



all about people

# All about people – books from BILD



- Understanding autism
- Positive behaviour support
- Health and well-being
- Developing the workforce
- People's life stories
- Communication is a human right
- Practical support for better lives
- The BILD Guides

## Books from BILD

BILD is the UK's leading publisher of books and journals that develop policy and improve practice among those supporting people with a learning disability.

Written by experts in their field, some books aim to help people do their jobs, plan services and deliver support in person centred ways, while others campaign to improve rights and respect for people with learning disabilities.

[www.bild.org.uk/books](http://www.bild.org.uk/books)

British Institute of Learning Disabilities  
Campion House  
Green Street  
Kidderminster  
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United Kingdom DY10 1JL  
Telephone: 01562 723010  
E-mail: [enquiries@bild.org.uk](mailto:enquiries@bild.org.uk)  
Fax: 01562 723029

## A range of other services

People with learning disabilities want the right support to live their lives, so at BILD we work to spread the message about best practice in person centred ways of working.

### **BILD Events**

Our events bring experienced trainers and the people providing support together to pass on ideas about new approaches and highlight best practice. Our conferences encourage debate about policy and practice. Find out more at [www.bild.org.uk/events](http://www.bild.org.uk/events)

### **BILD Qualifications and Training**

People with a learning disability deserve to be supported by a well trained and qualified workforce. We offer employers on-site training targeted to the needs of their workforce and a Qualifications service that supports people to get accredited qualifications.

### **The BILD Quality Network**

Working with services in supporting individuals to achieve their dreams and wishes are at the heart of the Quality Network. We find out what individuals want by using person centred approaches and quality outcomes to measure progress and success, and shift the focus from how a service is delivered to how it is received.

### **Consultancy**

BILD's network of expert consultants can help organisations achieve their objectives in a range of areas including workforce development; person centred and human rights based approaches and developing ways of working that encourage positive behaviour support.

### **BILD Membership**

If you would like to start receiving the benefits of BILD membership visit [www.bild.org.uk/membership](http://www.bild.org.uk/membership)

# Understanding autism

## Transition toolkit:

a framework for managing change and successful transition planning for children and young people with autistic spectrum conditions

Edited by Karen Broderick and Tina Mason-Williams

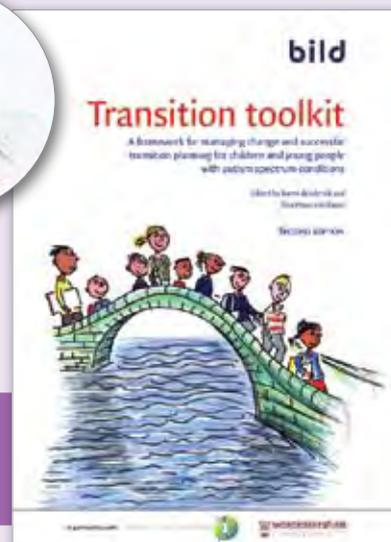
Produced by teachers, advisers and parents, the toolkit is designed for nursery, primary and secondary schools. Using clear language and helpful case studies, it contains:

- an introduction to autistic spectrum conditions
- templates for use in the classroom
- case studies using the templates
- guidelines for making transitions successful

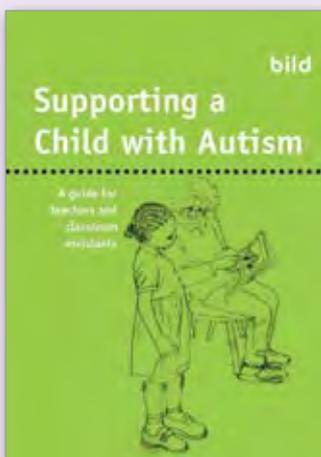
ISBN 978 1 905218 05 9 £20.00 (inc. VAT)

Second edition

Includes CD-ROM



'Really useful for at-a-glance support for the new teacher'  
School's comments



'This excellent little publication serves as a good starting point for classroom staff'  
Learning Disability Practice

## Supporting a child with autism:

a guide for teachers and classroom assistants

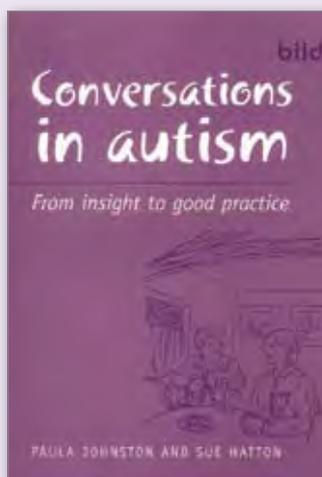
Sharon Powell

A practical introduction to autistic spectrum condition for the classroom. Stressing that every child with autism is different, the booklet includes:

- examples of the sorts of behaviour that a child with autism may show in the classroom
- a guide to developing effective strategies for working with a child with autism
- a question and answer section dealing with challenging situations

ISBN 978 1 904082 39 2

£5.00



'...Provides teaching staff and parents with much to consider when making appropriate responses and creating effective interventions to support individuals with an ASD'

Glenys Jones, Good Autism Practice

## Conversations in autism: from insight to good practice

Paula Johnston and Sue Hatton

Paula Johnston, a woman with Asperger syndrome, shares her unique viewpoint and experiences on everything from world religion to violence, peer pressure and marriage. But *Conversations in Autism* moves beyond anecdotes, valuable as they are. This book is a dialogue – a conversation between Paula and Sue Hatton, her supporter and expert practitioner and trainer in autism services.

