<table>
<thead>
<tr>
<th>TOPIC</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS/HIV</td>
<td>2</td>
</tr>
<tr>
<td>ALZHEIMER’S DISEASE</td>
<td>2-3</td>
</tr>
<tr>
<td>AMPUTEE/CONGENITAL LIMB MALFORMATION</td>
<td>3-4</td>
</tr>
<tr>
<td>AUTISM</td>
<td>4-5</td>
</tr>
<tr>
<td>BLIND/VISUALLY IMPAIRED</td>
<td>5</td>
</tr>
<tr>
<td>CANCER</td>
<td>5-6</td>
</tr>
<tr>
<td>CAREGIVING</td>
<td>6-7</td>
</tr>
<tr>
<td>CEREBRAL PALSY</td>
<td>7</td>
</tr>
<tr>
<td>DEAF/HARD OF HEARING</td>
<td>7-8</td>
</tr>
<tr>
<td>DIABETES</td>
<td>8-9</td>
</tr>
<tr>
<td>DISABILITY STUDIES/CULTURE</td>
<td>9-12</td>
</tr>
<tr>
<td>DWARFISM</td>
<td>12-13</td>
</tr>
<tr>
<td>EPILEPSY/SEIZURE DISORDER</td>
<td>13-14</td>
</tr>
<tr>
<td>FIBROMYALGIA/CHRONIC FATIGUE</td>
<td>14-15</td>
</tr>
<tr>
<td>MENTAL ILLNESS</td>
<td>15-16</td>
</tr>
<tr>
<td>MENTAL RETARDATION/COGNITIVE DISABILITY</td>
<td>16-17</td>
</tr>
<tr>
<td>MULTIPLE SCLEROSIS</td>
<td>17-18</td>
</tr>
<tr>
<td>PARENTING</td>
<td>18</td>
</tr>
<tr>
<td>PARKINSON’S DISEASE</td>
<td>19</td>
</tr>
<tr>
<td>SEXUALITY &amp; DISABILITY</td>
<td>19-20</td>
</tr>
<tr>
<td>SPINA BIFIDA</td>
<td>20</td>
</tr>
<tr>
<td>SPINAL CORD INJURY</td>
<td>20-21</td>
</tr>
<tr>
<td>TRAUMATIC BRAIN INJURY</td>
<td>21-22</td>
</tr>
</tbody>
</table>
AIDS/HIV

The stories of individuals with HIV and their struggles to come to terms with their HIV status.

Provides a comprehensive look at AIDS and its effects on society, politics, law, and health and contains information to help increase awareness and preparedness.

A guide written in accessible and plain terms, specifically for those newly diagnosed with HIV (the virus that causes AIDS), by HIV-positive patient advocate Brett Grodeck who himself has lived with the virus for many years.

This guide explains how HIV is transmitted, evaluates available treatment and prevention, provides counsel on coping with the emotional effects of the infection, addresses financial and legal concerns, and discusses the latest research.

ALZHEIMER’S DISEASE

Straightforward advice on medical issues, caregiving, behavior, and legal concerns.

Guide for family members and professional caregivers of those with Alzheimer’s to identify appropriate activities for various levels of Alzheimer patients. Describes both daily activities and dealing with special occasions.
Day-to-day tips that medical professionals may not provide for those caring for family members with dementia and Alzheimer's.

This book provides basic information on the essentials of caregiving for someone with Alzheimer's.

The author shares the story of brother's struggle with Alzheimer's Disease.

This book, prepared by Mayo Clinic experts, covers the basics of brain function; the causes, signs, and symptoms of late-life memory loss; how it is diagnosed; the latest in available treatments; and current research on promising new remedies, as well as details about the effects of memory disorders on the ill person, families, and caregivers.

Practical guide to communicating with a loved one who has Alzheimer's.

