



2023
EDITION

CAREGIVERS

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 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 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.

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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 2023 and will be updated on an annual basis.

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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



**CHRONIC
PAIN**



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



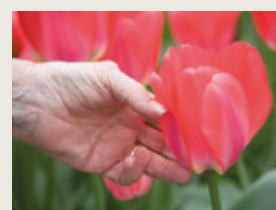
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

General

AMI-QUÉBEC

Phone 514 486-1448
Website <https://amiquebec.org/>

AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. All their programs are free.

ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE (AQPS)

Toll free 1 866 277-3553
Website www.aqps.info

The Association québécoise de prévention du suicide (AQPS) is a non-profit organization. Its mission is to foster the development of suicide prevention initiatives in Quebec. Website in French.

CANADIAN ASSOCIATION FOR SUICIDE PREVENTION (CASP)

Phone 613 702-4446
Website <http://suicideprevention.ca>

The Canadian Association for Suicide Prevention proposes resources for persons struggling with thoughts of suicide and their relatives. CASP provides educational material and resources.

L'APPUI POUR LES PROCHES AIDANTS

Toll free 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. The goal of the Caregiver Support hotline is 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.).

LITTLE BROTHERS

Phone 514 527-8653
Toll free 1 866 627-8653
Website <https://www.petitsfreres.ca/en/>

The mission of the Little Brothers is to counter the isolation of people of old age until the end of their life.

PROCHE AIDANCE QUÉBEC

Phone 514 524-1959
Website <https://procheaidance.quebec/>

Proche aideance Québec brings together 124 community organizations whose mission is to improve the living conditions of caregivers. You will find the complete list of organizations by region on the Proche aideance website. Website in french.

QUEBEC PEER SUPPORT WORKERS ASSOCIATION

Phone 514-413-8777 extension 124306
Website <https://www.ampaq.ca/devenir>

The Quebec Peer Support Workers Association is a non-profit organization whose mission is to promote access and excellence in mental health and addiction peer help for Quebec population.

YOUNG CAREGIVERS CONNECT

Phone (Ontario) 416 362-2273
Toll free 1 888 877-1629
Website <https://youngcaregiversconnect.ca/>

Connected Young Caregivers is associated with the Ontario Caregiver Organization (OCO). It provides access to information resources for all young caregivers to succeed in their role.

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.

General

AMERICAN ASSOCIATION OF RETIRED PERSONS CARE GUIDES

www.aarp.org/home-family/caregiving/care-guides/

Created by the American Association of Retired Persons (AARP), this series of short interactive guides covers several topics, including Help for First-Time Caregivers, Help Caring for a Loved One at Home, Help for Common Caregiving Conflicts, Help for Long-Distance Caregivers, Help Caring for a Loved One with Dementia, and Help Caring for a Loved One with Cancer.

COMPANION LEISURE CARD (CAL)

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.

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE – NATURAL CAREGIVERS: PRACTICAL ADVICE

www.douglas.qc.ca/info/caregivers-practical-advice

This information sheet from the Douglas Mental Health University Institute discusses the role of the caregiver, including sources of stress and the need to seek out support, and provides practical advice for the caregiver.

FAMILY CAREGIVER ALLIANCE

Caring for Another

www.caregiver.org/caregiver-resources/caring-for-another/

This webpage contains a wealth of in-depth information and tips on a variety of caregiving issues.

Webinars

www.caregiver.org/resource/fca-webinars/

This series of webinars intended for family members, partners, and friends caring for a loved one living with a chronic or disabling health condition addresses various topics surrounding daily care, planning for care and caregiver self-care.

GOVERNMENT OF CANADA – FEDERAL, PROVINCIAL AND TERRITORIAL RESOURCES FOR CAREGIVERS OF SENIORS

www.canada.ca/en/employment-social-development/corporate/seniors/forum.html

This governmental webpage provides resources for caregivers, including information on care options, power of attorney, financial planning, and working while caregiving.

NATIONAL INSTITUTE ON AGING – LONG-DISTANCE CAREGIVING: TWENTY QUESTIONS AND ANSWERS

www.nia.nih.gov/health/publication/long-distance-caregiving/introduction

From the National Institute on Aging in the United States, this guide discusses caring for family and friends who live far from home and addresses questions about safety, health issues, and moving.

PROCHE AIDANCE QUÉBEC

Taking care of yourself... while taking care of your loved one

<http://ranq.qc.ca/wp-content/uploads/2014/02/GuideLavalanglais.pdf>

The need for caregivers to take care of themselves no longer has to be demonstrated. By consulting this guide, you will know that you are not the only ones living with this commitment, and that numerous resources have been set up to help you take care of yourself while taking care of a loved one.

RÉGIE DE L'ASSURANCE MALADIE

Domestic Help

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help>

The Financial Assistance Program for Domestic Help Services allows you to benefit from a reduction in the hourly rate charged for domestic help services by social economy businesses. These services include housekeeping work, laundering, meal preparation and accompanying you when shopping. On this page, you will find the steps to follow when requesting domestic help.

Domestic help social economy businesses

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/social-economy-businesses>

On this page, you will find a directory of social economy businesses providing domestic help recognized by the Ministère de la Santé et des Services sociaux.

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/>

SAINT ELIZABETH HEALTH CARE – CAREGIVER COMPASS: TIPS AND TOOLS TO HELP YOU MANAGE YOUR CAREGIVING RESPONSIBILITIES

<https://www.saintelizabeth.com/getmedia/89a61fed-0db8-487d-a8d7-d50b99cdb930/Caregiver-Compass-Online.pdf.aspx>

This booklet developed by Saint Elizabeth Health Care, a Canadian not-for-profit charitable organization, includes information on where to begin as a caregiver, important conversations with family and friends, caregiving responsibilities (such as daily living needs and home safety), managing finances and legal arrangements, and preventing caregiver burnout.

Suicide prevention

ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE

How to talk about suicide

<https://howtotalkaboutsuicide.com/>

This AQPS site offers tools and information for someone who has suicidal thoughts or someone who is worried about a loved one. It also offers resources for citizens and service providers.

Suicide prevention centers

www.aqps.info/besoin-aide-urgente/liste-centres-prevention-suicide.html

The centres for suicide prevention are comprised of professionals, qualified interveners and volunteers specially trained to greet you and handle requests for help and various questions. These organizations are also actively engaged in their community to prevent suicide. This webpage lists all suicide prevention centres in Quebec. If you need help for yourself or for someone close to you, call 1-866-APPELLE and your call will automatically be forwarded to the appropriate resource in your area. Website in French.

GOVERNMENT OF CANADA – SUICIDE PREVENTION

www.canada.ca/en/public-health/services/suicide-prevention.html

About suicide, prevention, risk factors, how to get help when you or someone you know is in need.

SUICIDE.CA

<https://suicide.ca/en>

Suicide.ca's mission is to use digital technology to prevent suicide. It provides information and support to people with suicidal thoughts and behaviours, people who are worried about someone or have lost loved ones to suicide, and professionals who work with vulnerable clientele. It offers support 24 hours a day, 7 days a week by phone, SMS or chat.

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.

GOUVERNEMENT 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>

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.

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.

Books available in different formats

Did you know that you can borrow books in different formats for free from your libraries?



LARGE PRINT BOOKS

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



AUDIO AND DIGITAL AUDIO BOOKS

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.

Digital audio books are available on the pretnumerique.ca platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



DIGITAL BOOKS

Digital books are available via the pretnumerique.ca platform.

On the pretnumerique.ca website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:



Also available on pretnumerique.ca

These digital books are chronodegradable, that is to say that they deactivate automatically at the end of the loan period. Downloaded books can be read on different devices: e-readers, tablets, computers, smartphones, etc. The service is accessible anytime and anywhere, as long as you have access to an Internet connection.

[Pretnumerique.ca](https://pretnumerique.ca) also offers a dedicated free reading application, available in iOS (Apple) and Android format. This allows you to consult the digital catalog of your libraries as well as to borrow, reserve and easily read your digital books and your digital audiobooks from the same application.

Your reading device gives you access to features to promote its accessibility and facilitate your reading.

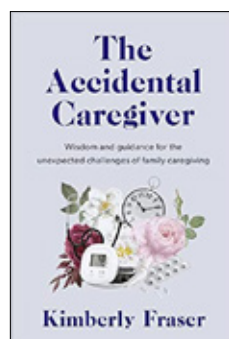
For help borrowing an eBook, visit the **Aide en ligne Prêt Numérique** page.

*The supply of books in different formats varies from one library to another.

Find out what your library has to offer!

NON-FICTION

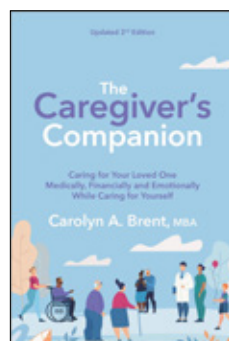
General works



THE ACCIDENTAL CAREGIVER: WISDOM AND GUIDANCE FOR THE UNEXPECTED CHALLENGES OF FAMILY CAREGIVING

Kimberly Fraser. Toronto: Sutherland House Books, 2022, 240 p.

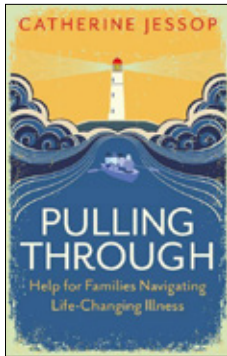
The author gives readers advice on how to meet with humanity and optimism the bewildering array of challenges facing caregivers: where to find help, how to navigate a confusing healthcare system, how to deal with constant demands, how to keep one's own life from being overwhelmed by new responsibilities. Based on personal experience, research, and extensive interviews, *The Accidental Caregiver* is a resource for everyone concerned for vulnerable people in their lives and communities.



THE CAREGIVER'S COMPANION: CARING FOR YOUR LOVED ONE MEDICALLY, FINANCIALLY AND EMOTIONALLY WHILE CARING FOR YOURSELF (2ND EDITION)

Carolyn A. Brent. Toronto: Hanover Square Press, 2021, 304 p.

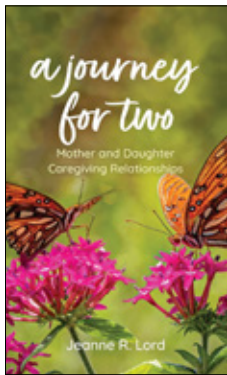
Everything you need to know to ensure that your older loved one is being properly cared for, from acclaimed caregiver advocate Carolyn A. Brent. People today are not only living longer, they are also living sicker—making aging and caring for older loved ones more complicated than ever before. In this extensive guide, Brent outlines a step-by-step process so caregivers know what to do and what to ask in every situation that may arise. Brent provides personal stories and scenarios for context, and includes other references and resources in this complete guide to caregiving. United States context.



PULLING THROUGH: HELP FOR FAMILIES NAVIGATING LIFE-CHANGING ILLNESS

Catherine Jessop. London; Philadelphia: Jessica Kingsley Publishers, 2021.

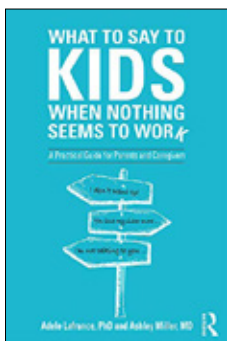
On Boxing Day 2016, one near-death experience swept the Jessop family into the bewildering world of hospitals and serious illness, and their lives changed forever. *Pulling Through* is a handbook of everything Catherine Jessop has learned on this journey. It covers many practicalities, such as explaining hospital tests and scans, jargon-busting medical terms, finance, rehabilitation and more. But it also illuminates the emotional and mental health aspects of illness and how massively it affects family and friends. If you, or someone you know, has a life-changing illness, then this book is here to help



A JOURNEY FOR TWO: MOTHER AND DAUGHTER CARING RELATIONSHIPS

Jeanne R. Lord. Lanham: Rowman & Littlefield, 2021, 162 p.

