

# Carers' Booklist

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Adopted Children

Alzheimer's Disease

Arthritis

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Asperger Syndrome

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Bereavement and Dying

Bipolar Disorder

Cancer

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Caring

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Eating Disorders

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Money Matters

Multiple Sclerosis

Obsessive Compulsive Disorder (OCD)

Organ Donation

Parkinson's Disease

Schizophrenia

Special Needs

Stoma

Stroke

Tourette Syndrome

Young People

## ***Adopted Children***

Lacher, Denise B, Nichols, Todd, Nichols, Melissa and May, Joanne C.  
Connecting with kids through stories: using narratives to facilitate attachment in adopted children

## ***Alzheimer's Disease/Dementia***

[see also [Memory Loss](#)]

Adams, Trevor  
Dementia care

Alzheimer's Society  
Caring for the person with dementia: a handbook for families and other carers

Andrews, June and House, Allan  
Ten helpful hints for carers: practical solutions for carers living with people with dementia

Atkins, Simon  
First steps to living with dementia

Bate, Helen J.  
Beside the seaside in pictures [suitable for reminiscence activities]

Bate, Helen J.  
Family life in pictures [suitable for reminiscence activities]

Bate, Helen J.  
A Funny old world in pictures [suitable for reminiscence activities]

Bate, Helen J.  
In the garden in pictures [suitable for reminiscence activities]

Bate, Helen J.  
Pets in pictures [suitable for reminiscence activities]

Bate, Helen J.  
Shopping in pictures [suitable for reminiscence activities]

Bate, Helen J.  
A Sporting life in pictures [suitable for reminiscence activities]

Bate, Helen J.  
Travelling in pictures [suitable for reminiscence activities]

Bate, Helen J.  
Women's work in pictures [suitable for reminiscence activities]

Bazan-Salazar, Emilia C.  
Alzheimer's activities that stimulate the mind

Beaumont, Helen,  
Losing Clive to younger onset dementia: one family's story

Berg, Grethe  
The Importance of food and mealtimes in dementia care: the table is set

Bonner, Chris  
Reducing stress-related behaviours in people with dementia: care-based therapy

Brooker, Dawn and Lillyman, Sue  
Dementia care

Brooker, Dawn  
Person-centred dementia care: making services better

Bruce, Errollyn, Hodgson, Sarah and Schweitzer, Pam  
Reminiscing with people with dementia

Bryden, Christine  
Dancing with dementia: my story of living positively with dementia

Bryden, Christine  
Who will I be when I die?

Buijssen, Huub  
The Simplicity of dementia

Burns, Alistair, Page, Sean and Winter, Jane  
Alzheimer's Disease and memory loss : a guide for patients and carers

Carling, Chris  
But then something happened : a story of everyday dementia

Cheston, Richard and Bender, Michael  
Understanding dementia: the man with worried eyes

Coleman, Loretta  
Tips and suggestions in caring for dementia/Alzheimer loved ones

Day, Malcolm  
Caring for the person with dementia: underpinning knowledge for frontline workers in adult social care

Dowling, James R.  
Keeping busy: a handbook of activities for persons with dementia

Eckersley, Jill  
Coping with early-onset dementia

Elliot-Wright, Susan  
When someone you love has dementia

Fassio, Michael  
Dementia and mum : who really cares?

Gilliard, Jane and Marshall, Mary (ed.)  
Transforming the Quality of Life for People with Dementia Through Contact with  
the Natural World: Fresh Air on My Face

Gillies, Andrea  
Keeper: a book about memory, identity, isolation, Wordsworth and cake...

