
AGING AND DISABILITY RESOURCE CENTER CAREGIVER RESOURCE LIBRARY VIDEO BIBLIOGRAPHY

123 MAGIA VIDEO SPANISH

Author THOMAS PHELAN

Number of Copies: 1

Resource Library Ref: 33

CATEGORY:

A Caregiver's Guide for Oral Health

Author Jeff Astroth, Dr.

Number of Copies: 1

Resource Library Ref: 1555

CATEGORY: CAREGIVER

This informative and interesting video shows how professional or non-professional caregivers can make a real difference in the health and well-being of their patients and loved ones. It demonstrates how easily you can meet the vital oral health needs of your patients.

A CELEBRATION OF THE FOUR SEASONS (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 407

CATEGORY: NATURE AND STRESS REDUCTION

This video displays the peace and tranquility of nature at its very best, featuring the sounds and beauty of the changing seasons at their peak. Viewers relax to Handel's "Water Music" while enjoying personal thoughts and recollections. This tape is one of our favorites, with proven therapeutic benefits. It has been used by healthcare professionals throughout the United States. (60 minutes.)

A DAY AT THE ZOO (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 402

CATEGORY: RESPITE

Reminiscence is sometimes called "medicine for the mind." And here's just what the doctor ordered. These tapes take you back to a time when you were just a kid, enthralled and amazed by all that surrounds you. Sit back and enjoy the experience. Who doesn't enjoy a fun-filled trip to the zoo - complete with views of lovable elephants, prairie dogs and zebras? Identify each animal, use this video as an activity as well as entertainment. (30 minutes.)

A FESTIVAL OF LIGHTS (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 404

CATEGORY: RESPITE

Reminiscence is sometimes called "medicine for the mind." And here's just what the doctor ordered. These tapes take you back to a time when you were just a kid, enthralled and amazed by all that surrounds you. Sit back and enjoy the experience. Stroll down streets decorated with beautiful, colored Christmas lights, majestic winter displays, and unique holiday attractions. This video has been described as "a winter wonderland for all ages." (30 minutes.)

A KIBITZ WITH DAVID (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 422

CATEGORY: RESPITE

David is a warm and caring Jewish gentleman, who loves recalling weddings, Passover, Chanukah and other celebrations. The video includes David, his wife and children lighting Shabbos candles and singing favorite Yiddish songs. Songs include: "S'vivo," "Turn Balaliaka," "Dayeenu," and "Havah Nagilah." (59 minutes.)

A Part of Daily Life: Alzheimer's Caregivers Simplify Activities and the Home

Author

Number of Copies: 1 **Resource Library Ref:** 1849 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Developed for caregiver of persons with dementia, this video shows how breaking tasks into smaller steps can help the person with dementia understand and perform tasks better, while boosting morale and encouraging continued participation in normal activities. Interspersed with the experiences of real family caregivers and advice from experts, this *simplify and adapt tasks to individual levels of capability *communicate through ways that "guide" rather than "force" *best utilize the person's remaining skills

Special emphasis is also placed on how to communicate more effectively through verbal and physical cues, as well as, how to modify the home environment with signs and boundaries that create a sense of structure and safety.

16 minutes

with accompanying resource booklet

A PRESCRIPTION FOR CAREGIVERS: TAKE CARE OF YOURSELF

Author

Number of Copies: 1 **Resource Library Ref:** 13 **CATEGORY:** CAREGIVER

Filmed in front of a live audience of caregivers, Wendy Lustbader (author of "Counting on Kindness") tackles, with humor and stories from real life, the difficult emotions involved in caregiving. Topics include: heeding resentment as a warning sign of doing too much; the many varieties of guilt; options for self-care; figuring out how much care is enough; the importance of humor. Both caregivers and professionals who assist them will find in this video a wealth of ideas on how to make life better for both the giver and the receiver of care.

"Wendy Lustbader's video touches upon all the emotions caregivers and families experience in taking care of their elders. The anger, guilt, sadness, feelings of 'Why am I always the one giving' and hostility toward other family members for not caring and helping are all addressed in the video,. Her understanding, caring interaction with her audience throughout the video is a most important aspect." - The Gerontologist

"Use this video to break the ice with a caregiver group or train staff needing to understand the stress and torment of caregiving responsibilities. Lend it to a family caregiver in need of counseling. This video is comforting, thought-provoking, inspirational, folksy, humorous, enjoyable, emotional, and extremely helpful. Anyone involved with caregivers should own a copy." - Journal of Case Management

A Ray of Hope: Facing the Holidays following a Loss

Author *Paul Alexander*

Number of Copies: 1 **Resource Library Ref:** 1401 **CATEGORY:** NATURE AND STRESS REDUCTION

In this video presentation you will learn ways to be true to yourself during a holiday season or any day you honor as a special day of remembrance. As you listen to the advice of other bereaved individuals you will benefit from the wisdom of their experience which can be helpful in guiding your steps. In a time of vulnerability let this program give you ideas and options to empower you and provide practical suggestions you can lean on.

A VISIT WITH MARIA (SPANISH) (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 424 **CATEGORY:** RESPITE

This video is entirely in Spanish, featuring Maria who invites her viewers to sing some of her favorite songs with her, relating to childhood memories, friends, parents, and fun-filled festivals. The video also includes light hand and arm exercises. Songs include: "La Cucaracha," "Alla en el Rancho Grande," and "Cielito Lindo." (39 minutes.)

A YANKEE DOODLE DANDY TIME (Respite Video about America and patriotic songs)

Author

Number of Copies: 2 **Resource Library Ref:** 24 **CATEGORY:** RESPITE

In this video Becky recalls when she prepared for a Fourth of July celebration. She discusses memories of the American flag, marching bands, and parades. Even Becky's cat joins in on this patriotic visit. Songs include: "When Johnny Comes Marching Home Again," "It's a Grand Old Flag," "Yankee Doodle," and "Take Me Out to the Ballgame." (30 minutes)

ABCs: An Introduction to Alzheimer's Care #3

Author

Number of Copies: 1

Resource Library Ref: 1452

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Video 3:

Managing and Understanding Behaviour Problems in Alzheimer's Disease and Related Disorders

Video 1: Overview

Video 2: Delirium and Depression

Video 3: ABCs: an introduction

Video 4: Managing Aggressive Behaviours: anger and irritation, catastrophic reactions

Video 5: Managing Psychotic Behaviours: language deficits

Video 6: Managing Psychotic Behaviours: hallucinations, delusions, paranoia and suspiciousness

Video 7: Managing Personal Hygiene: bathing and dressing

Video 8: Managing Difficult Behaviors: wandering and inappropriate sexual behaviours

Video 9: Managing Difficult Behaviors: depression

Video 10: Caregiver Issues

This ten part video series "Managing & Understanding Behavior Problems in Alzheimer's & Related Disorders. Also a 77 page manual present a comprehensive training program, designed to teach institutional and in-home caregivers effective strategies for dealing with Alzheimer's patients. Viewers are taught to develop strategies for dealing with problems such as anger, agitation, depression, paranoia, delusions, catastrophic reactions, wandering and inappropriate sexual behavior.

"A state of the art approach to assisting... caregivers in the formidable task of managing patients with dementia. The series is recommended." - The Gerontologist

Abuse Triggers - Incontinence and other Physical Problems

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1408

CATEGORY: ABUSE PREVENTION

In this tape, Dr. Peter Rabins and nursing assistants screen video vignettes and hear resident testimonies relating to the abuse that comes about as a result of incontinence and other physical problems. A resident tells the camera how a nurse used to mentally abuse him because he couldn't wipe himself. Nursing assistants discuss why incontinence can be an abuse trigger and give positive strategies which will help new nursing assistants. In their discussion they bring up the word "empathy". A nursing assistant explains how it was the first thing she was taught when she went to training school. Finally, nursing assistants raise the issue of emotional or psychological abuse. They feel strongly that a negative tone of voice, the attitude, and the words used by a nursing assistant can be very abusive to residents.

Abuse Triggers - Physical Violence

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1411

CATEGORY: ABUSE PREVENTION

In this tape, Dr. Peter Rabins and nursing assistants watch clinical vignettes of physically violent residents and discuss the importance of describing behaviors and explain which strategies they would use to deal with them. The first clinical vignette depicts a confused man throwing punches to prevent nurses taking his blood pressure. The nursing assistants suggest letting the man calm down, then speaking gently, explaining what they need to do. In the second clinical vignette, a GNA refuses to listen to a resident's request to have his tray moved back, prompting the man to knock his meal on to the floor. The nursing assistants discuss what they would have done differently, stating that respecting the man's reasonable request could have averted the problem. Nursing assistants stress that forming positive relationships with residents should be the foundation to prevent physically violent behavior. By having a good relationship with a resident, the nursing assistant will know what situations can cause residents to become agitated, scared or threatened.

Abuse Triggers - Repetitive Behavior

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1410

CATEGORY: ABUSE PREVENTION

In this tape, Dr. Peter Rabins and nursing assistants watch a series of clinical vignettes which document repetitive behaviors associated with dementia. In the subsequent discussion, they emphasize that repetitive behavior is due to the resident's dementia. They recommend looking out for meanings—for example, when a resident repeatedly calls out "my leg hurts," the leg must be checked out, instead of dismissing the repetitions as unfounded. Any change in the resident's calling out patterns must also be considered. If the calling out becomes more agitated, there's a possibility that the resident may be hungry, thirsty, or in pain. They also point out that sometimes words or sentences are inserted in the calling out that convey meaning. They suggest regarding this behavior as a disease symptom rather than as a source of frustration. The discussion also includes positive ways to minimize calling out that may work with some residents.

Abuse Triggers - Resistive Behavior

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1412

CATEGORY: ABUSE PREVENTION

When a resident refuses to do something that is for their own benefit, this resistive behavior can be a source of frustration or anger often leading to abuse. In this tape, Dr. Peter Rabins and nursing assistants view recorded vignettes of resistive behavior and after screening these vignettes, the nursing assistants offer numerous suggestions on positive ways to deal with resistive behavior. (i) Prevent resistive behavior by knowing the resident. By being aware of a resident's preferences and accommodating them whenever possible, resistive behavior can be minimized. (ii) By approaching residents with a gentle voice and calm manner, residents will usually be cooperative. Demands and an authoritarian style often trigger resistive behavior. (iii) Never respond with anger, force, or sarcasm. (iv) Come back later and try again. (v) Ask another member of your team to try. (vi) Phrase requests in such a way the resident will more likely be cooperative. (vii) Use distraction.

Abuse Triggers - The Non-Responsive Needy Resident

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1409

CATEGORY: ABUSE PREVENTION

The non-responsive patient may not seem like an abuse trigger. But sometimes, they can be a source of frustration for nursing assistants. These residents are in the most danger when it comes to being abused, since they can neither report abuse nor defend themselves against it. In this video, Dr. Peter Rabins, and nursing assistants screen a video vignette of a resident who needs assistance with all aspects of dressing and bathing. They discuss why this type of resident could be particularly frustrating to a new nursing assistant. Being non-responsive may also be an abuse trigger for new staff who feel that resident is purposefully being uncooperative or non-responsive. They strongly urge that new staff shadow more experienced staff to gain insights into how much assistance needs to be provided and how to verbally guide the resident. They also identify the non-responsive/needy resident as a prime candidate for neglect. Finally, the nursing assistants remind us that caring for the needy patient provides the greatest rewards of all, since they are truly helpless. And, "that's what nursing's all about."

Abuse Triggers - Verbal Violence

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1413

CATEGORY: ABUSE PREVENTION

This tape includes two video vignettes of verbally abusive residents. Following each one, nursing staff describe the behavior they have observed, talk about ways to prevent verbal violence and consider why this type of behavior could trigger abuse. Finally, nursing assistants give specific suggestions that will enable staff to handle verbal violence in a positive manner. These include: (i) know the residents. Figure out what causes them to be verbally violent. (ii) Always respond in a calm and gentle manner. (iii) If appropriate, use distraction. (iv) If the resident is out of control, leave the resident alone to calm down. (v) make sure that other residents are not in danger. (vi) Utilize teamwork. (vii) Never respond with shouting, restraints or force. (viii) Always report the situation.

Abuse: The Resident's Perspective

Author

Number of Copies: 1 **Resource Library Ref:** 1685 **CATEGORY:** ABUSE PREVENTION

Make sure your staff hears this message. Residents report what they feel is abuse and their list of concerns may surprise your staff. Not only do their comments include the obvious, but also many things you would not think of unless you were a resident. From their perspective, negative attitudes, lack of respect, waiting for care, and even staff not wearing nametags are unacceptable. These residents give you the perspective of what it's like to be on the other side of care. Shot on location at The Roland Park Place and Levindale Hebrew Geriatric Center and Hospital.

20 minutes

ACTIVE PARENTING TODAY VIDEO LIB - SET OF 6

Author

Number of Copies: 1 **Resource Library Ref:** 85 **CATEGORY:** GRANDPARENTING/PARENTING

ACTIVITIES IN DAILY LIVING: NINE WAYS NOT TO GET HURT

Author

Number of Copies: 2 **Resource Library Ref:** 662 **CATEGORY:**

Activities of Daily Living: Nine Ways Not To Get Hurt

Produced by CareSource Program Development, Inc

Designed to promote resident and caregiver safety in connection with activities of daily living, this 18-minute video stresses nine fundamentals: come prepared; know the resident; involve the resident; stay focused on the details; prevent slips and trips; work as a team; use available equipment; protect your back; have a 100% commitment to safe practices. The tape comes with a 16 page Presenter's Guide containing in-service presentation outline, suggested group discussion questions, copy-ready self-assessment form, and other training aids. Running Time: 18 Minutes

Adios Tristeza

Author

Number of Copies: 1 **Resource Library Ref:** 1569 **CATEGORY:** CAREGIVER

Adios Tristeza is a dramatized story aimed at informing Spanish speaking families of the many services available to them, regardless of immigration status. It tells the story of a disabled and undocumented farmworker who mistrusts government and is too proud to accept charity. 23 minutes

African-American Culture (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 423 **CATEGORY:** RESPITE

This video is especially for African-American loved ones, reflecting on celebrations, church picnics, and warm family gatherings. Topics also include good old home cooking and familiar songs, including: 'Swing Low, Sweet Chariot,' "Go Tell it on the Mountain," "Amazing Grace," and "Lift Every Voice and Sing." (46 minutes.)

Aging Parents: The Family Survival Guide - Tape 1, Tape 2, Guide

Author

Number of Copies: 1 **Resource Library Ref:** 1573 **CATEGORY:** SELF-HELP COURT

Tape 1 includes: When Crisis Hits, Getting Organized, Care Giving From a Distance, Family Dynamics, Housing Alternatives and Support Services. Tape 2 includes: Medical and Health Issues, Legal Issues, The Business Side of Caregiving, Government Programs, Death and Dying.

This set includes 2 tapes and a guide book.

AGING PARENTS: THE FAMILY SURVIVAL GUIDE Part 1

Author

Number of Copies: 1

Resource Library Ref: 175

CATEGORY: CAREGIVER

The responsibilities of being an adult child of an aging parent needing care can be overwhelming. This comprehensive, up to date video and 192 page print guide serve as a caregiver support system, an encyclopedia of elder care information, and a guide on when and how to make decisions about parent care. An important feature in the package is the 'Quickfind" card that lists the specific topics covered in the two 105 minute videos, and matches them to running clock numbers shown in the bottom right corner of the video. This system enables viewers to quickly find information in the video on any given topic by simply using the fast forward, rewind and scan features of their VCR.

"An important educational tool. ..caregivers talk openly and honestly about their frustration and pain.. ..professionals offer useful ways of understanding difficult situations.. ..extremely well organized.. ..appropriate for use in a wide range of organizations (e.g. social service, religion, medical, educational, volunteer).. - The Gerontologist

"This is so great.. ..thorough! Aging Parents is a tremendous product. The guide is the best written and most comprehensive resource I have seen in 22 years." - David Newcomer, San Francisco Commission on Aging

AGING PARENTS: THE FAMILY SURVIVAL GUIDE Part 2

Author

Number of Copies: 2

Resource Library Ref: 176

CATEGORY: CAREGIVER

The responsibilities of being an adult child of an aging parent needing care can be overwhelming. This comprehensive, up to date video and 192 page print guide serve as a caregiver support system, an encyclopedia of elder care information, and a guide on when and how to make decisions about parent care. An important feature in the package is the 'Quickfind" card that lists the specific topics covered in the two 105 minute videos, and matches them to running clock numbers shown in the bottom right corner of the video. This system enables viewers to quickly find information in the video on any given topic by simply using the fast forward, rewind and scan features of their VCR.

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"This is so great.. ..thorough! Aging Parents is a tremendous product. The guide is the best written and most comprehensive resource I have seen in 22 years." - David Newcomer, San Francisco Commission on Aging

Aging Upbeat: Anxiety In Later Life

Author *Miller*

Number of Copies: 1

Resource Library Ref: 1198

CATEGORY:

This video focuses on the symptoms of anxiety as they are experienced in late-life through the personal experience of a volunteer willing to tell her story to help educate others. Topics covered include the common symptoms of: anxiety, panic attacks, and various phobias, Dr. Eric Lenze a research geriatric psychiatrist from the University of Pittsburg Medical Center answers questions in interview format on the diagnosis and treatment of anxiety questions in interview format on the diagnosis and treatment of anxiety in late-life. Special emphasis is placed on the risks and benefits of using various anti-anxiety medications for treating anxiety disorders in late-life. 48 minutes.

AGING: A SHARED EXPERIENCE

Author

Number of Copies: 1

Resource Library Ref: 705

CATEGORY: AGING AND ITS EFFECTS

The overall theme is that we all have aging in common. Mentions the losses that occur with aging, and how people need to change and get assistance in some areas of life.

ALZHEIMER DISEASE DOS AND DON'TS

Author *PETER RABINS*

Number of Copies: 1

Resource Library Ref: 1368

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Identifies the dos and don'ts of interacting with individuals with Alzheimer Disease.

ALZHEIMERS 101

Author

Number of Copies: 2

Resource Library Ref: 968

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

This comprehensive educational package is especially structured for training professional and family caregivers of people with Alzheimer's Disease and related disorders.

American Road Trips - Blue Ridge, Vermont & Michigan

Author

Number of Copies: 1

Resource Library Ref: 1293

CATEGORY:

Take an exquisite journey through the picturesque countryside as American Road Trips presents the marvels of Blue Ridge, Vermont and Michigan.

American Road Trips - California, Hawaii & Alaska

Author

Number of Copies: 1

Resource Library Ref: 1291

CATEGORY:

Get set to explore three of America's most riveting states.

American Road Trips - Montana, Idaho/Wyoming & Washington

Author

Number of Copies: 1

Resource Library Ref: 1292

CATEGORY:

Your adventures in some of the nation's most beautiful locales are about to begin.

American Road Trips - Red Rock Rim, Northern New Mexico & Natchez Trace

Author

Number of Copies: 1

Resource Library Ref: 1294

CATEGORY:

Get set for scenic adventures as American Road Trips presents the marvels of the Red Rock Rim, Northern New Mexico and Natchez Trace.

AND THOU SHALT HONOR-2 HOUR PBS SHOW

Author

Number of Copies: 5

Resource Library Ref: 1008

CATEGORY:

Stories of Caregivers are told in AND THOU SHALT HONOR...Caring for Our Aging Parents, Spouses, and Friends, a groundbreaking two-hour documentary hosted by award-winning actor Joe Mantegna. The film and its accompanying nationwide outreach program is the first major PBS initiative on caregiving, an emerging healthcare issue of staggering proportions.

Filmed all over America, the program makes it clear that today's longer life-spans come at a cost, and that a disproportionate amount of that cost is borne by those who step up to assume responsibility for their loved ones. Not everything about long-term caregiving is dark, however. This commitment can be a spiritual journey that expands the boundaries of love. AND THOU SHALT HONOR. Executive producers and directors Harry Wiland and Dale Bell have each personally experienced the challenges of caregiving.

Virtually no government assistance is available to those who prefer to keep their ailing elders at home. The reluctance of many people to put their loved ones in a professional care environment is understandable. Professional caregivers are often underpaid and overworked. On the national average, each professional caregiver today has to tend to the needs of 11 patients – and these patients can be demanding and difficult.

Innovative programs are being put into effect in communities around the country, and petitioners representing caregivers have received a sympathetic ear in Congress. Although some national legislation has been enacted, its impact has been minimal. In the meantime, for millions of people, home care will continue to be the right choice. Despite its sometimes-overwhelming financial and emotional cost, it honors one of our most fundamental compacts, our commitment to our loved ones.

