<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>Pages/Publication Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.4 DAD</td>
<td>The Brain Injury Secondary Consultation Information and Training Project: developing skilled staff with expert support</td>
<td>Dadson, Dean; Kelly, Glenn; Brain Foundation Victoria</td>
<td>(Melbourne: Headway Victoria, 2000)</td>
<td>102 p.; spiralbound</td>
</tr>
<tr>
<td>13.0 ETH</td>
<td>Ethical guidelines for the care of people in post-coma unresponsiveness (vegetative state) or a minimally responsive state</td>
<td>National Health and Medical Research Council</td>
<td>(Canberra: Department of Health and Ageing, 2008)</td>
<td>66 p.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>These guidelines aim to contribute to the care of people in a state of post-coma unresponsiveness (PCU) or a minimally responsive state (MRS) by addressing ethical issues associated with this care – especially the complicated issues that have proved difficult for families, health professionals, courts and tribunals. They provide an ethical framework to guide decisions in the best interests of people in PCU or MRS, and they offer a basis for reaching consensus among health professionals and families involved in making these decisions.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>This report aligns information about chronic diseases with selected national health indicators. It highlights where indicators for chronic diseases do not exist, and where data to report against current indicators are lacking. The report is a vital resource for policy makers, researchers and others interested in chronic diseases, their associated risk factors, and the indicators that enable them to be measured in Australia.</td>
</tr>
<tr>
<td>13.80 ABO</td>
<td>About friendship and brain injury</td>
<td>Tan, Eleanor; Atkins, Melanie; Batten, Sandy.</td>
<td>(Sydney: The Journey, 2009)</td>
<td>34 p.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>This booklet explores the impact brain injury can have on friendships. It aims to help family, friends and support workers support people with brain injury to make new friends and sustain existing friendships and includes strategies that can be applied in a range of settings including hospital, rehabilitation, at home and in the community.</td>
</tr>
<tr>
<td>13.80 BER</td>
<td>The Australian aphasia guide</td>
<td>Berens, Angela; Laney, Georgi; Rose, Tanya; Howe, Tami.</td>
<td>(Canberra: The Australian Aphasia Association Inc, 2006)</td>
<td>144 p.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>An information guide aimed at those with aphasia, their carers and those who support them. It is an excellent tool for explaining aphasia to families, friends and professionals. Includes a resource guide.</td>
</tr>
</tbody>
</table>
A new science called neuroplasticity is overthrowing the notion that the human brain is immutable. This book tells the stories of the brilliant scientists championing neuroplasticity and the people whose lives they’ve transformed - people whose mental limitations or brain damage were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvellous stories to probe mysteries of the body, emotion, love, sex, culture, and education, the author has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

13.80 FOR
For those who care: a practical guide for families of people with neurological conditions or acquired brain injury [Book]
by Brainlink.
When a family member has acquired brain injury (ABI), there are many questions to be answered, much new information to absorb and many decisions and details to sort out. This series of fact sheets aims to provide a general overview of the many different aspects of caring for someone with an ABI, including some useful contacts and strategies to guide family and friends through issues and situations that may arise.

13.80 GIP
Gippsland acquired brain injury prevalence study [Book]
(Traralgon, Vic.: CoCare Gippsland, 2001) 48 p.

13.80 MEM
Memory is like air: essential and taken for granted [Book]
by Isis Primary Care. Isis Primary Care, [2005?] 20 p., ill.
Written and illustrated by the consumers of ISIS Primary Care, Acquired Brain Injury Program, this booklet outlines strategies and tips for people who are memory impaired.

13.80 NOL
Inability possability : young people with an acquired brain injury requiring nursing home levels of care [Book]
by Nolan, Mary.

13.80 POS
Post-coma unresponsiveness and minimally responsive state : a guide for families and carers of people with profound brain damage [Book]
by National Health and Medical Research Council.
This guide has been prepared for the families and friends of people in post-coma unresponsiveness (PCU) or a minimally responsive state (MRS). It explains these conditions, and the types of treatment and care that may or may not apply in individual situations.