The insights and experiences that Paula shares, and Sue comments on, help to unlock some of the mystery that surrounds children, young people and adults with an autistic spectrum condition who do not speak, or who are labelled as having a severe learning disability.

ISBN 978 1 904082 69 9

£10.00

# Positive behaviour support



**New**

## Ethical approaches to physical interventions Volume II: changing the agenda

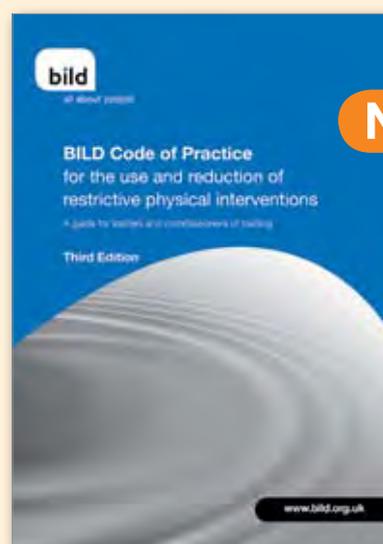
*Edited by David Allen*

An addition, not a replacement, to Volume I, this new publication offers a major overview of key developments and current best practice in the field. Among topics covered in the book are:

- The effectiveness of training in physical intervention
- Evaluating the risks associated with physical interventions
- Physical interventions and family carers
- Mechanical restraint and self-injury in people with intellectual disabilities: An enduring cause for concern
- Ethical use of medication to manage imminent disturbed/violent behaviour in adults with intellectual disabilities
- Seclusion and time out? Questioning and defining practice

ISBN 978 1 905218 11 0

£25.00



**New**

## BILD Code of Practice for the use and reduction of restrictive physical interventions

Around half of all people with learning disabilities and challenging behaviour are subject to physical interventions. High quality training, to increase staff skills and confidence and reduce injuries among staff and people who use services, is therefore critical.

The Code provides guidance for trainers and commissioners of training who support adults and children with:

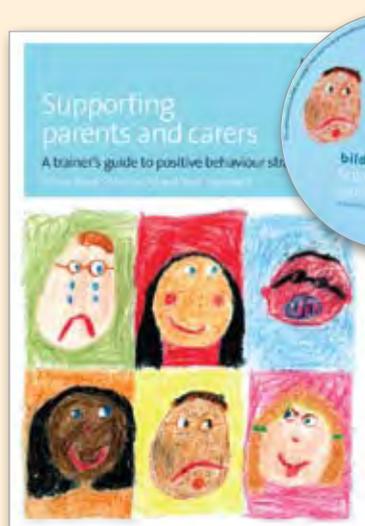
- a learning disability
- an autistic spectrum condition
- special educational needs
- behavioural, emotional and social difficulties

The Third Edition is a significant and substantial revision, both to ensure that the code is completely up to date with practice but also to shift the emphasis from physical intervention to positive behaviour support.

ISBN 978 1 905218 10 3

£18.00

**Third edition**



**Includes CD-ROM**

**New**

## Supporting parents and carers

### A trainer's guide to positive behaviour strategies

*Sharon Paley, Chris Stirling and Mark Wakefield*

This trainer's guide is intended to provide parents and carers, as well as professional trainers, with materials to deliver training in positive behaviour strategies. The guide includes a CD-ROM with PowerPoint presentation and handouts and, with the session plans, provides a comprehensive course that is designed to be easily understood by those who may have limited formal training.

ISBN 978 1 905218 07 3

£25.00 (inc. VAT)

*'...offers a stress-free way of dealing with challenging behaviour, with all the materials to hand' Learning Disability Practice*

## Positive behaviour support

### Physical Interventions: a policy framework

*John Harris, Marion Cornick, Alan Jefferson,  
Richard Mills*

This book gives clear guidance for services developing policies on restrictive physical interventions. A key reference for anyone involved in working with adults and children who, because of their challenging behaviour, may need some kind of restrictive physical intervention. This edition takes account of the core principles identified in Valuing People, the widespread acceptance of person centred approaches to service development, and the Mental Capacity Act 2005.

