



CARER RESOURCES FOR BORROWING

Categories include: **Dementia; Disability & Carers/General/Health & Nutrition**

Sutherland Shire Carer Support Service has a collection of resources, which carers may borrow for a maximum period of four weeks. After borrowing it would be appreciated if you could drop them into the office so they are available for other carers or if you need to extend the borrowing you can either phone 9542 6292 or email tracy@ssccn.org.au or leonie@ssccn.org.au

DEMENTIA:

Books:

• A Funny Thing Happened on the way to the Nursing Home
• A Long Goodbye & Beyond by Linda Coombs
• Alzheimer's Activities that Stimulate the Mind. Boost cognitive skills; improve quality of life; maintain your bond with your loved one. <i>"Simple, stress-free activities that promote physical & emotional well-being for Alzheimer's & Dementia patients."</i> By Emila C Bazan-Salazar, R.N., B.S.N.
• Alzheimers Activities that Stimulate the Mind. By Dianne Featherstone
• Alzheimers: A Caregivers Guide and Source Book <i>"The pragmatic everyday realities of living with and caring for Alzheimer's victims at every stage"</i> by Harold Gruetzner
• Alzheimers: Finding the Right Residential Care & Positive Ideas for Nursing Home Visits by Margery Johnston & Barbara Potter
• At Home with Dementia - creating a safe environment in the home
• Betty & Me: A Love Story - Living with Alzheimer's by Dudley Hyde <i>"After 55 years together sharing children & grandchildren, it was a single word that changed life forever for Dudley & Betty Hyde. It was a word they didn't understand, so their doctor wrote it down on a slip of paper; the word was Alzheimer's"</i>
• Caring for your elderly parents- a practical guide for Australian families by Kate Sumner
• Contented Dementia by Oliver James
• Coping with Alzheimer's - A Caregiver's Emotional Survival Guide by Rose Oliver Ph.D & Frances A Bock Ph.D
• Could it be Dementia? - Louise Morse & Roger Hitchings
• Dementia - Caring approaches to a disease of our time by Penny Nelson
• Dementia: Information for Carers, families and friends of people with severe and end stage dementia, 2 nd edition (UWS, SWAHS, Blue Mtns Division of GP's)
• Dementia Memory Loss & Confusion: A Guide for Care-Givers by Zsoka Prochazka, Philip Henschke, Elaine Skinner & Peter Last
• Dementia: Frank and Linda's Story by Louise Morse
• Dementia - The Caring Experience A guide for families and carers of people with dementia

