

Arrowhead Area Agency on Aging

Lending Library Catalog



November 2008

A collection of audiotapes, videos, books, resource manuals and computer CD-ROM software and simulations are available for checkout by contacting the Arrowhead Area Agency on Aging in Duluth, Minnesota. Many of these resources were purchased through federal grants, some were donated and others have been purchased with other local or state monies.

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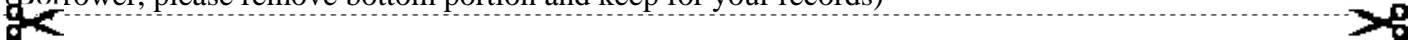
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Arrowhead Area Agency on Aging
221 West First Street, Duluth, Minnesota 55802
Please call 218-529-7550 or 1-800-232-0707, ext. 550 with any questions.

CATALOG IS SORTED IN THE FOLLOWING ORDER: AUDIOTAPES, BOOKS, VIDEOS, SIMULATIONS AND THEN CD-ROM SOFTWARE

Audiotapes

The Grandparent Connection: To Love and Be Loved. Connie Goldman Productions. 1 hour in length.

When a child is born a grandparent is born as well. This tape offers a collection of personal stories that underscores the valuable contributions we can make to our grandchildren's lives. Whether we live across the country or down the block from our grandchildren we have an opportunity to share something special and important. Today's grandparents are different from "the good old days." Kids are different too. Yet one thing hasn't changed and hopefully won't — that eternal possibility for grandparents and grandchildren to share, to bond, to make memories, to love and to be loved through this unique connection.

Books

The Ageless Spirit. Berman, P., & Goldman, C. (Ed). (1992). 282 pages.

The stories contained in this book help dramatize the true picture of what healthy aging can be. The people described within clearly show that age by itself is no longer a barrier to creativity and productivity.

Aging and Opportunities: Strengthening Business As Our Population Ages. Aging Summit II – Final Report. (2002). 45 pages.

Final report of the second annual Aging Summit held in Eau Claire, WI on May 22, 2002. Individuals with diverse interests in health and aging were invited to come together to explore the dynamic impact of the older worker and of working caregivers in America. The overall goal of the Summit was to promote the awareness of the needs and the value of the aging population, with a focus on the Chippewa Valley.

Alzheimer's Disease – Unraveling the Mystery. National Institutes of Health, National Institute on Aging. (2002). 60 pages. CD-ROM is also included with a brief animation showing how Alzheimer's Disease develops, text and PDF files of the book and files of the medical illustrations in the text.

This book was written for people wanting to read about research on Alzheimer's Disease.

The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia. Loring, K., R.N., Dr.P.H., and Fries, J. D., M.D. (2000). 357 pages.

A self-management guide for those coping with joint pain containing tested advice and hundreds of useful hints on topics such as: building a calcium-rich diet and maintaining a

healthy weight, designing an exercise program that matches your needs, communicating with family, friends, colleagues and doctors, and more.

Autumn Gospel: Women in the Second Half of Life. Fischer, K. (1995). 185 pages.

"Autumn Gospel" explores the spiritual dimensions of women's middle and later years through stories, experiences, and research from a variety of traditions and cultures.

Business and Aging Presentation. American Society on Aging. (1993). 40 page workbook plus 16 pages of sample flyers and transparencies.

A do-it-yourself guide for positioning yourself, as an aging specialist, to market your expertise in aging to businesses in your community.

The Carebook: A Workbook for Caregiver Peace of Mind. (Rev. 1st Ed.). Beedle, J. (1991). 36 pages.

A framework for primary caregivers to build a personal biography of the person they are caring for, which addresses the basics of medical, legal and financial information, day-to-day care tips, alternative care providers and a journal. To be used as a resource by all persons, who may offer help, support or care.

The Caregiver Resource Guide. Puchta, C. (2004). 267 pages.

This book provides practical knowledge, perspectives, tools and tips that families and caregivers can immediately apply to their unique situation. This guide cuts through the clutter and confusion, and offers clear, unbiased advice to help families and caregivers understand and address the issues and alternatives.

The Caregiver Survival Series. Sherman, J. R. (1994). Three book series:

Creative Caregiving, 84 pages.

Positive Caregiver Attitudes, 84 pages.

Preventing Caregiver Burnout, 76 pages.

Resource books for caregivers that don't have a lot of time to read. These books are great to go through time and time again.

A Caregiver's Handbook for Dementia. Elliot, B., & Bruno, C. (1999). 76 pages.

This handbook provides caregivers with a comprehensive guide to understanding the challenges of providing compassionate care to persons with dementia.

Caregivers in the Workplace. American Association of Retired Persons (Ed). (1992). 120 pages.

AARP designed this booklet to help organizations to recognize and support the efforts of caregivers among their employees.

