

# AUTISM SPECTRUM DISORDER

INFORMATION FOR CAREGIVERS





# BIBLIOAIDANTS®

BETTER INFORMED  
TO BETTER HELP®

## ABOUT

*Biblio-Aidants* is a program of the Quebec Public Library Association, which includes the independent public libraries of Quebec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 300 service locations covering 81% of the Quebec population.

*Biblio-Aidants* is available in more than 640 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

## ACKNOWLEDGMENTS

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

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## VISIT OUR WEBSITE

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

[www.biblioaidants.ca](http://www.biblioaidants.ca)

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2018 and will be updated on an annual basis.

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## HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Aidants thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria. First, the booklets are carefully designed to primarily meet the needs and interests of caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information. With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver. Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Aidants, please visit [www.biblioaidants.ca/criteria](http://www.biblioaidants.ca/criteria)

ALZHEIMER'S  
DISEASE



AUTISM SPECTRUM  
DISORDER



BEREAVEMENT



CANCER



CAREGIVERS



DIABETES



HEART DISEASE  
AND STROKE



INTELLECTUAL  
DISABILITY



MENTAL  
HEALTH



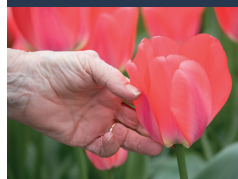
MULTIPLE  
SCLEROSIS



PALLIATIVE  
CARE



PARKINSON'S  
DISEASE



PHYSICAL  
DISABILITY



PULMONARY  
DISEASE



SENIORS  
AND AGING



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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## **AUTISM CANADA**

**Toll free** 1 866 476-8440  
**Email** [info@autismcanada.org](mailto:info@autismcanada.org)  
**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.

### **Autism Junction**

[www.autismjunction.ca/autism-junction/](http://www.autismjunction.ca/autism-junction/)

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

## **AUTISM SPEAKS CANADA**

**Toll free** 1 888 362-6227  
**Website** [www.autismspeaks.ca](http://www.autismspeaks.ca)

Autism Speaks Canada is an organization dedicated to research and to defending the rights of people with autism. The website offers information and news about autism. Under the Science and Services tab, you will find a number of guides and links to resources and toolkits to accompany you on a daily basis.

## **CANADIAN THERAPEUTIC RIDING ASSOCIATION (CANTRA)**

<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.

## **CONSEIL POUR LA PROTECTION DES MALADES**

**Phone** 514 861-5922  
**Toll free** 1 877 CPM-AIDE (276-2433)  
**Email** [info@cpm.qc.ca](mailto:info@cpm.qc.ca)  
**Website** <http://cpm.qc.ca/>

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.

## **GOLD CENTRE**

**Phone** 514 345-8330  
**Email** [info@goldlearningcentre.com](mailto:info@goldlearningcentre.com)  
**Website** [www.goldlearningcentre.com](http://www.goldlearningcentre.com)

The Gold Centre is a non-profit organization supported by the Miriam Foundation 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.

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

**Toll free** 1 855 852-7784  
**Email** [info-aidant@lappui.org](mailto:info-aidant@lappui.org)  
**Website** [www.lappui.org/en](http://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 Info-Aidant 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  
**Email** [info@dogguides.com](mailto:info@dogguides.com)  
**Website** [www.dogguides.com/index.html](http://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 – SERVICE (ASSISTANCE) DOG FOR CHILD PRESENTING AUTISM SPECTRUM DISORDER (ASD)**

**Phone** 450 795-3725  
**Email** [info@mira.ca](mailto:info@mira.ca)  
**Website** [www.mira.ca/en/programs/7/service-assistance-dog-for-child-presenting-asd\\_142.html](http://www.mira.ca/en/programs/7/service-assistance-dog-for-child-presenting-asd_142.html)

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.

## **OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC**

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

## **REGROUPEMENT DES AIDANTS NATURELS DU QUÉBEC (RANQ)**

**Phone** 514 524-1959  
**Toll free** 1 855 524-1959  
**Email** [info@ranq.qc.ca](mailto:info@ranq.qc.ca)  
**Website** [www.ranq.qc.ca](http://www.ranq.qc.ca)

The Regroupement des aidants naturels du Québec (RANQ) includes about 60 organizations and associations providing direct services to Quebec caregivers: volunteer centres, caregivers regional groups, etc. A complete list of organizations by region can be found on the website of the Regroupement. Website in French.

### **Publications**

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

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

#### **Taking care of myself while taking care of others**

[www.mcdc.info/uploads/pdf/LivreProchesaidant.pdf](http://www.mcdc.info/uploads/pdf/LivreProchesaidant.pdf)

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

**Phone** 514 436-3744  
**Email** [info@rpcu.qc.ca](mailto:info@rpcu.qc.ca)  
**Website** [www.rpcu.qc.ca/en/index.aspx](http://www.rpcu.qc.ca/en/index.aspx)

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.



