

# PHYSICAL DISABILITY

(INCLUDING HEARING AND VISUAL IMPAIRMENT)

INFORMATION FOR CAREGIVERS





# BIBLIOAIDANTS®

BETTER INFORMED  
TO BETTER HELP®

## ABOUT

*Biblio-Aidants* is a program of the Quebec Public Library Association. Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 310 service locations covering 80% of the Quebec population.

*Biblio-Aidants* is available in more than 850 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-Aidants* is an initiative of the Charlemagne, L'Assomption and Repentigny libraries. 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-Aidants* booklets and additional information.

[www.biblioaidants.ca](http://www.biblioaidants.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 2019 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-Aidants 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 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-Aidants, please visit [www.biblioaidants.ca/criteria](http://www.biblioaidants.ca/criteria)

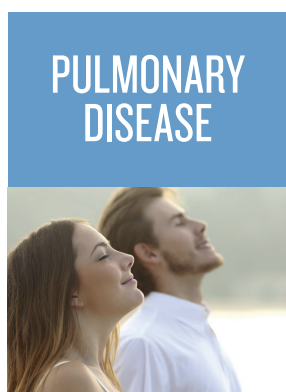
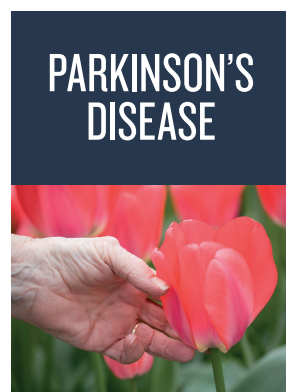
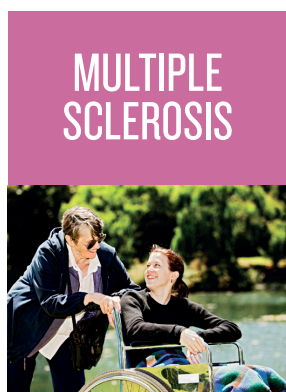
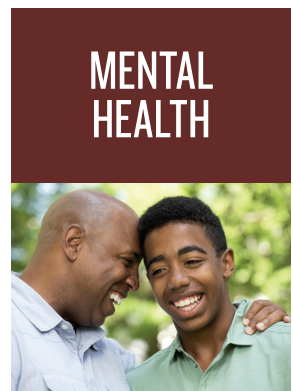
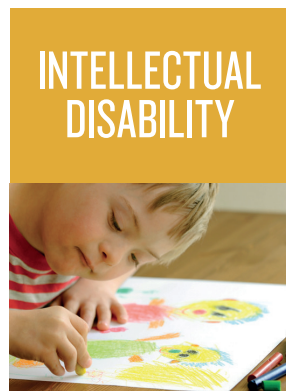
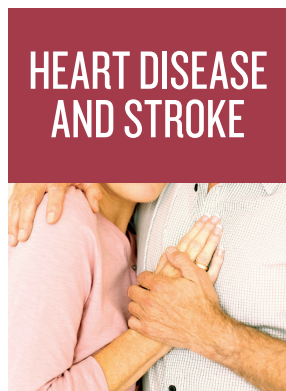
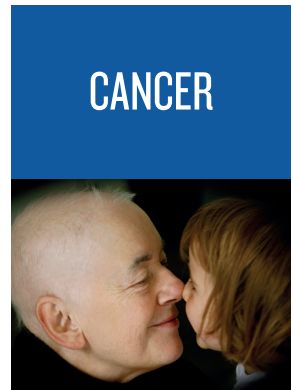
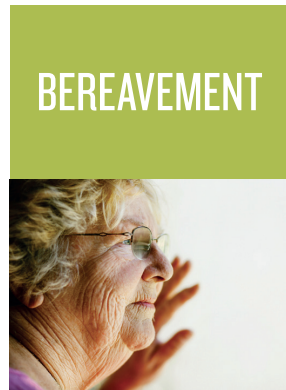
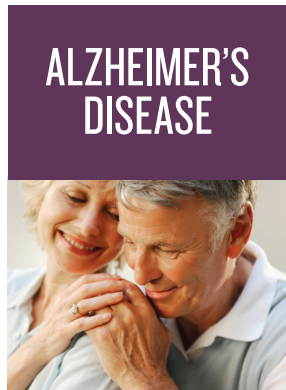
### CAREGIVERS



### CAREGIVERS BOOKLET

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

## OTHER BOOKLETS AVAILABLE



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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## Physical Disabilities

### **CENTRE PHILOU**

<b>Phone</b>	514 739-4861
<b>Email</b>	<a href="mailto:info@centrephilou.com">info@centrephilou.com</a>
<b>Website</b>	<a href="http://www.centrephilou.com/?lang=en">www.centrephilou.com/?lang=en</a>

The Centre Philou, located in Montreal, provides a variety of services to severely physically handicapped children 0 to 12 years old: respite, psychosocial support and family assistance, stimulation summer day camps, stimulation workshops and “À la carte” services. The section “Parent’s Corner” of the website offers a complete list of resources for the family.

### **KÉROUL**

<b>Phone</b>	514 252-3104
<b>Email</b>	<a href="mailto:infos@keroul.qc.ca">infos@keroul.qc.ca</a>
<b>Website</b>	<a href="http://www.keroul.qc.ca/en/home.html">www.keroul.qc.ca/en/home.html</a>

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

### **MIRA FONDATION – GUIDE DOGS**

<b>Phone</b>	450 795-3725
<b>Email</b>	<a href="mailto:info@mira.ca">info@mira.ca</a>
<b>Website</b>	<a href="http://www.mira.ca/en/">www.mira.ca/en/</a>

For some years now, Mira dogs have been trained to assist handicapped individuals. The program is available to youth and adults.

## MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC

**Phone** 514 341-7272  
**Toll free** 1 877 341-7272  
**Email** [info@moeelleepiniere.com](mailto:info@moeelleepiniere.com)  
**Website** [www.moelleepiniere.com/en/](http://www.moelleepiniere.com/en/)

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

## OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

**Toll free** 1 800 567-1465  
**Email** [info@ophq.gouv.qc.ca](mailto:info@ophq.gouv.qc.ca)  
**Website** [www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

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

## THE WAR AMPS

**Phone** 1 800 250-3030  
**Email** [customerservice@waramps.ca](mailto:customerservice@waramps.ca)  
**Website** [www.amputesdeguerre.ca/accueil/?LangType=1033](http://www.amputesdeguerre.ca/accueil/?LangType=1033)

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

## Hearing Impairments

### **ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC**

**Phone** 438 476-6315  
**Email** [info@assq.org](mailto:info@assq.org)  
**Website** [www.assq.org/en](http://www.assq.org/en)

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

### **FONDATION GROUPE FORGET**

**Phone** 514 353-7029  
**Toll Free** 1 877 VOTREVIE (1 877 868-7384)  
**Email** [info@fondationgroupeforget.ca](mailto:info@fondationgroupeforget.ca)  
**Website** [www.fondationgroupeforget.ca/en/](http://www.fondationgroupeforget.ca/en/)

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

## Visual impairments

### **ALLIANCE FOR EQUALITY OF BLIND CANADIANS (AEBC)**

**Toll free** 1 800 561-4774  
**Website** [www.blindcanadians.ca](http://www.blindcanadians.ca)

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



## **CNIB**

**Toll free**  
**Website**

**1 800 465-4622**  
**<http://cnib.ca/en>**

CNIB is an organization which provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted can have opportunities to fully participate in life. CNIB also offers a library service to borrow documents in accessible format in English.

## **CNIB QUEBEC**

**Toll free**  
**Website**

**1 800-465-4622**  
**[www.cnib.ca/en/quebec](http://www.cnib.ca/en/quebec)**

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

## **GLAUCOMA INFORMATION CENTRE**

**Phone**  
**Email**  
**Website**

**514 340-8222, extension 4954**  
**[glaucomaed@yahoo.ca](mailto:glaucomaed@yahoo.ca)**  
**[www.jgh.ca/care-services/ophthalmology/glaucoma-information-centre/](http://www.jgh.ca/care-services/ophthalmology/glaucoma-information-centre/)**

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

## Generic Resources

### CONSEIL POUR LA PROTECTION DES MALADES

Phone	514 861-5922
Toll free	1 877 CPM-AIDE (276-2433)
Email	info@cpm.qc.ca
Website	<a href="http://cpm.qc.ca">http://cpm.qc.ca</a>

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.

### L'APPUI POUR LES PROCHES AIDANTS D'AÎNÉS

Toll free (Caregiver Support)	1 855 852-7784
Email	info-aidant@lappui.org
Website	<a href="http://www.lappui.org/en">www.lappui.org/en</a>

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

### REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone	514 436-3744
Email	info@rpcu.qc.ca
Website	<a href="http://www.rpcu.qc.ca/en/index.aspx">www.rpcu.qc.ca/en/index.aspx</a>

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

## A few tips for critically assessing information found on the Internet

### THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

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

### THE QUALITY OF THE INFORMATION SOURCE

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

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

## **CANADA REVENUE AGENCY – TAX CREDITS AND DEDUCTIONS FOR PERSONS WITH DISABILITIES**

[www.cra-arc.gc.ca/disability/](http://www.cra-arc.gc.ca/disability/)

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

## **CANADA MORTGAGE AND HOUSING CORPORATION (CMHC) – ACCESSIBLE HOUSING**

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

This page offers extensive information about affordable and accessible housing.

## **GOVERNMENT OF CANADA – DISABILITY BENEFITS**

[www.canada.ca/en/services/benefits/disability.html](http://www.canada.ca/en/services/benefits/disability.html)

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

## **JOURNEY INTO THE WORLD OF HEARING**

[www.cochlea.org/en/](http://www.cochlea.org/en/)

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

## **KÉROUL**

**Québec for all website**

<http://quebecforall.com>

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

## **MEDLINEPLUS – VISION IMPAIRMENT AND BLINDNESS**

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

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

## **MEDLINEPLUS – HEARING DISORDERS AND DEAFNESS**

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

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

## **SERVICES QUÉBEC – COPING WITH A LOSS OF INDEPENDENCE**

<http://www4.gouv.qc.ca/EN/Portail/Citoyens/Evenements/perdre-son-autonomie/Pages/accueil.aspx>

This page contains information on government programs and services for individuals experiencing a loss of autonomy, their families and caregivers.

## **TOURIST AND LEISURE COMPANION STICKER**

<http://vatl.org/en/>

This site provides information on the tourist and leisure companion sticker, a sticker which gives free access to companions of people aged 12 and over with a permanent disability. The site explains how one can apply for the sticker, as well as a list of tourist and leisure sites that accept the companion sticker in the provinces of Quebec and Ontario.

