Information Sheet

Suggested Reading List – Autism Spectrum Disorder

Updated October 2009

The books mentioned here are all available from the Autism Library at our offices in Carlton.

The Autism Library is available to individual members and the staff of professional members, at no charge.

You may borrow up to 4 items at a time for up to 4 weeks.

The library is open from 9am to 5pm Monday to Friday, or you can phone or email your request through and we can post it out to you. You can return items either in person (there is a drop box for outside office hours) or by post.

General Reference Books


This easy to read book is highly recommended as a “first book to read about autism”. Suitable for parents and professionals. ITEM No. 3090


On its publication in 1971, Lorna Wing’s book “Autistic Children” was acclaimed as the definitive guide on autism. In this new book “The Autistic Spectrum”, Lorna describes what autism is, how to help those with the condition, and the service types of value. This guide is easy to read and invaluable for parents and anyone working with people with an Autism Spectrum Disorder. ITEM No. 1028


A very thorough book written by a well-known clinician in the field. This book covers just about every question those new to the world of autism spectrum disorders will want to ask. Highly recommended. ITEM No. 2327


“The only complete guide to every aspect of raising a child with an Autism Spectrum Disorder in Australia”. This handbook offers guidance, expert advice, and support to parents and professionals, and provides a comprehensive state-by-state guide to the resources available for ASD families in Australia. ITEM No. 3057


Edward Ritvo combines 40 years of his knowledge collected whilst working with people with Autism Spectrum Disorders. He summarises research in the field, and covers case studies of different people to illustrate strengths and difficulties of people with ASD. ITEM No. 2659

This book focuses on adults with autism and their families. By using information from research studies and treatment programs, it provides a practical resource for parents, carers and autistic people themselves. A highly recommended book for parents of teenagers and adults with an Autism Spectrum Disorder. ITEM No. 3162

Training Programs and Approaches


Social stories provide individuals with autism with accurate information regarding situations they encounter. For some students with autism, this type of written information appears to have a positive impact on their responses to social situations. Social stories have also been used successfully to teach academic skills. This book is a large collection of sample social stories. ITEM No. 1914


This is the long awaited successor to Ivar Lovaas' "The Me Book". It provides a clear and comprehensive presentation of all aspects of the Applied Behavioural Analysis or ABA technique developed by Lovaas. Chapters include Older Children and Adolescents, Reinforcement, Disruptive Behaviours, Self Stimulatory Behaviours, Sleep, Eating and Toileting Problems, Play and Social Skills. The second part of the book is the Autism Partnership Curriculum for Discrete Trial Teaching. The book also includes charts, data sheets and evaluation pro formas. ITEM No. 1924


An excellent, widely acclaimed manual for those wishing to run a home based Applied Behaviour Analysis program as per the Lovaas method. ITEM No. 2108


This book is a very thorough guide to the various communication and language impairments specific to autism. The author covers non-verbal communication and its impact on communication as a whole. She offers insight into the various communication approaches, in addition to explaining firsthand the communication experiences of autistic individuals via the "What they say" sections. "What can we do to help?" sections throughout the book give practical recommendations for selecting suitable techniques to enhance communication. Highly recommended for parents and professionals. ITEM No. 2535

HODGDON, L. Visual strategies for improving communication, QuirkRoberts Publishing, 2001

A very practical book, which provides easy to follow strategies for using visual aides to assist people with autism, Asperger Syndrome and PDD-NOS. Strategies are suggested for home and school. ITEM No. 2106

SUSSMAN, F. More Than Words, The Hanen Centre, 2001

Based on a program run in Canada, this practical book presents strategies designed to help parents promote communication and social skills in children with an autism spectrum disorder. Full of activities and games this book is very thorough and would be a valuable tool for both parents and education staff. ITEM No. 2099

Rita Jordan is a highly regarded teacher, educator and autism specialist. This book uses a case study approach to provide practical strategies for teachers in specialist and mainstream settings. ITEM No. 1950

Parents and Families


This book will help parents of children with autism take on everyday challenges while celebrating what their children bring to their world. The author offers advice on concrete issues such as maths homework, video games, and trick behaviour, and also tackles the more abstract concepts of parenting: trusting parental instincts, when to take risks, how to hang on, and when to let go. ITEM No. 3121


This book has been compiled from 350 anecdotes told by parents of autistic and developmentally disabled children and analysed by professional behaviour therapists. Each analysis describes effective solutions to various behaviour problems such as aggression, communication, perseveration, play and leisure, eating and sleeping, and toileting and hygiene. ITEM No. 1258


This book specifically examines the frustrations of parents living with a child with autism, and seeks to provide professionals, families and friends with accessible and relevant information. The author is a parent and a professional in the UK. He styles himself as 'a parent and a teacher and learning all the time'. ITEM No. 1846


This is the story of Junee and Rod Waites and their son Dane. Dane was born in Melbourne in 1974. He was diagnosed with classic autism when he was about four. Junee and Rod have endured much to bring Dane into their world, from infancy through childhood and adolescence to the talented and caring adult that he now is, with a valued place in his community. A remarkable family account, highly recommended. ITEM No. 1969

