

## HEALTH CARE

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at [library@activ.asn.au](mailto:library@activ.asn.au)

The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>

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**A Billion Seconds** / STRATHCONA THEATRE COMPANY; ST. GEORGE'S HOSPITAL MEDICAL SCHOOL.

London, BILD Publications : 2003. 1 videocassette (35 min.) + 1 booklet

In this play Sam, Mikey and Sash deal with issues in health care. Sam must face the death of his father through bowel cancer and Sash has discovered a lump in her breast and must decide whether to do nothing or visit a doctor. Mickey is their sounding board as he tries to lead them in the right direction. The video was made to help people with intellectual disabilities become more cancer aware, learn how to communicate their health issues to doctors and learn how to cope with bereavement and loss. A booklet comes with the video providing questions for discussion in group sessions.

CC 610.5 ABI

P10842

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**Breathe Easy** / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (6 min.) + booklet

An illustrated guide and accompanying audiotape explains what causes breathing problems and the treatment options available. Suitable for people with an intellectual disability

CC 610.8 BRI

P08312

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**Clearthoughts: The Mental Health In Learning Disability Knowledge Centre** [2008].

This website is aimed at people who have a learning disability, their families and carers and professionals and those supporting people and families. It covers topics relating to mental health for those with a learning disability. It is designed to be as easy to read as possible and comes with Browsealoud which means it is possible to hear as well as read the words. It also allows for direct access to the websites of the organizations supporting the Clearthought website. It deals with events, mental health conditions, possible treatment, related issues, law and guidance and provides links, resources and a forum. <http://www.clearthoughts.info/> - Click link to access website

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**Coping With Stress** / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (8 min) + booklet

The book and accompanying audiotape covers what stress is and ways that it may be reduced. Suitable for people with an intellectual disability

CC 155.9042 BRI

P08313

**Depression** / Affleck, Frances; Alexander, Kate.

Leeds, West Yorkshire, CHANGE : [2002]. 34p

A simply written and well illustrated guide about depression suitable for people with an intellectual disability. Covers the types of depression, warning signs, causes, treatments available, self help and help from friends and family

CC 616.89 AFF

P10380

**Diabetes : To The Point** / QUEENSLAND CENTRE FOR INTELLECTUAL & DEVELOPMENTAL DISABILITY.

Brisbane, Queensland Centre for Intellectual & Developmental Disability : 2007.

A website designed to provide diabetes information for people with an intellectual disability and diabetes and their carers.

<http://www.som.uq.edu.au/research/qcidd/diabetes/> - Click link to access website

**Epilepsy** / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 2001. 16p., ill.

An illustrated guide about epilepsy covering topics such as what happens when you have a fit, after a fit, medication and side effects, living with epilepsy and keeping safe. Suitable for people with an intellectual disability

SC/EPI BRI

P10348

**Epilepsy** / Band, Roslyn.

London, Elfrida Press : 1998. 17 p.

This clear and basic overview of epilepsy will help people with intellectual disabilities understand what epilepsy is, what causes it and what to do when someone has a fit.

HS/EPI BAN

P11872

**Everybody Needs Toilets : An Easy Guide For People With A Learning Disability** / Bradley, Alice; Buchanan, Mary; Dawson, John; Forsyth, Agnes.

Kidderminster, Worcs., BILD Publications : 2006. 32 p., ill.

Written for people with an intellectual disability, this book is in an easy to read format and uses illustrations to enhance the text. It explains about using toilets, having a healthy bladder and bowels, talking about toilet problems, people who can help, explaining the examination process, and toilet hygiene.

CC 610.8 EVE

P12160

**Feeling Poorly: A Complete Assessment And Training Pack To Help People With Learning Disabilities Communicate Effectively About Symptoms Of Illness And Pain** / Dodd, Karen; Bruncker, Jo.

Brighton, Pavilion : 1998. 1 vol (looseleaf) + Communication aid (spiral bound booklet)

This package is designed to teach people with intellectual disability about physical illness and to communicate information about their symptoms and pain. It contains teaching outlines and assessment sheets for use in small groups and illustrated aids to be used in the sessions.

