



2021
EDITION

PHYSICAL DISABILITY

(INCLUDING HEARING AND VISUAL IMPAIRMENT)

QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES





Better informed to live better.

ABOUT

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of more than 179 member municipalities and corporations, for a total of over 317 autonomous libraries. Biblio-Aidants is available in more than 780 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

COORDINATION – QUEBEC PUBLIC LIBRARY ASSOCIATION

Clémence Tremblay-Lebeau, Project manager

BIBLIOGRAPHIC RESEARCH

Gabrielle C. Beaulieu, Project manager

Audrey Scott, Intern librarian

Clémence Tremblay-Lebeau, Project manager

CONTENT REVIEW AND EDITING

Sandra Cliche-Galarza, Intern librarian

Fannie Labonté, Member services and events coordinator

Clémence Tremblay-Lebeau, Project manager

LAYOUT AND DESIGN

Steve Poutré DGA

VISIT OUR WEBSITE

You will find all of the Biblio-Santé booklets and additional information.

bibliosante.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2021 and will be updated on an annual basis.

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Association des bibliothèques publiques du Québec
1453, rue Beaubien Est, bureau 215, Montréal (Québec) H2G 3C6
info@abpq.ca | www.abpq.ca

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit bibliosante.ca/criteria



CAREGIVERS

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S
DISEASE**



**AUTISM SPECTRUM
DISORDER**



BEREAVEMENT



CANCER



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



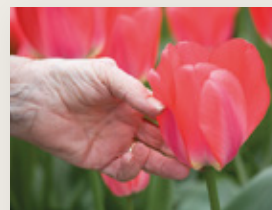
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

Generic resources

L'APPUI POUR LES PROCHES AIDANTS

Toll free
(Caregiver Support) 1 855 852-7784
Website www.lappui.org/en

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. Caregiver Support is a free and confidential phone consultation which aims to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

Physical disabilities

ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE

Phone 514 355-4198
Toll free 1 855 230-4198
Website www.douleurchronique.org/?lang=en

The AQDC has a mission to improve the condition of people suffering from chronic pain in Quebec and reduce their isolation. Their website offers targeted information on disease and pain management as well as relevant resources.

CANADIAN CEREBRAL PALSY SPORTS ASSOCIATION

Phone 613 748-1430
Toll free 1-888-752-2772
Website www.ccpsa.ca/en/

This association is dedicated to helping anyone with cerebral palsy or a related disability access quality sport and recreation activities. They do this through program delivery, education, advocacy and partnership.

CENTRE PHILOU

Phone 514 739-4861
Website www.centrephilou.com/en/

The Centre Philou, located in Montreal, provides a variety of services to children with multiple disabilities and their families: respite stays, summer day camp, development programs and family support. The section “Resources” of the website offers a complete list of resources for the family.

KÉROUL

Phone 514 252-3104
Website www.keroul.qc.ca

Kéroul is a non-profit organization dedicated to informing, representing, developing and promoting accessible tourism and culture. Visit the website to get information on different aspects of accessible tourism (tourism outside Quebec, transportation, associations, etc.) and to find specially adapted accommodation.

MIRA FOUNDATION

Phone 450 795-3725
Website www.mira.ca/en/

For some years now, Mira has been offering service dogs to help adults and children with physical disabilities in their daily lives. The program is available to youth and adults.

MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

Phone 514 341-7272
Toll free 1 877 341-7272
Website www.moelleepiniere.com/en/

A group that provides information, advocacy and recreational activities. The association is actively engaged in promoting and facilitating the social and professional integration of people with spinal cord injuries.

MUSCULAR DYSTROPHY CANADA

Phone 1 800 567-2873
Website www.muscle.ca

Muscular Dystrophy Canada is committed to improving the lives of people with neuromuscular disorders by providing services and ongoing support. Information about the disease, advocacy and personalized support programs can be found on the website.

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

Toll free 1 800 567-1465
Website www.ophq.gouv.qc.ca

The Office des personnes handicapées provides support, counselling and accompaniment for handicapped people and their families. It publishes several guides to assist caregivers. These can be downloaded from the website, in the section entitled "*Publications*". **Website in French.**

THE WAR AMPS

Phone 1 800 250-3030
Website www.waramps.ca/home/

The War Amps provides a range of services and programs to all amputees in Canada, especially to support children and their families.

Child Amputee (CHAMP) Program

Phone 1 800 267-4023

Adult Amputee Program

Phone 1 877 622-2472

Hearing impairments

ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC

Phone 438 476-6315
Website www.assq.org/?lang=en

The ASSQ promotes sport and physical activity for Deaf and Hard of Hearing in Quebec. They offer sport programs and financial assistance to help athletes pay a part of their expenses in order to train and compete at the provincial, national and/or international level.

FONDATION GROUPE FORGET

Phone 514 353-7029
Toll Free 1 877 VOTREVIE (1 877 868-7384)
Website www.fondationgroupeforget.ca/en/

The Foundation Groupe Forget is a charitable organization with a mission to improve life conditions of people with hearing impairment by making donations and raising public awareness. The Foundation offers hearing aids and accessories as well as training sessions or professional services. The eligibility criteria and the application form are available on the website under the tab “Eligibility”.

Visual impairments

ALLIANCE FOR EQUALITY OF BLIND CANADIANS (AEBC)

Toll free 1 800 561-4774
Website www.blindcanadians.ca

Alliance for Equality of Blind Canadians (AEBC) is a national grassroots, peer support organization that comprises Canadians who are blind, deaf-blind or partially sighted and supporters from the public at large. They work to ensure blind, deaf-blind or partially sighted people have a voice on all matters affecting their participation in Canada’s mainstream society.

CNIB FOUNDATION

Toll free 1 800 465-4622
Website <http://cnib.ca/en>

CNIB is an organization which provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted can have opportunities to fully participate in life.

Quebec division
www.cnib.ca/en/quebec

National division of the organization, CNIB Quebec offers support to people with visual impairment through reference services, training sessions on adaptive technologies, technical support and psychosocial services.

FONDATION DES AVEUGLES DU QUÉBEC

Phone 514 259-9470
Toll free 1 855 249-5112
Website www.fondationdesaveugles.org/en/

The Foundation's mandate is to support blind and visually impaired people in the areas of housing, recreation and community life. Among other things, it offers leisure services, adapted products and financial assistance. You will find many relevant resources and references under the "Our services" tab.

GLAUCOMA INFORMATION CENTRE

Phone 514 340-8222, extension 24954
Website www.jgh.ca/care-services/ophthalmology/glaucoma-information-centre/

Located at the Jewish General Hospital, in Montreal, the information centre hosts information sessions on glaucoma several times a year. Experts are on site to answer questions and give explanations and the Centre is open to all. Call or check the website for the dates of upcoming sessions. An educational video prepared by patients with glaucoma and health care professionals, "Living with Glaucoma", can be viewed on line ("Glaucoma Information Centre - DVD" section).

INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

THE QUALITY OF THE INFORMATION SOURCE

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

CANADA MORTGAGE AND HOUSING CORPORATION (CMHC) – ACCESSIBLE AND ADAPTABLE HOUSING

<https://www.cmhc-schl.gc.ca/en/developing-and-renovating/accessible-adaptable-housing>

This page offers extensive information about affordable and accessible housing.

CANADIAN CAREGIVER NETWORK

<https://thecaregivernetwork.ca>

The Canadian Caregiver Network mission is to bring caregivers together to share their experiences. With Huddol, their social platform dedicated to caregivers, you can join a community committed to your well-being where you can exchange with professionals and others like you.

CANADIAN SOCIETY OF INTESTINAL RESEARCH

<https://badgut.org/>

The mission of the GI Society is to improve the lives of people with gastrointestinal and liver conditions, to support research, to advocate for appropriate patient access to health care and to promote gastrointestinal and liver health. You will find articles and many informative resources dealing with these aspects on their site. You will also find brochures to print or order free of charge in the “Publications” section.

CNIB FOUNDATION - IPHONE/IPAD TRAINING WORKSHOPS

<https://cnib.ca/en/programs-and-services/tech/iphone/ipad-training-workshops?region=qc>

Learn how to use the vision accessibility features on an iPhone, iPad or iPod touch (Updated for iOS11). Workshops are provided by Hadley Institute for the Blind and Visually Impaired.

CNIB FOUNDATION - TECHNOLOGY PROGRAMS

<https://cnib.ca/en/programs-and-services/tech/technology-programs?region=qc>

CNIB Foundation technology programs include introductions to new, accessible technology options like smartphone apps and the latest devices for people with varying degrees of sight loss.

COMPANION LEISURE CARD

www.carteloisir.ca/en

This website provides information regarding the Companion Leisure Card (CAL). This card gives free access (in participating institutions) to the companions of people aged 12 and older with a permanent disability and who require assistance. A permanent disability includes, but is not limited to, physical, intellectual, developmental and sensory disabilities, as well as mental illness.

GOVERNMENT OF CANADA – DISABILITY BENEFITS

www.canada.ca/en/services/benefits/disability.html

Find out everything you need to know about disability pensions and children's benefits. This page also contains information on the federal excise gasoline tax refund program.

GOVERNMENT OF CANADA – TAX CREDITS AND DEDUCTIONS FOR PERSONS WITH DISABILITIES

www.cra-arc.gc.ca/disability/

Find information on Canadian tax credits and deductions that are available to persons with disabilities, their supporting family members, and their caregivers.

JOURNEY INTO THE WORLD OF HEARING

www.cochlea.org/en/

The "General Audience" section provides information on all aspects of hearing.

KÉROUL

Québec for all

<http://quebecforall.com>

Quebecforall.com features more than 1,700 tourism businesses assessed by Kéroul and certified as fully or partially accessible, along with local merchants and businesses.

MEDLINEPLUS – HEARING DISORDERS AND DEAFNESS

<https://medlineplus.gov/hearingdisordersanddeafness.html>

Information about hearing disorders and deafness, including causes, symptoms, and diagnosis, with links to other useful resources.

MEDLINEPLUS – VISION IMPAIRMENT AND BLINDNESS

<https://medlineplus.gov/visionimpairmentandblindness.html>

Information about vision impairment and blindness, including causes, symptoms, and diagnosis, with links to other useful resources.

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC - AID PROGRAMS

www.ramq.gouv.qc.ca/en/citizens/aid-programs

You will find on this page different forms of assistance offered by the Régie, among others for hearing, visual and physical impairments.

REVENU QUÉBEC – TAX CREDITS

This site provides information on different tax credits and on financial support.

Amount for a severe and prolonged impairment in mental or physical functions

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

Disabled individuals

<https://www.revenuquebec.ca/en/citizens/your-situation/disabled-individuals/>

Refundable tax credit for medical expenses

<https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/>

Tax credit for caregivers

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>

Work premium tax credit

<https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/>

WEB ACCESSIBILITY INITIATIVE – TOOLS AND TECHNIQUES

<https://www.w3.org/WAI/people-use-web/tools-techniques/>

This page introduces some of the techniques and tools that people with disabilities use to interact with the web – web browser settings, text-to-speech, voice recognition, and many more.

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

GOVERNMENT OF CANADA – HEALTH

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

GOVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.medlineplus.gov

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

CONSUMER HEALTH COMPLETE

<http://numerique.banq.qc.ca/ressources/details/5278>

A database of periodicals, reference material and diverse medical sources gathered to meet the needs of users and not health professionals. It covers topics related to health, such as medicine, cancer, drugs, physical training, nutrition, child health as well as alternative medicines. Resources in several languages.

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

SKILLSOFT BOOKS WELL-BEING ESSENTIALS

<http://numerique.banq.qc.ca/ressources/details/SOFT>

Books on health and well-being available online. This collection covers several topics, including hygiene, nutrition, stress management, work, work-life balance, relationships, family, consumption, etc.

READING SUGGESTIONS

YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?

LEARN ABOUT THE
LOAN SERVICE BETWEEN LIBRARIES.

YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE
FROM ANOTHER LIBRARY.

NON-FICTION

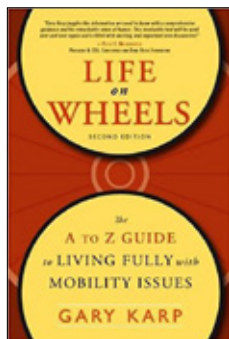
General works



ABOUT CANADA: DISABILITY RIGHTS

Deborah Stienstra. Winnipeg: Fernwood Pub., 2012, 125 p.