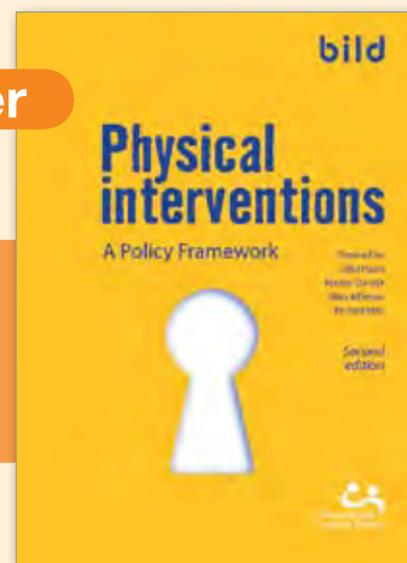
ISBN 978 1 905218 04 2

£20.00

**Bestseller**

*'...a must for all those using physical interventions as part of their practice'*  
Learning Disability Practice

**Second edition**



### Easy guide to being held safely

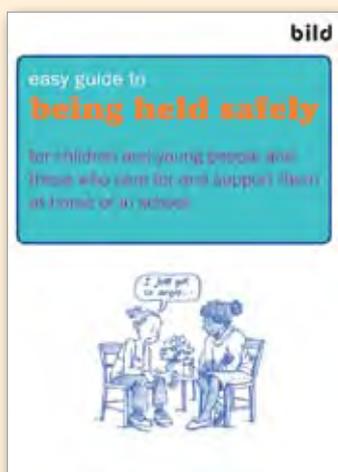
This booklet provides guidance for children, parents and teachers about being held. Using plain English and clear illustrations, the guide encourages good practice in this difficult area by explaining:

- about being held
- why adults may hold a child
- what the child's rights are

The booklet includes a 10-point good practice guide.

ISBN 978 1 905218 03 5

£7.00

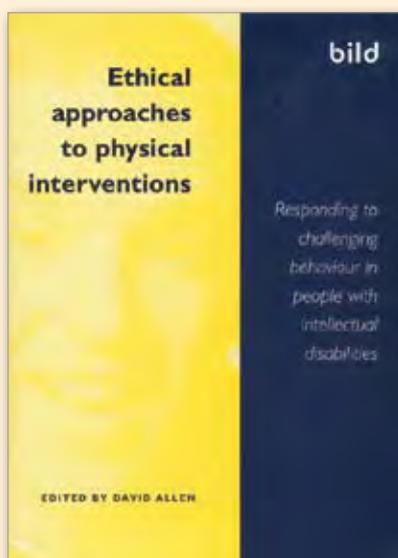


### Easy guide to physical interventions

**for people with learning disabilities, their carers and supporters**

This best-selling guide has been developed with people with learning disabilities, and uses clear language and illustrations, includes a 10-point guide on physical interventions for people with learning disabilities, and for staff.

[New edition in preparation]



### Ethical approaches to physical interventions Volume I: responding to challenging behaviour in people with intellectual disabilities

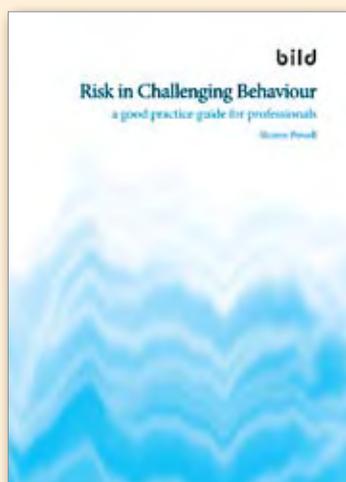
*Edited by David Allen*

Gives an overview of current policies and practices, an examination of physical interventions and abusive practice, and a discussion of objectives for the immediate future. An important reference for commissioners, service providers and physical interventions trainers, as well as anyone concerned with improving our responses to challenging behaviour.

ISBN 978 1 904082 38 5

£20.00

## Positive behaviour support



*'...contains a wealth of information about good practice in risk assessment'* Good Autism Practice

### Risk in challenging behaviour:

#### a good practice guide for professionals

*Sharon Powell*

Designed to help establish a framework to support individuals with learning disabilities or autistic spectrum conditions whose behaviour challenges services and presents a risk to themselves or others. It sets out in clear and simple terms a structured and systematic approach to the identification, assessment and management of risks associated with challenging behaviours.

ISBN 978 1 904082 95 8

£12.00

### Positive behaviour support:

#### a guide for schools

*Sharon Paley and Mark Wakefield*

This short book is intended to be a quick guide to the principles of positive behaviour support for teachers, classroom assistants and others working in a school environment.