CC 610.6 DOD

P08576

**George Gets Smart** / Brighton, Catherine Ill.; Hollins, Sheila; Flynn, Margaret; Russell, Philippa. / ROYAL COLLEGE OF PSYCHIATRISTS.

London, Gaskell Press : 2001. 42 p. : col. ill.

Through the use of illustrations, this story shows how George learns to take responsibility for his personal hygiene and health. This book is part of a series that provides a separate text and helpful suggestions at the back of the book for parents or any support person.

CC 371.9281 HOL

P09345

**Getting Better: A Video Training Pack To Help People With Learning Difficulties Get The Best Out Of Their Gp** / Band, Roslyn. / ELFRIDA SOCIETY.

Brighton, Pavilion : 1997. 1 videocassette (10 mins ) + training notes (27p.)

A British video that aims to raise people's confidence about going to their doctor and to help them to prepare for appointments. It features a young woman who has an unsatisfactory visit to her GP. She subsequently discusses how she can better explain her problem and returns to the doctor who, this time, correctly diagnoses her illness and gives her a prescription. For people with a disability and staff.

CC 610.6 GET

P08551

**Getting On With Cancer** / Donaghey, Veronica; Webb, Beth Ill.

London, Gaskell Press : 2002. 72 p. : col. ill.

This book is designed to help people with learning disabilities understand what is happening to them when they have been diagnosed with cancer. It pictorially tells the story of Veronica as she experiences the sequence of events from symptoms through to treatments and recovery. It is separated into sections and can be used as a starting point for discussion or to give information.

CC 610.5 DON

P09350

**Getting On With Epilepsy** / Hollins, Sheila; Bernal, Jane; Thacker, Alice.

London, Royal College of Psychiatrists St George's Hospital Medical School : 1999. 54p., ill.

In this story we follow one man's daily life - on the bus, at work and out with his friends. We see him having a seizure, going to the doctor, having a brain scan, an EEG, a blood test and taking daily medication. There are examples of activities which people with epilepsy need to be careful about, such as drinking alcohol and swimming alone. Suitable for people with an intellectual disability.

SC/EPI HOL

P09174

**Going Into Hospital** / Hollins, Sheila; Avis, Angie; Cheverton, Samantha.

London, Royal College of Psychiatrists St George's Hospital Medical School : 1998. 54p., col. ill.

This book is designed to support patients going into hospital by explaining what happens in hospital. The issues of feelings, information and consent are discussed. The pictorial stories are followed by a suggested text for the pictures, a guide for supporters and a guide for hospital staff. Suitable for people with an intellectual disability

CC 610.6 HOL

P09163

**Going Into Hospital : A Dvd Which Shows You What It's Like To Come Into Hospital** / Speakup Self Advocacy.

Rotherham, Speakup Self Advocacy : 2007. 1 DVD (28 min.)

A DVD aimed at helping people with an intellectual disability feel more at ease about going to hospital. It describes what may what happen, as well as the roles of different people they may come across who work in a hospital.

HS 610.6 GOI

P12118

**Going To Out-Patients** / Hollins, Sheila; Bernal, Jane; Gregory, Matthew.

London, Royal College of Psychiatrists St George's Hospital Medical School : 1998. 61p., ill.

The book is designed to support people attending hospital and specialists appointments. It explains what happens to them and shows ordinary events such as arriving at the front desk and some less pleasant experiences which may cause embarrassment or pain. Suitable for people with an intellectual disability

CC 610.6 HOL

P09164

**Going To The Doctor** / Hollins, Sheila; Bernal, Jane; Gregory, Matthew.

London, St George's Mental Health Library : 1996. 73p.

A simply written and illustrated guide that looks at what may happen when you go to the doctor. Describes scenarios which may occur when people consult a doctor. Written to prepare people with intellectual disabilities for such visits.

