



2022
EDITION

AUTISM SPECTRUM DISORDER

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 790 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 2022 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



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



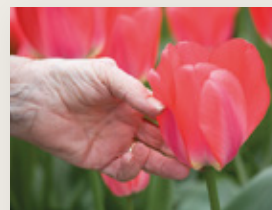
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

General

AUTISM CANADA

Toll-free 1 800 983-1795
Website <http://autismcanada.org>

Autism Canada was created in 2015 by the merger of two organizations: Autism Society Canada (ASC) and Autism Canada Foundation (ACF). The mission of Autism Canada is to provide support to Canadians with autism and their families, and to raise public awareness. The organization website offers information about diagnosis, screening and treatments.

CANADIAN THERAPEUTIC RIDING ASSOCIATION (CANTRA)

Website <http://cantra.ca/en/>

The Canadian Therapeutic Riding Association promotes therapeutic horse riding. The website provides information on the benefits of equine therapy (therapy with horses).

Find a centre
<https://cantra.ca/en/member-centres>

Find a centre member of the Association.

L'APPUI POUR LES PROCHES AIDANTS

Caregiver support
(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.).

LIONS FOUNDATION OF CANADA DOG GUIDES

Toll free

1 800 768-3030

Website

www.dogguides.com/index.html

The Foundation provides autistic children from 3 to 18 years old residing in Canada the opportunity to benefit from the services of a dog guide. Information on the program is available on the Foundation's website.

MIRA FOUNDATION – DOG FOR CHILDREN WITH ASD

Phone

450 795-3725

Website

www.mira.ca/en/programs/guide-dog-kids-asd

The MIRA Foundation provides families with a child presenting autism spectrum disorder with the opportunity to benefit from the services of a companion dog. This program was implemented after years of extensive research on the impact of integrating these dogs into families.

MIRIAM FOUNDATION

Phone

514 345-1300

Website

<https://www.miriamfoundation.ca/>

The Miriam Foundation is a non-profit organization with a mission focused on development of services, research and knowledge transfer, as well as various programs to help people with autism spectrum disorders and developmental disabilities. The Centre offers training, courses, programs and conferences. It also offers the MateriaTech service, whereby members can borrow games, toys and teaching tools.

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC (OPHQ)

Toll free

1 800 567-1465

Website

www.ophq.gouv.qc.ca

The Office des personnes handicapées du Québec provides support, advice and assistance to people with disabilities and their families. It publishes information brochures for family caregivers that can be downloaded in the "Publications" section of the website. Website in French.

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.

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

ABOUTKIDSHEALTH – AUTISM SPECTRUM DISORDER LEARNING HUB

www.aboutkidshealth.ca/autism

A concise, hopeful resource for parents to consult after receiving a diagnosis of ASD for their child.

AUTIMIST

<https://www.autimist.com/>

Platform for parents giving them instant access to social service workers to guide and support them according to their needs.

AUTISM – A CLOSER LOOK ONLINE LIBRARY

www.nationalautismcenter.org/resources/autism-a-closer-look/

This online library from the National Autism Center in the United States provides access to more than 100 Q&As authored by experts about relevant subjects related to supporting children, teens and adults with autism spectrum disorder.

AUTISM CANADA – AUTISM JUNCTION

<https://www.theautismjunction.com/resources.html>

Autism Junction is a directory for online services for people with autism in Canada.

AUTISM SPEAKS

100 Day Kit - For Families of Newly Diagnosed Young Children

www.autismspeaks.org/sites/default/files/100_Day_Tool_Kit_Young_Children.pdf

A tool kit to assist families of young children in getting the critical information they need in the first 100 days after an autism diagnosis.

What is Autism

www.autismspeaks.ca/about-autism/what-is-autism/

Discusses what autism is, its signs & symptoms, diagnosis, treatments, facts & FAQs, and autism and your family.

Technology and Autism

www.autismspeaks.org/technology-and-autism

Information and resources involving assistive technology and autism.

COMPANION LEISURE CARD (CLA)

www.carteloisir.ca/en

You can register for the Companion Leisure Card (CAL) on this website. The CAL grants free admission to the accompanying party of a physically or mentally disabled person 12 years or older and is recognized by leisure, cultural and tourist organizations.

**ÉDUCATION ET ENSEIGNEMENT SUPÉRIEUR DU QUÉBEC –
ALLOWANCE FOR SPECIAL NEEDS PROGRAM: YOUTH**

www.quebec.ca/en/education/student-financial-assistance/allowance-special-needs-youth

If your child has special needs that limit his or her learning activities, this program will enable him or her to obtain the material resources required at home to pursue his or her studies, provided those needs are not already covered by another program or organization.

GOVERNMENT OF ONTARIO – THE AUTISM PARENT RESOURCE KIT

www.children.gov.on.ca/htdocs/English/documents/specialneeds/autism/aprk/Autism_Parenting_Kit_English.pdf

The Autism Parent Resource Kit is an online resource to help parents, caregivers and families better understand autism and the range of services and support available in Ontario.

INCLUSIVES EDUCATION SERVICES (IES)

<https://iesquebec.ca/>

Inclusive Education Services offers a variety of specialized resources to ensure the well-being and academic success of all anglophone students in Quebec, especially those with Autism Spectrum Disorder. The resources are intended for students as well as families and professionals.

ORGANIZATION FOR AUTISM RESEARCH (OAR)

Autism, My Sibling, and Me

<http://researchautism.org/resources/autism-my-sibling-and-me/>

A host of colorful cartoon characters accompanies these siblings as they learn about what autism means for their brother or sister – and handle potentially stressful issues. Through fun activities and supportive content, this resource also helps children work through many of the autism-related questions they may have.

Kit for Kids

<http://researchautism.org/resources/kit-for-kids/>

The Kit for Kids program is designed to teach elementary and middle school students about their peers with autism. With greater knowledge of autism, our youth will learn to see the person first rather than focus on a classmate's disability. By increasing students' acceptance of differences, the Kit for Kids creates a more inclusive classroom and overall sense of community.

Life as an Autism Sibling: A Guide for Teens

<http://researchautism.org/resources/life-as-an-autism-sibling-a-guide-for-teens/>

A handbook for teenage (and even pre-teen) siblings that offers guidance on how to productively address feelings and challenges that may arise as an autism sibling. The resource covers a variety of topics; from explaining autism to friends and peers, to coping with a family dynamic that's different from what friends may experience. It also features testimonials from other teenage and young adult siblings who have "been there, done that."

What's up with Nick?

www.youtube.com/watch?v=mtRYKjucDHk

This short video uses animation and sound to teach elementary and middle school students about their peers with autism. To be used in coordination with the Kit for Kids, a peer education resource produced by the Organization for Autism Research (OAR).

READY, WILLING & ABLE

<http://readywillingable.ca/>

Ready, Willing & Able is designed to increase the labour force participation of people with an intellectual disability or Autism Spectrum Disorder (ASD), providing information about why hiring a person with an intellectual disability or ASD is good for business, individualized assistance to help you become a more inclusive employer, and more.

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/>

SESAME STREET AND AUTISM

<http://autism.sesamestreet.org/>

Developed with input from parents, people who serve the autism community, and people with autism, See Amazing in All Children offers families ways to overcome common challenges and simplify everyday activities. At the same time, the project fosters an affirming narrative around autism for all families and kids.

SUR LE SPECTRE

<http://autismresearchgroupmontreal.ca/Magazine.aspx>

Sur le Spectre is the Official Magazine of the Montreal Autism Cognitive Neuroscience Research Group. The magazine aims to make the results of scientific research carried out within the group more accessible. It therefore includes popularized summaries of scientific articles, but also more general articles on important topics in the field of autism.

YES! BASED ON A TRUE STORY OF 'NON-VERBAL' AUTISM

<http://non-verbalautism.blogspot.ca/>

YES! is a graphic story about autism based on video documentation. Using real-life events as a point of departure, the six chapters of YES! aim to stimulate debate on the following topics: stereotyping in film and media, cross-cultural notions of autism, scientific validation of music, ethics and representation, socialization, echolalia and non-verbal communication.

HEALTH INFORMATION PORTALS

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

GOVERNMENT OF CANADA – HEALTH

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

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

GOVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

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

MAYO CLINIC

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

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

MEDLINEPLUS

www.medlineplus.gov

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

HEALTH DATABASES

Open access databases

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

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

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

Databases with access restricted to subscribers

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

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

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

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

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

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

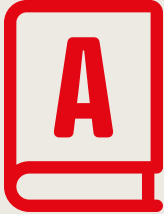
YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?

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 prenumerique.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](http://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.

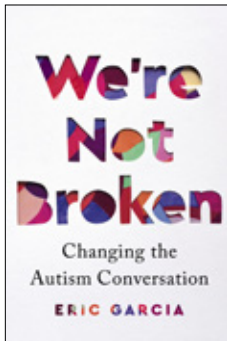
For help borrowing an eBook, visit the [Aide en ligne Prêt Numérique](#) page.

*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



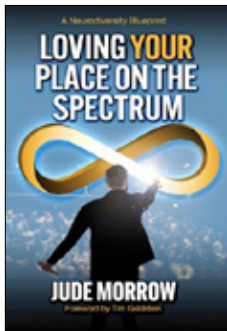
WE'RE NOT BROKEN: CHANGING THE AUTISM CONVERSATION

Eric Garcia. Boston: Houghton Mifflin Harcourt, 2021, 281 p.

Garcia began writing about autism because he was frustrated by the media's coverage of the myths that the disorder is caused by vaccines and narrow portrayals of autistic people. As a Latino journalist covering politics in Washington D.C., Garcia realized he needed to put into writing what so many autistic people have been saying for years: autism is a part of their identity; they don't need to be fixed. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind.



Also available on pretnumerique.ca



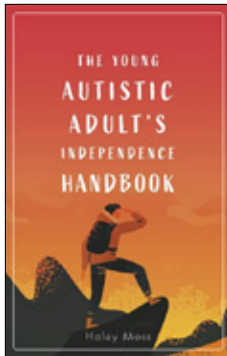
LOVING YOUR PLACE ON THE SPECTRUM: A NEURODIVERSITY BLUEPRINT

Jude Morrow. Portland, OR: Beyond Words, 2021, 256 p.

Loving Your Place on the Spectrum – a book about autism by an autistic author – is a guide for a happy and successful life for both autistic individuals and the neurotypical people in their lives. Combining his own experiences with stories from others, Jude Morrow explores common issues and misconceptions faced by autistic people and explains how family members, educators, and professionals can offer support that focuses on skills and contributions and not just perceived problems.



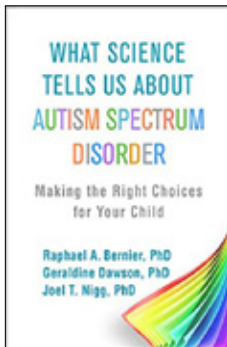
Also available on pretnumerique.ca



THE YOUNG AUTISTIC ADULT'S INDEPENDENCE HANDBOOK

Haley Moss. Philadelphia: Jessica Kingsley Publishers, 2021, 233 p.

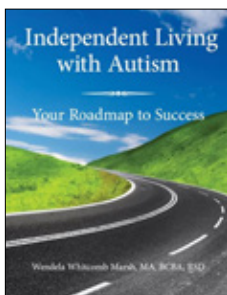
Are you living away from home for the first time, graduating from school or perhaps getting a new job? These transitions can be especially overwhelming to deal with as a young autistic adult. This survival guide is bursting with neurodivergent-friendly advice from autistic people themselves (and a few neurotypicals too) for young adults embarking on their own journeys of self-discovery and independence. Includes tips on organizing your own money, looking after your home and organizing your social life, as well as self-advocacy and life skills such as driving, voting and volunteering.



WHAT SCIENCE TELLS US ABOUT AUTISM SPECTRUM DISORDER: MAKING THE RIGHT CHOICES FOR YOUR CHILD

Raphael A. Bernier, Geraldine Dawson and Joel T. Nigg. New York: The Guilford Press, 2020, 328 p.

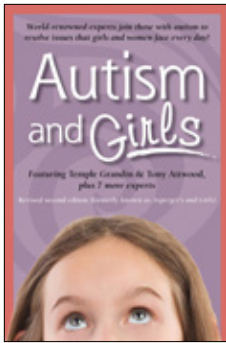
What have scientists learned about the causes of autism spectrum disorder? Why do different kids have such different symptoms, and what are the best ways to deal with them? Will there ever be a cure? From leading autism researchers, this accessible guide helps you put the latest advances to work for your unique child.



INDEPENDENT LIVING WITH AUTISM: YOUR ROADMAP TO SUCCESS

Wendela Whitcomb Marsh. Arlington, Texas: Future Horizons inc., 2020, 341 p.

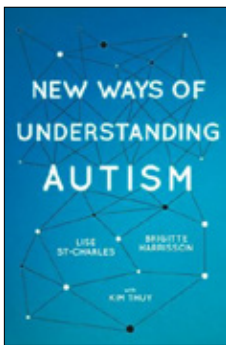
Independent Living with Autism is a guide for young adults with autism leaving the shelter of school and looking for guidance in the important tasks of adult life. It is also for the more mature adult who has long struggled with the feeling different from the rest of the world, misunderstanding social cues and being misunderstood, who is finally diagnosed with (or suspects) an autism spectrum disorder.