Caregiving and Loss: Family Needs, Professional Responses. Doka, K.D. and Davidson, J.D (editors). Foreward by Rosalynn Carter. Hospice Foundation of America (2001). 331 pages.

The 12 chapters of this book discuss the needs of family caregivers and how professional health care workers can work better with them, and explores the multiple losses felt by patients and families. Voices of caregivers and programs that work enhance the articles.

Caregiving in American Indian Communities. (1999). Manual. Three sections.

Alzheimer and Dementia Information
Caregiving in Native Communities
Resources for Caregivers and Their Families

Caring to Help Others: A Training Manual for Preparing Volunteers to Assist Caregivers of Older Adults. Eisai Co., LTD (2000). 502 page binder.

This training manual was designed to help community-based organizations prepare volunteers to effectively assist primary caregivers of older adults. The manual broken-up into 8 Sections with a glossary and 21 appendices. The training manual was developed by an advisory council of professionals from the AARP, Hospice Association of America, National Alliance for Caregiving, National Association for Home Care, The National Council on Aging, National Family Caregivers Association, National Federation of Interfaith Volunteer Caregivers, Towson University's Gerontology Department, Alzheimer's Association, United Way of America, and the Points of Light Foundation.

Checklist for Aging: A Workbook for Care Giving. Wolfe, W. (1992). 220 pages.

A collection of articles from the Star-Tribune and checklists to help families and caregivers that are taking care of an elderly loved one. Chapters include: Coping with Crisis, Survival Checklist, Financial Crisis, If the Money's Gone, Family Problems, Emotional Problems, Health Problems, Medicare, Medigap Insurance, Nursing-Home Insurance, Care Giver's Dilemma, Risk vs. Independence, When Dad Says No, Guilt and Anger, Long-Distance Care, Should your Parent be Driving, Staying Healthy, Staying in the House, Housing Options, Medical Assistance, Nursing Homes, Ombudsmen, Alzheimer's Disease, Death and Dying, and Lessons for You.

Choices at the End of Life: Finding Out What Your Parents Want Before It's Too Late. Norlander, L., & McSteen K. (2001). 165 pages.

If your dying mother were in a coma, would she want a feeding tube to extend her life? Or would she prefer a more dignified natural death in hospice care? This book presents a comfortable way to have an advance talk with your parents about these types of preferences

for end-of-life healthcare. Readers can use the book to develop a living will/advance directive, avoid family disputes over medical treatments, and learn how they can confidently honor a parent's final wishes.

To Comfort Always: A Nurse's Guide to End of Life Care. Norlander, L. (2001). 92 pages.

Framed by the nurse's roles as skilled clinician, advocate, and guide to patients and their families, this concise and comprehensive work addresses the full arc of end of life care. Its holistic and team-based approach discusses and integrates into practice the critical issues for such care. This book serves all nurses – from students to the most experienced – as either a stand-alone guide and resource or the best first volume to integrate the growing body of information in this critical area of practice.

Communicating With Older Adults. Benbow, A. (2002). 122 pages. Printed guide and accompanying CD-ROM diskette.

This handbook is designed to give organizations research-based guidance for communicating more efficiently and effectively with the older adults they serve. The four specific recommended practices apply to four groups: health care professionals and clinical care workers, pharmacists and pharmacy staff, long-term care and assisted living providers, and senior information and referral specialists.

Daily Comforts for Caregivers. Samples, P. (1999). 366 pages.

Daily Comforts for Caregivers helps bring peace of mind to those struggling with the responsibilities of caring for someone with chronic or long-term health problems. The 366 daily meditations offer compassionate reassurance and gentle encouragement in simple, down-to-earth language.

End of Life: Helping With Comfort and Care. National Institute on Aging, National Institutes of Health and the U.S. Department of Health and Human Services. (2008). 68 pages.

Helping With Comfort and Care provides an overview of issues commonly facing people caring for someone nearing the end of life. Throughout the booklet, the terms comfort care, supportive care, and palliative care are used to describe individualized care that can provide a dying person the best quality of life until the end. Most of the stories in this booklet are fictitious, but they depict situations that reflect common experiences at the end of life. It can help you to work with health care providers to complement their medical and caregiving efforts.

This booklet can also be ordered free of charge from the National Institute on Aging's Publication Clearinghouse at <http://www.nia.nih.gov/HealthInformation/Publications/>

Exercise: A Guide From the National Institute on Aging. National Institute on Aging. (2001). 80 pages.

This guide provides an overview of the benefits of exercise for older people. It includes information and illustrations for four types of exercises: endurance, strength, flexibility, and balance. Charts are provided to measure progress.

From Aging to Saging. Schachter-Shalomi, Z., & Miller, R. S. (1995). 292 pages.