Goldschmidt, Barbara and Van Meines, Niamh  
Comforting touch in dementia and end of life care

Graham, Nori and Warner, James  
Understanding Alzheimer's Disease and other dementias

Grant, Linda  
Remind me who I am, again

A Guide for People living with PSP and CBD

Jacques, Alan and Jackson, Graham A.  
Understanding dementia

James, Oliver  
Contented dementia

Killick, John and Craig, Claire  
Creativity and communication in persons with dementia: a practical guide

Koenig-Coste, Joanne  
Learning to speak Alzheimer's: the new approach to living positively with  
Alzheimer's disease

Lewis, Jenny  
Healthy body, healthy brain: Alzheimer's and Dementia prevention and care

McCarthy, Bernie  
Hearing the person with dementia: person-centred approaches to communication  
for families and caregivers

McCurry, Susan  
When a family member has dementia: steps to becoming a resilient caregiver

Mace, Nancy L. and Rabins, Peter V.  
The 36-hour day: a family guide to caring for people with Alzheimer's disease and  
other dementias, and memory loss in later life

May, Hazel, Edwards, Paul and Brooker, Dawn  
Enriched care planning for people with dementia

Mooney, Sharon Fish  
Alzheimer's: caring for your loved one, caring for yourself

Morris, Gary and Morris, Jack  
The Dementia care workbook

Morse, Louise  
Dementia: Frank and Linda's story – new understanding, new approaches, new hope

Morse, Louise  
Worshipping with dementia: meditations, scriptures and prayers for sufferers and carers

Perrin, Tessa, May, Hazel and Anderson, Elizabeth  
Wellbeing in dementia: an occupational approach for therapists and carers

Phillips, Fiona  
Before I forget: a daughter's story

Powell, Jennie  
Care to communicate: helping the older person with dementia

Pulsford, Dave and Thompson, Rachel  
Dementia : support for family and friends

Schweitzer, Pam and Bruce, Errollyn  
Remembering yesterday, caring today: reminiscence in dementia care – a guide to good practice

Smith, Dr Tom  
Living with Alzheimer's disease

Suchet, John  
My Bonnie: how dementia stole the love of my life

Suchet, John  
My Bonnie: how dementia stole the love of my life (Audio Book on CD)

Waite, Jonathan, Harwood, Rowan H., Morton, Ian R., and Connelly, David J.  
Dementia care: a practical manual

Welton, Jude  
Can I tell you about dementia : a guide for family, friends and carers

White, Elaine  
Dementia and sexuality: the rose that never wilts

Whitman, Lucy  
Telling tales about dementia: experiences of caring

Williams, Tricia  
Words of faith: a bible and prayer guide for people with dementia

Williams, Tricia  
Words of hope: a bible and prayer guide for people with dementia

Williams, Tricia  
Words of peace: a bible and prayer guide for people with dementia

Your personal guide to Progressive Supranuclear Palsy

Zeisel, John  
I'm still here: creating a better life for a loved one living with Alzheimer's

Zoutewelle-Morris, Sarah  
Chocolate rain: 100 ideas for a creative approach to activities in dementia care

## **Arthritis**

Brewer, Sarah, Fox, Barry, Taylor, Nadine and Yazdany, Jinoos  
Arthritis for dummies (UK edition)

Dunkin, Mary Anne  
Managing your arthritis

## **Asperger Syndrome/Autism**

Aitken, Kenneth J.  
A-Z of genetic factors in autism

Aitken, Kenneth J.  
Sleep difficulties and autism spectrum disorders: a guide for parents and professionals

Baron-Cohen, Simon  
Autism and Asperger Syndrome

Barton, Michael  
It's raining cats and dogs: an autism spectrum guide to the confusing world of idioms, metaphors and everyday expressions

Boushey, Ann  
Parent to parent: information and inspiration for parents dealing with autism or Asperger's syndrome

Boyd, Brenda  
Parenting a child with Asperger Syndrome: 200 tips and strategies

Brealey, Jackie and Davies, Beverly  
How to help your autistic spectrum child: practical ways to make family life run more smoothly

Caldwell, Phoebe  
Autism and intensive interaction: using body language to reach children on the autistic spectrum (DVD)

Carvajal, Isabel Fernandez and Aldridge, David  
Understanding Fragile X Syndrome: a guide for families and professionals

Christie, Phil, Duncan, Margaret, Fidler, Ruth and Healy, Zara  
Understanding pathological demand avoidance syndrome: a guide for parents, teachers and other professionals

Cowen, Virginia S.  
Therapeutic massage and bodywork for autism spectrum disorders: a guide for parents and caregivers