Through a close examination of employment, education, transportation, telecommunications, and health care, this survey explores the landscape of disability rights in Canada and finds that, while important advances have been made, Canadians with disabilities still experience significant barriers in obtaining their human rights. Using the stories and voices of people with disabilities, the consideration argues that disability is not about “faulty” bodies that need to be fixed but about the institutional, cultural, and attitudinal reactions to certain kinds of bodies, contending that neoliberal ideas of independence and individualism are at the heart of the continuing discrimination against “disabled” people.

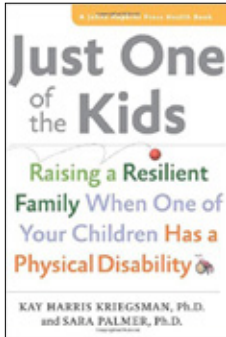


LIFE ON WHEELS: THE A TO Z GUIDE TO LIVING FULLY WITH MOBILITY ISSUES

Gary Karp. New York: Demos Health, 2009, 477 p.

This book offers an initial road map to the lifelong, complex, and fascinating road of the disability experience. *Life on Wheels* is the A-Z guide for all you need to know about every aspect of living with mobility impairment.

Accompaniment of a child with a physical disability

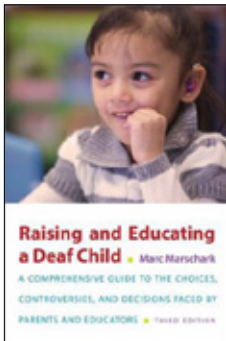


JUST ONE OF THE KIDS: RAISING A RESILIENT FAMILY WHEN ONE OF YOUR CHILDREN HAS A PHYSICAL DISABILITY

Kay Harris Kriegsman and Sara Palmer. Baltimore: The Johns Hopkins University Press, 2013, 226 p.

This book is designed to help parents focus not on what could have been but instead on what can be, so that they, their children, and the grandparents thrive as individuals and as a family. The advice from psychologists Kay Harris Kriegsman and Sara Palmer is valuable for any family with children who have a physical disability, from any cause. Their book is full of family stories, tips, and tools.

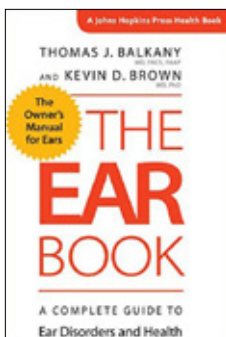
Hearing impairments



RAISING AND EDUCATING A DEAF CHILD

Marc Marschark. New York: Oxford University Press, 2018, 275 p.

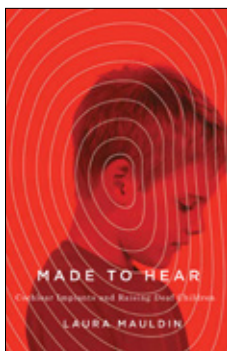
Marc Marschark's *Raising and Educating a Deaf Child* offers a comprehensively clear, evidence-based guide to the choices, controversies, and decisions faced by parents and teachers of deaf children today.



THE EAR BOOK: A COMPLETE GUIDE TO EAR DISORDERS AND HEALTH

Thomas J. Balkany and Kevin D. Brown. Baltimore: Johns Hopkins University Press, 2017, 245 p.

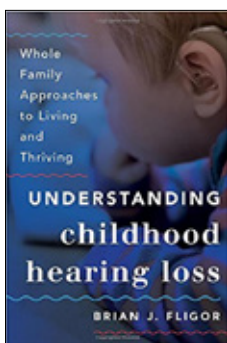
Drs. Thomas J. Balkany and Kevin D. Brown, recognized experts on ears and hearing, explain how the anatomy of the ear facilitates hearing and balance and then examine the causes, symptoms, and treatment of common problems of the outer, middle, and inner ear.



MADE TO HEAR: COCHLEAR IMPLANTS AND RAISING DEAF CHILDREN

Laura Mauldin. Minneapolis: University of Minnesota Press, 2016, 215 p.

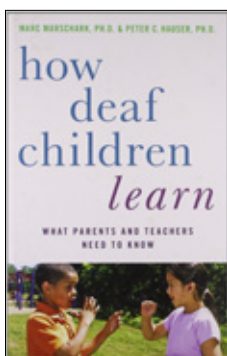
A mother whose child has had a cochlear implant tells Laura Mauldin why enrollment in the sign language program at her daughter's school is plummeting: "The majority of parents want their kids to talk." Some parents, however, feel very differently, because "curing" deafness with cochlear implants is uncertain, difficult, and freighted with judgment about what is normal, acceptable, and right. *Made to Hear* considers the structure and culture of the systems we have built to make deaf children hear.



UNDERSTANDING CHILDHOOD HEARING LOSS: WHOLE FAMILY APPROACHES TO LIVING AND THRIVING

Brian J. Fligor. Lanham: Rowman & Littlefield, 2015, 192 p.

Childhood hearing loss is more common than most people assume, and yet this invisible condition can rob a child of the ability to develop close emotional relationships with family and friends. This book demystifies this condition and offers approaches to caring for the child and the whole family.

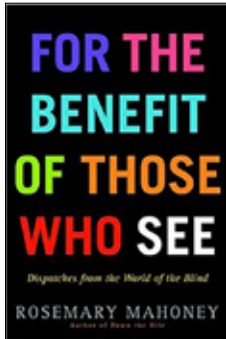


HOW DEAF CHILDREN LEARN: WHAT PARENTS AND TEACHERS NEED TO KNOW

Marc Marschark and Peter C. Hauser. New York: Oxford University Press, 2012, 156 p.

How can parents and teachers most effectively support the language development and academic success of deaf and hard-of-hearing children? Will using sign language interfere with learning spoken language? Should deaf children be placed in classrooms with hearing children? Are traditional methods of teaching subjects such as reading and math to hearing children appropriate for deaf learners? As many parents and teachers will attest, questions like these have no easy answers, and it can be difficult for caring adults to separate science from politics and fact from opinion in order to make informed decisions about how to help deaf children learn. In this guide, renowned authorities Marc Marschark and Peter Hauser highlight important new advances in scientific and educational research that can help parents and teachers of students with significant hearing loss.

Visual impairments

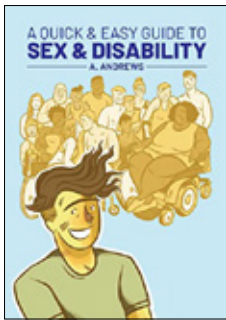


FOR THE BENEFIT OF THOSE WHO SEE: DISPATCHES FROM THE WORLD OF THE BLIND

Rosemary Mahoney. New York: Little, Brown and Company, 2014, 304 p.

Rosemary Mahoney tells the story of Braille Without Borders, the first school for the blind in Tibet, and of Sabriye Tenberken, the remarkable blind woman who founded the school.

Love and sexuality



A QUICK & EASY GUIDE TO SEX & DISABILITY

A. Andrews. Portland, Oregon: Limerence Press, 2020, 70 p.

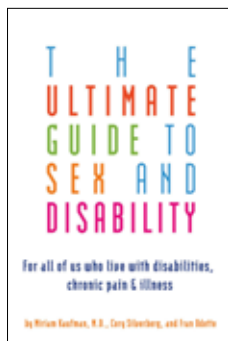
As explained by disabled cartoonist A. Andrews, this easy-to-read guide covers the basics of disability sexuality, common myths about disabled bodies, communication tips, and practical suggestions for having the best sexual experience possible. Whether you yourself are disabled, you love someone who is, or you just want to know more, consider this your handy starter kit to understanding disability sexuality, and your path to achieving accessible (and fulfilling) sex.



SUPPORTING DISABLED PEOPLE WITH THEIR SEXUAL LIVES: A CLEAR GUIDE FOR HEALTH AND SOCIAL CARE PROFESSIONALS

Tuppy Owens. London: Jessica Kingsley Publishers, 2015, 224 p.

This is a straight-talking guide to supporting disabled people with their sexual lives. It covers the range of difficulties disabled people experience, from physical limitations to problems such as lack of acceptance, knowledge and skills.

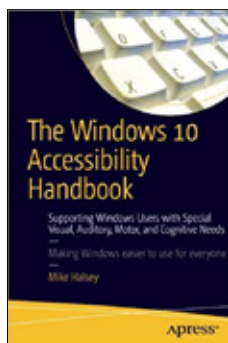


THE ULTIMATE GUIDE TO SEX AND DISABILITY: FOR ALL OF US WHO LIVE WITH DISABILITIES, CHRONIC PAIN, AND ILLNESS

Miriam Kaufman, Fran Odette and Cory Silverberg. San Francisco: Cleis Press, 2003, 345 p.

This book is a self-help sex guide for the millions of people living with disabilities and chronic pain and illness. For sufferers of ailments from chronic fatigue syndrome and spinal cord injury to multiple sclerosis, fibromyalgia, and others, the book provides encouragement, support, and expert information on sex positions, orgasm, and sex toys.

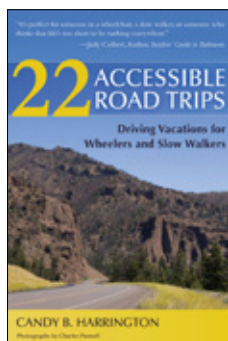
Accessibility



THE WINDOWS 10 ACCESSIBILITY HANDBOOK: SUPPORTING WINDOWS USERS WITH SPECIAL VISUAL, AUDITORY, MOTOR, AND COGNITIVE NEEDS

Mike Halsey. New York: Apress, 2015, 133 p.

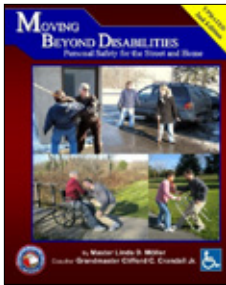
Learn everything you need to know about making Windows 10 easier to use, see, hear, touch, or read, whether you are using it yourself, setting it up for another person, teaching others about ease of use at work or in the home, or working with a variety of people with specific needs in the community.



22 ACCESSIBLE ROAD TRIPS: DRIVING VACATIONS FOR WHEELERS AND SLOW WALKERS

Candy Harrington. New York: Demos Medical Pub., 2012, 318 p.

This book contains useful and detailed information about accessible travel, that's readable, informative and pertinent. The book is aimed at those who use wheelchairs, walkers or just have mobility issues. Organized geographically, the book is divided into 22 chapters, with each chapter detailing a loop driving route that can be completed in approximately 2-3 weeks. The routes are spaced throughout the United States, with each route having a theme or a commonality.

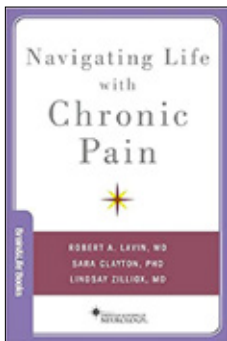


MOVING BEYOND DISABILITIES: PERSONAL SAFETY FOR THE STREET AND HOME

Linda D. Moller and Clifford C. Crandall Jr. New Hartford: American Martial Arts Institute, 2011, 112 p.

In this book it is clear that living with a disability does not mean that your personal safety is the responsibility of someone else. The empowerment and independence that one can feel by having the knowledge to protect themselves is life changing. The information and instruction in this book are geared towards individuals with disabilities, but is also applicable to anyone interested in their own personal safety.

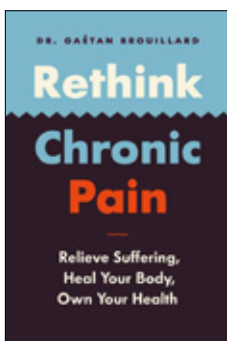
Chronic pain



NAVIGATING LIFE WITH CHRONIC PAIN

Robert A. Lavin, Sara E. Clayton and Lindsay A. Zilliox. New York, NY: Oxford University Press, 2020, 219 p.

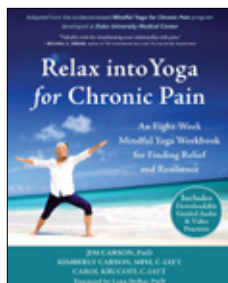
This book provides accessible, comprehensive, and up-to-date information about the challenges patients, family, and caregivers face when confronted by chronic pain. No two pain experiences are the same, so your chronic pain depends on where you have pain, how long you have experienced pain, and how the pain symptoms developed. This book aims to provide clear and reliable information about chronic pain, including “what” (definition), “how” (pathophysiology), and “why” (etiology).