<ul style="list-style-type: none"> • Caring for someone affected by mental illness • Early Stage Dementia - reassurance for sufferers and carers - <i>understanding & dealing with memory loss, emotional and personality changes, and loss of judgement</i> by Lorraine West
<ul style="list-style-type: none"> • Family, Friend & Carer - A Guide 2008
<ul style="list-style-type: none"> • Hard to Forget - An Alzheimer's Story <i>"In this remarkable book, the author intertwines two dramatic stories; the scientific race to discover the causes of Alzheimer's and the moving experiences of the Pierce family as they struggle with the disease"</i> by Charles P Pierce
<ul style="list-style-type: none"> • Hazel's Journey - A personal experience of Alzheimer's - <i>"Hazel Hawke is one of Australia's best loved public figures. Caring, gutsy & funny, she earned affection & respect wherever she went, both during & after he time as Prime Minister's wife"</i> by Sue Pieters-Hawke & Hazel Flynn
<ul style="list-style-type: none"> • Hearing the Person with Dementia by Bernie McCarthy
<ul style="list-style-type: none"> • Living with Dementia - Dept. Health & Ageing
<ul style="list-style-type: none"> • Living with Dementia, A guide for veterans, their families and carers - Dept. of Veterans' affairs
<ul style="list-style-type: none"> • Learning to speak Alzheimer's - <i>"A groundbreaking approach for everyone dealing with the Disease"</i> by Joanne Koenig Coste
<ul style="list-style-type: none"> • Look Forward - Booklet 1: Understanding Alzheimer's Disease - Booklet 2: Managing Alzheimer's Disease - Booklet 3: Planning Ahead with Alzheimer's Disease - Booklet 4: Keeping Track Journal
<ul style="list-style-type: none"> • Memory Man's 1,001 Life Story Questions - by Bob Mitchell
<ul style="list-style-type: none"> • My Parents are getting Older- Ro Saxon & Shirley Anderson
<ul style="list-style-type: none"> • One Day at a Time - Sharing Life with Dementia - <i>A Carers story about caring for her husband with dementia</i> by Dorothy Webb
<ul style="list-style-type: none"> • Planning for the End of Life for People with Dementia (Alzheimer's Australia)
<ul style="list-style-type: none"> • Parkinson's Disease - A General Approach 2nd Edition
<ul style="list-style-type: none"> • Quality Dementia Care (2): Practice for Managers in Residential Aged Care Facilities
<ul style="list-style-type: none"> • Quality Dementia Care (3): Nurturing the Heart: Creativity, Art Therapy and Dementia
<ul style="list-style-type: none"> • Quality Dementia Care (4): Understanding Younger Onset Dementia
<ul style="list-style-type: none"> • Reducing Stress-related Behaviours in People with Dementia - <i>Care-based Therapy - A comprehensive check-list of simple and imaginative ways to reduce and prevent stress-related behaviours in people with dementia</i> - by Chris Bonner
<ul style="list-style-type: none"> • Remember Grandma? By Laura Langston
<ul style="list-style-type: none"> • Signposts - Information identifying resources to assist families impacted by Dementia beginning prior to 65 years of age
<ul style="list-style-type: none"> • 10 Bags and a Sunflower Hat - A guide to coping with Dementia by Leslee Wlodyka
<ul style="list-style-type: none"> • The Carer Experience - An essential guide for Carers of people with Dementia (x3)
<ul style="list-style-type: none"> • The Forgetting - Alzheimer's: Portrait of an Epidemic. <i>"Graceful, masterful...readers can't help but be taken by Shenk's humanity and compassion, which brim throughout."</i> By David Shenk
<ul style="list-style-type: none"> • Validation Techniques for Dementia Care by Vicki de Klerk-Rubin
<ul style="list-style-type: none"> • What you need to know about Alzheimer's
<ul style="list-style-type: none"> • What if it's not Alzheimer's. A Caregiver's guide to Dementia - by Lisa Radin & Gary Radin

includes vital information on FrontoTemporal Dementia (FTD)

Brochures:

Friends, You Can Make a Difference

Tips When Visiting People with Dementia

Videos:

- Caring for the Carer - Helping Carers understand and deal with Alzheimer's disease. *"This video demonstrates a positive & practical approach for carers dealing with people diagnosed with Alzheimer's disease. It details the stages of the disease, what to expect & when, & how to cope."*
- Dementia Series funded by the Commonwealth Government
 - Video No 1-What's it all about? - *This program gives information on dementia.*
 - Video No 2-Early Diagnosis & the role of GP's - *This program focuses on the role of carers & GP's in caring for a person with dementia.*
 - Video No 3-The Dementia Continuum-How to Manage it - *This program focuses on aged care workers; manager; health professionals and carers.*
 - Video No 4-Dementia - What Difference does Person Centred Care Make? - *This program focuses on aged care workers, managers health professionals & carers*
 - Video No 5-Dementia & The Aged Care Worker - *This program focuses on aged care workers, managers & health professionals*
- Labour of Love (Men caring for wives with Dementia); featuring Gus Trotter, Fred Townsend & Richard Badcock *"they have one thing in common; they each care for their wives who have dementia, and their inspirational stories are told on this video."*
- Memory Matters - What you should know about Memory Loss, Ageing & Alzheimer's Disease
- Ten for Ten for life - Physical Activities for people with early stage Dementia
- The Brain and Behaviour
- Understanding Alzheimer's - "Every Australian will have direct contact with Dementia at some time. The more we know about it and how to deal with it, the better."