AUTISM AND GIRLS: WORLD-RENOWNED EXPERTS JOIN THOSE WITH AUTISM TO RESOLVE ISSUES THAT GIRLS AND WOMEN FACE EVERY DAY!

Temple Grandin. Arlington: Future Horizons, 2019, 212 p.

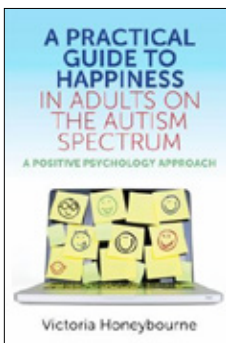
The sections of this book describe the unique challenges of women and girls with autism spectrum disorder. The candid stories are written by women who have lived them. Experts discuss whether ASD girls are slipping under the radar and remaining undiagnosed. This edition provides practical solutions schools can implement and social tips for teenage girls navigating puberty, the transition to work or university, and the importance of and strategies for careers.



NEW WAYS OF UNDERSTANDING AUTISM

Brigitte Harrison. Toronto: Dundurn, 2019, 120 p.

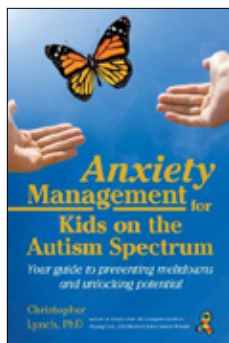
In this book, the co-founders of the SACCADE centre for expertise in autism care present a new way of understanding Autism Spectrum Disorder. In the form of questions and answers, the authors explain over fifty notions related to the development of autism. They also give advice based on a new understanding of ASD, which is increasingly echoed by medical professionals. *New Ways of Understanding Autism* features anecdotes from the life of Brigitte Harrison, herself autistic, and that of writer Kim Thuy, mother of an autistic son.



A PRACTICAL GUIDE TO HAPPINESS IN ADULTS ON THE AUTISM SPECTRUM: A POSITIVE PSYCHOLOGY APPROACH

Victoria Honeybourne. London: Jessica Kingsley Publishers, 2019, 192 p.

Clear and engaging, this book offers a refreshing positive psychology approach to mental health and autism. Moving away from neurotypical views of happiness, it sets out simple techniques to help adults on the spectrum improve their mental health.



ANXIETY MANAGEMENT FOR KIDS ON THE AUTISM SPECTRUM: YOUR GUIDE TO PREVENTING MELTDOWNS AND UNLOCKING POTENTIAL

Christopher Lynch. Arlington: Future Horizons, 2019, 183 p.

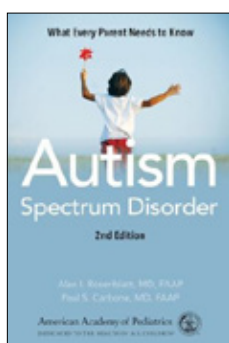
Anxiety can be overwhelming for children with autism. It doesn't need to be. The anxiety levels commonly found in children with autism affect social skills, memory, learning, and attention span--and often lead to meltdowns. Those who live or work with kids on the spectrum are acutely aware of how disruptive anxiety can be. Lynch identifies five factors that are commonly known to elicit anxiety in children with autism and breaks down how to tackle each topic in a manageable and effective way.



TEN THINGS EVERY CHILD WITH AUTISM WISHES YOU KNEW

Ellen Notbohm. Arlington: Future Horizons, 2019, 155 p.

A child's voice leads into each chapter, offering a one-of-a-kind exploration into how ten core characteristics of autism affect our children's perceptions and reactions to the surrounding physical, sensory and social environments.



AUTISM SPECTRUM DISORDER: WHAT EVERY PARENT NEEDS TO KNOW

Alan I. Rosenblatt. Illinois: American Academy of Pediatrics, 2019, 342 p.

This guide helps parents understand how ASDs are defined and diagnosed and offers an overview of the most current behavioral and developmental therapies. Topics include: symptoms and types of ASDs, accessing care, services in the community, and the role of complementary and alternative medicine. Parents will also find inspirational and relatable stories from other caretakers.



AUTISM

Richard Spilsbury. New York: Rosen Publishing Group, 2019, 48 p.

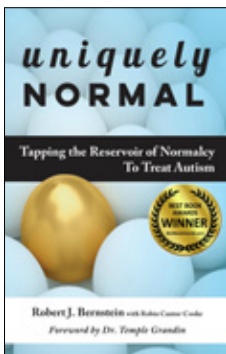
This book describes the autism spectrum, exploring how the various ways that this neurodevelopmental disorder can affect individuals, from difficulty with social cues to impaired communication to repetitive behaviors. In addition to learning about the treatment and diagnosis of autism, readers will discover how new research into the genetic components and causes of autism are helping doctors understand more about the disorder.



101 POSITIVE STEPS TOWARD EMPLOYMENT WITH AUTISM: SOCIAL SKILLS FOR THE WORKPLACE

Lisa Tew. Arlington: Future Horizons, 2019, 101 p.

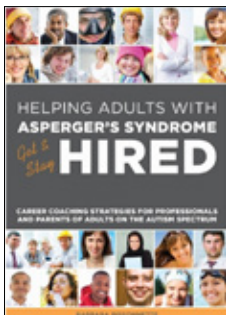
This book is for parents and professionals who are guiding adolescents and young adult children with high functioning autism or Asperger's toward employment and independence.



UNIQUELY NORMAL: TAPPING THE RESERVOIR OF NORMALCY TO TREAT AUTISM

Robert J. Bernstein. Arlington: Future Horizons Inc., 2017, 336 p.

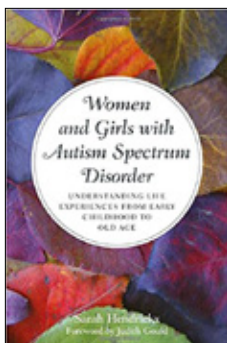
Robert J. Bernstein has found a different approach based on cognition thinking in helping people of all ages with ASD. The author's goal is for people with ASD to be able to live in the world and connect with the people in it as themselves, to express their unique humanity and engage more fully in the human interactions that give life meaning and make it worth the effort of getting out of bed every day.



HELPING ADULTS WITH ASPERGER'S SYNDROME GET & STAY HIRED: CAREER COACHING STRATEGIES FOR PROFESSIONALS AND PARENTS OF ADULTS ON THE AUTISM SPECTRUM

Barbara A. Bissonnette. London: Jessica Kingsley Publishers, 2015, 224 p.

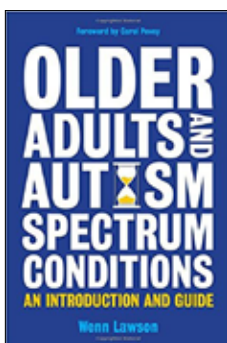
Employment expert Barbara Bissonnette provides strategies that professionals and parents need to guide individuals with Asperger's Syndrome (Autism Spectrum Disorder) to manageable jobs, and keep them employed. In this practical book, readers will gain insight into how people with Asperger's Syndrome think and the common employment challenges they face. It explains how to build rapport and trust, facilitate better job matches, improve interpersonal communication and executive function skills, and encourage flexible-thinking and problem-solving.



WOMEN AND GIRLS WITH AUTISM SPECTRUM DISORDER: UNDERSTANDING LIFE EXPERIENCES FROM EARLY CHILDHOOD TO OLD AGE

Sarah Hendrick. London: Jessica Kingsley, 2015, 248 p.

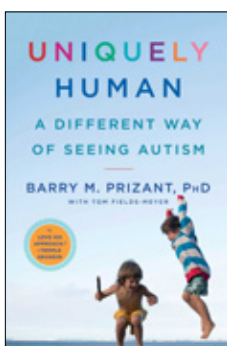
Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, and aging. It will provide invaluable guidance for the professionals who support these girls and women and it will offer women with autism a guiding light in interpreting and understanding their own life experiences through the experiences of others.



OLDER ADULTS AND AUTISM SPECTRUM CONDITIONS: AN INTRODUCTION AND GUIDE

Wenn Lawson. London: Jessica Kingsley Publishers, 2015, 208 p.

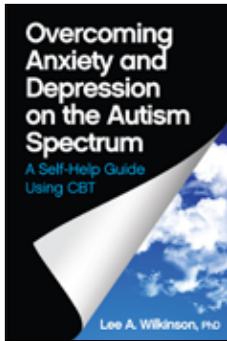
Packed with practical advice, this book addresses the challenges facing older people with autism. With first-hand stories and drawing on the latest research, it will help to support older adults with autism through lifestyle changes as well as physical and sensory challenges post-retirement.



UNIQUELY HUMAN: A DIFFERENT WAY OF SEEING AUTISM

Barry M. Prizant and Tom Fields-Meyer. New York: Simon & Schuster, 2015, 272 p.

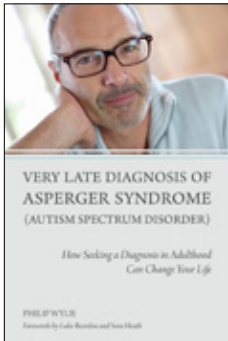
Instead of classifying autistic behaviors as signs of pathology, the author sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. Rather than curb these behaviors, it's better to enhance abilities, build on strengths, and offer supports that will naturally lead to more desirable behavior and a better quality of life. This book offers a compassionate and insightful perspective that parents, professionals, and family members will find uplifting and hopeful.



OVERCOMING ANXIETY AND DEPRESSION ON THE AUTISM SPECTRUM

Lee A. Wilkinson. London: Jessica Kingsley, 2015, 160 p.

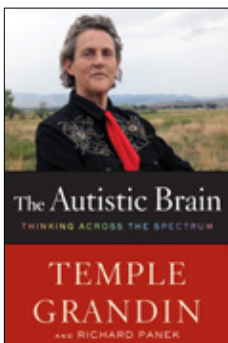
Cognitive Behavioral Therapy (CBT) has been shown to be effective for treating mental health problems such as anxiety and depression in individuals both with and without autism spectrum disorders. The author takes CBT self-help strategies, to encourage self-analysis, and to help adults on the spectrum make better decisions in activities such as employment or relationships. This is an essential self-help guide for adults on the spectrum looking for ways to cope with emotional challenges, and will also be a useful resource for clinicians, psychologists, therapists, and counselors working with them.



VERY LATE DIAGNOSIS OF ASPERGER SYNDROME (AUTISM SPECTRUM DISORDER): HOW SEEKING A DIAGNOSIS IN ADULTHOOD CAN CHANGE YOUR LIFE

Philip Wylie, Luke Beardon and Sara Heath. London: Jessica Kingsley Publishers, 2014, 176 p.

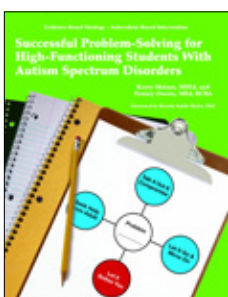
As awareness and understanding of Asperger's syndrome and autism spectrum disorder increases, more adults are identifying themselves as being on the spectrum and seeking formal diagnosis. This book discusses the process, the pros and cons, and the after-effects of receiving an autism diagnosis in adulthood.



THE AUTISTIC BRAIN: THINKING ACROSS THE SPECTRUM

Temple Grandin and Richard Panek. Boston: Houghton Mifflin Harcourt, 2013, 206 p.

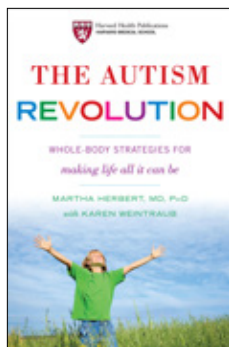
Weaving her own experience with remarkable new discoveries, Grandin introduces the neuroimaging advances and genetic research that link brain science to behavior, even sharing her own brain scan to show us which anomalies might explain common symptoms.



SUCCESSFUL PROBLEM-SOLVING FOR HIGH-FUNCTIONING STUDENTS WITH AUTISM SPECTRUM DISORDERS

Kerry Mataya. Shawnee Mission: AAPC, 2013, 59 p.

A tool for helping individuals with autism and similar disorders solve problems more effectively.

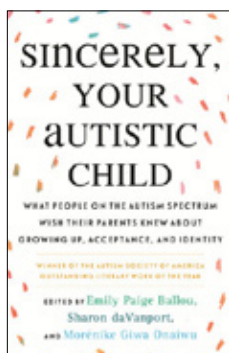


THE AUTISM REVOLUTION

Martha R. Herbert and Karen Weitntraub. New York: Ballantine Books, 2012, 302 p.

After years of treating patients and analyzing scientific data, Harvard researcher and clinician Dr. Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it. Her specific recommendations aim to provide optimal nutrition, reduce toxic exposures, shore up the immune system, reduce stress, and open the door to learning and creativity.