The PBS broadcast AND THOU SHALT HONOR... will be extended by a national outreach campaign, an extensive searchable Web site already in operation at www.thoushalthonor.org and a resource book *The Caregiver's Companion*, with a foreword by Rosalynn Carter, published by Rodale Inc. and PREVENTION magazine.

And Thou Shalt Honor ... is much more than a television series, it is a call to action for the millions of men and women who are, or soon will be, CareGivers. Through an extensive outreach program and grassroots action guide compiled by Barksdale Ballard & Company, we're building community coalitions to raise awareness of the issues surrounding caregiving.

Are you a member of a community coalition? Would you like to be? Please take our survey so we can be sure to include you in our outreach campaign.

Long after the series has aired, these coalitions, together with our Web site and the books and tapes based on the series, will continue to bring caregivers together, helping them find the resources and support they need to perform this most important of duties.

Animal Hoarding - A Community Task Force Solution

Author

Number of Copies: 1

Resource Library Ref: 1671

CATEGORY: HOARDING

Animal hoarders accumulate large numbers of animals without providing for the health, safety, and welfare of the animals, themselves, or their communities. This video explains how to develop a task force and how the multiagency approach can address animal hoarding situations in your community. 7 minutes.

ANOTHER HOME FOR MOM

Author

Number of Copies: 1 **Resource Library Ref:** 684 **CATEGORY:**

Like many American families, Rex and his wife have willingly accepted the responsibility of caring for Rex's elderly mother at home. Alzheimer's disease has greatly impaired her ability to think and reason, and her care is becoming increasingly difficult for the couple, straining their ability to work and enjoy their marriage.

This gentle documentary follows the family over a period of several months as they sort through their conflicted feelings about placing Rex's mother in a nursing home. Another Home for Mom gives viewers an understanding of the dilemmas faced by many caregiving families, and may help those families to articulate their feelings about choosing institutional care for their loved ones.

27 minutes

© 1989

ANTIPSYCHOTIC AND ANTIDEPRESSANT MEDICATIONS AND SIDE EFFECTS

Author

Number of Copies: 1 **Resource Library Ref:** 25 **CATEGORY:** CAREGIVER

This enlightening program is designed to increase understanding of the need and appropriate use of antipsychotic and antidepressant medications. Side effects from these medications are also discussed and assessment techniques are demonstrated.

AQUARIUM Respite Video

Author

Number of Copies: 1 **Resource Library Ref:** 726 **CATEGORY:** RESPITE

Let this unique new stress-reduction video sooth your jangled nerves at the end of a hectic day! Sit back and let the sparkling water, colorful tropical fish, restful sounds of bubbling water, and peaceful "light" music effortlessly relieve your stress, and relax your mind and body! Enjoy all the benefits of watching several soothing aquariums, in home or office, with no work, no responsibility! Just pure enjoyment anytime, anywhere! Proven effective to relax Alzheimer's patients.

ARMCHAIR FITNESS: STRENGTH IMPROVEMENT VIDEO

Author

Number of Copies: 1 **Resource Library Ref:** 827 **CATEGORY:** FITNESS

In the first 20-minute session Betty Switkes leads the group in a warm-up emphasizing strength building with neckties, a balancing exercise done standing or seated, and a lively seated dance. The second 20-minute session features gentle aerobics, upper body strengthening using soup cans as weights, enjoyable dance motions, and a pleasant cool-down. The routines are accompanied by lively big band and popular music. 40 minutes.

ARMCHAIR FITNESS: YOGA HEALTH VIDEO

Author

Number of Copies: 1 **Resource Library Ref:** 826 **CATEGORY:** FITNESS

Master teacher and health educator Pat Hulbert leads participants in three 27-minute routines of breathing for relaxation, coordinated stretching, and yoga movements while seated in a chair. Movements require no prior yoga experience. Soothing music accompanies the program. Benefits of two to three practices a week include: • Improved circulation, energy, flexibility, and coordination • Improved muscle tone and control • Lower blood pressure and improved immunity • Increased awareness and harmony between body, mind, and emotions • Enhanced sense of well-being and reduced susceptibility to depression 81 minutes.

At Death`s Door

Author

Number of Copies: 1 **Resource Library Ref:** 1213 **CATEGORY:**

This video focuses on facing the terminal illness of a loved one. Through listening to those who have faced, this situation, At Death`s Door will help you acknowledge you emotion about the terminal illness of someone you love, and will guide you in living fully with your loved one through the last months, weeks, or days of your time together. Good for support or education groups. 35 mintues.

AURORA WOMENS PAVILION Video

Author

Number of Copies: 1

Resource Library Ref: 763

CATEGORY:

AUTUMN ON CAPE COD & MARTHA'S VINEYARD (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 408

CATEGORY: NATURE AND STRESS REDUCTION

Sit back and enjoy peaceful, deserted beaches fringed with golden marsh grasses, and endless waves shimmering in the brilliant October sunshine. Autumn on Cape Cod is a very special time of year - a feast for the eyes, as well as for the soul. It is all captured in this video, complete with pools of water, fishing villages, fall foliage, and the feeling of the Cape that can refresh even the most weary spirits. (60 minutes.)

BABY LOVE "BABIES BEING BABIES"

Author

Number of Copies: 1

Resource Library Ref: 1055

CATEGORY: GRANDPARENTING/PARENTING

Video of over 90 babies 4 to 18 months doing what they do best! Great stress buster or respite video.

Baby Love features scene after scene, each cuter than the one before, of tiny toddlers and babies, doing what babies do best! The entire video is accompanied by music and sound effects and is sure to bring smiles, laughs and hours of enjoyment.

Time: 35 minutes

What we like best about this product: What can we say? This video is just plain "wonderful."

Balancing Act: Your Fall Prevention Program

Author

Number of Copies: 1

Resource Library Ref: 1691

CATEGORY: AGING AND ITS EFFECTS

Each year, approximately half of all residents in nursing care and assisted living facilities will fall, with over 40% falling more than once. This video will help you and your staff maintain an effective fall prevention program in your facility. The video and its extensive presenter's guide will teach staff: *The factors and conditions that increase the risk of a resident fall. *The importance of assessing each resident for risk of falling *Interventions relating to environmental, medical and behavioral causes of falls. *The role of a creative and problem-solving approach in matching appropriate interventions to a specific resident's situation. *The importance of good communications within the care team, so that everyone has a clear picture of the interventions in use and everyone gives their support. *The importance on investigating and adjusting interventions promptly whenever a fall happens. *What to do during and immediately after a resident fall.

A comprehensive 16 page presenter's guide comes with the video.

24 minutes

BIOMEDICAL ASPECTS OF AGING & ALZHEIMER'S DISEASE

Author

Number of Copies: 1

Resource Library Ref: 727

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

By the Waters of Babylon

Author

Number of Copies: 1

Resource Library Ref: 1478

CATEGORY: RESPITE

A Spiritual Pilgrimage for Those Who Feel Dislocated

CAN'T AFFORD TO GROW OLD

Author

Number of Copies: 1

Resource Library Ref: 569

CATEGORY:

Care of the Dying: Making Decisions and Plans

Author

Number of Copies: 1 **Resource Library Ref:** 1558 **CATEGORY:** CAREGIVER

This video will help caregivers to communicate openly with patients and their families about the terminal illness that the patient is facing, so the patient and family members can have the information they need to make appropriate decisions. The video documents that honesty about the terminal illness can help the patient and their family members to: *feel relief by understanding and asking questions about their illness; *make critical choices about the future together; *experience acceptance and a sense of closure. The video also encourages caregivers to openly express their own emotions about losing patients that they have come to know and care for over an extended period of time. 20 minutes.

Care of the Dying: A Conspiracy of Silence: Helping the Patient and Family Live With Terminal Illness

Author

Number of Copies: 1 **Resource Library Ref:** 1560 **CATEGORY:** CAREGIVER

A Conspiracy of Silence looks at both the reluctance of patients to "burden" their family members with their terminal illness, and the instinctive need family members feel to "protect" their loved one from the truth. It also discusses ways caregivers can help families Communicate, and go through all the stages of the illness "together" so they can openly comfort, support, and express their true emotions to each other and avoid feelings of guilt or regret later on.

Care of the Dying: Comfort Measures at the End of Life

Author

Number of Copies: 1 **Resource Library Ref:** 1557 **CATEGORY:** CAREGIVER

The video suggests ways to comfort and provide the most beneficial treatment options for the elderly and terminally ill when they elect not continue life-prolonging procedures. The video stresses the need for caregivers to give patients and families full disclosure of their choices, the potential side effects of those choices, and the expected, resulting quality of life. Decisions on pain assessment and management, hydration and tube feeding are discussed, as well as, the caregiver's role as a "comforting presence" to the patient and the family. 37 minutes.

Care of the Dying: Learning About Dying: Death, the Final Stage of Life

Author

Number of Copies: 1 **Resource Library Ref:** 1559 **CATEGORY:** CAREGIVER

This video will encourage caregivers to examine their own attitudes and emotions about death and the dying process. The video stresses the importance of caregivers learning to understand and accept death as the last, natural stage of the life cycle before they can effectively fulfill the physical, emotional, and spiritual needs of the patient (and the family members). Caregivers will learn that quality care for the dying goes past physical comfort and pain management to include: *giving the patient a choice in what happens during final stages of life; *helping the patient (and family members) through the range of emotions from anger or denial to acceptance. 20 minutes

Caregiver Wellness

Author *Marion Karpinski, R.N.*

Number of Copies: 2

Resource Library Ref: 1714

CATEGORY: CAREGIVER

Caregiving can be a very meaningful life experience. It can also present difficult challenges that leave caregivers feeling exhausted and isolated. In this program, we will examine factors that contribute to caregiver stress, and offer practical solutions for reducing stress and cultivating life-long wellness.

This video provides tools and resources to help caregivers transform stress and maintain wellness.

Topics include:

- *The importance of maintaining wellness as a caregiver.
- *Acknowledging and defusing difficult emotions
- *Goal-setting and action plans as agents for positive change
- *Simple, effective exercises for relaxation and renewal
- *Activities that foster self-esteem and well-being
- *The role of respite and caregiver support groups

A must for any agency that works with and supports caregivers.

32 minutes

Caregiving: The Energy It Takes The Difference It Makes

Author *Camille Wade Maurice*

Number of Copies: 1

Resource Library Ref: 1692

CATEGORY: CAREGIVER

Caregiving: Personal Care

Author *Marion Karpinski, R.N.*

Number of Copies: 2

Resource Library Ref: 1712

CATEGORY: CAREGIVER

In this program, we examine why personal care is important and how to provide it safely and considerately. Appropriate for home health agencies, hospices, community service agencies and others that train professional and family caregivers.

All of us develop our own routines for bathing, brushing teeth and caring for our bodies early in life. These habits give us a sense of wellbeing, security and comfort. Allowing someone else to provide care may be stressful. It is important to provide personal care in a way that honors an individual's preferences and dignity.

After viewing this program, you will understand the principles that apply to personal care procedures and how to perform procedures safely and effectively.

The topics covered are: * Use of correct body mechanics *Infection control and protective barriers *Correct handwashing *Privacy and modesty issues *Safety in the home setting *Promoting independence *Oral hygiene *Denture care *Bed bath *Dressing *Nail care *Laundry *Shaving *Hair Care *Shampooing hair in bed

36 minutes

CARING HELPER SIX-VIDEO SET

Author

Number of Copies: 6

Resource Library Ref: 1041

CATEGORY:

You as a Helper:

The Caring Helper is a videotape training program with workbook designed for volunteer and professional caregivers working with people who face life-threatening illness, grief, and loss.

Over 600 hospices, home care and pastoral care centers use The Caring Helper to support their bereavement training. It may be used for self-study or as support for group facilitated training. The set includes six videotapes and a reproducible workbook master. The titles average 30 minutes in running time each.

You as a Helper

Grief and Loss

Communication Skills for Effective Helping

Guidelines for Listening and Helping

Making Support Groups Work

The Helper's Journey

CHOICE AND CHALLENGE: CARING FOR AGGRESSIVE ADULTS ACROSS LEVELS OF CARE

Author

Number of Copies: 1

Resource Library Ref: 7

CATEGORY: ABUSE PREVENTION

Developed during a year-long project sponsored by the American Psychiatric Nurses Association. The training package consists of a 2 minute video and reproducible print materials and hand-outs. The video, taped in three actual long term care settings, shows real life episodes of aggression, and discusses strategies for preventing or defusing such episodes. The workbook provides additional background information for learners and/or trainers, may be reproduced as handouts for participants viewing the video, and provides the basis for both assessment of aggressive behavior as well as interventions to support, assist, soothe and calm older adults.

CHRISTMAS HEARTH - FIREPLACE Respite VIDEO

Author

Number of Copies: 1

Resource Library Ref: 710

CATEGORY:

Coming Home: Basic Information for the Home Caregiver

Author

Number of Copies: 1

Resource Library Ref: 1552

CATEGORY: CAREGIVER

COMMUNICATING WITH MODERATELY CONFUSED OLDER ADULTS

Author

Number of Copies: 2

Resource Library Ref: 976

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Using actual footage of individuals with Alzheimer's disease and related disorders, geriatric experts highlight the characteristics and most effective approaches for understanding and helping moderately confused older adults.

An extensive program guide accompanies the video.

This video is part of an eight tape series on mental health and older adults. Each title in the series is listed separately in this catalog. The complete list is:

- Antipsychotic and Antidepressant Medications and Side Effects
- Communicating With Oriented Older Adults
- Communicating With Moderately Confused Older Adults
- Communicating With Severely Confused Older Adults
- Grief, Loss and Older Adults
- Mental Health Problems of Older Adults
- Older Adult Development
- Therapeutic Reminiscence

COMMUNICATING WITH ORIENTED ADULTS

Author

Number of Copies: 1

Resource Library Ref: 27

CATEGORY: CAREGIVER

Here, techniques of empathy, listening, nonverbal communication, questioning and information gathering are demonstrated and discussed. A special focus on suicidal behavior is included -- enlightening for new care providers and affirming for experienced care givers!

COMMUNICATING WITH SEVERELY CONFUSED OLDER ADULTS

Author

Number of Copies: 1

Resource Library Ref: 28

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Characteristics and intervention techniques associated with the later stages of dementia disorders are defined and demonstrated with actual older adults experiencing severe confusion. Seeing these touching examples of gentle understanding will give new insight to those viewing this video.

Communication: Developing Cultural Competence

Author *Marion Karpinski, R.N.*

Number of Copies: 2

Resource Library Ref: 1710

CATEGORY: CAREGIVER

Culturally competent health care embraces each individual's cultural beliefs, values and customs, rather than imposing one standard of behavior and belief upon everyone. As our ethnic populations continue to grow, understanding how to become culturally competent is even more important.

This video program explores how cultural beliefs and values affect the quality of health care. Health care providers will learn communication and behavioral tools that foster respect, cooperation and sensitivity.

Topics include beliefs about illness and disease, gender roles, sexual orientation, personal and social space, touch, communication styles, time orientation, the use of gestures, appropriate forms of address, language differences, literacy, diet, and the importance of cultural assessment tools.

40 minutes

COMPASSIONATE TOUCH: BENEFITS AND EFFECTS IN ALZHEIMER'S CARE

Author

Number of Copies: 2 **Resource Library Ref:** 984 **CATEGORY:**

This unique video shows the attentive touch and gentle message in caring for and relating to those who have Alzheimer's Disease. Accompanied by a 27 page manual that compliments and expands the points illustrated in the video.

"Persons living with a dementia such as Alzheimer's Disease need touchstones. They are, sometimes, quite literally looking for themselves. They may be lost, they may be confused, they may be overwhelmed. They need that connection with physical reality which focused touch and massage can provide."

Dawn Nelson, C.M.T.

Compassionate Touch: Benefits and Effects in Long Term Care

Author

Number of Copies: 1 **Resource Library Ref:** 1954 **CATEGORY:** CAREGIVER

The need to be touched is often unspoken but deeply felt. Touch plays a key role in healing and overall feelings of wellness. This award-winning video shows how to relate to individuals from the heart through, the hands and illustrates both the physical and psychological benefits of sensitive therapeutic massage and attentive touch in residential care.

23 minutes

Complaints of a Dutiful Daughter

Author *Deborah Hoffman*

Number of Copies: 1 **Resource Library Ref:** 1553 **CATEGORY:** CAREGIVER

Coping With Alzheimer's - Challenging Behaviors

Author

Number of Copies: 1 **Resource Library Ref:** 1470 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

4 Modules for a total running time of 108 minutes. Produced in 1995.

Coping with Alzheimer's-You are Not Alone

Author

Number of Copies: 2 **Resource Library Ref:** 1471 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

3 Modules for a total running time of 86 minutes. Produced in 1995.

COUNTRY HEARTH VIDEO FIREPLACE (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 411 **CATEGORY:** NATURE AND STRESS REDUCTION

Cozy up to a warm, cracklin' Colonial Williamsburg fireplace. The fire never goes out, needs more logs or needs restarting; it just flickers, crackles and entertains viewers with plenty of country flavor and relaxing flames. (60 minutes.)

COUNTY FAIR MEMORIES (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 403 **CATEGORY:** RESPITE

Reminiscence is sometimes called "medicine for the mind." And here's just what the doctor ordered. These tapes take you back to a time when you were just a kid, enthralled and amazed by all that surrounds you. Sit back and enjoy the experience. One's fondest memories of a day at the Country Fair are relived as you watch this tape. Experience again all of the color, excitement, rides, games, animals, foods, and special events. Rag-time music highlights this fun-filled journey through a full day of Country Fair memories. (30 minutes.)

CREATING HEALTH HOME CARE CONDITIONS: INFECTION CONTROL

Author

Number of Copies: 2

Resource Library Ref: 785

CATEGORY:

How do you, as a caregiver, reduce the spread of germs to protect yourself and the person you are caring for?

Cultural Diversity & Health Care/Conflicts of Values

Author

Number of Copies: 1

Resource Library Ref: 1693

CATEGORY: CAREGIVER

This program discusses understanding of various cultures. Sensitivity and non-judgmental helping skills are the key components for use.

Video: 50 minutes

CURTAIN CALL (Clash of emotions between a mother who has had a stroke and her daughters)

Author

Number of Copies: 1

Resource Library Ref: 39

CATEGORY: CAREGIVER

This video unfolds the real-life story of the clash of emotions between a mother who has had a stroke and her daughters as they struggle to find a balance between the daughter's concern for her safety and the mother's desire to make her own choices and live her own life. Curtain Call effectively and emotionally engages the viewer with questions of risk and protection, autonomy and independence, family dynamics, and the roles of caregivers as well as the broader questions of aging and meaning and the struggle for independence in later life.

"Curtain Call is impactful and instructive, a useful resource for caregiver support groups, students of gerontology, health care providers, and those of us who are aging and must attempt to make wise decisions now for our futures." - Catherine F. Siffen, Educational Consultant, Indiana University Center on Aging and Aged

"This compelling story is framed against the backdrop of a play, written by the daughter, and starring the mother and a group of older women. The film draws in the voices of these other actresses, to enrich a moving portrayal of how old age presents new challenges to even the most vital of older people." - Madeline Iris, Ph.D, Associate Director, Buehler Center on Aging

Dancin' Grannies - Mature Fitness Beginners

Author Beverly Gemignani

Number of Copies: 1

Resource Library Ref: 1282

CATEGORY:

Put on your exercise shoes and join the Dancin' Grannies! While we may be over 50, we're young at heart and plan to stay that way with exercise. The Dancin' Grannies video exercise program is designed with an understanding of how the older body changes. It's a safe, fun workout that can increase your flexibility, endurance, coordination and range of motion. Join us 3 days a week and you will see results!

DARK GLASSES & KALEIDOSCOPIES (Manic Depression)

Author

Number of Copies: 1

Resource Library Ref: 688

CATEGORY:

Video about Manic Depressive disorder

Dealing With Alzheimer`s

Author

Number of Copies: 1

Resource Library Ref: 1200

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

One of the most vital elements of living - communication - is hampered and slowly eroded by Alzheimer`s disease. For family, friends, and caregivers this can be one of the most frustrating aspects of the disease. But with knowledge and some simple skills, caregivers, family, and friends can prolong meaningful communication with someone who has Alzheimer`s. In a concise 20 minute, the video teaches how to successfully communicate with someone who has Alzheimer`s disease. It also teaches how to respond to the many behavior changes that Alzheimer`s can bring. 20 minutes.