## 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?

## INTERNET RESOURCES

### **ABOUTKIDSHEALTH – AUTISM SPECTRUM DISORDER RESOURCE CENTRE**

[www.aboutkidshealth.ca/autism](http://www.aboutkidshealth.ca/autism)

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

### **AUTISM – A CLOSER LOOK ONLINE LIBRARY**

[www.nationalautismcenter.org/resources/autism-a-closer-look/](http://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 PARENT RESOURCE KIT**

[www.children.gov.on.ca/htdocs/English/specialneeds/autism/aprk/index.aspx](http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/aprk/index.aspx)

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.

## **AUTISM SPEAKS – ABOUT AUTISM**

[www.autismspeaks.ca/about-autism/what-is-autism/](http://www.autismspeaks.ca/about-autism/what-is-autism/)

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

## **AUTISM SPEAKS – AUTISM APPS**

[www.autismspeaks.org/autism-apps](http://www.autismspeaks.org/autism-apps)

Apps for those of all ages with autism, rated by level of research and by age of target audience.

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

[www.afe.gouv.qc.ca/en/allowance-for-special-needs-youth/allowance-for-special-needs-program-youth/](http://www.afe.gouv.qc.ca/en/allowance-for-special-needs-youth/allowance-for-special-needs-program-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.

## **EXCEPTIONAL PARENT**

[www.eparent.com/](http://www.eparent.com/)

Exceptional Parent provides practical advice and the most up-to-date educational information for families of children and adults with disabilities and special healthcare needs as well as to the physicians, health care professionals, and educational professionals who are involved in their care and development.

## **ORGANIZATION FOR AUTISM RESEARCH – 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.

## **ORGANIZATION FOR AUTISM RESEARCH – KIT FOR KIDS**

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

Our 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.

## **ORGANIZATION FOR AUTISM RESEARCH – 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."

## **ORGANIZATION FOR AUTISM RESEARCH – WHAT'S UP WITH NICK?**

[www.youtube.com/watch?v=mtRYKjucDHk](http://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.

## **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.

## **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.

## HEALTHY CANADIANS

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

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

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://www.mayoclinic.org/patient-care-and-health-information)

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

## MEDLINEPLUS

[www.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

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

## PORTAIL SANTÉ MIEUX-ÊTRE

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

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

# HEALTH DATABASES

## Open access databases

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

### **PUBMED CENTRAL**

[www.ncbi.nlm.nih.gov/pmc](http://www.ncbi.nlm.nih.gov/pmc)

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

## Databases with access restricted to subscribers

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

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

To subscribe: [www.banq.qc.ca/formulaires/abonnement](http://www.banq.qc.ca/formulaires/abonnement)

### **BOOKS24/7 WELL-BEING ESSENTIALS**

<http://numerique.banq.qc.ca/ressources/details/5259>

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

## **CONSUMER HEALTH COMPLETE**

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

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

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

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

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

## **MAGILL'S MEDICAL GUIDE**

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

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

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# READING SUGGESTIONS

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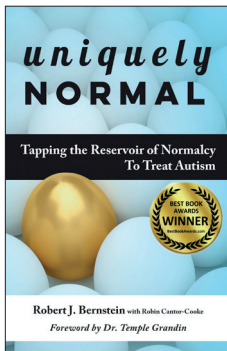
**YOUR LIBRARY DOESN'T  
HAVE THE BOOK THAT YOU  
ARE LOOKING FOR?**

**LEARN ABOUT THE LOAN SERVICE BETWEEN  
LIBRARIES. YOUR LIBRARY CAN THEN OBTAIN  
THE DOCUMENT YOU WOULD LIKE FROM  
ANOTHER LIBRARY.**



# NON-FICTION

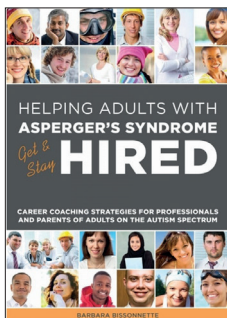
## General works



### **UNIQUELY NORMAL: TAPPING THE RESERVOIR OF NORMALCY TO TREAT AUTISM**

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

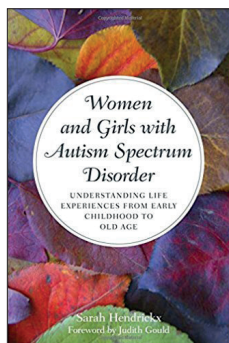
Robert J. Bernstein has found a different approach based on cognition thinking in helping people of all ages with ASD. The author's goal is for people with ASD to be able to live in the world and connect with the people in it as themselves, to express their unique humanity and engage more fully in the 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.

