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Independent Living for People with Disabilities

These books contain useful information, tips, and advice for solving and overcoming everyday tasks and challenges for people with a variety of disabilities. To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Select titles can be [downloaded from BARD](#).

Accessible Gardening for People with Physical Disabilities a Guide to Methods, Tools, and Plants By Janeen R. Adil

Read by Butch Hoover

Reading time 10 hours, 46 minutes

An avid gardener provides tips and techniques for adapting garden format and methods for people with limited mobility. Explains advantages of containers, raised beds, and vertical gardens. Chapters discuss appropriate tools; choosing vegetables, herbs, flowers, vines, and ornamentals; and starting children in gardening. 1994.

[Download from BARD: Accessible Gardening for People with Physical...](#)

Available on cassette RC052241

Independent Living a Viable Option for Long-Term Care By Andrew I.

Batavia

Read by Bill Wallace

Reading time 11 hours, 54 minutes

Late founder of the Journal of Disability Policy Studies assesses three models of available long-term care: institutional care, home-based support, and personal assistance services. Details strategies for implementing the "independent living model" and addresses consumer-related issues such as financing and quality assurance. 2003.

[Download from BARD: Independent Living a Viable Option for Long...](#)

Also available on cassette RC057655

Cooking with Fragile Hands by Beverly Bingham

Read by Patricia McDermott Reading time 6 hours, 16 minutes

Designed primarily to help people who suffer from arthritis, multiple sclerosis, and other diseases which affect the hands, this cookbook fosters independence in the kitchen. All motions have been task-analyzed to assure that most cooks can prepare the recipes. Includes appetizers, desserts, main dishes, salads, and soups.

[Download from BARD: Cooking with Fragile Hands](#)

Also available on cassette RC024810

The Care and Feeding of the Long White Cane: Instruction in Cane Travel for Blind People By Thomas Bickford

Read by Ed Blake Reading time 1 hour, 49 minutes

The author, blind himself, begins with instructions for novices in cane use and continues with step-by-step advice on walking within buildings, following traffic patterns, and using public transportation. Also discussed are recreational hiking and dealing with inclement weather.

[Download from BARD : The Care and Feeding of the Long White Cane](#)

Also available on cassette RC037053

[Download from BARD as Electronic Braille BR09342](#)

Also available in braille BR009342

The Wheelchair Gourmet a Cookbook for the Handicapped By Mary Blakeslee

Read by Michael McCullough Reading time 7 hours, 26 minutes

The author, who is confined to a wheelchair, has modified recipes for use with small electric appliances (skillet, wok, microwave oven, etc.,) instead of the stove top and the oven. Several hundred recipes from all cultures include appetizers, soups, beverages, main dishes, vegetables, and desserts. A handy aid for all cooks.

[Download from BARD: The Wheelchair Gourmet a Cookbook for...](#)

Also available on cassette RC017620

The Complete Guide to Barrier-Free Housing Convenient Living for the Elderly and the Physically Handicapped by Gary D. Branson

Read by Lou Harpenau

Reading time 5 hours, 35 minutes

A former contractor suggests designs for building new homes, or ways to adapt existing houses, to provide safe, convenient, and accessible living space for aged and disabled people. Branson examines every aspect of the home from the entrance to the closets. Nine appendixes list sources of a wide range of information and products.

[Download from BARD: The Complete Guide to Barrier-Free Housing...](#)

Also available on cassette RC036504

Coping with Vision Loss: Maximizing What You Can See and Do By Bill G.

Chapman

Read by Kerry Cundiff

Reading time 7 hours, 19 minutes

Describes the function of the human eye, major causes of vision loss, coping techniques and equipment, educational aids, and professional sources for assistance when dealing with vision loss. 2001.

[Download from BARD: Coping with Vision Loss: Maximizing What You...](#)

Also available on cassette RC055481

Finding Wheels: a Curriculum for Nondrivers with Visual Impairments for Gaining Control of Transportation Needs By Anne Lesley Corn

Read by Patricia McDermott

Reading time 6 hours, 11 minutes

Presents multifaceted program addressing emotional and physical travel-related issues for young adults with visual impairments who may or may not have additional mild disabilities. Explores options such as paratransit, charity services, and bioptic driving and provides budgeting and route planning strategies to maximize independence. Includes case studies and activities. 2000.

[Download from BARD: Finding Wheels: a Curriculum for Nondrivers...](#)

Also available on cassette RC057825

Working like Dogs the Service Dog Guidebook By Marcie Davis

Read by Gabra Zackman

Reading time 6 hours, 7 minutes

Guide to service dogs trained to assist people with mobility limitations.

Describes the process of obtaining a service dog, caring for it, and retiring dogs that can no longer work. Includes assistance dog standards, a list of resources, and training programs. 2007.