RETHINK CHRONIC PAIN: RELIEVE SUFFERING, HEAL YOUR BODY, TAKE OWNERSHIP OF YOUR HEALTH

Gaétan Brouillard. Vancouver: Greystone Books, 2020, 320 p.

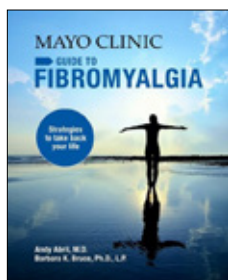
Rethink Chronic Pain identifies the physical and psychological roots of pain and recommends not one single treatment (as the vast majority of advice does) but many: Dr. Gaétan Brouillard incorporates osteopathy, hypnotherapy, acupuncture, nutrition and natural products (including cannabis and CBD) into his tried-and-tested approach. He also draws on years of experience as an emergency room doctor, clinician, and researcher to explain scientific breakthroughs in pain treatment and how to use medicine and surgery when necessary.



RELAX INTO YOGA FOR CHRONIC PAIN

Jim Carson and Kimberly Carson. Oakland, CA: New Harbinger Publications, 2020, 224 p.

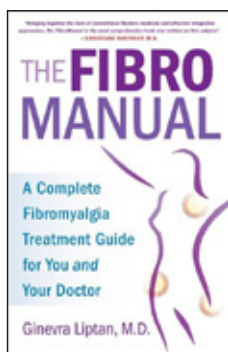
If you live with chronic pain, you need solutions now to help you feel better and get back to living your life. If you're looking for an alternative to pharmaceutical pain medication, yoga is powerful practice for managing pain and building resilience.



MAYO CLINIC GUIDE TO FIBROMYALGIA: STRATEGIES TO TAKE BACK YOUR LIFE

Andy Abril and Barbara K. Bruce. Rochester: Mayo Clinic Press, 2019, 270 p.

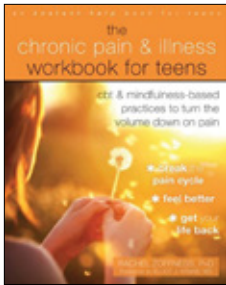
Fibromyalgia is a condition that's often misunderstood by the general public and doctors alike. This book aims to dispel myths about fibromyalgia and offers practical strategies that can help anyone living with this condition manage it successfully and return to a fulfilling and enjoyable life. Mayo Clinic Guide to Fibromyalgia offers research-supported, practical strategies that can help anyone with fibromyalgia live their best life now. From personal stories of people living with fibromyalgia to the compassionate expertise of its medical editors, this book seeks to first connect with people who have fibromyalgia in a way that they may not have experienced from loved ones and even doctors.



THE FIBROMANUAL: A COMPLETE FIBROMYALGIA TREATMENT GUIDE FOR YOU AND YOUR DOCTOR

Ginevra Liptan. New York: Ballantine Books, 2019, 359 p.

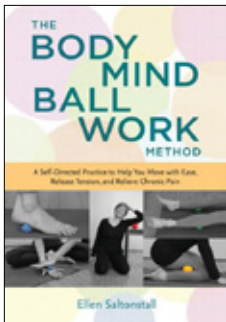
Ten million Americans experience the widespread muscle pain, profound fatigue, and fuzzy brain ("fibrofog") that have long frustrated both patients and doctors. In this unique resource, Ginevra Liptan, M.D., shares a cutting-edge new approach that goes far beyond mainstream medical knowledge to produce dramatic symptom improvement.



THE CHRONIC PAIN AND ILLNESS WORKBOOK FOR TEENS: CBT AND MINDFULNESS-BASED PRACTICES TO TURN THE VOLUME DOWN ON PAIN

Rachel Zoffness. Oakland: Instant Help Books, 2019, 154 p.

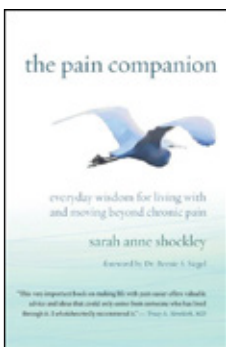
Living with chronic pain and illness can be difficult, scary, and sometimes lonely. But if you're one of the millions of teens who suffer from chronic pain, you should know that there are real tools you can use now to help you feel better. Blending cognitive behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR), this workbook provides proven-effective solutions to help you take control of your pain. With this workbook you'll learn how pain affects both your mind and body, how negative emotions can make pain worse, and strategies to help you turn the volume down on your pain, so you can go back to enjoying activities that you love. You'll also learn mindfulness and relaxation exercises, including belly breathing and body scan to help manage pain in the moment.



THE BODYMIND BALLWORK METHOD: A SELF-DIRECTED PRACTICE TO HELP YOU MOVE WITH EASE, RELEASE TENSION, AND RELIEVE CHRONIC PAIN

Ellen Saltonstall. Berkeley: North Atlantic Books, 2018, 184 p.

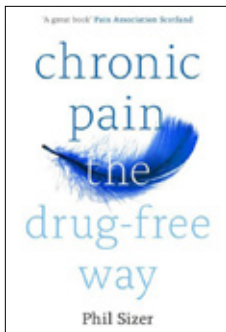
Release stress and tension in the body using only simple rubber balls with this accessible, step-by-step guide to a bodywork system that can benefit people of any age or physical condition, developed by a top yoga and bodywork teacher.



THE PAIN COMPANION: EVERYDAY WISDOM FOR LIVING WITH AND MOVING BEYOND CHRONIC PAIN

Sarah Anne Shockley. Novato: New World Library, 2018, 177 p.

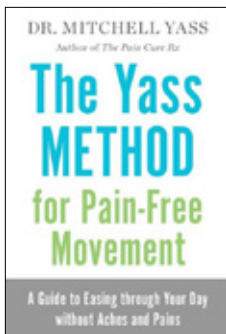
A holistic guide to coping with chronic pain, written by a woman suffering from Thoracic Outlet Syndrome; book aims to provide strategies for mitigating the emotional, financial, and social consequences of living with debilitating pain.



CHRONIC PAIN THE DRUG-FREE WAY

Phil Sizer. London: Sheldon Press, 2018, 147 p.

Chronic pain affects nearly half the UK population. It can take a wide variety of forms, including arthritis, back pain, fibromyalgia, or may be the result of an accident or an operation. Based on holistic methods, and incorporating aspects of CBT and ACT, Phil Sizer's book explains the importance of self-management in coping and dealing with many long-term conditions.

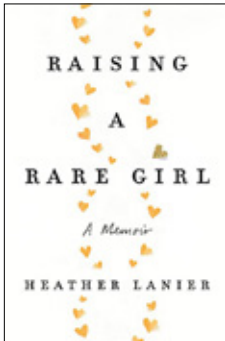


THE YASS METHOD FOR PAIN-FREE MOVEMENT: A GUIDE TO EASING THROUGH YOUR DAY WITHOUT ACHEs AND PAINS

Mitchell Yass. Carlsbad: Hay House, 2018, 240 p.

Chronic pain has become an international epidemic – an estimated one billion people across the world suffer every day. Dr. Mitchell Yass, author of *The Pain Cure Rx*, presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. In his more than 25 years of clinical experience, Dr. Yass has found that about 90 percent of chronic pain that is attributed to structural problems (e.g., herniated disc, stenosis, or arthritis) is actually caused by a muscular weakness or imbalance – all of which stems from the muscles' inability to respond to the forces created while performing everyday functional tasks. In *The Yass Method for Pain-Free Movement*, Dr. Yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort. From daily life at home to work to play to travel to sleep, Dr. Yass identifies and provides easy-to-do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying, pain-free life.

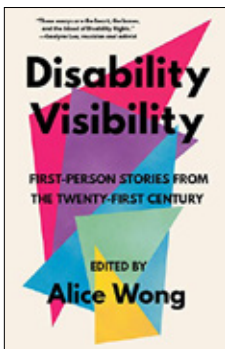
LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



RAISING A RARE GIRL: A MEMOIR

Heather Lanier. New York: Penguin Press, 2020, 311 p.

The author's daughter was born with a very rare genetic syndrome and faced a daunting prognosis: she would be a fraction of normal size, have innumerable physical and mental difficulties and likely a shortened lifespan. Now, at age eight she is attending standard public school classes. This is the story of her family's journey.



DISABILITY VISIBILITY: FIRST-PERSON STORIES FROM THE TWENTY-FIRST CENTURY

Alice Wong. New York: Vintage Books, a division of Penguin Random House LLC, 2020, 309 p.

According to the last census, one in five people in the United States lives with a disability. Some are visible, some are hidden – but all are underrepresented in media and popular culture. Now, just in time for the thirtieth anniversary of the Americans with Disabilities Act, activist Alice Wong brings together an urgent, galvanizing collection of personal essays by contemporary disabled writers.



THE PRETTY ONE: ON LIFE, POP CULTURE, DISABILITY, AND OTHER REASONS TO FALL IN LOVE WITH ME

Keah Brown. New York: Atria Paperback, 2019, 242 p.

From the disability rights advocate and creator of the #DisabledAndCute viral campaign, a thoughtful, inspiring, and charming collection of essays exploring what it means to be black and disabled in a mostly able-bodied white America. Keah Brown loves herself, but that hadn't always been the case. Born with cerebral palsy, her greatest desire used to be normalcy and refuge from the steady stream of self-hate society strengthened inside her. But after years of introspection and reaching out to others in her community, she has reclaimed herself and changed her perspective. In *The Pretty One*, Brown gives a contemporary and relatable voice to the disabled – so often portrayed as mute, weak, or isolated. With clear, fresh, and light-hearted prose, these essays explore everything from her relationship with her able-bodied identical twin (called 'the pretty one' by friends) to navigating romance; her deep affinity for all things pop culture – and her disappointment with the media's distorted view of disability; and her declaration of self-love with the viral hashtag #DisabledAndCute.

 Also available on prenumerique.ca

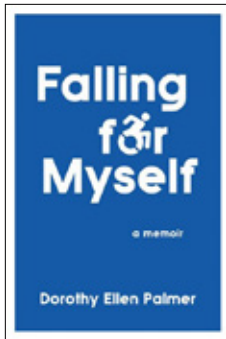


STRANGERS ASSUME MY GIRLFRIEND IS MY NURSE

Shane Burcaw. New York: Roaring Brook Press, 2019, 197 p.

With his signature acerbic wit and hilarious voice, twenty-something author, blogger, and entrepreneur Shane Burcaw is back with an essay collection about living a full life in a body that many people perceive as a tragedy. From anecdotes about first introductions where people patted him on the head instead of shaking his hand, to stories of passersby mistaking his able-bodied girlfriend for a nurse, Shane tackles awkward situations and assumptions with humor and grace. On the surface, these essays are about day-to-day life as a wheelchair user with a degenerative disease, but they are actually about family, love, and coming of age.

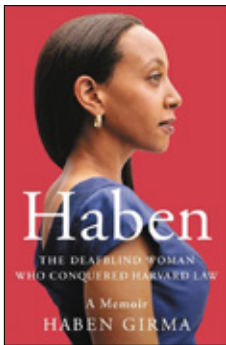
 Also available on prenumerique.ca



FALLING FOR MYSELF

Dorothy Ellen Palmer. Hamilton: James Street North Books, 2019, 320 p.

In this searing and seriously funny memoir Dorothy Ellen Palmer falls down, a lot, and spends a lifetime learning to appreciate it. Born with congenital anomalies in both feet, then called birth defects, she was adopted as a toddler by a wounded 1950s family who had no idea how to handle the tangled complexities of adoption and disability. From repeated childhood surgeries to an activist awakening at university to decades as a feminist teacher, mom, improv coach and unionist, she tried to hide being different. But now, in this book, she's standing proud with her walker and sharing her journey.



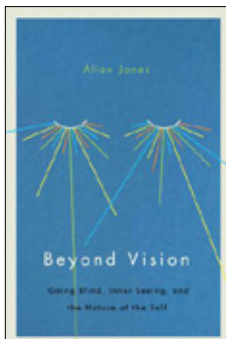
HABEN: THE DEAFBLIND WOMAN WHO CONQUERED HARVARD LAW

Haben Girma. New York: Twelve, 2019, 277 p.

The incredible life story of Haben Girma, the first Deafblind graduate of Harvard Law School, and her amazing journey from isolation to the world stage.



