



Holdsworth Carer Resources @ Waverley Library



The following books, DVDs and other resources will be of interest to Carers. The material has been donated by Holdsworth Community Centre or has been provided by Waverley Library as part of their wider resource collection. These resources are held at Waverley Library, Denison Street, Bondi Junction and you are invited to explore the collection and other useful material that the Library holds. Please ask the helpful Library Staff for assistance

Title	Author	Publication Details	Shelf Location
100 questions & answers about adult attention-deficit hyperactivity disorder (ADHD)	Albrecht, Ava T.	Sudbury, Mass., Jones and Bartlett Publishers, 2010	ANF 618.928589 ALB (Adult Non-Fiction)
Alzheimer's early stages: first steps for families, friends and care-givers	Kuhn, Daniel	Alameda, CA, Hunter House Publishers, 2003	ANF 362.19683 KUH (Adult Non-Fiction)
Asperger syndrome and anxiety: a guide to successful stress management	Dubin, Nick.	London, Jessica Kingsley, 2009	ANF 616.8982 DUB (Adult Non-Fiction)
Australian autism handbook: The essential guide for Autism Spectrum Disorders	O'Reilly, Benison and Smith, Seana	Edgecliff, N.S.W., Jane Curry Publishing, 2008	ANF 618.928982 ORE (Adult Non-Fiction)
Autism at school: a video resource for teachers and parents in New Zealand (DVD)		[Auckland, N.Z.], Southern Moon Productions, 2009	DVD 371.94 AUT

The autism social skills picture book: teaching communication, play and emotion to children with Autism	Baker, Jed.	Arlington, TX, Future Horizons, 2001	ANF 371.94 BAK (Adult Non-Fiction)
Back from the brink too: helping your loved one overcome depression	Cowan, Graeme	Gordon, N.S.W., Bird In Hand Media, 2008	ANF 616.8527 COW (Adult Non-Fiction)
Butterflies	Gervay, Susanne	Sydney, Angus and Robertson, 2001	YAPB GERV (Young Adult Paperback)
The carer's cosmetic handbook: simple health and beauty tips for older persons	Tay, Sharon	London, Jessica Kingsley, 2009	ANF 618.97 TAY (Adult Non-Fiction)
A carer's guide: helping you care for someone with Alzheimer's or other dementias	Teitel, Rosette and Wall, Sharon	Sydney, Finch Publishing, 2003	ANF 362.19683 TEI (Adult Non-Fiction)
Carer's handbook: a practical Australian guide to caring for people who are sick, elderly or have a disability	Carers Australia and St John Ambulance Australia	Camberwell, Vic., Dorling Kindersley, 2007	ANF 362.1023 CAR (Adult Non-Fiction)
The carer's handbook: essential information and support for those in a caring role	Matthews, Jane	Oxford, How To Books, 2007	ANF 649.8 MAT (Adult Non-Fiction)
Children caring for parents with mental illness: perspectives of young carers, parents and professionals	Aldridge, Jo and Becker, Saul	Bristol, Policy Press, 2003	ANF 362.2 ALD (Adult Non-Fiction)
Counselling and interviewing for carers: a basic guide	Irons, Hugh	Melbourne, Ausmed Publications, 2005	AQ 158.3 IRO (Large size Non-Fiction)
Dealing with depression: a common sense guide to mood disorders	Parker, Gordon	Crows Nest, N.S.W., Allen & Unwin, 2004	ANF 616.8527 PAR (Adult Non-Fiction)

Down syndrome: an introduction for parents and carers	Cunningham, Cliff	London, Souvenir Press, 2006	ANF 616.858842 CUN (Adult Non-Fiction)
Effective communication with people with dementia (DVD)		Victoria. Alzheimer's Australia, 2006	DVD 362.19683 EFF
The failsafe cookbook: reducing food chemicals for calm, happy families	Dengate, Sue	North Sydney, N.S.W., Random House, 2007	ANF 641.563 DEN (Adult Non-Fiction)
Families, carers and professionals: building constructive conversations	Smith, Gráinne	Chichester, England, John Wiley & Sons, 2007	ANF 610.696 SMI (Adult Non-Fiction)
Fed up: understanding how food affects your child and what you can do about it	Dengate, Sue	North Sydney, N.S.W., Random House, 2008	ANF 613.2083 DEN (Adult Non-Fiction)
Grandparents as carers of children with disabilities: facing the challenges	McCallion, Philip and Janicki, Matthew (editors)	New York, Haworth Press, 2000	ANF 362.4 GRA (Adult Non-Fiction)
Hygiene and related behaviors for children and adolescents with autism spectrum and related disorders: a fun curriculum with a focus on social understanding	Mahler, Kelly J.	Shawnee Mission, Kansas, Autism Asperger Publishing, 2009	ANF 618.928982 MAH (Adult Non-Fiction)
In my shoes: an everyday look at autism spectrum disorder (DVD)		New Zealand, Pai 4 ASD Trust, 2008	DVD 616.8982 IN
Living with autism: five New Zealand families and their fight against autism (DVD)		Auckland, N.Z., Southern Moon Productions, 2006	DVD 616.8982 LIV
Love & kisses, the DVD: relationships & sexuality, featuring people with disabilities		New South Wales, Family Planning NSW, 2007	DVD 362.4 LOV