DVD:

- Effective Communication with people with dementia - *Understanding how dementia affects communication and finding ways to cater for the changes in people's abilities by Alzheimer's Australia*
- "Remember Me"Carers Reflections on Dementia (Stories of 5 carers, narrated by a carer)
- There is a Bridge - A Ground-breaking Documentary taking a radically different perspective - one of love and hope for Alzheimers.
- The Carer - a movie about Alzheimer's starring Charles "Bud" Tingwell. *The movie is about George Parker who retired early to care for his wife who was suffering from Alzheimer's disease. She has passed on, and he faces the future...what will it hold? This is his story, touching, funny...true!!!*
- Understanding Dementia - *Understanding dementia is an important first step towards living positively by Alzheimer's Australia (Multilingual)*

- Understanding Memory Changes - Normal Ageing or Dementia? - Alzheimer's Australia. *An interview with Anne Unkenstein, clinical neuropsychologist. How memory works, early changes with dementia, strategies for dealing with memory loss and challenges for the family.*
- Understanding the Brain and Behaviour - Alzheimer's Australia. *Dr Helen Creasey, Geriatrician, Neurologist and Medical Advisor to Alzheimer's Australia NSW presents a clear and easily understood explanation of this complex area*

Audio Tape:

- Information for Carers
- Caring for a Person with Dementia - An audiotape for Carers (3 copies)
- Dementia - The answers you want to make life liveable again. 2 audiotapes & 1 booklet

CD:

- Alzheimer's Disease: Interview with Daughter and granddaughter of Hazel Hawke by Deb. Cameron. ABC 702
- Catching Dust in Mid Air: A collection of songs written and performed by carers of people with dementia (Carers Victoria)
- Dementia - The answers you want to make life liveable again. 2 CDs & 1 booklet
- How to Build a Supportive Partnership (No.1 in How to care and how to cope series, Dementia Care Australia)

DISABILITY:

Books:

- 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders
- A Guide to reporting Abuse and Neglect - National Disability (Aboriginal & Torres Strait Islanders)(3 Copies)
- A Review of the Research to identify the most effective models of best practice in the management of children with Autism Spectrum Disorders - Jacqueline M Roberts, with assistance from Greta Ridley - Prepared for the Department of Ageing, Disability & Home Care
- Adolescents on the Autism Spectrum by Chantal Sicile-Kira
- Against All Odds - A true story of a child with autism who strives to reach his full potential
- A User Guide to the Disability Discrimination Act - *The Disability Discrimination Act aims to ensure people with disabilities have the same rights & opportunities as all other Australians.*
- Australian Autism Handbook: The Essential Resource Guide for Autism Spectrum Disorders (2007)
- Back from the Brink Too - Helping your loved one overcome Depression by Graeme Gowan
- Being a Healthy Woman - An educational resource for women with intellectual disability, their families, health care providers, carers and support workers. (NSW Health)
- Beyond the Call - Stories from Veterans and their families (Veteran Affairs - 2009)
- Building Foundations - Autism: Your Child, Your Family (Booklet and DVD - 3 copies)