Explores the beautiful and complicated mother-daughter relationship in the context of caregiving for an ill or aging mother and offers tips and suggestions for overcoming the more difficult aspects while celebrating and cherishing the more comforting features.



WHAT TO SAY TO KIDS WHEN NOTHING SEEMS TO WORK: A PRACTICAL GUIDE FOR PARENTS AND CAREGIVERS

Adele Lafrance. New York: Routledge, Taylor & Francis Group, 2020 259 p.

What to Say When Nothing Seems to Work offers parents a step-by-step guide to some of the most common struggles for kids aged 5-12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress.



TAKING CARE OF OUR OWN: WHEN FAMILY CAREGIVERS DO MEDICAL WORK

Sherry N. Mong. Ithaca, New York: Cornell University Press, 2020, 189 p.

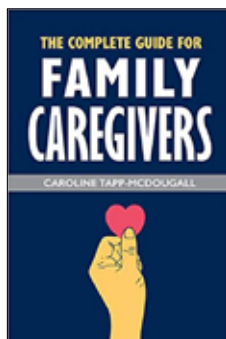
Drawing on interviews with family caregivers and nurses, this book explores the labor processes that occur when caregivers learn and implement skilled nursing procedures.



ELDER CARE MADE EASIER: DOCTOR MARION'S 10 STEPS TO HELP YOU CARE FOR AN AGING LOVED ONE

Marion Somers. Omaha, Nebraska: Addicus Books, 2020, 171 p.

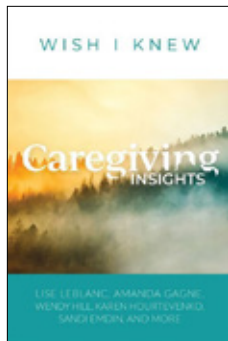
Over the past thirty years, Doctor Marion Somers, a leading geriatric specialist, has helped thousands of individuals and their families with these matters. Now, in *Elder Care Made Easier*, she draws from those decades of experience to offer ten practical steps to help you navigate your caregiver's journey.



THE COMPLETE GUIDE FOR FAMILY CAREGIVERS

Caroline Tapp-McDougall. Stratford, ON: Blue Moon Publishers, 2020, 320 p.

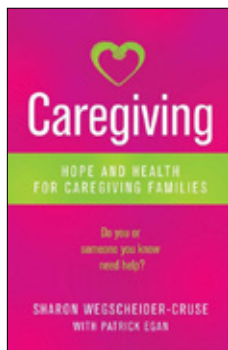
The Complete Guide for Family Caregivers, written by one of Canada's foremost experts on eldercare, provides the advice people need to make smart decisions, both with and for their loved ones, including housing, finances, legal and estate planning, medical needs, and independence and mobility. This book provides not only practical advice but also discusses the various situations that may confront you and provides real, actionable information and sources to help you along the way in your eldercare journey.



CAREGIVING INSIGHTS

Lise Leblanc, Penny Tremblay, Wendy Hill and more. Stratford: Next Chapter Press, 2019, 180 p.

Caregiving can be lonely, no matter what stage you're at. Millions of people worldwide struggle with caring for loved ones while still trying to care for themselves. You don't need to learn about caregiving all on your own. In *Caregiving Insights*, author Lise Leblanc has compiled brief stories and lessons from experts in the field and people just like you who have been caregivers themselves. Focusing on what other caregivers have learned, from setting boundaries and self care to being vulnerable and taking time to listen, the short stories in *Caregiving Insights* offer gentle advice from a trusted friend who has been there. Each story shines a light on just one facet of the process, so you can return to this book when your story begins to coincide.



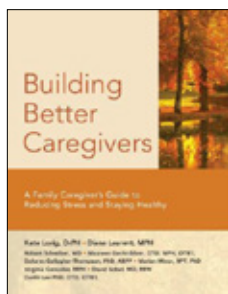
CAREGIVING: HOPE AND HEALTH FOR CAREGIVING FAMILIES: DO YOU OR SOMEONE YOU KNOW NEED HELP?

Sharon Wegscheider-Cruse. Deerfield Beach: Health Communications, 2019, 236 p.

After a life-threatening accident, Wegscheider-Cruse and her family came to truly understand that we are all one event from a lifestyle change. It can be a crisis situation, such as an accident, or the long-term effects of aging. For the family caregiver and the paid professional, the choices to be made are often confusing, difficult, and daunting. Chapter topics include: identifying the roles of caregivers; how to deal with burnout; finding ways to compartmentalize and separate without guilt; using technology to make life easier; building bridges through teamwork; downsizing; and navigating end-of-life issues. Most importantly, the book offers readers a deep toolkit of invaluable suggestions for navigating tough issues with positivity and optimism.



Also available on pretnumerique.ca



BUILDING BETTER CAREGIVERS: A CAREGIVER'S GUIDE TO REDUCING STRESS AND STAYING HEALTHY

Kate Lorig, Diana Laurent and other contributors. Boulder: Bull Publishing Company, 2018, 268 p.

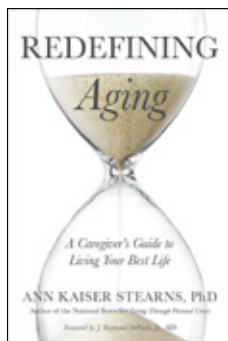
With a focus on reducing stress through the use of practical skills and tools, this book will help you manage your caregiving tasks so you can maintain a happy, fulfilling life while also meeting your caregiving obligations.



TAKE GOOD CARE: FINDING YOUR JOY IN COMPASSIONATE CAREGIVING

Cynthia Orange. Center City: Hazelden Publishing, 2017, 250 p.

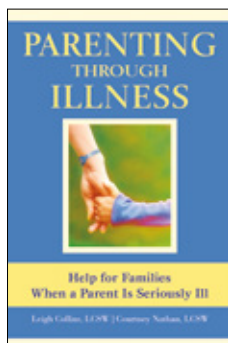
In a time when tens of millions of people provide care for family members, older adults, and people with special needs, we should all be experts at it. Instead, we often struggle with caring for others while taking care of ourselves. In *Take Good Care*, author Cynthia Orange brings together compelling testimonies from a wide range of caregivers, advice from leading experts in the field, and her own hard-won wisdom to capture the subtle differences between caretaking and caregiving.



REDEFINING AGING: A CAREGIVER'S GUIDE TO LIVING YOUR BEST LIFE

Ann Kaiser Stearns. Baltimore: Johns Hopkins University Press, 2017, 292 p.

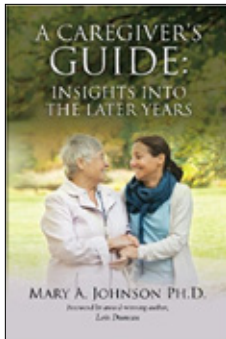
In this comprehensive book, Ann Kaiser Stearns explores the practical and personal challenges of both caregiving and successful aging. She couples findings from the latest research with powerful insights and problem-solving tips to help caregivers achieve the best life possible for those they care for – and for themselves as they age.



PARENTING THROUGH ILLNESS: HELP FOR FAMILIES WHEN A PARENT IS SERIOUSLY ILL

Leigh Guillory Collins and Susan Courtney Nathan. Chino Valley: Hohm Press, 2016, 183 p.

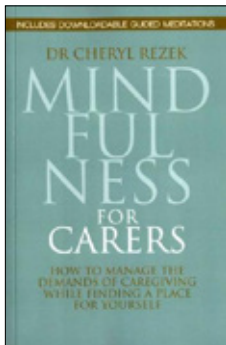
This book offers immediate, practical and experienced advice for adult family members and others responsible for the well-being of children when one parent has a serious illness. The authors are both clinical social workers with years of training and time spent with children and families in crisis. They establish a clear and authoritative voice, while keeping a tone of encouragement throughout. With its matter-of-fact language, the book is organized to make it easy for parents to turn to the sections they most need, when they need them. Collins and Nathan keep their readers focused on the child in every situation, while always supporting reasonable boundaries in positive self-care for the adults who serve them.



A CAREGIVER'S GUIDE: INSIGHTS INTO THE LATER YEARS

Mary A. Johnson. Albuquerque: PMJ Associates, Inc., 2015, 157 p.

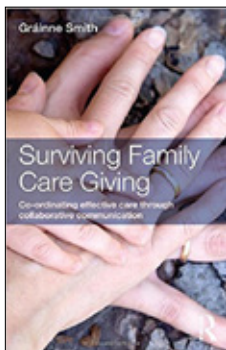
With the information in this book, caregiving can be more enjoyable for both caregiver and patient. Chapters describe the many losses a patient may have experienced, and how the losses may affect the attitude and behavior of the patient. Suggestions for providing care – physical, mental, and emotional – are plentiful, with activities that can be fun for both the caregiver and the patient. There are also chapters on dementia, including Alzheimer's disease; coping with the stress of caregiving; caring for a patient during the dying process; and an extensive reading list of other sources of information that may be helpful.



MINDFULNESS FOR CARERS: HOW TO MANAGE THE DEMANDS OF CAREGIVING WHILE FINDING A PLACE FOR YOURSELF

Cheryl A. Rezek. London: Jessica Kingsley Publishers, 2015, 95 p.

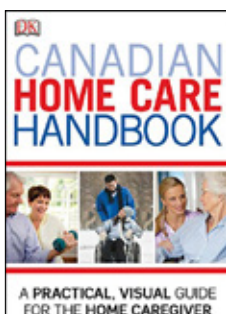
Discover how simple mindfulness techniques can be used to combat the stress, anxiety and burnout that often accompanies caring for people with physical, psychological or emotional needs. The easy-to-follow exercises will help caregivers to regain control and maintain a positive outlook.



SURVIVING FAMILY CARE GIVING: CO-ORDINATING EFFECTIVE CARE THROUGH COLLABORATIVE COMMUNICATION

Gráinne Smith. New York: Routledge, Taylor & Francis Group, 2015, 222 p.

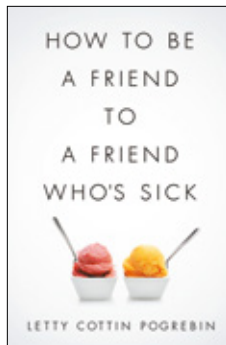
This book illustrates the daily difficulties experienced by care givers who offer long-term care and support – and shows how to work through them. It provides suggestions on ways to build both constructive collaborative care and good family teamwork through effective communication, and how to ensure continuing care and support for the person at the centre of all the efforts.



CANADIAN HOME CARE HANDBOOK

Russell Caller. Toronto: Dorling Kindersley, 2014, 223 p.

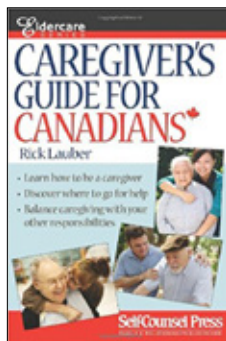
A complete guide for Canadians providing short or long-term care at home, this illustrated manual focuses on the caregiver as well as the person being cared for. This handbook covers topics from basic nursing techniques and first aid emergencies to room-by-room improvements to make home care easier. It also includes information on federal and provincial benefits for caregivers, tips on funding and useful contacts.



HOW TO BE A FRIEND TO A FRIEND WHO'S SICK

Letty Cottin Pogrebin. New York: PublicAffairs, 2014, 283 p.

