



Children and Teen Books and Videos about people using Wheelchairs, Crutches, Leg Braces

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Non-Fiction Books

- Apel, Melanie Ann. **Let's Talk About Being in a Wheelchair**. New York: Power Kids Press, 2002.
- Baron, Connie. **The Physically Disabled**. Mankato, MN: Crestwood House, 1988. (Facts About series)
- Barraclough, Sue. **I Know Someone Who Uses a Wheelchair**. Chicago: Heinemann Library, 2011. Understanding Health Issues series.
- Bergman, Thomas. **Going Places: Children Living with Cerebral Palsy**. Milwaukee, WI: Gareth Stevens Publishing, 1991.
A study of Mathias, a six year old with cerebral palsy, as he goes to school and physical therapy and plays at home.
- Bergman, Thomas. **On Our Own Terms: Children Living with Physical Disabilities**. Milwaukee, WI: Gareth Stevens Publishing, 1989.
Describes the activities at the Caroline Hospital in Stockholm where disabled children receive training and physiotherapy.
- Bergman, Thomas. **Precious Time: Children Living with Muscular Dystrophy (Don't Turn Away series)**. Milwaukee, WI: Gareth Stevens Publishing, 1996.
Stefan is a 9 year old who has Duchenne Muscular Dystrophy. He lives in Sweden and is portrayed in his wheelchair, going to physical therapy and having fun at home and school.
- Brown, Tricia. **Someone Special, Just Like You**. New York: Henry Holt, 1995.

Features photos of children with various disabilities, some in wheelchairs or with walkers.

- Burns, Kay. **Our Mom**. New York: Franklin Watts, 1989.
Describes how a mother of four leads an active life with paralysis of her legs that requires her to use a wheelchair.
- Church, Diane. **Working with People with Disabilities**. London: Franklin Watts, 2004. (Charities at Work series)
- English, Jennifer. **My Mommy's Special**. Chicago: Children's Press, 1985.
Jennifer's mom is a wheelchair user who has MS.
- Gaynor, Kate. **The Lost Puppy**. Dublin: Belvedere Print Ltd., 2008.
A young boy who is a wheelchair user finds a dog with a broken leg.
- Keith, Lois. **Being in a Wheelchair (Think About series)**. Mankato, MN: Smart Apple Media, 1999.
- Kent, Deborah. **Animal Helpers for the Disabled**. New York: Watts Library (Franklin-Watts), 2003.
Describes the various service animals (dogs, horses, monkeys) and what they can do for people with various disabilities (deafness, blindness, wheelchair users).
- Kent, Deborah. **Athletes with Disabilities**. New York: Franklin Watts, 2003.
Discusses competitions for both physically and mentally challenged athletes.
- **Kids on Wheels: A Young Person's Guide to Wheelchair Lifestyle (Kid's Volume)**. Horsham, PA: No Limits Communications, 2004.
Vol. 1 is written for children. Vol. 2 is written for parents of children who are wheelchair users.
- Manson, Ainslie. **Boy in Motion: Rick Hansen's Story**. Vancouver, Greystone Books, 2007.
Biography of Canadian paraplegic Rick Hansen's life as a boy and teen.
- O'Neill, Linda. **Imagine Being Paralyzed**. Vero Beach, FL: Rourke Press, 2001.
- Parker, Steve. **Spinal Cord and Nerves: Injury, Illness and Health**. Chicago: Heinemann Library, 2003.
- Powell, Jillian. **Talking About Disability**. Austin, TX: Raintree Steck-Vaughn Publishers, 1999.
- Powell, Jillian. **Sam Uses a Wheelchair**. Philadelphia: Chelsea House Publishers, 2005. (Like Me Like You series).

