

Caring Matters

A collection of books
specifically for family and
friends caring for someone
with a physical or learning
disability, mental illness,
memory loss or frailty

Book list - first edition

February 2011

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Introduction to *Caring Matters*

Kingston libraries contain a range of books that carers might find useful, but the Caring Matters collection is specifically about carers and caring.

A few of the books have been written by medical professionals, but many are written by people who are, or have been, carers.

Many of the books aim to give the reader ideas and advice, others are based on experiences that carers may find useful and can relate to. The first section, 'General Books Relating to Caring' is aimed at all carers, but the further sections are specifically about specific illnesses, disabilities or situations.

Being a carer can often feel confusing, frustrating and sometimes lonely. Some people find that reading about other people's experiences helps them to understand their own feelings, provides them with useful hints & tips that can make a difference and helps them learn about how to find the support and services they need.

Although the books are stored at Kingston Library, they can be ordered from, and returned to, any of the libraries in the borough, including the Community Library Service.

Books relating generally to caring

Book title	Author	Published	About the author
The Little Book of Positive Thoughts for Carers	Brenda Munitich	March 09	Experience as a carer
The Carer's handbook: essential information and support for all those in a caring role	Jane Matthews	May 07	Experience as a carer
The Selfish Pig's guide to caring: How to cope with the emotional and practical aspects of caring for someone	Hugh Marriott	June 09	Experience as a carer
The Accidental Carer	Nicole Banerji	Dec 09	Experience as a carer
The Essential Carers Guide	Mary Jordan	May 06	
The Emotional Survival guide for Caregivers	Barry Jacobs	April 06	Psychologist
Caring for Someone with a Long Term Illness	John Costello	Feb 10	Experience as a carer

Books for carers of people with memory loss/dementia

Book title	Author	Published	About the author
I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's	John Zeisel	Mar 10	
Losing Clive to Younger Onset Dementia: One Family's Story	Helen Beaumont	Dec 09	Experience as a carer
Dancing with Dementia: My Story of Living Positively with Dementia	Christine Bryden	Jan 05	Someone with dementia
Knickers in the Fridge	Jane Grierson	June 08	
10 Helpful Hints for Carers: Practical solutions for carers living with people with dementia	Prof June Andrews & Prof Allan House	2009	
Understanding Alzheimer's Disease & Other Dementias	Graham Nori	Sept 09	GPs
One Day at a Time	Dorothy Stewart	Jan 10	Experience as a carer
When someone you love has dementia	Susan Elliot-Wright	Jan 10	

Book title	Author	Published	About the author
Dementia: Frank and Linda's story; new understanding, new approaches, new hope	Louise Morse	Mar 10	Experience as a carer
Healthy body, healthy brain	Jenny Lewis	Feb 10	Experience as a carer
Alzheimer's	Sharon Mooney	May 08	A carer and professional
Keeper: a journey into Alzheimer's	Andrea Gillies	May 09	Experience as a carer
My Bonnie: how dementia stole the love of my life	John Suchet	May 10	Experience as a carer
Is the cooker turned off?	Josephine Woolf	Jan 03	Experience as a carer
Contented Dementia	James Oliver	Aug 09	Experience as a carer
Connecting through music with people with dementia	Robin Rio	Jan 09	
Telling tales about dementia	Lucy Whitman	Sept 09	
Explaining Alzheimer's and dementia	David Moore	Aug 10	

Books for carers of someone after a stroke

Book title	Author	Published	About the author
The Man Who Lost His Language	Sheila Hale	April 07	Experience as a carer
Coping with life after a stroke	Mareeni Raymond	April 09	Doctor
Stroke recovery book: a guide for patients and families	Kip Burkeman	May 98	Doctor
At a Stroke	Huw Watkins	Jan 06	Experience as a carer

Books for carers of older people

Book title	Author	Published	About the author
Living with Mother	Michele Hanson	Oct 06	Experience as a carer
Now where did I put my glasses? A practical and emotional lifeline	Jackie Highe	April 07	
Time to help your parents	Jacky Hyams	Nov 10	Experience as a carer
What shall we do with mother?	Rosie Staal	May 06	Experience as a carer
Caring for your ageing parents	Raeann Berman	Nov 09	Experience as a carer

Books for carers of someone who is mentally ill

Book title	Author	Published	About the author
Living with Schizophrenia	Neel Burton	Dec 07	Psychiatrist
Complete guide to Schizophrenia	Kim Tornva Mueser	July 06	Psychiatrist
Living with a Black Dog	Matthew & Ainsley Johnston	Jan 09	Experience as a carer

Books about death and dying

Book title	Author	Published	About the author
Gentle dying: the simple guide to achieving a peaceful death	Felicity Warner	Sept 08	
The D-Word: Talking About Dying: A guide for relatives, friends and carers	Sue Brayne	Mar 10	Someone terminally ill
End of Life: An essential guide to caring	Mary Jordan	Mar 10	
Bereavement: The essential guide	Laura Cook	Nov 09	

This booklet will be updated when the Caring Matters collection changes. Please check you have the latest copy when you visit your library or look on the carers pages of the Royal Borough of Kingston website at www.kingston.gov.uk/communitycareservices

Want to recommend a book or add a review?

If you have read a book that you think should be added to the collection, please tell us about it.

If you have read any of the books in the Caring Matters collection, you might like to share your thoughts for other carers to read about.

If you have any questions or comments please contact:

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Personal record

Book read

Comments

Would you
recommend it?