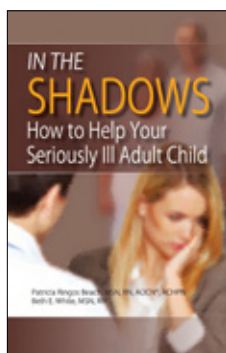
Everyone knows someone who's sick or suffering. Yet when a friend or relative is under duress many of us feel uncertain about how to cope. Throughout her recent bout with breast cancer, Letty Cottin Pogrebin became fascinated by her friends' and family's diverse reactions to her and her illness: how awkwardly some of them behaved; how some misspoke or misinterpreted her needs; and how wonderful it was when people read her right. She began talking to her fellow patients and dozens of other veterans of serious illness, seeking to discover what sick people wished their friends knew about how best to comfort, help, and even simply talk to them. Now Pogrebin has distilled their collective stories and opinions into this wide-ranging compendium of pragmatic guidance and usable wisdom. Her advice is infused with sensitivity, warmth, and humor.



CAREGIVER'S GUIDE FOR CANADIANS

Rick Lauber. North Vancouver: Self-Counsel Press, 2014, 145 p.

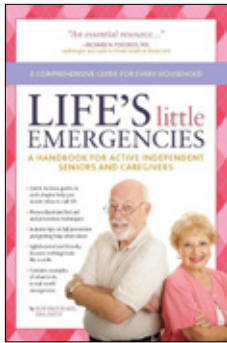
This guide provides with tips and advice to help you provide good eldercare while balancing all the demands on your time. It provides practical advice and encouragement to help you care for elders in need. It discusses what to expect when caregiving for your elderly parent, whether your parent should stay at home or move to assisted living, who to ask for help when you need it and how to balance caregiving responsibilities with your personal life.



IN THE SHADOWS: HOW TO HELP YOUR SERIOUSLY ILL ADULT CHILD

Patricia Ringos Beach and Beth E. White. Pittsburgh: Hygeia Media, 2013, 251 p.

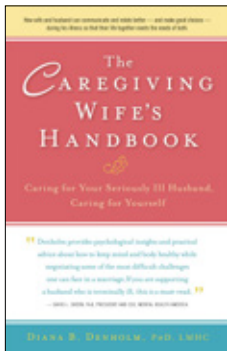
Through 10 real-life stories illustrating diverse examples of parental involvement, this book cuts through the thicket of uncertainty that surrounds most parents when trying to determine how much or how little to be involved in the care of their adult child, especially when that child has a family of their own. The book provides a unique perspective on post-adolescence parent-child relationships, gives tips on finding and participating in support groups, and offers guidelines on understanding the healthcare system. United States context.



LIFE'S LITTLE EMERGENCIES: A HANDBOOK FOR ACTIVE INDEPENDENT SENIORS AND CAREGIVERS

Rod Brouhard. New York: Demos Health, 2012, 217 p.

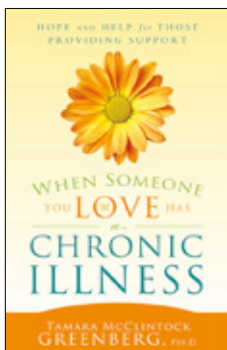
Written in plain English with a touch of humor, this guide is a medical crisis handbook for active independent seniors and caregivers alike. The first section of the book covers techniques and conditions common to senior citizens, including skin tears, fractures, and dehydration and life-saving techniques like CPR and the Heimlich maneuver. The remaining sections discuss learning lifesaving skills, how to assess and treat an injury, when you feel sick, the great outdoors and more. It's a manual for planning and making serious medical decisions and for getting help when seniors need it most – at home or on the road.



THE CAREGIVING WIFE'S HANDBOOK: CARING FOR YOUR SERIOUSLY ILL HUSBAND, CARING FOR YOURSELF

Diana B. Denholm. Alameda: Hunter House, 2012, 198 p.

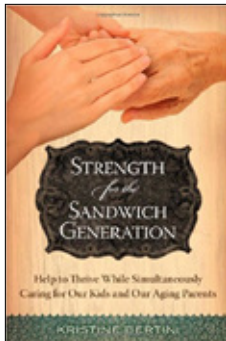
Caring for an ill husband has been seen as a “wifely duty”. But when your husband has a long-term or life-threatening illness, making decisions can become overwhelming. Some marriages grow stronger, others disintegrate. Denholm draws on her own experiences and her work as a therapist to develop the tools and strategies she shares in this book.



WHEN SOMEONE YOU LOVE HAS A CHRONIC ILLNESS

Tamara McClintock Greenberg. Springville: Plain Sight Publishing, 2012, 155 p.

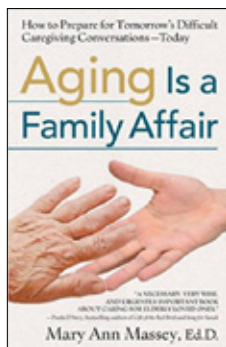
Dr. Tamara Greenberg offers practical advice to those impacted by a loved one's chronic illness. Providing easy-to-understand explanations for complicated feelings and behaviors, this book is intended to help you not just cope, but thrive in your day-to-day life.



STRENGTH FOR THE SANDWICH GENERATION: HELP TO THRIVE WHILE SIMULTANEOUSLY CARING FOR OUR KIDS AND OUR AGING PARENTS

Kristine Bertini. Santa Barbara: Praeger, 2011, 144 p.

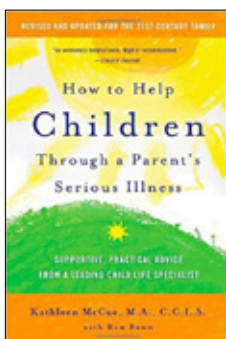
This book addresses the multiple complexities that arise for middle-aged adults caring for both their children and their elders, providing the caregiver with resources and information that include strategies for caring for the self, children, and elders; handling financial strain; and addressing moral and ethical dilemmas. A licensed clinical psychologist, author Kristine Bertini shows midlife readers how to balance their demanding and multiple roles while also making meaning and finding genuine happiness in their complex world.



AGING IS A FAMILY AFFAIR: HOW TO PREPARE FOR TOMORROW'S DIFFICULT CAREGIVING CONVERSATIONS – TODAY

Mary Ann Massey. New York: Crossroad Pub., 2011, 177 p.

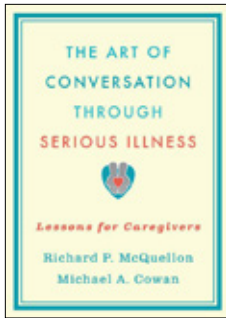
Collecting 33 family case studies directly from patient experiences, formally conducted interviews, and informal encounters and anecdotes, this resource illustrates lessons that reinforce the pressing need for families to engage aging loved ones sooner, not later, about long-term elder care, loss, and end of life planning. Each narrative approaches aging from a unique perspective, exposing real families overcoming their own taboos, dysfunctional relationships, unhealed wounds, and other unforeseen challenges. Unique in its focus, extent, and narrative format, each study is complemented by clear and practical advice.



HOW TO HELP CHILDREN THROUGH A PARENT'S SERIOUS ILLNESS: SUPPORTIVE, PRACTICAL ADVICE FROM A LEADING CHILD LIFE SPECIALIST

Kathleen McCue and Ron Bonn. New York: St. Martin's Griffin, 2011, 345 p.

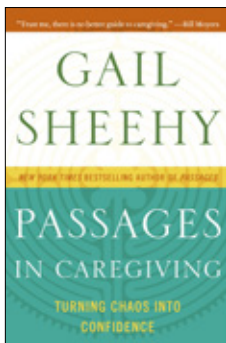
This guide, written by Kathleen McCue, one of America's leading child life practitioners, offers supportive, practical advice, including: what to tell children about their parent's illness, how to recognize early-warning signs in a child's drawings, sleep patterns, schoolwork and eating habits, and when and where to get professional help.



THE ART OF CONVERSATION THROUGH SERIOUS ILLNESS: LESSONS FOR CAREGIVERS

Richard P. McQuellon and Michael A. Cowan. Oxford: Oxford University Press, 2010, 144 p.

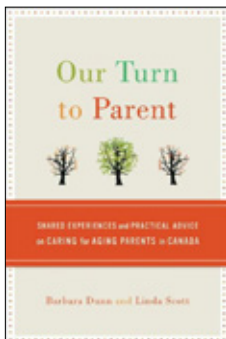
In this book, the authors consider how to best listen to and speak with one facing life-threatening illness, with lessons on being a primary conversation partner, becoming properly empathic and receiving empathy, maintaining everyday conversation, using platitudes appropriately, understanding healthy denial, and talking about dying.



PASSAGES IN CAREGIVING: TURNING CHAOS INTO CONFIDENCE

Gail Sheehy. New York: HarperCollins, 2010, 396 p.

The author identifies eight crucial stages of caregiving and offers insight for successfully navigating each one. Most important, however, she points out that you don't have to be alone in this process. This book can help turn a stressful, life-altering situation into a journey that can be safely navigated and from which everyone can benefit.

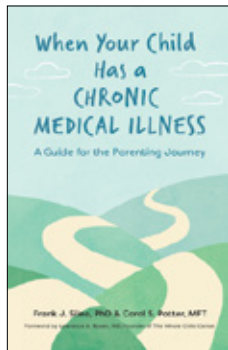


OUR TURN TO PARENT: SHARED EXPERIENCES AND PRACTICAL ADVICE ON CARING FOR AGING PARENTS IN CANADA

Barbara Dunn and Linda Scott. Toronto: Random House Canada, 2009, 259 p.

This guide shows you how to work with your parent to become their caregiver and their champion, and it provides the tools you need to make decisions and feel confident that you are doing right by your aging parents. With stories from real lives, it also offers honest and personal anecdotes about surviving these trying times.

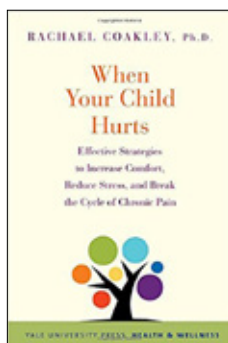
Accompaniment of a sick child



WHEN YOUR CHILD HAS A CHRONIC MEDICAL ILLNESS: A GUIDE FOR THE PARENTING JOURNEY

Frank J. Sileo and Carol S. Potter. Washington, D.C.: American Psychological Association, 2021, 419 p.

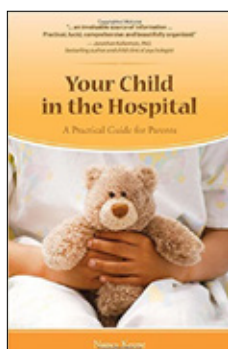
For all its joys, parenting is a complex job, and when your child has a chronic illness, the stress can feel overwhelming. When your child is diagnosed, you begin a parenting journey filled with strong emotions, difficult choices, confusing words, and interactions with numerous professionals and specialists. You're focused on ensuring your child gets the best possible treatment, so it's easy to overlook or dismiss the impact the illness can have on your relationships and emotions. This book places your psychological well-being front and center, so you can be the best caregiver possible for your child.



WHEN YOUR CHILD HURTS: EFFECTIVE STRATEGIES TO INCREASE COMFORT, REDUCE STRESS, AND BREAK THE CYCLE OF CHRONIC PAIN

Rachael Coakley. New Haven: Yale University Press, 2016, 325 p.

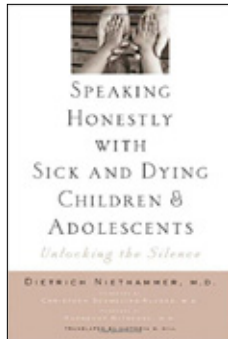
This guide, written by an expert in pediatric pain management, offers in-the-moment strategies to parents and caregivers for managing a child's pain along with advice for fostering long-term comfort.



YOUR CHILD IN THE HOSPITAL: A PRACTICAL GUIDE FOR PARENTS

Nancy Keene. Bellingham: Childhood Cancer Guides, 2015, 159 p.