# HEALTH INFORMATION PORTALS

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

## HEALTHY CANADIANS

[www.canada.ca/en/services/health.html](http://www.canada.ca/en/services/health.html)

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

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://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.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

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

## PORTAIL SANTÉ MIEUX-ÊTRE

[www.sante.gouv.qc.ca/en/](http://www.sante.gouv.qc.ca/en/)

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

# 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](http://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](http://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>

## **SKILLSOFT BOOKS WELL-BEING ESSENTIALS**

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

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

## **CONSUMER HEALTH COMPLETE**

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

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

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

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

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

## **MAGILL'S MEDICAL GUIDE**

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

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

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# READING SUGGESTIONS

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

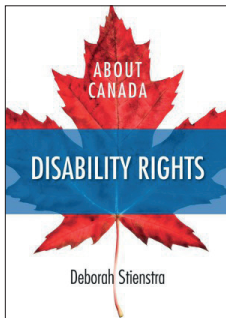
LEARN ABOUT THE  
**LOAN SERVICE BETWEEN LIBRARIES.**

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



# NON-FICTION

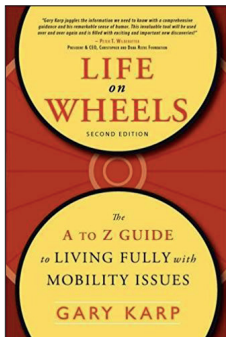
## General works



### **ABOUT CANADA: DISABILITY RIGHTS**

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

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

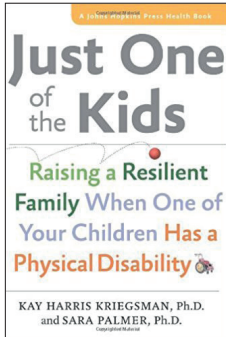


### **LIFE ON WHEELS: THE A TO Z GUIDE TO LIVING FULLY WITH MOBILITY ISSUES**

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

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

## Accompaniment of a child with a physical disability

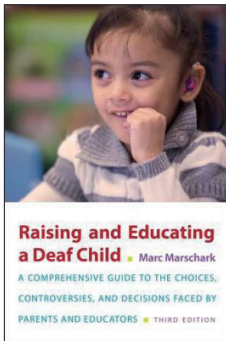


### **JUST ONE OF THE KIDS: RAISING A RESILIENT FAMILY WHEN ONE OF YOUR CHILDREN HAS A PHYSICAL DISABILITY**

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

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

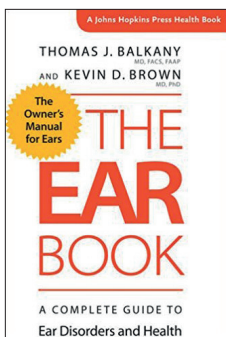
## Hearing impairments



### **RAISING AND EDUCATING A DEAF CHILD**

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

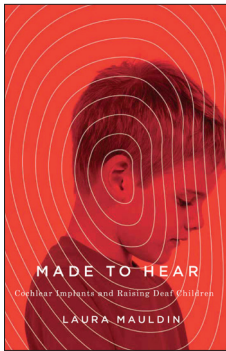
Marc Marschark's *Raising and Educating a Deaf Child* offers a comprehensively clear, evidence-based guide to the choices, controversies, and decisions faced by parents and teachers of deaf children today.



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

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

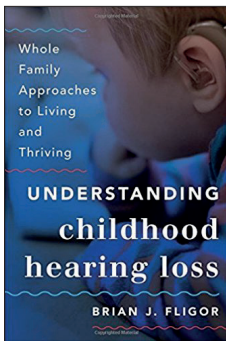
Drs. Thomas J. Balkany and Kevin D. Brown, recognized experts on ears and hearing, explain how the anatomy of the ear facilitates hearing and balance and then examine the causes, symptoms, and treatment of common problems of the outer, middle, and inner ear.



## MADE TO HEAR: COCHLEAR IMPLANTS AND RAISING DEAF CHILDREN

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

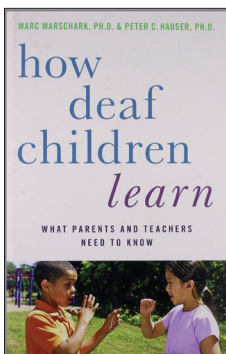
A mother whose child has had a cochlear implant tells Laura Mauldin why enrollment in the sign language program at her daughter's school is plummeting: "The majority of parents want their kids to talk." Some parents, however, feel very differently, because "curing" deafness with cochlear implants is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



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

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

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

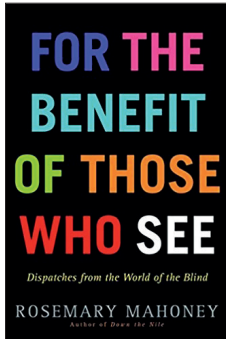


## HOW DEAF CHILDREN LEARN: WHAT PARENTS AND TEACHERS NEED TO KNOW

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

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

## Visual impairments

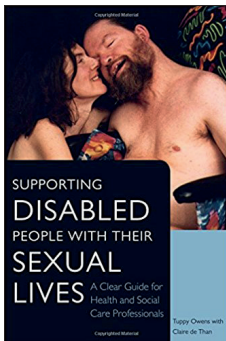


### **FOR THE BENEFIT OF THOSE WHO SEE: DISPATCHES FROM THE WORLD OF THE BLIND**

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

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

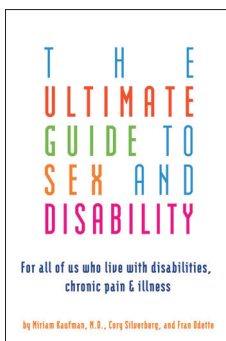
## Love and sexuality



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

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

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

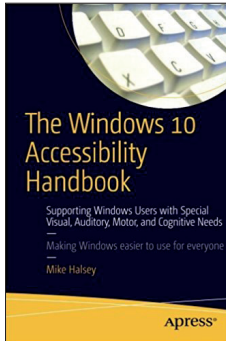


### **THE ULTIMATE GUIDE TO SEX AND DISABILITY: FOR ALL OF US WHO LIVE WITH DISABILITIES, CHRONIC PAIN, AND ILLNESS**

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

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

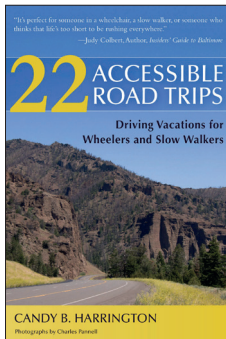
# Accessibility



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

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

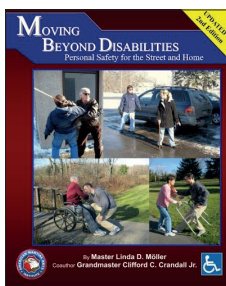
Learn everything you need to know about making Windows 10 easier to use, see, hear, touch, or read, whether you are using it yourself, setting it up for another person, teaching others about ease of use at work or in the home, or working with a variety of people with specific needs in the community.