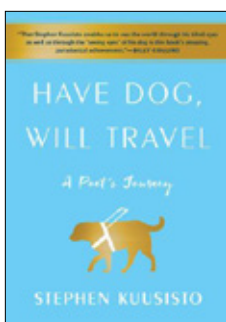
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BEYOND VISION: GOING BLIND, INNER SEEING, AND THE NATURE OF THE SELF

Allan Jones. Montreal: McGill-Queen's University Press, 2018, 328 p.

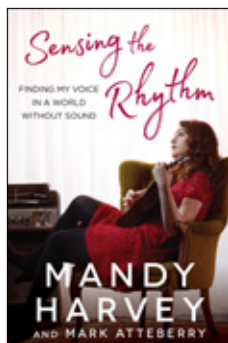
Jones was Canada's first blind diplomat, and his vivid account of life and work in Tokyo, New Delhi and Ottawa is a testament to the blind person's native capacity for innovation and practical adjustment. His message in *Beyond Vision* is radical and consequential: the self – the real self that is normally veiled – does not go blind. The deep self stands entirely apart from the experience of sightedness or blindness, as a centre of stable equanimity.



HAVE DOG, WILL TRAVEL: A POET'S JOURNEY

Stephen Kuusisto. New York: Simon & Schuster, 2018, 239 p.

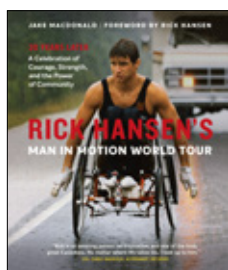
A blind poet describes his relationship with his first guide dog and how it changed his life and gave him a newfound appreciation for travel and independence.



SENSING THE RHYTHM: FINDING MY VOICE IN A WORLD WITHOUT SOUND

Mandy Harvey and Mark Atteberry. Howard Books, 2017, 240 p.

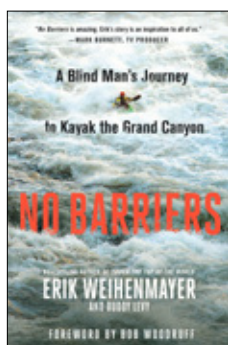
The true story of Mandy Harvey, a young woman who became deaf at age nineteen while pursuing a degree in music, and how she overcame adversity and found the courage to live out her dreams.



RICK HANSEN'S MAN IN MOTION WORLD TOUR: 30 YEARS LATER: A CELEBRATION OF COURAGE, STRENGTH AND THE COMMUNITY OF POWER

Jake MacDonald. Vancouver; Berkeley: Greystone Books, 2017, 154 p.

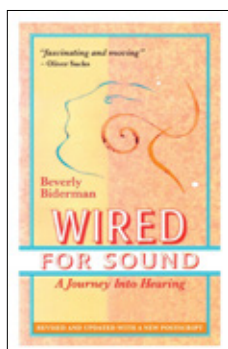
A look back on and celebration of Rick Hansen's Man In Motion World Tour, which began in 1985 and covered 40,000 kilometres through 34 countries on four continents before ending in Canada in 1987, and raised \$26 million for spinal cord injury research and initiatives to improve the quality of life and accessibility for those with disabilities.



NO BARRIERS: A BLIND MAN'S JOURNEY TO KAYAK THE GRAND CANYON

Erik Weihenmayer and Buddy Levy. New York: Thomas Dunne Books/St. Martin's Griffin, 2017, 480 p.

Erik Weihenmayer is the first and only blind person to summit Mount Everest, the highest point on Earth. Descending carefully, he and his team picked their way across deep crevasses and through the deadly Khumbu Icefall; when the mountain was finally behind him, Erik knew he was going to live. His expedition leader slapped him on the back and said something that would affect the course of Erik's life: "Don't make Everest the greatest thing you ever do."



WIRED FOR SOUND: A JOURNEY INTO HEARING

Beverly Biderman. Toronto: Journey Into Hearing Press, 2016, 194 p.

The author relates her experiences with cochlear implants after having been unable to hear speech since her early teens.



AGAINST THE POLLUTION OF THE I: ON THE GIFTS OF BLINDNESS, THE POWER OF POETRY, AND THE URGENCY OF AWARENESS

Jacques Lusseyran. Novato: New World Library, 2016, 192 p.

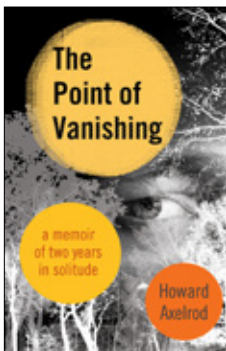
Despite being blinded as a child, Jacques Lusseyran went on to help form a key unit of the French Resistance – and survive the Nazis' Buchenwald concentration camp. He wrote about these experiences in his inspiring memoir. In this collection of essays, Lusseyran writes of how blindness enabled him to discover aspects of the world that he would not otherwise have known.



NUJEEN: ONE GIRL'S INCREDIBLE JOURNEY FROM SYRIA IN A WHEELCHAIR

Nujeen Mustafa. London: HarperCollins Publishers, 2016, 289 p.

This book tells the true story of Nujeen Mustafa, a teenager born with cerebral palsy, whose harrowing journey from war-ravaged Syria to Germany in a wheelchair is a breathtaking tale of fortitude, grit, and hope that lends a face to the greatest humanitarian issue of our time, the Syrian refugee crisis.



THE POINT OF VANISHING: A MEMOIR OF TWO YEARS IN SOLITUDE

Howard Axelrod. Boston: Beacon Press, 2015, 211 p.

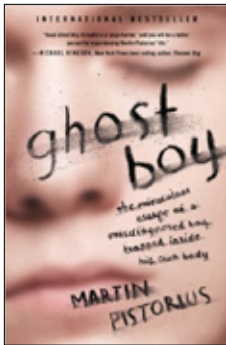
On a clear May afternoon at the end of his junior year at Harvard, Howard Axelrod left his dorm room to play a pick-up game of basketball. In the skirmish for a loose ball, a boy's finger hooked behind Axelrod's eyeball and severed his optic nerve. Permanently blinded in his right eye, Axelrod returned a week later to the same dorm room, but to a different world.



NO EXCUSES: GROWING UP DEAF AND ACHIEVING MY SUPER BOWL DREAMS

Derrick Coleman and Marcus Brotherton. New York: Gallery Books/Jeter Publishing, 2015, 260 p.

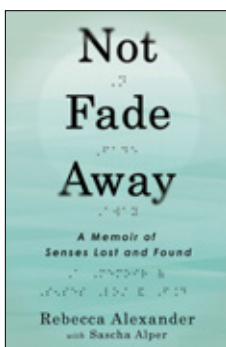
Trailblazing Seattle Seahawks fullback Derrick Coleman Jr. – the first deaf athlete to play offense in the NFL – tells his inspirational journey of persevering through every obstacle, remaining dedicated to the hard work and a no-excuses attitude that ultimately earned him a Super Bowl victory.



GHOST BOY: THE MIRACULOUS ESCAPE OF A MISDIAGNOSED BOY TRAPPED INSIDE HIS OWN BODY

Martin Pistorius. Thorndike: Center Point Large Print, 2015, 327 p.

In January 1988 Martin Pistorius, aged twelve, fell inexplicably sick. First he lost his voice and stopped eating. Then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair-bound. Martin's parents were told an unknown degenerative disease left him with the mind of a baby and less than two years to live.



NOT FADE AWAY: A MEMOIR OF SENSES LOST AND FOUND

Rebecca Alexander and Sascha Alper. New York: Gotham, 2014, 320 p.

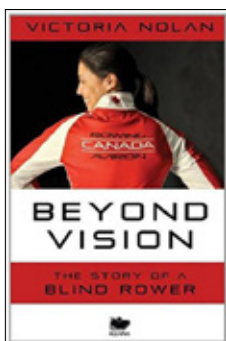
The memoir of a young woman who is slowly losing her sight and hearing yet continues to live each day with grace and purpose. Thirty-four-year-old Rebecca Alexander is a psychotherapist, a spin instructor, a volunteer, and an athlete. She is also almost completely blind, with significantly deteriorated hearing. *Not Fade Away* is a deeply moving exploration of the obstacles we all face—physical, psychological, and philosophical.



MERMAID: A MEMOIR OF RESILIENCE

Mary Eileen Cronin. New York: W.W. Norton & Company, 2014, 336 p.

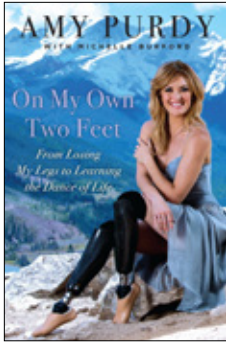
A woman born without legs describes her life growing up as one of eleven children in a large Catholic family, wearing prosthetics, going to school, facing bullies, and searching for love and happiness.



BEYOND VISION: THE STORY OF A BLIND ROWER

Victoria Nolan. Toronto: Iguana Books, 2014, 182 p.

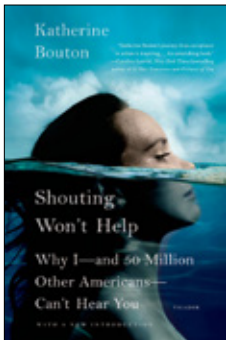
At 18 years old, Victoria Nolan found out she was going blind. As her vision became more restricted, so did her independence. Her childhood dream had been to become a teacher, but she had to fight constantly against misconceptions about her capabilities as a visually impaired person. Even starting a family meant risking further vision loss, and as she struggled to deal with her disability, her goals for the future seemed impossible. Not wanting her children to grow up seeing their mother as someone who “couldn’t,” she sought opportunities to prove herself. That’s when she started rowing. Discovering her competitive fire, Victoria made the Canadian National Adaptive Rowing Team in 2007.



ON MY OWN TWO FEET: FROM LOSING MY LEGS TO LEARNING THE DANCE OF LIFE

Amy Purdy and Michelle Burford. New York: William Morrow, 2014, 248 p.

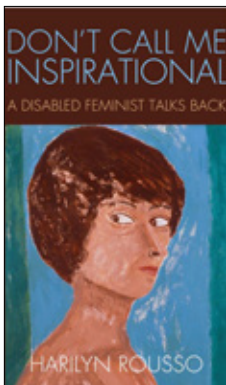
Dancing With the Stars sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two-percent chance of survival. In a near-death experience, she saw three figures who told her: “You can come with us, or you can stay. No matter what happens in your life, it’s all going to make sense in the end.” In that moment, Amy chose to live.



SHOUTING WON'T HELP: WHY I – AND 50 MILLION OTHER AMERICANS – CAN'T HEAR YOU

Katherine Bouton. New York: Sarah Crichton Books/Farrar, Straus, and Giroux, 2013, 276 p.

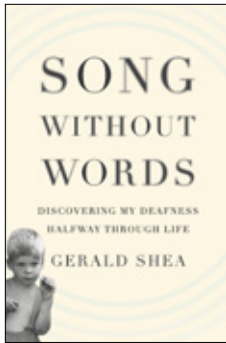
For twenty-two years, Katherine Bouton had a secret that grew harder to keep every day. An editor at *The New York Times*, at daily editorial meetings she couldn't hear what her colleagues were saying. She had gone profoundly deaf in her left ear; her right was getting worse. As she once put it, she was “the kind of person who might have used an ear trumpet in the nineteenth century.” In this book, Bouton examines the problem personally, psychologically, and physiologically. She speaks with doctors, audiologists, and neurobiologists, and with a variety of people afflicted with midlife hearing loss, braiding their stories with her own to illuminate the startling effects of the condition.



DON'T CALL ME INSPIRATIONAL: A DISABLED FEMINIST TALKS BACK

Harilyn Rousso. Philadelphia: Temple University Press, 2013, 209 p.

For psychotherapist, painter, feminist, filmmaker, writer, and disability activist Harilyn Rousso, hearing well-intentioned people tell her, “You’re so inspirational!” is patronizing, not complimentary. In her memoir, *Don't Call Me Inspirational*, Rousso, who has cerebral palsy, describes overcoming the prejudice against disability – not overcoming disability. She addresses the often absurd and ignorant attitudes of strangers, friends, and family.



SONG WITHOUT WORDS: DISCOVERING MY DEAFNESS HALFWAY THROUGH LIFE

Gerald Shea. Boston: Da Capo Press, 2013, 308 p.