CC 610.6 HOL

P06108

**A Guide To Breast Health** / DISABILITY SERVICES COMMISSION; BREASTSCREEN WA.

West Perth, Disability Services Commission : 2004. 84 p.

A user friendly handbook that educates women with an intellectual disability on the importance of regular breast examinations and screenings to help in the detection of breast cancer. The first part of the book explains about breast awareness and what to expect when visiting the doctor or having a mammogram. The second part of the book provides information to supporters and carers about breast cancer facts, breast examinations and service expectations.

CC 613.0424 GUI

P10740 P10741

**Having A Blood Test : This Leaflet Explains What Happens When You Have A Blood Test** / Forster, Michelle; Duffy, Marianne; Poole, Sally. / THE ACCESS TO HEALTH PROJECT & THE COMMUNITY HEALTHCARE TEAM, ISLINGTON LEARNING DISABILITIES PARTNERSHIP.

London, Elfrida Society : [200-?]. [6 p.]

Tells the story of what happens when you go for a blood test. Presented with line drawings and clear text this booklet offers an explanation of why the test is being performed and suggestions of where to seek further advice. Suitable for people with intellectual disabilities who are going to experience this potentially frightening procedure.

HS 610.6 FOR

P11873

**Having A Ct Scan : This Leaflet Explains What Happens When You Go To Hospital For A Ct Scan** / Forster, Michelle; Duffy, Marianne; Poole, Sally. / THE ACCESS TO HEALTH PROJECT & THE COMMUNITY HEALTHCARE TEAM, ISLINGTON LEARNING DISABILITIES PARTNERSHIP.

London, Elfrida Society : [200-?]. [6 p.]

Tells the story of what happens when you go for a CT scan. Presented with line drawings and clear text this booklet offers an explanation of why the test is being performed and suggestions of where to seek further advice. Suitable for people with intellectual disabilities who are going to experience this potentially frightening procedure.

HS 610.6 FOR

P11875

**Having A Eeg Scan : This Leaflet Explains What Happens When You Go To Hospital For An Eeg Scan** / Forster, Michelle; Duffy, Marianne; Poole, Sally. / THE ACCESS TO HEALTH PROJECT & THE COMMUNITY HEALTHCARE TEAM, ISLINGTON LEARNING DISABILITIES PARTNERSHIP.

London, Elfrida Society : [200-?]. [6 p.]

Tells the story of what happens when you go for an electroencephalogram (EEG) procedure. Presented with line drawings and clear text this booklet offers an explanation of why the test is being performed and suggestions of where to seek further advice. Suitable for people with intellectual disabilities who are going to experience this potentially frightening procedure.

HS 610.6 FOR

P11876

**Having An Mri Scan : This Leaflet Explains What Happens When You Go To Hospital For An Mri Scan** / Forster, Michelle; Duffy, Marianne; Poole, Sally. / THE ACCESS TO HEALTH PROJECT & THE COMMUNITY HEALTHCARE TEAM, ISLINGTON LEARNING DISABILITIES PARTNERSHIP.

London, Elfrida Society : [200-?]. [6 p.]

Tells the story of what happens when you go for an MRI scan. Presented with line drawings and clear text this booklet offers an explanation of why the test is being performed and suggestions of where to seek further advice. Suitable for people with intellectual disabilities who are going to experience this potentially frightening procedure.

HS 610.6 FOR

P11874

**Health-Related Resources For People With Learning Disabilities.** / HEALTH EDUCATION AUTHORITY.

London, Health Education Authority : 1999. 143p.

A collection of reviews of over 100 health education resources that are available to meet the health needs of people with intellectual disabilities. Each review describes who the resource is aimed at, topics covered, ways to use it, and whether people with intellectual disability were involved in its development  
<http://www.nice.org.uk/download.aspx?o=502223> - Click link to access

CC 610.5 HEA

P08964

**If You Are Ill...** / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (11 min.) + booklet

The illustrated book and accompanying audiotape outlines the steps that should be taken when you feel ill, possible causes, when to see a doctor and what to do in an emergency. Suitable for people with an intellectual disability

CC 610.6 BRI

P08316

**It's Not Just Lumps And Bumps : A Guide To The Early Signs Of Cancer And How To Lower Your Chances Of Getting Cancer** / Learning Disabilities Federation.