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

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

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

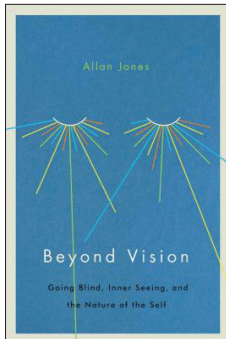


## MOVING BEYOND DISABILITIES: PERSONAL SAFETY FOR THE STREET AND HOME

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

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

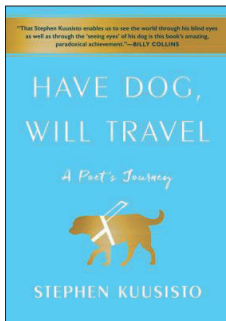
# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



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

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

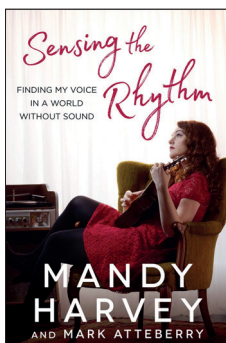
Jones was Canada's first blind diplomat, and his vivid account of life and work in Tokyo, New Delhi and Ottawa is a testament to the blind person's native capacity for innovation and practical adjustment. His message in *Beyond Vision* is radical and consequential: the self – the real self that is normally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



## HAVE DOG, WILL TRAVEL: A POET'S JOURNEY

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

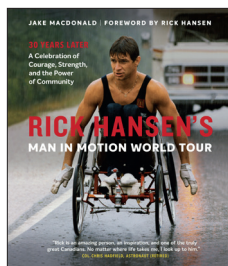
A blind poet describes his relationship with his first guide dog and how it changed his life and gave him a newfound appreciation for travel and independence.



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

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

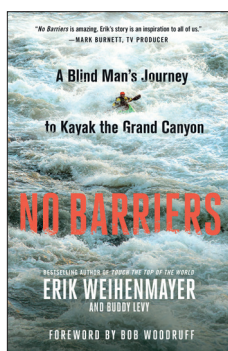
The true story of Mandy Harvey, a young woman who became deaf at age nineteen while pursuing a degree in music, and how she overcame adversity and found the courage to live out her dreams.



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

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

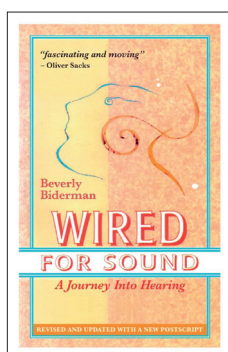
A look back on and celebration of Rick Hansen's Man In Motion World Tour, which began in 1985 and covered 40,000 kilometres through 34 countries on four continents before ending in Canada in 1987, and raised \$26 million for spinal cord injury research and initiatives to improve the quality of life and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



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

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

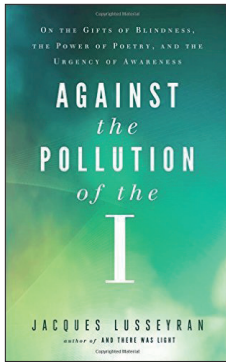
Erik Weihenmayer is the first and only blind person to summit Mount Everest, the highest point on Earth. Descending carefully, he and his team picked their way across deep crevasses and through the deadly Khumbu Icefall; when the mountain was finally behind him, Erik knew he was going to live. His expedition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



## WIRED FOR SOUND: A JOURNEY INTO HEARING

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

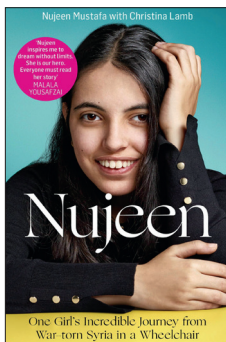
The author relates her experiences with cochlear implants after having been unable to hear speech since her early teens.



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

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

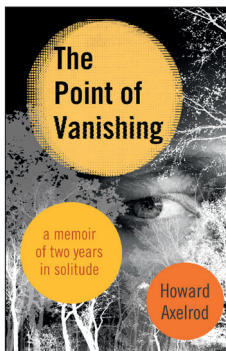
Despite being blinded as a child, Jacques Lusseyran went on to help form a key unit of the French Resistance – and survive the Nazis' Buchenwald concentration camp. He wrote about these experiences in his inspiring memoir. In this collection of essays, Lusseyran writes of how blindness enabled him to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



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

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

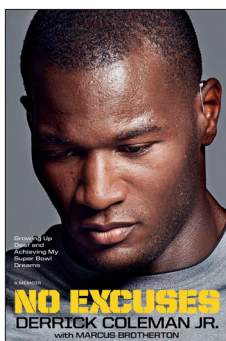
This book tells the true story of Nujeen Mustafa, a teenager born with cerebral palsy, whose harrowing journey from war-ravaged Syria to Germany in a wheelchair is a breathtaking tale of fortitude, grit, and hope that lends a face to the greatest humanitarian issue of our time, the Syrian refugee crisis.



