



# 2021

## *Accessible Holiday*

# Gift Guide

# Hey Friends!

## **From our CPF family to yours, Happy Holidays!**

If you are looking for a great gift for someone with cerebral palsy or a related disability, we've got you covered with our 2021 Holiday Gift Guide. We've spent weeks picking out special gifts in all sorts of categories at a variety of price points for all ages and stages!

Let our Holiday Gift Guide help you find the perfect gift, complete with the links to buy each gift directly. Life with a disability can mean doing things a bit differently and finding creative solutions to everyday challenges. Sometimes, the best gift for a person with a disability is a useful one — something to make dressing, cooking or operating the electronics easier, but we also want to surprise and delight our loved ones and family members with things that are purely fun. Who needs a partridge in a pear tree when you can give one of these great gifts!

## **Let's find the perfect gift!**



# Toys, Tools and Gadgets, Oh My!



## Fun Learning for all Abilities with Zumo!

The Zumo Learning System provides an accessible learning environment for children of all abilities and helps children fall in love with STEM concepts through play!

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## Love Every

Take the guesswork out of toy shopping for your kids! Designed by experts for your child's developing brain, Love Every delivers age and stage based toys through their subscription service.

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## Learn and Play with Osmo

Osmo merges tactile exploration with innovative technology, actively engaging children in the learning process. Real Play, Real Learning, Real Fun!

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## LEGO DUPLO All-in-One-Box-of-Fun

Children with CP often have involuntary movements, so toys with big parts can be easier to play with.

At twice the normal size, these chunky DUPLO bricks fit the bill when it comes to awesome toys for kids.

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## More fun with Elefun!

What's not to love about an adorable elephant blowing butterflies out of its cute trunk! We love this game for hand eye coordination, fine motor skill development and lots of fun and giggles.

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## This Cool Car is Off the Track!

The NDQ Gesture Sensor toy car responds to hand movements! Great for kids who are working on one sided and fine motor skills, this gesture sensor car can do all kinds of fun tricks with the wave of a hand!

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# More Toys, Tools and Gadgets!



## Farm Fresh Animal Blocks

Five adorable animals pop together, pull apart, and mix up in all kinds of exciting ways. Encourages sensory development, tactile strength, emotional connection

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## Life's a Beach

Who doesn't love making sand castles on the beach? And who hates cleaning up the sand? With this magic, moldable sensory sand, kids of all ages will enjoy creating masterpieces without the mess.

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## Spike the Fine Motor Hedgehog

Spike merges tactile exploration with innovative technology, actively engaging children in the learning process. Real Play, Real Learning, Real Fun!

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## The Original Busy Board

Children with CP often have difficulty with fine motor movement. The Original Busy board is a fun way to practice fine motor skills and experience success before the adding real world challenges.

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## Silly Squigz!

A great stocking stuffer for kids with CP, Squigz are another fun way to sneak a little work into play! Kids of all ages can create all sorts of designs while working on reaching and grasping, pushing and pulling with these great little suction cup suckers!

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## Flappy the Switch Adapted Elephant

Children with limited movement can still enjoy and operate traditional-style toys that have been adapted to use with a special-needs switch. Just plug the easy-to-press switches (not included) into the switch port and watch him sing or play a game of

peek-a-boo!  
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# Oh baby! Newborns a little self care



## Magnetic Onesie

Getting baby dressed is a breeze with these organic cotton, magnetic snap footies and they are pretty cute too!

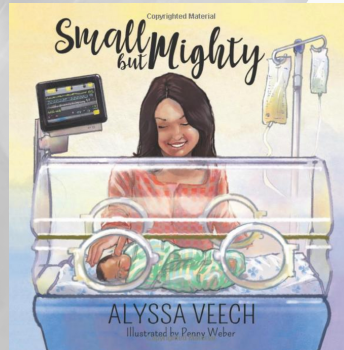
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## Soak Up!

