

Beth Britton MBE



Links from 1 July 2026 Webinar for Consultus

Beth's G8 Dementia Summit Film: <https://www.youtube.com/watch?v=8QAKEgQMOCU>

Dementia Statistic Hub: <https://dementiastatistics.org>

Early signs of dementia and how to respond to memory changes

Dementia Symptoms Checklist: <https://www.alzheimers.org.uk/about-dementia/dementia-diagnosis/how-to-get-dementia-diagnosis/dementia-symptoms-checklist>

Diagnosing dementia - A practical guide to assessment: <https://www.alzheimers.org.uk/sites/default/files/2024-07/AS-78DD-Diagnosing-dementia-online.pdf>

Admiral Nurses: <https://www.dementiauk.org/information-and-support/how-we-can-support-you/what-is-an-admiral-nurse/>

Reading Well for Dementia: <https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-dementia/>

Staying well while waiting for a memory assessment: https://www.nextsteps.org.uk/wp-content/uploads/2021/06/NS_downloadable.pdf

Dementia Diaries: <https://dementiadiaries.org>

Dementia Tip-Share: <https://dementiatip-share.org.uk>

My Future Care: <https://myfuturecare.org>

The Dementia Guide – Living well after your diagnosis: <https://www.alzheimers.org.uk/get-support/publications-factsheets/the-dementia-guide>

Knowledge is Power: <https://www.dementiavoices.org.uk/deep-resources/knowledge-is-power/>

Ways to reduce stress for family carers

Lost retirement report: <https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/lost-retirement-the-impact-on-older-people-of-caring-for-someone-with-a-terminal-illness.pdf>

This is Me: <https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me>

Top 10 Lists: <https://www.macintyrecharity.org/news-blogs/the-magic-10/>

Practical strategies to improve day-to-day life

Alzheimer's Society – Fix Dementia Care Homecare Report:

https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/fix_dementia_care_homecare_report.pdf

Still Alice clip: https://www.youtube.com/watch?v=0_2Cuy3w7W4

Uni of Worcester environmental tools: <https://www.worcester.ac.uk/about/academic-schools/school-of-health-and-wellbeing/health-and-wellbeing-research/association-for-dementia-studies/ads-consultancy/the-kings-fund-environmental-assessment-tools/>

Uni of Sterling: <https://shop.dementia.stir.ac.uk/products/eaddat-tier-2-r6-public-buildings-work>

Alzheimer's Society – Making your home dementia friendly:

https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/making_your_home_dementia_friendly.pdf

Making your garden dementia friendly: <https://www.worcester.ac.uk/documents/Making-your-garden-dementia-friendly-booklet-final.pdf>

Dementia and Sensory Challenges: https://www.agescotland.org.uk/assets/000/000/663/dementia-and-sensory-challenges-booklet-april-2017_0_original.pdf?1709817793

Talking Sense: <https://www.hammond.com.au/resource-hub/talking-sense-living-with-sensory-changes-and-dementia-by-agnes-houston>

Discover ways Amazon Alexa may be able to assist you in your role as a carer:

https://dementiacarers.org.uk/content/uploads/2025/08/Amazon-Alexa-slides_V7.pdf

Alzheimer's Society – Using technology to help with everyday life:

<https://www.alzheimers.org.uk/sites/default/files/2019-05/437LP-Using-technology-to-help-with-everyday-life-190520.pdf>

ADAM (About Digital and Me): <https://www.meetadam.org>

Five Ways to Wellbeing: <https://www.mind.org.uk/workplace/my-mental-health-at-work/five-ways-to-wellbeing/>

Beth's Five Ways to Wellbeing worksheet: <https://bethbritton.com/wp-content/uploads/2026/01/Intro-Wellbeing-2025.pdf>

NAPA Life Story and Reminiscence:

https://mcusercontent.com/5569a9dca885685e3fa877f21/files/71e4fc59-df6a-ffe8-2773-4b1a16cd540b/NAPA_Rem_Resource_2021.pdf

Dementia UK – Creating a life story for a person with dementia: <https://www.dementiauk.org/wp-content/uploads/dementia-uk-life-story-leaflet.pdf>

The Power of Life Story Work: <https://www.fons.org/blogs/the-power-of-life-story-work/>

Told in South Yorkshire: <https://www.fons.org/wp-content/uploads/2024/10/Told-in-South-Yorkshire-Resource-Pack.pdf>

Sporting Memories: <https://www.sportingmemories.uk>

My House of Memories: <https://www.liverpoolmuseums.org.uk/house-of-memories/my-house-of-memories-app>

BBC Reminiscence Archive: <https://remarc.bbcrewind.co.uk>

BBC Archive: <https://www.bbc.co.uk/topics/c01yxyz46myt>

BBC Memories and Dementia: <https://canvas-story.bbcrewind.co.uk/memoriesanddementia/>

Music for Dementia: <https://www.musicfordementia.org.uk>

M4D Radio: <https://m4dradio.com>

Playlist for Life: <https://www.playlistforlife.org.uk>

BBC Music Memories: <https://musicmemories.bbcrewind.co.uk/home>

Music Can: <https://www.musiccan.co.uk>

Former ballet dancer with Alzheimer's reacts to Swan Lake music:
<https://youtu.be/wIAXKJfesBM?si=ziHN3z3UgznpO2hK>

Dementia Community Webinar Recording – Creative Dementia ‘Arts gave me a voice’:
<https://youtu.be/GTqHAu5tVWA?si=MtOgN9F4J5Kjp4Ru>

DEEP: <https://www.dementiavoices.org.uk>

Dementia Alliance International: <https://dementiaallianceinternational.org>

NAPA Dementia and Engagement Toolkit: <https://digital.napa-activities.co.uk/view/742013204/>

My life, My goals: <http://www.innovationsindementia.org.uk/2021/09/my-life-my-goals/>

Where additional support may help, and how to find it

Alzheimer's Society: <https://www.alzheimers.org.uk>

Dementia UK: <https://www.dementiauk.org>

Young Dementia Network: <https://www.youngdementianetwork.org>

Rare Dementia Support: <https://www.raredementiasupport.org>

The Lewy Body Society: <https://www.lewybody.org>

Dementia Community: <https://journalofdementiacare.co.uk>

TIDE: <https://www.tide.uk.net>

Dementia Carers Count: <https://dementiacarers.org.uk>

iSupport: <https://www.isupportdementiacarers.co.uk>

MOOC: <https://mooc.utas.edu.au/course/20281>

Gladys Wilson and Naomi Feil: <https://youtu.be/CrZXz10FcVM?si=7k4owNRgfx1dHqG>

DemCon: <https://www.demcon.org.uk>

RCSLT: <https://www.rcslt.org/speech-and-language-therapy/clinical-information/dementia/>

About Beth / Contact Beth:

Website: <http://www.bethbritton.com>

Blog: <http://d4dementia.com>

LinkedIn: <https://www.linkedin.com/in/beth-britton-bethyb1886/>

Bluesky: <https://bsky.app/profile/bethyb1886.bsky.social>

Twitter: <https://x.com/bethyb1886>

Facebook: <http://www.facebook.com/D4Dementia>