AMPUTEE/CONGENITAL LIMB MALFORMATION

A prosthetist of 22 years looks at the entire spectrum of the below knee experience from amputation to rehabilitation, including surgery, pain, postoperative care, therapy, purpose and design of prosthetics, fittings, maintenance and hygiene, and recreation.

A novel based on the life of Carl Brashear as depicted in the motion picture Men of Honor. It is the story of the man who, after losing his leg in an accident, became the first African-American Master Chief Navy Diver.

Hirotado Ototake, a 24-year-old Japanese man born without arms and legs, recounts the story of his life and explains how, with the support of his family, he coped with disability and adversity.

AUTISM


Karen Siff Exkorn shares the techniques and knowledge she used to help improve the life of her son, Jake, who has autism.


Based on the author's personal and professional experiences, this comprehensive guide covers all aspects of autism conditions, including Asperger's Syndrome and Pervasive Developmental Disorder.


This book is written by a woman who came to understand her own autism and became a successful designer of livestock equipment.


Autobiography of an Australian-born woman who, after a childhood of abuse and isolation, was diagnosed with autism in adulthood and was ultimately able to graduate from college and become an advocate for others.


A sibling's viewpoint of growing up with a brother with autism.


Written by a man with autism, this book describes the confusion of his childhood, his institutionalization, and his emergence into adulthood. This book won the Autism Society of America’s “Literary Achievement Award.”

4
A parent, an autism columnist, and a contributor to numerous parenting magazines defines the top ten issues of children with autism.

The story of the Barrons' long fight to "reach" their autistic son and help him live a normal life.

BLIND/VISUALLY IMPAIRED

The author tells what it is like, emotionally, to go blind. He talks about all aspects of blindness, but the focus on the book is to share how it affected his emotions and his spirituality.

Novelist, essayist, and translator Kleege describes how she came to terms with losing her sight after being diagnosed with macular degeneration at the age of eleven.

A university lecturer, who had lived with sight problems from the age of 13, shares the difficult experience of adjusting to loss of vision at the age of 36.

CANCER

Information on recently improved medical treatment options, updated cancer research, and Internet resources.

Covers basics about the treatment, how to deal with side-effects, getting good nutrition, support, and bone-marrow transplants.

Explores different styles of coping emotionally, as well as strategies for dealing with physical issues.


This book includes specific tips for cultivating a support network, avoiding caregiver burnout, managing fear and anger, finding the best doctors and other health care professionals to plan treatment, preparing for hospital visits, and, for the patient, dealing with cancer when at the workplace.

CAREGIVING


This volume provides the information on taking the best possible care of an elderly, ill, or disabled person in a home setting. Written by experts from the American Medical Association, the book explains such essentials as how to arrange furniture, give medications, maintain hygiene, monitor symptoms, deal with incontinence, and provide emotional support.


Useful tips for meeting the changing needs of your loved one, such as getting documents and financial issues organized, creating a safe environment, dealing with health and emotional issues, and navigating the medical care system.


Takes the reader through all the steps of home care, such as making the home safe and comfortable for people with special needs, handling everyday activities like toileting, bathing, and wheelchair transfers, providing proper nutrition, avoiding infections and illnesses, communicating with health care professionals to get needed services, understanding end-of-life health care documents, and avoiding caregiver burnout.


Addresses issues ranging from wills and powers-of-attorney, to practical tips for dealing with disabilities, to long term care options, to battling stress and depression.

The Rosalynn Carter Institute for Human Development was created by the former First Lady to study the caregiving process and find new ways to assist caregivers. This book offers tips for dealing with health professionals, finding a support group (or starting one of your own), recognizing signs of caregiver burnout, and techniques to make life more satisfying for both caregiver and care recipient.

CEREBRAL PALSY


Written by a team of experts associated with the Cerebral Palsy Program at the Alfred I. duPont Institute, this book addresses the complexities and uncertainties of cerebral palsy while providing information about everything that anyone might ever need to know about the condition.