A little "you time" goes a long way, before and after the baby arrives. Bath time doesn't just have to be for the new baby, take some time for you and soak up some healing salts from the Dead Sea.

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## Small but Mighty

Written specifically to be read to the newborn baby in the NICU. Small But Mighty follows the journey of the new mom caring for her baby with all the joys, challenges and love that they experience together.

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## NICU Milestones Cards

Don't miss an important milestone. These handcrafted NICU milestone cards make a great gift for the family in the NICU to celebrate each step in their journey together.

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## Cozy Up!

Cozy water bottle holder and thermos make a great gift for a caring parent. This thermos and cover set keeps warm water warm and cool water cool for hours, snuggle up and relieve aches and pains, stress and more.

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## Sleep Tight!

Add some silk accessories to your sleep routine for some deep sleep in-between those midnight feedings and during a day time nap (or two).

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# Let's Get Moving

## Bounce Bounce!

Great for promoting coordination, sensory processing, and motor skill development, bouncing around also happens to be fun, therapeutic and it never gets old!

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## YBIKE Walking Buddy

A ride on, push toy, or a walker, Ybike provides the support needed to build strength and confidence to start pushing, walking, steering, and working on more complex motor skills.

Can be used by children as young as 9 months.

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## Floor Surfing

A fresh take on the classic balance board, the floor surfer challenges the core, the vestibular system and is just plain fun!

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## Color Your World with Zot Artz

Give the gift of creativity with art tools for kids with physical disabilities. Kids love making art.

These adaptive art tools help children with disabilities create amazing art pieces.

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# Unwrap Some Holiday Cheer



## Pinch Me I'm Dreaming!

Pinch Me Dough is a therapeutic putty or dough with lots of uses, from strengthening hands for fine motor tasks to reducing anxiety.

Pinch Me Dough makes a great stocking stuffer for all ages! The aromatherapy aspect of the therapy dough makes it multi-sensory, which we know you'll love.

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## Chewelry

Arch Therapeutic's line of sensory friendly oral motor "chewelry" is a great gift for kids who need the extra oral motor sensory needs. This fun line of products is made in the USA, comes in a huge selection of colors and styles and is therapist recommended.

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## Fun Fidgets

Squeeze, Squish, Stretch and Snap! These BPA free, hypoallergenic, fidget bands can keep tight hands and fingers moving, calm stress, and can be used as a sensory teaching tool.

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## Jigglers

Talk Tools Jigglers are fantastic at home tool for working on speech and oral motor and sensory awareness goals, also great for children who are working on holding objects.

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# Gadgets for Young & Old



## Game Your Way with the Microsoft Xbox Adaptive Controller

When everybody plays, we all win! Designed primarily to meet the needs of gamers with limited mobility, the Xbox Adaptive Controller is a unified hub for devices helping to make gaming more accessible, more inclusive and more fun for everyone!

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## Do More with an Apple iPad

With an Apple iPad, you can take your ideas anywhere. Switch Control lets you navigate onscreen keyboards with a single tap. Siri lets you tackle everyday tasks with just your words. And with AssistiveTouch, you can turn a pinch into a tap or customize other gestures to fit your needs.

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## Listen Up with these Bluedio HT Turbine Wireless Bluetooth 5.0 Stereo Headphones with Mic

Great for users of all mobility levels, these budget-priced headphones make a great gift. Wheelchair users in particular know the struggle of getting their headphone wires tangled in their wheels. These headphones eliminate all those struggles and are a breeze to use.

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## Cubed

Fire TV Cube, Hands-free streaming device with Alexa, 4K Ultra HD, the new Fire TV gives you the ultimate control over you TV and all your favorite apps and channels just by using your voice. Never fuss with another remote again!

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# More Gadgets for Young & Old



## Let Your Voice Do The Typing

Dragon Voice recognition software is a game changer for those who have accessibility needs and struggle with writing or typing, this software transcribes speech to text, follows command and even reads them back to you so you can edit until you are satisfied. Use Dragon to read aloud anything from homework instructions to incoming email.