[Download from BARD: Working like Dogs the Service Dog Guidebook](#)

Also available on cassette RC065497

Making Life More Livable: Simple Adaptations for the Homes of Blind and Visually Impaired Older People By Irving R. Dickman

Read by Richard Dorf

Reading time 1 hour, 48 minutes

In a question-answer format, the author offers suggestions and options for the older person who has deteriorating vision and lives at home. The author suggests safe ways of dealing with obstacles that may be encountered in the kitchen, bathroom, and other rooms of the house.

[Download from BARD: Making Like More Livable: Simple Adaptations...](#)

Also available on cassette RC022319

Label it! Braille & Audio Strategies for Identifying Items at Home & Work

By Judith M. Dixon

Read by Madelyn Buzzard

Reading time 2 hours, 27 minutes

Advocates investing time and energy to label items to organize one's environment and make daily life more manageable. Offers tips on methods, tools, and materials for creating labels for apparel, medications, food containers, appliances, and miscellaneous items. 2008.

[Download from BARD: Label it! Braille & Audio Strategies for Identifying...](#)

Also available on digital cartridge DB067704

Adaptive Technologies for Learning & Work Environments By Joseph J. Lazzaro

Read by Mark Ashby

Reading time 12 hours, 11 minutes

Describes, in nontechnical terms, how to increase one's independence by adapting personal computers for sensory, physical, speech, and learning disabilities. Lists assistive equipment available on the market and describes the basics of computer hardware. BARD updates 1993 edition of the same title (RC 37741). 2001.

[Download from BARD: Adaptive Technologies for Learning and Work...](#)

Also available on digital cartridge DB055440

Also available on cassette (1994 version) RC037741

[Download from BARD as Electronic Braille BR14560](#)

Also available in braille BR014560

Learning to Cope with Sight Loss Six Weeks at a VA Blind Rehabilitation Center By William L. McGee

Read by Ed Dudkowski

Reading time 1 hour, 22 minutes

Author shares his experiences learning to manage the effects of sight loss with help from the VA Western Blind Rehabilitation Center program. Includes information on living skills, manual skills, computer-access training, therapy, family assistance, and more. 2010.

[Download from BARD: Learning to Cope with Sight Loss Six weeks at...](#)

Also available on digital cartridge DB071922

Choosing Assistive Devices a Guide for Users and Professionals By Helen Pain

Read by Mark Ashby

Reading time 13 hours, 32 minutes

Presents a systematic approach to selecting adaptive equipment and to incorporating such devices into the daily lives of individuals with disabilities. To assure a good match, recommends considering the physical and mental capabilities, lifestyles, and preferences of both users and caretakers. Discusses options for seating, toileting, bathing, and locomotion. 2003.

[Download from BARD: Choosing Assistive Devices a Guide for Users](#)

Also available on cassette RC057914

Practical Improvements for Older Homeowners Easy Ways to Make Your Home More Comfortable as You Age by Rick Peters

Read by Brian Conn

Reading time 6 hours, 5 minutes

Step-by-step instructions for remodeling a home to facilitate independent living. Offers ideas for bathrooms, hallways, kitchens, and other living areas. Suggests ways to improve flooring, steps, lighting, and doors, including adding grab bars and ramps. Lists necessary tools and estimated costs. 2006.

[Download from BARD: Practical Improvements for Older Homeowners...](#)

Also available on digital cartridge DB069710

When the Cook Can't Look a Cooking Handbook for the Blind and Visually Handicapped By Ralph Read

Read by Ray Hagen

Reading time 3 hours, 35 minutes

The author, who became blind in adulthood, offers practical, safe, and easy cooking methods for sightless people, including how to measure ingredients, light the stove, chop onions, and serve and eat gracefully.

[Download from BARD: When the Cook Can't Look a Cooking Handbook...](#)

Also available on cassette RC017940

Living with Low Vision a Resource Guide for People with Sight Loss By Resources for Rehabilitation

Read by Jill Fox

Reading time 7 hours, 49 minutes

Offers information on organizations and assistive devices to help people remain independent despite vision loss. Defines basic terms, discusses rehabilitation and other services, and lists organizations and self-help groups for adults and children.

[Download from BARD: Living with Low Vision a Resource Guide for...](#)

Also available on cassette RC046109

The First Year: Age-Related Macular Degeneration: an Essential Guide for the Newly Diagnosed By Daniel L. Roberts

Read by Ralph Lowenstein Reading time 10 hours, 38 minutes

Visually impaired educator and musician offers a month-by-month guide to coping with this progressive retinal disease and related conditions. Discusses causes and characteristics, strategies for slowing its progression, and treatment options. Covers lifestyle issues such as traveling, staying healthy, combating boredom and depression, and navigating daily tasks. Includes resources. 2006.