<ul style="list-style-type: none"> • Capacity Toolkit - What is Capacity? How do I decide whether a person has the capacity to make their own decisions? Information for government and community workers, professionals, families and carers in NSW (2008)
<ul style="list-style-type: none"> • Care for Caring Parents - Parents caring for a child with a disability often neglect their own needs
<ul style="list-style-type: none"> • Carers Booklet: Assistance for the Veterans Community
<ul style="list-style-type: none"> • Caring for someone with Cancer (A booklet from Cancer Council)
<ul style="list-style-type: none"> • Creative Clothing: Practical options for people who have difficulty with saliva control
<ul style="list-style-type: none"> • Don't Fall for it - Falls can be prevented: A guide to preventing falls for older people
<ul style="list-style-type: none"> • Drugs to be given with caution - to people with Parkinson's Disease (Brochure x 3)
<ul style="list-style-type: none"> • Facing Autism - Giving Parents Reasons for Hope and Guidance for Help
<ul style="list-style-type: none"> • Facing the Crowd - Managing other people's insensitivities to your disabled child by Deborah Fullwood & Peter Cronin
<ul style="list-style-type: none"> • Falls Prevention: Your home safety Check
<ul style="list-style-type: none"> • Family, Friend and Carer : (Booklet) A Guide for carers of people with low vision by the Macular Degeneration Foundation
<ul style="list-style-type: none"> • Hearing our Voices - Stories from Carers of People with a Mental Illness - compiled by Toni Payne Carers NSW
<ul style="list-style-type: none"> • Healing after Loss
<ul style="list-style-type: none"> • Help for people who care for someone with a bladder or bowel problem (x2)
<ul style="list-style-type: none"> • Helping You & Your Family - Self-help strategies for parents of Children with a Disability - published by the Association for Children with a Disability (3 copies)
<ul style="list-style-type: none"> • Helping Your Child to Learn: A practical guide for children with Learning Difficulties
<ul style="list-style-type: none"> • Joe's Diary - A sane guide for young people
<ul style="list-style-type: none"> • Making the Most of Caring - a booklet for Carers of People with a Brain Injury by Carers NSW (2 copies)
<ul style="list-style-type: none"> • Seniors Guide: NSW Office of Fair trading - Consumer information for Older Australians (x3)
<ul style="list-style-type: none"> • Sex Safe & Fun Reader's Guide - a Guide for supporting the learning of positive safer sex messages. <i>To be used in conjunction with the "Sex Safe and Fun" brochure (which is in the book). A book for people with a developmental disability</i>
<ul style="list-style-type: none"> • Siblings - Brothers & sisters of children with special needs by Kate Strohm <i>"this book should be read by anyone coming into contact with a family that includes a child with a disability"</i>
<ul style="list-style-type: none"> • Shoulder to Shoulder - Information for Aboriginal Families who have a Child or Young Person with a Disability
<ul style="list-style-type: none"> • Supporting Siblings - When a brother or sister has a Disability or Chronic Illness
<ul style="list-style-type: none"> • Surviving Acquired Brain Injury
<ul style="list-style-type: none"> • TAD Custom Designed Aids - Inspirational Solutions for People with Disabilities
<ul style="list-style-type: none"> • The Sane Guide for Carers - is intended to help family and other carers of people who have been seriously affected by mental illness.
<ul style="list-style-type: none"> • There's always Hope just alter the Dreams - Offers a greater understanding of the lives,

thoughts and feelings of people who have survived a brain injury by Cheryl Koenig
• There's No Such Thing As a Silly Question - A practical guide for families living with a child with chronic illness, disability, mental illness or a life-threatening condition (Victoria)
• Through the Maze NSW - A Handbook for Parents & Carers of Children with a Disability 2006 - Association for Children with a Disability (3 copies)
• Through the Maze NSW - A Handbook for Parents & Carers of Children with a Disability 2008 - Association for Children with a Disability (1 copy)
• Understanding Complementary Therapies - A guide for people with cancer, their families and friends. (Cancer Council)
• Understanding Grief - A guide for people with cancer, their families and friends. (Cancer Council)
• Undivided Lives - An Anthology written by parents of children with an intellectual disability
• Vacation, Sport & Leisure Navigation Pack (A guide to holiday ideas and sport and leisure opportunities for children and adults with an autism spectrum disorder (ASD) (By Autism Spectrum Australia).
• What Happens Next? A Handbook for parents, caregivers and family of young people who have a mental illness (published by Skylight, A New Zealand support agency)
• What works for Depression (Beyond Blue) (2 copies)
• Where do we go from here? Real life stories of hearing loss (Booklet)
• Who cares? We do: Information and advice for young carers
• "Yes you can" Play Lawn Bowls - Parkinson's NSW
• Young Children with Special Needs
• You're Not Alone - A sane guide to mental illness for children

Brochures:

• About MDAA (Multicultural Disability Advocacy Association of NSW) - 1 only
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Fact Sheets

Sibsheets for the Community: www.sib.org.au

Videos:

• A Guide to Disabilities <i>"The viewer is introduced to the problems of the physically & intellectually disabled by means of live action & computer animations"</i>
• Cerebral Palsy disorder of movement- A Survival Kit for Parents (0 - 5 years) - The Spastic Centre
• Going the Distance - <i>"gives an honest portrayal of the lives of three fathers of children who have intellectual disabilities"</i> (available on CD)
• It's a Long Road - <i>"a revealing and poignant portrayal of the emotional journey of 4 women raising children with disabilities"</i>
• Sharing our Story - "parents of children with a disability talk about their lives"

DVDs:

<ul style="list-style-type: none"> Assistance Dogs Compile 2007 - Assistance Dogs Australia - Media Compile 2005-07, Tim's Australian Story, 'Pick up the Phone' TVC
<ul style="list-style-type: none"> Autism and Me (DVD by Rory Hoy)
<ul style="list-style-type: none"> Being Responsive: You and Your Child with Autism (DVD) and CD
<ul style="list-style-type: none"> Building Foundations: Autism: Your Child, Your Family (Book and DVD) Aspect Australia
<ul style="list-style-type: none"> Difficult Moments for Children and Youth with Autism Spectrum Disorders (DVD)
<ul style="list-style-type: none"> It's Like This (How young people and their parents deal with cancer) An initiative by CANTEEN
<ul style="list-style-type: none"> It's a Long Road - <i>"a revealing and poignant portrayal of the emotional journey of 4 women raising children with disabilities"</i>
<ul style="list-style-type: none"> Keys to Living Together (Helping to build stronger, healthier relationships for couples with a young child with disability.)
<ul style="list-style-type: none"> Move it or Lose It DVD Series: Easy Level Movement to Music (Arthritis Victoria) Move it or Lose It DVD Series: Easy Level Chair Based Exercise (Arthritis Victoria) Move it or Lose It DVD Series: Easy Intermediate Level Chair Based and More (Arthritis Victoria) Move it or Lose it DVD Series: Intermediate Level Flexibility and Stretching (Arthritis Victoria) Move it or Lose It DVD Series: Advanced Level Low Impact Aerobics (Arthritis Victoria)
<ul style="list-style-type: none"> Pictures Tell you Nothing - Mental Illness and Relationships <i>"a documentary style program with people talking about the effects of mental illness on their relationships"</i> (CD)
<ul style="list-style-type: none"> Speaking from Experience: Anxiety Disorders DVD and SANE Guide to Anxiety Disorders Speaking from Experience: Bipolar Disorder DVD and SANE Guide to Bipolar Disorder Speaking from Experience: Living with Depression DVD and SANE Guide to Depression Speaking from Experience: Schizophrenia and Other Psychotic Illnesses DVD and SANE Guide to Schizophrenia
<ul style="list-style-type: none"> Independence at home for people with a disability
<ul style="list-style-type: none"> Staying Active, Staying Safe: Basic Exercises to Help Prevent Falls -NSW Health Promotion

CD-Rom:

<ul style="list-style-type: none"> Mindful Meditation - for people with cancer, their families and carers. Dr. Lisbeth Lane (Psychologist) guides you through the basics of mindfulness. (Cancer Council)
<ul style="list-style-type: none"> Relaxation - for people with cancer, their families and carers. (Dr. Lisbeth Lane (Psychologist)) guides you through the basics of relaxation (Cancer Council).
<ul style="list-style-type: none"> Going the Distance - a resource exploring ways in which fathers of children with disabilities manage various issues that face men and their families

CARERS / GENERAL:

Books:

<ul style="list-style-type: none">
<ul style="list-style-type: none"> 10 Steps for Living Well with Arthritis by Arthritis Australia
<ul style="list-style-type: none"> Access Sydney - The Easy Guide to Easy Access by NRMA <i>"The primary criterion for inclusion in the guide is that a venue is accessible by an unassisted person using an electric wheelchair"</i>