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## Turn Your Shower Into a Sound Studio With Handsfree Speakers

Great for all ages, these budget-friendly waterproof and hands free bluetooth speakers and speakerphone make a great gift. Make bathtime fun for little ones, teens and tweens will love listening to their favorite tunes while getting clean.

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## Mogo Mounting Hose

Modular, easy to use, and fits all current cell phones with and without cases, this durable wheelchair mounting hose was designed to take a beating for those on the go!

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## Who Wants to be an Influencer?

Who doesn't want to be the next Instagram influencer? With this fun device that requires minimal set up and assistance, it's a fun gift for a teen with cerebral palsy...or any person, looking to up their social media game!

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# Gifts for the Workout Fan

Or for your New Year's Resolution!



## Active Hands

Don't let limited dexterity stop you from breaking a sweat! With an active hands Gym Pack Deluxe, you can get a grip on any free weight, pull up bar, rowing machine, pulley machine and more...the only thing stopping you now, is you!

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## Wrap'em Up

Get a little bit of resistance, a little bit of proprioception, a lot of comfort with these easy to wear, and easy to fit wrist weights. Training Lace Wrists Weights are great if you are looking to add a little bit of resistance to your daily activities or an incremental increase to your work out to build strength.

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## Strengthen and Lengthen

The Pilates Pro Reformer offers a low impact way for individuals of all abilities to get fit at any age. With a variety of exercises for all body parts, it allows for progressive resistance levels to strengthen and lengthen without harming your joints. Compact and portable, the perfect gift for the home gym and is great for individuals with Cerebral Palsy of all abilities.

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# Work, Work, Work it Out!



## Stretch it out!

Theraband Resistance bands are a go-to for therapists and personal trainers alike. These heavy duty bands are fantastic for individuals with Cerebral Palsy of all mobility levels to workout with added resistance and active stretches. Exercises can be performed seated, standing or lying down, allowing for maximum versatility...what's stopping you?

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## Stay Hydrated

Drink Up with this easy to hold and easy flip top silicon straw for no excuses hydration. Made from BPA free, dishwasher safe plastic this water bottle comes in a variety of sizes and colors.

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## Water Works with HYDRO-FIT!

Take gravity out of the mix and get serious about resistance training, water running or water therapy, with the WET VEST® II and the HYDRO-FIT line aqua fitness products. For individuals with Cerebral Palsy, getting in the water gives you the freedom to move your body and get exercise without the limitations that you may experience with other work outs. These products are designed to be comfortable, keep you warm, and help you stay fit

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# Roll with It!

Give the gift of fun and mobility with an adaptive bicycle.

An adaptive bicycle is designed for mobility, therapy, recreation, fun, and freedom! There are so many models now available that can accommodate all ability levels - from individuals with minor balance needs, to those who will have the most fun riding as a tandem companion. There are many thoughtfully designed bikes that can meet a variety of motor function needs and abilities.

## HASE RECUMBENTS

HASE is a leader in adaptive design that offers maximum independence and are easy to customize to a broad scope of riding styles and abilities. Their inclusive line of bikes whether for commuting, touring or leisure, are of the highest standard in materials and assembly.

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Van Raam

With over a century of experience in bike manufacturing in the bike capitol of the world, The Netherlands, and 35 years exclusively producing adaptive bikes, Van Raam's top of the line of wheelchair bikes, wheelchair platform bikes, tandems, and side by sides are adaptable for most any need. Dealers can be found world wide.

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Mobi Rover

Not designed as an adaptive bike, this affordable option is fantastic for kids and teens with balance issues. It looks cool, rides smooth and most importantly, it is super fun!

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# Experience the Great Outdoors



## Surf, Sun, & Slopes!

The Hippocampe beach and all terrain wheelchair can get you from the surf to the slopes and everything in between. It floats, it has attachable skis and it can take a beating! This all terrain chair is a must have for families who enjoy adventure travel, or just a great day at the beach!

