

Headway Bradford

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**BOOKS AND BOOKLETS ON ACQUIRED BRAIN INJURY
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A. Narratives on acquired brain injury:

Where is the Mango Princess? By Cathy Crimmins

Humourist Cathy Crimmins has written a deeply personal, wrenching, and often hilarious account of the effect of Traumatic Brain Injury, not only on the victim, in this case her husband, but on the family.

When her husband, Alan, is injured in a speedboat accident, Cathy Crimmins reluctantly assumes the role of caregiver and learns to cope with the person he has become. No longer the man who loved obscure Japanese cinema and wry humour, Crimmins' husband has emerged from the accident a childlike and unpredictable replica of his former self with a short attention span and a penchant for inane cartoons. *Where is the Mango Princess?* is a breathtaking account that explores the very nature of personality and the complexities of the heart.

Time Out of Mind by Jane Lapotaire

Who are you when your brain is not you? Jane Lapotaire is one of the lucky ones. Many people do not survive let alone live intelligently and well again after they have suffered a cerebral haemorrhage. In the long haul back to life, she's learned much, some of it very hard lessons. Some friendships became casualties; family relations had to be re-defined; and her work as an actress took a severe battering. But she has survived and now believes it herself when people say how lucky she is. This is a very moving, darkly funny, honest book about what happens when the you you have known all your life is no longer the same you.

Doing up Buttons by Christine Durham

A deeply personal yet practical account of understanding head injury.

On the Edge. My Story by Richard Hammond

Gripping account by Richard Hammond of life before and after his terrifying high-speed car crash.

Touching Distance by James Cracknell and Beverley Turner

In October 2011, James Cracknell, two-time Olympic gold medal rower and one of the greatest endurance athletes the world has ever known, suffered a seizure at home as his young son looked on in horror. A man who had known no limits, a man who had practically achieved the impossible, was now struggling to master life's simple challenges.

A year earlier as James undertook yet another challenge in Arizona, he was knocked off his bike by the wing mirror of a petrol tanker. It had smashed into the back of his head at high speed, causing severe frontal lobe damage. The doctors weren't sure if he would recover and, if he did, whether he would ever be the same again.

Touching Distance is an extraordinary, honest and powerful account as James and his wife, Bev, confront for the first time the lasting effects that the accident has had on their lives. It is the story of a marriage, of a family and of one man's fight back to be the best husband and father he can be.

B. Practical resources:

The Brain Injury Workbook by Trevor Powell and Kit Malia

Evolved from working with head-injured groups at Headway, and those attempting to return to work, this is a rich comprehensive and photocopiable workbook for professionals, carers and those who have suffered a brain injury. Contains more than 140 cognitive rehabilitation exercises – tailored for memory; thinking skills; executive functions; awareness and insight; and emotional adjustment. Provides more than 40 information sheets on key problem areas, with questions for the reader, designed to educate and stimulate thinking and discussion. Suitable for use with both individuals and in group settings. Includes questionnaires for clients to complete with or without help, and quizzes to evaluate and encourage information retention.

Coping with Memory Problems: A practical guide for people with memory impairments, their relatives, friends and carers by Linda Clare & Barbara Wilson

This book is written by renowned rehabilitation experts Barbara Wilson and Linda Clare. It provides information on how memory work and how it is affected by injury, while also, most importantly, providing sensible, practical strategies for compensating for problems and making the most of the memory we have.

The Memory Booster Workout: 10 steps to a Powerful Memory by Dr Jo Iddon & Dr Huw Williams

Do you struggle to remember names and telephone numbers? Would you like to recall salient points from a meeting or shop for groceries without the need of a list? This title offers a ten-step plan to release the full potential of your memory using straightforward, but scientifically tested, systems. A memory personal profile helps you maximise your strengths and work around your weaknesses to find a strategy that should work for you.

The Selfish Pig's Guide to Caring: How to cope with the emotional and practical aspects of caring for someone by Hugh Marriott

Six million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled relatives, friends or neighbours. Their job is long, lonely and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health.

Oddly, though carers by definition are nothing like selfish pigs, they are liable to feelings of guilt, probably brought on by fatigue and isolation. So Hugh Marriott has written this book for them – also for the rest of us who do not know what being a carer is all about. His aim is to bring into the open everything he wishes he had been told when he first became a carer. And he does. The book airs such subjects as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand.

The Human Brain: A Guided Tour by Susan Greenfield

Locked away, remote from the rest of the body, in its own custom-built casing of skull bone, with no intrinsic moving parts, the human brain remains a tantalising mystery. But now, more than ever before, we have the expertise to tackle this mystery – the last 20 years have seen astounding progress in brain research. Susan Greenfield begins by exploring the release of different roles of the brain. She then switches to the opposite direction and examines how certain functions, such as movement and vision, are accommodated by the brain. She describes how a brain is made from a single fertilised egg; the fate of the brain is traced through life and we see how it constantly changes as a result of experience to provide the essence of a unique individual.

