

Are you caring for someone who is living with dementia?



Reading is Caring provides a personalised reading support package specifically designed for those living with dementia and their carers.

'It was as if when we read together, she was lost with me in the story, and we then talk about the story as if her dementia was no longer there.'

We offer **free workshops** to train people who care for someone living with dementia – including partners, friends, family members and professional carers – to **create personalised, shared and sensory reading experiences** that can help maintain their caring relationships, spark memories and relieve stress.

To sign up, contact readingiscaring@scottishbooktrust.com

scottishbooktrust.com