13.80 SCH
The mind and the brain : neuropasticity and the power of mental force [Book]
by Schwartz, James M.; Begley, Sharon.
Written by a leading practitioner of ‘mindfulness’ therapy, this book explores the concept of neuroplasticity - that through the power of thought, by focusing attention, human beings can use their own minds to change their brains. The scientific implications of this discovery are manifold: victims of stroke may be able to use the discovery to help reassume command of their bodies and lives, and psychiatrists treating patients with mental disorders may be able to decrease their patients’ reliance on psychiatric drugs.
<table>
<thead>
<tr>
<th>Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain, Heal Thyself [Book]</td>
<td>by Siles, Madonna. 2006 Part memoir, part recovery manual, Brain, Heal Thyself is a guidebook for thousands of shell-shocked individuals who suddenly find themselves having to make life and death decisions for those they love. With humor, warmth, and arresting honesty, Siles’s lively narrative closely examines not only the patient’s recovery, but also the crucial role of caregivers—and the emotional, financial, and practical pressures they face.</td>
</tr>
<tr>
<td>Study into the accommodation needs for young people requiring nursing home level of care recommendations</td>
<td>by Stringer, Kerry; Carlos, David. (Melbourne: Melbourne Citymission, [2002]) 20 p.</td>
</tr>
</tbody>
</table>
The plan aims to make the current service system more effective to support people with ABI and their carers. The report contains useful statistics on ABI in Victoria and characteristics of people with ABI. |
| Boroondara stroke support group information kit [Kit]                | by Boroondara stroke support group. (Boroondara: Boroondara stroke support group, 2008) 97 p., booklet, DVD  
DVD produced by stroke survivors for stroke survivors, their carers and families. It provides information on stroke recovery and the services available to support stroke survivors and their carers. Particularly of relevance to those living in the Municipality of Boroondara. |
| After a stroke [Book]                                               | by Hutton, Cleo. 2005 This book concentrates on the home recovery process, assisting patients and their families in the transition from patient back to person. Author Cleo Hutton, herself a twelve-year stroke survivor and nurse, gives readers tips she learned and used herself during her recovery. She addresses topics such as communication, emotional liability, safety issues, personal care, relaxation techniques, and intimacy issues. The book frankly discusses self-esteem issues and using humor as a healing tool — no subject is off limits. Over 300 tips cover everything from dressing, hair care, cooking, and airline travel to using a computer and alleviating pain. |
| How we manage stroke in Australia [Book]                            | by Senes, Susana. (Canberra, ACT: Australian Institute of Health and Welfare, 2006) 50 p. This report presents a comprehensive picture of the impact of stroke on patient, their carers, the health system and aged care services. It brings together the latest Australian data on the various phases of the management of people with stroke across the continuum of care. Where possible, it compares current practice to clinical guidelines for best practice in the care of stroke patients. It identifies improvements in care, areas where more needs to be done and gaps in our knowledge. |
It outlines cutting edge theories of neural plasticity and how the brain repairs itself, and details the entire process of rehabilitation. You will learn why the correct type of rehabilitation is essential and most importantly, how to pick a rehabilitation facility for yourself or your loved one.

13.81 STR Stroke recovery highway: the carers guide [Book]

13.81 STR Stroke care strategy for Victoria: an overview of recommendations [Book]
This booklet is a summary of the Stroke care strategy for Victoria. The strategy considers delivery of acute and sub-acute stroke services in Victoria and implementation of an integrated statewide approach to care of people with stroke. It provides a framework for the delivery of public acute and sub-acute stroke services in Victoria for the next five to 10 years.

13.81 STR Stroke care strategy for Victoria: the consumer focus [Book]
(Melbourne, Vic: Department of Human Services, 2007) 8 p.
This consumer booklet has been developed for survivors of stroke, their families and carers and other interested Victorians. It summarises those parts of the Stroke care strategy for Victoria that are most relevant to consumers and highlights recommendations related to patient care.

13.81 STR Stroke care strategy [Book]
This strategy considers delivery of acute and sub-acute stroke services in Victoria and implementation of an integrated statewide approach to care of people with stroke. It provides a framework for the delivery of public acute and sub-acute stroke services in Victoria for the next five to 10 years.

13.81 SUP Baby and child care after stroke [Book]
by Supple, Wilma.
(Melbourne: Stroke Association of Victoria, n.d.) 82 p. (spiralbound)

13.86 ALC The invisible problems [Book]
by Alcohol Related Brain Injury Assesssment, Accommodation Support Inc.

6.2.2 VIC Acquired brain injury strategic plan [Book]
(Melbourne: Victorian Department of Human Services, 2001) v, 23 p. ; spiralbound

9.4 CRE Creating a pathway from aged care to appropriate care : report on the National Summit for Young People in Nursing Homes [Book]

