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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

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### 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**

*Mariott, 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**

# 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**

## 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**

## 3.2 - 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**

*Pavides, 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

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### 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 - TOURETTES 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

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### 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

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## 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

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## 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

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## 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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