Reviews

The Asperkid's Game Plan
Jerrih Cook O'Toole
Jessica Kingsley
£16.99 | 248pp
ISBN: 9781849059596

INTENDED FOR the parents of children with Asperger's syndrome, this book is written by a woman who has the condition herself and whose children have it.

The book is divided into sections, each offering an insight into a different aspect of Asperger’s syndrome and activities that help children with the condition to cope with them. These activities are intended to help children to manage change, adapt to new situations, feel more comfortable in their environments, and communicate and work with others.

I initially found the book difficult to read, mainly due to its American wording. After reading it again, however, I found the author’s way of thinking easier to follow, and understood why she has put the book together in the way she has. Overall, this is a useful book for all carers and professionals. It is not intended for nurses but would be of benefit to those who work with people, especially young children, with Asperger’s syndrome. Although the activities are intended for younger children, they could be adapted for adults.

Karina Hepworth, senior nurse specialist, Offending Team

Hearing Voices
Requires iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch. Also available on Android.

HEARING VOICES is a free app which was created to help, understand and empower those who experience the challenges of hearing voices, as well as their relatives and the healthcare professionals who care for them.

An estimated 4-10% of the population hear voices that others around them don’t, which can be an isolating experience. Several patients have confessed to me that they have found their ‘voices’ friendly and comforting, but others are distressed by this, and have to use tactics such as playing loud music to drown them out.

The app simulates the experience of hearing voices to provide a deeper insight into this phenomenon, and users can engage in cognitive and social tasks while listening to recordings created by people who hear voices.

As an older techie, I was able to download the app with ease. I have found it easy to navigate, with a wealth of information provided. I found the part about historical and cultural background particularly fascinating; certain people who heard voices in the past were revered, but people often hesitate to admit to this today for fear of being stigmatised. There is potential to develop the app further, and I would welcome updates as more people are engaged in sharing their stories. I would recommend this app to anyone who has an interest in or a connection with mental health.

Zeba Arif, deputy chair of the RCN forensic nursing forum and president of the All Pakistan Nurses Association-UK

Born Wise
Lena Dyhrberg
Balboa Press
$12.99 (£8.26) | 150pp
ISBN: 9781452514499

BASED ON her years of experience as a family health nurse, the author challenges the traditional perception that children are born inarticulate like vessels waiting to be filled with knowledge and experiences, and instead suggests they are born with intuition and an understanding of everything we say.

The book’s content focuses on newborns and children up to four years of age, because this is when the child is perceived to possess their highest level of intuition and mental capacity.

Working on the theory that children are born with the ability to communicate, understand and feel, the book explores crying as a means of communication, and physical development in relation to breastfeeding and the acquisition of motor skills.

Packed with examples of real-life situations, the book highlights how we pass our own behaviours on to our children, and the special two-way relationship that develops when we are teaching our child, and our child is teaching us.

Valerie McGurk, practice development nurse in paediatrics, Northampton General Hospital NHS Trust

Intellectual Disability and Dementia: Research into Practice
Karen Watchman (Ed)
Jessica Kingsley
£29.99 | 336pp
ISBN: 9781849054225

THIS BOOK offers a balanced appraisal of the evidence base on people with intellectual disabilities who develop dementia. It includes a range of resources, and is split into three sections that address the following:

- The association between intellectual disabilities and dementia: what do we know?
- Experiences of dementia in people with intellectual disabilities: how do we know?
- Service planning: what are we going to do?

Section one explores issues such as defining and diagnosing, prevalence and incidence, and treatment options. The authors also explain the differing theories about why people with Down’s syndrome are more likely to experience dementia. Section two explores the experiences of people with learning disabilities and dementia, and their families. Section three focuses on service planning and explores issues such as ‘breaking bad news’. The authors also describe a framework that can be used to discuss diagnosis and prognosis.

I would recommend this book to any health or social care professional working with people with intellectual disabilities.

Jo Ball, senior occupational therapist, Solent NHS Trust