



Holdsworth Carer Resources

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

Author	Title
Albrecht, Ava T.	<i>100 questions and answers about Adult Attention-Deficit/Hyperactivity disorder (ADHD)</i>
Aldrige, Jo and Becker, Saul	<i>Children caring for parents with mental illnesses</i>
Al-Ghani, K. I.	<i>The red beast: controlling anger in children with Asperger's syndrome</i>
Anderson, Heather, Angelo, Fay and Stewart, Rose	<i>Special boys' business</i>
Angleo, Fay, Pritchard, Heather and Stewart, Rose	<i>Special girls' business</i>
Baker, Jed	<i>The social skills picture books: teaching play, emotion, and communication to children with autism</i>
Bui, Thanh	<i>Through my eyes (CD)</i>
Cross, Merry	<i>Proud child, safer child: a handbook for parents and carers of disabled children</i>
Cunnigham, Cliff	<i>Down Syndrome: an introduction for parents and carers</i>
Dengate, Sue	<i>The failsafe cookbook: reducing food chemicals for calm, happy families</i>
Dengate, Sue	<i>Fed up: understanding how food affects your child and what you can do about it</i>
Deveson, Anne	<i>Tell me I'm here</i>
Dodd, Susan	<i>Understanding autism</i>
Doidge, Norman	<i>The brain that changes itself: stories of person triumph from the frontiers of brain science</i>
Dubin, Nick	<i>Asperger syndrome and anxiety: a guide to successful stress management</i>

Feigin, Valery	<i>When lightning strikes: an illustrated guide to strike prevention and recovery</i>
Irons, Hugh	<i>Counselling and interviewing for carers: a basic guide</i>
Isay, Jane	<i>Walking on eggshells: navigating the delicate relationship between Adults Children and Parents</i>
Kuhn, Daniel	<i>Alzheimer's early stages: first steps for families, friends and care-givers</i>
Kuhn, Daniel	<i>Living with autism: five New Zealand families in the fight against autism</i>
Larkey, Sue	<i>Making it a success: practical strategies and worksheets for teaching students with Autism Spectrum Disorder</i>
Levine, Jerome and Levine, Irene S.	<i>Schizophrenia for dummies</i>
Lovett, Juanita P.	<i>Solutions for adults with Asperger syndrome: maximising the benefits, minimizing the drawbacks to achieve success</i>
Matthews, Jane	<i>The carer's handbook: essential information and support for all those in a caring role</i>
McGuire, Barbara	<i>The smell of chocolate</i>
Moor, Julia	<i>Playing, laughing and learning with children on the autism spectrum: a practical resource of play ideas for parents and carers</i>
O'Reilly, Benison and Smith, Seana	<i>Australia Autism handbook: the essential guide for autism spectrum disorders</i>
Parsons, Ian	<i>Oliver Twist has asked for more: the politics and practice for getting justice for people with disabilities</i>
Rosenbloom, Sharon	<i>Souls: beneath and beyond Autism</i>
Ryan, Terry & Christopher	<i>What about me... a guide to caring: managing the challenges of caring for a person with a disability</i>
Sicherer, Scott H.	<i>Understanding and managing your child's food allergies</i>
Smith, Grainne	<i>Families, carers and professionals: building constructive conversations</i>
Tay, Sharon	<i>The carer's cosmetic handbook: simple health and beauty tips for older persons</i>
Taylor, Jill Bolie	<i>My stroke of insight: a brain scientist's personal journey</i>
Teitel, Rosette & Wall, Sharon	<i>A carer's guide: helping you care for someone with Alzheimer's or other dementias</i>
Torrey, E. Fuller	<i>Surviving schizophrenia: a manual for families, patients, and providers</i>
Volkmar, Fred R and Wiesner, Lisa A.	<i>A practical guide to autism: what every parent, family member, and teachers needs to know</i>
Wolpert, Lewis	<i>Malignant sadness: the anatomy of depression</i>

Other resources	<i>Carer's handbook</i>
	<i>Grandparents as carers of children with disabilities: facing the challenges – edited by Philip McCallion and Matthew Janicki</i>
	<i>Love and kisses/the DVD: relationships and sexuality</i>
	<i>Views from out shoes: growing up with a brother or sister with special needs edited by Donald Meyer</i>
	<i>Autism at school: a video resource for teachers and parents in New Zealand</i>
	<i>Community living kit: the community and you [and] moving into your home (4 books and 4 cassettes)</i>
	<i>Helping you and your family: information and support for parents of children with a disability in New South Wales (2 copies)</i>
	<i>In my shoes: an everyday look at Autism spectrum disorder</i>
	<i>Love and kisses/the DVD: relationships and sexuality</i>
	<i>The nest (DVD): executive producer – Peter Abbott</i>
	<i>Opening the doors : the hidden life of carers (2 copies)</i>
	<i>Words of love: edited by Christine Whiston</i>