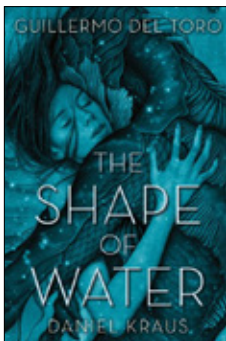
This book tells the story of a man who, at the age of thirty-four, discovered that he had been deaf since childhood, yet somehow managed to navigate his way through Andover, Yale, and Columbia Law School, and to establish a prestigious international legal career.

NOVELS

**PLEASE READ THIS LEAFLET CAREFULLY**

Karen Havelin and Taryn Mann (ill.). New York: Dottir Press, 2019, 271 p.

The novel tracks backward, from 2016 until 1995, etching details of daily life into a gripping and darkly humorous bildungsroman, about the intricacies of love and life in a fragile body. We meet Laura Fjellstad first as she works and cares for her young daughter, while struggling with debilitating pain and endometriosis, an invisible chronic illness. As the reader moves in reverse to meet Laura's younger and somewhat healthier selves (a hopeful bride in New York, a baby queer in Paris, a figure skater in Norway) we uncover her tireless work to gain control of her identity, her illness and the conflicting demands made by doctors, friends, lovers and family.

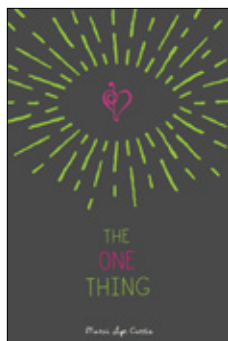
**THE SHAPE OF WATER**

Guillermo Del Toro and Daniel Kraus. New York: Feiwel & Friends, 2018, 315 p.

It is 1962, and Elisa Esposito-mute her whole life, orphaned as a child-is struggling with her humdrum existence as a janitor working the graveyard shift at Baltimore's Occam Aerospace Research Center. Were it not for Zelda, a protective coworker, and Giles, her loving neighbor, she doesn't know how she'd make it through the day. Then, one fateful night, she sees something she was never meant to see, the Center's most sensitive asset ever: an amphibious man, captured in the Amazon, to be studied for Cold War advancements. The creature is terrifying but also magnificent, capable of language and of understanding emotions. Elisa can't keep away. Using sign language, the two learn to communicate. Soon, affection turns into love, and the creature becomes Elisa's sole reason to live.



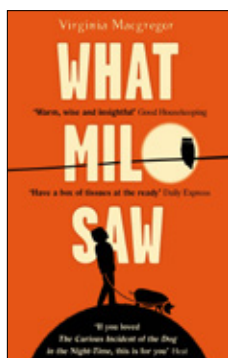
Also available on pretnumerique.ca



THE ONE THING

Marci Lyn Curtis. Los Angeles: Hyperion, 2015, 328 p.

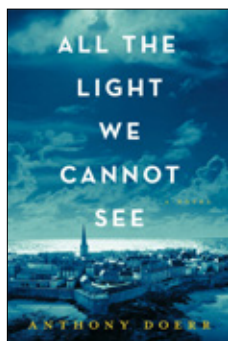
After losing her sight – and the future she dreamed of – seventeen-year-old Maggie meets the one person with the ability to help her see all the possibilities life still holds.



WHAT MILO SAW

Virginia Macgregor. London Sphere, 2015, 419 p.

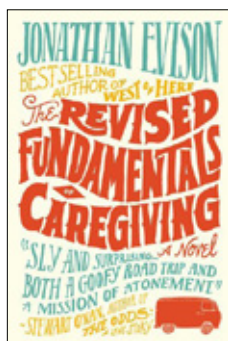
A story about a small boy who sees the world a little differently. Nine-year-old Milo Moon suffers from retinitis pigmentosa: his eyes are slowly failing and he will eventually go blind. But for now he sees the world through a pin hole and notices things other people don't.



ALL THE LIGHT WE CANNOT SEE

Anthony Doerr. New York: Scribner, 2014, 531 p.

A novel about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.



THE REVISED FUNDAMENTALS OF CAREGIVING

Jonathan Evison. Chapel Hill: Algonquin Books of Chapel Hill, 2012, 278 p.

After losing virtually everything meaningful in his life, Benjamin trains to be a caregiver, but his first client, a fiercely independent teen with muscular dystrophy, gives him more than he bargained for and soon the two embark on a road trip to visit the boy's ailing father.



BEAUTY IS A VERB: THE NEW POETRY OF DISABILITY

Edited by **Jennifer Bartlett, Sheila Black and Michael Northen**. El Paso: Cinco Puntos Press, 2011, 383 p.

Poems and essays alike consider how poetry, coupled with the experience of disability, speaks to the poetics of each poet included. The collection explores first the precursors whose poems had a complex (and sometimes absent) relationship with disability, such as Vassar Miller, Larry Eigner, and Josephine Miles.



THE STORY OF BEAUTIFUL GIRL

Rachel Simon. New York: Grand Central Pub., 2011, 483 p.

A novel about a woman who can't speak, a man who is deaf, and a widow who finds herself suddenly caring for a newborn baby.

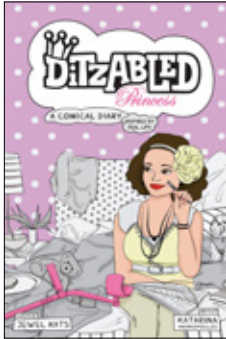


MY SISTER'S VOICE

Mary Carter. New York: Kensington Publishing, 2010, 327 p.

At twenty-eight, Lacey Gears is exactly where she wants to be. An up-and-coming, proudly Deaf artist in Philadelphia, she's in a relationship with a wonderful man and rarely thinks about her difficult childhood in a home for disabled orphans. That is, until Lacey receives a letter that begins, "You have a sister. A twin to be exact..."

COMICS



DITZABLED PRINCESS: A COMICAL DIARY INSPIRED BY REAL LIFE

Jewel Kats and Katarina Andriopoulos (ill.). Ann Arbor: Loving Healing Press, 2013, 69 p.

Jewel at 33 is a Princess in her own right. She's a fun-loving, demanding Diva who loves to shop as much she loves to write. For Jewel, her physical disability doesn't dampen her spirits. Rather, it enhances them. She gets to use an unusual fashion accessory (imagine: a hot pink elbow crutch.) She gets out of doing housework. She gets carried up-and-down stairs like a Princess a la command. Jewel may be horribly messy, terrible with numbers and a workaholic, but nobody can imagine life without her.

YOUTH LITERATURE

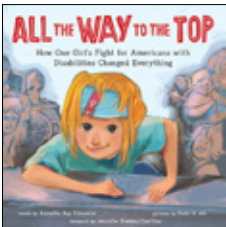


AGES 4 TO 6

DIFFERENT ABILITIES

Rebecca Pettiford. Minneapolis: Jump!, Inc., 2017, 24 p.

In *Different Abilities*, beginning readers will learn to celebrate diversity by appreciating the variety of abilities people have. Vibrant, full-color photos and carefully leveled text engage young readers as they draw inferences about how diversity makes our society stronger and more interesting.



AGES 4 TO 8

ALL THE WAY TO THE TOP: HOW ONE GIRL'S FIGHT FOR AMERICANS WITH DISABILITIES CHANGED EVERYTHING

Annette Bay Pimentel and Nabi H. Ali. Naperville, IL: Sourcebooks Explore, 2020, 32 p.

Diagnosed with cerebral palsy at birth, Jennifer Keelan grew up battling – and overcoming – the limitations others set for her. From a lack of cutaway curbs and bus lifts to being denied enrollment at her neighborhood school, Jennifer was continually blocked from living the life she wanted. But after discovering the world of disability rights activism, she knew she had to use her voice to change things. When Jennifer was just eight years old, she participated in the Capitol Crawl. The deeply affecting image of Jennifer crawling up the steps of Capitol Hill went viral and helped pressure Congress into passing the Americans with Disabilities Act.



AGES 4 TO 8

I WILL DANCE

Nancy Bo Flood and Julianna Swaney. New York: Atheneum, 2020, 48 p.

Eva's cerebral palsy makes it difficult for her to do many things, but she longs to dance and, finally, her dream is realized.



AGES 4 TO 8

THIS WAY, CHARLIE

Caron Levis and Charles Santoso. New York: Abrams Books for Young Readers, 2020, 40 p.

Jack, an introverted goat, and Charlie, a blind horse, meet at Open Bud Ranch, an animal rehabilitation center, and form an unlikely friendship that grows stronger in the face of adversity.

 Also available on pretnumerique.ca

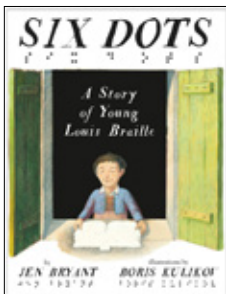


AGES 4 TO 8

DAYS WITH DAD

Nari Hong. Brooklyn: Enchanted Lion Books, 2017.

A young girl and her wheelchair-bound father share many special moments because she treasures all they can do together, although he apologizes for not being able to do more.

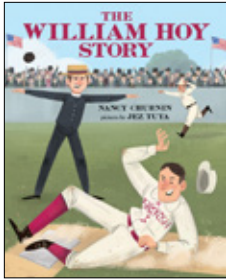


AGES 4 TO 8

SIX DOTS: A STORY OF YOUNG LOUIS BRAILLE

Jennifer Bryant and Boris Kulikov (ill.). New York: Alfred A. Knopf, 2016, 40 p.

Louis Braille was just five years old when he lost his sight. He was a clever boy, determined to live like everyone else, and what he wanted more than anything was to be able to read. Even at the school for the blind in Paris, there were no books for him. And so he invented his own alphabet – a whole new system for writing that could be read by touch. A system so ingenious that it is still used by the blind community today.

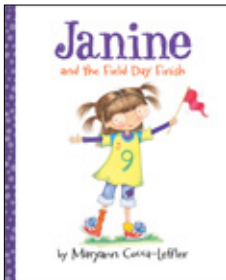


AGES 4 TO 8

THE WILLIAM HOY STORY: HOW A DEAF BASEBALL PLAYER CHANGED THE GAME

Nancy Churnin and Jez Tuya (ill.). Chicago: Albert Whitman and Company, 2016, 32 p.

All William Ellsworth Hoy wanted to do was play baseball. After losing out on a spot on the local deaf team, William practiced even harder – eventually earning a position on a professional team. But his struggle was far from over. In addition to the prejudice Hoy faced, he could not hear the umpires' calls. One day he asked the umpire to use hand signals: strike, ball, out. That day he not only got on base but also changed the way the game was played forever. William "Dummy" Hoy became one of the greatest and most beloved players of his time!

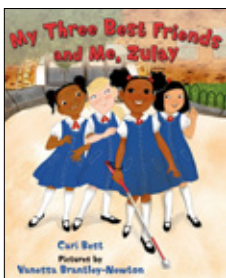


AGES 4 TO 8

JANINE AND THE FIELD DAY FINISH

Maryann Cocca-Leffler. Chicago: Albert Whitman & Company, 2016, 32 p.

Janine is good at a lot of things like singing, cheering, and spelling big words. But she is not very good at sports – her body just doesn't work like the other kids'. On field day at school, Janine tries her best to finish each challenge.

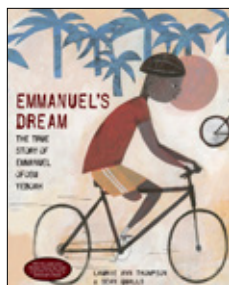


AGES 4 TO 8

MY THREE BEST FRIENDS AND ME, ZULAY

Cari Best and Vanessa Brantley-Newton (ill.). New York: Farrar Straus Giroux, 2015, 40 p.

Zulay is a blind girl who longs to be able to run in the race on field and track day at her school.



AGES 4 TO 8

EMMANUEL'S DREAM: THE TRUE STORY OF EMMANUEL OFOSU YEBOAH

Laurie Ann Thompson and Sean Qualls (ill.). New York: Schwartz & Wade Books, 2015, 40 p.

Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people – but not by his mother, who taught him to reach for his dreams. As a boy, Emmanuel hopped to school more than two miles each way, learned to play soccer, left home at age thirteen to provide for his family, and, eventually, became a cyclist. He rode an astonishing four hundred miles across Ghana in 2001, spreading his powerful message: disability is not inability. Today, Emmanuel continues to work on behalf of the disabled.



AGES 4 TO 8

IT'S HARD NOT TO STARE: HELPING CHILDREN UNDERSTAND DISABILITIES

Tim Huff. Pickering: Castle Quay Books, 2013, 40 p.