AUDIO VISUAL

AV 13.80 ACQ Acquired Brain Injury: speaking from experience [DVD]
by Brainlink. 1 disc
This DVD offers first-hand accounts from ten people living with ABI. They discuss the impact it has had on their lives and the ways they manage the condition.
| **AV 13.80 REB** | **Rebuilding : Living with acquired brain injury** [Video]  
by CoCare Gippsland.  
(Traralgon, Vic.: CoCare Gippsland, 2001) 3 videos (15 mins) |
| **AV 13.81 BOR** | **Stroke recovery** [DVD]  
by Boroondara Stroke Support Group.  
(Boroondara, Vic.: Boroondara Stroke support group, 2006) DVD on stroke recovery and the services available to support stroke survivors and their carers.  
Produced by stroke survivors for stroke survivors, their carers and families, particularly those living in the Municipality of Boroondara. |
| **AV 13.81 NAT** | **Coping with a stroke** [Video]  
by National Stroke Foundation.  
(Melbourne: National Stroke Foundation, 2000) Video demonstrates how household tasks can be performed by using simple techniques |
| **AV 13.81 STR** | **New beginnings: stroke recovery** [DVD]  
by Stoke Recovery Association NSW.  
| **AV 13.81 DIV** | **The diving bell and the butterfly** [DVD]  
2007) The true story of Elle editor Jean-Dominique Bauby who suffers a stroke and has to live with an almost totally paralyzed body; only his left eye isn’t paralyzed. |

**PERSONAL STORIES**

| **PS 13.80 BRA** | **Brainstorm: seven stories of love, support and courage after brain injury** [Book]  
by Karingal.  
(Belmont, Vic: Karingal, 2007) 45 p.  
This book is a compilation of the stories of seven Australian women whose lives suddenly became extraordinary. The stories explore how each life course and role was dramatically changed after their partners became ‘brain injury survivors’. The booklet aims to provide closure for the authors on a very difficult stage of their lives and to share information and advice with those who may find themselves in a similar situation. |
| **PS 13.80 FAB** | **A reckless spirit** [Book]  
by Fabiani, Alex.  
Self Published, 2006) 291 p.  
Alex Fabiani led a rebellious and reckless life, filled with drugs, alcohol and the culture that goes with it until a heart attack and back problems, and his brother’s overdose from heroine, caused a soul-searching change. This is the story of how Alex cares for his brain-damaged quadriplegic brother while struggling with his own and his mother’s ill health. It is a story of surviving, battling on, hope and the spirit of not giving up. |
| **PS 13.80 KNI** | **Life’s a Murgatroyd !: co-surviving in "The Country of Aphasia"** [Book]  
by Knight, Lloyd; Knight, Bonnie.  
Many people who are survivors of a left side brain lesion are disabled by aphasia – a loss or impairment of the faculty of symbolic formation and of speech. This is the story of a husband caring for his wife after a stroke. It aims to share stories and information that may help other carers to adjust to the changes in their lives and in the lives of those in their care. It also aims to help people to understand the difficulties associated with aphasia and what a carer’s role is like. |
Paper cranes: a mother’s story of hope, courage and determination

by Koenig, Cheryl.
At the age of twelve, Cheryl Koenig’s son Jonathon was involved in a horrific car accident. He was given very little chance of survival, and when he did miraculously pull through, doctors predicted that due to his extremely severe traumatic brain injury, he would most likely never walk, talk or even eat again. Cheryl refused to accept this prognosis and set out on a relentless and ultimately successful quest to save her son and prove the medical profession wrong. Paper Cranes tells the story of Jonathon’s extraordinary courage and the Koenig family’s unceasing drive to help him defy the ominous predictions. This inspirational, uplifting story demonstrates that with the right attitude it is possible to determine your own destiny regardless of what life throws in your path.

Waterlemon: husband in a coma and other setbacks

by Ritchie, Ruth.
The true story of a sudden unwelcome interruption to an ordinary happy life. One perfect spring day, when newspaper columnist Ruth Ritchie was playing at home with her baby, she receives a phone call saying that her husband had been in a road accident, and was being airlifted to hospital. This book charts the days, months and years that follow in a narrative that is dark, and subversively funny. As we follow the family’s struggle to return to normality, we witness the astonishing amount of love, courage, anger, good cooking and black humour that comes out of surviving, coping and living with brain injury.

The minds eye

by Sacks, Oliver. 2010) The author of this book, Sacks became aware of a dazzling, flashing light in one part of his visual field; it was not the familiar migraine aura he had experienced since childhood, and just two days later a malignant tumor in one eye was diagnosed. In subsequent journal entries – some of which are included in The Mind’s Eye – he chronicled the experience of living with cancer, recording both the effects of the tumor itself, and radiation therapy. In turning himself into a case history, Sacks has given us perhaps his most intimate, impressive and insightful book yet.

My stroke of luck

by Douglas, Kirk.
In his early eighties, actor Kirk Douglas suffered a stroke that left him unable to speak. In the months following, he was overcome by depression, fearing that he would never regain his capacity to communicate. He recovered with the help of his family, who refused to baby him, and a speech therapist with a wonderful sense of humour. While the book is about Kirk’s struggle with depression and the aftermath of a stroke, it is also about the sadness of growing old, losing physical and mental prowess, attending funerals and reading the obituary column.

