ABOUT

*Biblio-Aidants* is a program of the Québec Public Library Association, which includes the independent public libraries of Québec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Québec Public Library Association for a total of more than 300 service locations covering 80% of the Québec population.

*Biblio-Aidants* is available in more than 550 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 Québec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Québec by transferring the copyright. It is also grateful to the *Société de gestion de la Banque de titres de langue française* (BTLF) as well as the *Services Documentaires Multimédia* (SDM) for their support in this project.

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VISIT OUR WEBSITE

You will find all of the *Biblio-Aidants* booklets and additional information.  
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 winter of 2017 and will be updated on an annual basis.

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Legal Deposit – Bibliothèque et Archives nationales du Québec – 2nd quarter 2017  
Legal Deposit – Library and Archives Canada – 2nd quarter 2017  

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You are a caregiver if, in one way or another, you provide support to someone close to you, whether it is a person who is ill, has a loss of autonomy or is aging. He or she may have a health problem that is temporary, degenerative or permanent and may be a child, adult or senior. You may provide support in each of his or her daily activities or intervene as needed.

In Québec, it is estimated that more than one million adults are caregivers. Like you, they are looking for information on ways to best support and assist their loved ones. The provincial program, Biblio-Aidants, was developed by the Québec Public Library Association to respond to this need.

Each Biblio-Aidants booklet contains a list of organizations that can help you, a selection of relevant websites and reading suggestions. There are 15 thematic booklets that are available free of charge:

- 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 (including hearing and visual impairment)
- Pulmonary disease
- Seniors and aging

The professionals at your library are always available to support you in your search for information. Don’t hesitate to ask them for help.

*We hope that this is helpful to you!*
RESOURCE DIRECTORY
CHAMBRE DES NOTAIRES DU QUÉBEC

Phone 514 879-1793
Toll free 1 800 263-1793
Website www.cnq.org

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

COMMUNITY JUSTICE CENTERS

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 CPM-AIDE (276-2433)
Email info@cpm.qc.ca
Website http://cpm.qc.ca/en/

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 1 800 363-9020

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.).

L’APPUI POUR LES PROCHES AIDANTS D’ÂÎNÉS

Toll free 1 855 852-7784
Email info@lappui.org
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 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.).

Caregivers to the Elderly: Maintaining Life Balance while Caregiving, Information and Support Guide for Caregivers

Developed by the APPUI Laurentides for caregivers. This guide provides information to people caring for the elderly and to those who will unexpectedly take on that role.

OFFICES OF THE QUÉBEC OMBUDSMAN

Toll free 1 800 463-5070
Email protecteur@protecteurducitoyen.qc.ca
Website https://protecteurducitoyen.qc.ca/en

The Québec Ombudsman 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
Email info@rpcu.qc.ca
Website 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.

QUEBEC ASSOCIATION FOR SUICIDE PREVENTION

Toll free 1 866 APPELLE (277-3553)
Email reception@aqps.info
Website www.aqps.info

The Quebec Association for Suicide Prevention (AQPS) is a non-profit organization. Its mission is to foster the development of suicide prevention initiatives in Quebec.

Help a loved one
www.aqps.info/aider/aider-proche.html

The AQPS proposes a list of actions that will enable you to help a loved one who presents suicidal thoughts.

List of centres for suicide prevention

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

Email casp@suicideprevention.ca
Website http://suicideprevention.ca

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

General Education
http://suicideprevention.ca/news-resources/

In this section of the website, you will find several guides on various topics related to suicide: prevention, suicide ideation, stress, loss of a loved one.