- Powers, Mary Ellen. **Our Teacher's in a Wheelchair**. Morton Grove, IL: Albert Whitman & Co., 1986.
- Prall, Jo. **My Sister's Special**. Chicago: Children's Press, 1985.
A young boy describes life with his sister Angie who is a wheelchair user due to brain damage.
- Redpath, Ann. **Jim Boen: A Man of Opposites**. Mankato, MN: Creative Education Inc., 1980.
Boen became a paraplegic after a gymnastics accident at college. Boen married, adopted two children and became a professor at the University of Minnesota.
- Rogers, Fred. **Let's Talk About It: Extraordinary Friends**. New York: Puffin, 2000.
Mr. Rogers talks about understanding and accepting disability.
- Roy, Ron. **Move Over, Wheelchairs Coming Through!** New York: Clarion Books, 1985.
Seven children who are wheelchair users talk about their lives. Their disabilities include spina bifida,, muscular dystrophy and cerebral palsy.
- Royson, Angela. **Using a Wheelchair (What's it Like?)**. Chicago: Heinemann Library, 2005.
- Sanders, Pete and Steve Myers. **People with Disabilities (What Do You Know About series)**. Brookfield, Ct: Copper Beech Books, 1998.
- Schaefer, Lola M. **Some Kids Use Wheelchairs**. Mankato, MN: Capstone Press, 2001.
- Schaefer, Lola M. **Some Kids Wear Leg Braces**. Mankato, MN: Capstone Press, 2008. Revised and updated edition.
- Spilsbury, Louise. **What Does It Mean To Be A Wheelchair User?** Oxford, England: Heinemann Library, 2002.
- Thomas, Pat. **Don't Call Me Special: A First Look at Disability**. Hauppauge, NY: Barron's Educational Series, 2002.
Children with wheelchairs, braces, and crutches are featured playing, going to school, etc.
- **Wheelie Power: A Book for Young People About Growing Up with a Spinal Cord Injury**. London: Spinal Injuries Association, 1999.

- **Why Do Some People Use Wheelchairs?: Questions Children Ask About Disabled People.** London: Dorling Kindersley Ltd., 1997.

Fiction Books

- Adler, David A. **Campy: The Story of Roy Campanella.** New York: Viking, 2007.
The story of the famous baseball player who was paralyzed in a car accident.
- Aiello, Barbara and Jeffrey Shulman. **It's Your Turn at Bat.** Frederick, MD: Twenty-First Century Books, 1988.
A good introduction to cerebral palsy with questions and answers about the condition at the end.
- Albee, Sarah. **Just Like You.** New York: Random House, 2002.
This book features the Sesame Street muppets. Elmo befriends a new girl at school—Lizzie. Lizzie uses a wheelchair and teaches Elmo how she does various activities like playing basketball.
- Althea. **I Use a Wheelchair.** London: Dinosaur Publications, 1991.
A young female wheelchair user shares her family and school life. Discusses how she likes and dislikes to be treated.
- Asare, Meshack. **Sosu's Call.** LaJolla, CA: Kane/Miller Publishers, 2001.
Sosu lives in a small African village. Some try to keep him hidden because of his paralyzed legs. Sosu saves the village from a monsoon by beating his drum in warning. He is rewarded with a wheelchair.
- Banister, Katie Rodriguez. **Aunt Katie's Visit.** St. Louis, MO: Access-4-All, Inc., 2003.
Aunt Katie visits her niece's schoolroom to tell children about people who use wheelchairs.
- Berenstain, Stan and Jan. **The Berenstain Bears and the Wheelchair Commando.** New York: Random House, 1993.
Harry is a wheelchair user who challenges Too-Tall to a basketball game. Can Harry win?
- Bowman, Crystal. **Jonathan James Says "Let's Be Friends" (Learn to Read series).** Grand Rapids, MI: Zondervan Publishing House, 1995.
Jonathan James (a rabbit) learns from a missionary to be tolerant of everyone's faults. He becomes friends with a wheelchair user.
- Buckman, Mary. **Ben.** San Mateo, CA: Mary Bee Creations, 1991.
Ben is a young boy who uses both wheelchair and canes with braces to move.