This book encourages children to look at their world through the lens of compassion and understanding, rather than assumption, judgment or fear.

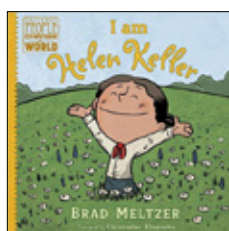


AGES 4 TO 8

AGGIE GETS LOST

Lori Ries and Frank W. Dormer (ill.). Watertown: Charlesbridge, 2011, 48 p.

Ben and Aggie are playing in the park when she chases a ball and does not return, but after looking for her and worrying about her, Ben speaks with his blind friend, Mr. Thomas, who suggests a different approach.

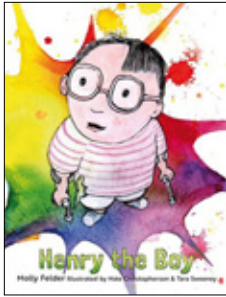


AGES 5 TO 8

I AM HELEN KELLER

Brad Meltzer and Chris Eliopoulos (ill.). New York: Dial Books for Young Readers, 2015, 40 p.

When Helen Keller was very young, she got a rare disease that made her deaf and blind. Suddenly, she couldn't see or hear at all, and it was hard for her to communicate with anyone. But when she was six years old, she met someone who would change her life forever: her teacher, Annie Sullivan.



AGES 5 TO 9

HENRY THE BOY

Molly Felder, Nate Christopherson (ill.) and Tara Sweene (ill.). Oklahoma City: Penny Candy Books, 2019, 28 p.

Henry, a boy with cerebral palsy, goes to school and plays with his friend Joel.

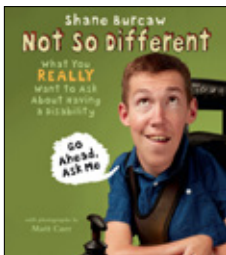


AGES 5 TO 9

RESCUE & JESSICA: A LIFE-CHANGING FRIENDSHIP

Jessica Kensky, Patrick Downes and Scott Magoon (ill.). Somerville: Candlewick Press, 2018, 32 p.

When he is paired with a girl who has lost her legs, Rescue worries that he isn't up to the task of being her service dog.

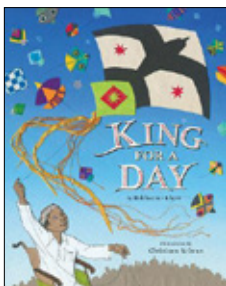


AGES 6 TO 9

NOT SO DIFFERENT: WHAT YOU REALLY WANT TO ASK ABOUT HAVING A DISABILITY

Shane Burcaw. New York: Roaring Brook Press, 2017, 40 p.

Shane Burcaw was born with a rare disease called spinal muscular atrophy, which hinders his muscles' growth. As a result, his body hasn't grown bigger and stronger as he's gotten older – it's gotten smaller and weaker instead. This hasn't stopped him from doing the things he enjoys (like eating pizza and playing sports and video games) with the people he loves, but it does mean that he routinely relies on his friends and family for help with everything from brushing his teeth to rolling over in bed.

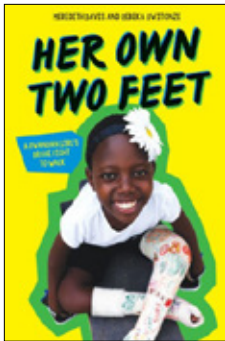


AGES 6 TO 10

KING FOR A DAY

Rukhsana Khan and Christiane Kromer (ill.). New York: Lee & Low Books, Inc., 2013, 32 p.

Even though he is confined to a wheelchair, a Pakistani boy tries to capture the most kites during Basant, the annual spring kite festival, and become "king" for the day.



AGES 8 TO 12

HER OWN TWO FEET: A RWANDAN GIRL'S BRAVE FIGHT TO WALK

Meredith Davis and Rebeka Uwitonze. New York: Scholastic Focus, 2019, 208 p.

Rebeka Uwitonze was born in Rwanda with curled and twisted feet, which meant she had to crawl or be carried to get around. At nine years old, she gets an offer that could change her life. A doctor in the US might be able to turn her feet. But it means leaving her own family behind and going to America on her own.

 Also available on pretnumerique.ca

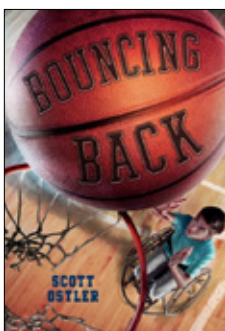


AGES 8 TO 12

SONG FOR A WHALE

Lynne Kelly. New York: Delacorte Press, 2019, 303 p.

Twelve-year-old Iris and her grandmother, both deaf, drive from Texas to Alaska armed with Iris's plan to help Blue-55, a whale unable to communicate with other whales.



AGES 8 TO 12

BOUNCING BACK

Scott Ostler. New York: Little, Brown and Company, 2019, 296 p.

Orphaned thirteen year-old Carlos learns what it truly means to be a teammate when he must help save his new wheelchair basketball team's gym from destruction.



AGES 8 TO 12

THE DISTANCE BETWEEN ME AND THE CHERRY TREE

Paola Peretti and Carolina Rabei (ill.). New York: Atheneum Books for Young Readers, 2019, 215 p.

When nine-year-old Mafalda learns she will go blind in six months from Stargardt Disease, she needs the help of family and friends to retain what is essential to her.



Also available on pretnumerique.ca



AGES 8 TO 12

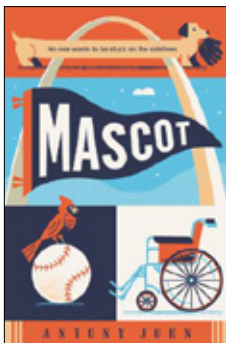
THE GOOD THIEVES

Katherine Rundell. New York: Simon & Schuster Books for Young Readers, 2019, 264 p.

In 1920s New York City, a young girl with a deformed foot recruits her new friends, a female pickpocket and two circus performers, to help recover an emerald from her grandfather's mansion in upstate New York after he loses his home to an unscrupulous tycoon.



Also available on pretnumerique.ca



AGES 8 TO 12

MASCOT

Antony John. New York: Harper, an imprint of HarperCollins Publishers, 2018, 330 p.

Noah Savino has been stuck in a wheelchair for months. He hates the way people treat him like he's helpless now. He's sick of going to physical therapy, where he isn't making any progress. He's tired of not having control over his own body. And he misses playing baseball – but not as much as he misses his dad, who died in the car accident that paralyzed Noah.



Also available on pretnumerique.ca

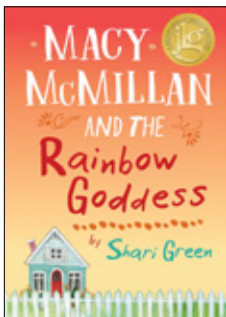


AGES 8 TO 12

CAMMIE TAKES FLIGHT

Laura Best. Halifax: Nimbus Publishing, 2017, 220 p.

Visually impaired and abandoned by her parents, Cammie Turple was raised by her tenacious bootlegging aunt in rural Tanner, Nova Scotia. After Cammie and her best friend, Evelyn Merry, destroy the local moonshine still, forcing Evelyn's alcoholic father to sober up but nearly killing Evelyn in the process, Cammie convinces her aunt to send her to the Halifax School for the Blind.



AGES 8 TO 12

MACY MCMILLAN AND THE RAINBOW GODDESS

Shari Green. Toronto: Pajama Press Inc., 2017, 240 p.

Olivia has been Macy McMillan's best friend ever since Macy transferred to Hamilton Elementary from Braeside School for the Deaf. But then their sixth grade teacher assigned that embarrassing family tree project, and Olivia made a joke about Macy's father, and now neither girl is speaking – signing – to the other. It couldn't have happened at a worse time. With her mother getting married and an ugly For Sale sign jammed into their yard, Macy could really use a best friend right now. But it seems the only person who has time for her these days is Iris Gillan from next door. And it's not like a crabby old woman who doesn't even know sign language is going to be any comfort. Right?



AGES 8 TO 12

THIS KID CAN FLY: IT'S ABOUT ABILITY (NOT DISABILITY)

Aaron Philip and Tonya Bolden. New York: Balzer + Bray, 2016, 179 p.

In this memoir, Aaron Philip, a fourteen-year-old boy with cerebral palsy, shows how he isn't defined so much by his disability as he is by his abilities.



AGES 8 TO 12

A BLIND GUIDE TO STINKVILLE

Beth Vrabel. New York: Sky Pony Press, 2015, 251 p.

Leaving her best friend and the familiarity of Seattle for the paper mill town of “Stinkville,” South Carolina, twelve-year-old Alice, who lives with albinism and blindness, takes on the additional challenge of entering the Stinkville Success Stories essay contest.



AGES 8 TO 12

EL DEAF

Cece Bell. New York: Amulet Books, 2014, 233 p.

In this graphic novel memoir, author/illustrator Cece Bell chronicles her hearing loss at a young age and her subsequent experiences with the Phonic Ear, a very powerful – and very awkward – hearing aid. The Phonic Ear gives Cece the ability to hear – sometimes things she shouldn’t – but also isolates her from her classmates.

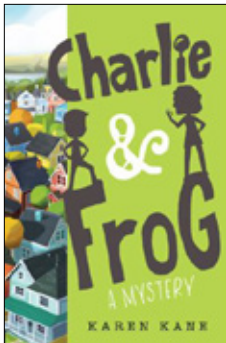


AGES 8 TO 12

TRUE COLORS

Natalie Kinsey-Warnock. New York: Alfred A. Knopf Books for Young Readers, 2012, 242 p.

In 1952 Vermont, ten-year-old Blue decides to set out in the middle of her town’s sesquicentennial celebration to find the mother who abandoned her as a baby, but a series of events reminds her that she already has everything she needs.



AGES 9 TO 12

CHARLIE & FROG: A MYSTERY

Karen Kane. Los Angeles: Disney-Hyperion, 2018, 249 p.

While staying with his grandparents in Castle-on-the-Hudson, Charlie stumbles upon a mystery but must learn American Sign Language to keep up with Frog, a deaf girl who wants to help solve it.



AGES 9 TO 12

THE LAST MONSTER

Ginger Garrett. New York: Delacorte Press, 2016, 304 p.

Sofia has never felt special. Not at school, or with her track team, and especially not since she's become sick. She's always been different, but this doesn't make her stand out... it's makes her invisible. Then something special lands right in Sofia's lap. An ancient book that serves as a portal for the Greek philosopher, Xeno, one of Aristotle's lost students. Sofia has been chosen to be the next Guardian.



AGES 9 TO 12

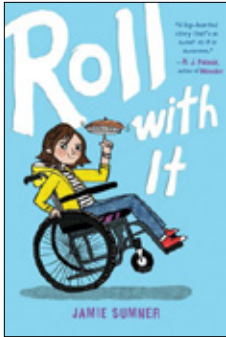
KYLE FINDS HER WAY

Susie Salom. New York: Arthur A. Levine Books, 2016, 256 p.

On her first day in sixth grade Kyle Constantini punches a bully who is bothering Marcy, a deaf classmate – and so begins her tumultuous year at Georgia O'Keeffe Middle School, in a different school than her twin brother, with new friends, new enemies, and the regional NAVS competition to come.



Also available on prenumerique.ca



AGES 10 TO 14

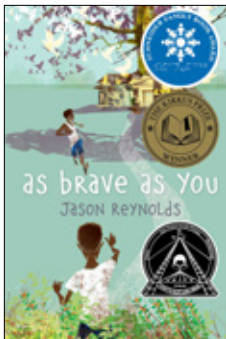
ROLL WITH IT

Jamie Sumner. New York: Atheneum Books for Young Readers, 2019, 250 p.

Twelve-year-old Ellie, who has cerebral palsy, finds her life transformed when she moves with her mother to small-town Oklahoma to help care for her grandfather, who has Alzheimer's Disease.



Also available on pretnumerique.ca

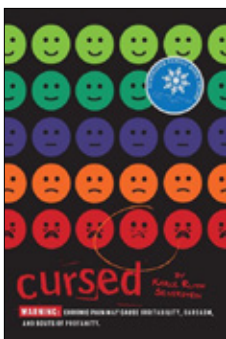


AGES 10+

AS BRAVE AS YOU

Jason Reynolds. New York: Atheneum Books for Young Readers, 2016, 410 p.