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## Just add Water!

Don't forget to bring your water bottle on your adventures! With Ram mounts you can be sure that they will stay safe and secure on whatever chair you choose.

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## Rock & Roll!

The Mountain Trike all terrain wheelchair is ready to roll on your next adventure. With power assist, manual, and caregiver options, this off-road ready wheelchair has some great accessories that allow you to trek in style.

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## Have Everything & Want More?

The action track all terrain wheelchair will take you there. For the ultimate sportsman and outdoors enthusiast this power chair can handle just about anything, and it stands!

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# A Little Self Care Goes a Long Way!



## YOGI TOES

We hold our stress in strange places and sometimes by shifting our focus to an extremity we pay the least attention to can provide some much needed relaxation. Yogi Toes will help you spread your toes wide and temporarily stop the tendency to curl them up and hold on to tightness. Put them on for 10 minutes, do some deep breathing, and feel the difference.

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## THERAgun Wave Solo

A product of the popular Theragun Line of self massagers, this affordable Theragun Wave Solo is great for wheelchair users. It is ultra portable and can provide a great seated hamstring massage or relieve a tired back.

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## Massage Cups

Did you know that cupping offers remarkable therapeutic benefits? This set of transparent medical grade silicone cups (8 cups in different sizes) can be used by a beginner or a pro to help relieve muscle and joint pain, soften scar tissue, and more. All you need is a little soapy water or massage oil to help with the suction and the amount of pressure you apply does all the rest.

[SHOP NOW](#)



## Acupressure Pillow and Mat Set

Get the benefits of this ancient healing practice from the comfort of home. Relieve stress, tension and pain, and say hello to calm and wellbeing. Take a few moments for yourself with this great gift set!

[SHOP NOW](#)



# Look Your Best! We've Got You Covered Head to Toe!



## Straighten Your Locks with a Tool That Rocks

Straightening your hair when you have hand weakness is difficult! We found the Brush Crush by Drybar and it makes straightening and styling hair a whole lot easier. The cute packaging makes this a great holiday gift.

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## Longing for Lashes?

Guide Beauty considered everything when they designed this universal applicator, GUIDE Ring, for their custom mascara. Get gorgeous length and volume in a few light strokes with a steady hand for mess free swiping.

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## The Eyes Have It with HAUS Laboratories Felt Tip

Let's face it, using eyeliner can be challenging for anyone. Lady Gaga's HAUS Laboratories cosmetics are easy to open and with the angled tip, those with limited dexterity will find it easier to apply. Smudge-proof and budget-friendly!

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## Nail It! with The Poppy

Get the perfect mani every time with Olive and June's patented universal polish bottle handle. Pop it on top of your favorite polish for a comfy grip, more control, and even, steady strokes and make painting your own nails easier, faster, and better than ever. A great gift for glamour at any age!

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COMFORT

# Gifts That Make Life a Little Easier

## The Most Comfortable Straw You Will Ever Sip From!

These excellent straws designed using patent pending silicone drinking tips, ensuring you have an awesome & naturally comfortable drinking experience with every sip.

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[SHOP NOW](#)

## Brush Up!

Brushing is a breeze with this easy grip toothbrush handle and easy grip hair brush, helping you keep your pearly whites bright and and your tresses untangled with ease.



## Hold on Tight with Eazyhold Grippers

Makes a great stocking stuffer! These flexible universal cuffs attach securely to enable a comfortable grip on eating utensils, writing implements, sippy cups, gait trainers, toys and more!

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[SHOP NOW](#)



# Winter Wonderland!



## TARGET's Take on Adaptive!

Check out this wheelchair friendly parka for kids!

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## Baby It's Kool Outside

Enjoy the great outdoors while staying warm and cozy with a custom Kool-Kape from Koolway Sports. Koolway products are designed with the ease of dressing in mind and saving time for families & caregivers. Custom made to fit the user's body frame & wheelchair configurations including half backs, full zippered sleeves, zippered hoods, hidden G - J tubes and shoulder harness openings.