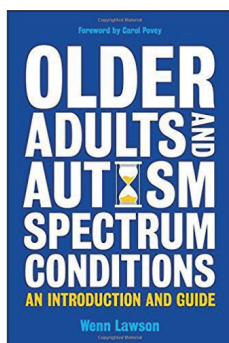
Employment expert Barbara Bissonnette provides strategies that professionals and parents need to guide individuals with Asperger's Syndrome (Autism Spectrum Disorder) to manageable jobs, and keep them employed. In this practical book, readers will gain insight into how people with Asperger's Syndrome 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.

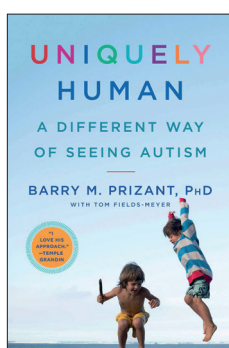
Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, 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.

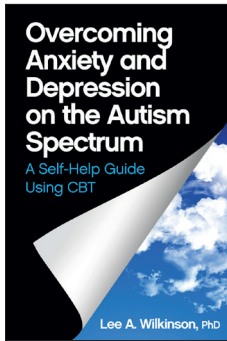
Packed with practical advice, this book addresses the challenges facing older people with autism. With first-hand stories and drawing on the latest research, it will help to support older adults with autism through lifestyle changes as well as physical and sensory challenges post-retirement.



## **UNIQUELY HUMAN: A DIFFERENT WAY OF SEEING AUTISM**

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

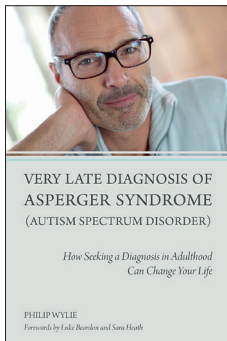
Instead of classifying autistic behaviors as signs of pathology, the author sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. Rather than curb these behaviors, it's better to enhance abilities, build on strengths, and offer supports that will naturally 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.

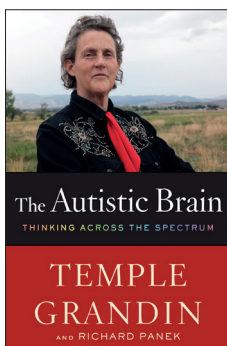
Cognitive Behavioral Therapy (CBT) has been shown to be effective for treating mental health problems such as anxiety and depression in individuals both with and without autism spectrum disorders. The author takes CBT self-help strategies, to encourage self-analysis, and to help adults on the spectrum 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.

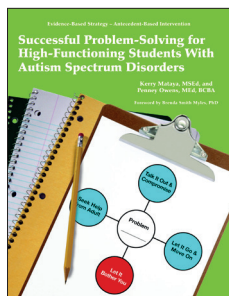
As awareness and understanding of Asperger's syndrome and autism spectrum disorder increases, more adults are identifying themselves as being on the spectrum and seeking formal diagnosis. This book discusses the process, the pros and cons, and the after-effects of receiving an autism diagnosis in adulthood.



## THE AUTISTIC BRAIN: THINKING ACROSS THE SPECTRUM

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

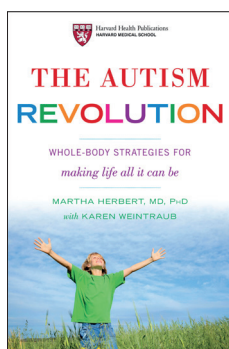
Weaving her own experience with remarkable new discoveries, Grandin introduces the neuroimaging advances and genetic research that link brain science to behavior, even sharing her own brain scan to show us which anomalies might explain common symptoms.



## 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.

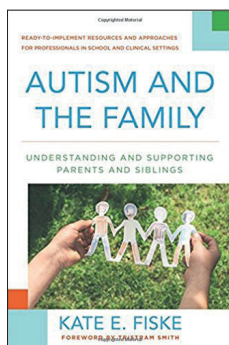


## THE AUTISM REVOLUTION

**Martha R. Herbert and Karen Weittraub.** 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.

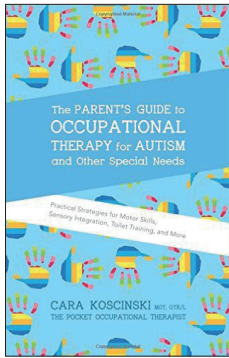
## Accompaniment of a family member or friend



## AUTISM AND THE FAMILY: UNDERSTANDING AND SUPPORTING PARENTS AND SIBLINGS

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

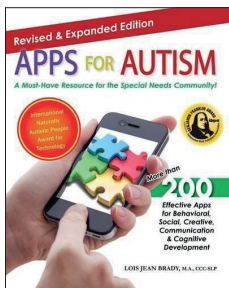
The reverberations of autism spectrum disorders among parents and siblings can be complex. Parents may grapple with the impact of their child's initial diagnosis, wrestle with the tension between their professional ambitions and family obligations, and labor to maintain a healthy union with their partners. 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.