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

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

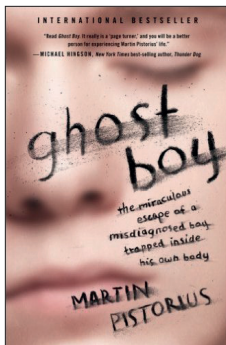
On a clear May afternoon at the end of his junior year at Harvard, Howard Axelrod left his dorm room to play a pick-up game of basketball. In the skirmish for a loose ball, a boy's finger hooked behind Axelrod's eyeball and severed his optic nerve. Permanently blinded in his right eye, Axelrod returned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



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

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

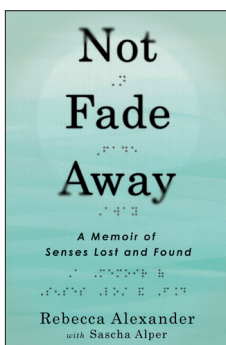
Trailblazing Seattle Seahawks fullback Derrick Coleman Jr. – the first deaf athlete to play offense in the NFL – tells his inspirational journey of persevering through every obstacle, remaining dedicated to the hard work and a no-excuses attitude that ultimately earned him a Super Bowl victory.



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

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

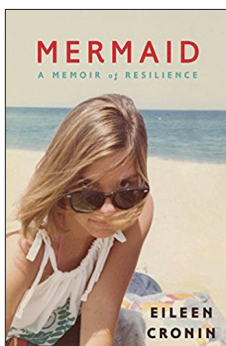
In January 1988 Martin Pistorius, aged twelve, fell inexplicably sick. First he lost his voice and stopped eating. Then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair-bound. Martin's parents were told an unknown degenerative disease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



## NOT FADE AWAY: A MEMOIR OF SENSES LOST AND FOUND

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

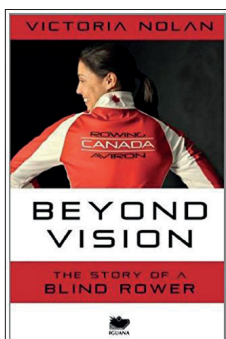
The memoir of a young woman who is slowly losing her sight and hearing yet continues to live each day with grace and purpose. Thirty-four-year-old Rebecca Alexander is a psychotherapist, a spin instructor, a volunteer, and an athlete. She is also almost completely blind, with significantly deteriorated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



## MERMAID: A MEMOIR OF RESILIENCE

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

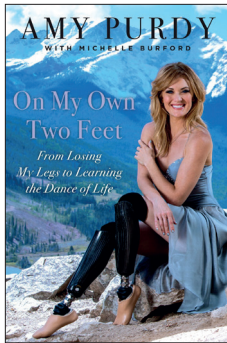
A woman born without legs describes her life growing up as one of eleven children in a large Catholic family, wearing prosthetics, going to school, facing bullies, and searching for love and happiness.



## BEYOND VISION: THE STORY OF A BLIND ROWER

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

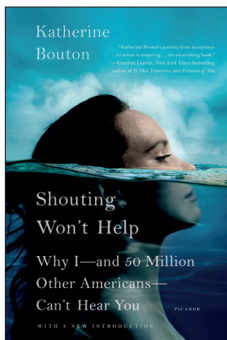
At 18 years old, Victoria Nolan found out she was going blind. As her vision became more restricted, so did her independence. Her childhood dream had been to become a teacher, but she had to fight constantly against misconceptions about her capabilities as a visually impaired person. Even starting a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



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

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

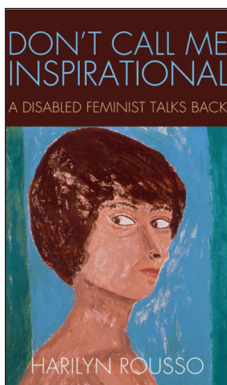
Dancing With the Stars sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two-percent chance of survival. In a near-death experience, she saw three figures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



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

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

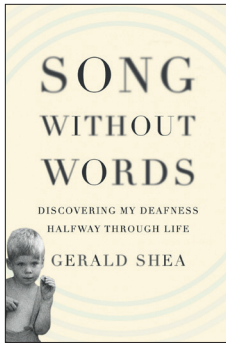
For twenty-two years, Katherine Bouton had a secret that grew harder to keep every day. An editor at *The New York Times*, at daily editorial meetings she couldn't hear what her colleagues were saying. She had gone profoundly deaf in her left ear; her right was getting worse. As she once put it, she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



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

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

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

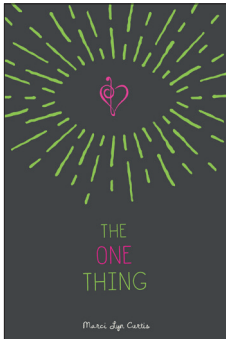


## **SONG WITHOUT WORDS: DISCOVERING MY DEAFNESS HALFWAY THROUGH LIFE**

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

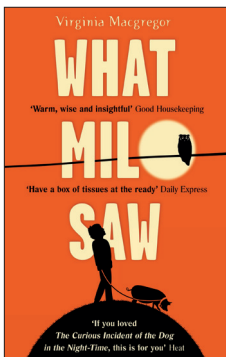
This book tells the story of a man who, at the age of thirty-four, discovered that he had been deaf since childhood, yet somehow managed to navigate his way through Andover, Yale, and Columbia Law School, and to establish a prestigious international legal career.

## NOVELS

**THE ONE THING**

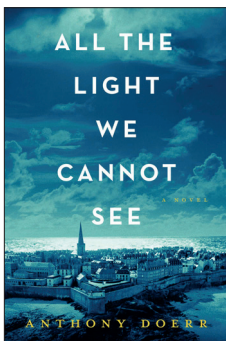
**Marci Lyn Curtis.** Los Angeles: Hyperion, 2015, 328 p.