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# Stay Cozy in These Fashionable Designs with YOU in mind!

Sherpa Vest and Puffy Jacket from Tommy Hilfiger Adaptive

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[SHOP NOW](#)



Adaptive Warm and Fuzzy Hoodie

[SHOP NOW](#)





# Jammies, Jeans, Jumpsuits and Joggers!

## Hilfiger Adaptive Jumpsuit



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## Target Adaptive Bootcut Jeans



[SHOP NOW](#)



[SHOP NOW](#)

## Kohls Adaptive for Teens and Tweens



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# Lingerie and Loungewear

Lingerie should be beautiful, comfortable and accessible for every body. And it makes great gifts! Check out these brands to find your perfect fit.



INTIMATELY

[SHOP NOW](#)



SKIMS

[SHOP NOW](#)



SLICK CHICKS

[SHOP NOW](#)



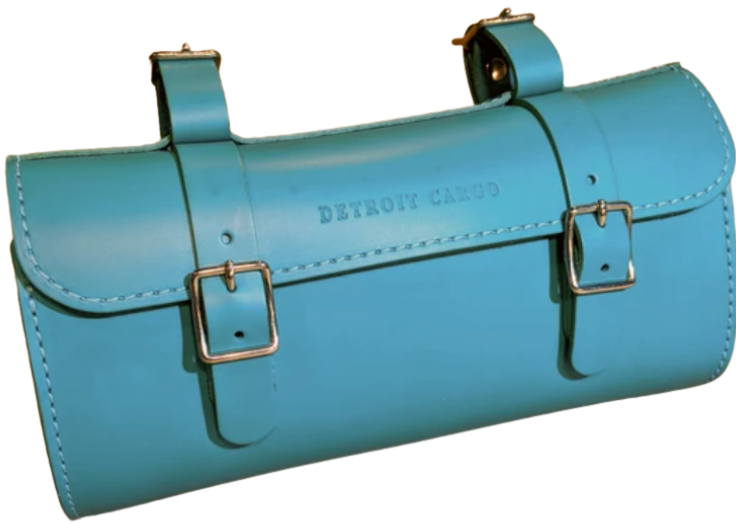
## Forward by Design!

# FFORA ACTIVE BAG

FFORA believes in designing a world that's made for everyone. They utilize the power of functional design and real-life experiences to create beautiful products that just work. Be the first to own one of their active bags that attaches to most manual wheelchairs. Designed with functionality and style in mind, this exclusive new bag features a hard shell for easy cleaning, genuine leather trim and detail, and a two-way zipper with thumb pulls.

**[SHOP NOW](#)**

# Who Doesn't Love to Accessorize?!



## Accessorize Your Wheels!

Handcrafted in the US. Detriot Cargo makes great accessories for your wheelchair, scooter, or bike!

Rustic, chic and rugged!

[SHOP NOW](#)



## Belt it Out!

Myself Belts™ are designed with independence in mind and provides children with an "I did it by myself!" moment and parents with peace of mind. This collection of easy to use and fun to wear belts boasts styles to fit every member of the family.

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## Watch Me!

Hilfiger Adaptive Watch looks great and is easy to snap on. Looks great on any wrist!

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# Put Your Best Foot Forward in Adaptive Footwear

Having cerebral palsy can mean challenges finding well-fitting shoes that can fit over AFO's or work with various types of feet at all ages. A new pair of holiday shoes that fit may be just the ticket! Here are some of our favorites for all ages.



Hatchbacks  
Footwear

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Billy  
Footwear

[SHOP NOW](#)



Steve Madden  
Adaptive

[SHOP NOW](#)



Zeba  
Shoes

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# For the Young Book Lovers on Your List

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## Elementary School

### **"Zoom (My Little world)" by Jonathan Litton**

Who will win this colorful race? Bright artwork, pages of finger-holes, and an exciting rhyming story make learning about colors fun!