THE CAREGIVER NETWORK

TCN Info-line 1 866 396-2433 (toll free)
Website https://thecaregivernetwork.ca

The Caregiver Network brings together partners from all across Canada, with a common goal of providing information and supporting caregivers, healthcare beneficiaries and professionals with the help of distance learning technologies.
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

AMERICAN ASSOCIATION OF RETIRED PERSONS CARE GUIDES
www.aarp.org/home-family/caregiving/care-guides/

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

CAREGIVER COMPASS: TIPS AND TOOLS TO HELP YOU MANAGE YOUR CAREGIVING RESPONSIBILITIES
www.saintelizabeth.com/getmedia/89a61fed-0db8-487d-a8d7-d50b99c8b930/Caregiver-Compass-Online.pdf.aspx

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

ÉDUCALOI – CAREGIVERS: PRACTICAL LEGAL TOOLS
www.educaloi.qc.ca/en/caregivers-practical-legal-tools

In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.
ÉDUCALOI – HEALTH TOPICS
www.educaloi.qc.ca/en/categories/health

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

FAMILY CAREGIVER ALLIANCE – FACT AND TIP SHEETS
www.caregiver.org/fact-sheets

This webpage contains a wealth of fact sheets on caregiving for people with different illnesses or conditions as well as resources on caregiving issues and strategies.

FAMILY CAREGIVER ALLIANCE – WEBINARS
www.caregiver.org/fca-webinars

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

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

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

HOW TO COPE WHEN A CHILD HAS A CHRONIC OR COMPLEX HEALTH CONDITION
www.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/Complex-Care/Pages/how-help-family-cope-illness.aspx

This AboutKidsHealth page provides information on coping with illness as a family, helping your child cope with illness, advocating for your child and Canadian financial and community support options.
“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.

INFO-SANTÉ 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 Québec can call Info-Santé 8-1-1 for themselves or a family member.

LONG-DISTANCE CAREGIVING: TWENTY QUESTIONS AND ANSWERS

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

NATURAL CAREGIVERS: PRACTICAL ADVICE
www.douglas.qc.ca/info/caregivers-practical-advice

This information sheet from the Douglas Mental Health University Institute discusses the role of the caregiver, including sources of stress and the need to seek out support, and provides practical advice for the caregiver.
POWERFUL TOOLS FOR CAREGIVERS COURSE – ALBERTA CAREGIVER COLLEGE

www.caregivercollege.ca/enrol/index.php?id=2

Powerful Tools for Caregivers is a free online course offered by Alberta Caregiver College. This course is designed for non-paid caregivers of adults and children and includes four “core” modules: The Caregiving Journey, Perspectives on Health and Disability Coping Strategies and Stress, Resources and Support.

The course also includes six “optional” modules that cover unique issues: Dealing with Communication Challenges; Dealing with Emotional Issues; Dealing with Depression; Dealing with Cognitive Difficulties; Intimacy and Sexuality; Physical Activity and Chronic Disability.

Note that to take the course or view the modules, you must register at the link above.

PROVIDING CARE

www.canadianvirtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Providing+Care.aspx

From the Canadian Virtual Hospice website, this resource provides a series of articles on both the practical and emotional aspects providing care for your loved ones.

REVENU QUÉBEC – INFORMAL CAREGIVERS

www.revenuquebec.ca/en/citoyen/situation/aidant/

This web page provides information on various tax credits and benefits applicable to either patients or caregivers.

SERVICES QUÉBEC – COPING WITH A LOSS OF INDEPENDENCE

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

This guide provides comprehensive information on government programs and services for individuals experiencing a loss of autonomy and their caregivers. Topics covered include health and social services, housing, home care services, tax credits, justice, work and employment, and transportation. Note also that the forms necessary to obtain the aforementioned services and programs are available on this site.

Finally, you may choose to fill out the “My personalized itinerary” questionnaire to obtain a list of steps to take to benefit from the government programs and services intended for you that is specific to your situation.
SIX PHASES OF CARING

Developed by Carers Australia NSW, this interactive module represents the typical journey most caregivers will go through when caring for someone in need. This interactive program sets out the issues facing you and the person needing care at each phase, and the types of support you may need.