So beautiful: our journey

by Hulls, Jeff.
(Bendigo, Vic: Self Published, 2006) 135 p., ill.
This is the story of an uncertain journey. It is inspired by the meditations written for Lauris Hulls. After suffering a series of debilitating strokes, Lauris was being a person of value when physically, she could do nothing. She had an incredible life which profoundly impacted her husband of 29 years Jeff.

Getting Doss home

by Stagg, Beryl.
When Doss suffered a crippling stroke, her sisters struggled for over two years to bring her home. This is their story, told through the diary entries of the middle sister, Beryl.

**PS 13.81 TAY**

*On the outside looking in: the story of a stroke survivor* [Book]
by Taylor, Lorraine.
(Geelong: Stroke Association of Victoria, 200?) 125 p. spiral bound
A stroke survivor’s account of how she and her family coped with her illness.
Lorraine Taylor was a housewife and mother living in rural North Western Victoria when she had her stroke and she didn't have access to the support facilities that are available today. Her story describes how her family needed to adjust and how they returned to ‘normal’ life.

**PS 13.894 HEA**

*On eggshells and through minefields: Living with the psychological effects of trauma: a partner’s perspective* [Book]
by Healy, Moira; Stoeckel, Sue.
On Eggshells and Through Minefields is for anyone who has been through a trauma and found their lives profoundly changed, but most importantly it explores the psychological impact upon intimate relationships. The title reflects how loved ones, particularly the partners and children, often live their lives - treading warily and afraid that one wrong step may cause their whole world to fracture and crumble. Or alternatively like waiting for something to explode and blow apart all they love.

**PS 13.994 CRA**

*Journey from Venice: a memoir* [Book]
by Cracknell, Ruth.
Ruth Cracknell's intensely personal account of the sudden illness of her husband of 41 years, Eric Phillips, while they were on a long awaited holiday in Venice. The beautiful city takes on a different aspect as she learns to negotiate its watery byways while negotiating his evacuation back to Australia. But the real journey to his eventual death and her final acceptance of it is just beginning.

**PS 13.994 CRA**

*Journey from Venice: a memoir* [Book]
by Cracknell, Ruth.
Ruth Cracknell's intensely personal account of the sudden illness of her husband of 41 years, Eric Phillips, while they were on a long awaited holiday in Venice. The beautiful city takes on a different aspect as she learns to negotiate its watery byways while negotiating his evacuation back to Australia. But the real journey to his eventual death and her final acceptance of it is just beginning.

**PS 4.4.1 THO**

*A three dog life* [Book]
by Thomas, Abigail.
When Abigail Thomas's husband, Richard, was hit by a car, it destroyed his short-term memory and consigned him to permanent brain trauma. Subject to rages, terrors, and hallucinations, Rich must live the rest of his life in an institution. He has no memory of what he did the hour, the day, the year before.
How Abigail rebuilds her life is a story of great change, of moving to a small country town, of a new family composed of three dogs, knitting and friendship, of facing down guilt and discovering gratitude. It is also about her relationship with Rich, a man who lives in the eternal present, and the eerie poetry of his often uncanny perceptions. This wise, plain-spoken, beautiful book enacts the truth Abigail discovered in the five years since the accident: You might not find meaning in disaster, but you might, with effort, make something useful of it.

**PS 4.4.2 JEN**

*Past caring: the beginning not the end* [Book]
by Jenkinson, Audrey.
Actress Audrey Jenkinson was starring in a BBC television series when she put her career on hold and returned home to Edinburgh to care for her mother suffering from a stroke and her father with cancer. In this book she describes how she tried to cope with her parents’ deaths and recalls the ‘void’ she felt at the time: Audrey travelled throughout the UK, interviewing former carers and asking them how they rebuilt their lives. “The stories I heard were both fascinating and uplifting, and I knew other people would find them interesting and helpful.” Also includes a twelve-step recovery guide for ‘past carers’.

YOUNG CARERS

YC 13.80 BRU Finding Grace [Book]
by Brugman, Alyssa.
Rachel has just left school, so she knows everything. Well, maybe not everything, but she’s not short of opinions! Then she gets a live-in job looking after Grace, who is brain-damaged and has a lovely house, greedy relatives, a life of unfinished business - and a lot to teach Rachel.

YC 13.80 PAR The get well soon balloon [Book]
by Parker, Sue. Story book helps children understand their emotions and reactions when a parent has a brain injury. Using language for young children, it describes coma, rehabilitation, coming home, and therapy from a child’s perspective. It is highly recommended for families of injured veterans and service members.

YC 13.81 GRA Grandpa had a stroke [Book]
by Gray, Elizabeth; Atkinson, Michelle.
(Brisbane: Classic, n.d.) 23 p.
Susan’s grandpa has had a stroke, but is well enough now to come home. He is helped by a supportive and loving family and, with adjustments to his surroundings, is about to lead an independent and satisfying life.