• An Unrecognised Grief - Loss & Grief Issues for Carers - A Carer's guide by Carers Victoria
• Back to Basics - Handy hints for carers to help prevent back injuries by Commonwealth Dept of Veterans' Affairs <i>"The clarity of text and excellent graphics in 'Back to Basics' are sure to assist in the prevention of injury to carers, as well as improve the quality of life for veterans". (3 copies)</i>
• "A Guide to Balance the Care" Booklet. (This comes with a DVD on Balance the Care) Developed by Carer Respite Centre, Southern Region, Victoria).
• Because I Care ... Inspirational Stories, Poems, Anecdotes & Art by Carers
• Because I Care (Carers Australia 2008) - A collection of 15 carer stories
• Cancer Council QLD: Understanding Grief: A guide for people with cancer, their families & friends
• Caregivers: Drowning in a Sea of Cognitive Challenges - Delaune Pollard.
• Cancer Council NSW: Understanding complimentary Therapies
• Carer information Kit. (Cancer Council)
• Carers Handbook - A practical, fully illustrated guide for those who care for people who are sick, elderly or disabled by Carers Assoc of Aust; St John Ambulance Aust; Australian Red Cross
• Carer Action Plan 2007-2012 - NSW Health
• Carer Booklet, Assistance for the Veteran Community - Dept. of Veterans'
• Affairs Caring for your Elderly Parent by Kate Sumner
• Caring...and Other Highwire Acts: Stories of people caring for someone with a mental illness
• Caring for someone with a long-term illness - John Costello
• Carers NSW: Making the Most of Caring: A booklet for carers of people with brain injury
• The Carers Storybook (Written by Gordon Lester and Cathy Reid) Australian Government (x4)
• The Courage to Care - (<i>Stories, poems and artwork by carers, mainly of people with a brain injury</i>) by Cheryl Koenig (3 copies)
• Creating Moments of Joy - A Journal for Caregivers by Jolene Brackey
• Facing Cancer: A Young Carer's Story of Survival 3
• For love, for faith, for duty, for deed: Beliefs and values about caring in the Anglo-Celtic, Greek, Italian, Polish Turkish and Vietnamese
• Communities in Victoria - A report prepared for Carers Victoria by Rebecca Cole & Tonina Gucciardo-Masci
• Helping you to care for a person with cancer: a self- help guide for partners, family & friends
• Information for Families on Respite - St George and Sutherland (Learning Links booklet 2008)
• The Little Black Book of SCAMS - Your guide to scams, swindles, rorts and rip-offs - Australian Competition & Consumer Commission
• The Little Stress Less Book
• More Than a Pat on the Back
• My Health, My Future, My Choice: An Advance Care Directive for New South Wales
• By Sarah Graham, Anne Hampshire, Elizabeth Hindmarsh, Barbara Squires & Sharon Wall
• The Caregiving Years by Cynthia L Schultz & Noel C Schultz <i>"A Carer? Who? Me? Does that mean I am no longer a wife, mother, husband, father, partner, son, daughter or close companion because of the extraordinary level of care I am now providing?"</i>
• The Recreation Officer's Simple Activity Manual - Issue 1

• The Rights Stuff - Tips for making complaints and solving problems
• Peter Stebbins: <i>You Can Cope</i> Changing the way we deal with life's problems will enhance our ability to cope
• Beyond Blue - Taking Care of yourself after retrenchment or financial loss, www.whybeblue.org.au
• Sutherland Shire Suicide Safety Network Inc
• What Can I Do? The essential guide to Australian services for the ageing and Carers by L. Bennett & T. Stewart
• Take Care Tips: <i>How to take care of yourself while you're taking care of others</i> by Jennifer Antkowiak

Brochures

25 Ways to Encourage Reading: A collection of fun & engaging tips that parents can use to motivate their children to read
Toy Guide for Kids with Special Needs - by The Australian Toy Association

Videos:

• ABC Compass Program - Who Cares? (3 families with different caring situations)
• ABC Four Corners - Story on Carers screene ^d 4 th April 2005 inc Dorothy Webb
• ABC Four Corners - In My Shoes (Carer Issues and a profile of several carers)
• connecting with Computers - A guide to getting started for older Australians - <i>Connecting with Computers is an initiative of the Aust Gov't Dept of Education Science & Training</i>
• more than a pat on the back (and book) - Carers talk about their health - Carers Victoria

CD and Audio Tape:

• Carers Relaxation (produced by Commonwealth Carer Resource Centre)
• relaxation CD for Aboriginal Carers
• taking Care of Business - Planning Ahead in Aboriginal and Torres Strait Islander Communities
• Doing it Ourselves (A guide to caring for people with HIV/Aids at Home)
• Relaxation for people with cancer, their families and carers - Cancer Council
• Michael Bubl`e <i>Crazy</i>
• Are You Experiencing Violence or Abuse? You can make it stop!
• Wesley Mission Community Support Services

CD Roms:

• Hospital and Community Guide for Carers - St George Migrant Resource Centre Inc.
• Housing for Life - Designed for Everybody - Master Builder's Association of the ACT (2 copies)
• Communication Pictorial Tool Kit - St George Migrant Resource Centre Inc.
• Introduction to the Office of Fair Trading (English, Arabic, Chinese and Vietnamese)

DVDs:

<ul style="list-style-type: none">• Balance the Care - Explores the major issues of people who provide care for others (Commissioned by Carer Respite Centre, Southern Region, Victoria). This also comes with the booklet A Guide to Balance the Care.
<ul style="list-style-type: none">• Caring for people with continence problems x 5
<ul style="list-style-type: none">• families and Mental Illness - speaking from experience personal stories of living with illness
<ul style="list-style-type: none">• Introduction to the Office of Fair Trading x 4
<ul style="list-style-type: none">• Just Care for Us - Supporting Young Carers - Carers Australia.
<ul style="list-style-type: none">• Medication Management Seminar for Carers held 26th May 2006 with Dr Elizabeth Harper; Geriatrician & Merrion Tom; Pharmacist - funded by SE Sydney & Illawarra Area Health Service as a Carers Program One-off Grant through the NSW Carers Program to heighten awareness of the need for carer information & needs.
<ul style="list-style-type: none">• Multicultural Disability Advocacy Association of NSW (MDAA) - aims to promote, protect & secure the rights & interests of people from a non-English speaking background with disability & their families & carers in NSW
<ul style="list-style-type: none">• A Chance to Recharge your Batteries: Residential Respite for Carers - Benevolent Society
<ul style="list-style-type: none">• Respite Helps You find the Balance - Presented by Charles 'Bud' Tingwell. (Commissioned by Carer Respite Centre Southern Region - Victoria)
<ul style="list-style-type: none">• Dr. Rhonda Galbally - 7th October, 2009 - National Press Club of Australia (CD)
<ul style="list-style-type: none">• Stories of Hope and Recovery (<i>Beyond Blue</i>)
<ul style="list-style-type: none">• Carer's Stories of Hope and Recovery Vol. 2 (<i>Beyond Blue</i>) (x2)
<ul style="list-style-type: none">• Staying Active, Staying Safe: Basic exercises to help prevent falls (NSW Health Promotion DVD and booklet)
<ul style="list-style-type: none">• Time for You - Respite Services for Carers in the area of Mental Health - Presented by Julie McCrossin (Carer Respite Centre, Southern Region, Victoria).

Information Pack

<ul style="list-style-type: none">• TARS & Older Persons Legal Service - TARS
<ul style="list-style-type: none">• Information for Carers Pack

Health and Nutrition

<ul style="list-style-type: none">• A Beginner's Kitchen (Whittlesea Men's Shed) A manual for shopping and cooking healthy meals on a budget.
<ul style="list-style-type: none">• Adding Life to Your Years- the Cookbook: Nutrition Australia
<ul style="list-style-type: none">• Cooking for Few: A guide to easy cooking for one or two- Heart Foundation (x2)
<ul style="list-style-type: none">• Deadly Tucker: A selection of recipes from the FOODcents for Aboriginal and Torres Strait Islander People in WA Program (x2)
<ul style="list-style-type: none">• Eating for Eye Health ; The Macular Degeneration Cookbook by Ita Buttrose & Vanessa Jones

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| <ul style="list-style-type: none">• Good looking, easy swallowing - <i>Creative Catering for Modified Texture Diets</i> by Janet Martin & Jane Backhouse |
| <ul style="list-style-type: none">• <i>Finger Foods: A Three-Week Menu and Recipes</i>, enabling one to eat with dignity |

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