Genie's summer is full of surprises. The first is that he and his big brother, Ernie, are leaving Brooklyn for the very first time to spend the summer with their grandparents all the way in Virginia – in the COUNTRY! The second surprise comes when Genie figures out that their grandfather is blind. Thunderstruck and – being a curious kid – Genie peppers Grandpop with questions about how he covers it so well (besides wearing way cool Ray-Bans).

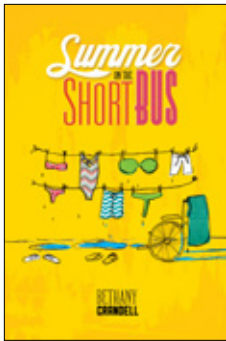


AGES 12 TO 17

CURSED

Karol Ruth. Silverstein Watertown: Charlesbridge Teen, 2019, 315 p.

Depicts young teen Ricky Bloom's struggles with her recent juvenile inflammatory disease diagnosis, which comes amid family upheaval and challenges at school.



AGES 12 TO 17

SUMMER ON THE SHORT BUS

Bathany Crandell. Philadelphia: RP Teens, 2014, 252 p.

Cricket Montgomery has been thrown under the short bus. Shipped off to a summer camp by her father, Cricket is forced to play babysitter to a bunch of whiny kids – or so she thinks. When she realizes this camp is actually for teens with special needs, Cricket doubts she has what it takes to endure twenty-four hours, let alone two weeks. Thanks to her dangerously cute co-counselor, Quinn, there may be a slim chance for survival. However, between the campers' unpredictability and disregard for personal space, Cricket's limits get pushed. She will have to decide if suffering through her own handicapped hell is worth a summer romance – and losing her sanity.



AGES 12 TO 17

GADGET GIRL: THE ART OF BEING INVISIBLE

Suzanne Kamata. Boston: Gemma, 2013, 228 p.

Aiko Cassidy, a fourteen-year-old with cerebral palsy, tired of posing for the sculptures that have made her mother famous, dreams of going to Japan to meet her father and become a great manga artist, but takes a life-changing trip to Paris instead.



AGES 12+

FORMERLY SHARK GIRL

Kelly L. Bingham. Somerville: Candlewick Press, 2013, 341 p.

Surviving a shark attack that cost her an arm, Jane, an aspiring artist, reevaluates her ambitions and sense of identity while harboring a crush on her attractive tutor and considering a relationship with a boy from her science class.



AGES 12+

WHISPER

Chrissie Keighery. Prahran: Hardie Grant Egmont, 2011, 249 p.

Fifteen-year-old Demi's world is shattered when she is left profoundly deaf by a sudden illness. Everything is different now, and Demi must learn to adapt to a new school, new friends and even learn a whole new language. *Whisper* is a coming-of-age tale, about discovering who you are and where you fit in life. About friendships and first love and, more of all, learning to love the person you are.

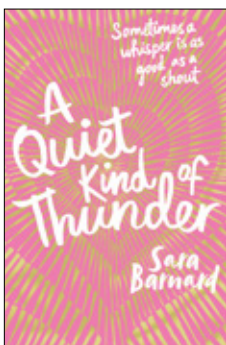


AGES 12+

THE RUNNING DREAM

Wendelin Van Draanen. New York: Alfred A. Knopf, 2011, 336 p.

When a school bus accident leaves sixteen-year-old Jessica an amputee, she returns to school with a prosthetic limb and her track team finds a wonderful way to help rekindle her dream of running again.

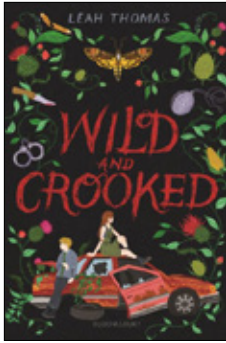


AGES 13+

A QUIET KIND OF THUNDER

Sara Barnard. London: Macmillan Children's Books, 2017, 307 p.

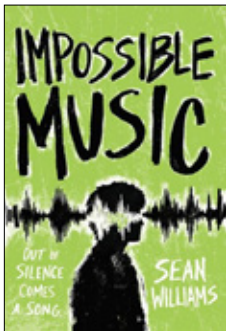
Steffi doesn't talk. Rhys can't hear. They understand each other perfectly. Love isn't always a lightning strike. Sometimes it's the rumbling roll of thunder... Steffi has been a selective mute for most of her life – she's been silent for so long that she feels completely invisible. But Rhys, the new boy at school, sees her. He's deaf, and her knowledge of basic sign language means that she's assigned to look after him. To Rhys it doesn't matter that Steffi doesn't talk and, as they find ways to communicate, Steffi finds that she does have a voice, and that she's falling in love with the one person who makes her feel brave enough to use it.

**AGES 14 TO 17**

WILD AND CROOKED

Leah Thomas. New York: Bloomsbury, 2019, 438 p.

Kalyn, living under a pseudonym, and Gus, who has cerebral palsy, get caught in an uproar in Samsboro, Kentucky as the truth about the brutal murder of Gus's father by Kalyn's comes to light.

**AGES 14 TO 17**

IMPOSSIBLE MUSIC

Sean Williams. Boston: Clarion Books, 2019, 310 p.

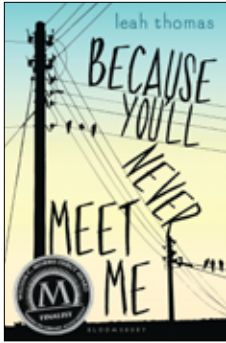
In a class for the newly deaf, former musician Simon meets G and his quest to create an entirely new form of music helps him better understand her, himself, and his relationship to the hearing world.

**AGES 14 TO 18**

NOT IF I SEE YOU FIRST

Eric Lindstrom. New York: Little, Brown and Company, 2016, 310 p.

Blind sixteen-year-old Parker Grant navigates friendships and romantic relationships, including a run-in with a boy who previously broke her heart, while coping with her father's recent death.

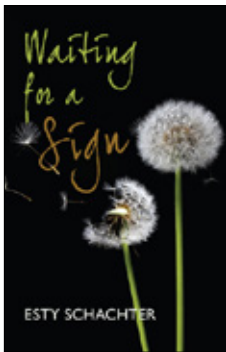


AGES 14 TO 18

BECAUSE YOU'LL NEVER MEET ME

Leah Thomas. New York: Bloomsbury, 2015, 344 p.

Ollie, who has seizures when near electricity, lives in a backwoods cabin with his mother and rarely sees other people, and Moritz, born with no eyes and a heart defect that requires a pacemaker, is bullied at his high school, but when a physician who knows both suggests they begin corresponding, they form a strong bond that may get them through dark times.

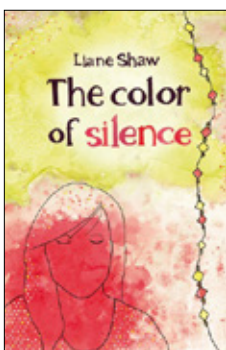


AGES 14 TO 18

WAITING FOR A SIGN

Esty Schachter. Ithaca: Lewis Court Press, 2014, 124 p.

Shelly and Ian used to be close, but after Ian leaves home to attend the Hawthorne School for the Deaf, Shelly feels abandoned, and the two drift apart. When Ian returns home with news that the future of Hawthorne is in jeopardy, Shelly isn't sure she wants him back. And Ian, who has enjoyed living with students and staff who sign all the time, feels angry when his family forgets to do the same. An explosive argument that could drive brother and sister further apart actually offers hope for reconciliation, a hope that grows as Shelly's spirited best friend, Lisa, helps strengthen their bond. The siblings grow closer still when they find themselves coping with an unexpected tragedy.



AGES 14 TO 18

THE COLOR OF SILENCE

Liane Shaw. Toronto: Second Story Press, 2013, 269 p.

At seventeen, Alex feels as if her life is over. She will never recover from the trauma of the car accident that took the life of her best friend, Cali. All joy left when Cali died, including their shared love on singing. Why even bother speaking? Alex blames herself for the accident, and no one would want to hear what she has to say anyway. Ordered by a judge to do community service, she must spend time at a hospital with a girl named Joanie, who has minimal control of her body and no speech.

**AGES 14+**

CATERPILLARS CAN'T SWIM

Liane Shaw. Toronto: Second Story Press, 2017, 246 p.

Two boys look to the water for escape, but for very different reasons. For sixteen-year-old Ryan, the water is where he finds his freedom. Ever since childhood, when he realized that he would never walk like other people, he has loved the water where gravity is no longer his enemy. But he never imagined he would become his small town's hero by saving a schoolmate from drowning.

FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF
DVDS AND BLU-RAYS THAT CAN BE BORROWED.
THEY ALSO OFFER ONLINE ACCESS TO MOVIES,
SERIES AND PROGRAMS. CHECK WITH YOUR
LOCAL LIBRARY.

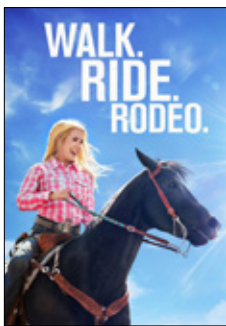
FICTION



37 SECONDS

Hikari. 2019, 115 min.

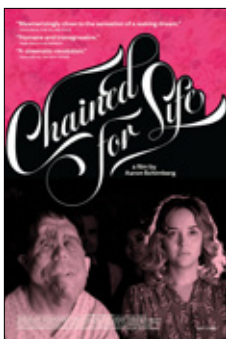
Drama (Japan). Yuma is a young Japanese woman who suffers from cerebral palsy. Torn between her obligations towards her family and her dream to become a manga artist, she struggles to lead a self-determined life.



WALK. RIDE. RODEO.

Conor Allyn. 2019, 99 min.

Biopic (United States). Amberley Snyder (Spencer Locke)'s dreams of a college scholarship and pro rodeo career are brought to a halt when she's involved in a devastating accident. Now unable to use her legs, she refuses to give up on her dreams and instead decides to fight her way back into competitive barrel racing. Based on the incredible true story, Walk, Ride, Rodeo co-stars Missi Pyle, Bailey Chase, Sherri Shepherd, and Max Ehrich.

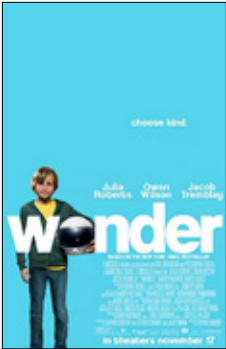


CHAINED FOR LIFE

Aaron Schimberg. 2018, 91 min.

Drama (United States). A beautiful actress struggles to connect with her disfigured co-star on the set of a European auteur's English-language debut.

13+

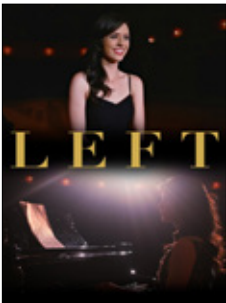


G

WONDER

Stephen Chbosky. 2017, 113 min.

Drama (United States). Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.



LEFT

Stan-Lee Ray Baker, Les Gaddis. 2017, 81 min.

Drama (United States). A college woman, born with a paralyzed arm, aspires to become a pianist. To develop her musical talent and find her inner strength, she'll need the help of a washed-up music professor.



13+

SHAPE OF WATER

Guillermo Del Toro. 2017, 123 min.

Adventure, Drama and Fantasy (United States). An otherworldly fairy tale, set against the backdrop of Cold War-era America circa 1962. In the hidden high-security government laboratory where she works, lonely Elisa is trapped in a life of isolation. Elisa's life is changed forever when she and co-worker Zelda discover a secret classified experiment.



G

ME BEFORE YOU

Thea Sharrock. 2016, 110 min.

Drama (United Kingdom, United States). Lou is a simple, small-town girl hopping from job to job. Will is a wealthy businessman who becomes confined to a wheelchair after an accident. These two very different people from very different worlds meet when Will decides life isn't worth living and Lou becomes his caregiver.



G

DIFFERENT DRUMMERS

Don Caron and Lyle Hatcher. 2013, 107 min.

Drama, family (United States). David, wheelchair-bound by muscular dystrophy, is growing progressively weaker, while his friend, Lyle, has a problem with an increasingly high energy level. David informs Lyle that their teacher is about to die and claims that God told him this. When their teacher does die, a confused and doubtful Lyle convinces David that he can teach him to run, secretly viewing this as a way to test the existence of God.