TALKING WITH CHILDREN AND YOUTH ABOUT SERIOUS ILLNESS
www.canadianvirtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Communication/Talking+with+Children+and+Youth.aspx

From the Canadian Virtual Hospice website, this article provides advice and tips for explaining a loved one’s serious illness to children and teens, with a breakdown of what to expect and helpful suggestions by age.

TOURIST AND LEISURE COMPANION STICKER
www.vatl.org/en/

This website provides information regarding the Tourist and Leisure Companion Sticker (TLCS). This sticker gives free access (in participating institutions) to the companions of people aged 12 and older with a permanent disability and who require assistance. A permanent disability includes, but is not limited to, physical, intellectual, developmental and sensory disabilities, as well as mental illness.
Sources offering reliable and quality information about health and healthy lifestyle habits.

HEALTHY CANADIANS
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
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
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/
Offers simple, practical and reliable information to help manage health problems and make better use of Quebec health services.

WEBMD
www.webmd.com
Provides information on health, healthcare and medication.
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.

**PUBMED CENTRAL CANADA**

http://pubmedcentralcanada.ca/pmcc

PubMed Central Canada (PMC Canada) is a Canadian digital repository of health-related and life sciences peer reviewed publications. Articles are freely accessible. Bilingual resource.
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

**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) / COMPRENDIUM 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.

**EM PREMIUM (EMC-CONSULT)**
http://numerique.banq.qc.ca/ressources/details/5297

A full-text containing all the treatises of *L’Encyclopédie médico-chirurgicale* on the various medical specialties as well as health journals. Treatises and titles of medical journals available are identified by a green square. Interface and content in French.
**GENETICS AND EVOLUTION**

http://numerique.banq.qc.ca/ressources/details/6028

A learning module including articles, photos and videos about genetic diseases such as Alzheimer, asthma, cystic fibrosis, Parkinson’s and hemophilia. A list of activities, projects and knowledge tests is also provided. Interface and content in English. However, translation functionalities are available in several languages, including French.

**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.

**TEEN HEALTH & WELLNESS**

http://numerique.banq.qc.ca/ressources/details/5424

Database and self-help tool on teen health and wellness. It contains articles on topics such as developmental disability, alcohol and drugs, nutrition and eating disorders, physical training, mental health and family life. Interface and content in English.
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.
PARENTING THROUGH ILLNESS: HELP FOR FAMILIES WHEN A PARENT IS SERIOUSLY ILL

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

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

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

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

THE FAMILY CAREGIVER’S MANUAL: A PRACTICAL PLANNING GUIDE TO MANAGING THE CARE OF YOUR LOVED ONE

In this American guide, family caregiving expert David Levy sets forth how to evaluate priorities, understand options, and face bedrock issues (legal, financial, emotional, social), so caregivers can make wise and informed decisions for their loved ones, while gaining peace of mind from knowing they did the best they could under the circumstances.

JUGGLING LIFE, WORK, AND CAREGIVING

This guide provides practical resources and tips that are easy to find when you need them, whether you’re caregiving day to day, planning for future needs, or in the middle of a crisis. Equally important, this book helps you care for the caregiver – you – before, during, and after caregiving. Author Amy Goyer, an expert in aging and families, offers insight, inspiration and stories and experiences of caregivers, including her own as a live-in caregiver for her parents. United States context.
A CAREGIVER’S GUIDE: INSIGHTS INTO THE LATER YEARS

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

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

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

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

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

CANADIAN HOME CARE HANDBOOK

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

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

THE MINDFUL CAREGIVER: FINDING EASE IN THE CAREGIVING JOURNEY

This book highlights two major approaches to help transform the caregiving journey: adopting a practice of mindfulness, which helps caregivers become more self-aware and fully present with the person with whom they are caring, and honoring “the spirit-side” of caregiving which offers new ways of connecting to one another. These approaches take into account not just the needs of the care recipient, but also the needs of the caregiver and other people in his/her life.