Dealing with Alzheimer's: Facing Difficult Decisions

Author

Number of Copies: 1 **Resource Library Ref:** 1837 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Senile dementia, or Alzheimer's disease produces memory loss and gradual changes in one's ability to think, plan and communicate. As the person enters the middle and later stages of the disease, family members are faced with difficult decisions regarding care. *Providing information on the changes that occur in the middle and later stages of the disease. *Describing a strategy for family discussion of difficult decisions * Discussing nursing home placement versus home care *Discussing treatment decisions including use of cardiac resuscitation, life support, tube feeding and comfort care. 20 minutes

DEALING WITH PHYSICAL AGGRESSION IN CAREGIVING: NON-PHYSICAL AND PHYSICAL INTERVENTIONS

Author

Number of Copies: 1 **Resource Library Ref:** 8 **CATEGORY:** ABUSE PREVENTION

When aggressive behavior happens, does your staff know how to respond quickly and safely to contain the behavior in a way that prevents injury to both the resident and themselves? This video and workbook training package, prepared by Carly Hellen, OTR/L and Peter Sternberg, L.C.S.W., will teach your staff the preventive, non-physical interventions for minimizing violent episodes and, if necessary, the physical interventions to contain aggressive behaviors while preserving the dignity of the resident. The training package includes three 22-minute videos showing the procedures in detail and a 27-page workbook giving staff training suggestions, detailed instructions and reproducible handouts for easy reference and review. Some of the areas covered in the training package are: Dementia-related stressors for aggression; Non-physical interventions; Physical interventions; A sample administrative policy and procedure statement for dealing with Aggressive Behavior. 1999

Dementia With Dignity

Author *Barbara Sherman*

Number of Copies: 1 **Resource Library Ref:** 1684 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

A practical guide for carers of people with Alzheimer's Disease & other forms of dementia. This 'hands on' video is based on Barbara Sherman's world acclaimed book of the same name. Barbara is a social worker, counsellor, caseworker and family therapist of 30 years experience, now working as an educator and consultant in aged care. She was also a home carer - her late husband, Bill, had dementia.

DEPRESSION & MANIC DEPRESSION: REAL STORIES, REAL HOPE

Author

Number of Copies: 1 **Resource Library Ref:** 709 **CATEGORY:**

SCREENING FOR MENTAL HEALTH

DEPRESSION & MANIC-DEPRESSION: REAL STORIES, REAL HOPE (SPANISH VERSION)

Author

Number of Copies: 1 **Resource Library Ref:** 708 **CATEGORY:**

A PROGRAM OF SCREENING FOR MENTAL HEALTH (SPANISH VERSION)

Depression & The Elderly

Author

Number of Copies: 1 **Resource Library Ref:** 1189 **CATEGORY:** MENTAL HEALTH

Depression among long term care residents is frequently overlooked, misdiagnosed, and inadequately treated. Depression and the Elderly examines the prevalence of depression in the elderly, describes the primary symptoms, cites common causes of depression, shows examples of patient focused objectives in dealing with depression, and demonstrates intervention with the depressed elderly resident. 28 minutes. Includes booklet.

DEPRESSION IN OLDER ADULTS: THE RIGHT TO FEEL BETTER

Author

Number of Copies: 1

Resource Library Ref: 3

CATEGORY: CAREGIVER

This video presents interviews with actual patients who have experienced or are experiencing depression in later life, as well as commentary from professionals. Topics covered include: Causes of Depression; Treatment Modalities; Suicide Risk; Depression in Long Term Care Facilities; Public Policy.

"An excellent teaching tool presenting in a clear and concise fashion the causes, signs, and treatment of a disease which can be so easily underestimated. The video is well organized with excellent graphics and is enhanced by meaningful examples. A definite contribution to the teaching of gerontology and mental health, this video would be useful in educational institutions, senior centers, and as in-service material for staff in nursing homes." - Lawrence Keogh, Ph.D, Gerontological Associates

DESCRIBING SIDE EFFECTS TO MEDICATIONS (Part of 3 tape series)

Author

Number of Copies: 1

Resource Library Ref: 538

CATEGORY:

Dr. Peter Rabins provides guidance on how to describe potential side effects to medication for reporting purposes to other team members. Specific pointers include information which is essential, and how to communicate observations successfully. 18 minutes. (interview format)

Part of 3 tape series on Disordered Behavior: The Medication Culprit

Difficult Decisions: When a Loved One Approaches Death

Author

Number of Copies: 1

Resource Library Ref: 1212

CATEGORY: END OF LIFE DECISIONS

This video, also hosted by NewsHour's Ray Suarez, invites viewer's to look at death with their eyes open to the end, so that they more fully live in the natural light of the inevitability of dying. Simple exercises to assist in the healing process are included. Appropriate for discussion, educational, and support groups. Follow two families as they grapple with life and death issues inside an ICU. See how families are helped through the process of making decisions on behalf of those who are no longer able to communicate their wishes. 26 minutes.

DISORDERED BEHAVIOR: THE MEDICATION CULPRIT

Author

Number of Copies: 2

Resource Library Ref: 676

CATEGORY:

3 Tape Series -

Medication Side Effects Known to Cause Changes in Behavior

Recognizing Psychological and Behavioral Side Effects to Medication

Describing Side Effects to Medications

Geriatrics

Disordered Behavior: The Medication Culprit

Presented by Peter Rabins, MD

(interview format)

Medication Side Effects Known to Cause Changes in Behavior

This lecture provides an introduction to medication which are widely prescribed for the elderly with documented physiological and psychological side effects. The discussion alerts the viewer to physiological side effects such as the onset of incontinence, sleep disruption, or dizziness which can result in disordered behaviors such as anger, frustration, aggression or confusion.

(interview format)

26 minutes

Recognizing Psychological and Behavioral Side Effects to Medication

In a series of interviews, Peter Rabins, MD, talks with nursing assistants to find out what types of disordered behaviors they observe caring for older individuals. Discussion includes aggressive behavior, mild and extreme confusion, and depression. How do we know if medication is the culprit? Dr. Rabins helps the nursing assistants determine if the probable cause for the behavior can be a medication. (interview format)

26 minutes

Describing Side Effects to Medications

Dr. Peter Rabins provides guidance on how to describe potential side effects to medication for reporting purposes to other team members. Specific pointers include information which is essential, and how to communicate observations successfully. (interview format)

Dream Trains: Short Hops & Whistle Stops

Author

Number of Copies: 1

Resource Library Ref: 1809

CATEGORY: RESPITE

This video brings back the days when trains were the way to go. Video scenes of steam locomotives set the stage for the fond memories of Americans who lived this bygone era of rail travel. This video features three special sections; an entertaining look at depots large and small; the pioneering Harvey Girls; and the 1948 campaign of President Truman, which brought the term "whistle stops" into the American political vocabulary.

58 minutes

ELDER ABUSE AND NEGLECT : Signs and Symptoms for each form of abuse

Author

Number of Copies: 2

Resource Library Ref: 779

CATEGORY:

This video program defines the complexities of elder abuse and presents signs and symptoms for each form of abuse. Contributing factors for elder abuse are also covered, such as:

Elder Abuse: The Real Definition Abusive Physical Interactions

Author

Number of Copies: 1 **Resource Library Ref:** 1562 **CATEGORY:** ABUSE PREVENTION

Care providers discuss unacceptable physical interactions; use of force when an older person cannot or will not cooperate; grabbing, hitting or pushing a resident; and rough manner. 20 minutes

Elder Abuse: The Real Definition Abusive Verbal Interventions

Author

Number of Copies: 1 **Resource Library Ref:** 1563 **CATEGORY:** ABUSE PREVENTION

This program's discussion includes: lack of verbal interaction while providing care; lack of responsive feedback to conversation; negative comments concerning condition or abilities; and ridicule, anger, and threats. 20 minutes

Elder Abuse: The Real Definition- Neglect

Author

Number of Copies: 1 **Resource Library Ref:** 1561 **CATEGORY:** ABUSE PREVENTION

This program considers situations in which neglecting an older person is abusive. Includes: not responding to a call bell; not providing assistance when needed; allowing a resident to remain soiled; not observing and reporting significant change in an older person's physical or mental status; and not reporting signs of pain.

ELIMINATING NEGATIVE AND ABUSIVE INTERACTIONS: CAREGIVER STRESS TRIGGERS (Part of 2 tape series)

Author

Number of Copies: 2 **Resource Library Ref:** 184 **CATEGORY:** CAREGIVER

Presented by Gerogia Stevens, PHD, RN, CS

A number of factors can contribute to caregivers potentially responding with negative or even abusive behaviors when providing care for the elderly. These situations do not need to arise. The two tapes in this series will provide training to promote the best possible care of the elderly.

Caregiver Stress Triggers will look at two areas of stressors. When caring for the elderly, multiple demands are often placed on the caregiver simultaneously - either in the institutional or home setting. The other frequently encountered area of caregiver stress may be the behavior of the elderly person who is combative, depressed, uncooperative or confused. This tape will suggest positive ways to deal with simultaneous, multiple demands and behavioral problems. 27 minutes. (interview format)

ELIMINATING NEGATIVE AND ABUSIVE INTERACTIONS: PREVENTING AND REDUCING NEGATIVE AND ABUSIVE RESPONSES (Part of 2 tape series)

Author

Number of Copies: 1 **Resource Library Ref:** 539 **CATEGORY:**

Presented by Gerogia Stevens, PHD, RN, CS

A number of factors can contribute to caregivers potentially responding with negative or even abusive behaviors when providing care for the elderly. These situations do not need to arise. The two tapes in this series will provide training to promote the best possible care of the elderly.

This tape provides the caregiver with effective ways of dealing with caregiver stress. The tape reviews a series of situations which can easily precipitate inappropriate caregiver responses. Appropriate and positive management for each situation is presented. These cases will demonstrate how the elimination of inappropriate caregiver responses can prevent situations from escalating. It also examines what positive actions can be taken to de-escalate a situation which has already reached and "out-of-control" state. 26 minutes. (interview format)

Embracing Butterflies: Reflections on Living and the End-of-Life Experience

Author

Number of Copies: 1 **Resource Library Ref:** 1566 **CATEGORY:** POSITIVE IMAGES OF AGING

As much about living as it is about dying, Embracing Butterflies presents striking images, music, story, and drama to engage the viewer's individual reflections and meditations. Part One: Enduring the Darkness, uplifts the choices available for elating to those we owe in the time that remains for all of us. Part Two: Precious Memories, provides an opportunity to capture and explore events and movements that bring special meaning and purpose to each life story. Part Three: Being Remembered, explores what viewers accomplished in life and how they want to be remembered. It continues with lovely video images and a powerful litany affirming, "We will remember you." This video can be viewed individually, but may be even more meaningful when shared with loved ones and friends. It also speaks to caregivers, study groups and/or professional staff, as they seek to understand and be present for individuals and family members who find themselves on an end-of-life journey.

Enable - People with Disabilities and Computers

Author *Microsoft*

Number of Copies: 1 **Resource Library Ref:** 1352 **CATEGORY:**

Life is a juggling act. We are constantly juggling the activities of work, home, and family to keep the rhythm of our lives in harmony. But what happens when you have a disability? Do you just let the pins drop, or do you pick them up and juggle a different way?

Join The Flying Karamazov Brothers as they introduce you to people who are using the personal computer to allow them to get back into the rhythm of life. You will see that with the help of the personal computer, people with disabilities are working, creating, communicating, and juggling the activities of life.

Energize! Daily Warm-ups for Flexibility and Strength

Author *Tricia Yi*

Number of Copies: 1 **Resource Library Ref:** 1347 **CATEGORY:** FITNESS

These routines blend elements of dance and gymnastic warm-ups with the ancient Chinese practices of Qigong and T'ai Chi. The movements range from simple, short stretches to more advanced exercises.

EVEN THESE MAY FORGET

Author

Number of Copies: 1 **Resource Library Ref:** 970 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

This video provides pastors and pastoral counselors with information about Alzheimer's Disease and what some of the available resources are for families who are dealing with the disease.

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Everybody Can Tai Chi

Author

Number of Copies: 1 **Resource Library Ref:** 1193 **CATEGORY:**

Yes, every body can do Tai Chi with this video. No sweat, no change of clothes needed, just soft shoes and a soft attitude. Easy-to-follow directions with great senior role models. You and your clients will love it! 30 minutes.

Exercise Senior Style (2 Session Set)

Author *Susan Malmstadt*

Number of Copies: 1

Resource Library Ref: 1194

CATEGORY:

Exercise Senior Style is designed to help senior adults succeed at an exercise program. The videos feature both seated and standing exercises done to original, upbeat music. Session 1 features mostly seated exercises with fewer repetitions. Session 2 builds endurance with primarily standing exercises. Both workouts will improve: flexibility, range of motion, coordination and balance, muscle strength, overall fitness. Two 30-minute videotapes.

Exercise: A video from the National Institute on Aging

Author

Number of Copies: 1

Resource Library Ref: 1285

CATEGORY:

FACING ALZHEIMER'S: CONVERSATIONS WITH CAREGIVERS

Author

Number of Copies: 2

Resource Library Ref: 983

CATEGORY:

This video takes an in-depth look at the impact caring for a loved one with Alzheimer's can have on the caregiver, the other family members and their lifestyles. From diagnosis to the final days of caregiving, this video goes past surface issues to uncover the vast range of emotions, the often overwhelming uncertainties and the difficult decisions caregivers experience but rarely talk about openly.

The video is divided into two sessions. Session One includes discussions on:

Initial reactions to diagnosis - anger guilt and denial

Coping with changes in a loved one

Grieving

Remembering to care for yourself

Changes in the marital relationship

Children as caregivers for their parents

Session Two includes discussion on:

Making the decision to place a loved one in a nursing home

Placing a loved one in a nursing home

Taking comfort in good memories of a loved one

The value of caregiver respite and support groups

The lessons caregivers learned in taking care of their loved one

Letting go and saying goodbye

Facing Alzheimer's leaves the viewer with valuable insights into the physical, mental and emotional commitment that caregiving requires and reinforces the fact that caregivers themselves need to have a solid support base in order to provide the best care. This video will also give family members and friends not directly involved in the caregiving process a better understanding of the tremendous effort involved in caring for someone with Alzheimer's.

FALL PREVENTION

Author

Number of Copies: 2

Resource Library Ref: 789

CATEGORY:

Learn what can you do to reduce the risk of falls to yourself and the person you are caring for,

Family - Memory Lane

Author

Number of Copies: 2 **Resource Library Ref:** 1886 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Family is a first-of-its-kind video that takes viewers for a stroll down Memory Lane. Caregivers or family members and loved ones afflicted with memory loss can revisit good times together, share a common experience and sing along to an oldie-but-goodie. In scrapbook fashion, Family presents a nostalgic excursion through family life in pictures, music and personal stories. You'll visit such special times as love and marriage, babies, child's play, birthdays, family vacations and graduation day.

Special features

- * Interactive Memory CPR activities
- * Sing along to on-screen lyrics
- * Closed captioning

44 minutes.

Family Caregiving Video

Author

Number of Copies: 1 **Resource Library Ref:** 1741 **CATEGORY:** CAREGIVER

This video includes the following segments: Home Safety, General Caregiving Skills, Positioning and helping Your loved One Move, Assisting with Personal Care, Healthy Eating, Legal and Financial Issues, Caring for a Loved One with Alzheimer's Disease or Dementia, Caring for a Loved One with HIV/AIDS. Close Captioning for the Hearing Impaired

FAVORITE CANADIAN MEMORIES (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 420 **CATEGORY:** RESPITE

Dawn and her little baby share memories with her listeners of growing up in Canada. Stories of Canadian events, including the '67 Expo and hockey night, are remembered and talked about. There's even a visit from Dawn's brother (dressed in his hockey uniform). Songs include: "London Bridge," "Frere Jacques," "Rock-a-Bye Baby," "Oh, Canada," and "When the Red, Red Robin Comes Bob, Bob, Bobbin' along." (35 minutes.)

FEAR OF FALLING: A MATTER OF BALANCE

Author

Number of Copies: 1 **Resource Library Ref:** 1 **CATEGORY:** AGING AND ITS EFFECTS

Older people often restrict their activities because they think it will reduce risk of falls. However, this restricted activity can lead to physical deconditioning that can actually increase fall risk. This is a video and facilitator's manual combination that provides step-by-step strategies for helping elders to 1) overcome the fear of falling and 2) take active steps to reduce the risk of falling. Awarded the Archstone Foundation Award for Excellence in Program Innovation.

Fear of Falling: A Matter of Balance

Author

Number of Copies: 1 **Resource Library Ref:** 1848 **CATEGORY:** AGING AND ITS EFFECTS

Older people often restrict their activities because they think it will reduce risk of falls. However, this restricted activity can lead to physical deconditioning that can actually increase fall risk. This is a video and facilitator's manual combination that provides step-by-step strategies for helping elders to 1) overcome the fear of falling and 2) take active steps to reduce the risk of falling. Awarded the Archstone Foundation Award for Excellence in Program Innovation.

17 minute video

accompanying manual #1847

FINAL CHAPTER (Issues and attitudes that surround death and dying)

Author

Number of Copies: 1 **Resource Library Ref:** 2 **CATEGORY:** CAREGIVER

This video looks at the range of cultural issues and attitudes that surround death and dying, and assesses such factors as the age of the dying person, the extent of illness or injury, and the legal and ethical ramifications in considering whether medical assistance should be continued and life be prolonged. It includes a case study of a woman who has rejected her HIV medicine and is awaiting her death. It also studies the hospice movement as a source of support of dying persons and their families.

FIRE SAFETY

Author

Number of Copies: 2 **Resource Library Ref:** 808 **CATEGORY:**

This program will show you how you can reduce the chance of a fire starting in your home, and how you can save yourself, your family, and the person you are caring for if there is a fire.

Fitness after Sixty

Author *Steve Michalik*

Number of Copies: 1 **Resource Library Ref:** 1670 **CATEGORY:** POSITIVE IMAGES OF AGING

This half hour easy exercise to Big Band music is designed to keep and increase muscle tone, improve mobility, fight osteoporosis and the crippling effects of arthritis. Medical experts recommend that this routine be followed three times a week. It's excellent for anyone who prefers an easy chair to a hard work out in the gym. It is safe and easy to follow at home.

Fitting and Using a Cane

Author

Number of Copies: 4 **Resource Library Ref:** 1607 **CATEGORY:** AGING AND ITS EFFECTS

Fitting and Using a Walker

Author

Number of Copies: 4 **Resource Library Ref:** 1611 **CATEGORY:** AGING AND ITS EFFECTS

FRONT ROW SEAT: SING ALONG WITH BARBARA (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 685 **CATEGORY:**

Videotape features residents of a retirement community singing, dancing and reminiscing as Barbara Jacobs*, their music teacher, enthusiastically leads them at the piano. Watching other seniors singing and having fun encourages participation.

Gaining a Heart of Wisdom

Author

Number of Copies: 1 **Resource Library Ref:** 1477 **CATEGORY:** RESPITE

Finding Meaning in the Autumn of Your Life

Gaining a Heart of Wisdom

Author

Number of Copies: 1 **Resource Library Ref:** 1207 **CATEGORY:** AGING AND ITS EFFECTS

Ten principles of healthy aging presented in this video with award-winning photography and music. Themes include: `In the fading light, you can see better than ever.` `As you learn to let go, you will gain. As honest as it is affirming. It does not sugarcoat aging, and that is what makes it so inspirational. 36 minutes.

GARDEN FLOWERS Respite VIDEO

Author

Number of Copies: 1

Resource Library Ref: 825

CATEGORY:

This video captures the beauty of gardens alive with spectacular flowers. The many close-up shots of flower varieties accentuates the intricate details and designs nature offers us. A good video for viewers with poor eyesight. Besides the many bright, close-up pictures, the scenes move slowly and are sharply focused. The visuals are accompanied by soothing, gentle music to relax the viewer. 23 minutes

GARDENS, BLOSSOMS, & BLOOMS (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 406

CATEGORY: NATURE AND STRESS REDUCTION

Enter a world of colorful spring and summer flowers, where delicate white apple blossoms and brilliant red tulips flutter in the warm spring sunshine. Stroll peacefully through summer gardens of roses, daises, zinnias, and snapdragons. And meander through meadows of wild flowers under a clear blue sky. Soothing instrumental music and natural sounds complete your restful experience. (60 minutes.)

GONNA DO A LITTLE MUSIC (Respite Video)

Author

Number of Copies: 2

Resource Library Ref: 413

CATEGORY: RESPITE PERSONAL CONVERSATIONS/S

The Video Respite Series lets your residents or clients with Alzheimer's disease enjoy the interactive, therapeutic benefits of Video Respite. Featuring simulated interchanges with visiting friends, this highly engaging video series provides opportunities for singing, movement and conversation for viewers in moderate to advanced stages of Alzheimer's disease and related disorders. Based on extensive research, these programs are proven to calm agitation and reduce self-limiting behavior. Flexible enough to be used almost anywhere a television or videotape player is available, the videos are perfect for a variety of settings including adult day centers, clinics, hospitals, support group meetings, long term care facilities and even home use. Brief, to-the-point instruction booklets accompany each video to help ensure the most effective results.