North Tyneside, Learning Disabilities Federation : [2007]. 56 p. + 1 DVD

Aimed at people with an intellectual disability and their supporters, this book and DVD can be used together or alone to show how to help lower the risk of getting cancer by leading a healthy lifestyle and being aware of our own bodies, and telling someone when something is different. The DVD features actors with disabilities talking about what they know about cancer.

CC 610.5 ITS

P12256

**Keep Clean: About Being Clean - Personal Hygiene, Food Hygiene** / Band, Roslyn.

London, Elfrida Press : 1997. 7p

A small illustrated booklet that looks at personal care and food hygiene. Suitable for people with an intellectual disability.

CC 371.9281 BAN

P08115 P11870

**Keeping Healthy Down Below** / Downer, Jackie; Hollins, Sheila; Webb, Beth III.

London, Gaskell Press : 2000. 53 p. : col. ill.

This book pictorially presents the story of Carol who undertakes a smear test. It is designed to prepare women with intellectual disabilities for cervical screening, and, with the assistance of supporters, to help them understand other issues relating to sexual activities. The story and additional information is divided into sections for easy reference.

CC 613.0424 HOL

P09348

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**Knowing Me, Knowing You** / LINCOLNSHIRE PARTNERSHIP NHS TRUST.

England, Lincolnshire Police Television : 2004. 1 videocassette (36 min.)

Specifically for people with intellectual disabilities, this documentary goes through the process of what happens when you are ill and have to attend the Accident and Emergency Department at the hospital. Looks at the procedures that take place when a person has a fall, a fracture, an eye injury, chest pain, needs a blood test or has a bad cut.

CC 610.6 KNO

P10939

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**Let's Be Patient** / TAKING PART.

Shrewsbury, Taking Part : 2003. 1 videocassette (26 min.) + teacher's notes

A documentary that shows patients going to the hospital, some of the procedures that take place and areas of the hospital that they may visit. The video is designed to be seen in a group session with a facilitator encouraging discussion about the contents that have just been viewed. The documentary is separated into three parts with the first looking at the Accident and Emergency department, the second looking at an outpatient clinic and the third looking at pre-operation assessments.

CC 610.6 LET

P10945

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**Let's Talk About Health: What Every Woman Should Know: The Gyn Exam** / Heaton, Carol. / THE ARC OF NEW JERSEY.

Arlington, Tex., The Arc : 1994. 2 booklets + sound cassette and videocassette (30 min.)

The video provides information on women's health issues and gynaecological procedures for women with an intellectual disability. It illustrates breast self examination, a mammogram, a Pap smear and a pelvic examination. The information is presented in a clear and simple manner, and details what to expect when visiting a gynaecologist. The cassette tape is a sound recording of the information booklet

CC 613.0424 LET

P09663

**Living Well With Diabetes : A Book About Diabetes** / Learning Disabilities Federation.

North Tyneside, Learning Disabilities Federation : 2007. 61 p.

This book has been written for people with intellectual disabilities and their supporters to help explain what causes diabetes, symptoms of diabetes and the work of the diabetes team at a health clinic. It follows the story of Di, a women with an intellectual disability living in a home with friends and staff, who begins to feel unwell and following a visit to the doctor and is diagnosed with diabetes. She then attends a clinic, her treatment is described and she begins to follow a healthier lifestyle.

CC 641.5 LIV

P12257

**Looking After My Balls** / Hollins, Sheila; Wilson, Justin.

London, Gaskell Press St George's Hospital Medical School : 2004. 32 p.