Delfos, Martine F.  
A Strange world: autism, Asperger's syndrome and PDD-NOS

Edmonds, Genevieve and Beardon, Luke (eds)  
Asperger Syndrome and social relationships: adults speak out about Asperger Syndrome

Edwards, Denise  
Providing practical support for people with Autism Spectrum Disorder: supported living in the community

Elven, Bo Hejlskov  
No fighting, no biting, no screaming: how to make behaving positively possible for people with Autism and other developmental disabilities

Evans, Kirsti and Swogger, John  
Something different about Dad: how to live with your Asperger's parent

Fleischmann, Arthur and Fleischmann, Carly  
Carly's voice: breaking through autism

Groden, June, Kantor, Ayelet, Woodward, Cooper R. and Lipsitt, Mewis P.  
How everyone on the autism spectrum, young and old, can... become resilient, be more optimistic, enjoy humor, be kind and increase self-efficacy: a positive psychology approach

Hoopman, Kathy  
All cats have Asperger Syndrome

Ives, Martine and Munro, Nell  
Caring for a child with Autism: a practical guide for parents

Keen, Deb and Rodger, Sylvia  
Working with parents of a newly diagnosed child with an autism spectrum disorder

Kessick, Rosemary  
Autism and diet: what you need to know

Klemenc, Alenka  
What is it like to be me?

Kutscher, Martin L.

ADHD: living without breaks

Kutscher, Martin L.

Kids in the syndrome mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and more!: the one stop guide for parents, teachers and other professionals

Lawrence, Clare

Finding Asperger Syndrome in the family : a book of answers

Lester, Barbara R.

My parent has an autism spectrum disorder: a workbook for children and teens  
[suitable for children]

Lipsky, Deborah

From anxiety to meltdown: how individuals on the autism spectrum deal with anxiety, experience meltdowns, manifest tantrums, and how you can intervene effectively

Lipsky, Deborah and Richards, Will

Managing meltdowns: using the S.C.A.R.E.D. calming technique with children and adults with autism

Moreno, Susan, Wheeler, Marci and Parkinson, Kealah

The Partner's guide to Asperger Syndrome

Nichols, Shana, Moravcik, Gina Marie and Tetenbaum, Samara Pulver

Girls growing up on the Autistic Spectrum: what parents and professionals should know about the pre-teen and teenage years

Nicklen, Stuart

Weird, wild and wonderful: a naturally autistic tale

Patrick, Nancy J.

A practical guide to day-to-day life social skills for teenagers and adults with Asperger Syndrome

Pavrides, Merope

Animal-assisted interventions for individuals with autism

Rubio, Ron

Mind/body techniques for Asperger Syndrome: the way of the pathfinder

Santomauro, Josie

A Special book about me: a book for children diagnosed with Asperger Syndrome  
[suitable for children]

Santomauro, Josie

Mothering your special child: a book for mothers or carers of children diagnosed with Asperger Syndrome

Santomauro, Josie

Your special grandchild: a book for grandparents of children diagnosed with Asperger Syndrome



Sher, Barbara

Early intervention games: fun, joyful ways to develop social and motor skills in children with Autism Spectrum or Sensory Processing Disorders

Sicile-Kira, Chantal

Autism life skills: 10 essential abilities your child with Autism needs to learn

Simone, Rudy

22 things a woman must know if she loves a man with Asperger's Syndrome

Slater-Walker, Gisela and Slater-Walker, Christopher

An Asperger marriage

Smith, John, Donlan, Jane and Smith, Bob

Helping children with autism spectrum conditions through everyday transitions: small changes – big challenges

Stacey, Patricia

The Boy who loved windows: opening the heart and mind of a child threatened with autism

Taylor, Paul G.