In gonna Do a Little Music, while playing with guitar and autoharp, Marianne engages viewers in singing familiar songs and discussing memories related to topics such as love, music lessons, family gatherings and childhood friends. Light-hearted songs like "Skip To My Lou", "Moonlight Bay" and "You Are My Sunshine" provide the backings for sing-a-longs, hand, are, and leg movement, and pleasant memories. This tape will hold the viewers' attention and will get them toe-tapping, humming and singing along.

GRACE (Video about the progression of dementia)

Author

Number of Copies: 1

Resource Library Ref: 181

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

"There are moments in this film that distill emotion so well they should be freeze-framed and hung on the wall. . . The film is so good it hurts to watch. But stay with it. Grace offers one of the most rewarding and ultimately uplifting experiences TV is capable of delivering." - Baltimore Sun

This unique program follows the life of Grace Kirkland, who suffers from a progressive dementia disorder and the inspirational caregiving efforts of her husband for a period of seven years. At the onset, Grace is seen to be having difficulty with short-term memory. Nonetheless, her enthusiasm for life shines through her troubled moments. Four years later, Grace is no longer able to speak and paces through her home. Two years later Grace is no longer able to walk or eat without assistance. This program is a tribute to the spirit of Grace and the care provided by her husband. Emmy award-winning documentary nationally broadcast. 58 minutes.

Grandparenting: Enriching Lives

Author *Civitas*

Number of Copies: 1

Resource Library Ref: 1377

CATEGORY: GRANDPARENTING/PARENTING

An informative 30-minute video hosted by Maya Angelou, focuses on the important grandparent, parent and child relationship. Featuring real-life grandparents and based on the latest child development research, this video:

- * highlights the profound effects grandparents can have on the lives of their grandchildren;
- * provides ideas for staying connected even when far away;
- * illustrates various grandparenting roles;
- * offers practical suggestions and inspiration that will benefit the entire family.

Grief and Healing: Coping with Death

Author

Number of Copies: 1

Resource Library Ref: 1211

CATEGORY: BEREAVEMENT

This video hosted by New Hour's Ray Suarez, invites viewers to look at death with their eyes open to the end, so that they more fully live in the natural light of the inevitability of dying. Simple exercises to assist in the healing process are included.

Appropriate for discussion, educational, and support groups. People who have a terminal illness and those who have recently experienced a profound loss openly discuss their experiences with loss, grief and healing. In a session hosted by Frank Ostaseski, founder of the San Francisco's Zen Hospice Project, seven people discuss what they fear, how to say goodbye and other deeply moving topics. 26 minutes.

GRIEF, LOSS AND OLDER ADULTS

Author

Number of Copies: 1

Resource Library Ref: 40

CATEGORY: BEREAVEMENT

In order to personally understand the grief and loss issues experienced by older adults, a group participates in a sensitivity exercise, and geriatric experts elaborate on this issue - an exceptionally enlightening training video!

Grief: Coping with the Holidays

Author *Kathleen Braza*

Number of Copies: 1

Resource Library Ref: 1406

CATEGORY: BEREAVEMENT

This is a solid presentation of time-tested healing techniques and emotional coping activities, to help the bereaved at difficult holiday times. It explains the natural reactions to grief and what others can say or do to help turn holiday traditions from a time of sadness and loneliness into healing rituals. Braza shares grief work from her own life as well as many rituals gleaned from those she has counseled.

HEADLINE STORIES - FOUR 1915 SILENT FILMS: Respite VIDEO NOSTALGIA

Author

Number of Copies: 1

Resource Library Ref: 295

CATEGORY: RESPITE

Stages 2-7

Four 1915 "silent film" romance and slapstick comedies. Stars Fatty Arbuckle, Mable Normand, Mack Swain. 57 min.

HEADLINE STORIES: Respite VIDEO NOSTALGIA

Author

Number of Copies: 1

Resource Library Ref: 823

CATEGORY:

Throughout their 50-year run on the nation's movie screens, until they disappeared in the late 60s, theatrical newsreels featured stories of national disasters, wars, politics, and often upheavals. They often ended with an odd story or personality, or the comic side of life in order to "lighten up" the hard-core news. This video presents 107 newsreels from 1920 to 1965, reporting the stories of personalities, fads, foibles, and bizarre happenings, from Valentino's death and "Wrong Way Corrigan" to Marilyn Monroe and Elvis in the army. It's all here - the remarkable, attention-getting nostalgia headlines of the bygone theater newsreel era. Compiled and edited from the famous Hearst News library. 90 minutes.

Healthy Ways, Healthy Days - An Easy Walking Program For People With Type II Diabetes

Author Carol Greenberg, PT

Number of Copies: 1

Resource Library Ref: 1350

CATEGORY:

Diabetes doesn't mean the end of activities that you enjoy. The treatment plan prescribed by your physician will work to establish a balance between diet, medication, and exercise. This videotape explains the role of exercise or activity as part of a total diabetes management program.

HELPING PEOPLE WITH DEMENTIA IN ACTIVITIES OF DAILY LIVING

Author

Number of Copies: 3

Resource Library Ref: 11

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

The loss of ability to do every day tasks that were satisfying and meaningful throughout their lives often causes frustration and anger for both the Alzheimer's victim and caregiver. This 22 minute slide-tape presentation reproduced on video demonstrates some techniques that have worked well in helping people with Alzheimer's disease or other related dementias to accomplish as independently as possible a variety of tasks activities such as dressing, grooming, and performing simple household chores can help increase independence and greatly enhance the quality of life. They enable people to continue tasks which were meaningful and important to them earlier in their life.

HI BUDDY: THE DEVELOPMENTALLY DELAYED INDIVIDUAL WITH ALZHEIMER'S DISEASE

Author

Number of Copies: 1

Resource Library Ref: 170

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

This video introduces Roger, a 53 year old man with Down's syndrome and a diagnosis of Alzheimer's Disease. Observing Roger at home, at work and at a doctor's appointment, the viewer will note areas in which Roger is still independent and areas where he now requires assistance. Interviews with his family caregiver, his physician and his work counselor provide essential information for family and professional caregivers working with older individuals with developmental delay and dementing illness. Despite Roger's decline, he still retains the ability to win over the world with his smile and cheerful nature.

Hoarding Subtype: A Mental Health Issue Part 1

Author Brad Riemann, PhD

Number of Copies: 2

Resource Library Ref: 1696

CATEGORY: HOARDING

Part 1 - 12/20/04 - 2 1/2 hrs

Hoarding Training: Part 2

Author Brad Riemann, PhD

Number of Copies: 2

Resource Library Ref: 1698

CATEGORY: HOARDING

Part 2 - 2/9/05 - 2 1/2 hrs

Hoarding Training: Part 3

Author Brad Riemann, PhD

Number of Copies: 2

Resource Library Ref: 1700

CATEGORY: HOARDING

Part 3 - 2/23/05 - 2 1/2 hrs

Homecare: Coping With Change

Author

Number of Copies: 1

Resource Library Ref: 1565

CATEGORY: CAREGIVER

For the family caring for an elderly loved one at home, or facing the decision to do so, this video will help them recognize and understand some of the issues and stresses involved in that caregiving. The video covers the following topics: understanding losses, coping with new demands or disruptions, changes in relationships, conflict, resolving negative feelings, finding help and communicating. 27 minutes.

How Do I Go On?

Author James E. Dr. Miller

Number of Copies: 2

Resource Library Ref: 1479

CATEGORY: RESPITE

Re-designing your future after crisis has changed your life is created for those courageous people who face an uncertain future - one that will be different from the future they have always counted upon. The viewer will be led through a five-step process that encourages the honest facing of feelings, the deliberate exploration of options, and the careful reassembling of one's plans that will lead to a more fulfilling life. Day-to-day awareness will be heightened and gratitude for life's many treasures will be increased.

HOW TO CARE FOR SOMEONE ON BEDREST

Author

Number of Copies: 2

Resource Library Ref: 781

CATEGORY:

The topics covered are:

HOW TO CHOOSE A NURSING HOME

Author

Number of Copies: 1

Resource Library Ref: 37

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

An objective step by step method to assist in the selection of a skilled nursing facility, this video includes specific questions to ask regarding patient care, staff qualifications, services, safety and costs. It also includes an easy to use Nursing Home Evaluation form to copy and use during a visit to a facility and a guided on-site tour of a nursing home. An excellent overview of terms, resources and financial considerations including Medicaid and Medicare.

HOW TO COMMUNICATE EFFECTIVELY WITH SOMEONE WHO HAS HEARING LOSS

Author

Number of Copies: 2

Resource Library Ref: 775

CATEGORY:

The topics covered are:

- Importance of communication
- The causes of hearing loss
- Symptoms of sensorineural hearing loss
- Audiologist evaluation
- Effective communication techniques
- Communication techniques outside the home
- Listening
- Hearing aids
- Assistive listening devices
- Resources

Winner, 2000 National Mature Media Awards, Bronze Award

Length: 28 minutes; Closed Captioned

HOW TO COMMUNICATE WITH SOMEONE WHO HAS ALZHEIMERS DISEASE

Author

Number of Copies: 2

Resource Library Ref: 810

CATEGORY:

This video program defines Alzheimers Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimers and to the caregiver.

Topics covered include repetitive questions, doing chores, aggressive behavior, answering questions, and the use of language and other forms of communication.

Interviews with experts on Alzheimers Disease provide information about the challenges that the disease presents and how to meet them successfully.

HOW TO COMMUNICATE WITH SOMEONE WHO HAS APHASIA

Author

Number of Copies: 2

Resource Library Ref: 777

CATEGORY:

This video teaches the importance of communication and defines aphasia and its effects. Learn techniques developed by speech-language pathologists and others in the field of communication and speech disorders.

Interviews with family members, people with aphasia, a communication expert, and a speech-language pathologist are featured, providing information about the challenges aphasia presents and how to meet them successfully.

Length: 24 min.

How to Communicate with Someone who has Hearing Loss

Author *Marion Karpinski*

Number of Copies: 1

Resource Library Ref: 1858

CATEGORY: AGING AND ITS EFFECTS

Communication is vital to our sense of well-being. Without social interaction, we become isolated. We feel lonely, frustrated, and angry. This program will teach you how to communicate effectively with someone who has hearing loss.

Hearing loss is the most common communication problem that we may experience as we get older. Approximately 17 million Americans over the age of 65 have significant hearing loss affecting self-perception, relationships, work, and play. The person with hearing loss is not the only one who suffers. Family members and friends often feel frustrated and angry because of their increased efforts to be heard and understood.

The topics covered are:

- *Importance of communication
- *The causes of hearing loss
- *Symptoms of sensorineural hearing loss
- *Audiologist evaluation
- *Effective communication techniques
- *Communication techniques outside the home
- *Listening
- *Hearing aids
- *Assistive listening devices
- *Resources

28 minutes

HOW TO HELP SOMEONE WHO USES A WHEELCHAIR WITHOUT HURTING YOURSELF

Author

Number of Copies: 2

Resource Library Ref: 783

CATEGORY:

Learn the proper transfers:

HOW TO MANAGE MEDICATIONS

Author

Number of Copies: 2

Resource Library Ref: 787

CATEGORY:

Medications play a major role in healthcare,

HOW TO SAY GOODBYE (3 TAPE SERIES)

Author

Number of Copies: 1

Resource Library Ref: 178

CATEGORY: CAREGIVER

Being an Adult Child

Saying good-bye

Being a Professional Caregiver

In this program, Dr. Wertheimer discusses with a family several actual situations. Each situation shows the complexity and magnitude of making plans and decisions during the final stages of life. The discussion explores what questions the family should ask and what alternatives exist. Decisions are examined. Does the family have enough information to make decisions? Are decisions made in partnership with the dying person whenever possible? Are decisions sometimes made because family members do not know how to say good-bye. In conclusion, Dr. Wertheimer helps the family identify ways in which they can contribute to a good ending, helping them to learn to say good-bye. 20 minutes. (interview format)

I'M PRETTY OLD (Reflections and comments of several older residents in a long term care facility)

Author

Number of Copies: 1

Resource Library Ref: 5

CATEGORY: AGING AND ITS EFFECTS

This video is made up exclusively of the reflections and comments of several older residents in a long term care facility talking about what it is like for them to give up a certain amount of independence as they experience increased physical frailty. This video is an excellent resource for professionals who work with residents in long term care facilities. It is also valuable for viewing by older adults themselves.

IN THE MOMENT (Stress and Changes for family involved in AD care)

Author

Number of Copies: 1

Resource Library Ref: 973

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

This video takes a look at how two different families deal with the stresses and changes involved in caring for a parent that has Alzheimer's

IN THIS VERY ROOM

Author

Number of Copies: 3

Resource Library Ref: 1039

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

In This Very Room challenges prevalent negative images of older adults with dementia. In 12 minutes this video clearly demonstrates that those with dementia can actively participate in many pleasurable and creative activities. It shows professionals engaging them in music, dance, visual art and drama improvisation.

In This Very Room should be seen by those who work in any capacity with those who have dementia. It should also be seen by family members and friends of those with dementia. It will give them joy and hope

In Your Hands: The Tools for Preserving Personal Autonomy

Author

Number of Copies: 1

Resource Library Ref: 1574

CATEGORY: CAREGIVER

This video and program guide offer legal guidance to wills, joint ownership, durable power of attorney, trusts, health care advance directives, family consent laws, representative payee, guardianship, conservatorship.

INJURY PREVENTION/PREVENTING ADVERSE MEDICATION REACTION

Author

Number of Copies: 1 **Resource Library Ref:** 202 **CATEGORY:** AGING AND ITS EFFECTS

More than eight in ten older adults take medication daily, often more than one. As a result, drug side effects, drug interactions and drug withdrawal pose serious dangers to the elderly. In this program viewers get an overview of the factors that put the elderly at risk and are shown how to recognize symptoms of adverse reaction, such as changes in eating patterns, depression, dizziness and insomnia. Included are ready to copy tools for noting and remembering medications. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING BURNS AND SCALDS

Author

Number of Copies: 1 **Resource Library Ref:** 203 **CATEGORY:** AGING AND ITS EFFECTS

Poor vision or hearing, fragile skin, slow reflexes and impaired mobility can put elderly people at higher risk for burn and scald injuries. Spilled coffee, hot appliances, steam from boiling water or heating pad - all can be lethal to the older adult. In this program, viewers learn to be alert to burn hazards in a wide range of potentially dangerous situations such as taking a bath, using heat producing appliances and drinking hot liquids. Included are checklists for fire and burn safety. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING CHOKING AND ASPIRATION

Author

Number of Copies: 1 **Resource Library Ref:** 204 **CATEGORY:** AGING AND ITS EFFECTS

Weak swallowing muscles, poor cough or gag reflexes and dementia are just a few of the factors that put the elderly at risk of choking and aspiration. In this program, viewers learn to identify the characteristics of choking, aspiration, strangulation and suffocation; and they learn prevention tips to help reduce these risks. Included are practical tools including illustrated step-by-step instructions for using the Heimlich Maneuver on both conscious and unconscious victims. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING ELDER ABUSE

Author

Number of Copies: 1 **Resource Library Ref:** 205 **CATEGORY:** ABUSE PREVENTION

Because of increased dependence, older people can be at risk for neglect and other forms of abuse, including physical, financial and psychological. This program teaches the viewer to understand and recognize the signs of elder abuse. It gives clear guidance for reducing these problems among the elderly and for understanding how behavior can be hurtful emotionally, if not physically. Special topics include the stresses of dealing with an older person with dementia, which can lead to caregiver anger, depression, and abuse. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING FALLS

Author

Number of Copies: 1 **Resource Library Ref:** 206 **CATEGORY:** AGING AND ITS EFFECTS

Falls are the leading cause of accidental death for adults 65 and older. Because of vision problems, osteoporosis, poor mobility and frailty, older people are especially at risk for hip fractures and other injuries resulting from falls. In this video, viewers will learn to recognize and correct hazardous situations that can lead to falls, such as shoes, wet or uneven surfaces and getting out of bed incorrectly. Included with the material are ready to copy check lists of hazards and screening instruments to assess risk. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING FOODBORNE ILLNESS

Author

Number of Copies: 1 **Resource Library Ref:** 207 **CATEGORY:** AGING AND ITS EFFECTS

Older people are at increased risk for food borne illness wherever there are unsafe conditions in handling, storing and preparing food. A diminished sense of smell and taste can impair an elderly person's ability to judge whether a food is safe to eat, and a weakened immune system can leave the person susceptible to food poisoning. In this program, viewers learn prevention tips for avoiding of poisoning caused by contaminated foods, and they learn to spot hazardous situations in which bacteria can thrive. Included are ready to copy tools for teaching how to store, prepare and handle food safely. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING HYPERTHERMIA, HYPOTHERMIA & DROWNING

Author

Number of Copies: 1 **Resource Library Ref:** 208 **CATEGORY:** AGING AND ITS EFFECTS

As people age, the risk of death or injury from hypothermia, hypothermia, frostbite and drowning increases. Thin skin, chronic illness, diabetes, medications and other factors can put the elderly in jeopardy beyond what a younger person would experience in the same situation. This program teaches how to recognize conditions that put elders at risk - such as hot and cold weather, poverty, bathtubs and hot tubs, and the use of alcohol - and shows how to correct the hazards that can lead to temperature related illness and drowning. Included are ready to copy prevention checklist. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING MALNUTRITION

Author

Number of Copies: 1 **Resource Library Ref:** 209 **CATEGORY:** AGING AND ITS EFFECTS

Nutritional problems are common among the elderly. Living alone, poverty, mobility and dexterity problems, poor appetite, prescription drugs, bad eating habits, dental disorders and swallowing disorders are just some of the factors that put elderly people at risk for malnutrition. In this program viewers learn to recognize the risk factor and symptoms of malnutrition in the elderly, and they learn techniques for improving appetite and eating habits. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING PROBLEM USE OF ALCOHOL

Author

Number of Copies: 1 **Resource Library Ref:** 210 **CATEGORY:** AGING AND ITS EFFECTS

Experts estimate that 10% of the elderly population may be alcohol dependent. But, since signs of alcohol abuse can be similar to signs of aging, spotting alcohol problems in the elderly can be difficult. In this program, viewers learn the symptoms of problem use of alcohol and gain an awareness of the special dangers that can affect an older person. They learn about life stresses that can lead to problem alcohol use and about the hazards of and interventions for alcohol withdrawal. Included are four photocopyable screening tools that can be used to assess the problem use of alcohol. This program is part of a ten program series.

INJURY PREVENTION/PREVENTING SUICIDE & DEPRESSION

Author

Number of Copies: 1 **Resource Library Ref:** 364 **CATEGORY:** MENTAL HEALTH

In the elderly, personal losses and medical conditions can lead to depression, feelings of hopelessness and suicide. This program teaches viewers to spot signs of depression and suicide and gives them techniques for primary prevention, such as pet therapy, social activities and volunteerism, that can help ward off debilitating depression. Included are discussions of assisted suicide, myths about suicide, treatment programs and types of depression, an screening instruments to use to spot signs of danger. This program is part of a ten program series.

Inspire: You Can Manage Your Asthma

Author

Number of Copies: 1 **Resource Library Ref:** 1274 **CATEGORY:** CHRONIC ILLNESS

Education and knowledge are the keys to managing your asthma successfully. The workbook and video are an important part of the inspire education process. In this video, you will be asked to decide what you would do to manage asthma in various situations. This will give you practice in thinking through what you would do in real life.

INTERACTING WITH ALZHEIMER PATIENTS: TIPS FOR FAMILY - RECOGNIZING AND PREVENTING CAREGIVER BURNOUT (Part of 2 tape series)

Author

Number of Copies: 1

Resource Library Ref: 540

CATEGORY:

Often careivers do not recognize signs of burnout until it is too late. In this tape, Peter Rabin, MD helps caregivers recognize signs of burnout. Discussion includes: caregiver personality changes; signals of caregiver depression; increasing frustration; feelings of hopelessness and social isolation, Recommendations are suggested on how to prevent burnout. (20 minutes.)

INTERACTING WITH ALZHEIMER PATIENTS: TIPS FOR FAMILY - ALZHEIMER DISEASE DO'S AND DON'T (Part of 2 tape series)

Author

Number of Copies: 1

Resource Library Ref: 179

CATEGORY: CAREGIVER

In a discussion with several caregivers, Peter Rabins, MD identifies the do's and don'ts of interacting with individuals with Alzheimer's disease. Do's include : using distraction; positive reinforcement, and repetition; and encouraging maximum independence and favorite activities of the past. Don'ts include: never responding in anger; never using ridicule; and never asking patient to do something no longer possible. (20 minutes.)