This guide provides helpful tips and homegrown wisdom that will make any visit to the hospital easier. It explains how to prepare your child, cope with procedures, plan for surgery and communicate with doctors and nurses. Woven throughout the text are encouraging stories from parents who have been through the experience of having a child in the hospital. Includes a packing list, hospital journal for children, and helpful resources for parents.



SPEAKING HONESTLY WITH SICK AND DYING CHILDREN AND ADOLESCENTS

Dietrich Niethammer. Baltimore: Johns Hopkins University Press, 2012, 240 p.

Dietrich Niethammer, a prominent pediatric oncologist, explains why it is so important to speak frankly and respectfully to young patients about their disease. Dr. Niethammer's compelling personal experiences combined with the latest research make this a compassionate and invaluable resource for physicians, nurses, social workers, teachers, parents – for all who care for sick and dying children and adolescents.

Healthy living



THE FAREWELL TOUR: A CAREGIVER'S GUIDE TO STRESS MANAGEMENT, SANE NUTRITION, AND BETTER SLEEP

Jessica Cording. Jersey City: Viva Editions, 2022, 294 p.

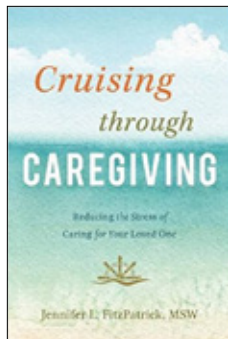
When your loved ones need you most, who's taking care of the caregivers? The author blends her own expertise as a dietitian and health coach with humor and personal anecdotes while featuring interviews from other wellness professionals, world-renowned musicians, and music industry professionals. Whether you're feeling burned out or isolated, whether dealing with terminal illness or ongoing needs, *The Farewell Tour* is a guide to navigating the burdens of caregiving that often go unspoken.



SELF-CARE FOR CAREGIVERS: A PRACTICAL GUIDE TO CARING FOR YOU WHILE YOU CARE FOR YOUR LOVED ONE

Susanne White. Stoughton, Massachusetts: Adams Media, an imprint of Simon & Schuster, Inc., 2022, 206 p.

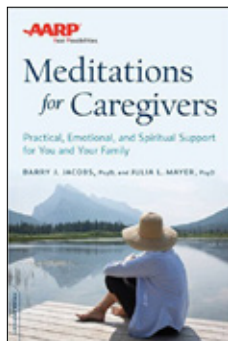
Full of practical advice and reminders to have a quick snack, call a friend, create a sanctuary, write in a journal, and more ways to take care yourself – plus resources for caregiving – this book will go a long way towards making your caregiving experience a happier and more healthful one for you *and* the people you care for.



CRUISING THROUGH CAREGIVING: REDUCING THE STRESS OF CARING FOR YOUR LOVED ONE

Jennifer L. FitzPatrick. Austin: Greenleaf Book Group Press, 2016, 330 p.

This book, written by a gerontologist, uses easy-to-understand nautical imagery to give solid and friendly practical support and information to caregivers – no matter what phase or scenario of caregiving they may be experiencing. The author instructs caregivers on how to recognize and harness the power they have (such as getting other family members to participate) so they will experience less stress and give their older loved one a better quality of life, while – most importantly – not giving up their own lives. This book discusses how to preserve one's health, finances, careers, relationships with families and friends, and how to make smooth sailing out of one's caregiving experience.

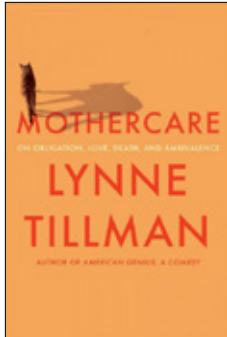


AARP MEDITATIONS FOR CAREGIVERS: PRACTICAL, EMOTIONAL, AND SPIRITUAL SUPPORT FOR YOU AND YOUR FAMILY

Barry J. Jacobs and Julia L. Mayer. Boston: Da Capo Lifelong Books, 2016, 221 p.

In this book, clinical psychologists Barry J. Jacobs and Julia L. Mayer blend emotional and spiritual motivation to maximize the gains of caregiving while minimizing the strains. The book is meant to help readers view their caregiving as a mission from the heart, complete with chapters on accepting one's feelings, embracing rewards, seeking support, and managing stress. Each section offers three-part meditations for caregivers: an inspirational quote, an anecdote drawn from the authors' personal or clinical experience, and direct psychological or hands-on advice to foster coping and life satisfaction.

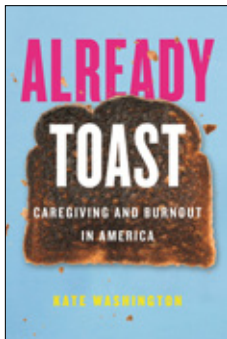
LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



MOTHERCARE: AN AUTOBIOGRAPHICAL ESSAY

Lynne Tillman. New York, NY: Soft Skull, 2022, 161 p.

When a mother's unusual health condition, normal pressure hydrocephalus, renders her entirely dependent on you, your sisters, caregivers, and companions, the unthinkable becomes daily life. The author describes doing what seems impossible: handling her mother as if she were a child and coping with a longtime ambivalence toward her.



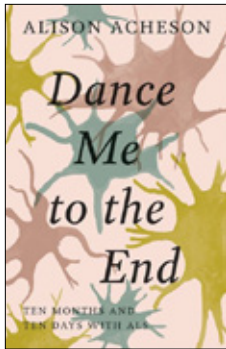
ALREADY TOAST: CAREGIVING AND BURNOUT IN AMERICA

Kate Washington. Boston: Beacon Press, 2021, 211 p.

Already Toast shows how all-consuming caregiving can be, how difficult it is to find support, and how women have long been locked into unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he had cancer, they were young professionals with ascending careers and parents to two small children. Brad's diagnosis stripped those identities away: he became a patient and she his caregiver. Brad's cancer quickly turned aggressive and Kate acted as his full-time aide. She became so burned out that, when she took an online quiz on caregiver self-care, her result read: "You're already toast!" Relatable, timely, and often raw, *Already Toast* is a crucial intervention in the conversation around caregiving, bringing together personal experience with deep research to give voice to those tasked with the overlooked, yet vital work of caring for the seriously ill.



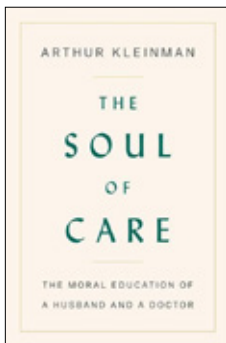
Also available on prenumerique.ca



DANCE ME TO THE END: TEN MONTHS AND TEN DAYS WITH ALS

Alison Acheson. Victoria: Brindle & Glass, 2019, 314 p.

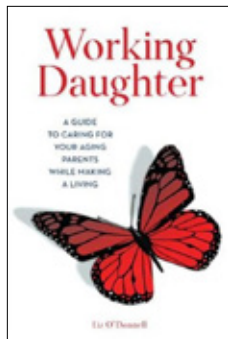
A profoundly honest and intensely personal story of a woman who cares for her husband after the devastating terminal diagnosis of ALS. Marty, age 57, was given a preliminary diagnosis of ALS by his family doctor. Seven weeks later, the diagnosis was confirmed by a neurologist. Ten months and ten days later, Marty passed away. *Dance Me to the End* is an evocative memoir about the emotional impact of witnessing a loved one suffer from a neurological, degenerative, and terminal disease. This is a detailed account of grief, shock and pain coexisting with the levity, laughter and love shared with her husband and sons in those final months of Marty's life.



THE SOUL OF CARE: THE MORAL EDUCATION OF A HUSBAND AND A DOCTOR

Arthur Kleinman. New York: Viking, 2019, 272 p.

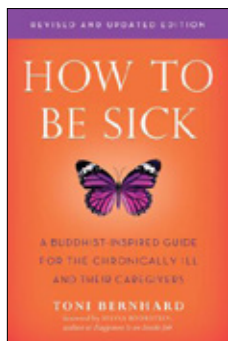
Caregiving is long, hard, unglamorous work--at moments joyous, more often tedious, sometimes agonizing, but it is always rich in meaning. In the face of our current political indifference and the challenge to the health care system, he emphasizes how we must ask uncomfortable questions of ourselves, and of our doctors. To give care, to be "present" for someone who needs us, and to feel and show kindness are deep emotional and moral experiences, enactments of our core values. The practice of caregiving teaches us what is most important in life and reveals the very heart of what it is to be human. A moving memoir and an extraordinary love story that shows how an expert physician became a family caregiver and learned why care is so central to all our lives and yet is at risk in today's world.



WORKING DAUGHTER: A GUIDE TO CARING FOR YOUR AGING PARENTS WHILE MAKING A LIVING

Liz O'Donnell. Lanham: Rowman & Littlefield, 2019, 175 p.

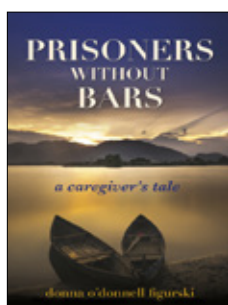
Working Daughter is a revelatory look at who's caring for our aging population and how these unpaid family caregivers are trying to manage caring for their parents, raising their children, maintaining relationships, and pursuing their careers. It follows the author, who was enjoying a fast-paced career in marketing and raising two children when both of her parents were diagnosed with terminal illnesses on the same day. In the challenges she faced and the choices she made, readers will learn how they can navigate their own caregiving experiences and prepare for when they are inevitably called on to care for their parents. *Working Daughter* sparks the conversation we so desperately need to have about women and the workplace.



HOW TO BE SICK: A BUDDHIST-INSPIRED GUIDE FOR THE CHRONICALLY ILL AND THEIR CAREGIVERS

Toni Bernhard. Somerville: Wisdom Publications, 2018, 219 p.

In 2001, Toni Bernhard got sick and, to her and her partner's bewilderment, stayed that way. As they faced the confusion, frustration, and despair of a life with sudden limitations, Toni had to learn how to be sick. In spite of her many physical and energetic restrictions (and sometimes, because of them), Toni learned how to live a life of equanimity, compassion, and joy.



PRISONERS WITHOUT BARS: A CAREGIVER'S TALE

Donna O'Donnell Figurski. Berkeley: Writelife Publishing, 2018, 312 p.

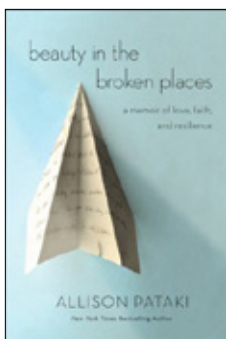
Donna's husband, David, stumbled into their bedroom, his hand covering a blood-filled eye from a brain hemorrhage. Donna called 9-1-1. David slipped into a coma. At that moment, Donna was thrust onto the path of caregiver for her best friend and the love of her life.



ALL THINGS CONSOLATED: A DAUGHTER'S STORY

Elizabeth Hay. Toronto: McClelland & Stewart, 2018, 272 p.

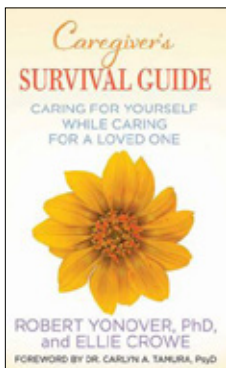
Elizabeth Hay, a Canadian writer, has written a memoir about the shift she experienced between being her parents' daughter to their guardian and caregiver. As the daughter takes charge, and the writer takes notes, her mother and father are like two legendary icebergs floating south.



BEAUTY IN THE BROKEN PLACES: A MEMOIR OF LOVE, FAITH, AND RESILIENCE

Allison Pataki. New York: Random House, 2018, 272 p.