HARRIS, S.L., Siblings of Children with Autism, Woodbine House, USA, 1994

This book will help parents understand a little more about sibling relationships and how autism can affect these relationships. It is a practical book, with suggestions and strategies for dealing with specific issues that are often of concern to siblings. ITEM No. 1549

Children's Books

GOETZE, J., Dolphins Dance, Black Dog Books, Melb, 2000

Novel for the upper primary reader. Ali has a brother Max, who has autism. Max is the centre of the household and Ali experiences a range of feelings about having a brother like Max, especially when he is enrolled at her school. Highly recommended. ITEM No. 1907

FAHERTY, C. What Does It Mean To Be Me? A workbook and guide. Future Horizons, 2000

Aimed at the child from aged 8 onwards, this book is designed to assist in the understanding of autism spectrum disorder. Each chapter contains workpages for the child to complete and guidelines for the parent or teacher. Highly recommended. ITEM No. 1892
BAND, E & HECHT, E. Autism through a sister’s eyes. Future Horizons, 2001

Written by a clinical psychologist and Emily, a nine year old girl who has an older brother with high functioning autism. It provides a good insight into the issues faced by siblings, but also explanations of common autistic behaviours. Suitable for siblings and peers aged 6-14, but also useful for parents and teachers. ITEM No. 2251


A lovely story written by an eight year old girl who has a younger brother who has autism and is non-verbal. The book has a positive outlook with lots of bright pictures, and is suitable for children aged 6-12. ITEM No. 2285

BLEACH, F. Everybody is different, The National Autistic Society, 2001

Suitable for children aged six and onwards, this is a fantastic book to assist them in understanding autism. As well as explaining the main characteristics of autism, the book answers many of the questions that siblings, peers are likely to ask. ITEM No. 2316

Autobiographies


For 25 years Wendy was incorrectly diagnosed with schizophrenia. When her son was diagnosed with Asperger Syndrome she realised that this explained her own difficulties. With this unique insight, ‘Life Behind Glass’ is a readable and very moving personal account. Her more recent books provide practical day-day strategies for living with an autism spectrum disorder. ITEM Nos. 1643/ 1998


An engrossing and very readable account of a family’s experience with autism and their use of Applied Behaviour Analysis, or the Lovaas approach. ITEM No. 1161

GRANDIN, T., Thinking in Pictures, Vintage Books, 1995

Since writing her first book Temple Grandin has toured and lectured extensively, and in so doing gained an even greater perspective of the experience of autism. Her comments and insight are invaluable for all readers. ITEM No. 1337


Jasmine Lee O’Neill is a mute autistic savant who lives in the US. This book is about how it feels to be autistic and how friends, families and professionals can be more sensitive to the needs of people with autism. Drawing from her own experience, the author identifies the reasons for particular characteristic behaviours. ITEM No. 1737

Videos/ DVD’s


This video was made by AFSA with the assistance of the Vic Health Foundation and explains what to look for and what to do if you think that a child might have an Autism Spectrum Disorder. It has been translated into Vietnamese, Croatian, Serbian, Arabic and Turkish. ITEM No. 1070

AUTISTIC FAMILY SUPPORT ASSOCIATION, Autism The Teen Years, Mark Poole Productions, Melbourne, 2003. VIDEO/DVD.

The follow up to Autism the Early Signs. In this program we follow up Aaron and Richard and introduce Jacqui to see how they have progressed through their teenage years. ITEM No. 2956

GRANDIN, T. The Woman Who Thinks Like a Cow, BBC TV, 2007 DVD

The BBC television documentary about Temple Grandin, an American woman diagnosed with autism when aged 4 years. Temple Grandin provides useful insights
about her experiences as a person with autism. ITEM No. 2829

**COULTER VIDEO Understanding Brothers and Sisters on the Autism Spectrum, Coulter Video, 2007**

Each DVD contains four programs; three for siblings of different ages and developmental levels, and one for their parents. Designed to show siblings that other kids are facing the same challenges they face, and explores a range of ways the kids interviewed have learned to enjoy their brothers and sisters. Will help siblings to have a better understanding of their brothers and sisters, and helps to improve tolerance, caring and respect. DVD run time 109 minutes. ITEM No. 3077

**AUTISM RESEARCH CENTRE The Transporters, UK Gov, 2008**

The Transporters are eight lovable cartoon vehicles with real human faces. This DVD is designed to help children understand and recognise emotions. It is especially useful for Children who find it hard to recognise facial expressions of emotions. ITEM No. 3096

**Other Items**

Autism Victoria has issues of the following periodicals available for loan – The Advocate (Autism Society of America), Autism/Asperger Syndrome Digest (Future Horizons), NoticeBoard (Association for Children with a Disability), Autism Research Review International (USA) and Communication (National Autistic Society - UK).

**Other Languages**

We also have an article Assessment, Treatment and Management by Wendy Hoffmann translated into the following languages - Spanish, Italian, Greek, Cambodian, Vietnamese, Chinese, Turkish and Arabic.

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