### **"Hello Goodbye Dog" by Maria Gianferrari**

For Zara's dog, Moose, nothing is more important than being with her favorite girl. So when Zara has to go to school, WHOOSH, Moose escapes and rushes to her side. Unfortunately, dogs weren't allowed at school and Moose has to go back home. Moose can't be held back for long. Through a series of escalating escapes, this loyal dog always finds her way back to Zara, and with a little bit of training and one great idea, the two friends find a way to be together all day long.

## Middle School and Older

### **"Born Just Right" by Jen Lee Reeves and Jorden Reeves**

When Jordan Reeves was born without the bottom half of her left arm, the doctors reassured her parents that she was "born just right." And she has been proving that doctor right ever since! With candor, humor, and heart, Jordan's mother, helps Jordan tell her story about growing up in an able-bodied world and family. Whether it was changing people's minds about her capabilities, trying all kinds of sports, or mentoring other kids, Jordan channeled negativity into a positive, and is determined to create more innovations for people just like her.

### **"Out of My Heart" by Sharon Draper**

Award-winning author Sharon Draper, resurrects Melody, the huge-hearted heroine of "Out of My Mind" who has cerebral palsy and who uses a communication device to speak. She is a year older, and a year braver. And now with her Medi-talker, she feels nothing's out of her reach, not even summer camp. There have to be camps for differently-abled kids like her, and she's going to sleuth one out. A place where she can trek through a forest, fly on a zip line, and even ride on a horse! A place where maybe she really can finally make a real friend, make her own decisions, and even do things on her own—the dream!

### **"Roll with It" by Jamie Sumner**

This big-hearted debut tells the story of an irrepressible girl with cerebral palsy whose life takes an unexpected turn when she moves to a new town. Ellie's a girl who tells it like it is. That surprises some people, who see a kid in a wheelchair and think she's going to be all sunshine and cuddles. The thing is, Ellie has big dreams: She might be eating Stouffer's for dinner, but one day she's going to be a professional baker. If she's not writing fan letters to her favorite celebrity chefs, she's practicing recipes on her well-meaning, if overworked, mother.

# For Book Lovers of any age...

## Inspiration

### **"Pure Grit" by Lily Collison and Kara Buckely**

Know someone who loves an inspiring story? Pure Grit has 19! In their new book, Authors Lily Collison and Kara Buckley share the stories of nineteen people from across the globe, ranging in age from twenty to seventy-plus, who are living and thriving in diverse fields — in sport, the arts, medicine, business and more. With refreshing frankness, they share their successes along with their struggles — grit is the one characteristic they all have in common.

These are not stories of people overcoming disability — they are stories of people accommodating disability while pursuing their dreams. Pure Grit shines a light on boundless possibility whatever the individual challenges.

## Education

### **"Demystifying Disability: What to Know, What to Say, and How to Be an Ally"**

**by Emily Ladau**

An approachable guide to being a thoughtful, informed ally to disabled people, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place.

## Adventure

### **"The Impossible Mile: The Power of Living One Step at a Time" by Johnny Agar**

An incredible story of Johnny Agar, born with cerebral palsy and whom doctors thought would never walk, overcoming the odds to compete in Ironman triathlons. Featured on ESPN, NBC Nightly News, The Today Show, and other media outlets, Johnny delivers a moving memoir that is a testament to the power of family, faith, and extraordinary courage.

## Love

### **"Jabberwocky: Lessons of Love from a Boy Who Never Spoke" by Dr. Steven Gardner**

Camp Jabberwocky, as it is widely known, embraces the boy and his father and they become part of a passionate and zany extended family that will forever change how they see the world. As the years pass, Graham and his parents experience both surprising adventures and formidable challenges. Wherever they live and travel, they encounter people who are drawn to Graham. From widely different backgrounds, people want to be near him, to assist in his care and to laugh with him. To them, the person they uniformly cherish is nothing less than a living angel. Imagine living in a parallel universe where people open their hearts and minds to those who are different and nobody is left behind?