Five months pregnant, on a flight to their "babymoon," Allison Pataki turned to her husband when he asked if his eye looked strange, and watched him suddenly lose consciousness. After an emergency landing, she discovered that Dave--a healthy thirty-year-old athlete and surgical resident--had suffered a rare and life-threatening stroke. Within a few months, she found herself caring for both a newborn and a sick husband, struggling with the fear of what was to come.



CAREGIVER'S SURVIVAL GUIDE: CARING FOR YOURSELF WHILE CARING FOR A LOVED ONE

Robert Yonover and Ellie Crowe. Thorndike: Center Point Large Print, 2018, 176 p.

This book is based on Dr. Robert Yonover's personal experiences. While struggling to become a successful scientist and inventor, he also was primary caregiver for his paralyzed wife for more than twenty years and raised their two children. Yonover takes you into the throes of his life as a caregiver, husband, and father, offering guidance and hope through his story.



MAGIC MOMENTS: TWELVE LITTLE STORIES ABOUT DISABILITY, FAMILY AND FAIRLY NORMAL LIFE

Lisa Bendall. Toronto: Twelve Fingers Press, 2015, 55 p.

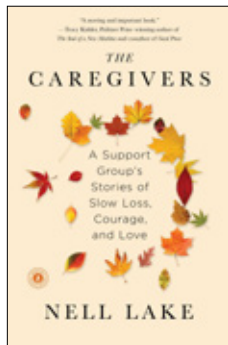
This collection of essays touches on the joys and challenges of family life. Author Lisa Bendall is married to Ian, who is intelligent, funny and kind – and happens to be quadriplegic. Together they are raising a spectacular daughter. They hold full-time jobs, share a mortgage, have a dog – just like many other folks. This book invites its readers to share this family's journey, from major milestones to fleeting, yet magical, moments.



BETTYVILLE: A MEMOIR

George Hodgman. New York: Viking Adult, 2015, 288 p.

When George Hodgman leaves Manhattan for his hometown of Paris, Missouri, he finds himself — an unlikely caretaker and near-lethal cook — in a head-on collision with his aging mother, Betty, a woman of wit and will. Will George lure her into assisted living? When hell freezes over. He can't bring himself to force her from the home both treasure — the place where his father's voice lingers, the scene of shared jokes, skirmishes, and, behind the dusty antiques, a rarely acknowledged conflict: Betty, who speaks her mind but cannot quite reveal her heart, has never really accepted the fact that her son is gay. As these two unforgettable characters try to bring their different worlds together, Hodgman reveals the challenges of Betty's life and his own struggle for self-respect, moving readers from their small town — crumbling but still colorful — to the star-studded corridors of Vanity Fair.



THE CAREGIVERS: A SUPPORT GROUP'S STORIES OF SLOW LOSS, COURAGE, AND LOVE

Nell Lake. New York: Scribner, 2015, 304 p.

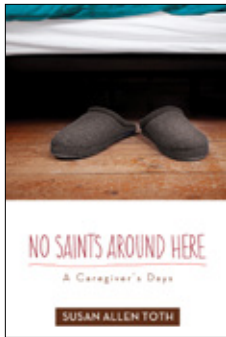
Witnessing acts of devotion and frustration, lessons in patience and in letting go, Nell Lake illuminates the intimate exchanges of caregiving and care-receiving and considers important and timely social issues: How can we care for the aging, ill, and dying with skill and compassion, even as the costs and labors of care increase? How might the medical profession take into account the needs of caregivers as well as patients? In this book, Nell Lake shares a thoughtful and tenderly reported depiction of the real-life predicaments that evoke these crucial questions.



SCATTERED: MY YEAR AS AN ACCIDENTAL CAREGIVER

Jana Panarites. Alexandria: Agewyz Press, 2015, 300 p.

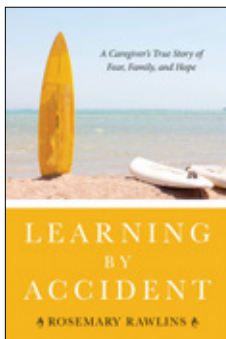
In this book, Jana Panarites takes readers on an unvarnished, hair-raising journey of reinvention, inspired by love and a dwindling bank account. Her tale of attempting to advance her career while attending to medical appointments, household chores, and a flood of grief-related emotions raises issues of family loyalty, the strain of caregiving, resilience, and the repercussions of a romantic marriage for those left behind after death.



NO SAINTS AROUND HERE: A CAREGIVER'S DAYS

Susan Allen Toth. Minneapolis: University of Minnesota Press, 2014, 212 p.

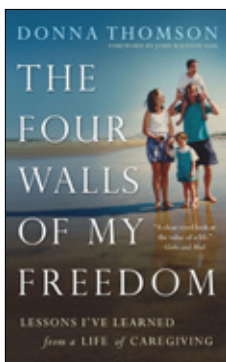
The author chronicles her time as a caregiver during her husband's last eighteen months of life with Parkinson's disease, discussing the intimate details of caring for a helpless person as well as the bonds she formed with other caregivers. The author's account reflects the realities of seeing a loved one out of life: the critical support of some friends and the disappearance of others; the elasticity of time, infinitely slow and yet in such short supply; the sheer physicality of her husband's decline and the author's own loneliness; the practical challenges – the right food, the right wheelchair, the right hospital bed – all intricately interlocking parts of the act of loving and caring for someone who in so many ways is fading away.



LEARNING BY ACCIDENT: A CAREGIVER'S TRUE STORY OF FEAR, FAMILY, AND HOPE

Rosemary Rawlins. New York: Skyhorse Publishing, Inc., 2014, 293 p.

Learning by Accident is a caregiver's story of ambiguous loss, family love, and emotional healing. This compelling personal account demonstrates with heart and humor that what we fear can be more debilitating than any physical injury. And that sometimes starting over is exactly what we need.



THE FOUR WALLS OF MY FREEDOM

Donna Thomson. Toronto: Anansi, 2014, 285 p.

Donna Thomson's life was forever changed when her son Nicholas was born with cerebral palsy. A former actor, director, and teacher, Donna became his primary caregiver and embarked on a second career as a disability activist, author, and consultant. Thomson describes her experience in treading delicately through daily care, emergencies, and medical bureaucracy as she and her family cope with her son's condition while maintaining value and dignity (for Nicholas, too). She demonstrates the vital contribution that people with disabilities make to our society and addresses the ethics and economics of giving and receiving care.



TWO SMALL FOOTPRINTS IN WET SAND: A MOTHER'S MEMOIR

Anne-Dauphine Julliand. New York: Arcade Pub., 2013, 202 p.

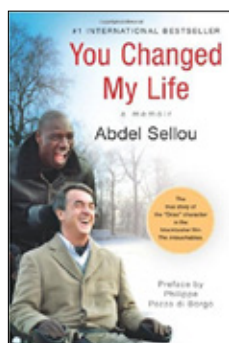
Thaïs is almost two. Like most well-loved children, she is happy. She laughs as she runs on the beach. But her footprints in the sand, with toes turned out, tell a different story. This memoir relates the overwhelming tragedy experienced by a family as a result of a genetic disorder. A true tale told by a mother, it's the story of a little girl, of family, friends, and the medical community united to define life by its beauty rather than its length.



HE NEVER LIKED CAKE

Janna Leyde. Bloomington: Balboa Press, 2013, 374 p.

Janna Leyde's coming-of-age memoir encompasses the acute and lasting effects of brain injury on both survivors and their loved ones. This book is for children who feel the weight of life crashing down, for families who fight for the new normal, for survivors who fail to see how life has changed – and, for everyone, this is a story about how to embrace life when it doesn't work out the way we had it planned.

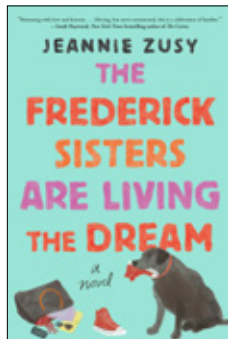


YOU CHANGED MY LIFE

Abdel Sellou. New York: Weinstein Books, 2012, 204 p.

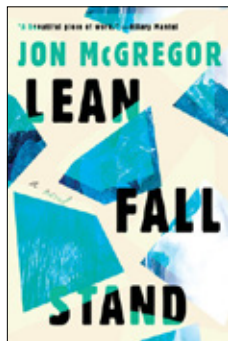
You Changed My Life is Abdel Sellou's memoir of growing up on the streets of Paris as a cheeky young Algerian immigrant, honing his talents as a petty thief and scam artist before meeting the man who would forever change his life, as Abdel would change his. In 1993, Count Philippe Pozzo di Borgo, on the heels of his wife being diagnosed with a terminal illness, suffered a paragliding accident that left him a quadriplegic. Forty-two years old, trapped inside his luxurious Paris town house, he was an outcast for the first time in his life. Abdel, an unemployed Algerian immigrant who had been an outcast for his entire existence, would become Philippe's unlikely caretaker. Quick thinking, unsentimental, and more than a little wild, Abdel surprises both himself and his employer by developing an unswerving loyalty – and orchestrating more than a few adventures – that help restore Philippe's appetite for life.

NOVELS

**THE FREDERICK SISTERS ARE LIVING THE DREAM: A NOVEL**

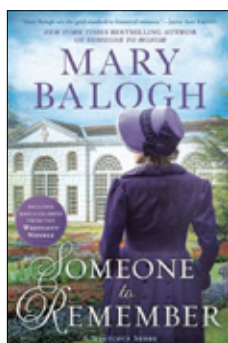
Jeannie Zusy. New York: Atria Books, 2022, 311 p.

Every family has its fault lines, and when Maggie gets a call from the ER in Maryland where her older sister lives, the cracks start to appear. Ginny, her sugar-loving and diabetic older sister with intellectual disabilities, has overdosed on strawberry Jell-O. Maggie knows Ginny really can't live on her own, so she brings her sister and her occasionally vicious dog to live near her in upstate New York. Thus, Maggie's life as a caretaker begins. It will take all of her dark humor and patience, already spread thin after a separation, raising two boys, freelancing, an ex who just won't go away, and starting a dating life, to deal with Ginny's diapers, sugar addiction, porn habit, and refusal to cooperate.

**LEAN FALL STAND**

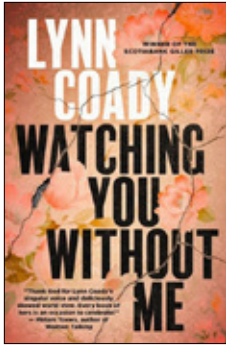
Jon McGregor. New York: Catapult, 2021, 278 p.

When an Antarctic research expedition goes wrong, the consequences are far-reaching – for the men involved and for their families back home. Robert “Doc” Wright, a veteran of Antarctic field work, holds the clues to what happened, but he is no longer able to communicate them. While Anna, his wife, navigates the sharp contours of her new life as a carer, Robert is forced to learn a whole new way to be in the world.

**SOMEONE TO REMEMBER**

Mary Balogh. Waterville, Thorndike Press, 2019, 231 p.

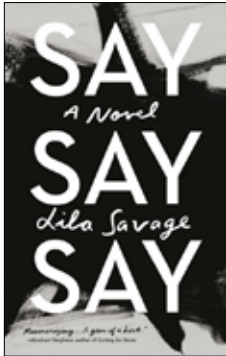
Matilda Westcott has spent her life tending to the needs of her mother, the Dowager Countess of Riverdale, never questioning the web of solitude she has spun for herself. But her quiet, ordered life unravels when a dashing gentleman from her past reappears, threatening to charm his way into her heart yet again.



WATCHING YOU WITHOUT ME

Lynn Coady. Toronto: Anansi, 2019, 376 p.