ISBN 978 1 905218 13 4

[New edition in preparation]

### Training carers in physical interventions:

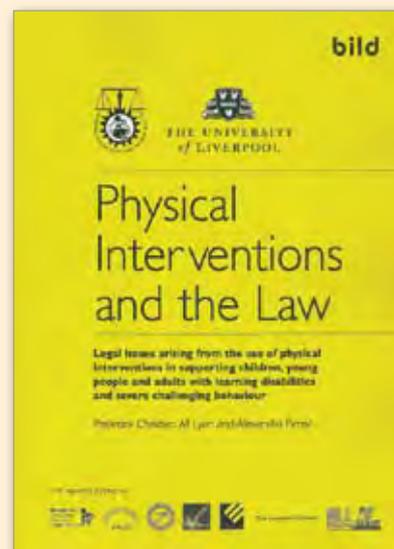
#### research towards evidence-based practice

*David Allen*

This report provides evidence-based information to: alert purchasers and providers to the types of outcomes they can expect from different types of training and help trainers evaluate their training, with sample measures of direct training outcomes.

ISBN 978 1 902519 76 0

£15.00



### Physical interventions and the law:

#### legal issues arising from the use of physical interventions in supporting children, young people and adults with learning disabilities and severe challenging behaviour

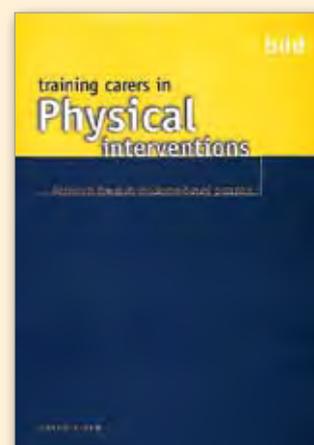
*Christina Lyon and Alexandra Pimor*

A major reference document providing a comprehensive overview of the law and physical interventions in the UK.

ISBN 978 1 904082 73 6

£20.00

*'...would strongly recommend this report to all those who work with children and adults with learning difficulties and severe challenging behaviours'* PMLD Link



# Health and well-being

**New**

## Down's syndrome and dementia: a resource for carers and support staff

*Karen Dodd, Vicky Turk and Michelle Christmas*

A resource book for family carers, staff and other professionals to help them care more effectively for people with Down's syndrome and dementia.

The book focuses on practical day-to-day issues, including:

- supporting the person with Down's syndrome and dementia to maintain skills and independence in every way and for as long as possible
- understanding and responding appropriately to changes in behaviour during the early, middle and late stages of dementia
- improving the confidence of carers to look after individuals

ISBN 978 1 905218 08 0

£20.00

**Second edition**



## Your good health

Written by health professionals working with groups of people with learning disabilities, these illustrated booklets help inform people with a learning disability about health issues and explain how to get help for a variety of health issues.

**Alcohol and smoking** 978 1 873791 24 0 £8.00

**Breathe easy** 978 1 873791 14 1 £8.00

**Coping with stress** 978 1 873791 64 6 £8.00

**Eating and drinking** 978 1 873791 93 6 £8.00

**Epilepsy** 978 1 902519 77 7 £8.00

**Exercise** 978 1 873791 28 8 £8.00

**Getting older – feeling good** 978 1 904082 70 5 £8.00

**If you are ill...** 978 1 873791 27 1 £8.00

**Looking after your teeth** 978 1 873791 37 0 £8.00

**Pregnancy and childbirth** 978 1 902519 88 3 £8.00

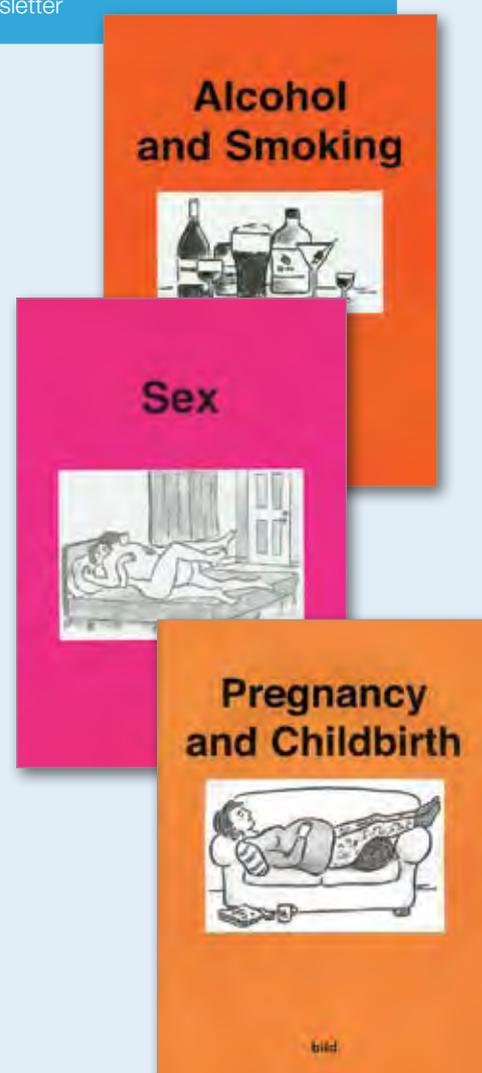
**Seeing and hearing** 978 1 873791 42 4 £8.00

**Sex** 978 1 873791 47 9 £8.00

**Using medicine safely** 978 1 873791 04 2 £8.00

**Complete set** 978 1 873791 95 0 £95.00

*'Appealing, colourful and easy to read text'*  
OTPLD Newsletter



## Health and well-being

### The 'About dementia' series

*Karen Dodd, Vicky Turk and Michelle Christmas*

Three booklets with large print text for staff and carers to use with people with a learning disability.