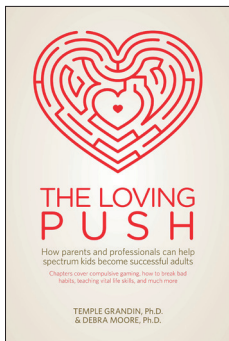
This handy guide offers tried and tested occupational therapy activities to encourage children to succeed with everyday tasks while having fun in the process. This expanded edition of the award-winning book includes new advice on toilet training, coping with changes in routine, repetitive behaviors,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

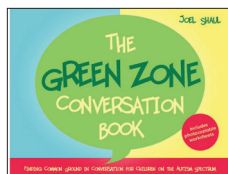
Autism? There's an app for that! Actually, there are more than 200 apps for autism, and this book will guide you through them so you can confidently utilize today's technology to maximize your child's or student's success!



## 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.

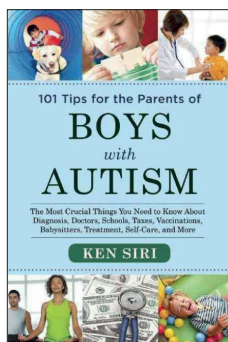
Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out the steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories are told by people on the autism 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.

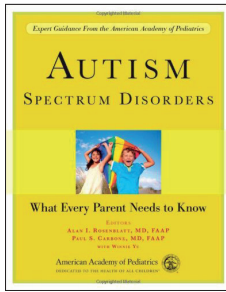
From what to do when you first suspect your son might have autism to coping with the first diagnosis, following up with comprehensive evaluation, and pursuing education and treatment, *101 Tips for the Parents of Boys with Autism* is the book that every parent of a boy with autism needs.



## YOGA THERAPY FOR CHILDREN WITH AUTISM AND SPECIAL NEEDS

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

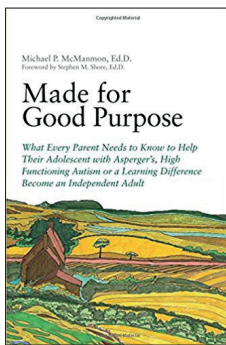
For use in school, at home, or in therapeutic settings, this is a how-to manual that meets children where they are, providing a yoga therapy “lesson plan” that will engage them; promote play, social interaction, speech, language, and motor development; and enhance their self-esteem. It teaches an array 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.

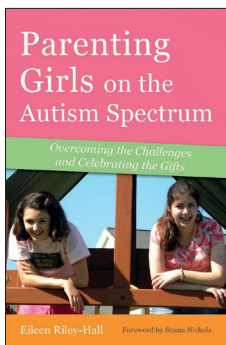
An invaluable resource for parents and caregivers of children who have been diagnosed with an autism spectrum disorder. From diagnosis to current therapies, it helps parents understand what they can do to facilitate a smooth transition from adolescence through the teen years into adulthood.



## **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.

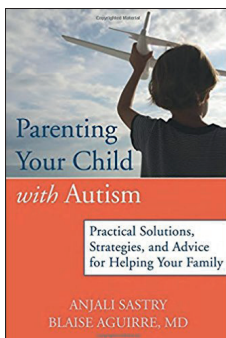
Filled with practical advice and useful techniques, this book helps parents support their child with Asperger's Syndrome to make the transition from adolescent to happy, confident, and engaged adult. With this essential guide, young Aspies can achieve independence and learn lifelong skills for succeeding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

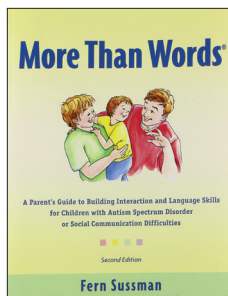
Riley-Hall is the mother of two teenage girls, one with Asperger's syndrome and the other with autism. She offers encouragement and guidance on issues, as well as practical advice and support.



## **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.

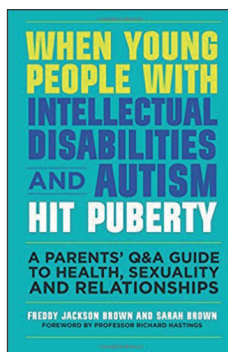


## **MORE THAN WORDS: A PARENT'S GUIDE TO BUILDING INTERACTION AND LANGUAGE SKILLS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER OR SOCIAL COMMUNICATION DIFFICULTIES**

**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.

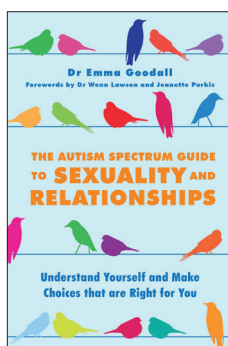
## Love and sexuality



## **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.

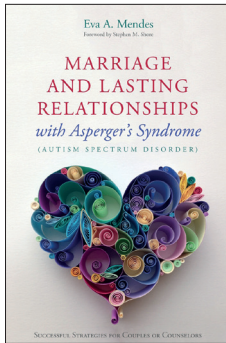
Written for parents and carers of young people with an intellectual disability or autism, this guide provides answers to the questions that you may have felt too uncomfortable to ask before. Supported by case studies, the authors offer professional guidance on supporting and responding to your child's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

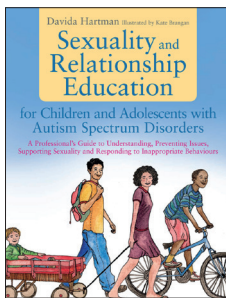
Unravelling the complexities of relationships and sexuality, this straight-talking guide will help you to navigate the associated social, emotional and physical issues.