Accompaniment of a family member or friend



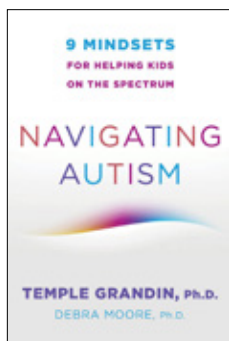
SINCERELY, YOUR AUTISTIC CHILD: WHAT PEOPLE ON THE AUTISM SPECTRUM WISH THEIR PARENTS KNEW ABOUT GROWING UP, ACCEPTANCE AND IDENTITY

Emily Paige Ballou, Sharon daVanport and Morénike Giwa Onaiwu (editors). Boston: Beacon Press, 2021, 208 p.

A diverse collection of autistic voices that highlights how parents can avoid common mistakes and misconceptions, and make their child feel truly accepted, valued, and celebrated for who they are. From childhood and education to culture, gender identity, and sexuality, this anthology tackles the everyday joys and challenges of growing up while honestly addressing the emotional needs, sensitivity, and vibrancy of autistic kids, youth, and young adults.



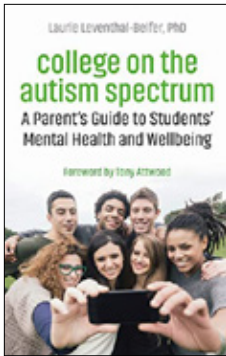
Also available on pretnumerique.ca



NAVIGATING AUTISM: 9 MINDSETS FOR HELPING KIDS ON THE SPECTRUM

Temple Grandin and Debra Moore. New York: W.W. Norton & Company, 2021, 362 p.

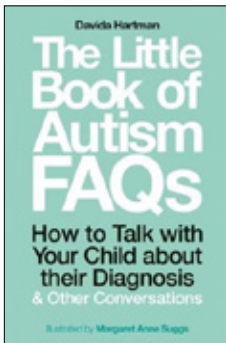
Empowering strategies for anyone who works with children and teens on the spectrum. Temple Grandin, who is herself autistic, joins psychologist Debra Moore in presenting nine strengths-based mindsets necessary to successfully work with young people on the autism spectrum. Grandin shares personal experiences and anecdotes from the thousands of parents and professionals who have sought her advice, while Moore draws on more than three decades of work as a psychologist with kids on the spectrum and those who love and care for them.



COLLEGE ON THE AUTISM SPECTRUM: A PARENT'S GUIDE TO STUDENTS' MENTAL HEALTH AND WELLBEING

Laurie Leventhal-Belfer. London: Jessica Kingsley Publishers, 2020, 158 p.

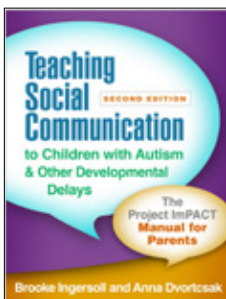
Covering social issues, independent living, academic challenges, student services and emotional wellbeing, this is the one-stop shop for advice on the transition from school to college or university. The book examines the skills that students need to live and function at college, and the skills parents need to let their teens navigate college without a parent as intermediary. It offers ways to combat common problems that affect the mental health of people on the spectrum, such as keeping up with homework, fast-paced classes, and complex social expectations.



THE LITTLE BOOK OF AUTISM FAQs: HOW TO TALK WITH YOUR CHILD ABOUT THEIR DIAGNOSIS & OTHER CONVERSATIONS

Davida Hartman. London: Jessica Kingsley Publishers, 2019, 108 p.

Not telling children about their autism diagnosis can have a significant negative impact on their mental health; by equipping parents with a language of positivity around autism, the book will make a difference to many children on the spectrum. It advises on how and when to talk to autistic children with both high and low care needs, and provides guidance on supporting children's relationships with peers at school, as well as how to broach the conversation with the child's siblings.



TEACHING SOCIAL COMMUNICATION TO CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS: THE PROJECT IMPACT MANUAL FOR PARENTS

Brooke Ingersoll. New York: The Guilford Press, 2019, 149 p.

For young children with autism spectrum disorder (ASD) and others who have challenges in interacting and communicating, early intervention is key--and parents can play a vital role. Developed through work with hundreds of families, this book presents engaging, evidence-based techniques for enriching your child's social communication skills (up to age 6). The strategies can be easily integrated into daily routines, such as meals, bathtime, bedtime, and playtime.



DOGS & AUTISM

Annie Bowes. Arlington: Future Horizons Inc., 2018, 133 p.

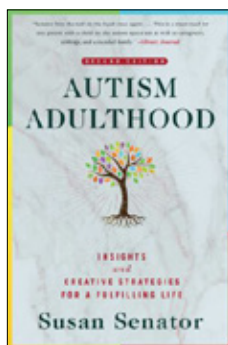
Author Annie Bowes grew up having dogs throughout her childhood and adulthood that helped her with her autism. Her love of animals, especially dogs, eventually helped her find her passion in life to help animals and become a veterinarian. Through many years of working with dogs in her practice, she grew interested in how canine companionship helps people with autism.



COMING HOME TO AUTISM: A ROOM-BY-ROOM APPROACH TO SUPPORTING YOUR CHILD AT HOME AFTER ASD DIAGNOSIS

Tara Leniston and Rhian Grounds. London: Jessica Kingsley Publishers, 2018, 192 p.

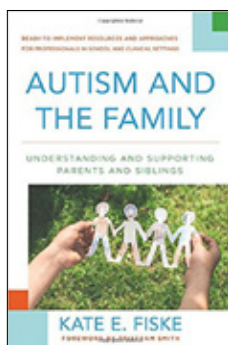
What does an autism diagnosis mean for everyday family life? Explore different rooms in the home to better understand how children with autism experience daily activities, and what you can do to support their development.



AUTISM ADULTHOOD: INSIGHTS AND CREATIVE STRATEGIES FOR A FULFILLING LIFE

Susan Senator. New York: Skyhorse Publishing, 2018, 310 p.

One of the biggest fears of parents with children with autism is their looming adulthood and all that it entails. In this book, author Susan Senator tackles the challenges of adult life on the autism spectrum on the more severe end of the spectrum (those who cannot communicate for themselves), honestly discussing the complex decisions that await all parents and caregivers.



AUTISM AND THE FAMILY: UNDERSTANDING AND SUPPORTING PARENTS AND SIBLINGS

Kate E. Fiske. New York: W.W Norton & Company, 2017, 336 p.

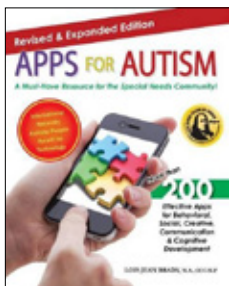
The reverberations of autism spectrum disorders among parents and siblings can be complex. Parents may grapple with the impact of their child's initial diagnosis, wrestle with the tension between their professional ambitions and family obligations, and labor to maintain a healthy union with their partners. Brothers and sisters may be given less attention, asked to assume a more adult role than they feel ready for, or strive for meaningful connection and communication with their sibling and parents.



THE PARENT'S GUIDE TO OCCUPATIONAL THERAPY FOR AUTISM AND OTHER SPECIAL NEEDS: PRACTICAL STRATEGIES FOR MOTOR SKILLS, SENSORY INTEGRATION, TOILET TRAINING, AND MORE

Cara Koscinski. London: Jessica Kingsley, 2016, 189 p.

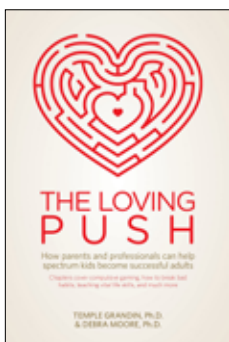
This handy guide offers tried and tested occupational therapy activities to encourage children to succeed with everyday tasks while having fun in the process. This expanded edition of the award-winning book includes new advice on toilet training, coping with changes in routine, repetitive behaviors, self-regulation, and more.



APPS FOR AUTISM: MORE THAN 200 EFFECTIVE APPS FOR BEHAVIORAL, SOCIAL, CREATIVE, COMMUNICATION & COGNITIVE DEVELOPMENT

Lois Jean Brady. Arlington: Future Horizons, 2015, 436 p.

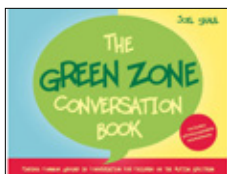
Autism? There's an app for that! Actually, there are more than 200 apps for autism, and this book will guide you through them so you can confidently utilize today's technology to maximize your child's or student's success!



THE LOVING PUSH: HOW PARENTS AND PROFESSIONALS CAN HELP SPECTRUM KIDS BECOME SUCCESSFUL ADULTS

Temple Grandin and Debra Moore. Arlington: Future Horizons, Inc., 2015, 210 p.

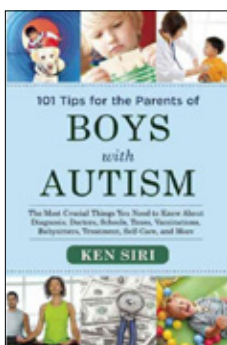
Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out the steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories are told by people on the autism spectrum, including chapters on subjects such as how to get kids off their computers, how to build on their strengths and get back to caring about their lives, and how to find a path to a successful, meaningful life.



THE GREEN CONVERSATION BOOK: FINDING COMMON GROUND IN CONVERSATION FOR CHILDREN ON THE AUTISM SPECTRUM

Joel Shaul. London: Jessica Kingsley Publishers, 2015, 103 p.

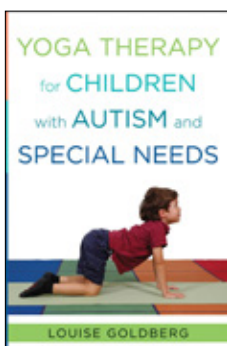
In conversation, children on the autism spectrum often struggle to select topics of interest to others. Many have strong, narrow interests and feel compelled to introduce these subjects when they talk. This book provides a simple visual model to help children experience more success in finding common ground in conversation.



101 TIPS FOR THE PARENTS OF BOYS WITH AUTISM: THE MOST CRUCIAL THINGS YOU NEED TO KNOW ABOUT DIAGNOSIS, DOCTORS, SCHOOLS, TAXES, VACCINATIONS, BABYSITTERS, TREATMENT, FOOD, SELF-CARE, AND MORE

Ken Sir. New York: Skyhorse, 2015, 256 p.

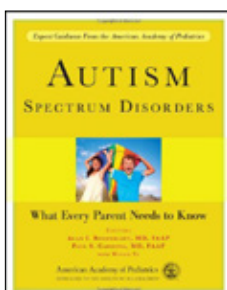
From what to do when you first suspect your son might have autism to coping with the first diagnosis, following up with comprehensive evaluation, and pursuing education and treatment, *101 Tips for the Parents of Boys with Autism* is the book that every parent of a boy with autism needs.



YOGA THERAPY FOR CHILDREN WITH AUTISM AND SPECIAL NEEDS

Louise Goldberg. New York: W. W. Norton & Company, 2013, 336 p.

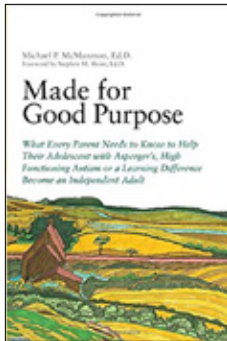
For use in school, at home, or in therapeutic settings, this is a how-to manual that meets children where they are, providing a yoga therapy “lesson plan” that will engage them; promote play, social interaction, speech, language, and motor development; and enhance their self-esteem. It teaches an array of creative relaxation techniques using posture, breathing, and mindfulness designed specifically for children with autism and special needs.



AUTISM SPECTRUM DISORDERS: WHAT EVERY PARENT NEEDS TO KNOW

Alan I. Rosenblatt, Paul S. Carbone and Winnie Yu. Elk Grove Village: American Academy of Pediatrics, 2013, 320 p.

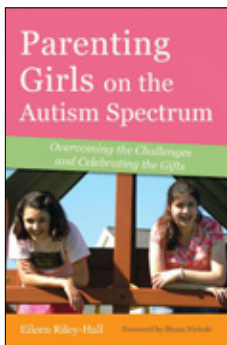
An invaluable resource for parents and caregivers of children who have been diagnosed with an autism spectrum disorder. From diagnosis to current therapies, it helps parents understand what they can do to facilitate a smooth transition from adolescence through the teen years into adulthood.



MADE FOR GOOD PURPOSE: WHAT EVERY PARENT NEEDS TO KNOW TO HELP THEIR ADOLESCENT WITH ASPERGER'S, HIGH FUNCTIONING AUTISM OR A LEARNING DIFFERENCE BECOME AN INDEPENDENT ADULT

Michael P. McManmon. London: Jessica Kingsley Publishers, 2012, 240 p.

Filled with practical advice and useful techniques, this book helps parents support their child with Asperger's Syndrome to make the transition from adolescent to happy, confident, and engaged adult. With this essential guide, young Aspies can achieve independence and learn lifelong skills for succeeding in college, work, relationships, and more.



PARENTING GIRLS ON THE AUTISM SPECTRUM: OVERCOMING THE CHALLENGES AND CELEBRATING THE GIFTS

Eileen Riley-Hall. Philadelphia: Jessica Kingsley, 2012, 254 p.