A Beginner's guide to autism spectrum disorders: essential information for parents and professionals

Tinsley, Matthew and Hendrickx, Sarah

Asperger Syndrome and alcohol: drinking to cope

Watts, Gail

Kevin thinks... about Outer Space, confusing expressions and the perfectly logical world of Asperger Syndrome

Welton, Jude and Telford, Jane

What did you say? What do you mean?: an illustrated guide to understanding metaphors

Willey, Liane Holliday

Asperger Syndrome in the family: redefining normal

Williams, Chris and Wright, Barry

How to live with Autism and Asperger Syndrome

Williams, Donna

Somebody somewhere: breaking free from the world of autism

## ***Attachment***

Cairns, Kate

Attachment, trauma and resilience

Shemmings, David and Shemmings, Yvonne

Understanding disorganized attachment

Taylor, Chris

A Practical guide to caring for children and teenagers with attachment difficulties  
[suitable for children]

## ***Bereavement and Dying***

Cook, Laura

Bereavement: the essential guide

Duffy, Wendy

Children and bereavement

Fearnley, Rachel

Communicating with children: when a parent is at the end of life

Jordan, Mary and Kauffmann, Judy Carole

End of life: the essential guide to caring

Lewis, Adrian

A Guide to handling bereavement: the easy way

Mayfield, Sue

Living with bereavement

Oswin, Maureen

Am I allowed to cry: a study of bereavement amongst people who have learning difficulties

Parkes, Colin Murray, Relf, Marilyn and Couldrick, Ann

Counselling in terminal care and bereavement

Richardson, Ann

Life in a hospice: reflections on caring for the dying

Sjoqvist, Suzanne (ed.) (translated by Margaret Myers)

Still here with me: teenagers and children on losing a parent

## ***Bipolar Disorder***

Aiken, Cara

Family experiences of bipolar disorder: the ups, downs and the bits in between

## ***Cancer***

Bor, Robert, Eriksen, Carina and Stapelkamp, Ceilidh

Coping with the psychological effects of cancer

Hayward, Kate  
From oncology nursing to coping with breast cancer: my journey there and back

Hunt, June  
Caring for a loved one with cancer

Priestman, Terry  
Coping with breast cancer

Smith, Tom  
Coping with bowel cancer

Smith, Tom  
Coping with prostate cancer

Taylor, Jean  
The C-word : a story about the effects of cancer

## **Care Homes**

Kerr, Diana and Wilkinson, Heather  
Providing good care at night for older people: practical approaches for use in nursing and care homes

Walsh, Danny  
Dementia care training manual for staff working in nursing and residential settings

## **Caring**

Bate, Helen J. (ed.)  
The Countryside in pictures

Berman, Raeann and Shulman, Bernard H.  
Caring for your aging parents: an emotional guide to nurturing your loved ones while taking care of yourself

Bradshaw Anne and Merriman, Claire  
Caring for the older person: practical care in hospital, care home or at home

British Medical Association  
Carer's manual

Cameron, Judith  
Caring for a parent in later life: getting support, and coping with the financial, legal and emotional issues

Caring Times  
How to be a great care assistant

Chan, Anna

A Carer's odyssey: life as mother, wife, carer

Chia, Swee Hing, Heathcote, Julia and Hibberd, Jane Marie

Group and individual work with older people: a practical guide to running successful activity-based programmes

Costello, John

Caring for someone with a long-term illness

Crawford, Alexine

The Challenge of caring: Bible-related reflections

Day, Malcolm

Caring for the older person: based on the 2010 refreshed Skills for Care Common Induction Standards for newly appointed care workers

Denton, Sylvia and Haffenden, Sharon

Caring in the comfort of home: a guide for carers

Gibson, Faith

Reminiscence and life story work : a practical guide

Jenkinson, Audrey

Past caring: the beginning not the end

Jordan, Mary

The Essential carer's guide

Kallmier, Ron

Caring and counselling: an introduction to the Waverley model of counselling

Macintosh, Mike and Moore, Tracey (eds)

Caring for the seriously ill patient

Munitich, Brenda and Sutherland, Patricia

The Carers Book of positive thoughts

Nicol, Jane

Nursing adults with long term conditions

Phair, Lynne and Benson, Sue (eds)

Handbook for care assistants: a practical guide to working with older people

Pharaoh, Gill

Careers in caring: a practical guide to your first job

Highe, Jackie

Now, where did I put my glasses - a practical and emotional lifeline to caring for your parents

Marriott, Hugh

The Selfish pig's guide to caring – how to cope with the emotional and practical aspects of caring for someone