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

**WHAT MILO SAW**

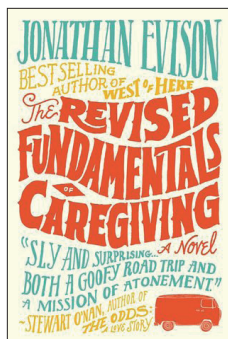
**Virginia Macgregor.** London Sphere, 2015, 419 p.

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

**ALL THE LIGHT WE CANNOT SEE**

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

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



## THE REVISED FUNDAMENTALS OF CAREGIVING

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

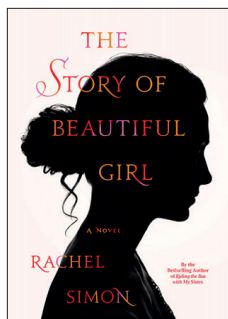
After losing virtually everything meaningful in his life, Benjamin trains to be a caregiver, but his first client, a fiercely independent teen with muscular dystrophy, gives him more than he bargained for and soon the two embark on a road trip to visit the boy's ailing father.



## BEAUTY IS A VERB: THE NEW POETRY OF DISABILITY

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

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



## THE STORY OF BEAUTIFUL GIRL

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

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

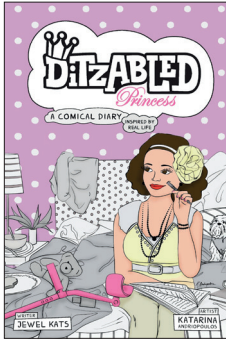


## MY SISTER'S VOICE

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

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

## COMICS

**DITZABLED PRINCESS: A COMICAL DIARY INSPIRED BY REAL LIFE**

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

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

# YOUTH LITERATURE

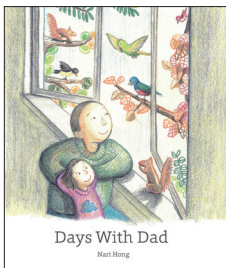


AGES 4 TO 6

## DIFFERENT ABILITIES

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

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

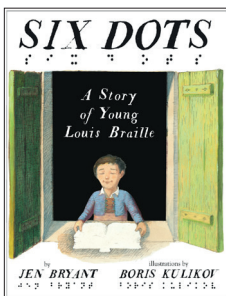


AGES 4 TO 8

## DAYS WITH DAD

**Nari Hong.** Brooklyn: Enchanted Lion Books, 2017.

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

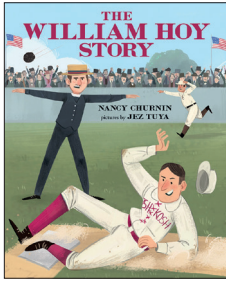


AGES 4 TO 8

## SIX DOTS: A STORY OF YOUNG LOUIS BRAILLE

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

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

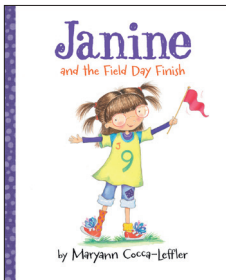


AGES 4 TO 8

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

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

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

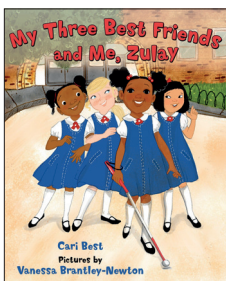


AGES 4 TO 8

## JANINE AND THE FIELD DAY FINISH

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

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

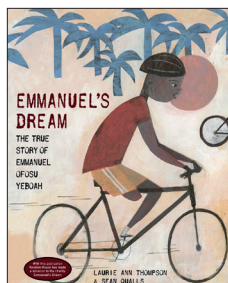


AGES 4 TO 8

## MY THREE BEST FRIENDS AND ME, ZULAY

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

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

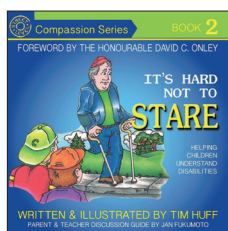


AGES 4 TO 8

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

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

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

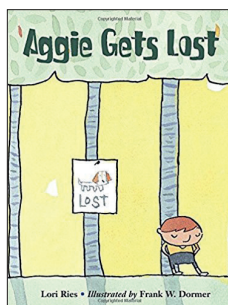


AGES 4 TO 8

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

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

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

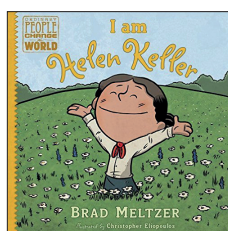


AGES 4 TO 8

## AGGIE GETS LOST

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

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

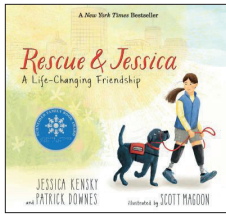


AGES 5 TO 8

## I AM HELEN KELLER

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

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

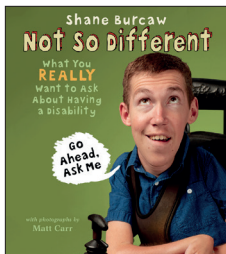


AGES 5 TO 9

## RESCUE & JESSICA: A LIFE-CHANGING FRIENDSHIP

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

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

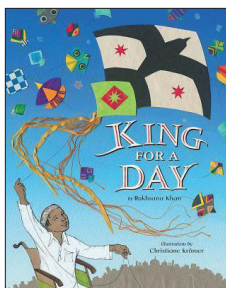


AGES 6 TO 9

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

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

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

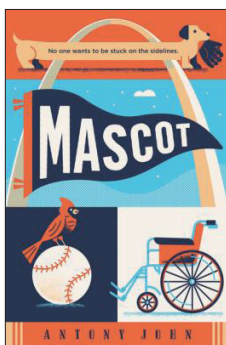


AGES 6 TO 10

## KING FOR A DAY

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

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



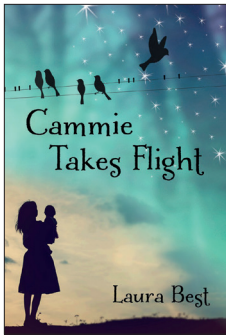
AGES 8 TO 12

## MASCOT

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

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

 Also available on [prenumerique.ca](http://prenumerique.ca)