## **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.

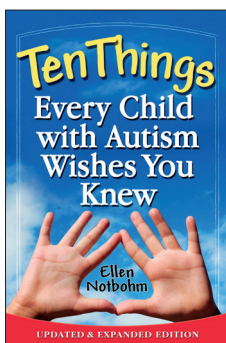
Offering practical advice straight from the couple's counseling room, Eva A. Mendes provides an insider's view into what couples and counselors can do to help make an ASD relationship last. She outlines the challenges faced in an ASD relationship and provides strategies that can improve the lives and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

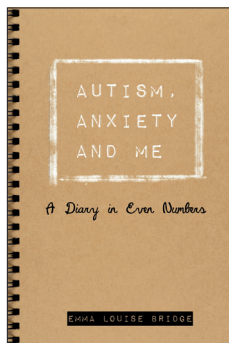


## **TEN THINGS EVERY CHILD WITH AUTISM WISHES YOU KNEW**

**Ellen Notbohm.** Arlington: Future Horizons, 2012, 200 p.

This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

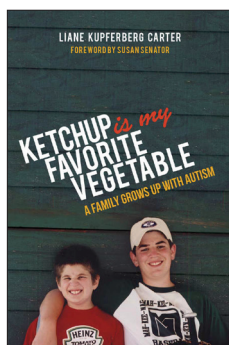
# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



## **AUTISM, ANXIETY AND ME: A DIARY IN EVEN NUMBERS**

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

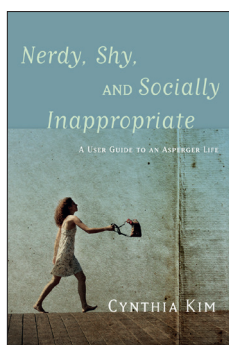
Emma's unique perspective as a young woman with autism and social anxiety gives a fascinating take on challenging issues such as employment, the transition to adulthood, friendships, and sensory sensitivity. Her diary provides an original voice from someone still in the process of figuring it all out.



## **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.

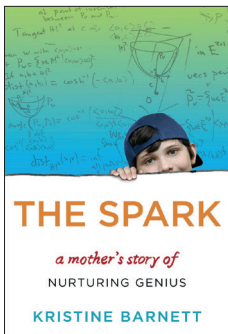
Cynthia Kim explores all the quirkiness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider's perspective at some of the most challenging and intractable aspects of being autistic. She explains how they impact on everything from self-care to holding 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.

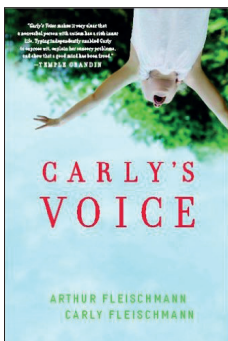
The author describes how his autistic son, Owen, learned to cope with his handicap from a young age by memorizing the dialogue of Disney movies and having his family play the roles of the animated characters.



## THE SPARK: A MOTHER'S STORY OF NURTURING GENIUS

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

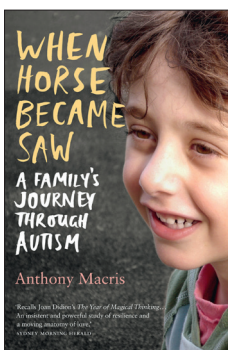
When Kristine Barnett's son, Jake, was diagnosed with autism, she knew that she wouldn't be the kind of mom who would restrict her child's life to what society thinks it should be. Therapists told her that Jake shouldn't bother to learn the alphabet, or tie his shoes, but Barnett's perseverance in nurturing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

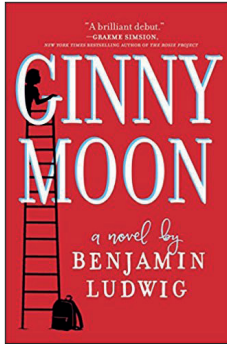


## WHEN HORSE BECAME SAW

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

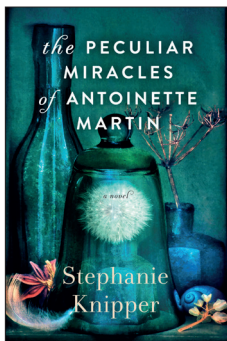
When Anthony Macris' son was diagnosed with autism, he and his partner Kathy had two choices: do what they were told – and could afford – or do what they thought best. This is the tragic, joyful, instructive story of how they confronted the condition that changed their lives.

