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# Newport Libraries Carers' Collection



# Newport Libraries Carers' Collection

The Newport Libraries Carers' Collection is a selection of books designed to offer information, guidance, support and advice to all types of caregivers, including those in the caring professions.

The titles available are suitable for carers of both adults and children and cover a wide range of topics including Mental Health, Dementia and Bereavement.

The main collection is held at the Central Library, though you can request any title in the collection from one of our branch libraries, online or via the Book Express service.

***To view and request items online or for more information on the Book Express service visit our website and online catalogue, LION at <https://opac.newport.gov.uk>***



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# CARERS' COLLECTION

## 1. Caring

### 1.1 - CARING

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

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**

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

Macintosh, Mike and Moore, Tracey (eds),  
**Caring for the seriously ill patient**

Marriott, Hugh  
**The Selfish pig's guide to caring – how to cope with the emotional**

and practical aspects of caring for someone

Munitich, Brenda and Sutherland, Patricia,  
**The Carers Book of positive thoughts**

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

Tonarelli, Lorena  
**Caring: the essential guide**

Whorton, Bob  
**Reflective caring: imaginative listening to pastoral experience**

### 1.2 - 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**

### 1.3 - END OF LIFE CARE

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**  
Richardson, Ann  
**Life in a hospice: reflections on caring**  
for the dying

#### 1.4 –COUNSELLING

Kallmier, Ron  
**Caring and counselling: an introduction to the Waverley model of counselling**

## 2. Children and Young People

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### 2.1 - 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**

### 2.2 –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]**

### 2.3 - AUTISM, ASPERGERS SYNDROME AND ADHD

Christie, Phil, Duncan, Margaret, Fidler, Ruth and Healy, Zara

**Understanding pathological demand avoidance syndrome: a guide for parents, teachers and other professionals**

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

Kutscher, Martin L.  
**ADHD: living without breaks**

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**

#### **2.4 -DYSPRAXIA**

Drew, Sharon and Atter, Elizabeth

**Can't play won't play: simply sizzling ideas to get the ball rolling for children with dyspraxia**

#### **2.5 - EATING DISORDERS**

Bryant-Waugh, Rachel and Lask, Bryan

**Eating disorders: a parents' guide**

#### **2.6 - MENTORING AND YOUNG PEOPLE**

Dolan, Pat and

Brady, Bernadine

**A Guide to youth mentoring: providing effective social support**

Harris, Bob,

**Working with distressed young people**

#### **2.7 - SPECIAL NEEDS**

Kingston, Anna Karin

**Mothering special needs: a different maternal journey**

## **3. Mental Health**

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#### **3.1 - MENTAL HEALTH**

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**

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

**Mental illness: a handbook for carers**

#### **3.2 - BIPOLAR DISORDER**

Aiken, Cara

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

Morris, Ros

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

#### **3.3 -DEPRESSION**

Baker, Barbara

**When someone you love has depression**



### **3.4 - EATING DISORDERS**

- Craggs-Hinton, Christine  
**Coping with eating disorders and body image**  
Treasure, Janet, Smith, Grainne and Crane, Anna  
**Skills-based learning for caring for a loved one with an eating disorder: the new Maudsley method**

### **3.5 - SCHIZOPHRENIA**

- Chien, Wai-Tong  
**Stress of family members in caring for a relative with schizophrenia**  
**3.6 - OBSESSIVE COMPULSIVE DISORDER (OCD)**

- Wells, Joe  
**Touch and go Joe: an adolescent's experience of OCD**

## **4. Dementia**

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### **4.1 - DEMENTIA**

- 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  
**Person-centred dementia care: making services better**

- 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**

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

- 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**  
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**

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

Grant, Linda  
**Remind me who I am, again**

James, Oliver  
**Contented dementia**

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

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**

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

Morris, Gary and Morris, Jack  
**The Dementia care workbook**

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**

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

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

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

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

Whitman, Lucy  
**Telling tales about dementia: experiences of caring**

**4.2 - 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

#### **4.3 - ALZHEIMER'S DISEASE**

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

Draper, Brian and Warner, James  
**Understanding Alzheimer's Disease and other dementias**

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

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**

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

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

#### **4.4 –REMINISCENCE**

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.  
**Travelling in pictures [suitable for reminiscence activities]**

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

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



# 5 Autism and Asperger Syndrome

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## 5.1 - AUTISM AND ASPERGER SYNDROME

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**

Delfos, Martine F.  
**A Strange world: autism, Asperger's syndrome and PDD-NOS**  
Welton, Jude and Telford, Jane  
**What did you say? What do you mean?: an illustrated guide to understanding metaphors**