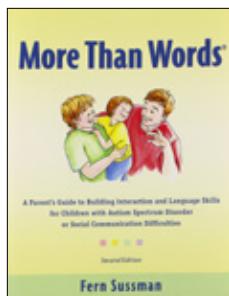
Riley-Hall is the mother of two teenage girls, one with Asperger's syndrome and the other with autism. She offers encouragement and guidance on issues, as well as practical advice and support.



PARENTING YOUR CHILD WITH AUTISM: PRACTICAL SOLUTIONS, STRATEGIES, AND ADVICE FOR HELPING YOUR FAMILY

M. Anjali Sastry. Oakland: New Harbinger, 2012, 201 p.

All children with autism respond to treatment differently, which is one of the reasons even autism experts and researchers can't pinpoint which single treatment works best for children who have this condition. The autism specialists who authored this book recommend observing your child's response to each treatment and adjusting the treatment accordingly.

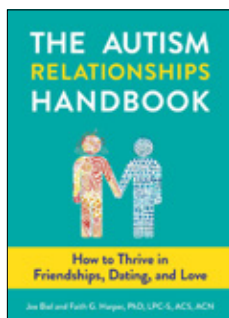


MORE THAN WORDS: A PARENT'S GUIDE TO BUILDING INTERACTION AND LANGUAGE SKILLS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER OR SOCIAL COMMUNICATION DIFFICULTIES

Fern Sussman. Toronto: Hanen Program, 2012, 424 p.

Updated to reflect the most current view on naturalistic models of communication, this beautifully illustrated guidebook provides a step-by-step guide for parents of children with Autism Spectrum Disorder and other social communication difficulties. Presented in a user-friendly format, the book's research-based strategies show parents how to turn everyday activities with their child into opportunities for interaction and communication. Also invaluable for SLP/Ts and other professionals who provide service to children with ASD and their families.

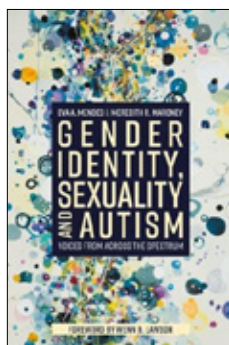
Love and sexuality



THE AUTISM RELATIONSHIPS HANDBOOK: HOW TO THRIVE IN FRIENDSHIPS, DATING AND LOVE

Joe Biel and Faith G. Harper. Portland, OR: Microcosm Publishing, 2021, 159 p.

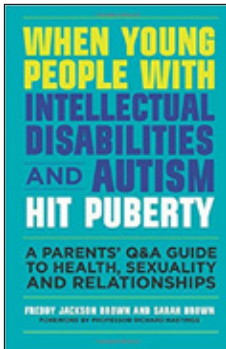
What do you want out of a relationship? What is the difference between flirting and harassment? How do you have a fun date and get to know someone when eye contact and prolonged conversation aren't your strengths? How do you express your needs and make sure you're hearing your partner when they express theirs? How do you maintain a healthy, happy long term relationship? Autistic readers will find valuable answers and perspectives in this book, whether you're just getting ready to jump into dating, seeking to forge closer friendships, or looking to improve your existing partnership or marriage.



GENDER IDENTITY, SEXUALITY AND AUTISM: VOICES FROM ACROSS THE SPECTRUM

Eva A. Mendes. London: Jessica Kingsley Publishers, 2019, 199 p.

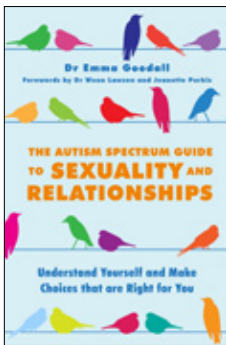
A collection of narratives from individuals on the autism spectrum who identify as LGBTQIA, providing both personal and clinical insights into the ASD-LGBTQIA overlap.



WHEN YOUNG PEOPLE WITH INTELLECTUAL DISABILITIES AND AUTISM HIT PUBERTY: A PARENTS' Q&A GUIDE TO HEALTH, SEXUALITY AND RELATIONSHIPS

Freddy Jackson Brown and Sarah Brown. London: Jessica Kingsley Publishers, 2016, 192 p.

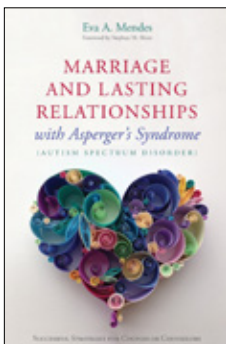
Written for parents and carers of young people with an intellectual disability or autism, this guide provides answers to the questions that you may have felt too uncomfortable to ask before. Supported by case studies, the authors offer professional guidance on supporting and responding to your child's emerging sexuality.



THE AUTISM SPECTRUM GUIDE TO SEXUALITY AND RELATIONSHIPS: UNDERSTAND YOURSELF AND MAKE CHOICES THAT ARE RIGHT FOR YOU

Emma Goodall. London: Jessica Kingsley, 2016, 280 p.

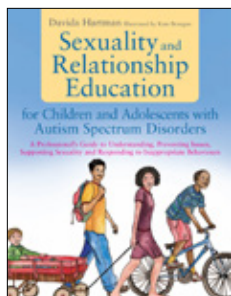
Unravelling the complexities of relationships and sexuality, this straight-talking guide will help you to navigate the associated social, emotional and physical issues.



MARRIAGE AND LASTING RELATIONSHIPS WITH ASPERGER'S SYNDROME (AUTISM SPECTRUM DISORDER): SUCCESSFUL STRATEGIES FOR COUPLES OR COUNSELORS

Eva A. Mendes. London: Jessica Kingsley, 2015, 264 p.

Offering practical advice straight from the couple's counseling room, Eva A. Mendes provides an insider's view into what couples and counselors can do to help make an ASD relationship last. She outlines the challenges faced in an ASD relationship and provides strategies that can improve the lives and marriages of couples on a daily basis.

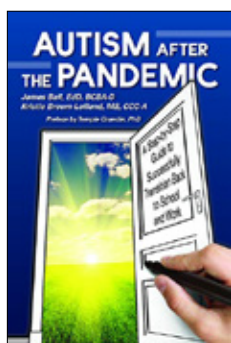


SEXUALITY AND RELATIONSHIP EDUCATION FOR CHILDREN AND ADOLESCENTS WITH AUTISM SPECTRUM DISORDERS: A PROFESSIONAL'S GUIDE TO UNDERSTANDING, PREVENTING ISSUES, SUPPORTING SEXUALITY AND RESPONDING TO INAPPROPRIATE BEHAVIOURS

Davida Hartman and Kate Brangan. London: Jessica Kingsley, 2014, 274 p.

Children and adolescents with Autism Spectrum Disorders (ASD) require specialized teaching strategies when learning about the body, sexuality, and relationships. This complete sex education resource provides practical teaching advice, activity ideas, and illustrated handouts geared towards the needs of children of all ages on the autism spectrum.

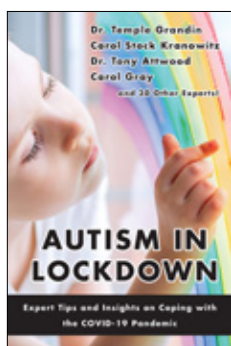
Autism and the COVID-19 pandemic



AUTISM AFTER THE PANDEMIC: A STEP-BY-STEP GUIDE BACK TO SCHOOL & WORK

James Ball. Arlington, Texas: Future Horizons inc., 2020, 64 p.

It has been a long haul at home! Both the children and the adults are used to the home environment and routines. Some students have been out of their programs since March. It is now time to go back to the normal school and work routine, but what does that “normal” mean? Learn the strategies needed prior to your child going back to school or to their adult services placement such as: How to get started; How you can prepare your child to transition back to school; How to establish routine.



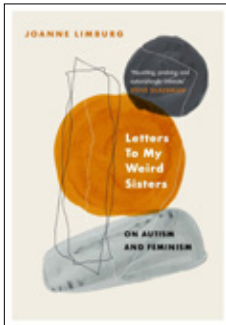
AUTISM IN LOCKDOWN: EXPERT TIPS AND INSIGHTS ON COPING WITH THE COVID-19 PANDEMIC

Temple Grandin, Tony Attwood, Carol Gray and Carol Stock Kranowitz.

Arlington, Texas: Future Horizons inc., 2020, 227 p.

The COVID-19 pandemic lockdown, schedule changes, and school closings have added unique challenges to everyone's lives. But even more so for individuals on the autism spectrum and their families. *Autism in Lockdown* includes the most needed tips and insights from 34 of the world's leading experts.

LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



LETTERS TO MY WEIRD SISTERS: ON AUTISM AND FEMINISM

Joanne Limburg. London: Atlantic Books, 2021, 262 p.

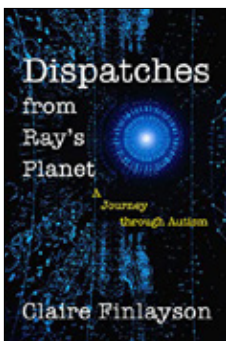
An autism diagnosis in midlife enabled Joanne Limburg to finally make sense of why her emotional expression, social discomfort and presentation had always marked her as an outsider. Eager to discover other women who had been misunderstood in their time, she writes a series of wide-ranging letters to four 'weird sisters' from history, addressing topics including autistic parenting, social isolation, feminism, the movement for disability rights and the appalling punishments that have been meted out over centuries to those who fall short of the norm.



BEHIND THE MIRROR: THE STORY OF A PIONEER IN AUTISM AND HER WORK WITH CHILDREN ON THE SPECTRUM

Jeanne Simons; as told to and with commentary by Sabine Oishi. Baltimore: Johns Hopkins University Press, 2021, 212 p.

Jeanne Simons devoted her career as a social worker to the study, treatment, and care of children with autism. She established what is today called the Linwood Center in Ellicott City, Maryland. Developmental psychologist Sabine Oishi, who collaborated with Simons, learned that Simons herself was autistic and had not enjoyed childhood intervention, yet had developed her own coping techniques to get by. This biography of Simons includes commentary from Oishi and information about autism.



DISPATCHES FROM RAY'S PLANET: A JOURNEY THROUGH AUTISM

Claire Finlayson. Halfmoon Bay, British Columbia: Caitlin Press, 2020, 240 p.

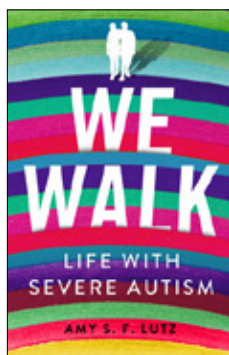
Dispatches From Ray's Planet draws on Ray and Claire's correspondence to tell the story of two siblings from two very different planets. There are thousands of Rays in our world, hiding in basements or holding up walls at social functions. In this collective memoir, Claire and Ray share their journey with the hope that others can also learn that we all perceive the world in different ways, and that "different" does not necessarily mean dangerous.



I OVERCAME MY AUTISM AND ALL I GOT WAS THIS LOUSY ANXIETY DISORDER: A MEMOIR

Sarah Kurchak. Madeira Park, BC: Douglas & McIntyre, 2020, 232 p.

Growing up undiagnosed in small-town Ontario in the eighties and nineties, Kurchak realized early that she was somehow different from her peers. She discovered an effective strategy to fend off bullying: she consciously altered nearly everything about herself – from her personality to her body language. By the time she was finally diagnosed with autism at twenty-seven, she struggled with depression and anxiety largely caused by the same strategy she had mastered precisely. She came to wonder, were all those years of intensely pretending to be someone else really worth it?



WE WALK: LIFE WITH SEVERE AUTISM

Amy S.F. Lutz. Ithaca, New York: ILR Press, an imprint of Cornell University Press, 2020, 177 p.

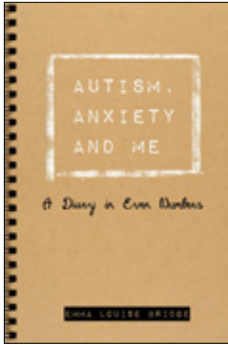
In this collection of essays, Amy S. F. Lutz writes openly about her experience, the positive and the negative, as a mother of a now twenty-one-year-old son with severe autism. Lutz's human emotion drives through each page and challenges commonly held ideas that define autism either as a disease or as neurodiversity.



AUTISM IN HEELS: THE UNTOLD STORY OF A FEMALE LIFE ON THE SPECTRUM

Jennifer Cook O'Toole. New York: Skyhorse Publishing, 2018, 248 p.

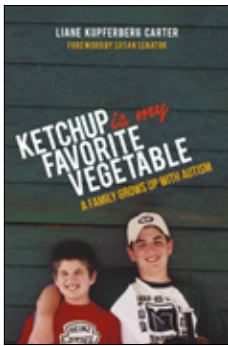
This intimate memoir reveals the woman inside one of autism's most prominent figures, Jennifer Cook O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's Syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power.



AUTISM, ANXIETY AND ME: A DIARY IN EVEN NUMBERS

Emma Bridge. London: Jessica Kingsley, 2016, 223 p.