#### About dementia: for people with learning disabilities

ISBN 978 1 904082 90 3      £8.00

#### About my friend: for friends of people with Down's syndrome and dementia

ISBN 978 1 904082 92 7      £12.00

#### The journey of life: how people change from babies to older people

ISBN 978 1 904082 91 0      £10.00

### HoNOS-LD:

*Includes CD-ROM*

#### Health of the nation outcome scales for people with learning disabilities

*Ashok Roy et al*

ISBN 978 1 902519 93 7      £35.00

### Down syndrome and health care

*Vee Prasher and Beryl Smith*

ISBN 978 1 902519 20 3      £14.00

### The 'Managing continence' series

#### Everybody needs toilets: an easy guide for people with a learning disability

*Alice Bradley*

ISBN 978 1 904082 83 5      £8.00

#### Helping people with learning disabilities manage continence: a workbook

*Alice Bradley with Loretto Lambe*

ISBN 978 1 904082 82 8      £12.00

#### Supporting continence management

*Alice Bradley with Loretto Lambe*

ISBN 978 1 904082 84 2      £20.00

## Developing the workforce

### Induction award: supporting people who have a learning disability

These books are for people who are starting work in the learning disability sector and studying for the Induction Award. They cover Levels 2 and 3 and also provide underpinning knowledge and careful linking to the relevant NVQ/SVQ in Health and Social Care. Each study book meets the learning outcomes for that unit.

Each study book includes:

- examples taken from real situations
- information from people with learning disabilities and family carers
- reference to key legislation and policy
- thinking points and activities for reflection and consolidation

A trainer pack covers all units of the Award and provides support for the delivery of all learning outcomes.

### Trainer pack

*Includes CD-ROM*



*'A positive aspect of this package is the inclusion of material from the perspective of people with learning disabilities and their family carers...should enhance the quality of care provided for people with learning disabilities'*  
Learning Disability Practice

### Induction award:

#### Supporting people who have a learning disability trainer pack

Includes:

- introduction with information on session plans
- CD-ROM containing: activity sheets, PowerPoint presentations, video clips and PDFs of all four study books
- guidance on how to link learning to the relevant NVQ/SVQ.

ISBN 978 0 435500 04 7      £250 (plus VAT)

## The Induction award study books



### Principles of learning disability support

*John Brooke*

- Includes:
- promoting person centred values
  - respecting diversity, cultures and values
  - working in a person centred way
  - using support plans
  - the right to take risks
  - risk assessment

ISBN 978 0 435500 01 6      £11.99



### Your role as a learning disability worker

*Jackie Pountney*

- Includes:
- understanding the job
  - responsibilities of a support worker
  - promoting effective communication
  - personal development as a learning disability worker
  - risk assessment

ISBN 978 0 435500 00 9      £11.99



### Protecting people who have a learning disability from abuse

*Jackie Pountney*

- Includes:
- understanding the nature of abuse and neglect
  - policies and procedures relating to abuse and neglect
  - responding to suspected abuse and neglect
  - blowing the whistle on bad practices

ISBN 978 0 435500 03 0      £11.99



### Health and safety in a learning disability service

*David Johnson and Elaine Hardie*

- Includes:
- health and safety responsibilities in a learning disability service
  - safe moving and positioning
  - responding to accidents and sudden illness
  - medication and health-care tasks
  - reducing the spread of infection
  - security in the workplace

ISBN 978 0 435500 02 3      £11.99

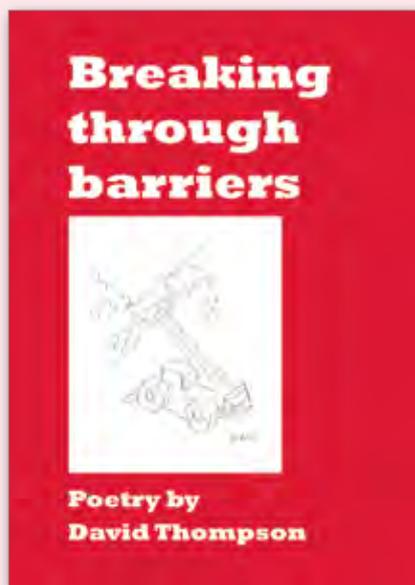
**Value pack**

### Induction award value pack

All four study books above at a reduced price.