This classic primer for parents, written by a team of medical professionals, provides a complete spectrum of information and advice about cerebral palsy and its effect on their child’s development and education.


A straightforward look at a young woman with CP looking back on her childhood and adolescence.


Joan Ross is an adult with cerebral palsy who shares the story of a childhood before mandatory inclusion, her development as a teenager, and her adult life.

DEAF/HARD OF HEARING


The authors, both of whom are deaf, maintain that Deaf people have an authentic language and culture. Among the topics covered: the difference between being “deaf” (lowercase) and “Deaf” (capitalized), the origins of American Sign Language, Deaf theater and poetry, and the work of Deaf filmmaker Charles Krauel, controversies within the Deaf world, and more.
The story of the 1988 student uprising at Gallaudet University, which resulted in the appointment of the school's first deaf president.

A collection of essays, speeches, articles, and short stories which provide a self-portrait of the American deaf community. Among the authors are advocates such as Edward Miner Gallaudet, founder of the university bearing his name, deaf playwright Shanny Mow, and a deaf silent film consultant.

A historical and cultural perspective on deafness and society's need to judge individuals by their ability to conform to norms.

The story of a unique society that emerged on the Massachusetts island of Martha’s Vineyard in the 19th century. One quarter of the population was genetically deaf, resulting in a culture in which deafness was not regarded as a disability.

The story of a hearing child raised by deaf parents, detailing the special challenges faced by deaf people in a hearing world.

A political biography of Helen Keller, which explores her as a complex and often controversial woman who was highly involved in issues that affected people with disabilities, but who advocated for women's suffrage, was a member of the socialist party, and who was a proponent of oralism over sign language for the deaf communication.

A portrait of a New York City school for the deaf, and the issues facing the deaf community. Analyzes the debate over mainstreaming deaf students, and the value of oralism and whether new cochlear implants rob the deaf of their culture.
DIABETES


Help for parents in coping with a child’s type 1 diabetes diagnosis. Addresses medical and dietary issues, dealing with schools, and even becoming comfortable with allowing a child to participate in recreation.


This guide offers comprehensive and reliable information on preventing diabetes-based complications, achieving blood sugar control, handling diabetes-related emergencies, using a meter, using insulin pumps, the role of nutrition and exercise in diabetes management, sexuality and diabetes, coping with diabetes-imposed limitations, even family life, travel, insurance, and pregnancy as they are affected by diabetes.


The basics on understanding and living with diabetes.


A basic guide for those newly diagnosed, providing information on management and the latest research.


A comprehensive guide to living a healthy lifestyle with a type 1 diabetes diagnosis and understanding treatment options. Complete with charts and diagrams.

DISABILITY STUDIES/CULTURE


An examination of the issues concerning the relationship between disability and normality in today’s social and political climate.

Anthropologist Robert Murphy uses his own experience of quadriplegia, caused by a spinal tumor, to explore issues of identity and society's fears and misconceptions about disability.


An examination of the emerging field of Disability Studies, and the struggle towards a more inclusive society.


A detailed history of the struggle for disability rights in the United States.


A collection of essays which draws together experts in cultural studies, literary criticism, sociology, biology, and the visual arts to explore the issue of disability and society.


An examination of how the figure of the disabled body has been used in literature in different periods as a marker or boundary line for defining what the “normal” body is or should be. The author contends that the disabled figure operates to displace anxiety from more “normal” people, and in the process shows how what we consider to be normal functioning changes across historical periods and cultures.


The story of the masking of the full extent of President Franklin Delano Roosevelt's mobility impairment as a result of polio.


A critical, holistic interpretation of health, illness, and human bodies that emphasizes power as a key social-structural factor in health and in societal responses to illness.


This book traces the history of western cultural responses to disability, from ancient times to the present.