CAREGIVER’S GUIDE FOR CANADIANS

This guide provides with tips and advice to help you provide good eldercare while balancing all the demands on your time. It provides practical advice and encouragement to help you care for elders in need. It discusses what to expect when caregiving for your elderly parent, whether your parent should stay at home or move to assisted living, who to ask for help when you need it and how to balance caregiving responsibilities with your personal life.
**HOW TO HELP CHILDREN THROUGH A PARENT’S SERIOUS ILLNESS: SUPPORTIVE, PRACTICAL ADVICE FROM A LEADING CHILD LIFE SPECIALIST**


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

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

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

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

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


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

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

LEANING INTO SHARP POINTS: PRACTICAL GUIDANCE AND NURTURING SUPPORT FOR CAREGIVERS

Whether visiting occasionally or caregiving 24/7, caregivers are brushing up against life’s sharpest point. As only one who has been there can, author Stan Goldberg offers an honest, caring, and comprehensive guide to those on this journey. This book provides the often-illusive how-to from bedside etiquette and practical decisions to initiating difficult conversations, navigating rapid changes, caring for oneself in the midst of caring for another, and even offering permission to die.

WHEN SOMEONE YOU LOVE HAS A CHRONIC ILLNESS

Dr. Tamara Greenberg offers practical advice to those impacted by a loved one’s chronic illness. Providing easy-to-understand explanations for complicated feelings and behaviors, this book is intended to help you not just cope, but thrive in your day-to-day life.
STRENGTH FOR THE SANDWICH GENERATION: HELP TO THRIVE WHILE SIMULTANEOUSLY CARING FOR OUR KIDS AND OUR AGING PARENTS

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

HANDBOOK FOR MORTALS: GUIDANCE FOR PEOPLE FACING SERIOUS ILLNESS

This book is addressed to all those who wish to approach the final years of life with greater awareness of what to expect and greater confidence about how to make the end of their lives a time of growth, comfort, and meaningful reflection. Written by Dr. Joanne Lynn and a team of experts, this book provides equal measures of practical information and wise counsel. Readers will learn what decisions they will need to face, what choices are available to them, where to look for help, how to ease pain and other symptoms, what to expect with specific diseases, how the health-care system operates, and how the entire experience affects dying persons, their families, and their friends. Included as well are personal stories of how people have come to terms with serious illness and dying, how they have faced their fears and made their choices.
AGING IS A FAMILY AFFAIR: HOW TO PREPARE FOR TOMORROW’S DIFFICULT CAREGIVING CONVERSATIONS – TODAY


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

THE ART OF CONVERSATION THROUGH SERIOUS ILLNESS: LESSONS FOR CAREGIVERS


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

HELP WANTED: CAREGIVER: A GUIDE TO HELPING YOUR LOVED ONE COPE WITH SERIOUS ILLNESS


This guide helps those who have been tasked with caring for a loved one, friend, or family member. This book offers a primer on in-home care as well as options for institutional care, the next logical step as the scope of care becomes too much to handle. You will also find information on financial and legal issues as well as challenges that caregivers face in their relationship with the person under their care. United States context.
PASSAGES IN CAREGIVING: TURNING CHAOS INTO CONFIDENCE

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

THE ART OF COMFORTING: WHAT TO SAY AND DO FOR PEOPLE IN DISTRESS

With clarity, compassion and wisdom, Val Walker teaches the art and the craft of comforting others and ourselves. This book is a resource for those who want to be able to help friends, family members and other people who are in need of our kindness.