## NOVELS

**GINNY MOON**

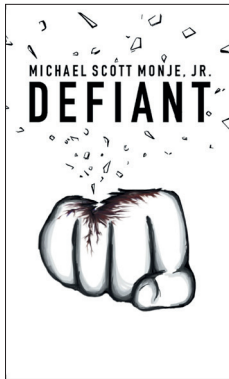
**Benjamin Ludwig.** New York: Park Row Books, 2017, 360 p.

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.

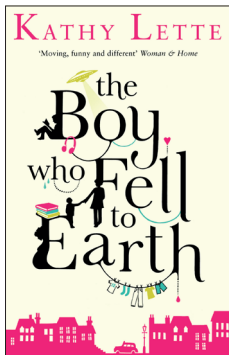
Sisters Rose and Lily Martin were inseparable when they were kids. As adults, they've been estranged for years, until circumstances force them to come together to protect Rose's daughter. Ten-year-old Antoinette has a severe form of autism that requires constant care and attention. She has never spoken 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.

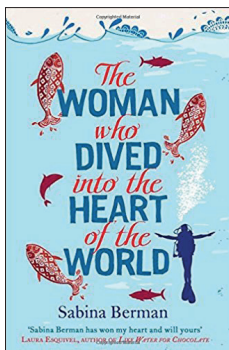
Clay Dillon is neuroqueer, and he needs to make peace with it. After thirty years, he finally knows the truth: that he is and always has been autistic, and that most of his problems getting along came from a lack of awareness of himself a lack that came not from being autistic, but from having no knowledge 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.

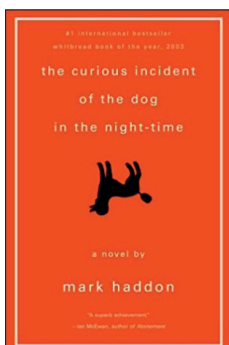
Meet Merlin. He's Lucy's bright, beautiful son, who just happens to be autistic. Since Merlin's father left them in the lurch, Lucy has made Merlin the centre of her world. Struggling with the joys and tribulations of raising her adorable yet challenging child, Lucy doesn't have room for any other man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

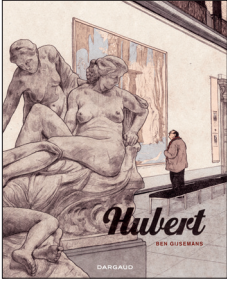


## THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

**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

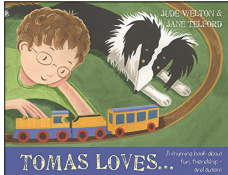


## HUBERT

**Ben Gijsemans.** London: Jonathan Capt, 2015, 86 p.

Hubert is an autistic man who shapes his life by going to museums and art. 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.

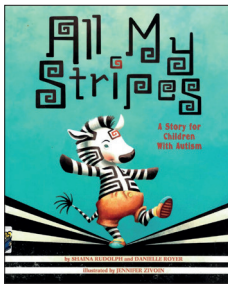
## YOUTH LITERATURE



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.

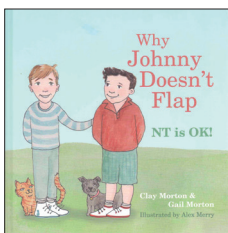
This charmingly illustrated, rhyming book is a perfect introduction to autism for young readers aged 2 and over including siblings, friends and children on the autism spectrum themselves. It captures the world of Tomas – a little boy who loves trains, rhyming words and his dog Flynn and hates sudden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



AGES 4 TO 8

**ALL MY STRIPES: A STORY FOR CHILDREN WITH AUTISM****Shaina Rudolph, Danielle Royer and Jennifer Zivojin (ill.).** Washington: Magination Press, 2015, 36 p.

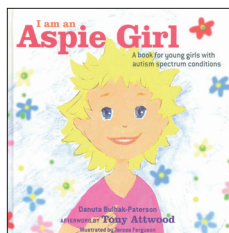
Zane rushes home to tell his mother about problems he faced during his school day, and she reminds him that while others may only see his “autism stripe,” he has stripes for honesty, caring, and much more.



AGES 5 TO 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.

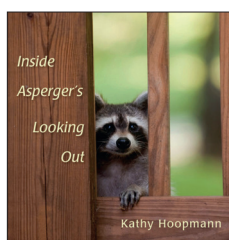


AGES 5 TO 12

## 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.

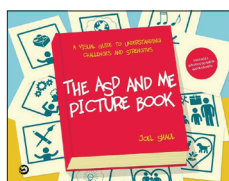


AGES 7 TO 12

## 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.

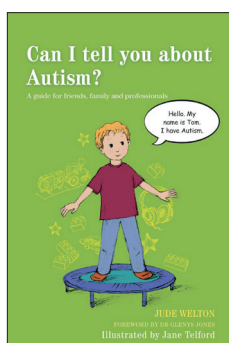


AGES 7 TO 14

## 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 photocopyable 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.