Mary Johnson explores what she feels are flaws in the Americans with Disabilities Act which are leading to its misinterpretation and misapplication. From its name to the fact that it is enforceable only by lawsuit, the author demonstrates how the ADA puts people with disabilities in an adversarial position against non-disabled citizens.


The author, who has a physical disability and uses a wheelchair, shares his experience of liberation and community while living in the barrier-free Dutch village of Het Dorp.


The editors bring together the contributions of 14 academics from a variety of disciplines to create a broader and more complex understanding of the omission of disability issues from mainstream history.


An engaging and comprehensive history of the social and political activism that ultimately led to the passage of the Americans with Disabilities Act.


An analysis of the roots of disability oppression which examines its similarities to and differences from racism, sexism, and colonialism.


A collection of stories by men and women who have experienced, first hand, a chronic disease or a disability.


An exploration, within a feminist framework, of society’s perceptions of disability.


An exploration of the sense of self that an individual with a disability develops in response to society’s attitudes.

This book seeks to challenge the mindset of those who would deny equal protection to those with disabilities, while providing informative analysis of the intent and application of the ADA for those who wish to learn more about disability rights.


The author puts forth an argument for establishing disability as a category of social, political, and historical analysis in much the same way that race, gender, and class already have been. His essays search for the often hidden pattern of systematic prejudice and probe into the institutionalized discrimination that affects the one in five Americans with disabilities.

DWARFISM


An examination of how a person of short stature relates to the world.


As well as listings of dwarfism diagnoses, treatments, and organizations, this book provides personal profiles and divergent opinions of doctors, dwarfs, and parents throughout the world and through the history, and addresses both medical and social issues.


An average-size father’s memoir and social commentary on meeting the challenges of raising a daughter with dwarfism.


Throughout history, most human cultures have treated dwarfs as oddities or as objects of exploitation. This book chronicles the emergence of cultural identity among “little people”, and their progress towards ending stigma and gaining opportunities.

3 foot 8 inch tall author Peggy O’Neill shares advice for people of all sizes on enjoying life and overcoming fear and low self-esteem.

EPILEPSY/SEIZURE DISORDER


Accounts from women on how epilepsy impacts the more intimate and important parts of their lives. Offers descriptions of how seizures may fluctuate with changes in female hormones, over the menstrual cycle, and at menopause.


Consumer text addresses the most common questions asked by those with epilepsy. Written in common language, text discusses what epilepsy is, the many treatment options, various medications available and their side effects, and how to deal with day-to-day living with epilepsy.


This guide for adults with epilepsy and for parents of children with the disorder explains the nature and diversity of seizures, the risks and benefits of the various antiepileptic drugs, and medical and surgical therapies.

Epilepsy and Seizures: Everything You Need to Know (Your Personal Health). Donald F. Weaver, Firefly Books Ltd., 2001. ISBN 1552094529

The director of the epilepsy clinic at Queen's University in Kingston, Ontario, clearly and succinctly summarizes the current medical knowledge about epilepsy from diagnosis to treatment.


This is a self-help book that teaches people with epilepsy how to live healthy and productive lives. The book shares encouraging stories and gives readers a workable program for coping with the disorder enabling them to overcome obstacles.


This book was developed to provide parents of children with epilepsy with an “owner's manual” to help them negotiate the unique challenges that this disorder presents.

*Partial Seizure Disorders* helps patients and families learn how to get an accurate diagnosis, explore therapeutic interventions, and deal with issues such as school difficulties, employment, driving, and advocacy.


In this major study, freelance journalist LaPlante, who interviewed scores of patients and doctors, explores Temporal Lobe Epilepsy, a disease that may affect between one and two million Americans.


This award-winning book is the standard resource for parents in need of comprehensive medical information about their child with epilepsy, and includes information on drugs, diet, surgical treatments, insurance issues, and complementary and alternative therapies.

FIBROMYALGIA/CHRONIC FATIGUE


A self-help manual including personal histories, a symptom and treatment dictionary, and alternative therapies.


