



BRAILLE AND TALKING BOOK LIBRARY

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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](#). Most 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

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 digital cartridge DB052241

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

Read by Bill Wallace

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 digital cartridge DB057655

Cooking with Fragile Hands by Beverly Bingham

Read by Patricia McDermott

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 digital cartridge DB024810

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

Read by Ed Blake

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 digital cartridge DB037053

[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

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 digital cartridge DB017620

Scouting for the Physically Handicapped by Boy Scouts of America

Read by Bob Watson

2 hours, 31 minutes

Practical guidelines for adapting Scouting to the special needs of a wide range of handicapped boys.

[Download from BARD: Scouting for the Physically Handicapped](#)

Also available on digital cartridge DB009429

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

Read by Lou Harpenau

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 digital cartridge DB036504

Suggestions for Modifying the Home and School Environment: a Handbook for Parents and Teachers of Children with Dual Sensory Impairments by Vickie Brennan, Flo Peck, Dennis Lolli

Read by Lou Coleman

43 minutes

Published by the Perkins School for the Blind, this handbook offers practical, affordable and easily implemented suggestions for enhancing a visually-impaired child's learning and mobility by making the environment more visible.

[Download from BARD: Suggestions for Modifying the Home and School...](#)

Also available on digital cartridge DBC004048

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

Read by Kerry Cundiff

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 digital cartridge DB055481

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

Read by Patricia McDermott

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 digital cartridge DB057825

Working like Dogs the Service Dog Guidebook by Marcie Davis

Read by Gabra Zackman

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 digital cartridge DB065497

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

Read by Richard Dorf

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 digital cartridge DB022319

**Label it! Braille & Audio Strategies for Identifying Items at Home & Work
by Judith M. Dixon**

Read by Madelyn Buzzard

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

22 Accessible Road Trips: Driving Vacations for Wheelers and Slow Walkers by Candy B. Harrington

Read by Theresa Conkin

10 hours, 10 minutes

Advocate for accessible travel presents twenty-two itineraries designed for wheelchair users and/or slow walkers. Trips cover the continental United States, including one featuring Utah's five national parks and another showcasing "Land of Lincoln" in Illinois and the Iowa filming location of the movie Field of Dreams. 2012.

[Download from BARD: 22 Accessible Road Trips: Driving Vacations ...](#)

Also available on digital cartridge DB075991

101 Accessible Vacations: Travel Ideas for Wheelers and Slow-Walkers by Candy B. Harrington

Read by Faith Potts

12 hours, 37 minutes

Author of Barrier-Free Travel (DB 61293) provides a guide to United States destinations for people with mobility problems. Details cities, national parks, historical attractions, and recreational opportunities under categories such as big city, the great outdoors, road trips, cruises, small towns, and family fun. Covers lodging. 2008.

[Download from BARD: 101 Accessible Vacations: Travel Ideas for...](#)

Also available on digital cartridge DB067755

The Wounded Warrior Handbook: a Resource Guide for Returning Veterans by Janelle Hill, Cheryl Lawhorne, and Don Philpott

Read by Kerry Dukin

24 hours, 56 minutes

Second edition of a guide for injured U.S. military veterans and their families provides information on medical treatment, rehabilitation, mental-health counseling, family support, and transitioning to civilian life. Details benefits, taxes, and legal issues and discusses bereavement. Includes resources and success stories. 2012.

[Download from BARD: The Wounded Warrior Handbook: a Resource...](#)

Also available on digital cartridge DB075316

Beginner's Guide to Echolocation for the Blind and Visually Impaired: Learning to See with Your Ears by Tim Johnson, Justin Louchart

Read by Bob Moore

2 hours, 31 minutes

Engineer and martial-arts instructor Johnson describes the concept of echolocation--using sound to identify the placement of objects--and its use by the visually impaired. Provides exercises for developing one's own echolocation skills. 2012.

[Download from BARD: Beginner's Guide to Echolocation for the Blind...](#)

Also available on digital cartridge DB079868

[Download from BARD as Electronic Braille BR20519](#)

Also available in braille BR020519

Traveling with Service Animals: by Air, Road, Rail, and Ship Across North America by Henry Kisor and Christine Goodier

Read by Gary Tipton.

9 hours, 28 minutes

A newspaper columnist and a travel writer, both seasoned travelers with service dogs, give advice for how best to navigate the challenges of such travel. They give general guidance as well as specific regulations and service animal policies on planes, trains, cruise ships, and more. 2019.

[Download from BARD: Traveling with Service Animals: by Air, Road...](#)

Also available on digital cartridge DB097385

[Download from BARD as Electronic Braille BR22919](#)

Also available in braille BR022919

Pathway to Independence: a Guide for People with Vision Loss by Rita Thomas Kersh

Read by Zarensky

4 hours, 25 minutes

A book that offers both advice and techniques to assist the blind and visually impaired in approaching day to day tasks. For high school and adult.

[Download from BARD: Pathway to Independence: a Guide for People...](#)

Also available on digital cartridge DBC008157

When the School Says No, How to Get the Yes! Securing Special Education Services for your Child by Vaughn K. Lauer

Read by Jeff Allin

15 hours, 28 minutes

Special education professional offers guidance to help parents obtain an Individualized Education Program (IEP) for a child with special needs.