[Download from BARD: the First Year: Age-Related Macular...](#)

Also available on digital cartridge DB063206

Also available on cassette RC063206

The Illustrated Guide to Assistive Technology and Devices: Tools and Gadgets for Living Independently By Suzanne Robitaille

Read by Kerry Cundiff Reading time 6 hours, 45 minutes

Guide to the history, use, and acquisition of assistive technologies (AT). Lists devices such as programmable prosthetics and text-to-speech software for individuals with visual, hearing, physical, or cognitive disabilities and learning disorders. Offers strategies for dealing with emotional issues related to AT. Covers the Americans with Disabilities Act. 2010.

[Download from BARD: The Illustrated Guide to Assistive Technology...](#)

Also available on digital cartridge DB070279

Living Well with Macular Degeneration Practical Tips and Essential Information By Bruce P. Rosenthal

Read by Patricia McDermott Reading time 7 hours, 35 minutes

Dr. Rosenthal, the chief of Low Vision Programs at Lighthouse International, and coauthor Kelly provide a resource guide on age-related macular degeneration. Includes research-based information on the disease, services and assistive technology available, and adaptive techniques and devices for use in everyday life. 2001.

[Download from BARD: Living Well with Macular Degeneration Practical...](#)

Also available on cassette RC052530

Connecting to Learn: Educational and Assistive Technology for People with Disabilities By Marcia J. Scherer

Read by Laura Giannarelli Reading time 13 hours, 33 minutes
Comprehensive guide for people with visual and auditory disabilities. Offers strategies for evaluating the needs of students and matching them to appropriate assistive technology. Provides case studies, checklists, and information on various computer and telecommunication devices. Companion to Living in the State of Stuck (RC 52064, BR 13492). 2004.

[Download from BARD: Connecting to Learn: Educational and Assistive...](#)

Also available on cassette RC057905

Dressing Tips and Clothing Resources for Making Life Easier By Shelley Peterman Schwarz

Read by Carol Dines Reading time 4 hours, 15 minutes
The author, who has multiple sclerosis, discusses finding, making, or altering clothes that are fashionable and easy for people with physical challenges to wear. Includes shopping advice; tips on selecting garments, sizes, and materials; and techniques for making dressing less difficult. Includes resources. 2000.

[Download from BARD: Dressing Tips and Clothing Resources for...](#)

Also available on cassette RC060466

[Download from BARD as Electronic Braille BR16516](#)

Also available in braille BR016516

Overcoming Macular Degeneration: a Guide to Seeing Beyond the Clouds By Yale Solomon

Read by Butch Hoover Reading time 5 hours, 39 minutes
In this updated edition of Overcoming Macular Degeneration (DB 51826), ophthalmologist Solomon, who has the condition, offers information and advice to patients. Lists special tools, including magnifiers and text-to-voice devices; issues for caregivers, such as watching for signs of depression; and resources. 2009.

[Download from BARD: Overcoming Macular Degeneration: a Guide to...](#)

Also available on digital cartridge DB073559

Also available on cassette (2000 edition) RC051826

Cooking Without Looking: Food Preparation Methods and Techniques for Visually Handicapped Homemakers By Esther Knudson Tipps

Read by Kerry Cundiff

Reading time 5 hours, 13 minutes

Cooking methods and techniques developed through research at the Texas School for the Blind. In addition to recipes, the book gives basic principles of meal planning, marketing, food preparation, table service, and food storage. 1986.

[Download from BARD: Cooking without Looking: Food Preparation...](#)

Available on cassette RC052505

[Download from BARD as Electronic Braille BR13478](#)

Also available in braille BR013478

Macular Disease Practical Strategies for Living with Vision Loss By Peggy R. Wolfe

Read by Carol Dines

Reading time 5 hours, 8 minutes

Second edition of guidebook suggests strategies to compensate for declining vision. Provides tips for organizing one's home; dealing with financial, personal, and legal affairs; and maximizing one's independence. Lists technological devices available and organizations and businesses that offer assistance. 2011.

[Download from BARD: Macular Disease Practical Strategies for Living...](#)

Also available on digital cartridge DB076495

The Able Gardener: Overcoming Barriers of Age & Physical Limitations by Kathleen Yeomans

Read by Ralph Lowenstein

Reading time 10 hours, 9 minutes

Nurse and gardener Yeomans covers general aspects of gardening while emphasizing adaptive techniques such as using raised beds, back-saving tools, and easy-care plants. If the gardener is visually impaired, she suggests designing with plants that are fragrant, textured, edible, or even audible. Included are exercises for gardeners and mail-order sources for plants, seeds, and supplies (including adaptive tools).

[Download from BARD: the Able Gardener: Overcoming Barriers of Age...](#)

Also available on cassette RC040311

A Guide to Independence for the Visually Impaired and Their Families By

Vivian Younger

Read by Jill Ferris

Reading time 7 hours, 16 minutes

Written for persons with no vision or low vision and their families and friends, this guide provides instructions on "how to perform basic tasks of daily living, how to address new and puzzling feelings and fears, how to respond to embarrassing situations," and more. Includes journal notes, organizational checklists, and a resource directory.

[Download from BARD: A Guide to Independence for the Visually...](#)

Also available on cassette RC042674