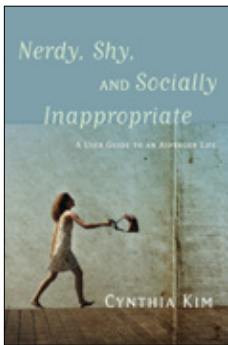
Emma's unique perspective as a young woman with autism and social anxiety gives a fascinating take on challenging issues such as employment, the transition to adulthood, friendships, and sensory sensitivity. Her diary provides an original voice from someone still in the process of figuring it all out.



KETCHUP IS MY FAVORITE VEGETABLE: A FAMILY GROWS UP WITH AUTISM

Liane Kupferberg Carter. London: Jessica Kingsley, 2016, 352 p.

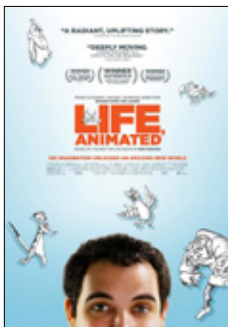
When Liane's son Mickey was first diagnosed with autism, she blamed herself. Two decades later, older and wiser, she reaches out to other families with this candid memoir. Sometimes heart-wrenching, often funny, but always honest, this book is an eye-opening example of how a family learned not just to survive, but to thrive with autism.



NERDY, SHY, AND SOCIALLY INAPPROPRIATE: A USER GUIDE TO AN ASPERGER LIFE

Cynthia A. Kim. London: Jessica Kingsley, 2015, 240 p.

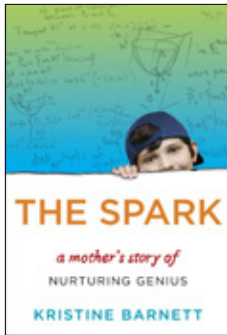
Cynthia Kim explores all the quirks of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider's perspective at some of the most challenging and intractable aspects of being autistic. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism.



LIFE, ANIMATED: A STORY OF SIDEKICKS, HEROES, AND AUTISM

Ron Suskind. New York: Kingswell, 2014, 372 p.

The author describes how his autistic son, Owen, learned to cope with his handicap from a young age by memorizing the dialogue of Disney movies and having his family play the roles of the animated characters.



THE SPARK: A MOTHER'S STORY OF NURTURING GENIUS

Kristine Barnett. New York: Random House, 2013, 250 p.

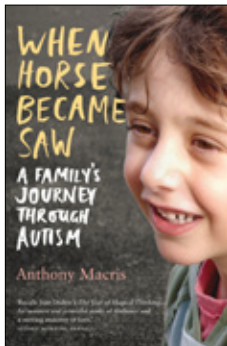
When Kristine Barnett's son, Jake, was diagnosed with autism, she knew that she wouldn't be the kind of mom who would restrict her child's life to what society thinks it should be. Therapists told her that Jake shouldn't bother to learn the alphabet, or tie his shoes, but Barnett's perseverance in nurturing her child's intelligence has led him to researching quantum physics at Indiana University.



CARLY'S VOICE

Arthur Fleischmann. New York: Simon & Schuster, 2012, 391 p.

The father of a child who was diagnosed as autistic at the age of two describes the intensive therapies that were pursued before Carly had a breakthrough at the age of ten, when she began using her computer to communicate.

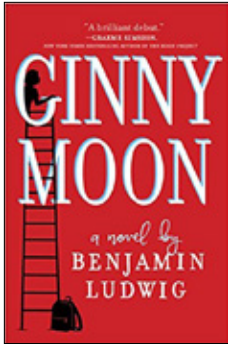


WHEN HORSE BECAME SAW

Anthony Macris. Camberwell: Penguin Australia, 2012, 320 p.

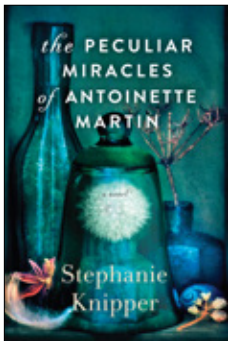
When Anthony Macris' son was diagnosed with autism, he and his partner Kathy had two choices: do what they were told – and could afford – or do what they thought best. This is the tragic, joyful, instructive story of how they confronted the condition that changed their lives.

NOVELS

**GINNY MOON**

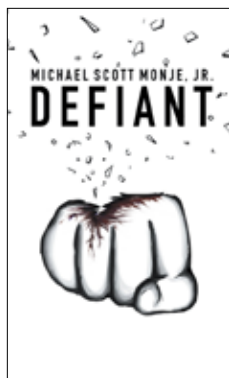
Benjamin Ludwig. New York: Park Row Books, 2017, 360 p.

Ginny Moon is exceptional. Everyone knows it—her friends at school, teammates on the basketball team, and especially her new adoptive parents. They all love her, even if they don't quite understand her. They want her to feel like she belongs. What they don't know is that Ginny has no intention of belonging. She's found her birth mother on Facebook, and is determined to get back to her—even if it means going back to a place that was extremely dangerous. Because Ginny left something behind and she's desperate to get it back, to make things right. But no one listens. No one understands. So Ginny takes matters into her own hands...

**THE PECULIAR MIRACLES OF ANTOINETTE MARTIN:
A NOVEL**

Stephanie Knipper. Chapel Hill: Algonquin Books of Chapel Hill, 2016, 328 p.

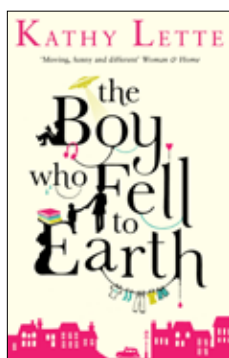
Sisters Rose and Lily Martin were inseparable when they were kids. As adults, they've been estranged for years, until circumstances force them to come together to protect Rose's daughter. Ten-year-old Antoinette has a severe form of autism that requires constant care and attention. She has never spoken a word, but she has a powerful gift that others would give anything to harness: she can heal things with her touch... Antoinette's gift, though, puts her own life in danger, as each healing comes with an increasingly deadly price. As Rose – the center of her daughter's life – struggles with her own failing health, and Lily confronts her anguished past, they, and the men who love them, come to realize the sacrifices that must be made to keep this very special child safe.



DEFIANT

Michael Scott Monje Jr. Fort Worth: Autonomous Press, 2015, 156 p.

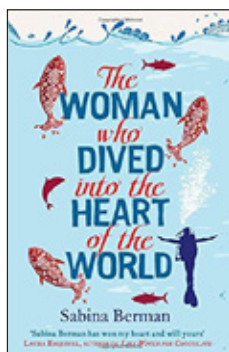
Clay Dillon is neuroqueer, and he needs to make peace with it. After thirty years, he finally knows the truth: that he is and always has been autistic, and that most of his problems getting along came from a lack of awareness of himself a lack that came not from being autistic, but from having no knowledge of the gap between what he knew of his own needs and what others expected them to be. This is changing, though, and the change brings a freedom that is at once great and terrible. It grants him answers, but it also alters his ways of perceiving himself. Feelings that were dismissed at puberty are rushing to the forefront of his perceptions, and Clay is beginning to question what his desires are, and even who he is, as his world shifts around him.



THE BOY WHO FELL TO EARTH

Kathy Lette. London: Transworld, 2013, 395 p.

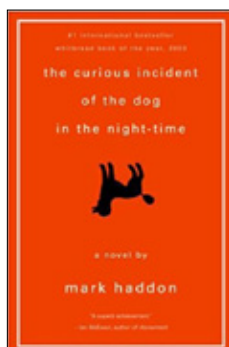
Meet Merlin. He's Lucy's bright, beautiful son, who just happens to be autistic. Since Merlin's father left them in the lurch, Lucy has made Merlin the centre of her world. Struggling with the joys and tribulations of raising her adorable yet challenging child, Lucy doesn't have room for any other man in her life.



ME, WHO DOVE INTO THE HEART OF THE WORLD

Sabina Berman. New York: Simon & Schuster, 2012, 384 p.

Karen Nieto spent her earliest years a feral child, left alone to wander the vast beach property near her family failing tuna cannery in Mazatlán, Mexico. When her mother dies, Karen's long-kept family secret is revealed. What to do with the troubled and autistic Karen?

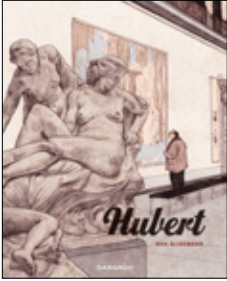


THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

Mark Haddon. Toronto: Anchor Canada, 2004, 240 p.

Narrated by a fifteen-year-old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions.

COMICS



HUBERT

Ben Gijsemans. London: Jonathan Cape, 2015, 86 p.

Hubert is an autistic man who shapes his life by going to museums. The world outside is a puzzle to him. He talks to few people and only about museums and art. When his neighbour downstairs, a lonely woman, invites him again and again to come for a drink, he only goes because she has a painting that interests him. When she tries to seduce him, he doesn't understand. He takes photos of the pictures he likes – usually of beautiful women – and paints copies of the paintings at home. There is only one real woman who fascinates him; she lives in the opposite building and he can see her balcony from his window.

YOUTH LITERATURE

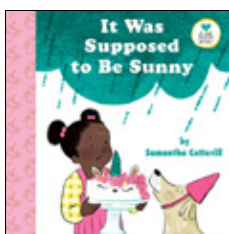


AGES 2 TO 6

TOMAS LOVES...: A RHYMING BOOK ABOUT FUN, FRIENDSHIP – AND AUTISM

Jude Welton and Jane Telford (ill.). London: Jessica Kingsley, 2015, 32 p.

This charmingly illustrated, rhyming book is a perfect introduction to autism for young readers aged 2 and over including siblings, friends and children on the autism spectrum themselves. It captures the world of Tomas – a little boy who loves trains, rhyming words and his dog Flynn and hates sudden noise and surprises.



AGES 3 TO 7

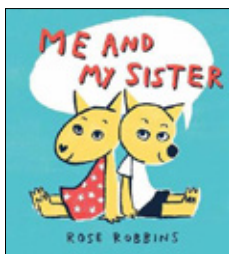
IT WAS SUPPOSED TO BE SUNNY

Samantha Cotterill. New York: Dial Books for Young Readers, 2021, 32 p.

Laila's birthday party, perfectly planned with her autism in mind, goes awry due to a change in weather and an accident with her cake, but with the help of her mom and her service dog, Laila knows she can handle this.



Also available on prenumerique.ca



AGES 3 TO 7

ME AND MY SISTER

Rose Robbins. Grand Rapids, Michigan: Eerdmans Books for Young Readers, 2020, 32 p.

Getting along with your sister is never easy – especially if your brains work in different ways! Based on the author's childhood, Me and My Sister is a gentle exploration of growing up with an autistic sibling.

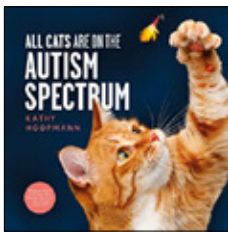


AGES 3 TO 7

TALKING IS NOT MY THING

Rose Robbins. Grand Rapids, Michigan: Eerdmans Books for Young Readers, 2020, 32 p.

Narrated through thought bubbles, this energetic book invites readers into the day of a nonverbal girl with autism. She has so much to do – games to play, spaghetti to eat, and a missing stuffed animal to find! Sometimes life can be noisy and overwhelming, but something new is always around the corner. Talking isn't the only way to make a joke, ask for Grandma's help, or surprise your brother...



AGES 3+

ALL CATS ARE ON THE AUTISM SPECTRUM

Kathy Hoopmann. Philadelphia: Jessica Kingsley Publishers, 2020, 72 p.

This book takes a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.

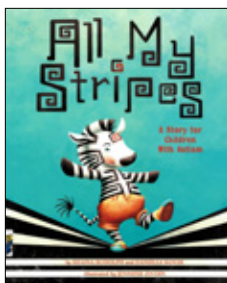


AGES 4 TO 8

HOW TO BUILD A HUG: TEMPLE GRANDIN AND HER AMAZING SQUEEZE MACHINE

Amy Guglielmo, Jacqueline Tourville and Giselle Potter (ill.). New York: Atheneum Books for Young Readers, an imprint of Simon & Schuster Children's Publishing Division, 2018, 48 p.

As a young girl, Temple Grandin loved folding paper kites, making obstacle courses, and building lean-tos. But she really didn't like hugs. Temple wanted to be held—but to her, hugs felt like being stuffed inside the scratchiest sock in the world; like a tidal wave of dentist drills, sandpaper, and awful cologne, coming at her all at once. Would she ever get to enjoy the comfort of a hug?



AGES 4 TO 8

ALL MY STRIPES: A STORY FOR CHILDREN WITH AUTISM

Shaina Rudolph, Danielle Royer and Jennifer Zivojn (ill.). Washington: Magination Press, 2015, 36 p.

Zane rushes home to tell his mother about problems he faced during his school day, and she reminds him that while others may only see his “autism stripe,” he has stripes for honesty, caring, and much more.

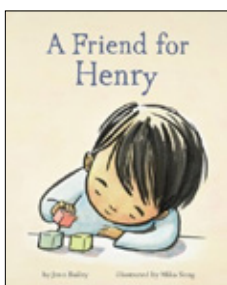


AGES 5 TO 7

THE PERFECT PROJECT: A BOOK ABOUT AUTISM

Tracy Packiam Alloway and Ana Sanfelippo (ill.). Mission Viejo: QED Publishing, 2019, 24 p.