"From Age-ing to Sage-ing" gives you the means to combat the negative aspects of growing older. Techniques are offered that expand your horizons beyond the narrow present to a grand and enduring eternity. Through harnessing the power of spirit, you discover ways to use your life experiences to nurture, heal, and perhaps save both a younger generation and this world.

The Game Plan: Step by Step to Successful Business & Aging Network Partnerships.

Duggar, M. L., Wylde, M. (1993). 135 page workbook.

A step-by-step guide to developing successful partnerships between aging services organizations and businesses.

Gentle Hikes: Minnesota's Most Scenic North Shore Hikes Under 3 Miles. Tornabene, L., Morgan, M., and Vogelsang, L. (2002). 207 pages.

Do you want to go for a hike, but have limited time? Want to see the best the North Shore has to offer despite a restricted time schedule? *Gentle Hikes* shows you where to go for the best North Shore hikes under 3 miles. With this book, you have details on over 45 hikes and 15 picnic sites at your fingertips. Such details are useful for everyone but they are indispensable for those with small children, seniors, families with a range of physical abilities or people with physical challenges.

Gentle Hikes: Northern Wisconsin's Most Scenic Lake Superior Hikes Under 3 Miles.

Tornabene, L., Morgan, M., and Vogelsang, L. (2004). 237 pages.

This book follows the format of Minnesota's North Shore scenic hiking book. Details on over 49 hikes and 23 picnic sites in Wisconsin's Lake Superior region are included. This is a hiking guide for everyone!

The Get Connected Toolkit: Linking Older Adults with Medication, Alcohol, and Mental Health Resources. U.S. Department of Health and Human Services. (2003). Materials in

toolkit: program coordinator's guide, fact sheets, screening tools, handouts, age-related resource list, forms and resources, video: "It Can Happen to Anyone: Problems with Alcohol and Medications Among Older Adults" by the American Association of Retired Persons and Hazelden (26 minutes in length), brochures, "Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems" book and "Substance Abuse Among Older Adults: A Guide for Social Service Providers" book.

Prevention and treatment of substance misuse and mental health problems among older adults is possible. By using the materials in this toolkit, organizations can play an important role in identifying, screening, educating, and referring at-risk clients for future care. The toolkit also includes materials to educate older adults. It includes awareness-raising and self-screening tools designed to help them overcome obstacles to seeking help.

Honor the Grandmothers: Dakota and Lakota Women Tell Their Stories. Penman, S. (Ed.). (2000). 147 pages.

In this poignant collection of oral histories, four Indian elders recount their life stories. The stories break through stereotypes and show the grandmothers' concern for their future generations.

How to Care for Aging Parents. Morris, V. (1996). 460 pages.

This book addresses the needs of both the parent and their adult children who provide caregiving. It is a comprehensive resource on the medical, emotional, legal, and financial issues involved in caring for an elderly parent.

Jubilee Time: Celebrating Women, Spirit, and the Advent of Age. Harris, M. (1995). 225 pages.

In a work shimmering with wisdom and joy, "Jubilee Time" brings a special gift to every woman facing who she is now and who she may become in the years and decades ahead.

To Lead is to Serve: How to Attract Volunteers and Keep Them. McBee, S. (2002). 228 pages.

The goal of this book is to make a volunteer leader's job easier because it provides tools for attracting volunteers and keeping them. Contained in this book are: 50 techniques to start using today to attract volunteers and keep them, 25 tips to re-energize yourself as a leader, 9 more tips on how to overcome obstacles, 300 captivating anecdotes from successful volunteer leaders and 12 exercises you can use to effectively integrate the *To Lead Is To Serve* principles into your organization in a lasting way.

Living with Grief: Alzheimer's Disease. Hospice Foundation of America, Doka, K.J (ed). (2004). 290 pages.

Consisting of papers contributed by multidisciplinary experts, *Living With Grief: Alzheimer's Disease* discusses what is medically known about Alzheimer's disease and other dementias. The book examines the challenges and opportunities that Alzheimer's presents to clinicians, caregivers, hospice workers, and policy advocates. Dr. Sam Gandy, renowned Alzheimer's researcher, contributes with a chapter describing the medical advances in the quest to cure Alzheimer's. Bruce Jennings, a distinguished ethicist, addresses the issues of quality of life surrounding an Alzheimer's patient. This book also offers a comprehensive resource list of organizations that are dedicated to researching Alzheimer's and supporting Alzheimer's patients and caregivers.

The Lost Art of Caring: The Challenge to Health Care Professionals, Families, Communities, and Society. Cluff, L. E., & Binstock, R. H. (Ed). (2001). 249 pages.

Experts address the importance of caring, the reasons that it has eroded, and measures that can strengthen caring as provided by health professionals, families, communities, and society.

