

Llyfrau i Ofalwyr ar gael trwy Wasanaeth Llyfrgell Gwynedd – Books for Carers available from Gwynedd Library Service

Gofalu am Oedolion Caring for Adults	
Banerji, Nicole	The accidental carer – 100 tips for meeting the challenges when caring for a stroke survivor
Costello, John	Caring for someone with a long-term illness
Dowling, James R	Keeping busy : a handbook of activities for persons with dementia
Highe, Jackie	Now, where did I put my glasses - a practical and emotional lifeline to caring for your parents
Jordan, Mary and Kauffmann, Judy Carole	End of life : the essential guide to caring
Lipsky, Deborah and Richards, Will	Managing meltdowns : using the S.C.A.R.E.D. calming technique with children and adults with autism
McCurry, Susan	When a family member has dementia – Steps to becoming a resilient caregiver
Marriott, Hugh	The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone
	Mental illness : a handbook for carers
Powell, Jennie	Care to communicate : helping the older person with dementia
Gofalu am Blant Caring for Children	
Boyd, Brenda	Parenting a child with Asperger Syndrome : 200 tips and strategies
Hoopman, Kathy	All cats have Asperger Syndrome
Lipsky, Deborah and Richards, Will	Managing meltdowns : using the S.C.A.R.E.D. calming technique with children and adults with autism
Ives, Martine and Munro, Nell	Caring for a child with Autism : a practical guide for parents
Knight , Abigail	Caring for a disabled child
Nichols, Shana, Moravcik, Gina Marie and Tetenbaum, Samara Pulver	Girls growing up of the Autistic Spectrum : what parents and professionals should know about the pre-teen and teenage years