When Charlie’s class has to do a class project on trains, can he use his SEN Superpowers to help his group get the job done? SEN Superpowers: The Perfect Project explores the topic of autism with an empowering story and adorable illustrations.

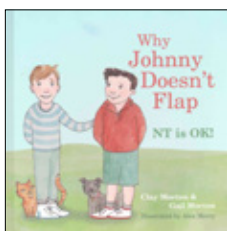


AGES 5 TO 8

A FRIEND FOR HENRY

Jenn Bailey and Mika Song (ill.). San Francisco: Chronicle Books, 2019, 36 p.

Henry would like to find a friend at school, but for a boy on the autism spectrum, making friends can be difficult, as his efforts are sometimes misinterpreted, or things just go wrong--but Henry keeps trying, and in the end he finds a friend he can play with.

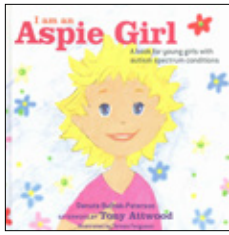


AGES 5 TO 9

WHY JOHNNY DOESN'T FLAP: NT IS OK!

Clay Morton, Gail Morton and Alex Merry (ill.). London: Jessica Kingsley, 2015, 32 p.

Why Johnny Doesn't Flap gives readers a unique perspective on neurological difference. Observe the quirks of the non-autistic Johnny through the eyes of someone with Autism Spectrum Disorder (ASD). Turning the tables on common perceptions of ‘normal’ social behaviour, our narrator lets us know that Johnny is “different”, but that’s OK.



AGES 5 TO 12

I AM AN ASPIE GIRL: A BOOK FOR YOUNG GIRLS WITH AUTISM SPECTRUM CONDITIONS

Danuta Bulhak-Paterson and Teresa Ferguson (ill.). London: Jessica Kingsley, 2015, 32 p.

Girls with an Autism Spectrum Disorder (ASD) are often quite different from boys with an ASD. In this fully illustrated, colour storybook, Lizzie, an 'Aspie Girl', talks about all the things she and other girls with Asperger Syndrome sometimes find difficult, and all of the things that make them special.

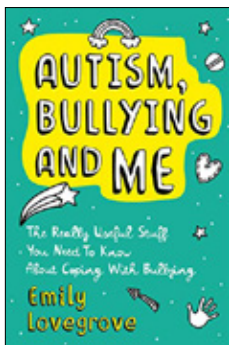


AGES 5+

LEO AND THE OCTOPUS

Isabelle Marinov and Chris Nixon (ill.). Dorking: Templar Publishing, 2021, 32 p.

Leo struggles to make sense of the world. It's too loud, too bright, he doesn't understand the other children in his class, and they don't seem to understand him. But then one day, Leo meets Maya. Maya is an octopus, and the more Leo learns about her, the more he thinks that perhaps he isn't alone in this world, after all.

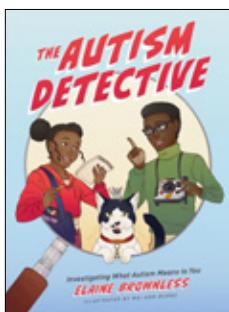


AGES 5+

AUTISM, BULLYING AND ME: THE REALLY USEFUL STUFF YOU NEED TO KNOW ABOUT COPING BRILLIANTLY WITH BULLYING

Emily Lovegrove. Philadelphia: Jessica Kingsley Publishers, 2020, 128 p.

In this book, you'll learn techniques to clear your mind so that you can respond to bullying situations calmly and confidently and be positive about who you are. It's packed with self-empowering strategies for coping with being autistic in a neurotypical world, and practical tips so you can handle any bullying scenario.



AGES 6 TO 8

THE AUTISM DETECTIVE: INVESTIGATING WHAT AUTISM MEANS TO YOU

Elaine Brownless and Mai-Ann Burns (ill.). London: Jessica Kingsley Publishers, 2021, 48 p.

What do you know about autism? Whether you know a little or a lot, you are invited to explore your understanding of the autism spectrum and discover something new by joining detectives Scully and Kit on their investigation. As Scully and Kit interview six ordinary children, follow the clues and see if you can guess which of them are autistic.

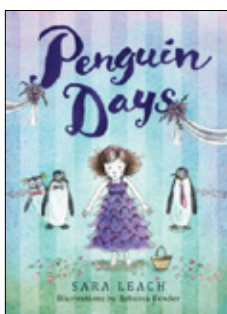


AGES 6 TO 9

MY LIFE WITH AUTISM

Mari C. Schuh and Isabel Muñoz (ill.). Mankato, MN: Amicus Illustrated, 2021, 24 p.

Meet Zen! He loves to draw and play video games. He also has autism. Zen is real and so are his experiences. Learn about his life in this illustrated narrative nonfiction picture book for elementary students.



AGES 7 TO 10

PENGUIN DAYS

Sara Leach and Rebecca Bender (ill.). Toronto: Pajama Press Inc., 2018, 104 p.

Lauren and her family drive to a farm in North Dakota to visit relatives and celebrate her Auntie Joss' wedding. But Lauren finds to her dismay that she is expected to do more than meet adults who hug her and invade her personal space. Lauren is going to be--horror of all horrors--a flower girl.

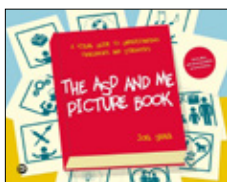


AGES 7 TO 12

INSIDE ASPERGER'S LOOKING OUT

Kathy Hoopmann. London: Jessica Kingsley, 2012, 72 p.

Following in the best-selling footsteps of Kathy Hoopmann's *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, this book shows neurotypicals how Aspies experience the world. Each page brings to light traits that many Aspies have in common, and the book celebrates the unique characteristics that make those with Asperger's Syndrome special.

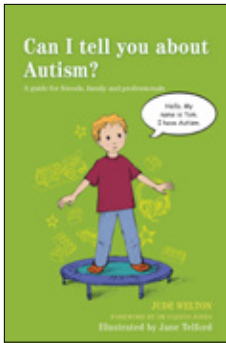


AGES 7 TO 14

THE ASD AND ME PICTURE BOOK: A VISUAL GUIDE TO UNDERSTANDING CHALLENGES AND STRENGTHS FOR CHILDREN ON THE AUTISM SPECTRUM

Joel Shaul. London: Jessica Kingsley Publishers, 2017, 96 p.

The book explores a range of common difficulties, including communication, emotional and sensory regulation, and executive functioning, encouraging children to explore their personal challenges and abilities in an engaging and positive way. Illustrated with hundreds of cartoon-style graphics and containing a wealth of fun tools, games, activities and photocopiable worksheets, this book is ideal for children with ASDs aged 7-14, and will be equally useful at home or in the classroom.

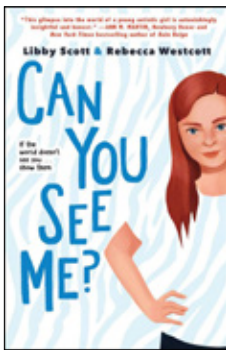


AGES 7+

CAN I TELL YOU ABOUT AUTISM?: A GUIDE FOR FRIENDS, FAMILY AND PROFESSIONALS

Jude Welton and Jane Telford (ill.). London: Jessica Kingsley, 2014, 64 p.

Tom invites readers to learn about autism from his perspective in this beautifully illustrated book, suitable for readers aged 7 and upwards. He explains the challenges he faces with issues such as social communication, sensory overload and changes in his routine and describes all the ways he can be helped and supported by those around him.



AGES 8 TO 12

CAN YOU SEE ME?

Libby Scott and Rebecca Westcott. New York: Scholastic, 2021, 362 p.

Tally isn't ashamed of being autistic. But, starting sixth grade at a new school, even with her best friend Layla at her side, is going to be a challenge. A lot of people are uncomfortable around Tally but Layla has never been one of them... until now. Tally feels like she has to act "normal," though she begins to wonder if fitting in is really what matters most.



AGES 8 TO 12

GET A GRIP, VIVVY COHEN!

Sarah Kapit. New York: Dial Books for Young Readers, 2020, 326 p.

Eleven-year-old knuckleball pitcher Vivvy Cohen, who has autism, becomes pen pals with her favorite Major League baseball player after writing a letter to him as an assignment for her social skills class.



AGES 8 TO 12

FOREVER NEVERLAND

Susan Adrian. New York: Random House, 2019, 260 p.

Told in two voices, Clover, twelve, and her autistic brother Fergus, eleven, discover they are descended from Wendy Darling and set off with Peter Pan for adventures in Neverland.



AGES 8 TO 12

THE SPACE WE'RE IN

Katya Balen. New York: Holiday House, 2019, 197 p.

Ten-year-old Frank's life revolves around his autistic brother, five-year-old Max, but after many changes over the course of a year, he discovers that he loves Max and is proud of him.



AGES 8 TO 12

BROTHER: A STORY OF AUTISM

Bridget Hudgens and Nam Kim (ill.). Los Angeles: Zuiker Press, 2019, 95 p.

Bridget and Carlton are as close as any sister and brother. But their relationship is particularly special. Carlton has autism and is almost completely nonverbal. He's smart, funny, creative, and loving. He has immense challenges in speaking full sentences. Bridget's fierce loyalty to and compassion for her brother led to an unbreakable bond that has helped the siblings cope with divorce and homelessness. Carlton's devotion to his family is loud and clear, even in his silence.



AGES 8 TO 12

PLANET EARTH IS BLUE

Nicole Panteleakos. New York: Wendy Lamb Books, 2019, 232 p.

Autistic and nearly nonverbal, twelve-year-old Nova is happy in her new foster home and school, but eagerly anticipates the 1986 Challenger launch, for which her sister, Bridget, promised to return.



Also available on pretnumerique.ca



AGES 8 TO 12

ME AND SAM-SAM HANDLE THE APOCALYPSE

Susan Vaught. New York: Simon & Schuster Books for Young Readers, 2019, 320 p.

When the cops show up at Jesse's house and arrest her dad, she figures out in a hurry that he's the #1 suspect in the missing library fund money case. With the help of her (first and only) friend Springer, she rounds up suspects (leading to a nasty confrontation with three notorious school bullies) and asks a lot of questions. But she can't shake the feeling that she isn't exactly cut out for being a crime-solving hero. Jesse has a neuro-processing disorder, which means that she's "on the spectrum or whatever." As she explains it, "I get stuck on lots of stuff, like words and phrases and numbers and smells and pictures and song lines and what time stuff is supposed to happen." But when a tornado strikes her small town, Jesse is given the opportunity to show what she's really made of – and help her dad.

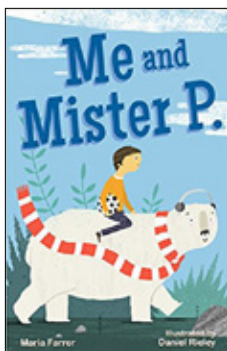


AGES 8 TO 12

THE DOG THAT SAVED CHRISTMAS

Nicola Davies and Mike Byrne (ill.). Edinburgh: Barrington Stoke, 2018, 87 p.

Christmas is a nightmare for Jake. He hates the bright lights, all the noise and the disruption to his routine. But everything changes when he finds a lost dog. He names her Susan and adopts her as his own. Jake and Susan form a special bond that helps him to cope with the things that usually stress him out. With Susan around, maybe there's a chance that this Christmas will be one the whole family can enjoy.

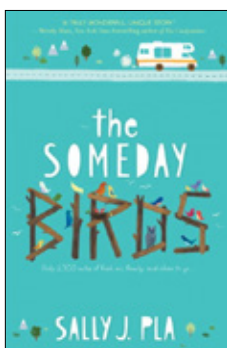


AGES 8 TO 12

ME AND MISTER P.

Maria Farrer and Daniel Rieley (ill.). New York: Sky Pony Press, 2017, 210 p.

An autistic younger brother, a frustrated older brother, and a friendly, fun polar bear who helps both of them!



AGES 8 TO 12

THE SOMEDAY BIRDS

Sally J. Pla. New York: HarperCollins Children's, 2017, 336 p.

Charlie, twelve, who has autism and obsessive-compulsive disorder, must endure a cross-country trip with his siblings and a strange babysitter to visit their father, who will undergo brain surgery.

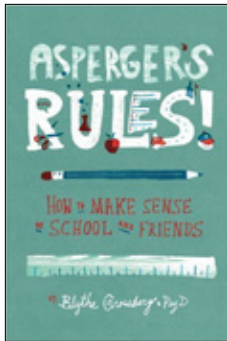


AGES 8 TO 14

BLUE BOTTLE MYSTERY: AN ASPERGER ADVENTURE

Kathy Hoopmann. London: Jessica Kingsley, 2015, 64 p.

Full of mystery and intrigue, this graphic novel version of Kathy Hoopmann's best-selling adventure follows Ben, a boy with Asperger's syndrome (AS). When Ben and his friend Andy discover an old blue bottle in the school yard, little do they know of the mysterious forces they are about to unleash.