ISBN 978 0 435500 08 5      £45.00

# People's life stories



New

*'The message here is that we should all make some time to put a bit of poetry back into our lives – I would recommend David's book as a great starting point'*

Learning Disability Today

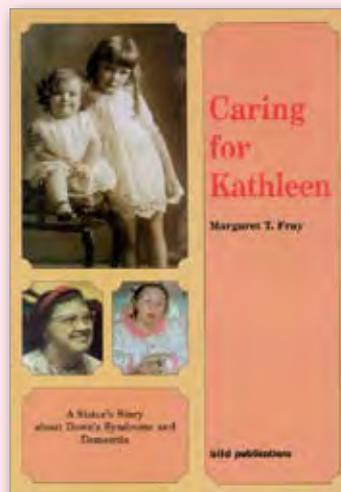
## Breaking through barriers

Poetry by David Thompson

*Breaking through Barriers* is the work of David Thompson, a Wolverhampton man who uses his poetry to tell us about his life and the role his love of the English language, his Jamaican heritage and his cerebral palsy have played in what he sees and what he writes.

ISBN 978 1 905218 12 7

£5.00



*'This book deserves to be read by anyone (including student nurses) who have an interest in caring for older people with a learning disability'*

Learning Disability Practice

## Caring for Kathleen: a sister's story about Down's syndrome and dementia

Margaret Fray

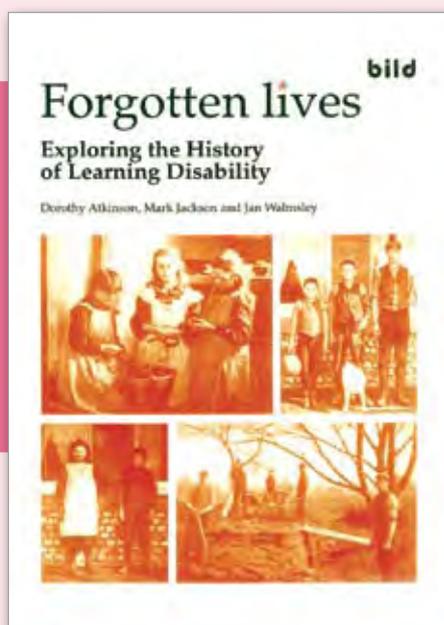
This is Peggy Fray's moving account of the life of her sister Kathleen, who was born with Down's syndrome. Kathleen's life reflects the changing shape of services over the past 70 years and the huge gap in provision for people with a learning disability who develop dementia.

ISBN 978 1 902519 19 7

£16.00

*'A highly readable and non-technical book that will provide a valuable source of knowledge for students and practitioners'*

Journal of Learning Disabilities for Nursing, Health and Social Care



## Forgotten lives: exploring the history of learning disability

Edited by Dorothy Atkinson et al

*Forgotten Lives* explores the neglected history of learning disabilities, using people's life stories, documentary evidence, photographs and archive sources.

ISBN 978 1 873791 84 4

£20.00

## People's life stories

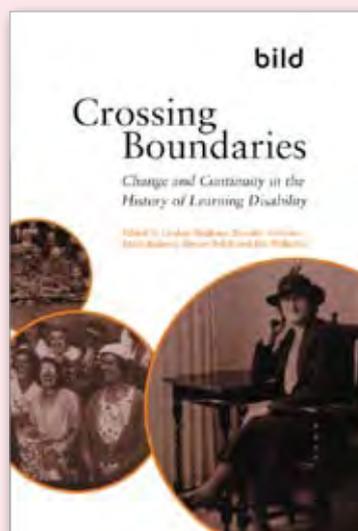
### Crossing boundaries: change and continuity in the history of learning disability

*Edited by Lindsay Brigham et al*

*Crossing Boundaries* explores the history of learning disabilities, the history of learning disability nursing, the use of life stories in research, and the changing roles of voluntary organisations.

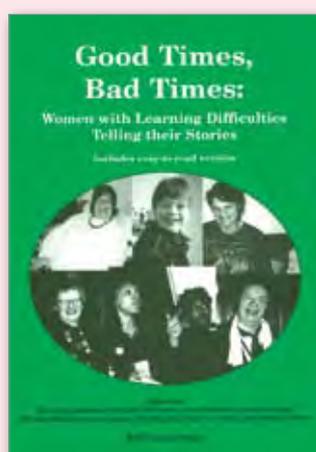
ISBN 978 1 902519 21 0

£20.00



'...there are many precious jewels in this book'

Community Living



'A rich collection of snapshots of the lives of many different women with learning difficulties'

Community Care

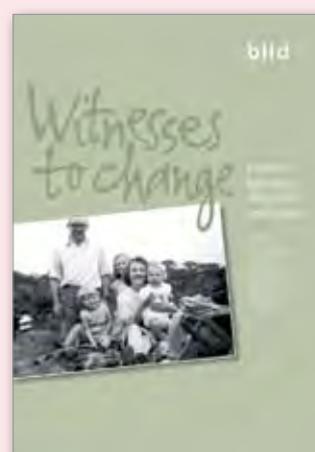
### Good times, bad times: women with learning disabilities telling their stories

*Margaret Fray*

Women with a learning disability give voice to their thoughts and feelings on the topics which matter to them most, including relationships, children and work. The book includes an illustrated accessible version.