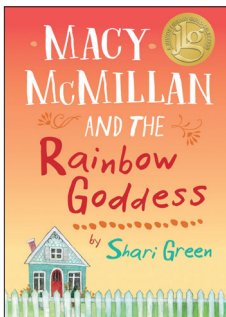


AGES 8 TO 12

## CAMMIE TAKES FLIGHT

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

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



AGES 8 TO 12

## MACY MCMILLAN AND THE RAINBOW GODDESS

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

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

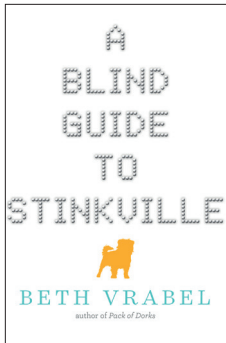


AGES 8 TO 12

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

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

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

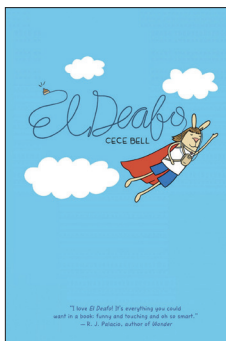


AGES 8 TO 12

## A BLIND GUIDE TO STINKVILLE

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

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



AGES 8 TO 12

## EL DEAF

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

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

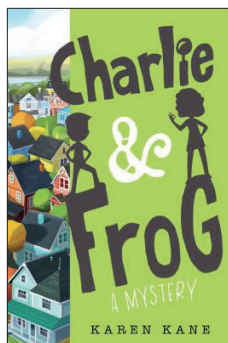


AGES 8 TO 12

## TRUE COLORS

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

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

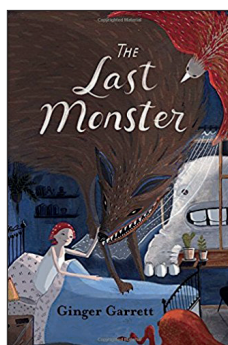


AGES 9 TO 12

## CHARLIE & FROG: A MYSTERY

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

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

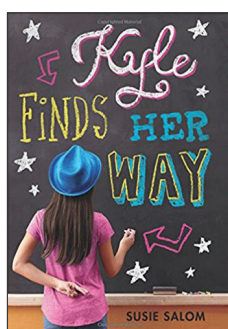


AGES 9 TO 12

## THE LAST MONSTER

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

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



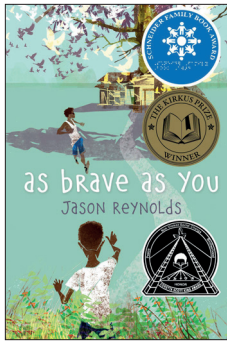
AGES 9 TO 12

## KYLE FINDS HER WAY

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

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

 [Also available on prenumerique.ca](https://prenumerique.ca)