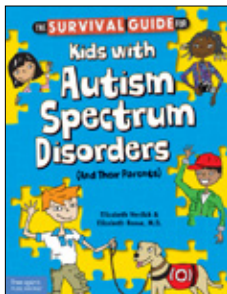


AGES 8 TO 14

ASPERGER'S RULES!: HOW TO MAKE SENSE OF SCHOOL AND FRIENDS

Blythe Grossberg. Washington: Magination Press, 2012, 127 p.

Offers guidance to young people with Asperger's syndrome by explaining how to understand and communicate with their peers and teachers, standing up for and taking care of themselves, setting realistic goals, and making friends.



AGES 8 TO 14

SURVIVAL GUIDE FOR KIDS WITH AUTISM SPECTRUM DISORDERS (AND THEIR PARENTS)

Elizabeth Verdick, Elizabeth Reeve and Nick Kobyluch (ill.). Minneapolis: Free Spirit, 2012, 234 p.

This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. The book includes stories from real kids, fact boxes, helpful checklists, resources, and a glossary. Sections for parents offer more detailed information.



AGES 9 TO 12

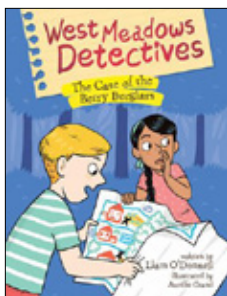
A BIRD WILL SOAR

Alison Green Myers. New York: Dutton Children's Books, 2021, 392 p.

Axel, who is autistic, loves everything about birds, especially eagles. His mother is like an osprey—the best of all bird mothers—but she worries a lot and keeps secrets about important things. His dad is more like a wild turkey, coming and going as he pleases. When a tornado damages not only Axel's home but the eagles' nest he has been watching over, Axel's life is thrown into chaos and he must trust his own instincts to help heal his family and the nest he loves.



Also available on pretnumerique.ca

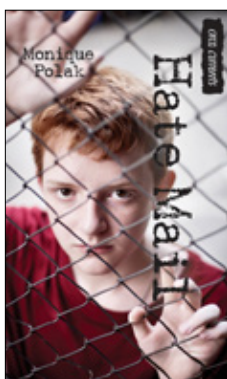


AGES 9 TO 12

THE CASE OF THE BERRY BURGLARS

Liam O'Donnell and Aurélie Grand (ill.). Toronto: Owlkids Books, 2018, 160 p.

Myron, a third-grade detective who is on the spectrum, gets the chance to crack a third case when he finds out the school garden has been trampled and the strawberry plants are missing. When neighborhood gardens are also found short of strawberries, Myron and his friends are on the case.



AGES 10 TO 14

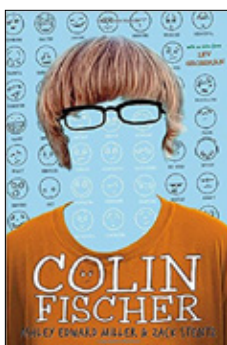
HATE MAIL

Monique Polak. Victoria: Orca Book Publishers, 2014, 132 p.

Jordie's cousin Todd has moved back to Montreal and is attending Jordie's high school. Todd has autism and requires an aide. Todd has not been welcomed in the school. He's known as a freak, and even other parents seem to resent Todd's special needs. Jordie does everything he can to distance himself from his cousin, fearful of what his friends might think. When he learns that Todd's whole family is buckling under the pressure of a hateful letter, Jordie starts to question his own behavior. But Todd's resources are unique, and he soon finds a way to prove his worth to his peers and to the community at large. Inspired by real-life events, Hate Mail examines the transformative power of speaking out against prejudice.



Also available on pretnumerique.ca



AGES 10 TO 14

COLIN FISCHER

Ashley Edward Miller and Zack Stentz. New York: Razorbill, 2012, 228 p.

A boy with autism teams up with the high school bully to get to the bottom of a cafeteria crime.



AGES 10 TO 17

SISTERHOOD OF THE SPECTRUM: AN ASPERGER CHICK'S GUIDE TO LIFE

Jennifer Cook O'Toole and Anne-Louise Richards (ill.). London: Jessica Kingsley, 2015, 240 p.

Jennifer Cook O'Toole provides girls on the autism spectrum with an inspiring guide to life in her new book, covering everything from friendship and accepting the unique 'you' to dating and body shapes. Full of inspirational advice and with illustrations throughout, it will be the perfect companion for any Asperger chick on the road to womanhood.



AGES 10 TO 17

ELLIE NEEDS TO GO: A BOOK ABOUT HOW TO USE PUBLIC TOILETS SAFELY FOR GIRLS AND YOUNG WOMEN WITH AUTISM AND RELATED CONDITIONS

Kate E. Reynolds and Jonathon Powell (ill.). London: Jessica Kingsley, 2015, 36 p.

In this picture book, we join Ellie as she is out and about and needs to use a public toilet. It provides parents and carers with the opportunity to teach girls and young women with autism and other special needs how to use public toilets safely and to understand the social etiquette.



AGES 10 TO 17

WHAT'S HAPPENING TO ELLIE?: A BOOK ABOUT PUBERTY FOR GIRLS AND YOUNG WOMEN WITH AUTISM AND RELATED CONDITIONS

Kate E. Reynolds and Jonathon Powell (ill.). London: Jessica Kingsley, 2015, 36 p.

This simple picture book follows Ellie as she begins puberty. Designed to be read with girls with autism or other special needs, it provides the perfect starting point for parents and carers to discuss changes including new hair growth and menstruation.



AGES 10 TO 17

WHAT'S HAPPENING TO TOM?: A BOOK ABOUT PUBERTY FOR BOYS AND YOUNG MEN WITH AUTISM AND RELATED CONDITIONS

Kate E. Reynolds and Jonathon Powell (ill.). London: Jessica Kingsley, 2015, 36 p.

This simple picture book follows Tom as he begins puberty. Designed to be read with boys with autism or other special needs, it provides the perfect starting point for parents and carers to discuss changes including new hair growth, deepening voice and wet dreams.

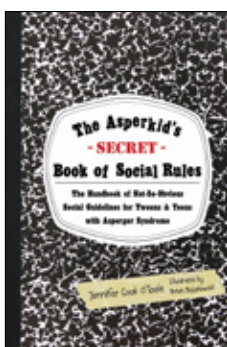


AGES 10 TO 17

TOM NEEDS TO GO: A BOOK ABOUT HOW TO USE PUBLIC TOILETS SAFELY FOR BOYS AND YOUNG MEN WITH AUTISM AND RELATED

Kate E. Reynolds and Jonathon Powell (ill.). London: Jessica Kingsley, 2014, 36 p.

In this picture book, we join Tom as he is out and about and needs to use a public toilet. It provides parents and carers with the opportunity to teach boys and young men with autism and other special needs how to use urinals and cubicles safely and to understand the social etiquette.



AGES 10 TO 17

THE ASPERKID'S (SECRET) BOOK OF SOCIAL RULES: THE HANDBOOK OF NOT-SO-OBVIOUS SOCIAL GUIDELINES FOR TWEENS AND TEENS WITH ASPERGER SYNDROME

Jennifer Cook O'Toole and Brian Bojanowski (ill.). London: Jessica Kingsley, 2012, 280 p.

The Asperkid's (Secret) Book of Social Rules offers witty insights into baffling social codes such as making and keeping friends, and common conversation pitfalls. Ideal for all 10-17 year-olds with Asperger's syndrome, this book provides inside information on over thirty social rules helping Asperkids to navigate the mysterious world around them.

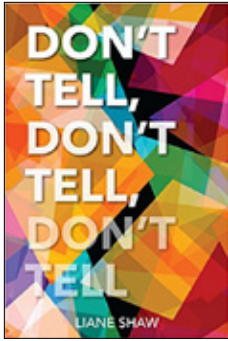


AGES 11 TO 18

CAMOUFLAGE: THE HIDDEN LIVES OF AUTISTIC WOMEN

Sarah Bargiela and Sophie Standing (ill.). London: Jessica Kingsley Publishers, 2019, 40 p.

This graphic novel explores the experiences and difficulties faced by women on the spectrum, such as late or incorrect diagnosis and having to master the art of pretending to be "normal".



AGES 12 TO 16

DON'T TELL, DON'T TELL, DON'T TELL

Liane Shaw. Toronto: Second Story Press, 2016, 235 p.

This well-articulated novel that gives the reader an insider look into how it feels to be Frederick, a young man with Asperger's. He puts his world in order, the way he wants it to be, regardless of what others think. Angel strikes up an unlikely friendship with Frederick, as they are both misfits trying to find their way despite being bullied.



AGES 12 TO 18

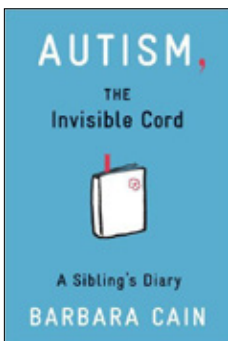
EVERYDAY HERO

Kathleen Cherry. Victoria: Orca Book Publishers, 2016, 157 p.

Alice doesn't like noise, smells or strangers. She does like rules. Lots of rules. Nobody at her new school knows she has Asperger's, so it doesn't take long for her odd behavior to get her into trouble. When she meets Megan in detention, she doesn't know what to make of her. Megan doesn't smell, she's not terribly noisy, and she's not exactly a stranger, but is she a friend? Megan seems fearless to Alice, but also angry or maybe sad. Alice isn't sure which. When Megan decides to run away, Alice resolves to help her friend, no matter how many rules she has to break or how bad it makes her feel.



Also available on pretnumerique.ca

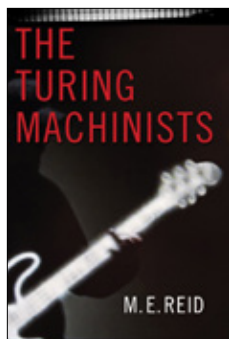


AGES 12 TO 18

AUTISM, THE INVISIBLE CORD: A SIBLING'S DIARY

Barbara S. Cain. Washington: Magination Press, 2013, 112 p.

Follows 14-year-old Jenny as she describes her day-to-day life with her younger autistic brother, Ezra.

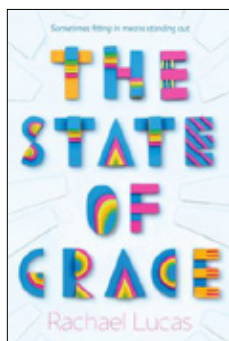


AGES 13 TO 17

THE TURING MACHINISTS

M. E. Reid. Toronto: Dancing Cat Books, 2016, 210 p.

Hoping to keep his parents together by fulfilling an old dream of his father's, seventeen-year-old Del starts a band in which all the members have Asperger's syndrome.

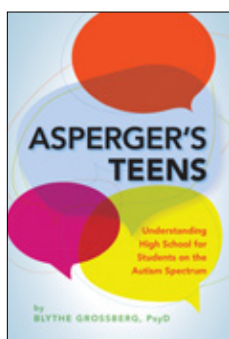


AGES 13 TO 18

THE STATE OF GRACE

Rachael Lucas. New York: Feiwel and Friends, 2018, 219 p.

Sixteen-year-old Grace has Asperger's, a horse, and a best friend who understands her, which is pretty much all she needs, but when she kisses Gabe and things start to change at home, suddenly everything threatens to fall apart, and it is up to Grace to fix it on her own.

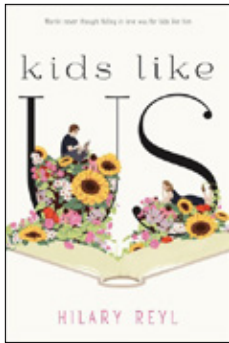


AGES 13 TO 18

ASPERGER'S TEENS: UNDERSTANDING HIGH SCHOOL FOR STUDENTS ON THE AUTISM SPECTRUM

Blythe Grossberg. Washington: Magination Press, 2015, 156 p.

If you have Asperger's, high school can be a time of great promise and opportunity – to learn more about subjects you're excited about, join clubs and activities that interest you, and make new friends – but it can also be uncomfortable at times. This book helps you use your strengths and unique personal style to feel more comfortable in high school.



AGES 13+

KIDS LIKE US

Hilary Reyl. Melbourne: The Text Publishing Company, 256 p.

A novel about a teenage boy on the autism spectrum who learns he is capable of love.



AGES 13+

FRAGILE BONES: HARRISON AND ANNA

Lorna Schultz Nicholson. Richmond Hill: Clockwise Press, 2015, 217 p.

Told in the alternating voices of Harrison and Anna, *Fragile Bones* is the story of two teens whose lives intertwine in unexpected ways. Each One-to-One novel tells the story of a different pair of teens participating in the Best Buddies program at Sir Winston Churchill Secondary School. Follow the lives of this group of friends who come together with different expectations and problems, seeing the world from their own unique perspectives and facing it head on together.



AGES 15+

RUNNING FULL TILT

Michael Currinder. Watertown: Charlesbridge Teen, 2017, 327 p.