Williams, Chris and Wright, Barry  
**How to live with Autism and Asperger Syndrome**

## 5.2 –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**

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**

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

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**

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**

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**

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**

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**

Pavlides, Merope

**Animal-assisted interventions for individuals with autism**

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**

Williams, Donna

**Somebody somewhere: breaking free from the world of autism**

### **5.3 - ASPERGER SYNDROME**

Edmonds, Genevieve and Beardon, Luke (eds)

**Asperger Syndrome and social relationships: adults speak out about Asperger Syndrome**

Evans, Kirsti and Swogger, John

**Something different about Dad: how to live with your Asperger's parent**

Hoopman, Kathy

**All cats have Asperger Syndrome**



Moreno, Susan, Wheeler, Marci and  
Parkinson, Kealah

### **The Partner's guide to Asperger Syndrome**

Patrick, Nancy J.

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

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**

Tinsley, Matthew and Hendrickx, Sarah

### **Asperger Syndrome and alcohol: drinking to cope**

Willey, Liane Holliday

**Asperger Syndrome in the family: redefining normal**

### **5.4 –DYSPRAXIA**

Eckersley, Jill

**Coping with dyspraxia**

## **6. Conditions and Disabilities**

### **6.1 - CHRONIC FATIGUE, M.E. AND FIBROMYALGIA**

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**

### **6.2 - PARKINSON'S DISEASE**

McCall, Bridget

**Living with Parkinson's Disease**



## **6.3 - HUNTINGTON'S DISEASE**

Quarrell, Oliver

**Huntington's Disease: the facts**

## **6.4 - MULTIPLE SCLEROSIS**

Zajicek, John, Freeman, Jennifer and Porter, Bernadette

**Multiple Sclerosis care: a practical manual**

## **6.5 -STOMA**

Burch, Jennie (ed.)

**Stoma care**

## **6.6 - TOURETTE'S SYNDROME**

Chowdhury, Uttom

**Tics and Tourette Syndrome: a handbook for parents and professionals**

## **6.7 -DISABILITY**

Firth, Lisa,

**Disability Issues**

Fisher, Keren

**Living with physical disability and amputation**

# **7. Cancer**

## **7.1 -CANCER**

Bor, Robert, Eriksen, Carina and Stapelkamp, Ceilidh

**Coping with the psychological effects of cancer**

Hunt, June

**Caring for a loved one with cancer**

## **7.2 - BREAST CANCER**

Priestman, Terry

**Coping with breast cancer**

## **7.3 - BOWEL CANCER**

Smith, Tom

**Coping with bowel cancer**

## **7.4 - PROSTATE CANCER**

Smith, Tom

**Coping with prostate cancer**



# 8. Strokes

## 8.1 –STROKES AND APHASIA

Banerji, Nicole

**The accidental carer: 100 tips for meeting the challenges when caring for a stroke survivor**

Connect

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

Griffith, Valerie Eaton

**A Stroke in the family**

Knight, Gwen

**Caring and coping: a guide for people**

**with aphasia, their family and friends**

Parr, Susie

**The Stroke and aphasia handbook**

Rudd, Anthony, Irwin, Penny and Penhale, Bridget

**Stroke: the comprehensive and medically accurate manual about stroke and how to deal with it**

Pain, Helen, McLellan, Lindsay and Gore, Sally

**Choosing assistive devices: a guide for users and professionals**

# 9. Bereavement

## 9.1 –BEREAVEMENT

Cook, Laura

**Bereavement: the essential guide**

Duffy, Wendy

**Children and bereavement**

Jenkinson, Audrey

**Past caring: the beginning not the end**

Lewis, Adrian

**A Guide to handling bereavement: the easy way**

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**

Sjoqvist, Suzanne (ed.)

(translated by Margaret Myers)

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



# 10. Training and Information

## 10.1 - NURSING AND CARING

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

Nicol, Jane  
**Nursing adults with long term conditions**

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

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**

## 10.2 - HEALTH AND SAFETY

Collins, Suzan:  
**Health and safety: a workbook for social care workers Health and Safety Executive Manual handling: guidance on regulations**

## 10.3 -ACTIVITIES

Chia, SweeHing, Heathcote, Julia and Hibberd, Jane Marie  
**Group and individual work with older people: a practical guide to running successful activity-based programmes**

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

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**

## 10.4 - INFORMATION

Pharaoh, Gill  
**Careers in caring: a practical guide to your first job**



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