Acquired Brain Injury: The Facts (from the Encephalitis Society)

This 62 page publication is brimming with information and practical strategies, both for people who have an acquired brain injury, and their family members and carers. It has been produced by the Brain Injury Association of Queensland Inc. www.biaq.com.au. The Encephalitis Society has

purchased copies to distribute in the UK and the Republic of Ireland.

Responding to Challenging Behaviour Following Acquired Brain Injury (from the Encephalitis Society)

Behaviour problems following encephalitis can be extremely distressing for families and carers. They are usually more problematic because those suffering from them are likely to be excluded from society through their behaviour. This book is written in straightforward, direct style, using practical examples. Originally produced by the Brain Injury Association of Queensland www.biaq.com.au and printed by the Encephalitis Society in the UK under licence.

Encephalitis in Adults: A Guide by The Encephalitis Society

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C. Further reading:

Head Injury: A practical guide by Trevor Powell

This popular and bestselling book has been brought up to date with the latest information on caring for someone with a head injury. It provides professionals, families and carers with a practical and down-to-earth guide to the hidden psychological, social, behavioural and emotional problems caused by head injury. Written in a jargon-free style, it addresses the medical problems, rehabilitation and adjustment of individuals and families to the realities of life after head injury. This revised version includes a new additional final chapter on long-term emotional adjustment, plus extended sections on:-

- >Other types of brain injury
- >Returning to work
- >Anger management; Improving insight and awareness.

Head Injury: The Facts by Audrey Daisley, Rachel Tams, Udo Kischka

This book explains how the brain is affected when a head injury occurs, the physical, cognitive and emotional problems that can arise as a result and how to cope in the weeks, months and – potentially – years after the accident.

Brain Injury and Returning to Employment: A Guide for Practitioners by James Japp

The multidisciplinary nature of acquired brain injury and its complex effects make the return to employment particularly problematic. This book provides a clear overview of the cognitive and psychological difficulties associated with brain injury and discusses how people affected by it can prepare for and remain in employment. The author offers effective occupational techniques to address impaired memory, attention and executive functions, and difficulties with organisation and planning skills, as well as speech impairments commonly associated with acquired brain injury. He also examines the environmental, emotional, physical and psychological barriers to work re-integration and offers a range of solutions to these problems, including mentoring relationships with colleagues.

Understanding and dealing with stroke by Dr Keigh Sonter

Some strokes can be fatal or disabling, while others are purely temporary with a recovery time of less than 24 hours. Whatever the situation, a stroke is always serious and as well as having physical and mental consequences for the sufferer, it can also have a significant effect on other family members. This book gives the basic information needed to understand what a stroke is, how to spot risk factors that may contribute to a stroke, and how to take steps to deal with the repercussions.

Forever Today: A Memoir of Love and Amnesia by Deborah Wearing

Clive Wearing has one of the most extreme cases of amnesia ever known. In 1985, a virus

completely destroyed a part of his brain essential for memory, leaving him trapped in a limbo of the constant present. Every conscious moment is for him as if he has just come round from a long coma, an endlessly repeating loop of awakening. A brilliant conductor and BBC music producer, Clive was at the height of his success when the illness struck. As damaged as Clive was, the musical part of his brain seemed unaffected, as was his passionate love for Deborah, his wife. For seven years he was kept in the London hospital where the ambulance first dropped him off, because there was nowhere else for him to go. Deborah desperately searched for treatments and campaigned for better care. After Clive was finally established in a new special hospital, she fled to America to start her life over again. But when she tried to build new relationships, she found she could never love another the way she loved Clive. Then, in their regular transatlantic phone calls, she noticed Clive's memory unaccountably beginning to improve, ten years after the illness first struck. She returned to England. Today, although Clive still lives in care, and still has the worst case of amnesia in the world, he continues to improve. They renewed their marriage vows in 2002. This is the story of a life lived outside time, a story that questions and redefines the essence of what it means to be human. It is also the story of a marriage, of a bond that runs deeper than conscious thought.

Deborah Wearing campaigned for specialist services for brain-injured people and helped found a national charity, the Amnesia Association (merged in 1991 with Headway). She now works as a communications officer in the NHS.