Sixteen-year-old Leo Coughlin's life is increasingly stressful because his autistic older brother Caleb's behavior is becoming more bizarre and even violent, and their parents' marriage is falling apart--but Leo finds an escape in long-distance running, and in two new friends: Curtis, himself a potential state champion who teaches him the strategy of running, and Mary, his would-be girlfriend.

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



GOOD DOCTOR

David Shore, Daniel Dae Kim. (2017-)

TV series (United States). Shaun Murphy, a young surgeon with autism and Savant syndrome, is recruited into the surgical unit of a prestigious hospital.



THE SPECIALS

Olivier Nakache, Éric Toledano. 2019, 174 min.

The Specials is a social-issue drama true story based on the figure of Stephane Benhamou, who for years in Paris has run a shelter for autistic teens and young adults with symptoms severe enough that even hospitals slink away from caring for them.



PABLO

Grainne McGuinness. TV Series, 2017-2020.

The series follows Pablo, a smart and artistic five-year-old boy who is on the autism spectrum. Using his magic crayons, his imaginative drawings come to life, enabling him to face the real world with confidence. Pablo bravely turns his life challenges into fantastic adventures with the help of his Art World friends, Llama, Noa, Mouse, Draff, Tang, and Wren. Each story reflects the real-life experiences of children with autism, and has been devised, co-written and voiced by young autistic talent.



PLEASE STAND BY

Ben Lewin. 2017, 93 min.

Comedy-drama (United States). A young autistic woman runs away from her caregiver in an attempt to submit her manuscript to a "Star Trek" writing competition.



JACK OF THE RED HEARTS

Janet Grillo. 2015, 100 min.

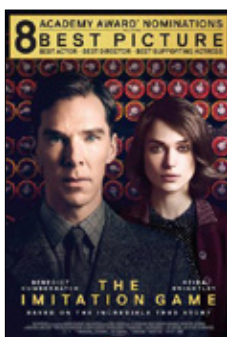
Drama (United States). Conning her way into a job as a caregiver, a teenage runaway forms a bond with an 11-year-old autistic girl and the child's mother.



X+Y

Morgan Matthews. 2014, 111 min.

Drama (Great Britain). Struggling to build relationships with others, a teenage math prodigy develops a budding friendship with a young girl while competing at the International Mathematics Olympiad. The main character Nathan Ellis is based on mathematical genius Daniel Lightwing who has Asperger's syndrome.



THE IMITATION GAME

Morten Tyldum. 2014, 114 min.

Drama (Great Britain, United States). During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians.

G



STAND CLEAR OF THE CLOSING DOORS

Sam Fleischner. 2013, 107 min.

Drama (United States). Ricky, an autistic teen living in Queens, has a difficult time fitting in at school. He is scolded for skipping class and hides out in the subway as Hurricane Sandy closes in on the city.

G



WHITE FROG

Quentin Lee. 2012, 93 min.

Drama (United States). The story of a neglected teen with mild Asperger's syndrome whose life is changed forever when tragedy hits his family.



THE STORY OF LUKE

Alonso Mayo. 2012, 95 min.

Drama (United States). After his grandmother dies, an autistic young man is forced to adjust to life in the outside world.



ADAM

Max Mayer. 2009, 99 min.

Drama (United States). Adam, a lonely man with Asperger's Syndrome, develops a relationship with his upstairs neighbor, Beth.

G



RAIN MAN

Barry Levinson. 1988, 134 min.

Comedy (United States). Charlie Babbitt's father left a fortune to his savant brother Raymond and a pittance to Charlie; they travel cross-country.

G

DOCUMENTARIES

General



THE REASON I JUMP

Jerry Rothwell. 2021, 82 min.

Based on the best-selling book by Naoki Higashida, *The Reason I Jump* is an immersive cinematic exploration of neurodiversity through the experiences of non-speaking autistic people from around the world. The film blends Higashida's revelatory insights into autism, written when he was just thirteen, with intimate portraits of five remarkable young people. It opens a window for audiences into an intense and overwhelming, but often joyful, sensory universe.



AUTISM: THE SEQUEL

Tricia Regan. 2020, 40 min.

This follow-up to the Emmy winning "AUTISM: The Musical" follows five young adults on the spectrum as they navigate their early 20's.



LOVE ON THE SPECTRUM

Clan O'Clery. 2019-

A four-part documentary series following young adults on the autism spectrum as they explore the unpredictable world of love, dating and relationships.



HOW AUTISM FEELS, FROM THE INSIDE | OP-DOCS

The New York Times. 2019, 12 min.

Online: <https://www.youtube.com/watch?v=qDXo830tzgE>

What is it like to live with Asperger's syndrome? Jordan Kamnitzer tries to answer that question in "Perfectly Normal," this week's Op-Doc. It's beautifully directed by Joris Debeij, who frames Kamnitzer's experiences and ideas with evocative cinematography and editing, giving us a beautiful but challenging glimpse into another way of being.



BEYOND THE SPECTRUM: A FAMILY'S YEAR CONFRONTING AUTISM

Steve Suderman. 2017, 86 min.

When Carly and Stef's two-year-old son Oskar is diagnosed with autism, their busy family of seven drops everything for a year to focus on his therapy. In this theatrical feature and one hour television documentary, director Steve Suderman offers an intimate and honest portrayal of two loving parents as they juggle the demands of a hectic treatment schedule with the needs of their five lively children. As they strive to connect with him, they confront a critical question: Does accepting Oskar mean accepting his autism?



AUTISM: A CURIOUS CASE OF THE HUMAN MIND

Thomas E. Griffiths. 2017, 58 min.

Thomas wants to learn about the neurological condition that his little brother, Owen, was diagnosed with as a child - autism. Through the piecing together of home videos and interviews with people both on and off the autistic spectrum, Thomas attempts to learn more about the condition whilst telling the story of him and his brother, in an effort to raise awareness and society's understanding of the condition.



SESAME STREET AND AUTISM

Videos for kids

Online: <https://autism.sesamestreet.org/videos/kids/>



LOVE, HOPE & AUTISM

Helen Slinger. 2018, 45 min.

Online: <https://www.cbc.ca/cbcdocspov/episodes/love-hope-autism>

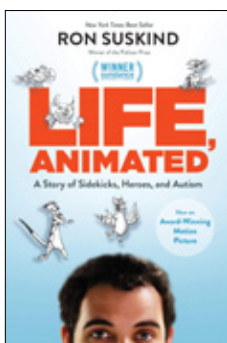
Based on a lifetime of home movie footage, Love, Hope & Autism takes the viewer behind startling statistics on the rise of autism in North America, deep into the heart of a family raising a son with Autism Spectrum Disorder (ASD).



DINA: A REAL-LIFE ROMANTIC COMEDY

Antonio Santini. 2017, 103 min.

Dina's getting married in a few weeks and there's still so much to do. She has to move her boyfriend, Scott, from his parents' house to her apartment, and settle him in to only the second home he's ever had, all while juggling his schedule as an early morning Walmart door greeter. She has to get her dress, confirm arrangements with the venue, and make peace with her family, who remain nervous for their beloved Dina after the death of her first husband.



LIFE, ANIMATED

Roger Ross Williams. 2016, 92 min.

Documentary (United States). A coming of age story about a boy and his family who overcame great challenges by turning Disney animated movies into a language to express love, loss, kinship and brotherhood.



AUTISTIC DATING: SOCIAL SKILLS TO NAVIGATE ROMANCE

News in review. 2016, 11 min.

Online: <https://curio.ca/en/video/autistic-dating-social-skills-to-navigate-romance-8276/>

Dating can be awkward at any age, but it's especially difficult for people with Autistic Spectrum Disorder. Now a new program is helping adults with ASD to decode facial cues and other social signals to navigate the dating world. And it's proving quite successful.



IN THEIR OWN WORDS: LANDON'S STORY

The fifth estate CBC. 2016, 45 min.

Online: www.youtube.com/watch?v=Rd0tEdyHWug

Webb, who was diagnosed with autism spectrum disorder, and obsessive-compulsive disorder, is taking on the government and his parents to regain control over his life. With the help of a lawyer, Landon is challenging the Nova Scotia law – and that has sparked others to speak out about their struggles to live on their own.



STAND-UP COMIC MINES ASPERGER'S SYNDROME FOR LAUGHS

The National, CBC. 2016, 9 min.

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

Michael McCreary is a 20-year-old comedian with Asperger's who finds solace as a stand-up comic.



THE AUTISM ENIGMA

The nature of things, CBC. 2016, 44 min.

Seventy per cent of kids with autism also have severe gastrointestinal symptoms. Could autism actually begin in the gut? An international group of scientists looks for clues to this baffling disorder.



AUTISM IN LOVE

Matt Fuller. 2015, 76 min.

Four autistic adults seek out and manage romantic relationships.



HOW TO DANCE IN OHIO

Alexandra Shiva. 2015, 89 min.

In Columbus, autistic teenagers learn valuable social interaction skills by preparing for a spring formal.



SOUNDING THE ALARM: BATTLING THE AUTISM EPIDEMIC

John Block. 2014, 57 min.

How is it we know so little about something so widespread? None of us are more than a family member or neighbor away from autism. *Sounding the Alarm* follows autism families as they negotiate tangled rules and regulations, and steadfastly fight to find and afford the right care and treatment for their loved ones throughout their lives.



AS ONE: THE AUTISM PROJECT

Hana Makki. 2014, 80 min.

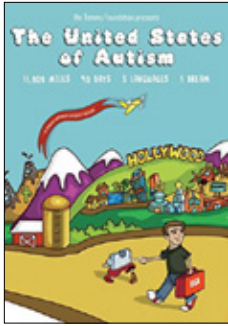
Documentary (United Arab Emirates). As One traces the journey of ten children with Autism and their special families as they struggle and triumph with autism in the United Arab Emirates.



BEST KEPT SECRET

Samantha Buck. 2013, 85 min.

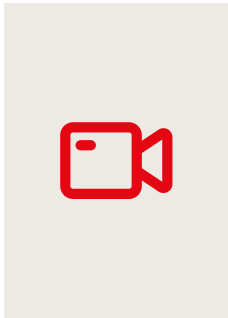
A New Jersey schoolteacher named Janet Mino works tirelessly to ensure that her students with special needs reach their maximum potential.



THE UNITED STATES OF AUTISM

Richard Everts. 2013, 93 min.

A man travels 11,000 miles over 40 days to visit 20 families and individuals affected by autism to find answers for his son.



POSITIVELY AUTISTIC

The national, CBC. 2008, 20 min.

Online: www.cbc.ca/player/play/1289899998

Is autism a disorder or just a neurological difference? Psychiatrists consider it a mental disorder, but since the early '90s, an autistic rights movement has sprung up, challenging the official view of autism and working to change how the world sees autism. In this special feature, we meet some of the people at the forefront of this movement, and find out what they see as the positive aspects of living with autism.

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
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.

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

Chat free of charge with a notary.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

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

CONSEIL POUR LA PROTECTION DES MALADES

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

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

CURATEUR PUBLIC DU QUÉBEC

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

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

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

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

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

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

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

PROTECTEUR DU CITOYEN

Toll free

1 800 463-5070

Website

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

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

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone

514 436-3744

Website

www.rpcu.qc.ca/en/

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

INTERNET RESOURCES

General

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.

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 – GRAND PUBLIC

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

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

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

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

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

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

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

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

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

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

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

HAVE YOU HEARD OF DEPRESCRIBING?

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

WHY RESORT TO DEPRESCRIBING?

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

HOW DOES IT WORK?

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

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

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

Legal information

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

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

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

ÉDUCALOI

Caregivers: Practical Legal Tools

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

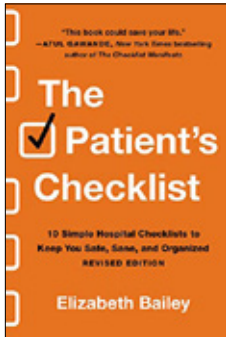
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

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



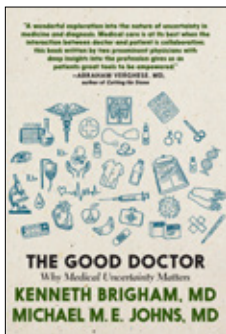
THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

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



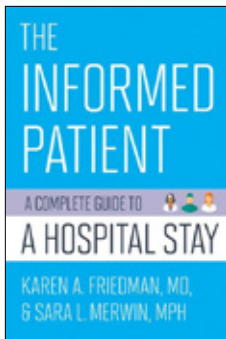
THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

Kenneth Brigham 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 Brigham, 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.



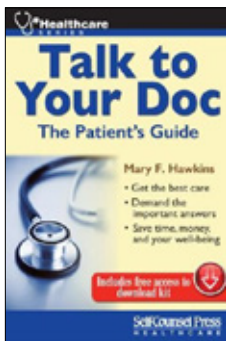
Also available on prenumerique.ca



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

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

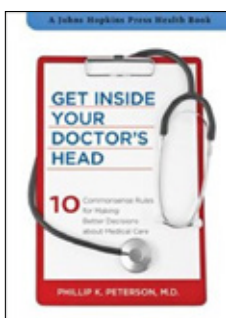
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families 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.



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