Matthews, Jane  
The Carer's handbook – essential information and support for all those in a caring role

Medina, Sarah  
Caring  
[suitable for children]

Nolte, Ellen and McKee, Martin  
Caring for people with chronic conditions: a health system perspective

Perry, David, et. al.  
Caring for the Physical and Mental Health of people with Learning Disabilities

Reader's Digest  
Conquering heart attack and stroke : your ten step self-defence plan

Tay, Sharon  
The Carer's cosmetic handbook: simple health and beauty tips for older persons

Tonarelli, Lorena  
Caring: the essential guide

Whorton, Bob  
Reflective caring: imaginative listening to pastoral experience

## ***Chronic Fatigue Syndrome/Fibromyalgia/ME***

Adams, Alison  
Chronic Fatigue, ME and Fibromyalgia: the natural recovery plan

Campling, Frankie and Sharpe, Michael  
Chronic Fatigue Syndrome (CFS/ME)

Craggs-Hilton, Christine  
Living with fibromyalgia

Mickel, David  
Chronic Fatigue Syndrome, ME and Fibromyalgia: the long awaited cure

Shepherd, Charles  
Living with M.E.: the chronic, post-viral Fatigue Syndrome

Turp, Elizabeth  
Chronic Fatigue Syndrome/ME: support for family and friends

## ***Depression***

Baker, Barbara  
When someone you love has depression

## ***Disability***

Firth, Lisa (ed.)  
Living with disability

Fisher, Keren  
Living with physical disability and amputation

Fowler, Susan  
Sensory stimulation: sensory-focused activities for people with physical and multiple disabilities

Knight, Abigail  
Caring for a disabled child

Lindsay, Peter (ed.)  
Care of the adult with intellectual disability in primary care

McNicholl, Declan and Poppleton, Robert  
Understanding and Caring for People with Brain Disorders: a handbook for frontline staff, carers and students

Pain, Helen, McLellan, Lindsay and Gore, Sally  
Choosing assistive devices: a guide for users and professionals

Ramey, Maria  
Group music activities for adults with intellectual and developmental disabilities

Sonnet, Helen and Taylor, Ann  
Activities for adults with learning difficulties: having fun, meeting needs

Tuffrey-Wijne, Irene  
Living with learning disabilities, dying with cancer: thirteen personal stories

## ***Down's Syndrome***

Lewis, Sandy  
Living with Max

Merriman, Andy  
A Minor adjustment

## ***Dyspraxia***

Drew, Sharon and Atter, Elizabeth  
Can't play won't play: simply sizzling ideas to get the ball rolling for children with dyspraxia

Eckersley, Jill  
Coping with dyspraxia

## ***Eating Disorders***

Bryant-Waugh, Rachel and Lask, Bryan  
Eating disorders: a parents' guide

Craggs-Hinton, Christine  
Coping with eating disorders and body image

Middleton, Kate  
Eating disorders: the path to recovery

Treasure, Janet, Smith, Grainne and Crane, Anna  
Skills-based learning for caring for a loved one with an eating disorder: the new  
Maudsley method

## ***Health and Safety***

Collins, Suzan  
Health and safety: a workbook for social care workers

Health and Safety Executive  
Manual handling: guidance on regulations

## ***Huntington's Disease***

Quarrell, Oliver  
Huntington's Disease: the facts

## ***Lupus***

Armitage, Annie  
Both sides of the sheets

Isenberg, David and Manzi, Susan  
Lupus

## ***Memory Loss***

[see also [Alzheimer's Disease/Dementia](#)]

Burgener, Sandy and Twigg, Prudence  
A Personal guide to living with progressive memory loss

Gibbons, Leeza

Take your oxygen first: protecting your health and happiness while caring for a loved one with memory loss

Lear, Martha Weinman

Where did I leave my glasses – the what, when and why of normal memory loss

Smith, Dr Tom

Coping with age-related memory loss

Woolf, Josephine and Michael

“Is the cooker turned off?”: caring for an older person with failing memory

## ***Mental Health***

Aldridge, Jo and Becker, Saul

Children caring for parents with mental illness : perspectives of young carers, parents and professionals