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

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

Accompaniment of a sick child

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

This guide, written by an expert in pediatric pain management, offers in-the-moment strategies to parents and caregivers for managing a child’s pain along with advice for fostering long-term comfort.
YOUR CHILD IN THE HOSPITAL: A PRACTICAL GUIDE FOR PARENTS

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

SPEAKING HONESTLY WITH SICK AND DYING CHILDREN AND ADOLESCENTS

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

EXTREME PARENTING: PARENTING YOUR CHILD WITH A CHRONIC ILLNESS

This book is a guide and a source of support for parents of children with long-term illnesses. Sharon Dempsey argues that by helping parents to cope with their child’s condition we are ultimately helping the child. The guide is packed with practical advice, models of exploration and lists of action points.
MAGIC MOMENTS: TWELVE LITTLE STORIES ABOUT DISABILITY, FAMILY AND FAIRLY NORMAL LIFE

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

BETTYVILLE: A MEMOIR

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

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

SCATTERED: MY YEAR AS AN ACCIDENTAL CAREGIVER

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

NO SAINTS AROUND HERE: A CAREGIVER’S DAYS

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

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

**THE FOUR WALLS OF MY FREEDOM**  

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

**TWO SMALL FOOTPRINTS IN WET SAND: A MOTHER’S MEMOIR**  

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

**HE NEVER LIKED CAKE**  

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

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

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

THE REVISED FUNDAMENTALS OF CAREGIVING

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

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

KALILA

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

Also available on pretnumerique.ca

YOU’RE NOT YOU

College student Bec is dangerously adrift. Self-conscious and increasingly uncertain about her long-term plans, she’s studying a major that no longer interests her and is caught up in a bewildering affair with a married professor. In an impulsive attempt to redeem herself, she answers a want ad seeking a caregiver.
CAN’T WE TALK ABOUT SOMETHING MORE PLEASANT?

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

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

AGES 2 TO 9

THE PRINCESS OF BORSCHT

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

AGES 4 TO 7

JIM’S LION

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

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

NEST

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

RULES FOR STEALING STARS

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

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

**STAY WELL SOON**  

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

**QUEENIE**  

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


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

THE GIANT-SLAYER


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

HALFLING


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

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

SKELLIG

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

MEDIKIDZ EXPLAIN HAVING AN OPERATION

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

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

AGES 10 TO 15

THE BUBBLE BOY

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

AGES 10+

OFF THE GRID

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

Also available on pretnumerique.ca
**CHRONIC ILLNESS**


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

**AGES 12+**

**HOLD ME LIKE A BREATH**


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

**AGES 14 TO 17**

**FINDING GRACE**


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

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

Also available on pretnumerique.ca
DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF DVDS THAT CAN BE BORROWED. THEY ALSO OFFER ONLINE ACCESS TO MOVIES, SERIES AND PROGRAMS. CHECK WITH YOUR LOCAL LIBRARY.
THOSE WHO REMAIN
Anne Le Ny. 2008, 94 min. (Original title: Ceux qui restent)

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

DAD
Gary David Goldberg. 1989, 117 min.

Comedy (United States). A work-obsessed man returns home when his mother is hospitalized, and finds that his father, whom he hasn’t seen for 2 years, has deteriorated. Through careful nurturing the young man revitalizes his father and reestablishes a close relationship with him.
CARING FOR MOM AND DAD
WETA. 2015, 60 min.
Trailer: www.weta.org/player/2365472675

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

THE FAMILY GUIDE TO LONG-TERM CARE: SIX VOLUME SET
LifeView Resources, Inc. 2005, 184 min.

When older adults experience changes caused by the aging process, it’s often difficult for families to know how to begin managing their loved ones’ care, deal with difficult emotions, and make informed decisions. Through The Family Guide to Long-term Care series, you’ll find answers to the questions that families so often encounter. These volumes are filled with indispensable knowledge that will benefit the entire family – not just at one point in time but throughout the entire process as a loved one experiences changes that come with aging.

THE EDUCATED CAREGIVER: THREE VOLUME SET
LifeView Resources, Inc. 2004, 173 min.

A family guide to providing care for a loved one at home. Providing care for a loved one is one of the toughest jobs you can ever have. In The Educated Caregiver video series, you’ll meet others who know what you’re going through.
LABOUR OF LOVE
Dan Curtis. 1998, 44 min.
Online: www.nfb.ca/film/labour_of_love/

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