Advocates a collaborative approach and uses case studies to illustrate what works and what does not. 2014.

[Download from BARD: When the School Says No, How to Get the Yes...](#)

Also available on digital cartridge DB078247

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

Read by Mark Ashby

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

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

Also available in braille BR014560

The Encyclopedia of Sports and Recreation for People with Visual Impairments by Andrew Leibs

Read by Jack Fox

9 hours, 14 minutes

Profiles thirty-six sports and recreational activities, from alpine skiing to yoga ,that are adapted for individuals with low or no vision. Lists camps, products, and organizations and highlights athletes, coaches, and participants in a variety of programs. 2013.

[Download from BARD: The Encyclopedia of Sports and Recreation for...](#)

Also available on digital cartridge DB076499

[Download from BARD as Electronic Braille BR19943](#)

Also available in braille BR019943

Training Your Own Service Dog: Step by Step Guide to an Obedient Service Dog by Max Matthews

Read by Jeff Allin

4 hours, 19 minutes

Covers the basics of selecting and training a service dog. Includes sections on the laws governing service animals, how to select a dog, how to get your service dog used to your house rules, and different aspects of obedience and service training. 2017.

[Download from BARD: Training Your Own Service Dog: Step by Step...](#)

Also available on digital cartridge DB092382

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

Read by Ed Dudkowski

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

Bullying and Students with Disabilities: Strategies and Techniques to Create a Safe Learning Environment for All by Barry Edwards McNamara

Read by Erin Jones

5 hours, 27 minutes

Professor of special education draws on research and case studies to provide an overview to understand and address bullying of students with disabilities. Discusses specific school-wide programs, offers intervention techniques for parents and staff, and lists resources for students. 2013.

[Download from BARD: Bullying and Students with Disabilities...](#)

Also available on digital cartridge DB077771

[Download from BARD as Electronic Braille BR20343](#)

Also available in braille BR020343

Choosing Assistive Devices: a Guide for Users and Professionals by Helen Pain

Read by Mark Ashby

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 digital cartridge DB057914

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

Read by Brian Conn

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

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 digital cartridge DB017940

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

Read by Jill Fox

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 digital cartridge DB046109

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

Read by Ralph Lowenstein

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

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

Read by Kerry Cundiff

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

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 digital cartridge DB052530

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

Read by Laura Giannarelli

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 digital cartridge DB057905

Three Hundred Tips for Making Life with Multiple Sclerosis Easier by Shelley Peterman Schwarz

Read by Kate Sanders

2 hours, 44 minutes

Labor- and time-saving techniques for those with multiple sclerosis and other chronic medical conditions. Schwarz, who was diagnosed with MS in 1979, offers advice on home safety and accessibility, dressing and grooming, utilizing new technology, preparing meals, travel and recreation, health care issues, personal empowerment, and more. Includes resources. 1999.

[Download from BARD: Three Hundred Tips for Making Life with Multiple...](#)

Also available on digital cartridge DB060702

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

Read by Carol Dines

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 digital cartridge DB060466

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

Also available in braille BR016516

The Visual Made Verbal: a Comprehensive Training Manual and Guide to the History and Applications of Audio Description by Joel Snyder

Read by Brit Herring

8 hours, 16 minutes

Pioneer in the field presents a training manual and for making visual images of theater, media, and visual art accessible to people who are blind or visually impaired. Includes the history of audio description, fundamentals, practical exercises, ways to promote audio description in your community, and more. 2014.

[Download from BARD: The Visual Made Verbal: a Comprehensive...](#)

Also available on digital cartridge DB092797

[Download from BARD as Electronic Braille BR22458](#)

Also available in braille BR022458

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

Read by Butch Hoover

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

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

Read by Kerry Cundiff

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 digital cartridge DB052505

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

Also available in braille BR013478

The One-Hander's Book: a Basic Guide to Activities of Daily Living by Veronica Washam

Read by Marjorie March

2 hours, 24 minutes

The author, who lost the use of her arm, offers encouragement to one-handers of all ages and degrees of impairment. Step-by-step guide for achieving complete independence.

[Download from BARD: The One-Hander's Book: a Basic Guide to...](#)

Also available on digital cartridge DB007887

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

Read by Carol Dines

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

Accessible Gardening: Tips & Techniques for Seniors & the Disabled by Joann Woy

Read by Margaret Strom

10 hours, 18 minutes

Advises gardeners with special needs on ideas, tools, and methods. Topics include garden design and layout, raised beds, container and tabletop gardening, easy composting, watering, lawn care, and accessories to facilitate physical tasks. An appendix lists sources of tools, supplies, and information. 1997.

[Download from BARD: Accessible Gardening: Tips & Techniques for...](#)

Also available on digital cartridge DB049080

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

Read by Ralph Lowenstein

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 digital cartridge DB040311

A Guide to Independence for the Visually Impaired and Their Families by Vivian Younger

Read by Jill Ferris

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 digital cartridge DB042674