“My Parent has a Brain Injury ...” A Guide for Young People by Jo Johnson

Young people in families changed by brain injury are often the forgotten victims. At a time of trauma and uncertainty they are frequently left feeling upset and confused. 'My parent has a brain injury' gives factual information about brain injury. It provides information to reassure young people about the wide range of feelings they might be experiencing as well as strategies to help them deal with these emotions. It also offers clear guidance and information about organisations that offer help and support to young people in these situations. This book has been written in a clear and colourful way that will appeal to young people across a wide range of ages. It can be used as a standalone resource or to support individual or group work in clinical or home settings.

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D. Headway booklets:

Hospital treatment and early recovery after brain injury by Dr Chris Maimaris and Esme Worthington

This booklet has been written for the relatives and friends of those who have sustained a traumatic brain injury and are receiving treatment in hospital.

Minor head injury and concussion by Richard Morris

This booklet is for anyone who has had a minor head injury and their family and friends. The information will help both people in the early stages of recovery and those who experience ongoing problems.

The effects of brain injury by Sandra Horton, Esme Worthington and Richard Morris

This booklet has been written primarily for the families and carers of people who have had a brain injury. It covers some of the main difficulties that arise after brain injury, together with some suggestions as to how to deal with them.

Psychological effects of brain injury by Dr Andy Tyerman

This booklet has been written for the families and carers of people who have had a brain injury. It outlines the possible psychological effects of brain injury and describes some of the services that are available to help.

Rehabilitation after brain injury by Dr Simon Fleminger and Dr Esme Worthington

This booklet has been written as a guide to brain injury rehabilitation, its settings, aims and the professionals involved. It is intended primarily for the families and carers of brain injury survivors.

Memory problems after brain injury by Professor Barbara A. Wilson, OBE

This booklet has been written primarily for the families and carers of people who have memory problems following a brain injury. It explains what memory is and how it can be impaired, along with some general strategies that may help.

Managing fatigue after brain injury by Jacqui Wheatcroft, Donna Malley and Richard Morris

This booklet has been written for people who have had a brain injury and are experiencing fatigue. The information aims to help brain injury survivors, their families and friends to understand fatigue and how it affects them.

Coping with communication problems after brain injury by Caroline Prosser and Richard Morris

This booklet describes the many forms of speech, language and communication problems caused by brain injury. Practical strategies are provided for people with a brain injury, their families, carers and friends who are trying to cope with these difficulties.

Managing anger after brain injury by Helen O'Neill

This booklet has been written for people who have had a brain injury and are now having trouble managing their anger. It is also intended for families and carers.

Claiming compensation after brain injury by Grahame Codd and Neil Whiteley

This booklet has been written for anyone who has a brain injury and who may wish to make a claim for compensation. The information applies only to claims in England and Wales.

Driving after brain injury

This booklet is for anyone with a brain injury in the UK, Channel Islands and Isle of Man who wishes to drive.

Parenting after brain injury by Dr Alex Goody

This booklet has been written to help those parents who have had a brain injury understand how their injury has affected them in their role as a parent.

Redeveloping skills after brain injury by Rachael Jackson and Esme Worthington

This booklet has been written primarily for the families and carers of people who have had a brain injury. It gives advice on setting up an activity programme at home in order to help to redevelop lost skills after brain injury.

Supporting people to make decisions: applying the Mental Capacity Act

This booklet is for anyone concerned about another person's capacity to make decisions. It explains the principles of the Mental Capacity Act, which can help you to assess the person's decision-making ability. Information is also provided on applying to the Court of Protection, which may be necessary in order to make decisions on their behalf.

Caring for someone with a brain injury by Richard Morris

This booklet has been written for the carers and family members of people with a brain injury. It provides practical suggestions to help you to cope with the early stages, manage the long-term challenges and find the support you need.

Relationships after brain injury editors Tamsin Ahmad, Publications and Research Manager, Headway – the brain injury association, and Dr Giles Yeates, Clinical Neuropsychologist and Couples Therapist

This booklet has been written for brain injury survivors and the people with whom they have relationships. It describes how relationships can be affected following brain injury, offers tips for managing relationships, and gives information on where to seek professional support from.

Sex and sexuality after brain injury by Tamsin Ahmad, Publications and Research Manager, Headway – the brain injury association, and Dr Giles Yeates, Clinical Neuropsychologist and Couples Therapist

This booklet has been written for brain injury survivors who have issues with sex after brain injury, and their sexual partners. It describes how sex can be affected following brain injury, offers tips for managing sexual issues and gives information on where to seek professional support from.

Supporting children when a parent has had a brain injury by Tamsin Ahmad, Publications and Research Manager, Headway – the brain injury association, and Jo Johnson, Consultant Neuropsychologist

This booklet has been written primarily for the families and carers of a child whose parent has had a brain injury. It gives information about how children of different ages are affected by a parent having a brain injury and offers suggestions of how to talk to and support the child.