Irish Songs & Other Folk Favorites

Author

Number of Copies: 1

Resource Library Ref: 1807

CATEGORY: RESPITE

The Irish celebrate their heritage in song in an inviting way for Americans of all ethnic backgrounds. It is that spirit that is captured in this volume of the Sentimental Sing-Along Collection with songs like Sweet Rosie O'Grady, My Wild Irish Rose, and Danny Boy.

JUST FOR THE SUMMER (Teenager deals with Grandmothers AD)

Author

Number of Copies: 1

Resource Library Ref: 174

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

A teenager must come to terms with Alzheimer's disease when his grandmother comes to live with his family. Her mood swings and unpredictable behavior take an emotional toll on him and his parents. But anger, shame and helplessness eventually give way to compassion and understanding. This moving portrayal provides an extraordinary introduction to one of the most perplexing afflictions of our time. The film also suggests ways of coping with the responsibility of caring for an Alzheimer's patient.

Kaleidoscope - Dousman & Northview DayCare Programs

Author *Jane Fredrich, R.N.*

Number of Copies: 1

Resource Library Ref: 1354

CATEGORY:

KIND HANDS: ASSISTING VULNERABLE OLDER PEOPLE

Author

Number of Copies: 1

Resource Library Ref: 171

CATEGORY:

In this 60-minute video, Wendy Lustbader is speaking to home health aides and CNA's who work in nursing homes. Part I covers vulnerabilities which people tend to feel when they become dependent, and Part II covers the ways in which helpers may occasionally take advantage of those vulnerabilities. The aim is preventing abuse and promoting kindness.

La Solucion Familiar

Author

Number of Copies: 1 **Resource Library Ref:** 1570 **CATEGORY:** CAREGIVER

La Solucion Familiar tells about the family's struggle to care for their frail older grandmother. This video not only breaks down Anglo stereotypes of Hispanics, but also provides techniques for overcoming some of the many barriers to service utilization among the Hispanic population. La Solucion Familiar (The Family Solution) are dramatized stories aimed at informing Spanish-speaking families of many services available to them regardless of their immigration status. Spanish with English sub-titles. 23 minutes

Labour Of Love

Author

Number of Copies: 1 **Resource Library Ref:** 1568 **CATEGORY:** CAREGIVER

The numbers are staggering. Over 25 million North Americans are currently looking after elderly relatives with health problems. Shot over an entire year, Labour of Love shows the human caregiving, the loving bonds, the frustrations and heartaches, the mundane tasks and the constant fatigue. Labour of Love includes five intimate profiles of caregivers and their families. This video takes us to the heart of what it means to be a caregiver. 45 minutes.

LADIES LET'S CHAT(Respite Video on Preparing meals, dressing up with hats, courtship days, and children)

Author

Number of Copies: 3 **Resource Library Ref:** 21 **CATEGORY:** RESPITE

Video Respite: Ladies...Let's Chat

Part of the Video Respite series. Diane chats about topics such as preparing meals, dressing up with hats, courtship days, and children.

Legacy of Community Action

Author

Number of Copies: 3 **Resource Library Ref:** 1085 **CATEGORY:**

LETS GO TO CHURCH (Respite Video)

Author GRACIA ROEMER

Number of Copies: 6 **Resource Library Ref:** 936 **CATEGORY:**

Residents and clients experiencing moderate to advanced dementia will be reassured and calmed by the strains of old, familiar hymns performed on guitar by a friendly pastor in this 60-minute video. Viewers are encouraged to sing along and move with the music, to share an uplifting prayer, and reminisce about their churchgoing days. This engaging video will provide repeated entertainment and solace to frail or confused elders who are unable to participate in religious services.

LiftVest - Revolutionary Advance in Wheelchair Transfers

Author Cynthia Price Cohen Ph.D

Number of Copies: 2 **Resource Library Ref:** 1179 **CATEGORY:**

We believe that the LiftVest will revolutionize the way family caregivers transfer their loved ones, and discourage the use of the "arm pit lift." By permitting proper lifting techniques-from the front, back and sides-it will nearly eliminate the chance of caregiver back injury (currently almost a 50% rate) and burnout, thereby reducing the number of cases that are moved to nursing facilities from home care. Every family caregiver is entitled to know about this extraordinary new transfer aid- an attractive piece of clothing that can be worn all day ensuring the wearers' safety and dignity.

Listen To Your Sadness

Author *Dr. James Miller*

Number of Copies: 1

Resource Library Ref: 1195

CATEGORY:

Gentle support for life's troubling times. Introduces 4-step process: experience the present, review the past, visualize the future, return to the present anew. Created for those who have experienced despair or depression. This video blends advancing knowledge alongside artful presentation meaningful in photography, music and verse, with psychological truths and wisdom. 17 minutes

Living with Alzheimer Disease - Endings

Author *Peter Rabins, MD*

Number of Copies: 1

Resource Library Ref: 1372

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Family members share their experiences during the final years of Alzheimer Disease. Issues discussed include; what to anticipate; how to manage increased care needs; learning about respite care; dealing with the ever-increasing loss; and understanding the important decisions that need to be made near the end of life.

Living with Alzheimer Disease - Ethical Issues

Author *Peter Rabins, MD*

Number of Copies: 1

Resource Library Ref: 1375

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Topics include: the need for medical assessments; limiting independent living; dealing with the driving dilemma; what to do when the truth is upsetting; and making advanced directives and other medical decisions.

Living with Alzheimer Disease - The Beginning

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1370

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Topics include: symptoms indicating the need for an evaluation; how to make determinations about a person's ability to live alone; and appropriate caregiver responses to loss of memory, confusion, and disorientation.

Living with Alzheimer Disease - The Caregiver's Options

Author *Peter Rabins, MD*

Number of Copies: 1

Resource Library Ref: 1374

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Families discuss care options and how to make timely and responsive decisions. When can a family member no longer be left alone? What options for help are available? When do assisted living or nursing homes become the most therapeutic environment? And, how can families work together to make these decisions?

Living with Alzheimer Disease - The Middle Years

Author *Peter Rabins, MD*

Number of Copies: 1

Resource Library Ref: 1371

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Topics include: how to manage potentially distressing behaviors such as aggression, wandering and memory loss; how to develop a therapeutic routine for the patient; and how to minimize catastrophic reactions.

Living with Alzheimer Disease - The New Relationship

Author *Peter Rabins, MD*

Number of Copies: 1

Resource Library Ref: 1373

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Dr. Peter Rabins talks with family caregivers about the changes they experience in their relationships and how they manage to create new positive roles.

LIVING WITH ALZHEIMER'S: A PARTNERSHIP IN CARING

Author

Number of Copies: 2

Resource Library Ref: 38

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Designed primarily for families and friends of those who have been newly diagnosed with Alzheimer's, this video provides an excellent overview of how Alzheimer's affects the caregivers and families. Viewers learn why it is important in the early stages to rule out other diseases as the cause of memory loss. Professionals describe the three stages of Alzheimer's disease and the kinds of caregiving needed by the patient in each stage.

LOOKING FOR YESTERDAY: VALIDATION THERAPY

Author NAOMI FEIL

Number of Copies: 1

Resource Library Ref: 706

CATEGORY:

Capturing the pain of life in a nursing home, this film explores the feelings of severely disoriented residents with organic brain syndrome. Demonstrates how fantasy can be an important therapeutic vehicle for their adjustment to institutionalized living. Dramatic footage offers an on-camera demonstration of Validation/Fantasy Therapy as a skillful group worker enters the inner world of these disoriented aged to gain insight into the logic behind their fantasies

LUNCHBREAK WITH TONY (RespiteVideo visits with the viewer during his work break)

Author

Number of Copies: 3

Resource Library Ref: 23

CATEGORY: RESPITE PERSONAL CONVERSATIONS/S

Part of the Video Respite series. In this program oriented toward men, Tony visits with the viewer during his work break.

MANAGING AGGRESSIVE BEHAVIORS: ANGER AND IRRITATION, CATASTROPHIC REACTIONS, #4

Author

Number of Copies: 1

Resource Library Ref: 1453

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Video 4: This ten part video series "Managing & Understanding Behavior Problems in Alzheimer's & Related Disorders. Also a 77 page manual present a comprehensive training program, designed to teach institutional and in-home caregivers effective strategies for dealing with Alzheimer's patients. Viewers are taught to develop strategies for dealing with problems such as anger, agitation, depression, paranoia, delusions, catastrophic reactions, wandering and inappropriate sexual behavior.

"A state of the art approach to assisting.. .. caregivers in the formidable task of managing patients with dementia. The series is recommended." - The Gerontologist

Beverly Wilden, Director of Psychogeriatric Programs at Deer

Lodge Centre, defines aggression. By means of role play, with the help of two actors, she analyzes a simple situation of aggressive outburst behaviour by an Alzheimer person. She explains some of the predictive factors and shares possible strategies to manage these outbursts.

Managing Difficult Behaviors: depression Video 9

Author

Number of Copies: 1

Resource Library Ref: 1462

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Managing and Understanding Behaviour Problems in Alzheimer's Disease and Related Disorders

Video 1: Overview

Video 2: Delirium and Depression

Video 3: ABCs: an introduction

Video 4: Managing Aggressive Behaviours: anger and irritation, catastrophic reactions

Video 5: Managing Psychotic Behaviours: language deficits

Video 6: Managing Psychotic Behaviours: hallucinations, delusions, paranoia and suspiciousness

Video 7: Managing Personal Hygiene: bathing and dressing

Video 8: Managing Difficult Behaviors: wandering and inappropriate sexual behaviours

Video 9: Managing Difficult Behaviors: depression

Video 10: Caregiver Issues

MANAGING PSYCHOTIC BEHAVIORS: HALLUCINATIONS/DELLUSIONS AND PARANOIA AND SUSPICIOUSNESS

Author

Number of Copies: 1

Resource Library Ref: 699

CATEGORY:

MARGE AND WALTER (Marge is a caregiver for her spouse)

Author

Number of Copies: 1

Resource Library Ref: 180

CATEGORY: CAREGIVER

"Ultimately, this film is the celebration of the capacity of love and the spirit that pushes back the darkness and believes against great odds in tomorrow." - Baltimore Sun

Shot from the perspective of the family caregiver, this program documents Marge Lewandowski as she cares for her husband with multiple health problems during the last year of his life. A profile in love and caring - the challenge presented to the home caregiver. A follow-up program, Marge: Supporting the Family Caregiver, presents an interview with Marge one year after her husband's death, and identifies areas of caregiver concern.

Award-winning documentary, nationally broadcast. 30 minutes.

Medicare and Home Health Care

Author

Number of Copies: 1

Resource Library Ref: 1351

CATEGORY:

A 10 minute video developed by the Health Care financing Administration (office of beneficiary relations)

MEDICATION SIDE EFFECTS KNOWN TO CAUSE CHANGES IN BEHAVIOR (Part of 3 tape series)

Author

Number of Copies: 1

Resource Library Ref: 183

CATEGORY: CAREGIVER

This lecture provides an introduction to medications which are widely prescribed for the elderly with documented physiological and psychological side effects. The discussion alerts the viewer to physiological side effects such as the onset of incontinence, sleep disruption, or dizziness which can result in disordered behaviors such as anger, frustration, aggression or confusion. 26 minutes. (interview format)

Part of 3 tape series on Disordered Behavior: The Medication Culprit

MEMORIES OF THE ZOO Respite VIDEO

Author

Number of Copies: 1

Resource Library Ref: 832

CATEGORY: RESPITE

Filmed at two of the nation's finest zoos, this video includes the giant panda from China, white African lions, Siberian tigers, polar bears, giant tortoises, elephants, giraffes, and much more. A list of animals in order of appearance is enclosed for easy reference. Stereo soundtrack with original music is combined with the natural sounds of the animals and spectators. 30 minutes.

MENTAL HEALTH PROBLEMS OF OLDER ADULTS

Author

Number of Copies: 1

Resource Library Ref: 29

CATEGORY: CAREGIVER

In this video, a psychiatrist discusses and demonstrates delirium, dementia, depression and personality disorders as experienced by older adults. This illustrative video promotes more accurate and effective communication about mental health problems.

Midlife Dilemmas: Are My Parents Safe To Drive?

Author

Number of Copies: 1

Resource Library Ref: 1767

CATEGORY: AGING AND ITS EFFECTS

Midlife Dilemmas uses brief vignettes to present three different family situations in which adult children must deal with growing concerns about the driving capability of an aging parent. Each story documents the result of an intervention by a healthcare professional and includes potential solutions, such as preventing the parent from driving, changing the parent's medication, or addressing a medical condition that hindered driving safety. With well-placed break points, each vignette becomes a valuable tool to 1) initiate discussion on older adults and driving safety, and 2) show the long-reaching impact of these decisions on both the older adult and their family members. Ideal for healthcare professionals, service providers, and students. 20 minutes.

MORE 123 MAGIC VIDEO

Author

Number of Copies: 1

Resource Library Ref: 34

CATEGORY:

1-2-3 Magic has one goal: to help parents and teachers enjoy their kids!

Clinical psychologist, Dr. Thomas W. Phelan designed the best-selling 1-2-3 Magic program to bring practical, easy-to-use discipline techniques to families and educators. 1-2-3 Magic offers easy-to-follow steps for disciplining children without arguing, yelling or spanking. You will also learn down-to-earth strategies for encouraging your children's growing independence and for promoting reasonable, healthy self-esteem.

MORE OLDIES (RESPITE Video SING-A-LONG)

Author

Number of Copies: 1

Resource Library Ref: 400

CATEGORY: RESPITE

This video tape features more favorite songs from the early 1900's and young children singing and dancing with the seniors on the tape. Songs include; Hail Hail the Gang's All Here, A Bicycle Built for Two, Ida Sweet as Apple Cider, When You Were Sweet Sixteen, The Sidewalks of New York, M-O-T-H-E-R, For He's a Jolly Good Fellow, I've Been Working on the Railroad, I'm Forever Blowing Bubbles, The Old Gray Mare, Too-Ra-Loo-Ra-Loo-Rai, Amazing Grace, I Wonder Who's Kissing Her Now, Pack Up Your Troubles in Your Old Kit Bag, Home on the Range, Anchors Aweigh, America the Beautiful. (Includes large-print lyric book so that participants can easily follow along.) (39 minutes.)

Mountain's Mist & Mexico

Author *Public Television*

Number of Copies: 1

Resource Library Ref: 1349

CATEGORY:

Mountain's Mist & Mexico explores why some people are viewed as "Mainstream Americans" and others are labeled "Minorities," and asks, how does heritage create personal identity and when does a person create heritage?

MOVEMENT, MUSIC AND MEMORIES: Respite Video

Author

Number of Copies: 3

Resource Library Ref: 421

CATEGORY: RESPITE

The Video Respite Series lets your residents or clients with Alzheimer's disease enjoy the interactive, therapeutic benefits of Video Respite. Featuring simulated interchanges with visiting friends, this highly engaging video series provides opportunities for singing, movement and conversation for viewers in moderate to advanced stages of Alzheimer's disease and related disorders. Based on extensive research, these programs are proven to calm agitation and reduce self-limiting behavior. Flexible enough to be used almost anywhere a television or videotape player is available, the videos are perfect for a variety of settings including adult day centers, clinics, hospitals, support group meetings, long term care facilities and even home use. Brief, to-the-point instruction booklets accompany each video to help ensure the most effective results.

In this video, Cathy shares stories and songs from childhood and encourages viewers in some simple movements along with some favorite songs of the past like "Ring Around the Rosie". Gentle stretching is encouraged by remembering what it is like picking apples "In the Shade of the Old Apple Tree". Viewers are invited to share a game of kickball with a cute boy by kicking their own feet. An appearance by a lamb is another wonderful addition to remembering a favorite childhood song "Mary had a Little Lamb". Familiar songs like "Let Me Call You Sweetheart", "My Grandfather's Clock", and "I'm Forever Blowing Bubbles" are also included with appropriate movements. (45 minutes)

Moving Easy: Lift-Free Patient Transfers

Author

Number of Copies: 1

Resource Library Ref: 1554

CATEGORY: CAREGIVER

MY CHALLENGE WITH ALZHEIMERS DISEASE

Author

Number of Copies: 1

Resource Library Ref: 975

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

In this video Beverly Wheeler, in her mid-fifties, talks about the changes that Alzheimer's has brought to her life.

MY MOTHER, MY FATHER

Author

Number of Copies: 1

Resource Library Ref: 16

CATEGORY: POSITIVE IMAGES OF AGING

This celebrated documentary takes a candid look at four families and their deep and often conflicting feelings as they deal with the stresses and changes involved in caring for an aging parent. The video does not attempt to provide easy answers. Rather it offers honest and compelling insight into the need for families to make individual decisions about caregiving. It also elicits a better understanding of and support for individuals and families involved in caregiving.

Winner of Five National Awards

"My Mother, My Father is the best treatment we have seen on the issues confronting adult children who have frail older parents. In each of the four case studies, family members were especially open in dealing with their frustration, anger and guilt. This is a valuable film." - James A. Thorsen, Director, Gerontology Program, University of Nebraska

National Geographic Video - Africa's Stolen River

Author

Number of Copies: 1

Resource Library Ref: 1361

CATEGORY:

Journey to Botswana, Africa, where the Savuti Channel slowly disappears. Reputed to have been a vast lake, the channel appeared in 1957, and then mysteriously began to vanish again in 1982. Seven years in the making, Africa's Stolen River follows the gradual but unrelenting transformation of a onetime paradise into a land of struggle and competition for hippopotamuses, elephants, lions, hyenas, and countless other creatures whose very lives depend upon the plenty of the channel itself.

No Easy Answer: Moving Beyond the Guilt

Author

Number of Copies: 1

Resource Library Ref: 1551

CATEGORY: NATURE AND STRESS REDUCTION

Help families work through the difficult emotions that follow placing a parent in long-term care. This video is a sensitive, caring guide for families as they struggle with feelings of post-placement guilt and anxiety. Viewers will learn to identify their feelings and discover how those feelings affect behavior and relationships.

Nothing Is Permanent Except Change

Author

Number of Copies: 1

Resource Library Ref: 1209

CATEGORY: AGING AND ITS EFFECTS

Learning to manage transition in your life. This video blends advancing knowledge alongside artful presentation meaningful in photography, music and verse with psychological truths and wisdom. See how the phases of human transitions are comparable to three seasons of the year: fall, winter, and spring. A perfect group activity. 33 minutes.

Nothing is Permanent Except Change-Learning to Manage Transition in Your Life

Author *Dr. James E. Miller*

Number of Copies: 1

Resource Library Ref: 1405

CATEGORY: NATURE AND STRESS REDUCTION

This 5-part video offers guidance and hope for learning to manage transitions in your life. See how the three phases of human transitions are comparable to three seasons of the year: fall, winter, spring.

This video is filled with helpful advice and expressive quotations. Artistic design, nature photography and soothing music and narration capture your attention. Sections include, 1) Only One Thing Never Changes: Change, 2) In The Beginning is An Ending, 3) In Between is Emptiness, 4) The End is a New Beginning, and 5) Change Won't Change, But We Can. VHS, 33 Min.

OCEAN WAVES (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 412

CATEGORY: NATURE AND STRESS REDUCTION

Watch, listen and become engulfed in the rhythmic sounds of waves and the natural music they create. As your residents or loved one watch this video they can easily imagine themselves basking in the late afternoon sun on a sandy beach. A vacation on tape, this video is a treat for the eyes, as well as for the soul. (60 minutes.)

Old Favorites - Sing & Swing Audio & Book

Author

Number of Copies: 1

Resource Library Ref: 1191

CATEGORY:

This program is a seated exercise program designed for seniors. Familiar tunes, like Goodnight Sweetheart, and Happy Days are played with slow and gentle accompanying movements. Audiotape has accompanying lyrics booklet with photos of movements. 60 minutes.

OLDER ADULT DEVELOPMENT

Author

Number of Copies: 1

Resource Library Ref: 30

CATEGORY: CAREGIVER

Interviews with 98 year old Greta and experts in the field of geriatric care help explain the unique developmental tasks of older adults in this unusually personal view of life as an older adult.

OLDIES (RESPITE Video SING-A-LONG)

Author

Number of Copies: 1 **Resource Library Ref:** 398 **CATEGORY:** RESPITE

This video tape features favorite songs from the early 1900, including: Let me Call You Sweetheart, When Irish Eyes Are Smiling, Down by the Old Mill Stream, Over There, O You Beautiful Doll, Alexander's Ragtime Band, Danny Boy, For Me and My Gal, You're a Grand Old Flag, By the Light of the Silvery Moon, Give My Regards to Broadway, School Days, Shine on Harvest Moon, Take Me Out to the Ball Game, Yankee Doodle Boy, I Want a Girl, You Made Me Love You, Swanee, Baby Face, In the Good Old Summer Time.