This book is designed to help men with intellectual disabilities learn more about their testicles and how to look after them. The book tells the story of Tom who after finding a lump, goes to his doctor and has some further tests. The book also explains how to look after testicles and what changes to look out for. Notes are provided for carers to discuss testicular awareness with the individual.

CC 610.5 HOL

P10866

**Looking After My Breasts** / Hollins, Sheila; Perez, Wendy; Webb, Beth III.

London, Gaskell Press : 2000. 47 p. : col. ill.

This book is designed to help women with intellectual disability to understand what is happening when going for breast screening. It takes the woman through the various procedures involved from the initial request to the results of the screening test. It is divided into sections for easy reference. The breast screening procedure is explained pictorially with the text and helpful information provided separately for a support person.

CC 613.0424 HOL

P09349

**Looking After My Heart** / Hollins, Sheila; Cappuccio, Francesco; Adeline, Paul; Kopper, Lisa.

London, Gaskell Press St George's, University of London : 2005. 60 p., ill

Written for people with an intellectual disability this book tells the story of a women who smokes, drinks and likes party food. When her father dies of a heart attack, and years later she has chest pains, a friend encourages her to visit a doctor. She refuses and later has a heart attack and is taken to hospital where her heart is carefully monitored. She is given medication and advice about looking after herself, and then begins to adopt a healthier lifestyle. The story is told in pictures alone to allow for individual interpretation. A suggested text is included at the end of the book. There is also information on the symptoms of heart disease, what causes it and how it is treated.

CC 610.8 HOL

P12170

**Looking After Your Teeth** / BRITISH INSTITUTE OF LEARNING  
DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (6 min.) + booklet

Good dental care is discussed in an illustrated book and accompanying audiotape. Suitable for people with an intellectual disability

CC 611.3 BRI

P08317

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**Managing Menstrual Care: A Resource Guide About Managing Menstruation For Women With Intellectual Disability** / DISABILITY SA; UNIVERSITY OF SOUTH AUSTRALIA.

[Adelaide], Government of South Australia : 2008.

Although much information exists on the topic of managing menstration, locating that information can often be troublesome. This document aims to support Disability SA workers and parents/carers of young women with intellectual disability through this transition to adulthood by reviewing available resources and supports.

The document lists the most commonly used and recommended resources on menstrual care for young girls with disability - at the various services in South Australia dealing with disability. It also includes useful websites.

[http://www.sa.gov.au/upload/franchise/Community%20Support/Disability/Information%20sheets%20-%20Disability%20SA/Managing%20menstrual%20care%20\(PDF%20527kb\).pdf](http://www.sa.gov.au/upload/franchise/Community%20Support/Disability/Information%20sheets%20-%20Disability%20SA/Managing%20menstrual%20care%20(PDF%20527kb).pdf)  
f - Click link to access website

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**My Health Action Plan** / MENCAP.

London, Mencap : [2008]. 85 p.

The Health Action Plan is designed as a way of keeping a record of the health and health care support of people with an intellectual disability. All health information is recorded in the plan, which can be used to help people stay healthy and well, take responsibility for their own health, share information with support persons, ensure regular health checks, and learn more about what to do to keep healthy. There are sections to record personal information, information about those who help, communication, medicine, general health, dental care, eyesight, hearing, sleeping, eating, diabetes, bladder and bowel, epilepsy, mental health, relationships, family and lifestyle.

CC 610.8 MYH

P12516

**The National Center On Physical Activity And Disability (Ncpad) / THE BOARD OF TRUSTEES OF THE UNIVERSITY OF ILLINOIS.**

The National Center on Physical Activity and Disability :

A comprehensive information centre on physical activity and disability. This Internet site promotes participation for all people by adapting indoor and outdoor sports including team and individual activities to suit people with disabilities. There are video instructions for a wide range of activities, exercises and team sports for people with either a physical or intellectual disability. The site also provides the latest news and research on physical activity and disability, as well as, an international list of organisations that promote recreational activities and suppliers of sporting equipment for people with disabilities .