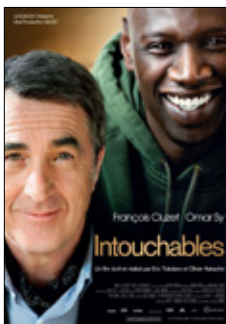


G

ROMÉO ELEVEN

Ivan Grbovic. 2012, 89 min. (original title: Roméo Onze)

Drama (Canada). Rami (Ali Ammar), a shy young man of Lebanese descent who lives at home and works in his parents' Montreal restaurant, struggles with a physical disability. Despite his lack of social skills, Rami enjoys flirting with a woman through the guise of an online persona called Romeo 11, who claims to be a successful businessman. However, the day comes when he agrees to meet this woman, and he has to come up with an elaborate plan to measure up to his online identity.

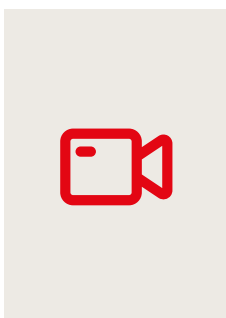


G

THE UNTOUCHABLES

Eric Toledano and Olivier Nakache. 2012, 112 min. (original title: Intouchables)

Drama, comedy (France). When Driss, an ex-con from the projects, is hired to take care of an eccentric French aristocrat named Philippe, his newfound job quickly becomes an unpredictable adventure. Speeding a Maserati through Paris, seducing women and paragliding over the Alps is just the beginning, as Driss turns the often humorous world of upper-class Parisian society upside-down. As this unlikely duo overcomes adversity of every flavor in this true story, they also shatter their preconceptions of love, life and each other.



PRIVATE EYES

Nicola Lemay, National Film Board of Canada. 2011, 14 min.

Animated film (Canada). This 3D stereoscopic animation tells the story of Matthew, a boy who is never afraid of the dark. Since he's been in darkness all his life, Matthew has eyes where other people only have hands, feet or ears. This week is Matthew's birthday and he's very curious about the surprise his parents are preparing for him. Can he find it?

DOCUMENTARIES

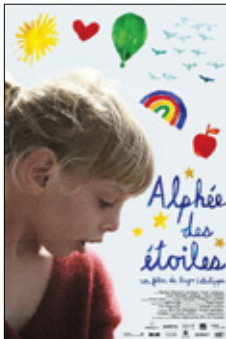
Physical disabilities



INVITATION TO DANCE

Simi Linton and Christian von Tippelskirch. 2014, 85 min.

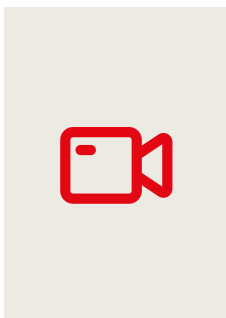
Invitation to Dance is an eye-opening insider's account of disability in 21st century America. Simi Linton's story forms the narrative backbone of the documentary. The film traces both her personal growth as a disabled woman, and the larger historically significant developments around her over the past 40 years.



ALPHÉE OF THE STARS

Hugo Latulippe. 2012, 82 min.

Alphée has a rare genetic disorder that hampers her development. Yet she continues to defy medical expectations. When her parents intuitively reject the idea of placing her in a specialized classroom, they move their family to Europe for a year. Here, her father – filmmaker Hugo Latulippe – focuses on his fairylike daughter's learning, in hopes of eventually integrating her into a regular classroom.



WIPE OUT

National Film Board of Canada. 2008, 50 min.

Narrated by Olympic gold medalist Ross Rebagliati, this film tells the story of three young men living with permanent brain damage as the result of head injuries they suffered pursuing extreme sports.



SHAMELESS: THE ART OF DISABILITY

Bonnie Sherr Klein, National Film Board of Canada. 2006, 71 min.

Online: www.nfb.ca/film/shameless_the_art_of_disability/

Art, activism and disability are the starting point for what unfolds as a funny and intimate portrait of five surprising individuals. *Shameless: the Art of Disability* marks Klein's return to a career interrupted by a catastrophic stroke in 1987. Always the activist, she now turns the lens on the world of disability culture, and ultimately, the transformative power of art.

Cerebral palsy



CARING FOR TOR: AN INTIMATE LOOK AT THE LIFE OF A YOUNG CAREGIVER

Kitra Cahana. 2018, 9 min.

Online: <https://www.cbc.ca/player/play/1227771971897>

Stephane Alexis, 24, has put his own goals and aspirations on hold to help his parents care for his younger brother Torence, who has cerebral palsy. Young caregivers are an often-overlooked population — too tired from the day-to-day to advocate for more resources and support.

Chronic pain



FIBRO AND THE NEW ME

Ross Heath and Chris John Livermore. 2018, 25 min.

A film about fibromyalgia and what it means to live with an invisible illness and chronic pain.

Hearing impairments



DEAF U

Nyle DiMarco. 2020-

Deaf U follows a group of students attending Gallaudet University, a private college catering to the deaf and hard of hearing. For DiMarco, the goal of the series is to show deaf people as humans, from all walks of life.

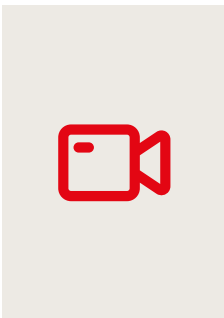


THE DANCE OF WORDS

Yves Étienne Massicotte, National Film Board of Canada. 2014, 44 min.

Online: www.onf.ca/film/dance_of_words/

The Dance of Words features young artists who have embraced their deaf identity in adulthood after spending a difficult childhood in the grey zone between hearing culture and deaf culture. These emerging artists show how they are using the arts to build a deaf culture that makes them proud. They shine a spotlight on their community while promoting and advancing deaf culture with a keen sensitivity.



VOICES FROM EL SAYED

Oded Adomi Leshem. 2008, 74 min.

This feature documentary takes us to El-Sayed, a Bedouin Village in the picturesque Israeli Negev desert that holds the world's highest concentration of deaf people. There, a unique society that accepts deafness as a normal part of life has evolved, propelled by a unique and extremely popular sign language. But one day, the village's tranquility is interrupted by one villager's decision. Salim wants to get his son a cochlear implant operation and make him a hearing person.



SCIENCE OF THE SENSES: HEARING

The nature of things, CBC. 2007, 45 min.

Music is perhaps the most, the sublime gift of hearing. But why is music so important to us and why does it have such a profound effect on the human heart? In this episode of *The Science of the Senses*, finding the answer to that question will take us on a journey through the ear, into the brain and right into the heart of the human psyche. Along the way, we will meet world class neuroscientists like Daniel Levitin (author of bestseller *This is Your Brain on Music*) and Steven Pinker (one of Time Magazine's 100 most influential people), and a host of extraordinary people – from a woman whose brain cannot «hear» music to a deaf musician who is one of the world's top percussionists. We'll also meet Dr. Blake Papsin, of Sick Children's Hospital in Toronto, to explore how a revolutionary little device called the cochlear implant is restoring hearing to the deaf.

Visual impairments



AS SLOW AS POSSIBLE

Scott Smith. 2008, 70 min.

On his 18th birthday, writer/teacher Ryan Knighton was diagnosed with retinitis pigmentosa and told he would eventually go blind. It has taken 15 years, but now Ryan has less than 1% of his vision left in one eye, and is waiting for the last little bit to go – As Ryan prepares for his own coming blindness, he heads to Germany to find an organ on the occasion of a note change – one note giving away to another – in a song that the faithful know will not end until September 2639. The song is called *As Slow As Possible*. The organ is known the John Cage Project.



SCIENCE OF THE SENSES: SIGHT

The nature of things, CBC. 2008, 45 min.

This episode takes viewers on a fascinating tour of our visual world, from the moment light enters our eyes, to the way this information is transformed into electrical impulses and decoded by our brain – the domain of «visual perception». Seeing takes an immense amount of brainpower, more than 65% of the brain's neural pathways. This massive machinery has been intensely studied, and yet scientists continue to be surprised by what we see with our eyes and actually perceive with our brains. Viewers will literally see with «new eyes» as *The Nature of Things* explores the complexity and quirks of sight. World-class scientists will share the stories of new discoveries and what they have learned by studying patients suffering from a variety of visual disorders. Those personal stories will anchor the film as we reveal, in startling ways, how our eyes and brain trick us into seeing the world.



ACTING BLIND

Martin Duckworth. 2006, 52 min.

We follow a cast of blind and visually impaired actors as they prepare *Dancing to Beethoven*, a play about blindness. The film takes us deep into the lives of the actors. We hear stories of their shock and disbelief at first losing sight and of their struggles coping with a life without it. We hear them talk about grieving and pining for the visual world. They tell the moving story of how this play is itself a victory, a type of salvation, for each of them. By opening night, at the renowned Place des Arts in Montreal, they are a close-knit cast, well-honed and ready to step out of the wings and into the light.

TAKING PART IN ONE'S HEALTH CARE

This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

WHAT DOES PATIENT-AS-PARTNER MEAN?

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

ORGANIZATIONS AND ASSOCIATIONS

Legal information

CHAMBRE DES NOTAIRES DU QUÉBEC

Phone	514 879-1793
Toll free	1 800 263-1793
Website	www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

Toll free line **1-800-NOTAIRE (668-2473)**

Chat free of charge with a notary.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

CONSEIL POUR LA PROTECTION DES MALADES

Phone	514 861-5922
Toll free	1 877 276-2433
Website	http://cpm.qc.ca/en/home/

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

CURATEUR PUBLIC DU QUÉBEC

Phone 514 873-4074
Toll free 1 844 532-8728
Website <https://www.curateur.gouv.qc.ca/cura/en/>

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Toll free 1 877 767-2227
Website <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

PROTECTEUR DU CITOYEN

Toll free

1 800 463-5070

Website

<https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone

514 436-3744

Website

www.rpcu.qc.ca/en/

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

INTERNET RESOURCES

General works

CHOOSING WISELY CANADA

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the “Patient Resources” tab.

COLLÈGE DES MÉDECINS DU QUÉBEC

<http://www.cmq.org/hub/en/services-au-public.aspx>

The “Services for the public” section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

GOVERNEMENT DU QUÉBEC – INFO-SANTÉ 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

GOVERNEMENT DU QUÉBEC – SERVICE ORGANIZATION

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

HEALTHCARE EXCELLENCE CANADA – ENGAGING PATIENTS IN PATIENT SAFETY – A CANADIAN GUIDE

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

HEALTHCARE EXCELLENCE CANADA – PATIENT, FAMILY AND CAREGIVER ENGAGEMENT AND PARTNERSHIPS

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

HEALTHCARE EXCELLENCE CANADA – SHIFT TO SAFETY

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR HEALTH CARE

https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

MCGILL UNIVERSITY HEALTH CENTER

Patient Safety and Physical Restraints: What You Need to Know

http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf

This booklet aims to help you understand physical restraints.

MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

ORDRE DES PHARMACIENS DU QUÉBEC – GRAND PUBLIC

www.opq.org/fr-CA/grand-public/

The “Grand public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

Legal information

COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSABILITIES

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

ÉDUCALOI – CAREGIVERS: PRACTICAL LEGAL TOOLS

www.educaloi.qc.ca/en/caregivers-practical-legal-tools

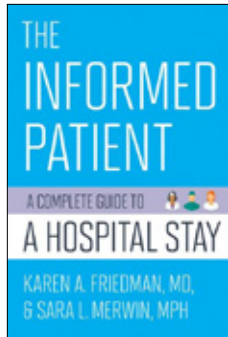
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

ÉDUCALOI – HEALTH TOPICS

www.educaloi.qc.ca/en/categories/health

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

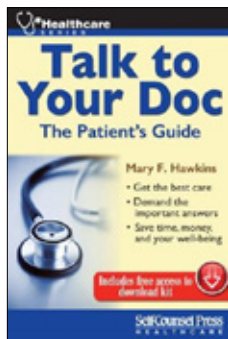
READING SUGGESTIONS



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

Karen A. Friedman and Sara L. Merwin. Ithaca: ILR Press, 2017, 228 p.

Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. The Informed Patient is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



TALK TO YOUR DOC: THE PATIENT'S GUIDE

Mary Hawkins. North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

Phillip K. Peterson. Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.



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PUBLIQUES DU QUÉBEC

1453, RUE BEAUBIEN EST, BUREAU 215, MONTRÉAL, QUÉBEC H2G 3C6
514 279-0550 | WWW.ABPQ.CA | INFO@ABPQ.CA