- Carlson, Judy. **Here Comes Kate!** Austin, TX: Raintree Steck-Vaughn, 1989.
Kate learns to control the speed of her wheelchair.
- Carlson, Nancy. **Arnie and the New Kid.** New York: Puffin Books, 1992.
Arnie (a dog) is a wheelchair user who gets teased by Philip (a cat), the new kid in school. When Philip breaks his leg, Arnie helps him out and they become friends.
- Carter, Jimmy. **The Little Baby Snoogle-Fleejer.** New York: Crown Publishers, 1995.
Jeremy, who can't walk without crutches, lives by the sea. When his friends see a sea monster they abandon him and his crutches fall out of reach. He must make friends with the sea monster. The sea monster later helps him solve his mother's money problems.
- Dobkin, Bonnie. **Just a Little Different.** Chicago: Children's Press, 1993.
A child relates how he and his best friend, who is a wheelchair user, are both alike and different.
- Fassler, Joan. **Howie Helps Himself.** Morton Grove, IL: Albert Whitman & Co., 1975.
Howie must practice and work hard to be able to move his manual wheelchair by himself since his arms are weak.
- Hambrick, Sharon. **Tommy's Race.** Greenville, SC: Journey Forth, 2004.
Tommy makes friends with a wheelchair user named William. They try to raise money to buy a wheelchair for an African boy with polio.
- Foreman, Michael. **Seal Surfer.** London: Red Fox, 1998.
A young boy who uses a wheelchair surfs with the seals and befriends one.
- Fujimoto, Michi. **Kyle Can, Can You? (The Puzzle Place)** New York: Price Stern Sloan Inc., 1995.
Skye's friend Kyle is a wheelchair user. Kyle shows the other kids that he can do everything they can just in a different way.
- Grundmann, Tim. **Winter Games. Doug Chronicles series.** New York: Disney Press, 1998.
Doug breaks his leg and thinks he can't participate in winter sports. He learns from his friend's father, who is a wheelchair user, that they can still participate in sports.
- Hall, Monica. **Unlikely Friends: A Story of Second Chances.** Nashville, TN: Tommy Nelson, Inc., 1999.

Based on the TV series *Touched by an Angel*. With the guidance of an angel, fifteen-year old juvenile offender Jason discovers the rewards of working with and helping Kelly who uses a wheelchair and has cerebral palsy.

- Harsham, Marc. **The Storm**. New York: Dutton, 1995.
Jonathan hates feeling different because he is a wheelchair user. When a twister hits town, he is alone at his family's farm and saves the animals.
- Hoffman, Eric. **No Fair to Tigers/No Es Justo Para los Tigres**. St. Paul, MN: Redleaf Press, 1999.
After she fixes up her stuffed tiger, Mandy takes him to the pet store for tiger food but finds she can't get her wheelchair inside because of the steps out front. Each page in English and Spanish.
- Johnson, Harriet McBryde. **Accidents of Nature**. New York: Holt, 2006.
Juvenile fiction about a 17-year old girl with cerebral palsy who attends a summer camp for kids with disabilities.
- Kats, Jewel. **Cinderella's Magical Wheelchair: An Empowering Fairy Tale**. Ann Arbor, MI: Loving Healing Press, 2011.
- Klein, Adria F. **Max's Fun Day**. Minneapolis: Picture Window Books, 2008.
Max is an African-American boy who is a wheelchair user and spends the day with his friend.
- Laird, Elizabeth and Roz Davison. **Jungle School**. New York: Crabtree Publishing, 2006.
Features a monkey who uses a wheelchair.
- Lasker, Joe. **Nick Joins In**. Morton Grove, IL: Albert Whitman & Co., 1980.
Nick is a wheelchair user who helps his class out when a basketball becomes lodged out of reach.
- MacDiarmid, Carolyn. **I'm Wendy Blair, Not a Chair!** Toronto: Canadian Council on Rehabilitation and Work, 2003.
- Maguire, Arlene. **Special People, Special Ways**. Arlington, TX: Future Horizons Inc., 2000.
- Marron, Carol A. **No Trouble for Grandpa**. Milwaukee: Raintree Publishers, 1983.
David is a wheelchair user who doesn't want his baby sister to come along on his trip to Grandpa's.
- Maxwell, Shannon. **Our Daddy is Invincible!** Bowie, MD: E L Kurdyla Publishing LLC, 2010.

Told by a young girl whose father serves in the military and is injured. The book gives children hope that if their parent is injured, there are people who are ready to help them relearn functions so they can have a good life again, even if it is different.

