

Staff Picks



Non-Fiction Books About Disabilities

These books aren't just for people who have a disability, they are for their friends and relatives, as well as anyone interested in learning about the experience of living with a disability. This list includes titles dealing with a number of different types of disabilities and range from memoirs and poems written by people with disabilities to practical guides about living with a disability.

Compiled by: Elizabeth



22 Accessible Road Trips: Driving Vacations for Wheelers and Slow Walkers

Candy B. Harrington 917.304 Har

This useful travel guide contains 22 different, flexible road trips of two to three weeks throughout the United States with information on accessible lodging, sites, trails, restaurants and other attractions both on and off the beaten path.



A Disability History of the United States

Kim E Nielson 362.4 Nie

Covering the entirety of US history from pre-1492 to the present, this is the first book to place the experiences of people with disabilities at the center of the American narrative. By doing so, the book casts new light on familiar stories, such as slavery and immigration, while breaking ground about the role of ableism in the development of democracy.



Asperger's Syndrome Workplace Survival Guide : A Neurotypical's Secrets for Success

Barbara A Bissonnette 650.10875 Bis

This is the definitive guide to surviving and thriving in the workplace for people with AS. It includes everything from realistic strategies for meeting employer expectations, to how to get on with your colleagues and work as part of a team, multitask and manage projects, and handle anxiety and effectively resolve problems. Common employment challenges are illustrated through examples from the author's extensive experience coaching individuals with AS at all job levels.



Beauty is a verb : the new poetry of disability

eds. Jennifer Bartlett, Sheila Black, and Michael Northen 811.608 Bea

A high-quality anthology of poetry by American poets with physical disabilities. Poems and essays alike consider how poetry, coupled with the experience of disability, speaks to the poetics of each author included. It includes poets who have generated the Crip Poetics Movement, as well as the work of poets who don't necessarily subscribe to the identity of "crip-poetics" and have never before been published in this exact context.



Just One of the Kids : Raising a Resilient Family When One of Your Children Has a Physical Disability

Kay Harris Kriegsman 649.151 Kri

If you have a child with a physical disability, how can you plan your family's life in a way that is inclusive for everyone? This title is designed to help parents focus not on what could have been

but instead on what can be, so that everyone can thrive as individuals and as a family. The advice from psychologists Kay Harris Kriegsman and Sara Palmer is valuable for any family with children who have a physical disability, from any cause.



Miracle Boy Grows Up: How the Disability Rights Revolution Saved My Sanity

Ben Mattlin 921 Mattlin Mat

NPR commentator and freelance writer Mattlin was born with spinal muscular atrophy, a hereditary neurological disorder and was not expected to live long. This memoir details how he defied the odds, eventually becoming one of the first students in a wheelchair to attend Harvard. He relates the circumstances of his life to the disability rights movement and shows how he benefited from the work of activists to create a world in which he was able to succeed.



Moving Out : A Family Guide to Residential Planning for Adults with Disabilities

Dafna Krouk-Gordon & Barbara D. Jackins 363.597 Kro

Finding the right residential situation for an adult child with an intellectual disability doesn't have to be overwhelming. The authors share decades of experience counseling families on housing options to help parents prepare themselves and their children for a new living arrangement. Topics include: planning early, residential models, hiring staff, and costs and funding. Use this authoritative guide (full of checklists and forms) to make educated decisions and secure the housing that's best for your child and family.



The Complete Guide to Creating a Special Needs Life Plan : A Comprehensive Approach Integrating Life, Resource, Financial, and Legal Planning to Ensure a Brighter Future for a Person with a Disability

Hal Wright 362.4048 Wright

Author Wright, father of a daughter with Down syndrome, is a Certified Financial Planner and speaker on special needs planning. Here, he uses plain language to explain complex terms, concepts, programs, and legal and financial matters for parents and families of those with disabilities.



The Family Guide to Mental Health Care

Lloyd I Sederer 616.89 Sed

Author Sederer, medical director of New York State's Office of Mental Health and mental health editor for the Huffington Post, offers down-to-earth advice and inspiration for families and general readers. The book will also be useful for those who encounter patients and families in their work. Vignettes and a conversational style guide readers through the maze of the mental health care system, discussing everything from diagnosis and medications to legal and financial issues.



Until Tuesday: A Wounded Warrior and the Golden Retriever who Saved Him

Luis Carlos Montalva 362.4 Mon

Captain Luis Montalvan returned home from his second tour of duty in Iraq suffering physical disabilities, agoraphobia, and crippling PTSD, which drove him to the edge of suicide. Healing came in the form of Tuesday, a sensitive golden retriever emerging from his own difficult past to become a dedicated service companion to Montalvan.