(Includes large-print lyric book so that participants can easily follow along.) (45 minutes)

Overview: Alzheimer's Disease and Related Disorders Part 1

Author

Number of Copies: 1 **Resource Library Ref:** 1449 **CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Video 1: This ten part video series "Managing & Understanding Behavior Problems in Alzheimer's & Related Disorders. Also a 77 page manual present a comprehensive training program, designed to teach institutional and in-home caregivers effective strategies for dealing with Alzheimer's patients. Viewers are taught to develop strategies for dealing with problems such as anger, agitation, depression, paranoia, delusions, catastrophic reactions, wandering and inappropriate sexual behavior.

"A state of the art approach to assisting... caregivers in the formidable task of managing patients with dementia. The series is recommended." - The Gerontologist

Packrat

Author

Number of Copies: 1 **Resource Library Ref:** 1835 **CATEGORY:** ABUSE PREVENTION

This compelling personal documentary takes us inside two families whose lives have been shaped by parents who are "packrats", and have trouble balancing their love for spouses and children with their obsessive accumulation of "things". It also looks at what we know about the causes of this odd, but by no means uncommon, phenomenon. Many experts believe that hoarding behavior is related to Obsessive Compulsive Disorder (OCD), though it may also sometimes be a symptom of Alzheimer's or other dementias

Pain: The Fifth Vital Sign

Author

Number of Copies: 1 **Resource Library Ref:** 1690 **CATEGORY:** AGING AND ITS EFFECTS

In the same manner as temperature or blood pressure, pain can be a vital indicator of health problems. The video shows caregivers how to help residents "describe" the pain they are experiencing, where it's located, and the level of severity so that pain can be properly reported and treated. Caregivers will learn how to recognize non-verbal signs of pain, such as:

*Facial expressions *Tender areas on the body *Constant movement *Non verbal sounds *An increase in agitation *Lack of involvement *Change in vital signs

The video discusses: *Pain related to certain conditions, such as, cancer, diabetes, urinary tract infections, and pressure sores.

Pain: The Resident's Perspective

Author

Number of Copies: 1 **Resource Library Ref:** 1686 **CATEGORY:** AGING AND ITS EFFECTS

This video allows residents to describe their pain, and the effects of this pain on their livelihood. This video will reinforce the importance of caregivers being able to recognize, document, and respond to pain in a timely and appropriate manner.

17 minutes

Parkinson's - Challenges of Early Diagnosis

Author DuPont Pharma

Number of Copies: 1 **Resource Library Ref:** 1356 **CATEGORY:**

Featuring Dr. Matthew Stern Assistant Professor of Neurology, University of Pennsylvania and Co-Director of the Movement Disorder Center Graduate Hospital

Parkinson's Disease: Research and Treatment

Author *Dr. Paul A. Nausieda*

Number of Copies: 1

Resource Library Ref: 1484

CATEGORY: PARKINSON'S DISEASE

October 1994

Part 1 MY MOTHER MY FATHER Part 2 MY MOTHER MY FATHER: SEVEN YEARS LATER

Author

Number of Copies: 1

Resource Library Ref: 186

CATEGORY: POSITIVE IMAGES OF AGING

In My Mother, My Father we met four families. One family had chosen to have the husband's father, who had Alzheimer's disease, live with them, while others had chosen either nursing home care or some level of in-home support for their parent. The relationships between the generations in these families ranged from warm and supportive to deeply troubled. The film offered no easy answers, but honest and compelling insight into the need for families to make individual decisions, based on their own goals and values.

Seven years after the original film "My Mother My Father" was produced, this video visits each of the four families again, exploring the changes that have taken place over the years in family dynamics and in caregiving needs. In addition the caregivers themselves reflect on their own aging and what plans they are making for when they grow older and possibly become more dependent on someone else for care.

"Seven Year Later gives us a unique and valuable perspective over time that is rarely captured in documentary form." - Linda Vodel, Ph.D., Garrett Evangelical Theological Seminary

Partners In Care - Care Planning and Care Conferences

Author

Number of Copies: 1

Resource Library Ref: 1564

CATEGORY: CAREGIVER

This video explains care planning and care conferences, encourages family awareness and participation and promotes resident involvement in their own care. The program can be used with staff, family members and residents. It includes: * The care planning process, gathering and assessing information about need; Creating the plan of care; Revising the care plan as circumstances change; *Care conferences; When they take place; Who attends; What's discussed; How to prepare and be an active participant; * The role of residents in planning and monitoring his or her own care; * The importance of family awareness and involvement, consistent with the resident's wishes. 20 minutes.

PATH VIDEO (Prevention Series) AND MANUAL

Author

Number of Copies: 1

Resource Library Ref: 118

CATEGORY:

Patriotic Songs and Other American Favorites

Author

Number of Copies: 1

Resource Library Ref: 1805

CATEGORY: RESPITE

This volume of the Sentimental Sing-Along Collection celebrates America in song. Our Sentimental Entertainers don their red, white and blue to perform lively renditions of Grand Old Flag, My Country 'Tis of Thee, and America the Beautiful.

PREVENTION SERIES: PREVENTING ELDER ABUSE-VIDEO

Author

Number of Copies: 1

Resource Library Ref: 700

CATEGORY:

Because of increased dependence, older people can be at risk for neglect and other forms of abuse, including physical, financial and psychological. This program teaches the viewer to understand and recognize the signs of elder abuse. It gives clear guidance for reducing these problems among the elderly and for understanding how behavior can be hurtful emotionally, if not physically. Special topics include the stresses of dealing with an older person with dementia, which can lead to caregiver anger, depression, and abuse.

This tape is part of a ten tape series listed in this catalog as Injury Prevention for the Elderly, The Series.

Project A.L.S. Coming together to face Disability Challenges

Author

Number of Copies: 1

Resource Library Ref: 222

CATEGORY:

A Powerful film about 5 women from New York who pulled together to organize Project A.L.S. when their sister and friend was diagnosed with A.L.S. See how their strength and dedication and love quickly and successfully begin a mission for raising awareness and money for A.L.S. research. 16 minutes.

RECOGNIZING & PREVENTING CAREGIVER BURNOUT

Author

Number of Copies: 1

Resource Library Ref: 665

CATEGORY: CAREGIVER

Topics Discussed

Recognizing signs of caregiver burnout
Caregiver personality changes
Understanding behaviors associated with Alzheimer Disease
Tips to prevent caregiver burnout

Suggested Discussion Questions:

What are some signs of caregiver burnout?
Why is it essential for family caregivers to understand the behaviors associated with Alzheimer disease?
What are some of the behaviors that may be most difficult to manage?
What were the most important suggestions made by caregivers in this video which can prevent caregiver burnout?
Why are support groups so important?

Recognizing and Preventing Caregiver Burnout

Author *Peter Rabins*

Number of Copies: 1

Resource Library Ref: 1369

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Helps caregivers recognize signs of burnout. Topics include: caregiver personality changes, signals of caregiver depression, increasing frustration, feelings of hopelessness, and social isolation.

RECOGNIZING AND RESPONDING TO EMOTION IN PERSONS WITH DEMENTIA

Author

Number of Copies: 1

Resource Library Ref: 9

CATEGORY: ABUSE PREVENTION

Often in persons with dementia non-verbal signs are more accurate communications than verbalizations. This new video will teach caregivers how to understand and decipher facial expressions, vocal signs, and body language in persons with dementia.

Recognizing Depression In Late Life

Author *Dr. Mark Miller*

Number of Copies: 1

Resource Library Ref: 1187

CATEGORY: MENTAL HEALTH

This video is the first of a two-part series dealing with depression in late-life. The unique aspect of the video is the descriptions of the personal accounts of depression of four different individuals. They will describe the symptoms of depression in their own words. This racially diverse, group of men and women who suffered the effects of depression first hand will cover the breadth and depth of depression on a personal basis. The sensitive interviewing style allows their real stories to be told. This video is skillfully edited such that the viewer learns about common symptoms of depression by hearing segments of each of the four volunteers grouped by symptom cluster which gives a face to the symptoms. 35 minutes.

RECOGNIZING PSYCHOLOGICAL AND BEHAVIORAL SIDE EFFECTS TO MEDICATION (Part of 3 tape series)

Author

Number of Copies: 1

Resource Library Ref: 537

CATEGORY:

In a series of interviews, Peter Rabins, MD, talks with nursing assistants to find out what types of disordered behaviors they observe caring for older individuals. Discussion includes aggressive behavior, mild and extreme confusion, and depression. How do we know if medication is the culprit? Dr. Rabins helps the nursing assistants determine if the probable cause for the behavior can be a medication. 26 minutes. (interview format)

Part of 3 tape series on Disordered Behavior: The Medication Culprit

Red Skelton - King of Laughter

Author

Number of Copies: 1

Resource Library Ref: 1360

CATEGORY:

A documentary of fun-filled routines, jokes and ad-libs.

Plus his famous characters including- Clem Kadiddlehopper, Deadeye, Willie Lump Lump, TV rehearsal footage, outrageous bloopers and much more.

REFLECTIONS ON A COUNTRY POND

Author

Number of Copies: 1

Resource Library Ref: 1056

CATEGORY:

Respite Video

Reflections on a Country Pond is full of beautiful, colorful scenes of wild ducks and geese swimming, feeding, bobbing and flying on a pristine, rippling country pond. (23 minutes)

REMEMBERING WHEN (Respite Video)

Author

Number of Copies: 5

Resource Library Ref: 416

CATEGORY: RESPITE

The Video Respite Series lets your residents or clients with Alzheimer's disease enjoy the interactive, therapeutic benefits of Video Respite. Featuring simulated interchanges with visiting friends, this highly engaging video series provides opportunities for singing, movement and conversation for viewers in moderate to advanced stages of Alzheimer's disease and related disorders. Based on extensive research, these programs are proven to calm agitation and reduce self-limiting behavior. Flexible enough to be used almost anywhere a television or videotape player is available, the video are perfect for a variety of settings including adult day centers, clinics, hospitals, support group meetings, long term care facilities an even home use. Brief, to-the-point instruction booklets accompany each video to help ensure the most effective results.

Remembering When engages viewers in memories of when they were growing up. Songs and memories of "School Days" and routines such as the reciting of the Pledge of Allegiance begin this reminiscence. Included is a short visit with a toddler named Kyle, who enjoys "Twinkle, Twinkle, Little Star" in his own way. Memories of city and country life along with a brief recall of the Roaring Twenties and growing up with the brilliance of people from many backgrounds and nationalities are also included. "When Irish Eyes Are Smiling", "Hello My Baby", and other popular songs will brighten this walk down memory lane.

Roadsters, Rumbleseats & Country Drives

Author

Number of Copies: 1

Resource Library Ref: 1810

CATEGORY: RESPITE

This video treats viewers to a memorable look at the times, the cars and the roads that transformed America. From Henry Ford's Model "T" to the classics of the 1930s and 40s, this video entertains with hundreds of recollections of the romance and the fun of the early autos.

54 minutes

ROM - A Range of Motion Exercise and Relaxation Program (3 pc. set)

Author

Number of Copies: 7

Resource Library Ref: 1328

CATEGORY:

Beginning with this lyrical verse the ROM Dance guides you through a slow, gentle exercise set to soothing background music. Designed for anyone with joint stiffness, this relaxing 45 minute instructional tape guides you through an exercise ewquence that is pleasant and easy to learn.

ROM Dance

Author *Diane Harlowe*

Number of Copies: 1

Resource Library Ref: 1905

CATEGORY: NATURE AND STRESS REDUCTION

A Range of Motion Exercise and Relaxation Program

The ROM Dance guides you through a slow, gentle exercise set to soothing background music. Designed for anyone with joint stiffness, this relaxing 45 minute instructional tape guides you through an exercise sequence that is pleasant and easy to learn.

You set the pace. You imagine your favorite place to be. Researched and developed by nationally known occupational therapist Diane Harlowe and T'ai Chi expert Patricia Yu, the ROM Dance is an unusual blend of medically recommended joint exercises and gentle motions inspired by T'ai Chi Chuan, an ancient Chinese health exercise.

Copyrighted 1993

45 minutes

ROM Dance - Seated Version

Author *Diane Harlowe*

Number of Copies: 1

Resource Library Ref: 1376

CATEGORY: NATURE AND STRESS REDUCTION

Guides you through a slow, gentle exercise set to soothing background music. Designed for anyone with joint stiffness, this relaxing 45 minute instructional tape guides you through an exercise sequence that is pleasant and easy to learn, You set the pace. You imagine your favorite place to be.

ROM Dance Seated Version: Fro Wheelchair Use

Author *Diane Harlowe*

Number of Copies: 1

Resource Library Ref: 1803

CATEGORY: NATURE AND STRESS REDUCTION

Guides you through a slow, gentle exercise set to soothing background music. Designed for anyone with joint stiffness, this relaxing 45 minute instructional tape guides you through an exercise sequence that is pleasant and easy to learn, You set the pace. You imagine your favorite place to be.

Romance & Ragtime Favorites

Author

Number of Copies: 1

Resource Library Ref: 1804

CATEGORY: RESPITE

The familiar melodies presented in this volume of the Sentimental Sing-Along Collection inspire toe-tapping memories of songs and lyrics that Americans have known and loved for generations. Performed by a talented group of entertainers, these songs of romance and ragtime delight viewers who enjoy the tunes again and again.

ROSE AND ZELDA (Discusses limit treatment and acceptance of dying as a natural end of life)

Author

Number of Copies: 1 **Resource Library Ref:** 182 **CATEGORY:** END OF LIFE DECISIONS

Every day Zelda comes to visit her 90-year old mother who moved into a nursing home when her health severely deteriorated. The camera captures an extremely significant conversation in which Rose explains her wishes to limit treatment and accept dying as a natural end of life. She relates to her daughter many beautiful memories, wonderful experiences and the pleasures life has given her. For the daughter Zelda, the conversation becomes very emotional as she hears her mother talk about the acceptance of dying. Debra Wertheimer, MD, participates in the discussion, showing support and respect for her patient's decisions. This program is an essential guide for caregivers and families of the elderly, enabling discussion of the emotional decisions that need to be made as the end of life approaches. 20 minutes (interview format).

Dedicated to the fine memory of Rose Hanenbaum. Shot on location at the Levindale Hebrew Geriatric Center and Hospital. Debra Wertheimer, MD.

Safe Return - Saving Lives

Author *Alzheimer's Association*

Number of Copies: 2 **Resource Library Ref:** 1280 **CATEGORY:**

Wandering can often be a life-threatening behavior for a memory-impaired adult. It is also an emotionally wrenching experience for the caregivers. This 12-minute video includes information about understanding and managing wandering behavior and how families can be prepared for an emergency. Several families discuss their real life stories and how they have successfully used the Alzheimer's Association Safe Return Program to reunite them with their lost loved ones.

Seasons of Caring

Author

Number of Copies: 1 **Resource Library Ref:** 1802 **CATEGORY:** CAREGIVER

Explains all the services provided by Interfaith.

SHARING CHRISTMAS CHEER (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 418 **CATEGORY:** RESPITE

Viewers will enjoy fond memories of the special Christmas season as George discusses traditions of Christmas trees, gifts and stockings. The video shares plenty of familiar carols, beautifully sung. Songs include: Jingle Bells, Up On the House-Top, Old Saint Nick, Silent Night, Oh Holy Night, and The Night Before Christmas. (45 minutes.)

SHARING FAVORITE THINGS (Respite Video)

Author

Number of Copies: 2 **Resource Library Ref:** 419 **CATEGORY:** RESPITE

The Video Respite Series lets your residents or clients with Alzheimer's disease enjoy the interactive, therapeutic benefits of Video Respite. Featuring simulated interchanges with visiting friends, this highly engaging video series provides opportunities for singing, movement and conversation for viewers in moderate to advanced stages of Alzheimer's disease and related disorders. Based on extensive research, these programs are proven to calm agitation and reduce self-limiting behavior. Flexible enough to be used almost anywhere a television or videotape player is available, the videos are perfect for a variety of settings including adult day centers, clinics, hospitals, support group meetings, long term care facilities and even home use. Brief, to-the-point instruction booklets accompany each video to help ensure the most effective results.

In Sharing Favorite Things, Joyce talks about a variety of familiar things such as babies, vegetable gardens, and animals. She introduces the viewers to a one-year old baby who is having a birthday. Joyce invites the viewer to join her in singing happy birthday.

SING & SWING

Author

Number of Copies: 1 **Resource Library Ref:** 1058 **CATEGORY:**

Respite Video

SING ALONG WITH YOUR OLD FAVORITES (RESPITE RESPITE SING-A-LONG RESPITE SING-A-LONG Video SING-A-LONG)

Author

Number of Copies: 1 **Resource Library Ref:** 401 **CATEGORY:** RESPITE

This video tape features more favorite songs from the early 1900's, including: She'll Be Comin' 'Round the Mountain, You Are My Sunshine, And the Band Played On, The Yankee Doodle Boy, Sweet Adeline, The Yellow Rose of Texas, When the Saints Go marching In, Over There, Wait 'Till the Sun Shines Nellie, Hello Ma Baby, Down By the Old Mill Stream, Amazing Grace, Glow Worm, I've Been Working on the Railroad, America the Beautiful, O' Canada, In My Merry Oldsmobile, I Love You Truly, Loch Lomond, Beautiful Dreamer, When Johnny Comes Marching Home, He's Got the Whole World In His Hands, Red River Valley, Polly Wolly Doodle, and Daiseybell/A Bicycle Built for Two. (60 minutes.)

There are no vocals in this video, therefore it makes a wonderful background tape for special occasions, as well as a great sing-a-long. A large print lyric book is included to make it easy to follow along and join in the fun.

SING AND SWING - AN EXERCISE PROGRAM FOR SENIORS

Author *MARIA OGBURN*

Number of Copies: 1 **Resource Library Ref:** 1180 **CATEGORY:**

SONGS OF PRAISE AND INSPIRATION SENTIMENTAL SING-ALONG VIDEO

Author

Number of Copies: 1 **Resource Library Ref:** 822 **CATEGORY:**

Recommended by activity professionals! The familiar songs Americans have loved for generations are performed by entertainers in interesting settings, and will have everyone singing along. Video includes a song book and is 30 minutes. Songs include This Little Light; Every Time I Feel the Spirit; Faith of Our Fathers; Swing Low, Sweet Chariot; Rock of Ages, Nearer My God to Thee; He's Got the Whole World In His Hands; and more.

Songs of Road, River & Rail

Author

Number of Copies: 1 **Resource Library Ref:** 1806 **CATEGORY:** RESPITE

An upbeat tempo and recurring travel theme delight viewers in this volume of the Sentimental Sing-Along Collection. The lyrics of one of the featured songs, Wabash Cannonball, remind us that America's natural beauty stretches from the Atlantic Ocean to the wide Pacific shore, with "flowing rivers and mountains by the score."

SONGS OF THE HOLIDAY SEASON (RESPITE Video SING-A-LONG)

Author

Number of Copies: 1 **Resource Library Ref:** 399 **CATEGORY:** RESPITE

This video tape features joyous holiday songs and memories, including: Hark the Herald Angels Sing, Deck the Halls, It Came Upon the Midnight Clear, God Rest Ye Merry Gentlemen, Jingle Bells, Blessing the Chanukah Candles, My Dreidel O', Christmas Tree, O' Little Town of Bethlehem, Joy to the World, O' Holy Night, The First Noel, O' Come All Ye Faithful, Silent Night, We Wish You a Merry Christmas, Auld Lang Syne.

(Includes large print lyric book so that participants can easily follow along.) (41 minutes.)

SOS SUICIDE PREVENTION VIDEO

Author

Number of Copies: 1 **Resource Library Ref:** 711 **CATEGORY:**

National depression screening day

SOUL OF ISRAEL (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 293 **CATEGORY:** RESPITE

Stages 2 - 7

Havah Nagilah, My Yiddishe Momme, Kibbutz Wedding, Exodus, Kil Nidrie, Eili Eili (music only; 42 min.)

SOUL OF MEXICO (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 291 **CATEGORY:** RESPITE

Stages 2 - 7

Solamento Una Vez, El Rancho Grande, la Bamba, Cu Cu Ru Cu Cu Paloma, La Negra, La Paz, (33 min.)

SOUL OF POLAND (Respite Video)

Author

Number of Copies: 2 **Resource Library Ref:** 292 **CATEGORY:** RESPITE

How Beautiful is Our Poland, Highland Song, Polish National Anthem, The Uhlan and the Girl, Polonaise (39 min.)

