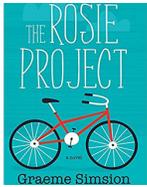


RESOURCES ABOUT DISABILITY FOR ADULTS

Books



The Rosie Project

Graeme Simsion

About Don, who has autism and is trying to find true love.



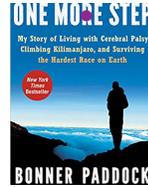
From Surviving to Thriving: A Mother's Journey Through Infertility, Loss and Miracles

Fabiana Bacchini

No Ordinary Boy: The Life and Death of Owen Turney

Jennifer Johannesen

A mother's story about her son with profound disabilities.



One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth

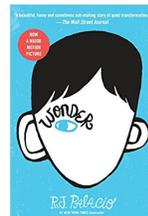
Bonner Paddock, Neal Bascomb



Standing Tall: My Journey

Spencer West

A coming-of-age story written by Spencer, a young man without legs.



Wonder

R.J. Palacio (ages 10+)

A story about a 10-year-old boy with a facial difference called August, who is trying to fit in.

Online



BLOOM blog

Louise Kinross, editor

Holland Bloorview's BLOOM, recognized as one of the top blogs about disability in the world, features compelling stories, research and news.

hollandbloorview.ca/bloom



Ouch: Disability Talk

Podcast

A weekly, and often funny, podcast featuring interviews with people with disabilities.

bbc.co.uk/programmes/p02r6yqw



Speechless

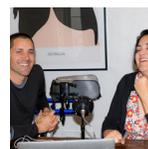
with Carly Fleischmann (YouTube channel)

Carly Fleischmann, who has autism and uses a communication device, interviews celebrities on her comedic talk show. Carly's on social media too!

youtube.com/channell

[UCeKKQIMB1NeOLN31_CSJFRQ](https://twitter.com/carlyvoice?lang=en)

<https://twitter.com/carlyvoice?lang=en>



Who Lives Like This

Podcast

A podcast that tells the stories of caregivers of disabled children.

wholiveslikethispodcast.com

Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where every child and youth belongs. In partnership with our clients and families, we call on everybody to take action to end stigma of children and youth with disabilities.

Everyone is unique and some of these resources may not be suitable for every adult.

TV shows

SPEECHLESS



Speechless

(ages 12+)

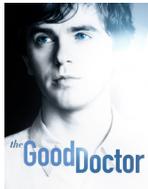
About a family, including a teenager called JJ who has cerebral palsy and cannot speak.



Born This Way

(ages 12+)

A reality show about people who have Down syndrome.



The Good Doctor

(ages 13+)

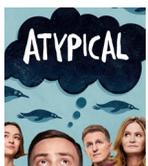
A medical drama that features Dr. Shaun Murphy, who has autism.



Parenthood

(ages 15+)

A drama series about a family, including a young boy called Max who has Asperger syndrome.



Atypical

(ages 14+)

A coming-of-age show about 18-year-old Sam, who has autism.

Movies

ReelAbilities

ReelAbilities Film Festival

presented by the Miles Nadal JCC

An annual festival that features films and documentaries about Deaf and disability cultures.



Soul Surfer

(ages 10+)

Biographical drama about surfer Bethany Hamilton, who loses her arm in a shark attack.



The Theory of Everything

(ages 14+)

Biographical drama about the life of scientist Stephen Hawking, who had amyotrophic lateral sclerosis (ALS).



Temple Grandin

(ages 14+)

A biographical drama about Temple Grandin, who has autism, and her work in the cattle industry.

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deareverybody.ca

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Holland Bloorview
Kids Rehabilitation Hospital