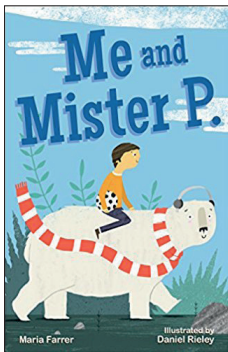


AGES 8 TO 14

## 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.

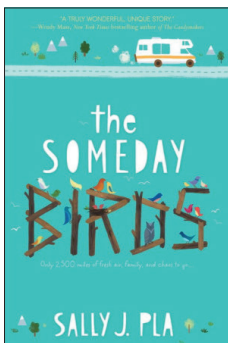


AGES 8 TO 12

## 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!

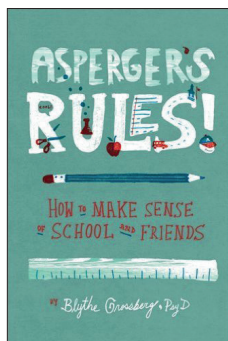


AGES 8 TO 12

## 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.

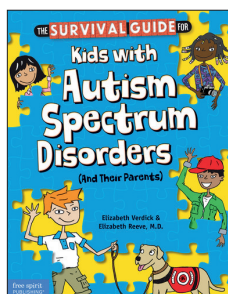


AGES 8 TO 14

## 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.

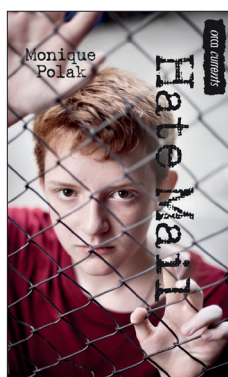


AGES 8 TO 14

## 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.



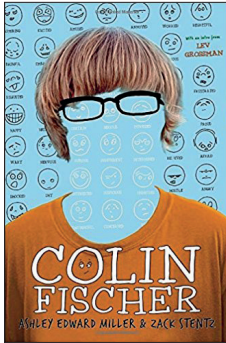
AGES 10 TO 14

## 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 [prenumerique.ca](http://prenumerique.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.