- Mayer, Gina and Mercer. **A Very Special Critter (Golden Look-Look Book series)**. New York: Golden Book, 1992.
Alex, a wheelchair user, is a new student in Little Critter's class.
- Meyers, Cindy. **Rolling Along with Goldilocks and the Three Bears**. Bethesda, MD: Woodbine House, 1999.
Baby Bear is a wheelchair user in this adaptation of Goldilocks and the Three Bears.
- Miner, Jane Claypool. **New Beginning: An Athlete is Paralyzed**. Mankato, MN: Crestwood House, 1982.
Permanently paralyzed by a football injury, Steve must learn to develop new interests which will give him hope for the future.
- Moore-Malinos, Jennifer. **It's OK to Be Me! Just Like You, I Can Do Almost Anything!** Happaug, NY: Barron's, 2007.
Adrian is a young boy who uses a wheelchair.
- Muldrow, Diane. **Barbie: The New Counselor**. New York: Golden Books Publishing, 1998.
Barbie (the doll) is a camp counselor. Her friend Becky is a wheelchair user who comes to help her out as a counselor. Becky shows her athletic skills at basketball and volleyball.
- Munsch, Robert. **Zoom!** New York: Scholastic Canada Ltd, 2003.
Lauretta needs a new wheelchair and convinces her mom to let her try out a really fast one.
- O'Brien, Robert R. **Eva Uses Her Head**. Open Court Publishing, 1995.
Eva is a wheelchair user who impresses her friend Hugo by using her problem-solving skills.
- Orr, Wendy. **Arabella**. Sydney: Angus & Robertson (Harper Collins imprint), 1998.
Matthew is a young wheelchair user. He and his grandfather sail in their boat Arabella.
- Osofsky, Audrey. **My Buddy**. New York: Henry Holt & Co., 1992.
A young boy with muscular dystrophy describes all that his service dog "Buddy" does for him.

- Panzarino, Connie. **Follow Your Dreams**. Bethesda, MD: National Spinal Cord Injury Association, 1995.
J.T. and Natalie are wheelchair users who try to find a woman who left a magical package on the bus. J.T. has spina bifida.
- Panzarino, Connie and Marilyn Lash. **Rebecca Finds a New Way: How Kids Learn, Play, and Live with Spinal Cord Injuries**. Bethesda, MD: National Spinal Cord Injury Association, 1994.
Seven-year old Rebecca is paralyzed in a car accident. Her rabbit friend Terry talks to the other kids in the rehab unit to find out more about spinal cord injuries.
- Patrick, Steve. **William's Wheelchair Race**. Bothell, WA: The Wright Group, 1996.
- Paul, Richard. **Red Riding Hood Races the Big Bad Wolf**. Macomb, MI: Twilight Press, 1999.
Red Riding Hood is a wheelchair user in this adaptation of Little Red Riding Hood.
- Pierson, Jim. **Just Like Everybody Else**. Cincinnati, OH: Standard Publishing, 1993.
Derek's teacher tells the class that Amy who has cerebral palsy will join their class. Derek's grandfather explains various disabilities to him so that Derek will know how to treat Amy. Amy is a wheelchair and crutches user.
- Romansky, Sally Rosenberg. **Invincible**. Bethesda, MD.: Imagination Stage, 2006.
Princess Lena learns to ride horses with her disability.
- Rosenfeld, Dina. **Yossi & Laibel: On the Ball**. Brooklyn, NY: Hachai Publishing, 1998.
Yossi and Laibel meet a neighbor who is a wheelchair user who joins them in baseball games and helps them win games by pitching.
- Rudner, Barry. **The Handstand**. Louisville, KY: Art-Print & Publishing Co., 1990.
A little boy who struggles to do a handstand is taught there are alternative ways by his wheelchair-using friend.
- Sanford, Doris. **Yes, I Can!: Challenging Cerebral Palsy**. Sisters, OR: Multnomah Books Press, 1992. (Children of Courage series)
Stacy explains her CP to her class and pursues her dream of becoming a model in a wheelchair.
- Sargent, Susan and Donna Aaron Wirt. **In Jimmy's Chair**. Nashville, TN: Abingdon Press, 1984.

Bobby's neighbor Jimmy is a wheelchair user. Bobby has a dream one night that Jimmy can run and he is in the wheelchair.