Speech to Speech

Author

Number of Copies: 1 **Resource Library Ref:** 1353 **CATEGORY:**

A 9 minute video about Wisconsin Relay

Stroke: When Minutes Matter

Author

Number of Copies: 1 **Resource Library Ref:** 1480 **CATEGORY:** STROKE

SUBSTANCE ABUSE IN THE ELDERLY

Author

Number of Copies: 1 **Resource Library Ref:** 169 **CATEGORY:** ALCOHOL/SUBSTANCE ABUSE

Faced with complex regimens of medication and diminished tolerances for alcohol, many elderly Americans run the risk of falling into the trap of substance abuse. In this program senior citizens discuss how they deal with these challenges, while Dr. James Campbell, director of the geriatric center at the MetroHealth Center, and Carol Colleran Egan, director of the older adult services for Hanley-Hazleden Center, present some innovative prevention programs created especially for elderly people.

SURROUNDED WITH LOVE: GRANDPARENTS RAISING GRANDCHILDREN

Author

Number of Copies: 1 **Resource Library Ref:** 14 **CATEGORY:** CAREGIVER

Explores both the positive and negative feelings of the parenting grandparent, the hard work, the challenges and the added responsibilities. Often, the grandparent is also having to come to terms with the behavior of their own child and whatever feelings of guilt ensue. Through the reflections of the grandparents themselves and through commentaries by professionals (including Fernando Torres-Gil, former Assistant Secretary of Aging), these issues are examined, and practical solutions are recommended. The Children's viewpoint is also heard in this video: "It's sort of weird living with my grandma, but I like it a lot. I'd rather be there than anywhere else."

Surviving Your Adolescents VIDEO/BOOK

Author

Number of Copies: 2 **Resource Library Ref:** 35 **CATEGORY:** GRANDPARENTING

Living with a teenager is no picnic. There are times when you must bite your tongue as they push towards independence. Or--if you sense there is trouble--there are times when you must take charge. Surviving Your Adolescents gives you a step-by-step approach that will help end the hassles and offer concrete solutions.

Surviving Your Adolescents does not assume that parents of teens have infinite amounts of time, energy, skill and patience. Concise and encouraging, this book is a must for every home library.

In Surviving Your Adolescents you will learn:

- What is normal adolescent behavior
- How to manage teenage risk-taking
- Exactly what problems require professional attention
- What problems require your "letting go"
- The Four Cardinal Sins (What NOT to do!)
- The relationship between parent/teen communication and adolescent safety
- Five ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail
- From fashion to passion: guidelines for specific problems

Swing into Shape Level

Author

Number of Copies: 1 **Resource Library Ref:** 1359 **CATEGORY:**

Swing into Shape Level 2

Author

Number of Copies: 2 **Resource Library Ref:** 1357 **CATEGORY:**

Tai Chi Fundamentals

Author

Number of Copies: 1 **Resource Library Ref:** 1335 **CATEGORY:**

Tai Chi Fundamentals presents a system for mastering Tai Chi basics. The program builds from simple to complex patterns of functional movements and includes three elements: the simplified Fundamentals Form based on traditional Yang Style Tai Chi, the Movement Patterns, or exercises for training essential Tai Chi skills, and the Mind/Body Principles for both physical and mental well-being.

TARNISHED DREAMS: ALCOHOL, DRUGS AND SENIORS

Author

Number of Copies: 1 **Resource Library Ref:** 168 **CATEGORY:** ALCOHOL/SUBSTANCE ABUSE

Nowhere is the abuse and misuse of alcohol and drugs more cruelly felt than among older adults as is illustrated by the four re-enacted case history vignettes in this video. Along with showing the major warning signs of addiction, suggestions are given for helping older adults obtain professional assistance to overcome the addiction. Tarnished Dreams can be successfully used by professionals and Para-professionals who work with older persons, especially in hospitals, senior centers, adult day care centers and community groups.

"Best film I've seen on alcohol abuse and older adults." - Christopher Eskell, Ph.D., Alcohol and Chemical Dependency Program for Older Adults, St. Vincent Hospital and Medical Center

AWARDS: Finalist, American Film and Video Festival; Electra Certificate, Birmingham International Educational Film Festival; Markie Award, National Foundation for Alcoholism Communications

The Aging Mind

Author

Number of Copies: 1

Resource Library Ref: 1214

CATEGORY:

We are all getting older and our memories do change with time. But when is memory loss due to Alzheimer's disease and when might it be a result of depression, or even vitamin deficiency? Experts differentiate between normal and pathological aging and assert that poor health does not come naturally with age. 28 minutes.

THE BEST KEPT SECRET (Video on Waukesha County Adult Day Care Centers)

Author

Number of Copies: 1

Resource Library Ref: 707

CATEGORY:

THE BLUES: NOT A NORMAL PART OF AGING

Author

Number of Copies: 1

Resource Library Ref: 762

CATEGORY: MENTAL HEALTH

The Blues: Not a Normal Part of Aging, developed through an educational grant provided by Eli Lilly Co., is a campaign kit designed for community organizations, housing sites, nutrition programs, government agencies, churches and other groups. It includes a short video on depression and its treatment, along with depression screening tools, a media packet and a manual to assist in organizing community presentations

THE CAREGIVERS' JOURNEY

Author

Number of Copies: 1

Resource Library Ref: 661

CATEGORY: CAREGIVER

Join host Dr. Geila Bar-David, a gerontologist and caregiving specialist as she guides you through this provocative and informative 5-part video series. Included are the emotional, physical, and psychological steps taken during a caregiver's experience. Each video is divided into three segments; 1) Introductory Relaxation (6 minutes); 2) Main Program (approx. 16 minutes); and 3) Concluding Exercise (6 minutes).

The Journey Begins

Features caregivers sharing common experiences such as: Their Day of Discovery, Role Reversal, Changing Relationships and Taking Charge.

The Toll

Summarizes the tough costs of being a caregiver; including anger, guilt, loneliness, frustration, financial difficulties, and burnout. Others will benefit from the perspective and humor shared by 19 caregivers.

Surviving

Compassionate caregivers' share wise advice on how to cope with emotional, mental and physical strains. Topics include: Forgiving Yourself, Taking One Day at a Time, Breaking Problems Down, and Joining a Support Group.

Healing

Reveals caregivers' feelings of loss and their eventual healing. Viewers benefit by frank, mature advice. This video offers ways to help heal and encourages participants to choose at least one way to help work through their grief.

Quiet Triumphs

Examines a moving testament to the human spirit. This video illustrates how caregivers' realize the importance of living in the moment, stretching their capacity for patience and caring, and even how to go on to lead more caring and fulfilling lives.

". . . enlightening, pertinent, concise."

-Stephen Reingold, MD, MSc

THE CAREGIVERS' JOURNEY PART 1: THE JOURNEY BEGINS

Author

Number of Copies: 1 **Resource Library Ref:** 365 **CATEGORY:** CAREGIVER

The Journey Begins is the first episode in The Caregivers' Journey with Dr. Geila Bar-David. This episode features caregivers speaking about many common experiences in becoming a caregiver, such as their Day of Discovery, Role Reversal, Changing Relationships and Taking Charge. The purpose of this tape is to gently introduce viewers to the series, allowing them to realize that they are not alone and encouraging them through either self-study or group discussion to reflect on their roles as caregivers. "The Caregivers' Journey is a unique and important contribution. It explores in a sensitive and compassionate way the challenges every caregiver experiences in attending to the needs of those whom they love as well as caring for themselves" - Gail Carson, Sunnybrook Health Science Centre

THE CAREGIVERS' JOURNEY PART 2: THE TOLL

Author

Number of Copies: 1 **Resource Library Ref:** 366 **CATEGORY:** CAREGIVER

The Toll is the second tape in The Caregivers' Journey series. It serves to acknowledge the tough costs of being a caregiver, including anger, guilt, loneliness, frustration, financial difficulties and burnout. Most helpful here are the accounts of those caregivers who are several years beyond the loss of their loved one. Their perspective and humor is a much needed remedy for those who are struggling with the caregiver role.

"The real life stories which caregivers can relate to are very helpful for persons needing support. The videos will stimulate discussion and disclosure of feelings when used in a group or workshop with individuals who do not know each other." - Dr. Cernon F. Gunckel, Director of Programs, The Centre for Bereavement Education and Grief Counseling

THE CAREGIVERS' JOURNEY PART 3: SURVIVING

Author

Number of Copies: 1 **Resource Library Ref:** 367 **CATEGORY:** CAREGIVER

Surviving is the third tape in The Caregivers' Journey series. Here, each of the featured caregivers shares a remarkable piece of advice on how they cope or coped with the emotional, mental and physical costs discussed in The Toll. Examples of this advice include: Forgive Yourself, Take One Day at A time, Break Problems down, and Join A Support Group. Viewers are encouraged to reflect on what helps them cope and to choose one piece of advice from the caregivers they've just seen.

"The Caregivers' Journey is a unique and important contribution. It explores in a sensitive and compassionate way the challenges every caregiver experiences in attending to the needs of those whom they love as well as caring for themselves." - Gail Carson, Sunnybrook Health Science Centre

THE CAREGIVERS' JOURNEY PART 4: HEALING

Author

Number of Copies: 1 **Resource Library Ref:** 368 **CATEGORY:** CAREGIVER

Healing is the fourth tape in The Caregivers' Journey series. Here the caregivers reveal their sense of loss and healing process. Viewers are again bolstered by the experience and advice of the elder caregivers whose perspective and growth may provide some hope for those in despair. The tape also features Ways to Help Heal and encourages participants to choose at least one way to help work through their grief.

"The real life stories which caregivers can relate to are very helpful for persons needing support. The videos will stimulate discussion and disclosure of feelings when used in a group or workshop with individuals who do not know each other." - Dr. Cernon F. Gunckel, Director of Programs, The Centre for Bereavement Education and Grief Counseling

THE CAREGIVERS' JOURNEY PART 5: QUIET TRIUMPHS

Author

Number of Copies: 1 **Resource Library Ref:** 369 **CATEGORY:** CAREGIVER

Quiet Triumphs is the fifth tape in The Caregivers' Journey series. It is the first document ever to deal exclusively with the good that can come out of the caregiving journey. A moving testament to the human spirit, Quiet Triumphs shows how caregivers stretch their capacity for patience and caring, how many realize the importance of living in the moment, and even go on to lead more caring and fulfilling lives.

"The Caregivers' Journey is a unique and important contribution. It explores in a sensitive and compassionate way the challenges every caregiver experiences in attending to the needs of those whom they love as well as caring for themselves." - Gail Carson, Sunnybrook Health Science Centre

THE CARING HELPER: COMMUNICATION SKILLS FOR EFFEFFECTIVE HELPING

Author

Number of Copies: 1 **Resource Library Ref:** 997 **CATEGORY:**

Presents a microskill approach to communication skills and skill development. Identifies and demonstrates verbal and nonverbal communication skills, including silence, self-disclosure, reflecting feelings, paraphrasing, and client frame-of-reference responses. Discusses directiveness and control in helping.

THE CARING HELPER: GRIEF AND LOSS

Author

Number of Copies: 1 **Resource Library Ref:** 994 **CATEGORY:**

Examines the impact and dynamics of grief and loss. Interviews with bereaved family members illustrate the different stages of grief and the tasks of grieving. Presents examples of specific intervention techniques and goals with grieving individuals and families

THE CARING HELPER: GUIDELINES FOR LISTENING AND HELPING

Author

Number of Copies: 1 **Resource Library Ref:** 999 **CATEGORY:**

THE CARING HELPER: MAKING SUPPORT GROUPS WORK

Author

Number of Copies: 1 **Resource Library Ref:** 995 **CATEGORY:**

THE CARING HELPER: THE HELPERS JOURNEY

Author

Number of Copies: 1 **Resource Library Ref:** 996 **CATEGORY:**

THE CARING HELPER: YOU AS A HELPER

Author

Number of Copies: 1 **Resource Library Ref:** 998 **CATEGORY:**

You as a Helper: Explores our personal goals and motivations as helpers. Presents a model of helping as a natural process. Experienced helpers share their rewards and great moments in helping. Discusses the challenge of caring: how to be emotionally involved as a helper without burning out and falling into the "helper's pit."

The Challenges of Aging - Retrieving Spiritual Traditions

Author *Dina Varano*

Number of Copies: 1 **Resource Library Ref:** 1575 **CATEGORY:** POSITIVE IMAGES OF AGING

This set includes; video 1: A View from the Top Aging as a Spiritual Journey; video 2: Gathering the Harvest Retrieving the Wisdom of Spiritual Traditions; A Leader's Guide and 10 Participant's Workbooks - Congregational Caring Program for the Elderly.

THE CHRISTMAS HEARTH VIDEO FIREPLACE (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 410 **CATEGORY:** NATURE AND STRESS REDUCTION

Enjoy the Christmas season in front of a mesmerizing, crackling fire. This video features warm and traditional decorations that will generate Christmas feelings for your home or facility. The warm, flickering fire creates a cozy, inviting atmosphere that will entertain residents and loved ones. (60 minutes.)

The Dance

Author *Mary Lynn Kasunic*

Number of Copies: 1 **Resource Library Ref:** 1953 **CATEGORY:** ABUSE PREVENTION

The story of an older battered woman remembering the years of abuse, and her struggle to break free.

The Educated Caregiver - 3 Video Series

Author

Number of Copies: 1 **Resource Library Ref:** 1262 **CATEGORY:**

Providing care for a loved one is one of the toughest jobs anyone can ever have. Not only must caregivers deal with an exhausting physical routine but a difficult emotional burden, too. They often feel alone, not sure where to turn for support or for practical knowledge they need.

This series was created to ease the burdens caregivers face-and help them to provide quality care for their loved ones. In these videos, caregivers can learn vital skills, step-by-step, and gain critical knowledge from physicians and other healthcare professionals.

The Educated Caregiver - Vol. 1 - Coping Skills

Author

Number of Copies: 2 **Resource Library Ref:** 1722 **CATEGORY:** CAREGIVER

The Educated Caregiver, volume one, is designed in short, easily viewed sections: *The emotional Challenges of Caregiving and how your physician can help *Gaining control over a demanding Daily Routine *Dealing with the Natural Feelings of helplessness, anger, resentment and guilt *The benefit of Support Groups *Averting Compassion Fatigue *Preparing for When Your Loved One Leaves Home *Strategies To Cut Stress *Spiritual Questions *Adjusting to Loss
80 Minutes

The Educated Caregiver - Vol. 2 - Hands-On Skills

Author

Number of Copies: 2 **Resource Library Ref:** 1723 **CATEGORY:** CAREGIVER

The Educated Caregiver, volume two, is formatted into easily viewed sections, with step-by-step demonstrations of key skills:
*Giving a Bed Bath *Oral Hygiene and Nail Care *Changing An Occupied Bed *Preparing Meals and Help with Eating
*Observing for Warning Signs of Medical Problems *Walking and Getting Around *Dressing *Making your Home Safer
*Caring for loved one with Visual or Hearing Impairments
45 minutes

The Educated Caregiver - Vol. 3 - Essential Knowledge

Author

Number of Copies: 2

Resource Library Ref: 1724

CATEGORY: CAREGIVER

The Educated Caregiver, volume 3, is formatted into easily viewed sections: *Communicating effectively, and honestly, with a loved one. *Communicating effectively with Healthcare Providers *Giving and monitoring Medicines *Understanding Medication Interactions *Avoiding Medication Mistakes *Preventing infections and Using Sterile Techniques *Preventing pressure ulcers (bedsores) and Providing Wound Care *Ensuring that your loved one enjoys proper Nutrition
48 minutes

The Educated Caregiver Volume 1/Coping Skills

Author

Number of Copies: 1

Resource Library Ref: 2011

CATEGORY: CAREGIVER

The Educated Caregiver, volume one, is designed in short, easily viewed sections:
The emotional Challenges of Caregiving and how your physician can help
Gaining control over a demanding daily routine
dealing with the natural feelings of helplessness, anger, resentment and guilt.
Averting compassion fatigue.
Preparing for when your loved one leaves home.
Strategies to cut stress.
Spiritual questions.
Adjusting to loss.

The Educated Caregiver Volume 2/Hands-On Skills

Author

Number of Copies: 1

Resource Library Ref: 2012

CATEGORY: CAREGIVER

The Educated Caregiver, volume two, is formatted into easily viewed sections, with step-by-step demonstrations of key skills:
Giving a bed bath.
Oral hygiene and nail care.
Changing an occupied bed.
Preparing meals and help with eating.
Observing for warning signs of medical problems.
Walking and getting around.
Dressing.
Making your home safer.
Caring for a loved one with visual or hearing impairments.
45 minutes.

The Educated Caregiver Volume 3/Essential Knowledge

Author

Number of Copies: 1

Resource Library Ref: 2013

CATEGORY: CAREGIVER

The Educated Caregiver, Volume 3 is formatted into easily viewed sections:
Communicating effectively, and honestly, with a loved one.
Communicating effectively with Healthcare providers.
Giving and monitoring medicines.
Understanding medication interactions.
Avoiding medication mistakes.
Preventing infections and using sterile techniques.
Preventing pressure ulcers (bedsores) and providing wound care.
Ensuring that your loved one enjoys proper nutrition.
48 minutes

THE EDUCATED CAREGIVER: ESSENTIAL KNOWLEDGE

Author

Number of Copies: 7

Resource Library Ref: 336

CATEGORY:

THE EDUCATED CAREGIVER: HANDS-ON SKILLS

Author

Number of Copies: 1

Resource Library Ref: 668

CATEGORY: CAREGIVER

(45 minutes):

Learn the physical skills needed to care for someone on a daily basis. What's the best way to bathe someone? How about getting them dressed? Safety issues, mobility, and bedrest are also covered in this comprehensive guide

The Family Guide to Alzheimer's Disease - Vol. 1 - Understanding Alzheimer's

Author *Leeza Gibbons*

Number of Copies: 1

Resource Library Ref: 1717

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Volume 1 will help you understand the disease and its effects. From physicians, experts in the field, and family members of Alzheimer's sufferers, you'll learn how to help your own family take better care of your loved one and yourselves.

Understanding Alzheimer's offers specific information on:

*Recognizing symptoms *Making an early, accurate diagnosis *What to expect during the various stages of the disease *How Alzheimer's affects the brain

62 minutes

The Family Guide to Alzheimer's Disease - Vol. 2 - Behavior Issues

Author *Leeza Gibbons*

Number of Copies: 1

Resource Library Ref: 1718

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Volume 2 will help you understand how the disease affects our loved ones behavior. From family members as well as experts, you'll learn what to expect, strategies for altering behavior and improving the quality of life for all. Behavior Issues offers specific information on: *How Alzheimer's affects our perception of reality. *Common symptoms - including agitation, hallucinations, sleeplessness and sundowning, wandering and incontinence. *Redirection and "fiblets" as strategies for dealing with Alzheimer's-related behaviors.

67 minutes

The Family Guide to Alzheimer's Disease - Vol. 3 - Daily Life

Author *Leeza Gibbons*

Number of Copies: 1

Resource Library Ref: 1719

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Vol. 3 will teach you how to help your loved one live at home as successfully as possible for as long as possible. From Alzheimer's professionals as well as family caregivers who have been there, you'll learn how to understand and interact with the altered world of an Alzheimer's sufferer. Daily Life offers specific information on: *Making the home environment safe.

*Communicating effectively with someone with Alzheimer's *Structuring a manageable daily routine.