ISBN 978 1 902519 18 0

£10.00



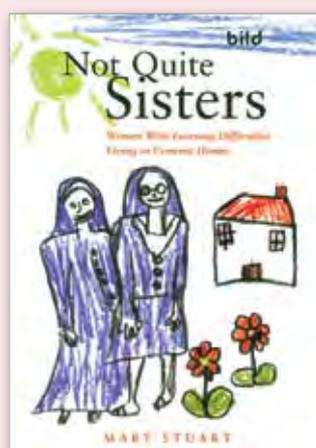
### Witnesses to change: families, learning difficulties and history

*Edited by Sheena Rolph et al*

Focuses on changes in family life and learning disability in the twentieth century and includes life stories of parents, as well as siblings, grandparents and other relatives from a wide variety of families and families from different social classes and ethnic groups.

ISBN 978 1 904082 75 0

£25.00



### Not quite sisters: women with learning difficulties living in convent homes

*Mary Stuart*

Women's accounts of their lives with the nuns who cared for them, together provides a unique record of daily life in a convent for women with learning disabilities.

ISBN 978 1 902519 86 9

£20.00

# Practical support for better lives

## Exploring sexual and social understanding:

an illustrated pack designed for working with people with learning disabilities

*Karen Dodd, Keith Jones, James Stroud and Heather Liddiard*

This illustrated pack has been developed to provide a flexible visual resource that can be used to assess sexual knowledge and capacity to consent of people with learning disabilities. It will help to teach and discuss appropriate social and sexual behaviour.

The pack includes a CD-ROM containing 178 pictures which can be arranged into sequences to form stories that can represent conventional, unconventional, legal and illegal social and sexual activities. The stories can be created either by the person with learning disabilities or by the professional working with them. The pack also includes a capacity assessment form to help determine whether the person with learning disabilities has the capacity to consent to a specific sexual relationship.

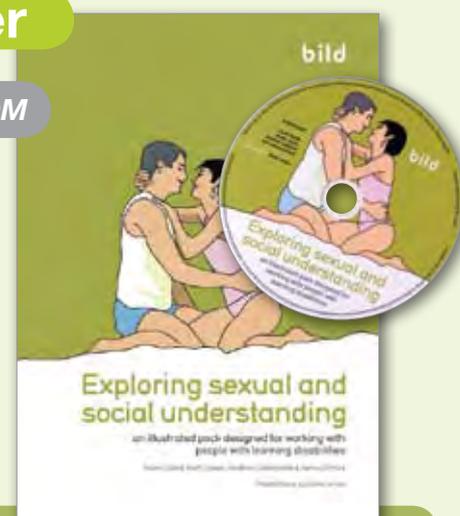
The materials have been evaluated with a range of people with learning disabilities.

ISBN 978 1 905218 01 1

£25.00 (inc. VAT)

**Bestseller**

Includes CD-ROM



'...a "must have" resource for those working in the area of sexuality and relationships...incredibly versatile and easy to use' Community Care

Includes DVD



## Partnerships for training:

access pack for developing equal training partnerships with people with a learning disability

*Jane Jones and Christopher Robertson*

This easy access pack is for experienced trainers and people with learning disabilities who want to work together to do training as equal partners. The workbook includes sections on developing an equal partnership, planning and practising training sessions, and reviewing. The DVD contains video clips illustrating good and bad practice and has been designed to make it easy to use.

ISBN 978 1 905218 02 8

£25.00 (inc. VAT)

'...a highly positive and useful resource' Community Living

## Brief guide to the Mental Capacity Act 2005

Implications for people with learning disabilities

*Elaine Hardie and Liz Brooks*

The Mental Capacity Act 2005 affects approximately two million people in England and Wales who are unable to make some or all decisions that affect their lives.

The guide aims to:

- explain the key points of the Act
- explain what some of the choices and decisions might be
- help you to support someone with a learning disability to plan ahead and talk about their future

The guide provides case studies to demonstrate key points of the Act and practical examples to explain how the Act might be applied in a real-life situation. The book is accompanied by a poster that highlights the 5 Principles of the Act.