- Seuling, Barbara. **I'm Not So Different: A Book About Handicaps**. Racine, WI: Western Publishing Co., 1986.
Introduces children to wheelchair users through Becky who attends a concert and plays with her friend.
- Shirley, Debra. **Best Friend on Wheels**. Morton Grove, IL: Albert Whitman & Co., 2008.
- **Speedway Sam: A Book About Spinal Cord Injury for Children**. Birmingham, AL: University of Alabama at Birmingham, Spain Rehabilitation Center, 1990.
Eight-year old Sam receives a spinal cord injury. It explains how Sam deals with the changes that follow. It also discusses prevention of spinal cord injuries. The book can be read online or downloaded at www.spinalcord.uab.edu (go to *Publications*, then *Books & Pamphlets* or go directly to <http://images.main.uab.edu/spinalcord/pdf/SpeedwaySam.pdf>
- Sperling, Maida Jane. **My Wheelchair is a Realchair**. Xlibris Corporation, 1996.
Uses dolls to portray a young wheelchair user and her friends and family.
- Stafford, Elaine. **A Race for Charley**. Bloomington, IN: AuthorHouse, 2007.
Charlie is a young boy who uses a wheelchair.
- Strauss, Janet Bothe. **A New School for Susan**. Arcadia, CA: Children's World Publisher, 1981.
Susan has cerebral palsy and is going to a new school. Susan uses braces and a walker.
- Suen, Anastasia. **Helping Sophia**. Edina, MN: Red Wagon, 2008.
Sophia's teacher has the rest of the class take turns pushing Sophia in her wheelchair when her aide is absent.
- Tada, Joni Eareckson. **Meet My Friends**. Elgin, IL: Chariot Books, 1987.
The stories of three children with disabilities (blindness, deafness, paralysis).
- Thevenet, Gerard. **Franky Can**. St. John's, Newfoundland, Canada: Breakwater Books, 1988.
The fact that Franky is a wheelchair user is not revealed until the last page.
- Toomey, Lynn. **All About Sports: For Athletes with Physical Disabilities. Color, Draw, Play Games, Learn the Basics of Your Favorite Sports**. Lunenburg, MA: Color, Learn & Play, 2010. www.letsoghart.com
Coloring book.

- Turner, Deborah. **How Willy Got His Wheels**. Wilsonville, OR: Doral Publishing, 1998.
Willy is a spinal cord injured Chihuahua who must drag his hindquarters until his owner buys him a wheelchair cart.
- Villanueva, David. **Caleb’s Birthday Wish**. Millville, NJ: A Better Be Write, 2006.
- Walters, Eric. **Rebound**. Toronto: Stoddart Kids, 2000.
Sean befriends David who is a wheelchair user. They try out for the basketball team together.
- Weaver, Alexis Rae. **Hunter Bunny Saves Easter**. Aspen, CO: Golden Bunny Publishing, 2001.
Hunter Bunny who uses a motorized wheelchair and visually-impaired Clark the Duck find friendship and together help deliver baskets for the Easter Bunny after he sprains his ankle.
- Wells, Rosemary. **The Little Lamé Prince**. New York: Dial Books for Young Readers, 1990.
Prince Francisco (a pig) rules his kingdom from a wheelchair.
- White, Michelle “Spiney”. **New Opportunities**. Victoria, BC, Canada: Trafford Publishing, 2005.
Spiney is a porcupine who has a spinal cord injury. He must learn new ways of doing things.
- Willis, Jeanne. **Susan Laughs**. New York: Henry Holt & Co., 1999.
Susan is seen enjoying life. Her wheelchair is not revealed until the last page.
- Winston, Pat. **Earl the Emu: God Has a Purpose for Those Who Are Different**. Jackson, TN: Light Way Publications, 2002.
Jason wears a leg brace and learns from Earl the Emu that God has a purpose for those who are different.
- Wright, Christine. **Just Like Emma: How She Has Fun in God’s World**. Minneapolis, MN: Augsburg, 1992.
Emma has spina bifida and is a wheelchair user.

Parents Who Use Wheelchairs—Books

- Cowen-Fletcher, Jane. **Mama Zooms**. New York: Scholastic Inc., 1993.
For the very young reader. A little boy and his wheelchair-user mother pretend her wheelchair is various forms of transportation like an airplane.