<http://www.ncpad.org/> - Click link to access website

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**Seeing And Hearing / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)**

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (8 min.) + booklet

Uses a well illustrated book and accompanying audiotape to outline problems people may have with seeing and hearing and what can be done about them. Suitable for persons with an intellectual disability

CC 610.8 BRI

P08318

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**Taking Care Of Myself : A Healthy Hygiene, Puberty And Personal Curriculum For Young People With Autism / Wrobel, Mary J.**

Arlington, Tex., Future Horizons, Inc. : 2003. 246 p.

Teaches students with autism and other disabilities the information and skills necessary to live as healthily and independently as possible. Designed for ages 5 years to adults this book is set out in simple and precise detail. Uses communication aids and assistive technology to describe made up stories emphasising social situations that discuss appropriate and inappropriate behaviour. The key issues focused on are hygiene, health, modesty, growth and development, menstruation, touching and personal safety and masturbation.

SC/AUT WRO

P10778

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**Transition To Adult Health Care : A Training Guide In Two Parts**

Waisman Centre :

A training guide that can be used in workshops to help young people with special health care and their parents prepare for the transition into adult health care. The guide is sectioned into two parts with information for parents and information for young people. Topics include visiting the doctor, health awareness, filling prescriptions, questions to ask the doctor and health planners.

[http://www.waisman.wisc.edu/hrtw/Adult\\_Teen.pdf](http://www.waisman.wisc.edu/hrtw/Adult_Teen.pdf) - Click link to access

**Type 2 Diabetes : Living A Healthier Life /** Speakup Self Advocacy.

Rotherham, Speakup Self Advocacy : 2008. 1 DVD

This DVD, suitable for people with intellectual disabilities, provides good, clear information on Type 2 diabetes and how it can be controlled through eating right and maintaining an active and healthy lifestyle. It includes advice on healthy eating, tips to get more active, and where to go for further help and advice.

CC 641.5 TYP

P12291

**Using Medicine Safely /** BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)

Kidderminster, Worcs., BILD Publications : 1998. 1 audiocassette (8 min.) + booklet

An illustrated booklet and accompanying audio tape explain what medicines are, what they can do, how to take them and possible side effects. Suitable for people with an intellectual disability

CC 610.2 BRI

P08320

**What About Pap Smears? /** SECCA. SEXUALITY EDUCATION COUNSELLING AND CONSULTANCY AGENCY.

Perth, Department of Health, Western Australia : [2009]. 33 p.; 15 cm.

This resource has been developed to assist in the delivery of information regarding Pap smears to women with disabilities. It follows a client through the entire pap smear process in a step by step manner. It has been designed as a flip chart to aid the educator.

CC 613.0424 SEC

P12564

**Why Me? Diabetes /** DIABETES AUSTRALIA.

Hawthorn, Vic., Business Essentials : [200-?]. 1 videocassette (40 min.)

Presented by Dr. Paul Nisselle, this video answers questions about the different types of diabetes, what lifestyle changes will need to be made, how to manage and treat the condition and the myths associated with diabetes. Throughout the video people with diabetes talk about their experiences and the benefits of a healthy diet and exercise.

CC 641.5 WHY

P11628

**Your Medication Is Called ... / ELFRIDA SOCIETY; CAMDEN AND ISLINGTON COMMUNITY HEALTH SERVICES. NHS TRUST.**

London, Elfrida Society : [200-?]. 15 leaflets

This set of leaflets explains to people with intellectual disabilities what their medicine is for, how to take it and the possible side effects. Uses simple text and clear illustrations. Covers the following medications: amitriptyline; trifluoperazine or Stelazine; sulpiride; sertraline or Lustral; risperidone or Risperdal; paroxetine or Seroxat; procyclidine or Kemadrin; orphenadrine or Disipal; olanzapine or Zyprexa; lofepramine or Gamanil; haloperidol or Haldol or Serenace; fluoxetine or Prozac; clomipramine or Anafranil; chlorpromazine or Largactil; carbamazepine or Tegretol.

HS 610.2 YOU

P11881

