



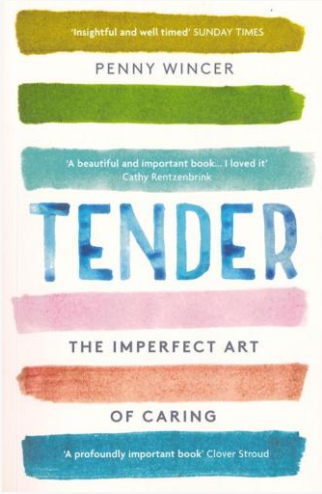
IHC Library Update - International Day of Care and Support 29th October

Unpaid care work—such as looking after children, elderly family members, or people with disabilities—is essential to the wellbeing of individuals and communities, yet it often goes unrecognised in economic measures, and is disproportionately carried out by women. October 29 marks the **International Day of Care and Support**, highlighting the value of care work and advocating for policies that better support caregivers.

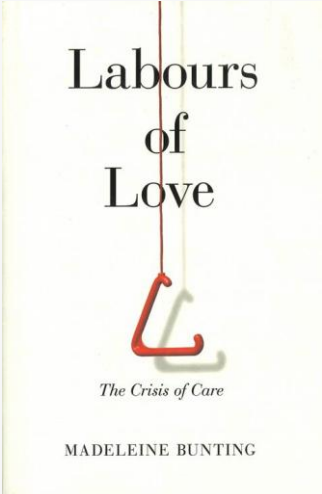
It's also a chance to reflect on the stories and resources that support caregivers in our own communities. **Attitude TV** offers a rich collection of New Zealand-made documentaries and interviews that highlight the lived experiences of carers, including parents supporting children with disabilities. These stories bring visibility to the emotional, physical, and social dimensions of care work. See [Attitude TV YouTube playlist - My Perfect Whanau](#)

At the **IHC Library**, we hold a range of materials that explore **parent caring**, from practical guides and personal narratives to research on family support and advocacy.

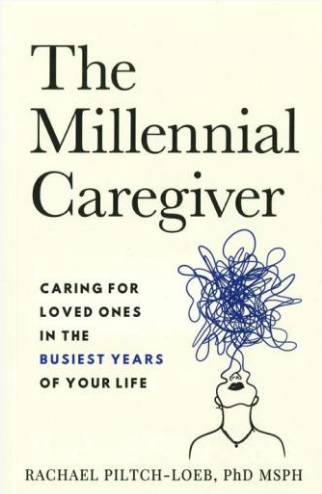
These resources are available to help families feel informed, connected, and empowered in their caring roles.



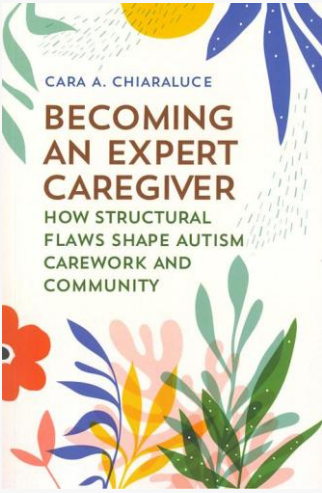
Tender: The Imperfect Art of Caregiving



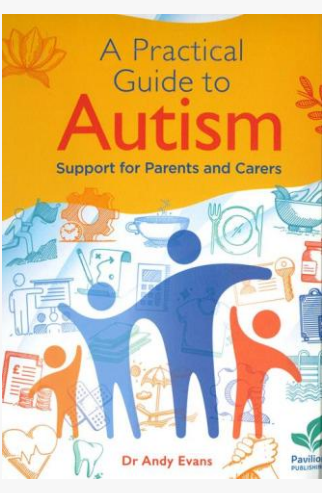
Labours of Love: The Crisis of Care



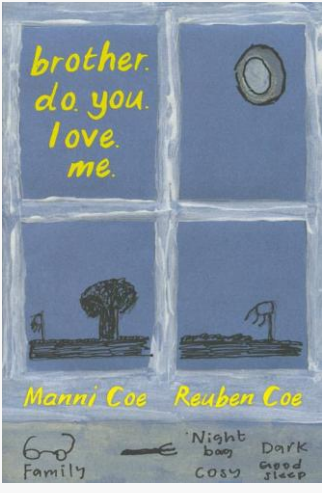
The Millennial Caregiver



Becoming an expert caregiver



Practical Guide To Autism : Support for Parents and Cragivers



Brother. do. you. love. me.

