

Dawn's Dementia Field Guide

by Dawn Horne,
Illustrated by Audrey Lewis

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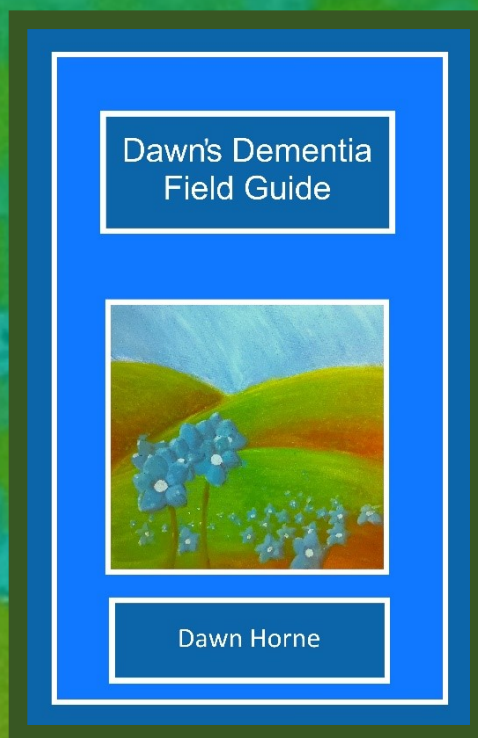
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Dawn Horne's Dementia Field Guide is a practical and uplifting companion for anyone navigating dementia's challenges. After being diagnosed with both vascular dementia and Alzheimer's, Dawn sought guidance but found little that helped with the day-to-day realities she faced. She created this "field guide" to share helpful routines, coping strategies and the honest ups and downs of her journey. With humour and resilience, Dawn offers readers insights into managing memory, mood and health. Her approach shows that life with dementia can still be fulfilling, purposeful, and, yes—fun.

The Author, Dawn Horne, Dawn considers herself a youthful 80-year-old. Her life has been rich and varied—she's worked as a tailor, a psychiatric nurse, and ran her own soft furnishings business, all while raising four children. After retiring to Norfolk, she took up bowls. She later moved to Canterbury to be closer to family. At 77, she was diagnosed with Vascular Dementia and Alzheimer's, which began a new chapter in her life.

Today, Dawn is passionate about making a difference for others living with dementia. She's active in giving talks, supporting research, and engaging in initiatives to improve the lives of those affected by dementia—and she loves every moment of it.