Making it a success: practical strategies and worksheets for teaching students with autism spectrun disorder	Larkey, Sue	London, Jessica Kingsley, 2006	AQ 371.94 LAR (Large size Non-Fiction)
Malignant sadness: the anatomy of depression	Wolpert, Lewis	London, Faber, 2006	ANF 616.8527 WOL (Adult Non-Fiction)
Mastering bipolar disorder: an insider's guide to managing mood swings and finding balance	Eyers, Kerrie and Parker, Gordon (editors)	Crows Nest, N.S.W., Allen & Unwin, 2008	ANF 616.895 MAS (Adult Non-Fiction)
My stroke of insight: a brain scientist's personal journey	Taylor, Jill Bolte	London, Hodder Paperbacks, 2009	ANF 362.19681 TAY (Adult Non-Fiction)
Oliver Twist has asked for more: the politics and practice of getting justice for people with disabilities	Parsons, Ian	Geelong, Villamanta Publishing, 1994	ANF 362.40994 PAR (Adult Non-Fiction)
Opening the doors: the hidden life of carers		Woollahra, N.S.W., Holdsworth Community Centre & Services, 2008	ANF 649.8 OPE (Adult Non-Fiction)
People with autism behaving badly: helping people with ASD move on from behavioral and emotional challenges	Clements, John	London, Jessica Kingsley, 2005	ANF 616.8982 CLE (Adult Non-Fiction)
Playing, laughing and learning with children on the autism spectrum: a practical resource of play ideas for parents and carers	Moor, Julia	London, Jessica Kingsley, 2008	ANF 616.8982 MOO (Adult Non-Fiction)
A practical guide to autism: what every parent, family member, and teacher needs to know	Volkmar, Fred R. and Weisner, Lisa A.	Hoboken, N.J., John Wiley, 2009	ANF 616.8982 VOL (Adult Non-Fiction)
Proud child, safer child: a handbook for parents and carers of disabled children	Cross, Merry	London, The Women's Press, 1998	ANF 362.4 CRO (Adult Non-Fiction)

The red beast: controlling anger in children with Asperger's syndrome	Al-Ghani, K.I.	London, Jessica Kingsley, 2008	JNF 616.8982 ALG (Junior Non-Fiction)
Schizophrenia for dummies	Levine, Jerome and Levine Irene S.	Hoboken, N.J., Wiley, 2008	ANF 616.898 LEV (Adult Non-Fiction)
Solutions for adults with Asperger Syndrome: maximizing the benefits, minimizing the drawbacks to achieve success	Lovett, Juanita P.	Gloucester, Mass., Fair Winds Press, 2005	ANF 616.8982 LOV (Adult Non-Fiction)
Souls: beneath and beyond autism	Rosenbloom, Sharon	New York, McGraw-Hill, 2004	ANF 616.8982 ROS (Adult Non-Fiction)
Special boys' business	Anderson, Heather with Angelo, Fay and Stewart, Rose	Melbourne, Angelo and Pritchard and Stewart Partnership, 2007	JNF 612.6 AND (Junior Non-Fiction)
Special girls' business	Angelo, Fay with Pritchard, Heather and Stewart, Rose	Melbourne, Angelo and Pritchard and Stewart Partnership, 2005	JNF 612.6 ANG (Junior Non-Fiction)
Surviving schizophrenia: a manual for families, patients, and providers	Torrey, E. Fuller	New York, Collins Living, 2006	ANF 616.898 TOR (Adult Non-Fiction)
Tell me I'm here	Deveson, Anne	Ringwood, Vic., Penguin, 2007	ANF 616.898 DEV (Adult Non-Fiction)
The smell of chocolate, and, Pog's Alzheimer fact file	McGuire, Barbara	Perth, W.A., R.I.C. Publications	E MACG (Picture Book)
Through my eyes: raising awareness about autism spectrum disorders (CD)		Sydney, Johnson & Foley, 2009	CDNF 362.1968982 THR (Compact Disk)

Understanding and managing your child's food allergies	Sicherer, Scott H.	Baltimore, Johns Hopkins University Press, 2006	ANF 616.975 SIC (Adult Non-Fiction)
Understanding autism	Dodd, Susan	Marrickville, N.S.W., Elsevier, 2005	ANF 618.928982 DOD (Adult Non-Fiction)
Views from our shoes: growing up with a brother or sister with special needs	Meyer, Donald (editor)	Bethesda, Maryland, Woodbine House, 1997	JNF 362.7 VIE (Junior Non-Fiction)
Walking on eggshells: navigating the delicate relationship between adult children and their parents	Isay, Jane	New York, Flying Dolphin Press, 2007	ANF 306.874 ISA (Adult Non-Fiction)
What about me ... a guide for caring: managing the challenges of caring for a person with a disability	Ryan, Terry and Ryan, Christopher	Melbourne, David Lovell Publishing, 2009	ANF 362.1023 RYA (Adult Non-Fiction)
What to do when your child has obsessive-compulsive disorder: strategies and solutions	Wagner, Aureen Pinto	Rochester, N.Y., Lighthouse Press, 2002	ANF 616.85227 WAG (Adult Non-Fiction)
When lightning strikes: an illustrated guide to stroke prevention	Feigin, Valery	Auckland, N.Z., HarperCollins, 2004	ANF 616.81 FEI (Adult Non-Fiction)
Why does Izzy cover her ears? Dealing with sensory overload	Veenendall, Jennifer	Shawnee Mission, Kansas, Autism Asperger Publishing, 2009	E VEEN (Picture Book)