ISBN 978 1 905218 06 6

£10.00

## Easy guide to the Human Rights Act 1998

*Andrea Hughes and Phil Coombs*

The *Easy Guide to the Human Rights Act* outlines the key elements of the Act and shows how they can be applied to protect the legal rights of people with learning disabilities. The guide, written with the help of people with learning disabilities, includes real life stories and examples, as well as suggestions for good practice. Includes free poster.

ISBN 978 1 902519 75 3

£10.00

## Practical support for better lives

'...a very helpful and practical book'  
Community Living



### Financial decision-making: guidance for supporting financial decision-making by people with learning disabilities

*Irenka Suto, Isabel Clare and Anthony Holland*

This guide explores ways of enabling people with learning disabilities to have as much control as possible in managing their money.

The guide includes:

- a framework for assessing financial decision-making abilities
- advice about maximising choice and independence in money management
- case studies that illustrate and clarify the principles and situations discussed.

ISBN 978 1 904082 96 5

£20.00

### Disability arts against exclusion:

people with learning difficulties and their performing arts

*Dan Goodley and Michele Moore*

A well-researched resource for professionals, carers and parents who want to know how participation in the arts can promote – or hinder – the promotion of personal choice and control for people with learning disabilities.

ISBN 978 1 904082 36 1

£16.00

### Bridging the divide at transition:

what happens for young people with learning difficulties and their families?

*Pauline Heslop et al*

ISBN 978 1 904082 08 8

£12.00

### Social and personal relationships:

policy and good practice guidelines for staff working with adults with learning disabilities

[New edition in preparation]



'...written in a very accessible, jargon-free manner with well-chosen examples of good practice'  
Community Care

### A voice of their own: a toolbox of ideas and information for non-instructed advocacy

*Annie Lawton*

This toolbox is a place to come for ideas, suggestions and contact details to help you ensure your advocacy partner has a voice, is listened to and is taken seriously by others who can bring about change. It is particularly useful for anyone advocating for a person with high support needs, such as someone who does not communicate using words, has significant barriers to communication and/or complex physical, health or emotional needs, and requires lots of extra support as a result.

ISBN 978 1 904082 98 9

£16.00

# Communication is a human right



## Learning to tell: a handbook for inclusive storytelling

**New**

Nicola Grove

This resource is unique in its approach to the culture of oral storytelling, emphasising the participatory and communal aspects that develop an intensity of listening to the storyteller and an atmosphere in which a contribution told from the heart is valued for what it communicates about our common humanity. Full of information, games, activities and stories, and an accompanying DVD containing video footage and PDFs of forms, this resource can help students develop the ability to narrate, which is fundamental to human experience.

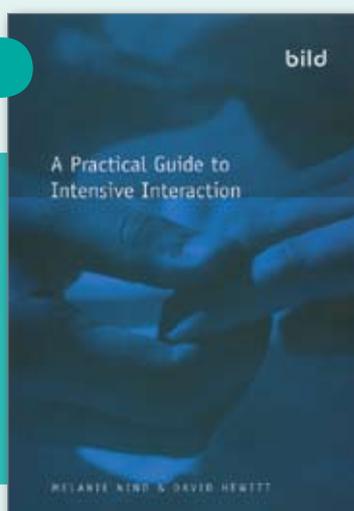
ISBN 978 1 905218 09 7

£30.00 (inc. VAT)

**Bestseller**

*'It is easy to read...clearly rooted in practice...an important text for anyone working with people who have no intentional verbal communication'*

Working with People who have a Learning Disability



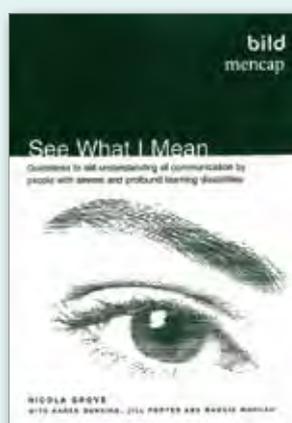
## A practical guide to intensive interaction

Melanie Nind and Dave Hewett

This practical handbook will enable staff, parents and carers to help people with severe learning difficulties to communicate more easily with other people, using Intensive Interaction tools and techniques devised by the authors.

ISBN 978 1 902519 63 0

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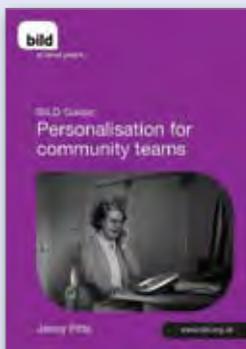
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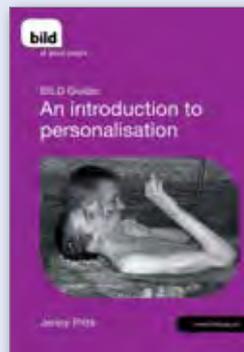
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