Karen has come home to Nova Scotia for the first time in a decade to oversee her mother's funeral and tend to her affairs. Irene, a trained nurse, had spent her life caring for Karen's older sister Kelli, who was born with a developmental disability. Before her death, Irene had secured a placement for Kelli at the Seaside Care Facility, but after the funeral, in a fog of guilt and grief over her neglect of Irene and Kelli over the years, Karen starts to second-guess her mother's instructions. Not knowing which way to turn, she begins to depend on Trevor, one of Kelli's caregivers, for both advice and support, trusting him all the more once she learns how close he was to Irene. Slowly, Trevor insinuates himself into Karen and Kelli's lives.



SAY SAY SAY

Lila Savage. New York: Alfred A. Knopf, 2019, 161 p.

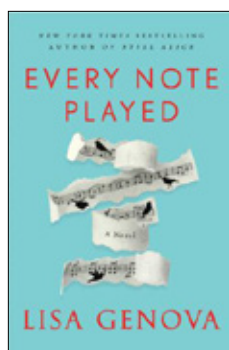
A beautiful, bracingly honest debut novel about the triangle formed between a young woman and the couple whose life she enters one transformative year: a story about love and compassion, the fluidity of desire, and the myriad ways of devotion.



JUST IN TIME

Marie Bostwick. New York: Kensington Publishing Corp., 2018, 328 p.

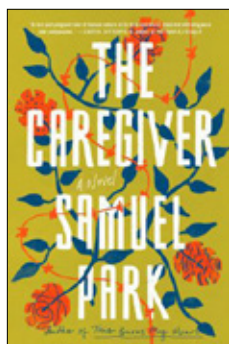
Grace Saunders has always assumed that bright, clear lines separate right from wrong. Now that idealism is blurred by dilemmas that test her beliefs about marriage and loyalty, and she must look to her new friends and inside herself for answers.



EVERY NOTE PLAYED

Lisa Genova. New York: Scout Press, 2018, 307 p.

A once accomplished concert pianist, Richard now has ALS. As he becomes increasingly paralyzed and is no longer able to live on his own, Karina becomes his reluctant caretaker. As Richard's muscles, voice, and breath fade, both he and Karina try to reconcile their past before it's too late. This is a masterful exploration of redemption and what it means to find peace inside of forgiveness.



THE CAREGIVER

Samuel Park. New York: Simon & Schuster, 2018, 269 p.

Mara Alencar's mother Ana is the moon, the sun, the stars. Ana, a struggling voice-over actress, is an admirably brave and recklessly impulsive woman who does everything in her power to care for her little girl. With no other family or friends her own age, Ana eclipses Mara's entire world. They take turns caring for each other--in ways big and small.



THE SUM OF US: TALES OF THE BONDED AND BOUND

S. M. Beiko et al. Calgary: Laksa Media Groups Inc., 2017, 376 p.

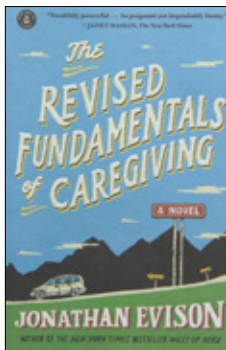
If we believe that we are the protagonists of our own lives, then caregivers--our pillars--are ghosts, the bit players, the stock characters, the secondary supports, living lives of quiet trust and toil in the shadows. Summoned to us by the profound magic of great emotional, physical, or psychological need, they play their roles, and when our need diminishes...Fade. These are their stories.



CUMBERLAND

Megan Gannon. Baltimore: Apprentice House, Loyola University Maryland, 2014, 341 p.

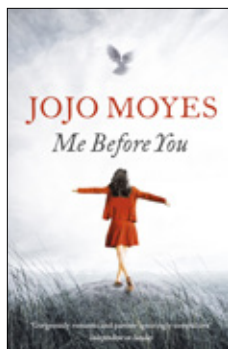
In the fictional coastal town of Cumberland, Georgia, fifteen-year-old twin sisters Ansel and Isabel Mackenzie have lived with their eccentric grandmother since a car accident killed their parents and paralyzed Isabel. Over the past seven years the responsibility of caring for her sister has fallen increasingly on Ansel. However, as she cultivates a romantic relationship with a local boy, as well as an artistic apprenticeship with a visiting photographer, Ansel's growing desire for independence compromises her ability to care for her sister, threatening their sororal connection, and ultimately, Isabel's life. Juxtaposing Ansel's traditional narrative against Isabel's poetic prose, *Cumberland* highlights the conflicts between independence and familial duty, the difficulty of balancing the dark draws of the body against the brightest focus of the mind.



THE REVISED FUNDAMENTALS OF CAREGIVING

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

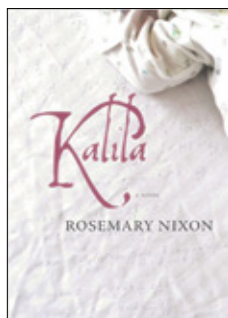
Benjamin has lost virtually everything – his wife, his family, his home, his livelihood. With few options, Ben enrolls in a night class called The Fundamentals of Caregiving taught in the basement of a local church. There Ben is instructed in the art of inserting catheters and avoiding liability, about professionalism, and how to keep physical and emotional distance between client and provider. But when Ben is assigned to nineteen-year-old Trevor, who is in the advanced stages of Duchenne muscular dystrophy, he discovers that the endless mnemonics and service plan checklists have done little to prepare him for the reality of caring for a fiercely stubborn, sexually frustrated adolescent. As they embark on a wild road trip across the American West to visit Trev's ailing father, a new camaraderie replaces the traditional boundary between patient and caregiver.



ME BEFORE YOU

Jojo Moyes. New York: Viking, 2012, 384 p.

They had nothing in common until love gave them everything to lose. Louisa Clark is an ordinary girl living an exceedingly ordinary life – steady boyfriend, close family – who has never been farther afield than their tiny village. She takes a badly needed job working for ex–Master of the Universe Will Traynor, who is wheelchair-bound after an accident. Will has always lived a huge life – big deals, extreme sports, worldwide travel – and now he’s pretty sure he cannot live the way he is. Will is acerbic, moody, bossy – but Lou refuses to treat him with kid gloves, and soon his happiness means more to her than she expected. When she learns that Will has shocking plans of his own, she sets out to show him that life is still worth living.

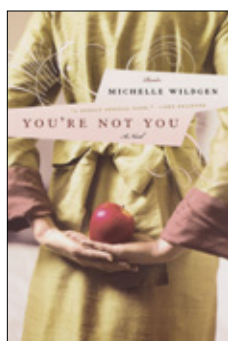


KALILA

Rosemary Nixon. Fredericton: Goose Lane Editions, 2011.

This book chronicles the lives of Maggie and Brodie, whose joy collides with devastation when their daughter’s birth also heralds the news of her congenital heart condition. Through Maggie and Brodie’s shifting viewpoints, the isolating impenetrability of hospital life, the mediation of physics, music, and family, the author propels the reader into unmapped emotional terrain where a shell-shocked family grapples with the horror, joy, and mystery of impermanence. The result is a spellbinding tale, provocative for the emotions and the intellect.

 Also available on pretnumerique.ca

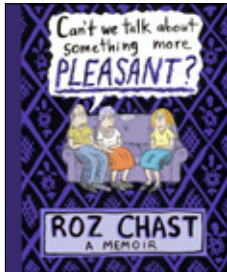


YOU'RE NOT YOU

Michelle Wildgen. New York: Picador, 2007, 274 p.

College student Bec is dangerously adrift. Self-conscious and increasingly uncertain about her long-term plans, she’s studying a major that no longer interests her and is caught up in a bewildering affair with a married professor. In an impulsive attempt to redeem herself, she answers a want ad seeking a caregiver.

COMICS

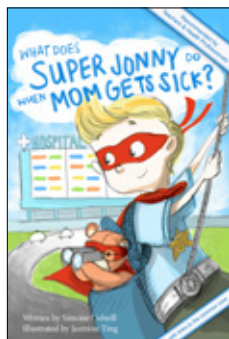


CAN'T WE TALK ABOUT SOMETHING MORE PLEASANT?

Roz Chast. New York: Bloomsbury, 2014, 228 p.

In her first memoir, Roz Chast brings her signature wit to the topic of aging parents. Spanning the last several years of their lives and told through a mixture of cartoons, family photos, documents, and a narrative as rife with laughs as it is with tears, Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents. The themes in this memoir are universal: adult children accepting a parental role; aging and unstable parents leaving a family home for an institution; dealing with uncomfortable physical intimacies; managing logistics; and hiring strangers to provide the most personal care.

YOUTH LITERATURE

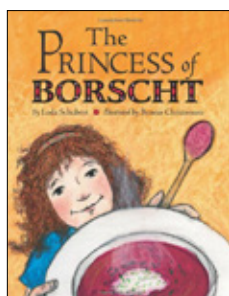


AGES 2 TO 9

WHAT DOES SUPER JONNY DO WHEN MOM GETS SICK?

Simone Colwill and Jasmine Ting (ill.). Auckland: Books for Caring Kids, 2014, 34 p.

Jonny is a little superhero with a big problem. His Mum is sick. How can he help? Join Jonny and Bear, as they go to the hospital to investigate. Learn who the staff working in the hospital are and what they do. Discover Jonny's secret weapon. This book includes tips for chronically ill mothers.



AGES 4 TO 7

THE PRINCESS OF BORSCHT

Leda Schubert and Bonnie Christensen (ill.). New York: Roaring Brook Press, 2011, 32 p.

Ruthie's grandma is in the hospital, not surprisingly complaining about the food. All she wants is a nice bowl of borscht. Ruthie comes to the rescue, even though she hasn't the faintest idea of how to make it. With the help of a few well-meaning neighbors (including the Tsarina of Borscht and the Empress of Borscht and some ingenuity of her own), a soul-reviving brew is concocted.

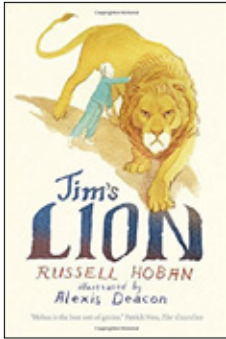


AGES 4 TO 8

PETE THE KITTY GOES TO THE DOCTOR

Kimberly Dean and James Dean. New York: Harper, 2019, 32 p.

Oh no! Pete the Kitty has a tummyache. Good thing his dad knows just what to do. It's time to go to the doctor! Except Pete may be a teensy-weensy bit nervous about his first visit to the doctor. With the help of his dad, Pete discovers the doctor isn't scary! Beginning readers will easily relate to Pete the Kitty as he overcomes his fear of going to the doctor's office. My First I Can Read books are perfect for shared reading with a child.

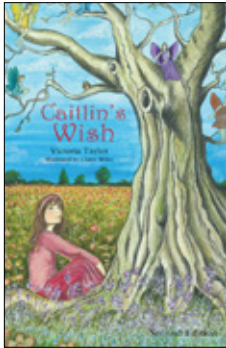


AGES 6 TO 9

JIM'S LION

Russell Hoban and Alexis Deacon (ill.). Somerville: Candlewick Press, 2014, 77 p.

This graphic novel is about a boy's search for strength and courage and finding bravery during illness. Asleep in his hospital bed, Jim dreams of a great lion with white teeth and amber eyes. This lion is Jim's finder. According to Nurse Bami, everyone has a finder, a creature who comes looking for us when we are lost. But when the time comes for Jim's operation, will his lion be able to find him and bring him safely home?

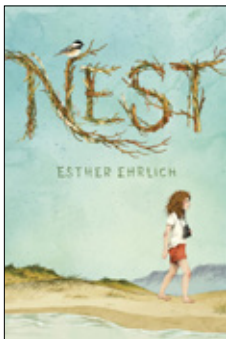


UP TO AGE 8

CAITLIN'S WISH

Victoria Taylor. Leicester: Matador, 2012, 96 p.

