

Sessions should take no longer than an hour and we can come to you, if you have an appropriate venue.

[↑ Back to top](#)

Residents

[Advice-and-support](#)
[Benefits](#)
[Blackpool-Illuminations](#)
[Council-tax](#)
[Education-and-schools](#)
[Health-and-social-care](#)
[Housing](#)
[Libraries-arts-and-heritage](#)
[Life-events](#)
[Parking-roads-and-transport](#)
[Parks-and-community-facilities](#)
[Planning-environment-and-community](#)
[Sports-and-leisure](#)
[Waste-and-recycling](#)

Business

[Business-rates](#)
[Business-support-and-advice](#)
[Commercial-waste](#)
[Food-hygiene](#)
[Licensing-and-permits](#)
[Residential-landlords](#)
[Working-with-the-council](#)

Your Council

[Blackpool-Council-jobs](#)
[Citizenship](#)
[Community-rights](#)
[Council-meetings](#)
[Creating-a-better-Blackpool](#)
[Have-your-say](#)
[Statistics-and-research](#)
[The-Council](#)
[Transparency-and-open-data](#)
[Voting-and-elections](#)
[Your-councillors](#)