

The Carers' Collection

Books about the varied experiences of people caring for family or friends with a disability or long-term illness



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Welcome to our collection

There are copies of the carers' books listed based in all the public libraries in the borough and in mobile libraries.

Caring for a family member or friend with a disability or long-term illness can affect your life in many different ways. It can be challenging, complex and sometimes lonely. Finding the right information and hearing the stories of others who have been through similar situations can make a big difference. We know there are as many stories as there are carers, and this collection is just a sample. There are many other relevant books in the libraries- ask a librarian for assistance.

General

The Accidental Carer – Nicole Banerji

Nicole Banerji's account of her own caring experiences- from the stark realities of a struggling care system to the emotions of seeing someone you love suffer.

The Selfish Pig's Guide to Caring: How to cope with the emotional and practical aspects of caring for someone – Hugh Marriott

This is a must-read book for all carers. Marriott tells it like it is- even stuff other people aren't even whisper about.

Now Where Did I Put My Glasses? Caring for Your Parents - A Practical and Emotional Lifeline – Jackie Highe

The challenge of providing care to ageing parents places huge financial and emotional stress on families. Written with warmth and humanity, this guide provides practical support.

Dementia

Dementia: Support for Family and Friends – Dave Pulsford and Rachel Thompson

A comprehensive introduction, this book explores how dementia affects the person and those around them. This book is essential reading for anyone with a friend or relative with dementia.

Alzheimer's: caring for your loved one, caring for yourself – Sharon Mooney

Drawing on her background in caring for people suffering from Alzheimer's, the author offers practical, intelligent advice for caregivers.

Keeping Mum: caring for someone with dementia – Marianne Talbot

Written for anyone who has anything to do with dementia or with caring. In reading it, you will know you are not alone.

End of Life

End of Life: An Essential Guide to Caring – *Mary Jordan*

A guide to providing emotional and practical support for a dying person while coping with your own feelings, whether you are a professional carer or a friend/ relative.

Young Carers

Last chance – *Patrick Cave*

Julian comes home one day to find his father gone, leaving him to look after his sisters. Tackles issues of addiction and coping when everything seems to be against you.

Mummy's little helper – *Casey Watson*

Ten-year-old Abigail's mother, Sarah, has multiple sclerosis, and Abigail has been her carer since she was a toddler. When Sarah is rushed to hospital, suddenly this comes to the attention of the social services.

Caitlin's wish – *Victoria Taylor*

This is an enchanting story based on real life; an inspiring tale of triumph over adversity. It follows a little girl's journey as she comes to terms with her father's life-changing illness.

Disability

At a Stroke: The rollercoaster of living with someone who has had a stroke – *Huw Watkins*

Huw Watkin's wife suffered a stroke and he found himself on an emotional roller coaster as he looked after her, and learnt to look after himself. His story will help other carers of stroke patients.

You and your disabled child – *Margaret Barratt*

Caring for a disabled child presents parents and other family members with numerous difficulties to overcome, and in this informally written guide, Margaret Barrett offers a great deal of sensible and practical advice that all parents will find useful.

Autism

Autism in the family – *Robert A. Naseef*

How can parents provide the best support for their child with autism—and ensure that the whole family's needs are met? It's a question faced by every parent of a child on the autism spectrum, and this book answers it with insight, honesty, & practical guidance.

Caring for a Child with Autism – *Martin Ives & Nell Munro*

This readable guide answers the questions asked by parents and carers following an autism diagnosis, and discusses the challenges arising in home life, education and socialising. It covers a variety of approaches to autism, providing unbiased information so families can evaluate options for themselves.

Mental Illness and Addiction

Living with Mental Illness: A Book for Relatives and Friends:

A Book for Relatives and Friends – *Liz Kuipers and Paul Bebbington*

This practical, sympathetic book is an essential resource for anyone who cares for someone with severe mental health problems, providing advice on how to cope day-to-day and what resources and services are available.

Living with a Problem Drinker – *Rolande Anderson*

When a family member drinks to excess, the repercussions for the health and well-being of all involved are profound and long lasting. This book looks at how to deal with the damage done to families by alcohol problems.

If you can't get to the library, let the library come to you!

The Home Library Service is here to help people who are unable to get to the library due to age, illness or disability. Carers who can't get to the library regularly are also eligible for this service.

The Service is provided absolutely free! You can borrow up to 16 items for five weeks. The Home Services librarians are always happy to chat about your favourite books, music and films and will always try to bring you the things you like best.

Call the Mobile Libraries Service on **020 8319 5875** for more information.

Are you a carer?

You can get access to information, support and advice by calling the Greenwich Carers' Centre Advice line: **0300 555 1515**

To get an assessment of your needs and a carer's personal budget, call us on **020 8921 2304**