Carers New Zealand - We see you Campaign

We See You: New Zealand's 1m+ family carers in the spotlight

More than a million New Zealanders support a friend or family member who is frail, unwell, or has a long-term health condition or disability, yet a recent survey of 1700 carers shows that **92% feel invisible and unvalued**. That's why Carers NZ and the Carers Alliance of 60 national NFPs (Not-for-Profits) are spotlighting carers with their We See You campaign on 29 October, and invite everyone to [sign the petition](#) seeking improved recognition and wellbeing support for carers. Learn more about at the [Carers NZ website](#)

Introducing New Library Staff

We're delighted to welcome **Piper Kilmister** to the Library team as our new **Customer Engagement Librarian!**

Piper joins us from Victoria University Library, bringing with her a creative background in videography and a Master of Fine Arts in Film. She's passionate about improving library services and is excited to get to know you—and to hear what changes you'd like to see!

In her new role, Piper will be focusing on enhancing accessibility, increasing engagement with our resources, and exploring new initiatives for our community.

If you have any ideas, feedback, or just want to say hello, Piper would love to hear from you!

Librarian@ihc.org.nz



IHC Library Survey - Final Reminder

There's still a couple of days left to give feedback before our survey closes at the end of October.

By filling in our [5-minute survey](#) you can help improve our library services—what we offer, how we deliver it, and how we can support you better. We'd love to hear from you!

Help us make the Library even more useful for people with intellectual disabilities, their families, and the professionals who support them.



Whaikaha - Seeking representatives for Accessibility Advisory Group

Accessibility Advisory Group

Whaikaha are setting up an Accessibility Advisory Group to help guide their Accessibility Work Programme. The group will provide advice and ideas on different projects and initiatives and how to deliver them.

Details of the group, the people Whaikaha are seeking and the application process are on the Whaikaha website at <https://www.whaikaha.govt.nz/aag>

Expressions of Interest Forms are due on Monday 3 November.

Stand Tall - Research Participants




IHC is doing some research to find out how [Stand Tall](#) is helping neurodivergent teens learn about living independently. We want to know what's working well, what could be better, and how the game is making a difference in your life.


We'd love to hear your story!


We're interested in talking to:

- Teens who play [Stand Tall](#)
- Parents and caregivers
- Teachers and educators

Our research will arrange a suitable time and interview you online. We'd welcome interviews with players and their parents.

 We're also keen to chat with groups, like a class that's using *Stand Tall*, to hear what you all think and how we can make the game even better.

 You'll need a laptop or desktop with internet, Zoom, and your camera and microphone turned on. We might ask you to share your screen, but don't worry—we'll help if you're not sure how.

 **Interested?** Email us at librarian@ihc.org.nz and we'll find a time that works for you.

Thanks for helping us make *Stand Tall* the best it can be!

Please contact us with queries on any topic you would like resources on. We look forward to hearing from you.

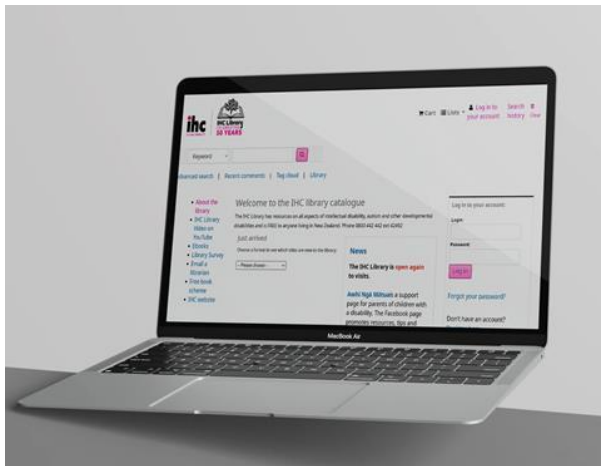
Please call us on **0800 442 442** or email librarian@ihc.org.nz if you prefer. We aim to get back to you within 1–2 working days.

[Visit our website](#)



Feedback Form

Get a Free Book



The IHC Library Catalogue

Visit our [online catalogue](#) where you can search and request resources or information no matter where you are in New Zealand.

Library Hours

Mon - Fri: 8.30am – 5.00 pm
**Weekends :
CLOSED**

Statutory holidays: CLOSED



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