A physician's primer on Chronic Fatigue/Immune Dysfunction Syndrome (CFIDS).


A professor of neurosciences and director of the New Jersey Chronic Fatigue Syndrome Center shares his clinical and research experience. He discusses stress and depression and emphasizes, above all, the need for a knowledgeable and sympathetic physician.

This book guides readers through their first seven days following diagnosis, then the next three weeks of their first month, and finally the next eleven months of their first year—to provide answers and advice that will help everyone newly diagnosed with fibromyalgia come to terms with their condition and the lifestyle changes that accompany it.


A candid, first person account of what it is like to experience fibromyalgia/chronic fatigue syndrome.


A collection of personal accounts from sufferers of chronic fatigue immune dysfunction syndrome, or CFIDS. This book explores the complex social and political dynamics surrounding the disorder.

MENTAL ILLNESS


A chronicle of the experiences of the family members of the mentally ill, and how they draw “boundaries of sympathy” to avoid being engulfed by the day-to-day suffering of a loved one. The author reveals similarities that caregivers share in trying to cope with their own feelings and with the complexities of the mental health system.


A nationally known spokesperson for the mentally ill shares the story of his decades-long struggle with schizophrenia and his remarkable recovery.


Lack of insight in people with schizophrenia and bipolar disorder is the major cause of many of the worst aspects of their illness. This book prescribes detailed interventions to help families and therapists deal with lack of insight and the many difficulties it causes people with major mental illness.


The author explores the varied effects of depression on fifty different individuals.

People with mental illness share their stories of struggling to manage their illnesses while dealing with discrimination and stereotypes.


An examination of the revolution that is taking place in the care and treatment of the mentally ill. While side effects of newer medications are becoming less debilitating, recovery programs, peer support centers, and community treatment options are making it possible for those with severe mental illness to participate more fully in the mainstream community.


Author Schiller was 17 when she first heard the "voices" that would take over her life. She describes her years of mental illness, substance abuse, and eventual stabilization through proper treatment and medication.

MENTAL RETARDATION/COGNITIVE DISABILITY


A history of popular views of mental retardation which documents society’s changing perceptions of the “feebleminded”, recounting a history of institutionalization, sterilization, neglect and abuse.


A chronicle of the history of mental retardation, its treatment and labeling, and its representations and ramifications within the changing economic, social, and political context of America.


The author accepts her mildly mentally retarded sister’s invitation to spend a year riding the city busses with her, and gains a greater appreciation of her sister’s challenges and choices.

Pulitzer Prize-winning journalist D’Antonio's account of the indiscriminate institutionalization of people with mental retardation during the middle decades of the last century. D’Antonio tells the story of the 1957 uprising in the Walter E. Ferdinand School for the Feebleminded in Massachusetts by a group of young men who were eventually able, with the help of sympathetic outsiders, to free themselves of their involuntary confinement and its abuses.

MULTIPLE SCLEROSIS


A New Zealander’s personal account of living for three decades with a diagnosis of Multiple Sclerosis.


Montel Williams, a decorated former Naval intelligence officer and Emmy Award-winning talk show host, was diagnosed with multiple sclerosis after being baffled by symptoms for twenty years. This is his story of learning to deal with the disease and of becoming a spokesperson for people with MS.


In the summer of 1999, actor David Lander of Laverne and Shirley revealed publicly that he has multiple sclerosis. This book documents, with humor, his experiences with his condition.


As a "patient-expert," the author guides those newly diagnosed step-by-step through their first year with MS. She provides illustrative charts and tables, crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more.


The author presents his observations of the emotional aspects of living with the disease.

Drawing from the latest scientific information and from the author's personal experience, this text discusses the symptoms, tests, medical terminology, traditional and complementary treatment options, and lifestyle changes associated with multiple sclerosis.


A collection of essays on the author's insights into the experience of living with Multiple Sclerosis.