Kilyon, Jen and Smith, Theresa

A Straight talking introduction to caring for someone with mental health problems

LeCroy, Craig Winston

Parenting mentally ill children: faith, caring, support and surviving the system

Mental illness : a handbook for carers

Morris, Ros

Don't wait for me: how a mother lost her son to Bipolar Disorder and drug abuse

Ramsay, Rosalind, Szmukler, George, Gerada, Clare and Mars, Sara (eds)

Mental illness: a handbook for carers

## ***Mentoring***

Dolan, Pat and Brady, Bernadine

A Guide to youth mentoring: providing effective social support

## ***Money matters***

Carers UK

Looking after someone – a guide to carers' rights and benefits 2012/13

Letts, Penny

Managing other people's money

West, Sally

Your rights to money benefits 2010/2011 – how to put more money in your pocket



## ***Multiple Sclerosis***

Kalb, Rosalind C.

Multiple Sclerosis : the questions you have, the answers you need

Zajicek, John, Freeman, Jennifer and Porter, Bernadette

Multiple Sclerosis care: a practical manual

## ***Obsessive Compulsive Disorder (OCD)***

Wells, Joe

Touch and go Joe: an adolescent's experience of OCD

## ***Organ Donation***

Maloney, Raelynn and Wolfelt, Alan D.

Caring for donor families before, during and after: how to communicate with and support families before, during and after the decision to donate organs, tissues and eyes

## ***Parkinson's Disease***

Ali, Rasheda

I'll hold your hand: a child's guide to Parkinson's Disease  
[suitable for children]

Fox, Michael J.

Lucky man : a memoir

Hultquist, Alan M.

Can I tell you about Parkinson's Disease? : a guide for family, friends and carers

Leader, Lucille and Leader, Geoffrey

Parkinson's disease : top tips to optimize function

McCall, Bridget

Living with Parkinson's Disease

## ***Schizophrenia***

Chien, Wai-Tong

Stress of family members in caring for a relative with schizophrenia

## ***Special Needs***

Kingston, Anna Karin

Mothering special needs: a different maternal journey

## **Stoma**

Burch, Jennie (ed.)  
Stoma care

## **Stroke/Aphasia**

Allatt, Kate  
Gonna fly now! Locked-in laughter unleashed : funny tales from a stroke survivor

Banerji, Nicole  
The accidental carer: 100 tips for meeting the challenges when caring for a stroke survivor

Connect  
Caring and coping : a guide for people with aphasia, their family and friends

Connect  
Having a stroke, being a parent: a guide for parents with stroke and aphasia and their families (book and DVD)

Connect  
The Stroke and aphasia handbook

Griffith, Valerie Eaton  
A Stroke in the family

Harwood, Rowan H., Huwez, Farhad and Good, Dawn  
Stroke care : a practical guide

Knight, Gwen  
Caring and coping: a guide for people with aphasia, their family and friends

Leon, Ruth  
But what comes after? : the tragic story of a wife, a husband, and the illness that nearly destroyed them

Lindley, Richard I.  
Stroke (the facts)

Lindley, Richard I.  
Understanding stroke

Parr, Susie  
The Stroke and aphasia handbook

Raymond, Maureen  
Coping with life after stroke

Ripley Mike  
Surviving a stroke: recovering and adjusting to living with hypertension

Rudd, Anthony, Irwin, Penny and Penhale, Bridget  
Stroke: the comprehensive and medically accurate manual about stroke and how to deal with it

## ***Tourette Syndrome***

Chowdhury, Uttom  
Tics and Tourette Syndrome: a handbook for parents and professionals

## ***Young People***

Harris, Bob  
Working with distressed young people

## ***DVDs***

Adult Abuse Training

Challenging Behaviour Training

Communication Training

Continence Promotion

Dementia Care Training

Deprivation of Liberty Training

Dying, Death and Bereavement

First Aid Awareness

Infection Control Training

Mental Capacity Training

Moving and Handling Theory

Nutrition and Diet Training

More information for carers is available at [www.wrexham.gov.uk/carers](http://www.wrexham.gov.uk/carers).