This story is based on real-life events. It follows one little girl's journey as she comes to terms with her father's life-changing illness and is designed to enable Young Carers to focus on the positives in their lives.



AGES 8 TO 12

NEST

Esther Ehrlich. London: Rock the Boat, 2015, 329 p.

Eleven-year-old Naomi 'Chirp' Orenstein and her family live an idyllic life on Cape Cod on the east coast of America. Surrounded by sandy beaches, fresh air and wildlife, Chirp is free to roam as she pleases. But when Chirp's mum is diagnosed with a life-threatening disease, her happy little world begins to collapse around her. Chirp finds solace in her beloved birdwatching, and her friendship with mysterious outsider Joey. Chirp and Joey take on the world together, dreaming up a host of daring adventures. They explore the woods and the salt marshes, they want to see everything they can. But Chirp cannot keep running forever.

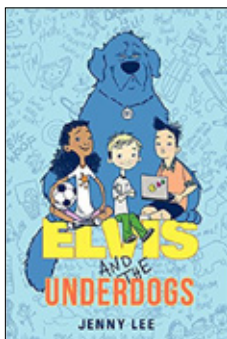


AGES 8 TO 12

RULES FOR STEALING STARS

Corey Ann Haydu. New York: Katherine Tegen Books, 2015, 323 p.

Silly is used to feeling left out. Her three older sisters think she's too little for most things – especially when it comes to dealing with their mother's unpredictable moods and outbursts. This summer, Silly feels more alone than ever when her sisters keep whispering and sneaking away to their rooms together, returning with signs that something mysterious is afoot: sporting sunburned cheeks smudged with glitter and gold hair that looks like tinsel. When Silly is brought into her sisters' world, the truth is more exciting than she ever imagined. The sisters have discovered a magical place that gives them what they truly need: an escape from the complications of their home life. But there are dark truths there, too. Silly hopes the magic will be the secret to saving their family, but she's soon forced to wonder if it could tear them apart.



AGES 8 TO 12

ELVIS AND THE UNDERDOGS

Jenny Lee and Kelly Light (ill.). New York: Balzer + Bray, 2013, 304 p.

Benji Wendell Barnsworth is a small ten-year-old boy with a big personality. Born premature, Benji is sickly, accident-prone, and at the hospital so often he even has his own punch card. So when Benji wakes up one day from a particularly bad spell, his doctors take the radical step of suggesting he get a therapy dog. But when a massive crate arrives at Benji's house, out walks a two-hundred-pound Newfoundland who can talk! And boy, is he bossy.



AGES 8 TO 12

STAY WELL SOON

Penny Tangey. St Lucia: University of Queensland Press, 2013, 235 p.

Stevie has lots of dreams: more friends at school, better drawing pencils and a pony. If only she had her dream horse, her life would be better and the other horse-mad girls would talk to her. When her brother is taken to hospital, Stevie's dreams seem further away than ever. Suddenly her after-school world is filled with hospital visits and there's even less money for anything, especially a pony. With Stevie's mum spending more time with her brother, Stevie has to figure out the hard things in her life by herself.

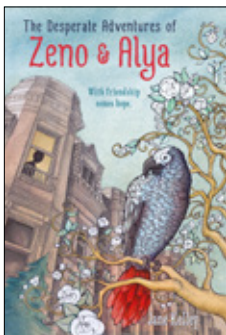


AGES 8 TO 12

QUEENIE

Jacqueline Wilson and Nick Sharratt (ill.). London: Doubleday Children's, 2013, 409 p.

It's 1953, the year Elizabeth is to be crowned Queen of England. Elsie Kettle can't wait to go to London to see the celebrations on Coronation Day. Elsie lives with her Nan – her mum works as a showgirl, so she's not around very often. Spirited and imaginative, but often lonely, Elsie longs for a best friend. Luckily, she and Nan are very close; Elsie just wishes she was allowed a cat to keep her company sometimes. Then tragedy strikes. Nan and Elsie both fall ill with tuberculosis, and Elsie finds herself whisked away to the children's ward of the hospital. Confined to bed for months on end, Elsie finds it very hard to adapt to the hospital's strict regime. But she invents astonishing ways of entertaining the other children on the ward, and for the first time finds herself surrounded by true friends – including Queenie, the hospital's majestic white cat.



AGES 9 TO 12

THE DESPERATE ADVENTURES OF ZENO & ALYA

Jane Kelley. New York: Feiwel and Friends, 2013, 201 p.

An orphaned African grey parrot who can speak 127 words. A girl so sick, she has forgotten what it means to try. Fate – and a banana nut muffin – bring them together. Will their shared encounter help them journey through storms inside and out? Will they lose their way, or will they find what really matters? Here is a story that will remind readers how navigating so many of life's desperate adventures requires friendship and, above all, hope.



AGES 9 TO 12

THE GIANT-SLAYER

Iain Lawrence. New York: Delacorte Press, 2012, 292 p.

The spring of 1955 tests Laurie Valentine's gifts as a storyteller. After her friend Dickie contracts polio and finds himself confined to an iron lung, Laurie visits him in the hospital. There she meets Carolyn and Chip, two other kids trapped inside the breathing machines. Laurie's first impulse is to flee, but Dickie begs her to tell them a story. And so Laurie begins her tale of Colosso, a rampaging giant, and Jimmy, a tiny boy whose destiny is to become a slayer of giants.



AGES 9 TO 12

HALFLING

Rebecca Lloyd. London: Walker, 2011, 175 p.

Danny Broadaxe is a young boy who looks after his disabled dad. When their neighbour, John Seeping, goes on holiday he asks Danny to feed his tropical fish. Little does Danny know that John's wife, Vaquita, whom everyone thought moved away years ago, is still living in the house – in the bath.

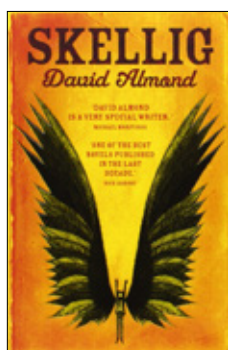


AGES 10 TO 14

FLYAWAY

Lucy Christopher. Somerset: Chicken House, 2015, 317 p.

In a heartbeat, in a wingbeat, it happens. Isla's father falls. They're racing across the fields, following the swans flying into winter at the lake like they do every year, when something goes wrong. And before she can even catch her breath, they're in the back of an ambulance, she's holding his hand. At the hospital, upset and scared, Isla meets Harry. Unlike the boys at school, he doesn't laugh when she tells him about her love of birds. He listens. But what is he doing there? As Isla struggles with her father's frailty and the new feelings she has for Harry, she's determined to help the only way she knows how. Outside the hospital windows, Isla watches a lone whooper swan struggling to fly. If only she could save the lost bird, would that somehow heal her dad, and cure Harry, and make everything good again?

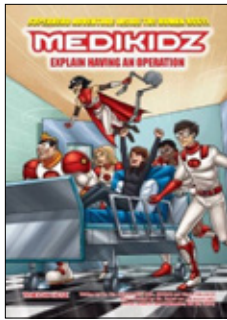


AGES 10 TO 14

SKELLIG

David Almond. London: Hodder Children's Books, 2013, 234 p.

Michael was looking forward to moving into a new house. But now his baby sister is ill, his parents are frantic, and Doctor Death has come to call. Michael feels helpless. Then he steps into the crumbling garage and encounters a strange being who changes his world forever.



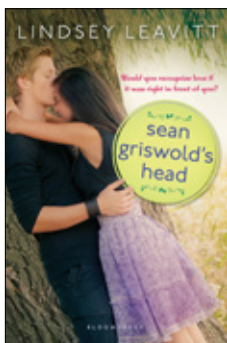
AGES 10 TO 14

MEDIKIDZ EXPLAIN HAVING AN OPERATION

Kim Chilman-Blair, Shawn DeLoache, Robert Deas (ill.) and Amanda Langerak.

London: MediKidz, 2012, 16 p.

Amanda is in bed and all ready for her operation in the morning... Or so her mum thinks. Little does she know, Amanda is making a break for it through her bedroom window! She's too freaked out to have an operation. Luckily, the Medikidz are on full alert and catch her as she goes "bump" in the night! They take her on an adventure around the hospital, showing her what to expect when you have an operation.

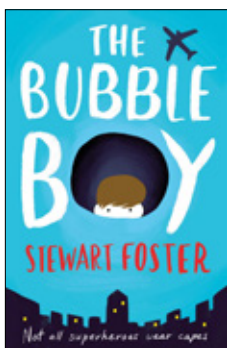


AGES 10 TO 15

SEAN GRISWOLD'S HEAD

Lindsey Leavitt. New York: Bloomsbury, 2012, 276 p.

After discovering that her father has multiple sclerosis, fifteen-year-old Payton begins counseling sessions at school, which lead her to become interested in a boy in her biology class, have a falling out with her best friend, develop an interest in bike riding, and eventually allow her to come to terms with life's uncertainties.



AGES 10+

THE BUBBLE BOY

Stewart Foster. London: Simon & Schuster, 2016, 318 p.

Eleven-year-old Joe can't remember a life outside of his hospital room, with its beeping machines and view of London's rooftops. His condition means he's not allowed outside, not even for a moment, and his few visitors risk bringing life-threatening germs inside his "bubble". This is the story of how Joe spends his days, copes with his loneliness and frustrations, and looks – with superhero-style bravery, curiosity and hope – to a future without limits.

**AGES 12 TO 15**

OFF THE GRID

Lesley Choyce. Victoria: Orca Book Publishers, 2015, 101 p.

Sixteen-year-old Cody was born and raised “off the grid” deep in the wilderness by idealistic parents. When his father becomes seriously ill, the family is forced to move into the city so he can get treatment. Attending high school for the first time, Cody is an oddity and has a hard time adjusting. He finds unlikely allies in DeMarco, an inner-city kid, and Ernest, a philosophical homeless man, and he begins a tentative friendship with Alexis. When he comes to DeMarco’s defense in an altercation at school, Cody finds himself in trouble with the police. A second confrontation puts Cody in more trouble with the cops, and he is convinced he must escape to the family homestead or be arrested. But Cody is torn between fleeing the city or staying with his ailing father and facing whatever consequences come his way.



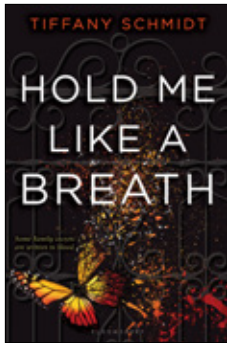
Also available on pretnumerique.ca

**AGES 12+**

CHRONIC ILLNESS

Autumn Libal. Broomall: Mason Crest, 2015, 127 p.

Weaving between stories of children with chronic illness and factual information, this book is intended to leave readers with a deeper understanding of chronic illness as well as an awareness of the associated emotional impacts on children with chronic illness, their families and their peers.



AGES 14 TO 17

HOLD ME LIKE A BREATH

Tiffany Schmidt. New York: Bloomsbury, 2015, 390 p.

Penelope Landlow has grown up with the knowledge that almost anything can be bought or sold – including body parts. She's the daughter of one of the three crime families that control the black market for organ transplants. Penelope's surrounded by all the suffocating privilege and protection her family can provide, but they can't protect her from the autoimmune disorder that causes her to bruise so easily. Penny is considered too "delicate" to handle the family business, or even to step foot outside their estate. All Penelope has ever wanted is independence – until she's suddenly thrust into the dangerous world all alone, forced to stay one step ahead of her family's enemies. As she struggles to survive the power plays of rival crime families, she learns dreams come with casualties, betrayal hurts worse than bruises, and there's nothing she won't risk for the people she loves.