- Emmons, Chip. **Sammy Wakes His Dad**. New York: Star Bright Books, 2002. Sammy tries to help his dad who is a wheelchair user out of his depression.
- Kirshblum, Stephen. **I Will Teach You What You Need to Know**. Short Hills, NJ: Christopher & Dana Reeve Foundation, 2010. A seven year old boy's father is paralyzed and the son must help the father relearn many things.
- Zajac, Kristen K. **Ebenezer's Cousin**. St. Louis, MO: Guardian Angel Publishing, 2010. Maria's dad is a soldier who is injured in Afghanistan. The family gets a service monkey for him. Ebenezer is Maria's toy monkey.

Grandparents Who Use Wheelchairs—Books

- Baggette, Susan K. **Jonathan and Papa**. Sterling, VA: The Brookfield Reader, 1999. Jonathan visits his grandparents for the day. His grandfather is in a wheelchair user due to Progressive Supranuclear Palsy. A picture book for the very young.
- Hamm, Diane Johnston. **Grandma Drives a Motor Bed** Niles, IL: Albert Whitman & Co., 1987. A young boy tells how he visits his grandmother who is paralyzed and must use a wheelchair and motorized bed.
- Henriod, Lorraine. **Grandma's Wheelchair**. Chicago: Albert Whitman & Co., 1982. Four-year old Thomas spends his mornings helping his grandmother who is a wheelchair user.

Siblings Who Use Wheelchairs—Books

- Dwight, Laura. **Brothers and Sisters**. New York: Star Bright Books, 2005. Features children with disabled siblings including one with CP.
- Emmert, Michelle. **I'm the Big Sister Now**. Morton Grove, IL: Albert Whitman & Co., 1989. Michelle's older sister Amy has cerebral palsy and uses a wheelchair.
- Heelan, Jamee Riggio. **Rolling Along: The Story of Taylor and His Wheelchair**. Atlanta, GA: Peachtree Publishing, 2000. Taylor is a wheelchair user due to cerebral palsy. Taylor has a twin brother who does not have CP.

- Meyer, Don. **The Sibling Slam Book: What its Really Like to Have a Brother or Sister with Special Needs**. Bethesda, MD: Woodbine House, 2005.
- Muldoon, Kathleen M. **Princess Pooh**. Niles, IL: Albert Whitman & Co., 1989. Patty Jean is jealous of how her sister who's a wheelchair user gets treated. Patty tries using her sister's wheelchair to see what it feels like.
- Wanous, Suzanne. **Sara's Secret**. Minneapolis: Carolrhoda Books, 1995. Sarah is afraid to share the news that her brother Justin has cerebral palsy and is in a wheelchair. She decides she will bring Justin to class to show she is not ashamed of him.

Videos for Children

- **Sesame Street: ElmoCize**. Sony Wonder, 1996. DVD and VHS. (30 minutes). Elmo leads the exercises in a video that features a young wheelchair user in "Workout in a Chair" segment.
- **Kids in Wheelchairs/Kids Like Me**.
From the maker: "This video portrays children in wheelchairs in full inclusion settings, classrooms and playgrounds. Children who use wheelchairs explain why they use the wheelchair and how it works. Several aspects of how to become a safe and responsible peer buddy are described."
- **Kids Just Want to Have Fun**. Produced by Shriner's Hospital for Children of Portland. Available from the Amputee Coalition of America.
From the maker: "This is a 7-minute video designed to support children and teens with physical differences. It features children and adolescents with cerebral palsy, neuromuscular conditions, spina bifida, amputations, cleft lip and burn scars. The children talk openly about their lives and their differences." (Target audience: Grades K-5)
- **Kid Ability**. Available from Program Development Associates (www.pdassoc.com). VHS. (25 minutes)
Children host this video and educate themselves and the viewer about disabilities. While profiling adults and children who talk candidly about their disabilities, they learn that people are more alike than different. It provides general disability etiquette guidelines that both children and adults can benefit from. Grades K-12.
- **Kid Ability Two**. Available from Program Development Associates (www.pdassoc.com). VHS. (24 minutes)
This video introduces a few of the assistive technology devices that people with disabilities use. Hosted by children, this video helps increase awareness of the role AT plays in the everyday lives of people. Watch the technology in action as

people with disabilities and an AT expert explain the use of computer and Internet switches, adapted vehicles, and communication boards. Created for Grades 5-12.