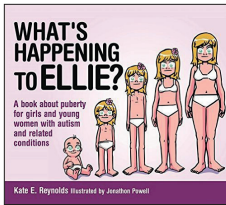


AGES 10 TO 17

## 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.

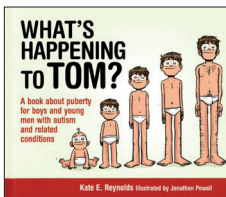


AGES 10 TO 17

## 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.

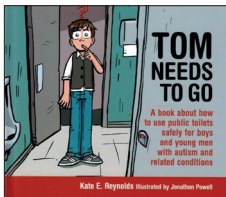


AGES 10 TO 17

## 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.

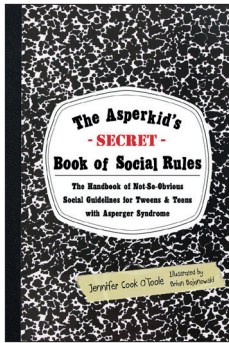


AGES 10 TO 17

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

**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.

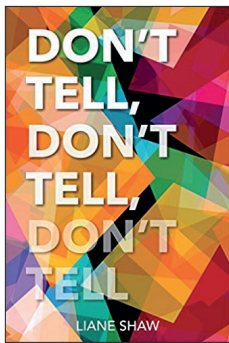


AGES 10 TO 17

## 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.

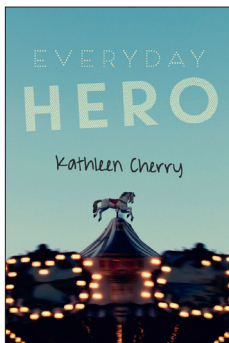


AGES 12 TO 16

## 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

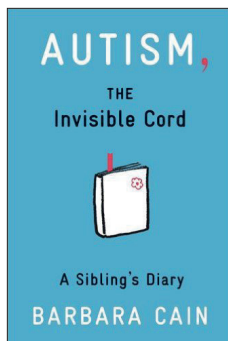
## EVERYDAY HERO

**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 [prenumerique.ca](http://prenumerique.ca)

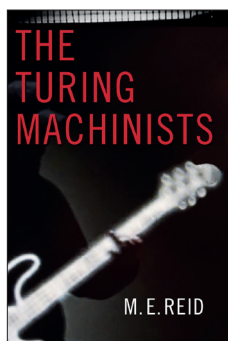


AGES 12 TO 18

## **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.

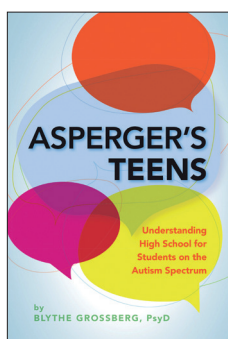


AGES 13 TO 17

## **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.

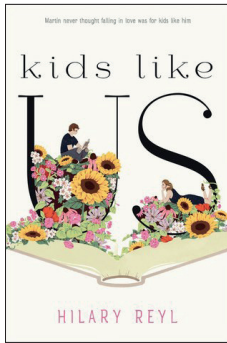


AGES 13 TO 18

## **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.

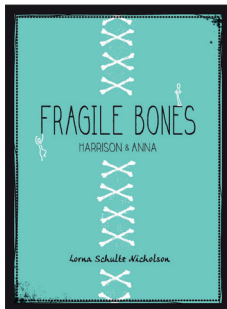


AGES 13+

## 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.

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## DID YOU KNOW?

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



# FICTION



## 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.

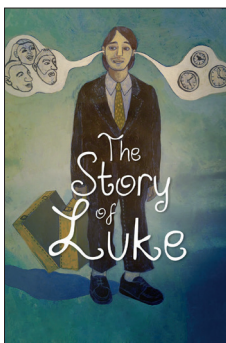
Drama (United States). Ricky, an autistic teen living in Queens, has a difficult time fitting in at school. He is scolded for skipping class and hides out in the subway as Hurricane Sandy closes in on the city.



## WHITE FROG

**Quentin Lee.** 2012, 93 min.

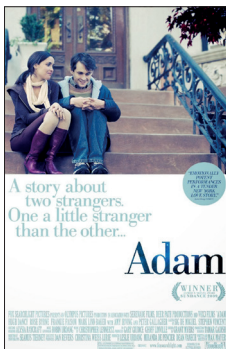
Drama (United States). The story of a neglected teen with mild Asperger's syndrome whose life is changed forever when tragedy hits his family.



## 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.

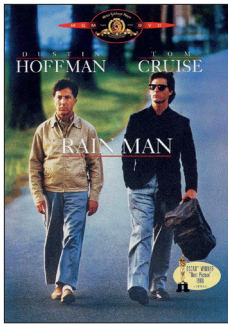


## ADAM

**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.

# DOCUMENTARIES



## **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=RdOtEdyHWug](http://www.youtube.com/watch?v=RdOtEdyHWug)

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](http://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.

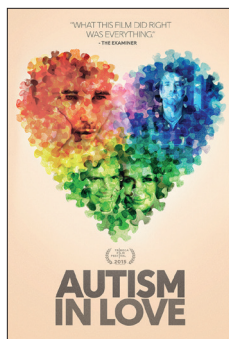


## **THE AUTISM ENIGMA**

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

Online: [www.cbc.ca/natureofthings/episodes/autism-enigma](http://www.cbc.ca/natureofthings/episodes/autism-enigma)

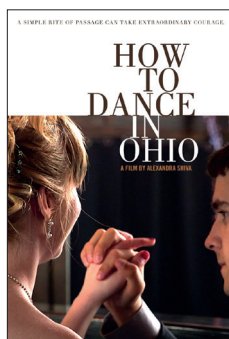
Seventy per cent of kids with autism also have severe gastrointestinal symptoms. Could autism actually begin in the gut? An international group of scientists looks for clues to this baffling disorder.



## AUTISM IN LOVE

**Matt Fuller.** 2015, 76 min.

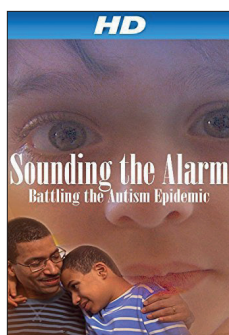
Four autistic adults seek out and manage romantic relationships.



## 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.

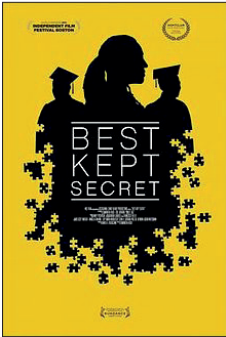
How is it we know so little about something so widespread? None of us are more than a family member or neighbor away from autism. *Sounding the Alarm* follows autism families as they negotiate tangled rules and regulations, and steadfastly fight to find and afford the right care and treatment for their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



## AS ONE: THE AUTISM PROJECT

**Hana Makki.** 2014, 80 min.

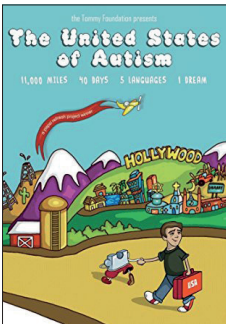
Documentary (United Arab Emirates ). As One traces the journey of ten children with Autism and their special families as they struggle and triumph with autism in the United Arab Emirates.



## 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](http://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.



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