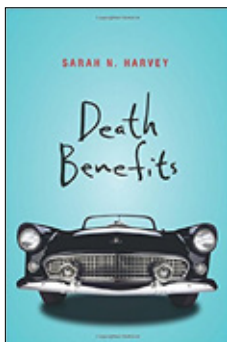


AGES 14+

FINDING GRACE

Alyssa Brugman. New York: Delacorte Press, 2004, 228p.

Rachel has graduated from high school and thinks she knows everything. Well, maybe not quite everything. Then she meets the mysterious Mr. Preston, who offers her a live-in job looking after Grace – a brain injured woman with a lovely house, grasping sisters, feral neighbors, and a box full of unfinished business. As Rachel tries to cope with the demands of her employment and the start of college, she's also determined to fit together the pieces that were Grace's former life. The more she finds out about the woman in her care, the more Rachel finds herself.



AGES 15 TO 18

DEATH BENEFITS

Sarah N. Harvey. Victoria: Orca Book Publishers, 2010, 212 p.

Royce is pressed into service as caregiver for his ninety-five-year-old grandfather and gradually comes to appreciate the cantankerous old man.



Also available on prenumerique.ca

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



MOON, 66 QUESTIONS

Jacqueline Lentzou. 2021, 108 min.

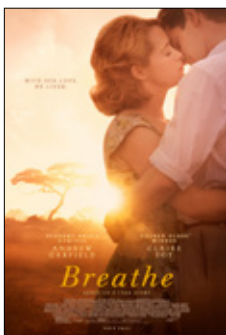
Drama (France/Greece). After years of distance, Artemis has to get back to Athens due to her father's frail state of health. Discovering her father's well-kept secret allows Artemis to understand her father in a way she was not able before.



THE UPSIDE

Neil Burger. 2017, 126 min.

Comedy (United States). A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.



BREATHE

Andy Serkis. 2017, 118 min.

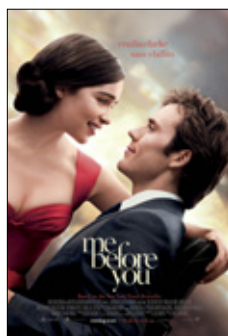
Drama (United Kingdom). The inspiring true love story of Robin (Andrew Garfield) and Diana Cavendish (Claire Foy), an adventurous couple who refuse to give up in the face of a devastating disease.



THE FUNDAMENTALS OF CARING

Rob Burnett. 2016, 97 min.

Drama (United States). Retired writer Ben becomes a caregiver after suffering a personal tragedy. After 6 weeks of training, Ben meets his first client, Trevor, a foul-mouthed 18-year-old with muscular dystrophy. One paralyzed emotionally, one paralyzed physically, Ben and Trevor take an impromptu road trip to all the places Trevor has become obsessed with while watching the local news, including their holy grail: the World's Deepest Pit. Along the way, they pick up a sassy runaway and a mother-to-be who help test the pair's survival skills outside of their calculated existence as they come to understand the importance of hope and true friendship.



ME BEFORE YOU

Thea Sharrock. 2016, 106 min.

Drama (United States). A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of.

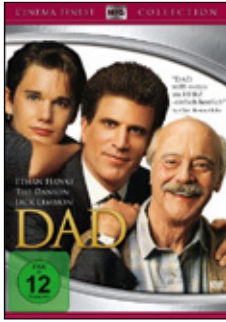


THOSE WHO REMAIN

Anne Le Ny. 2007, 94 min. (Original title: Ceux qui restent)

Drama (France). Bertrand and Lorraine are those who remain. Those who pace up and down the corridors, asking forbidden questions, who get noticed at the newspaper stand, who talk too loudly in the cafeteria and who smoke surreptitiously on the roof of the hospital where their spouses are being treated. To help each other bear the guilt they feel from being alive, Bertrand and Lorraine have decided to help each other live, laugh and keep on loving.





DAD

Gary David Goldberg. 1989, 117 min.

Comedy (United States). A work-obsessed man returns home when his mother is hospitalized, and finds that his father, whom he hasn't seen for 2 years, has deteriorated. Through careful nurturing the young man revitalizes his father and reestablishes a close relationship with him.

DOCUMENTARIES

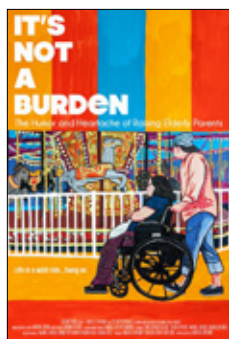
General



THE INCREDIBLE LAMONT

Taylor Keating. 2022, 56 min.

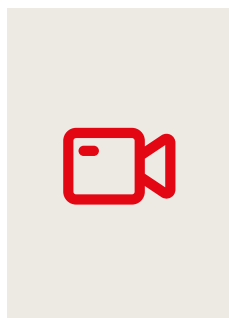
Documentary (United States). Described as “Houdini with a sunnier disposition,” illusionist Lamont Ream extends his magic beyond cards and coins to his work as a live-in caregiver.



IT'S NOT A BURDEN: THE HUMOR AND HEARTACHE OF RAISING ELDERLY PARENTS

Michelle Boyaner. 2021, 86 min.

An intimate, humorous and heartfelt journey into the stories of adult children navigating the challenges and joys of caring for their aging parents.



CAREGIVER: A LOVE STORY

Jessica Nutik Zitter and Kevin Gordon. 2020, 24 min.

Caregiver: A Love Story is the tale of one man struggling to care for his dying wife. When 59-year-old Bambi decides to forgo further treatment for her cancer and die at home, her husband Rick leaves his job to become her primary caregiver – a role for which he has no experience and little support. This film highlights an essential, yet largely unseen workforce – the family caregivers of America, and challenges viewers to acknowledge the growing strain placed on them.



I'M MY MUM'S CARER (YOUNG CAREGIVER DOCUMENTARY)

BBC UK. 2019, 58 min 53.

Online: <https://www.youtube.com/watch?v=eGvu9PiKQCg>

Every day across the country an army of unsung child heroes faces extraordinary challenges that most adults would struggle to cope with. They are Britain's 700,000 young carers. Over the course of several months these young carers allowed our cameras to follow them and their families as they deal with situations most adults would struggle to cope with. All four look after mothers who need continual care - from a life-threatening condition to mental health problems and blindness. What unites them is their deeply engrained sense of responsibility and an unbreakable bond with their mother. They all have to find a way to balance their caring roles with the need to still have and enjoy a childhood.



THE CAREGIVERS' CLUB

CBC. 2018, 44 min.

Online: <https://gem.cbc.ca/media/cbc-docs-pov/s01e10>

A candid and intimate portrait of three caregivers, each taking care of a spouse or patient with dementia.



AN INTIMATE LOOK AT THE LIFE OF A YOUNG CAREGIVER

The National, CBC. 2018, 8 min 36 s.

Online: <https://www.youtube.com/watch?v=-Txot1wGJkQ>

Stephane Alexis, 24, has put his own goals and aspirations on hold to help his parents care for his younger brother Torrence, 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.

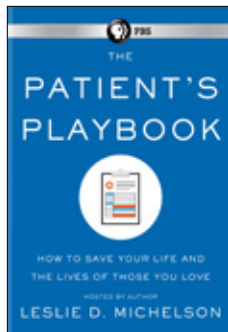


MUCH TOO YOUNG

NOMAD FILMS and TVO. 2016, 87 min.

Online: <https://www.tvo.org/video/documentaries/much-too-young-feature-version>

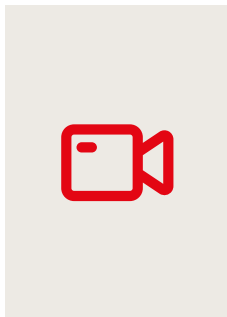
What does it mean to be a young adult who becomes a caregiver for an ailing parent? This documentary is a powerful and unflinching look at four families struggling to cope with an unexpected role reversal, and the complications that come with caring for a parent who has been diagnosed with early-onset Alzheimer's disease.



THE PATIENT'S PLAYBOOK: HOW TO SAVE YOUR LIFE AND THE LIVES OF THOSE YOU LOVE

PBS. 2016, 52 min.

When faced with a health problem and critical decisions about treatment must be made, it's easy to become paralyzed. Author and host Leslie Michelson reveals a roadmap of life-saving strategies and decision-making tools to empower viewers to completely rethink the way they interact with caregivers and hospitals, going step-by-step through the process of getting the best possible medical care.

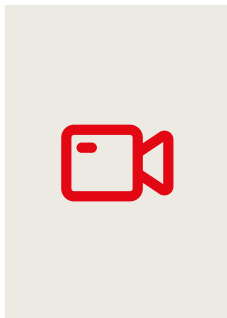


THE STRUGGLE OF BEING A CAREGIVER

The National, CBC. 2016, 2 min.

Online: www.youtube.com/watch?v=j6gRejq8qHo

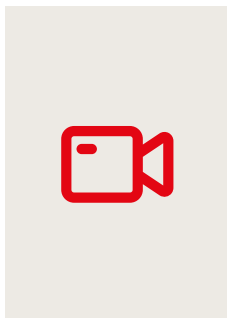
Being a caregiver to a parent, or loved one can be exhausting and stressful. According to a new study, it is so difficult that some caregivers are finding themselves unable to continue.



CARING FOR MOM AND DAD

WETA. 2015, 60 min.

The challenges that family caregivers of aging parents face are examined through the stories of eight families. Included: a millennial who had to choose between a promising political career and moving back home to care for her parents; and a woman thrust into the role of caregiver almost overnight.



LABOUR OF LOVE

Dan Curtis. 1998, 44 min.

Shot over an entire year, *Labour of Love* shows the human side of caregiving – the loving bonds, the frustrations and heartaches, the mundane tasks and the constant fatigue. *Labour of Love* includes five intimate profiles of caregivers and their families. This special video takes us to the heart of what it means to be a caregiver, offering hope for everyone who is caring for a family member.

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

General

CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)

Phone 514 890-8000, ext. 15488

Website <https://ceppp.ca/en/>

The CEPPP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

HEALTHCARE EXCELLENCE CANADA

Toll free 1-866-421-6933

Website <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

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.

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 quebec.ca/en/government/departments-and-agencies/curateur-public

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

CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

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.

GOVERNMENT OF CANADA

How older adults can use social media safely

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

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.

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.

HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

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.

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.

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 – PROTECTION DU PUBLIC

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-proteger/>

The “Protection du 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.

SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

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 RESPONSIBILITIES

<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

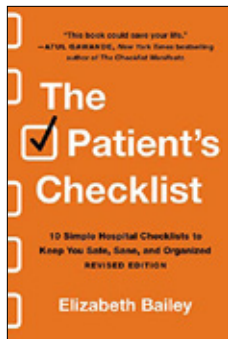
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

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



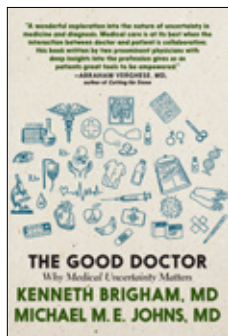
THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

Elizabeth Bailey. New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on prenumerique.ca



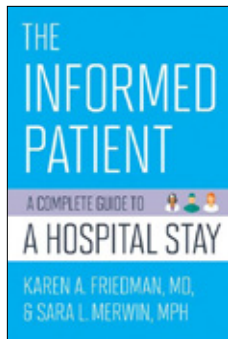
THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

Kenneth Bringham and Michael M.E. Johns. New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Bringham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



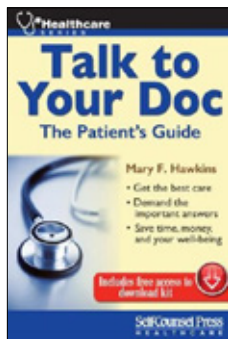
Also available on prenumerique.ca



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.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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