- **Kid Ability One and Two.** Available from Program Development Associates (www.pdassoc.com). DVD.
See above for description.
- **Mac and Me.** MGM Home Entertainment, 1999.
Eric is a wheelchair user who befriends MAC (Mysterious Alien Creature).
Drama
- **Mister Rogers' Neighborhood. Disabilities Episode #1389 A Visitor Who Uses Leg Braces.** The Fred Rogers Company 2010. DVD.
Mister Rogers has a discussion with Chrissie Thompson, a young girl with spina bifida. This program was originally aired in 1975.
- **No Body's Perfect...Everybody's Special.** Attainment Co. 1998. (21 minutes)
Features 3 children who help kids learn about special conditions.
- **Think First for Kids: A Comprehensive Brain & Spinal Cord Injury Prevention Program.** Rolling Meadows, IL: Think First Foundation, 1996. (12 minutes)
For grades 1-3.

Books for Teens

- Cheney, Glenn Alan. **Teens with Physical Disabilities: Real-Life Stories of Meeting the Challenges.** Springfield, NJ: Enslow Publishers, 1995.
- Huegel, Kelly. **Young People and Chronic Illness: True Stories, Help, and Hope.** Minneapolis: Free Spirit Publishing, 1998.
- Kacher, Wanda Gilberts. **The Nautilus.** Minnetonka, MN: Peytral Publications, 1997.
Fiction. A young girl's life is shattered when she suffers a spinal cord injury. With the help of her eccentric grandmother and a young boy, Kathryn begins her journey toward recovery.
- Kaufman, Miriam. **Easy For You to Say: Q&As for Teens Living With Chronic Illness or Disability.** Buffalo, NY: Firefly Books, 2005.
- Kriegsman, Kay H., Elinor L. Zaslow, Jennifer D'Zmura-Rechstiner. **Taking Charge: Teenagers Talk About Life and Physical Disabilities.** Bethesda, MD: Woodbine House, 1992.

Teens with various disabilities answer questions and share their experiences in relationships, dating, sexuality, family life and independence.

- Landau, Elaine. **Spinal Cord Injuries (Diseases and People Series)**. Berkeley Heights, NJ: Enslow Publishers, 2001.
Explains what SCI is and covers treatment, coping, includes a glossary and resource list.
- Panzarino, Connie. **Tell It Like It Is**. Bethesda, MD: National Spinal Cord Injury Association, 1997.
Teenagers relate their experience about being spinal cord injured.
- Rud, Jeff. **Paralyzed**. Custer, WA: Orca Book Publishers, 2008.
Fiction. High school football player paralyzed in game.
- **SPINAbilities : A Young Person's Guide to Spina Bifida**. Marlene Lutkenhoff, editor. Bethesda, MD: Woodbine House, 1997.
- Stewart, Gail B. **Teens with Disabilities: The Other America**. San Diego, CA: Lucent Books, 2001.
Four teens are interviewed about their disabilities including cerebral palsy and muscular dystrophy.
- Thornton, Denise. **Physical Disabilities: The Ultimate Teen Guide**. Lanham, MD: Scarecrow Press, 2007. It Happened to Me Series, No. 17.

Videos for Teens

- **On the Edge**. Rolling Meadows, IL: Think First Foundation, 1993. (15 minutes)
Emphasizes the prevention of brain and spinal cord injury.
- **Teens & Disabilities**. (Real Life Teens series). Venice, Calif.: TMW Media Group, 2007. DVD. (18 minutes)
A Teachers Guide for this video is available at www.tmwmedia.com.
- **Understanding the Disabled: Dances with the Minotaur**. Cambridge Educational, 2001. (44 minutes)
- **What's the Difference?** Produced by Shriner's Hospital for Children of Portland. Available from the Amputee Coalition of America.
From the maker: "This is an 8-minute video designed to support teens with physical differences and educate their peers. It features children and adolescents with cerebral palsy, neuromuscular conditions, spina bifida, amputations, cleft lip and burn scars. It shows them enjoying all types of activities and sports, such as kayaking, hockey, skiing, and shopping."

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.