42 minutes

The Family Guide to Alzheimer's Disease - Vol. 4 - Family Caregiving

Author *Leeza Gibbons*

Number of Copies: 1

Resource Library Ref: 1720

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Vol. 4 will show you how to handle the daily responsibilities of caring for a loved one-and how to get the help that can be critical for safeguarding your own health. From Alzheimer's professionals as well as family caregivers who have been there, you'll learn both practical strategies and important perspectives. Family Caregiving offers specific information on: *How (and why) to get outside help *Involving other family members *handling activities of daily living, such as eating, dressing and bathing

62 minutes

The Family Guide to Alzheimer's Disease - Vol. 5 - Transitions

Author *Leeza Gibbons*

Number of Copies: 1

Resource Library Ref: 1721

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Vol. 5 will help you and your loved one make a difficult adjustment to a new environment in the late stage of the disease. From professionals and family caregivers, you'll learn both practical strategies and important perspectives. Transitions offers specific information on: *Adapting social activities for your loved one *Spiritual issues &How to evaluate care facilities *Grieving
44 minutes

The Family Guide to Long Term Care

Author

Number of Copies: 6

Resource Library Ref: 1079

CATEGORY: CAREGIVER

Getting Started

Learn what to do when an aging parent begins to need more assistance than you can provide. Listen as experts share valuable knowledge. Understand when to act, which care options are best suited to the specific needs of your loved one, and the array of home-based services available

THE FAMILY GUIDE TO LONG-TERM CARE - FINANCIAL PLANNING

Author

Number of Copies: 1

Resource Library Ref: 773

CATEGORY:

AFTER VIEWING THIS VIDEO, YOU'LL HAVE A CLEAR PICTURE OF WHAT TO DO IF YOU SOMEDAY HAVE TO MANAGE A LOVED ONE'S AFFAIRS. WHETHER YOU'RE PLANNING FOR YOURSELF OR AN AGING PARENT, THIS VIDEO WILL GIVE YOU THE ESSENTIAL INFORMATION YOU NEED:

- * ORGANIZING FINANCIAL INFORMATION AND DETERMINING AVAILABLE ASSETS
- * PRINCIPLES OF SOUND INVESTING
- * SOCIAL SECURITY BENEFITS
- * EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE: WHAT IT WILL (AND WILL NOT) PAY FOR, DEDUCTIBLES, PARTS A & B, COVERAGE OPTIONS AND SUPPLEMENTAL INSURANCE

THE FAMILY GUIDE TO LONG-TERM CARE - GETTING STARTED

Author

Number of Copies: 1

Resource Library Ref: 768

CATEGORY: AGING AND ITS EFFECTS

LEARN WHAT TO DO WHEN AN AGING PARENT BEGINS TO NEED MORE ASSISTANCE THAN YOU CAN PROVIDE. YOU'LL BENEFIT FROM DETAILED, STEP-BY-STEP INFORMATION ON:

- * PLANNING AHEAD AS A FAMILY
- * WARNING SIGNS THAT YOUR PARENT SHOULD NO LONGER LIVE ALONE
- * ASSESSING NEEDS BASED ON ACTIVITIES OF DAILY LIVING (ADL)
- * SAFEGUARDING THE HOME
- * HOME-BASED SERVICES

THE FAMILY GUIDE TO LONG-TERM CARE - LEGAL ISSUES

Author

Number of Copies: 1

Resource Library Ref: 772

CATEGORY:

NONE OF US WANTS TO GIVE UP THE RIGHT TO DECIDE WHETHER WE SHOULD BE KEPT ALIVE ON A MACHINE, OR HOW OUR ESTATE WILL BE PASSED ALONG - OR TO PUT OUR FAMILIES IN THE UNCOMFORTABLE POSITION OF MAKING SUCH DECISIONS FOR US. YOU'LL LEARN VALUABLE INFORMATION THAT WILL GIVE YOU AND YOUR FAMILY MORE PEACE OF MIND.

- * MAKING A WILL AND KEEPING IT UP TO DATE
- * LIVING WILLS - MAKING HEALTH CARE DECISIONS IN ADVANCE
- * DURABLE POWER OF ATTORNEY
- * DESIGNATING OTHERS TO MAKE DECISIONS ON YOUR BEHALF

THE FAMILY GUIDE TO LONG-TERM CARE - MAKING THE RIGHT CHOICE

Author

Number of Copies: 1

Resource Library Ref: 769

CATEGORY:

THE FAMILY GUIDE TO LONG-TERM CARE - STAYING INVOLVED

Author

Number of Copies: 1

Resource Library Ref: 770

CATEGORY:

LEARN HOW THE FAMILY'S ROLE REMAINS CRITICAL TO YOUR LOVED ONE'S WELL-BEING EVEN AFTER THE TRANSITION TO NEW SURROUNDINGS. YOU'LL GET IMPORTANT INFORMATION ON:

- * CARE PLANNING
- * WAYS TO KEEP THE FAMILY INVOLVED
- * BECOMING PARTNERS WITH THE STAFF AND OTHER PROVIDERS
- * MONITORING YOUR LOVED ONE'S CARE
- * HELPING YOUR PARENT STAY EMOTIONALLY HEALTHY

THE FAMILY GUIDE TO LONG-TERM CARE - UNDERSTANDING LONG-TERM CARE INSURANCE

Author

Number of Copies: 1

Resource Library Ref: 771

CATEGORY:

THIS VIDEO WILL THOROUGHLY PREPARE YOU TO NAVIGATE AN OFTEN BEWILDERING MAZE OF INFORMATION - AND MAKE DECISIONS THAT WILL PRESERVE YOUR ASSETS AND FREEDOM OF CHOICE. YOU'LL GET EXPERT GUIDANCE ON:

- * GAUGING YOUR NEED FOR LTC INSURANCE
- * THE LIMITS OF MEDICARE AND MEDICAID
- * COVERAGE FOR ASSISTED LIVING, HOME HEALTH AND ADULT DAY CARE
- * WHAT TO LOOK FOR IN AN INSURER
- * CHOOSING COVERAGE OPTIONS THAT ARE BEST FOR YOU

The Family Guide to Long-term Care Vol.#1 Getting Started

Author

Number of Copies: 1

Resource Library Ref: 1263

CATEGORY:

This program is designed to overcome the confusion often associated with the early stages of managing the care of a loved one.

The Family Guide to Long-term Care Vol.#2 Making the Right Choice

Author

Number of Copies: 1 **Resource Library Ref:** 1264 **CATEGORY:**

This program addresses the issues and questions families face when a loved one requires care outside the home.

The Family Guide to Long-term Care Vol.#3 Staying Involved

Author

Number of Copies: 1 **Resource Library Ref:** 1265 **CATEGORY:**

This program contains information vital to your loved one's health after the transition to a care facility.

The Grit and Grace of Being a Caregiver

Author

Number of Copies: 1 **Resource Library Ref:** 1204 **CATEGORY:** CAREGIVER

Uses nature photography to illustrate seven paradoxical principles of healthy caregiving, like `To be close you must establish boundaries`. Concludes with affirmation of life-giving possibilities caregiving can provide. Can be shown as a whole or in sections. Designed for both laypersons and professionals. 36 minutes.

THE HEALING INFLUENCE: GUIDELINES FOR STROKE FAMILIES

Author

Number of Copies: 1 **Resource Library Ref:** 201 **CATEGORY:** STROKE

Patricia Neal, celebrated stroke survivor, guides us through this video to understand stroke and its effects on both patient and family. Caregivers learn what they can do to promote patient recovery and family well-being.

THE HUMAN CONDITION: Final Chapter

Author

Number of Copies: 1 **Resource Library Ref:** 712 **CATEGORY:** END OF LIFE DECISIONS

A range of cultural issues and attitudes surrounds death and dying. Certainly the age of the dying person, the extent of the illness or injury, as well as the legal and ethical ramifications, are factors that need to be considered in prolonging life and continuing medical support. In recent years, the hospice movement has provided valuable assistance for many dying persons and their families. Because the death of a loved one can have significant health consequences for family and friends, the support provided by familial and social networks plays an extremely important role in easing the pain of separation and loss.

The Living Trust Video

Author

Number of Copies: 1 **Resource Library Ref:** 1556 **CATEGORY:** CAREGIVER

A video seminar in the comfort of your home! Learn from an Estate Planning Professional how a Living Trust eliminates time-consuming and expensive probate. See how it will save your estate thousands of dollars in taxes. Explanations are illustrated with examples and presented in plain English. A reliable option for those looking for the basics.

The Personal Side of Serving Older Adults (Session 1)

Author *Wendy Lustbader*

Number of Copies: 1 **Resource Library Ref:** 1687 **CATEGORY:** POSITIVE IMAGES OF AGING

The Personal Side Of Serving Older Adults is a much-needed workshop on the nature of "helping relationships". The three-tape series, presented by Wendy Lustbader, in cooperation with Terra Nova Films, will empower those who serve older adults to examine and better understand their own emotional reactions to the unique challenges they face. As the series taps into the very essence of what it means to serve, care providers will be encouraged to apply proven strategies to maintain healthy professional boundaries and keep an open heart. Care providers will learn how to: Reduce "over-involvement" while affirming the dignity and individuality of older adults. Utilize the grief process as a healing aid to provide comfort to older adults (and to themselves). Series of three videos, 30-35 minutes each.

The Personal Side of Serving Older Adults (Session 2)

Author *Wendy Lustbader*

Number of Copies: 1 **Resource Library Ref:** 1688 **CATEGORY:** POSITIVE IMAGES OF AGING

The Personal Side Of Serving Older Adults is a much-needed workshop on the nature of "helping relationships". The three-tape series, presented by Wendy Lustbader, in cooperation with Terra Nova Films, will empower those who serve older adults to examine and better understand their own emotional reactions to the unique challenges they face. As the series taps into the very essence of what it means to serve, care providers will be encouraged to apply proven strategies to maintain healthy professional boundaries and keep an open heart. Care providers will learn how to: Reduce "over-involvement" while affirming the dignity and individuality of older adults. Utilize the grief process as a healing aid to provide comfort to older adults (and to themselves). Series of three videos, 30-35 minutes each.

The Personal Side of Serving Older Adults (Session 3)

Author *Wendy Lustbader*

Number of Copies: 1 **Resource Library Ref:** 1689 **CATEGORY:** POSITIVE IMAGES OF AGING

The Personal Side Of Serving Older Adults is a much-needed workshop on the nature of "helping relationships". The three-tape series, presented by Wendy Lustbader, in cooperation with Terra Nova Films, will empower those who serve older adults to examine and better understand their own emotional reactions to the unique challenges they face. As the series taps into the very essence of what it means to serve, care providers will be encouraged to apply proven strategies to maintain healthy professional boundaries and keep an open heart. Care providers will learn how to: Reduce "over-involvement" while affirming the dignity and individuality of older adults. Utilize the grief process as a healing aid to provide comfort to older adults (and to themselves). Series of three videos, 30-35 minutes each.

The Rom Dance

Author *Diane Harlowe*

Number of Copies: 1 **Resource Library Ref:** 1548 **CATEGORY:** NATURE AND STRESS REDUCTION

A Range of Motion Exercise and Relaxation Program. Diane Harlow and Patricia Yu present an overview of the ROM Dance Exercise and Relaxation techniques in an Arthritis health education group setting. This video-tape can be used to stimulate interest in participation. This 21-minute video includes the following: Introduction, The ROM Dance Instruction: Large Joint Movements & Hand Movements, Guided Relaxation Session and Group Discussion of Benefits.

THE UNOPENED MILK CARTON; EATING WITH ASSISTANCE

Author

Number of Copies: 1 **Resource Library Ref:** 185 **CATEGORY:** CAREGIVER

Encouraging and assisting older individuals to feed themselves promotes functional independence. Proper preparation enables easy access to food and drink and is essential to facilitate independence. An unopened milk carton or juice container may be an insurmountable barrier. Demonstrations provide essential guidance for nursing assistants, home health aides, family members, and other caregivers. 20 minutes.

Debra Wertheimer, MD, Associate Director, Clinical Services, Levindale Hebrew Geriatric Center and Hospital

THE VIDEO AQUARIUM (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 409 **CATEGORY:** NATURE AND STRESS REDUCTION

The Video Aquarium is the epitome of relaxation combined with natural beauty. Viewers sit back to watch colorful fish as they swim by and embark upon their daily tasks - none the wiser that they are being watched. This tape has proven to be an excellent distraction and vehicle to calm even the most agitated individuals with dementia. (60 minutes.)

THERAPEUTIC REMINISCENCE

Author

Number of Copies: 2

Resource Library Ref: 982

CATEGORY:

Geriatric care providers demonstrate and discuss the therapeutic effectiveness of using memories to solve current problems while promoting self-esteem, life-long identity and independence. A powerful exercise and profound viewing experience! An extensive program guide accompanies the video.

This video is part of an eight tape series on mental health and older adults. Each title in the series is listed separately in this catalog. The complete list is:

- Antipsychotic and Antidepressant Medications and Side Effects
- Communicating With Oriented Older Adults
- Communicating With Moderately Confused Older Adults
- Communicating With Severely Confused Older Adults
- Grief, Loss and Older Adults
- Mental Health Problems of Older Adults
- Older Adult Development
- Therapeutic Reminiscence

THICKER THAN WATER (Techniques for working with families in nursing home setting)

Author

Number of Copies: 1

Resource Library Ref: 977

CATEGORY:

This dramatized video demonstrates techniques for working with families in nursing home setting, focusing on distraught family members. The video shows how to diffuse anger, acknowledge concern and provide helpful information to the family.

THOSE GOOD OL' SCHOOL DAYS (Respite Video)

Author

Number of Copies: 1

Resource Library Ref: 425

CATEGORY: RESPITE

Remember the stories of those five mile hikes to school and spoonfuls of Castor Oil? Susie is an energetic storyteller who helps viewers fondly relive, and even laugh on a trip down memory Lane. Fun songs like "School Days," "She'll Be Comin' 'Round the Mountain," and "The Bus Song" prompt memories and pleasant thoughts. School day games like "Here We Go 'Round the Mulberry Bush," and after school trips to the candy store round out this entertaining recall of events. (50 minutes.)

TIME SLIPS (Use of creative storytelling)

Author

Number of Copies: 1

Resource Library Ref: 172

CATEGORY:

Creative expression is a valuable tool for staff and volunteers to use in interacting with those who have Alzheimer's or related dementia. Creativity can alleviate the pressure to remember, and can enable people with dementia to stretch their imaginations, have fun, and express themselves. This is a video training package that teaches how to engage people with dementia in creative storytelling. The video documents how caregivers can work (play!) with those who have dementia to create new and imaginative stories through the use of intriguing photographs. The accompanying training manual provides a step-step description of how to conduct these storytelling sessions. This kind of creative activity can result in: an increase in communication among those with Alzheimer's and related dementia; a decrease in aggravation and depression; a deepened awareness of personhood and potential of people with dementia.

To Touch a Grieving Heart

Author *Kathleen Braza*

Number of Copies: 1

Resource Library Ref: 1407

CATEGORY: BEREAVEMENT

This highly acclaimed video answers questions that grieving people most want to know: How long should people grieve? Should I try to forget or try to remember? What does one say or do when the death was caused by violent means? The film includes healing rituals that can help a person process his or her grief. For training purposes as well as for individual viewing, this film is filled with sensitive and procatical insights to help us touch grieving hearts in healthy ways.

UNDERSTANDING ALZHEIMER'S DISEASE

Author

Number of Copies: 1

Resource Library Ref: 686

CATEGORY:

UNDERSTANDING DEPRESSION

Author

Number of Copies: 1

Resource Library Ref: 675

CATEGORY:

Understanding Life Plans

Author

Number of Copies: 1

Resource Library Ref: 1567

CATEGORY: CAREGIVER

Understanding Life Plans sheds light on the benefits of staff members encouraging residents (or family members if the resident is incapable of making decisions) to write down or, at least, make known their final decisions. The video touches on the personal decisions that must be made - such as, the choice to be resuscitated or not, to get a feeding tube or not, to be transferred to an acute care setting or not. The video documents the importance of staff members helping residents and family to understand treatment options, and doing their best to comfort and improve quality of life for residents. 18 minutes

Using Coumadin Safely & Effectively

Author *Du Pont Pharmaceuticals*

Number of Copies: 1

Resource Library Ref: 1348

CATEGORY:

This eleven and one-half minute tape has been designed to supplement and reinforce your own instructions to your patients in order to improve compliance and minimize potential adverse effects.

VOICES OF CARE GIVING

Author

Number of Copies: 2

Resource Library Ref: 1040

CATEGORY: ALZHEIMER'S & DEMENTIA CARE

Family caregivers who provide full-time care for a person with Alzheimer's disease often feel alone, isolated from anyone who can understand what they are living with every day. In this video, which is dedicated to those who provide care, seven caregivers share their stories of caring, while offering insights to others who want to understand or assist caregivers. The stories they share are sometimes humorous, sometimes painful and always moving. This tape can be used to prepare for support group discussions, to enlighten family and friends of caregivers, and to help train professionals who work with those who provide daily care. 32 minutes

VOICES OF CAREGIVING (caregivers share their stories of caring)

Author

Number of Copies: 1

Resource Library Ref: 978

CATEGORY:

Family caregivers who provide full-time care for a person with Alzheimer's disease often feel alone, isolated from anyone who can understand what they are living with every day. In this video, which is dedicated to those who provide care, seven caregivers share their stories of caring, while offering insights to others who want to understand or assist caregivers. The poignant stories they share are sometimes painful, sometimes humorous, and always moving.

Comments from caregivers in the video:

"The disease seemed to take control, not only of her, but of the whole family."

"At first I thought, what a waste of a life -- my wife's life. I couldn't cope. So one night I started to write. I wrote ten pages. It was a kind of therapy."

"I knew I would be my mother's caregiver because I was her friend too. The rest of the family backed off, but I stepped in as caregiver. It was hard at first to reverse the roles. She had always taken care of me, and now I had to take care of her."

Waukesha County Training Video

Author

Number of Copies: 1

Resource Library Ref: 1355

CATEGORY:

1. Understanding the Working Back
2. It'll Never Happen to Me
3. Terrible Tuesday

What Every Body Should Know.....Exercise Guidelines for Older Adults

Author

Number of Copies: 1

Resource Library Ref: 1658

CATEGORY: POSITIVE IMAGES OF AGING

This is a video program developed by Medicine Shoppe pharmacies in conjunction with the U.S. National Senior Sports Organization, to help older adults learn what they need to keep fit and healthy at any age. This informational, 20-minute program will show you what you should know about * Starting an exercise program * The best exercises for older adults * Aerobic conditioning and heart rates * How fitness makes you feel good

WHEN HELP WAS THERE: FOUR STORIES OF ELDER ABUSE

Author

Number of Copies: 1

Resource Library Ref: 173

CATEGORY: ABUSE PREVENTION

This video takes an ethnically diverse look at elder abuse. Four separate cases of either physical, emotional or financial abuse are presented: a Hispanic mother threatened by her son; an African American woman physically abused by her husband; an Asian couple put out on the street by their son-in-law; a Caucasian man defrauded of possessions and bank accounts by a "friend". This video also tells how each of these individuals was helped and supported by a network of services - legal interventions, support groups and social services. A well done and very educational video.

When Mourning Dawns-Living Your Way Fully Through the Seasons of Your Grief

Author *Dr. James E. Miller*

Number of Copies: 1

Resource Library Ref: 1402

CATEGORY: BEREAVEMENT

One of a 3-piece set, this video will introduce you to the uniqueness of each of grief's seasons, using exquisite photography, words, and music, so you will know more what to expect, what to do. Designed for individual or group use with support group basics, reproducible copies and resource pages. 51 min.

When Your Parent Needs You

Author

Number of Copies: 1 **Resource Library Ref:** 1808 **CATEGORY:** POSITIVE IMAGES OF AGING

Caring for an aging parent is an all-encompassing experience that affects every aspect of our lives. When Your Parent Needs You focuses on the positive aspects of caregiving and on what caregivers can obtain from their experience. This video covers topics such as: Becoming your parent's caregiver; Experiencing life changes through caregiving; Recognizing and dealing with the stress of caregiving; Growing as a caregiver

"It is not the number of stresses but the coping and problem-solving skills that can make the difference..."

35 minutes

WHITE HOUSE CONFERENCE ON AGING

Author DEPT OF AGING

Number of Copies: 1 **Resource Library Ref:** 728 **CATEGORY:** POSITIVE IMAGES OF AGING

Wild America - 4 Animal Respite Video Set

Author Marty Stouffer

Number of Copies: 1 **Resource Library Ref:** 1279 **CATEGORY:**

Wild America explores the animal behavior that has always fascinated people. The series is fresh, vivid and often astonishing. It is the first of its kind to deal exclusively with American wildlife.

1. Awesome Anatomy
2. Water Babies
3. Cuddly Creatures
4. Animal Oddities

WINTER IN NIAGRA FALLS (Respite Video)

Author

Number of Copies: 1 **Resource Library Ref:** 405 **CATEGORY:** RESPITE

Reminiscence is sometimes called "medicine for the mind." And here's just what the doctor ordered. These tapes take you back to a time when you were just a kid, enthralled and amazed by all that surrounds you. Sit back and enjoy the experience. You've never seen Niagara Falls like this. This video provides breathtaking footage of the Mighty Niagara from both the U.S. and Canadian sides. Enjoy the beauty and brilliance of ice crystal rainbows, ice-coated trees, and beautiful ice formations. (30 minutes.)

Yoga For Seniors

Author

Number of Copies: 1 **Resource Library Ref:** 1192 **CATEGORY:**

This 40-minute video is specially designed to suit the needs of seniors. Use this tape to help clients improve blood circulation, feel energetic and strong and feel and look young! These postures are also effective for ailments like headaches, back pain, arthritis, insomnia, nervousness, stress, allergy and asthma. 40 minutes.