PARENTING


The author's son has Down Syndrome, and she provides brief meditations and passages about the challenges, hopes, and other feelings and experiences of parents who have children with disabilities.


Forty stories offering inspiration and advice, written by successful adults who grew up with disabilities.


This book illustrates the impact that a child's disability has on the entire family, and helps the reader learn about resources, such as support groups, for working through complex emotions and learning about techniques for communicating effectively with professionals.


This book is written for families who live with children with disabilities on a day-by-day basis.


A collection of narratives from all over the country, offering encouragement and information, by parents of children with special needs.
PARKINSON’S DISEASE


Consumer text filled with tips, techniques, and shortcuts the author learned from her personal experience and from the people around her. Discusses saving time and energy, becoming more organized, and being independent.


This book presents known facts and clarification about this degenerative neurological disease. Physical, behavioral, and psychiatric signs and symptoms exhibited during mild, moderate, and advanced stages of the disease are examined, as are diseases that can mimic Parkinson's.


Over 100 photographs illustrate exercises derived from yoga and t'ai chi techniques; and theater movement skills show readers how to cope as gracefully as possible with the loss of coordination that Parkinson's patients experience.

SEXUALITY & DISABILITY


In the tradition of The Joy of Sex, this book candidly explores shattering stereotypes, creative sexual variations, building self-esteem, reproduction and contraception, and information on issues specific to several kinds of disabilities.


A basic resource for people with SCI and those with whom they have intimate relationships, set up in question and answer format.


This book is intended to increase professional awareness and knowledge of the complex issues concerning sexuality and disability. Provides practical advice and tips for professionals supporting and advising people with disabilities. It covers such issues as body image, self-esteem, genetics, continence, abuse, legal matters, and ethics.

A guide for parents of a son or daughter of any age or with any kind of disability. It provides practical information about sexuality and sexual development with humor and with ways for parents to deal with the topic comfortably and creatively.


A resource to help people with disabilities think about themselves as sexual beings. It encompasses a wide range of sexual options and also gives information about sex-related topics (such as communication).

SPINA BIFIDA


This book addresses issues parents will face, from prenatal diagnosis to adulthood legal issues, education, health concerns, treatments, therapies, and causes. It includes an extensive Resource Guide.


Pediatrician Adrain Sandler has written a handbook that addresses patients' biopsychosocial and developmental needs from birth through adolescence and into adulthood.

SPINAL CORD INJURY


Cartoonist Callahan gives a humorous, uncensored account of his life as a quadriplegic and recovering alcoholic.


The personal stories of forty-five individuals who share their experiences of learning to adjust to and live with spinal cord injury.

News correspondent John Hockenberry, who became a paraplegic after a 1976 car accident, shares stories of what it’s like to report on events around the world from a wheelchair.


Author Jonathan Cole presents the narratives of twelve people with spinal cord injuries whom he has asked the simple question of what it is like to live without sensation and movement of the body. He discovers that there is no single or simple answer.

TRAUMATIC BRAIN INJURY


At 14 the author was in an accident which left her physically unharmed but destroyed her memory. Her book explores her journey through loss of identity, depression, and eating disorders, and addresses the emotional and social issues that are a part of brain injury.


Within one year, a family copes with one son’s traumatic brain injury, a daughter’s diagnosis with a degenerative muscular condition, another son’s substance abuse, and the death of a grandparent. A resource for families coping with trauma and loss.


Cartoonist and writer Becker (All I Need to Know I Learned from My Cat) uses humor to document her diagnosis of a brain tumor and the subsequent arduous process of recovery from brain surgery.


Autobiography of a musician who incurred a brain injury when his car was hit by a drunk driver in 1985.


The autobiography of a 45-year-old doctor who must come to terms with her loss of identity and independence, and who has to rebuild her life, after a brain injury.

Following her husband’s traumatic brain injury in a boating accident, the author must cope with his lengthy and complex recovery, and ultimate personality transformation.