AGES 10+

## AS BRAVE AS YOU

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

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

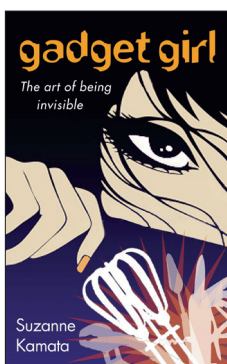


AGES 12 TO 17

## SUMMER ON THE SHORT BUS

**Bethany Crandell.** Philadelphia: RP Teens, 2014, 252 p.

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



AGES 12 TO 17

## GADGET GIRL: THE ART OF BEING INVISIBLE

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

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

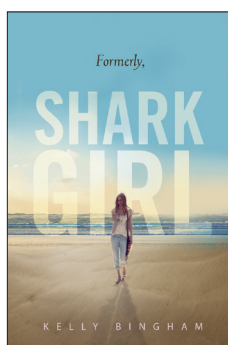


AGES 12+

## WHISPER

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

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

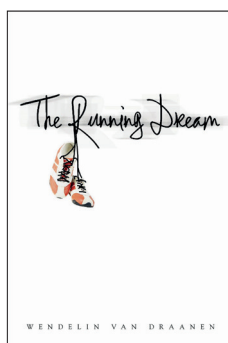


AGES 12+

## FORMERLY SHARK GIRL

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

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

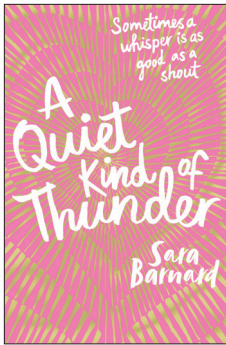


AGES 12+

## THE RUNNING DREAM

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

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



AGES 13+

## A QUIET KIND OF THUNDER

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

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

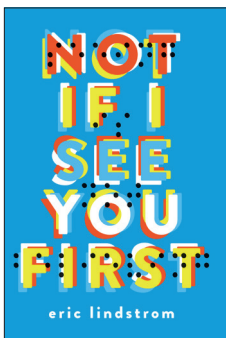


AGES 14+

## CATERPILLARS CAN'T SWIM

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

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

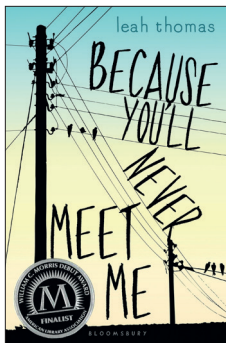


AGES 14 TO 18

## NOT IF I SEE YOU FIRST

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

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

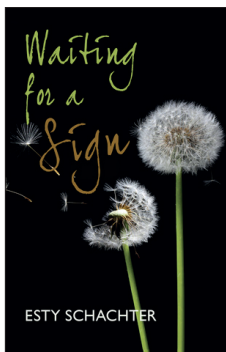


AGES 14 TO 18

## BECAUSE YOU'LL NEVER MEET ME

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

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

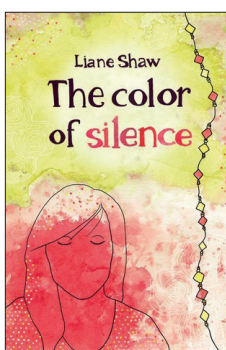


AGES 14 TO 18

## WAITING FOR A SIGN

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

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



AGES 14 TO 18

## THE COLOR OF SILENCE

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

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

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## 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.



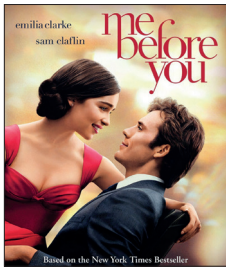
## FICTION



13+

**SHAPE OF WATER****Guillermo Del Toro.** 2017, 123 min.

At a top secret research facility in the 1960s, a lonely deaf janitor forms a unique relationship with an amphibious creature that is being held in captivity.



G

**ME BEFORE YOU****Thea Sharrock.** 2016, 110 min.

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



G

**DIFFERENT DRUMMERS****Don Caron and Lyle Hatcher.** 2013, 107 min.

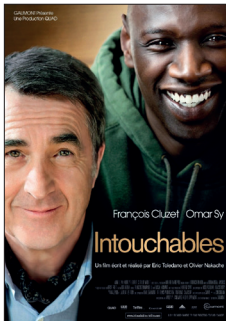
Drama, family (United States). David, wheelchair-bound by muscular dystrophy, is growing progressively weaker, while his friend, Lyle, has a problem with an increasingly high energy level. David informs Lyle that their teacher is about to die and claims that God told him this. When their teacher does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



## ROMEO ELEVEN

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

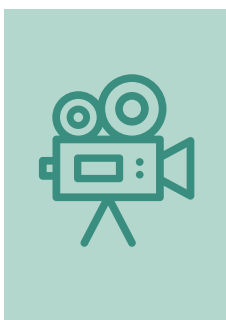
Drama (Canada). Rami (Ali Ammar), a shy young man of Lebanese descent who lives at home and works in his parents' Montreal restaurant, struggles with a physical disability. Despite his lack of social skills, Rami enjoys flirting with a woman through the guise of an online persona called Romeo 11, who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



## THE UNTOUCHABLES

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

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



## PRIVATE EYES

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

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

# DOCUMENTARIES

## Physical disabilities



### **INVITATION TO DANCE**

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

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



### **ALPHÉE OF THE STARS**

**Hugo Latulippe.** 2012, 82 min.

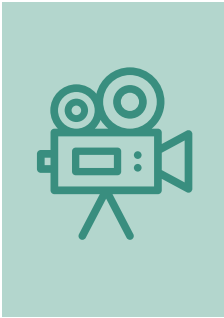
Alphée has a rare genetic disorder that hampers her development. Yet she continues to defy medical expectations. When her parents intuitively reject the idea of placing her in a specialized classroom, they move their family to Europe for a year. Here, her father – filmmaker Hugo Latulippe – focuses on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



### **WIPE OUT**

**National Film Board of Canada.** 2008, 50 min.

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



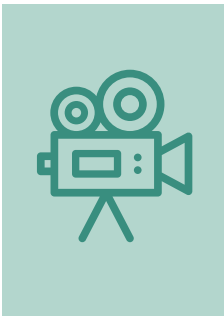
## SHAMELESS: THE ART OF DISABILITY

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

Online: [www.nfb.ca/film/shameless\\_the\\_art\\_of\\_disability/](http://www.nfb.ca/film/shameless_the_art_of_disability/)

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

## Cerebral Palsy



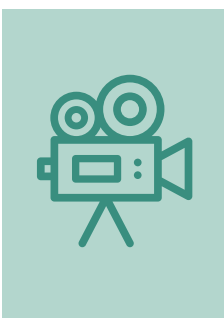
## CARING FOR TOR: AN INTIMATE LOOK AT THE LIFE OF A YOUNG CAREGIVER

**Kitra Cahana.** 2018, 9 min.

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

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

## Hearing impairments



## THE DANCE OF WORDS

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

Online: [www.onf.ca/film/dance\\_of\\_words/](http://www.onf.ca/film/dance_of_words/)

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



## VOICES FROM EL SAYED

**Oded Adomi Leshem.** 2008, 74 min.

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



## SCIENCE OF THE SENSES: HEARING

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

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

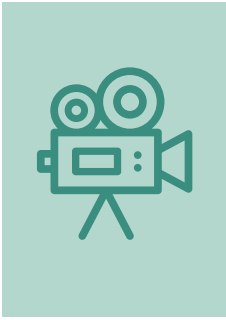
## Visual impairments



## AS SLOW AS POSSIBLE

**Scott Smith.** 2008, 70 min.

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



## SCIENCE OF THE SENSES: SIGHT

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

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



## ACTING BLIND

**Martin Duckworth.** 2006, 52 min.

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





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