Mayo Clinic Guide to Alzheimer's Disease: The Essential Resource for Treatment, Coping and Caregiving. Mayo Clinic. (2006). 332 pages.

This book includes:

- Explanation of the early signs and symptoms of dementia and how they differ from normal aging
- Latest information on non-Alzheimer's forms of dementia, such as frontotemporal dementia, dementia with Lewy bodies and vascular cognitive impairment
- Research advances in the understanding of mild cognitive impairment, a transitional stage between a normal state and dementia
- Action Guide for Caregivers with tips and strategies for someone becoming a caregiver.

Native American Cultural Issues Symposium. University of Wisconsin-Superior. (2003). Selected conference papers and proceedings. 115 pages.

The mission of the symposium was to explore and debate issues surrounding racial and cultural sensitivity within the context of the American Indian Nations.

Ohio Aging Network Education Project: A Core Curriculum for Aging Service Providers. Case Western Reserve University, Northeastern Ohio Universities College of Medicine and Bowling Green State University. (1993). Approximately 500 pages.

This is a curriculum designed to train entry-level paraprofessionals who provide services to older persons living in the community. This curriculum is laid out in detail. Each module includes goals, objectives, teaching guidelines, preparation information, material needs and prepared overheads. The 11 modules can be used together or separately and are:

- Aging in America, 41 pages
- The Experience of Aging, 54 pages
- Social Aspects of Aging, 44 pages
- Communicating, 42 pages
- Health and Aging Issues, 43 pages
- Special Health Issues, 47 pages
- Mental Health Concerns, 37 pages
- Assessment, 42 pages

Productive Aging: Concepts and Challenges. Morrow-Howell, N., Hinterlong, J., & Sherraden, M. (Ed). (2001). 344 pages.

"Productive Aging" assembles essays from some of the preeminent scholars currently writing in social gerontology. The editors have done a wonderful job of organizing the chapters into sections and providing appropriate overviews. This volume will appeal to professionals interested in productivity, workforce issues, alternative contributions, and the elderly as contributors to social well-being.

Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems. U.S. Department of Health and Human Services. (2002). 123 pages.

This guide was created to facilitate collaborations among mental health, substance abuse, and aging service providers by profiling models that work across the country. The guide provides information on how several different programs work, how they got started, and the resources needed for operation.

Quick Tips for Caregivers. Karpinski R.N., M. (2000). 217 pages.

An information-packed book that provides all of the hands-on caregiving advice and instruction needed every day. *Quick Tips* contains easy-to-follow descriptions and clear illustrations on basic caregiving procedures. Topics include: preparation for hospital discharge, hiring in-home help, personal care, taking care of the caregiver, how to position someone in bed, wheelchair transfers, infection control and more.

ReFirement. A Boomer's Guide to Life After 50. Gambone PhD., J. (2000). 205 pages.

ReFirement gives Boomers and others a positive and optimistic vision of how to live a meaningful life as they grow older and leave a valuable legacy for future generations. *ReFirement* provides an exciting platform for everyone facing the challenges and opportunities of mid-life. The book is also filled with over 80 Activities To Refire Your Life—practical suggestions on how you can take charge and energize the rest of your life. Unlike many of the current books on retirement that focus on one or two issues associated with aging (finances, adult communities, health, or community service), *ReFirement* addresses the full range of experiences we can all be expected to face.

Resource Directory for Older People. National Institute on Aging and the Administration on Aging. (2001). 111 pages.

This directory provides contact information and a brief description of more than 260 public and private organizations.

Share The Care: How to Organize a Group to Care for Someone Who is Seriously Ill. Capossela, C., & Warnock, S. (1995). 287 pages.

A great book to help coordinate efforts of friends and family to care for someone who is suffering from a serious illness. Written by two women who met while caring for a mutual friend who had cancer. Share the care offers valuable guidelines, compassionate suggestions, and a simple-to-use workbook section that offers support to help free the patient from worry

and the caregivers from burnout. The book offers friends and family of ill loved ones the best answer to the frequently asked question, “What can I do?”

Staying Well: Teaching Tools for Older Adults. The Ohio Department of Aging. (1998). Teaching manual.

The Staying Well manual is designed for area agencies on aging, nutrition providers, local health departments, extension agents and other community program leaders. It contains intervention activities for older adults complete with lesson plans, challenges, activities, promotional incentives, reproducible handouts, certificates, reference materials, program evaluation forms and a resource directory.

Striking Back at Stroke. Hutton, C., & Caplan M.D., L. (2003). 234 pages.

A story of incredible courage and strength. At the age of 43, Ms. Hutton experienced a devastating stroke. She was unable to speak, understand, or even walk. She fought to regain her physical strength and independence. *Striking Back at Stroke* is the pairing of a heartfelt, autobiographical experience with commentary from a health professional. Dr. Caplan is considered one of the leading experts in the field of stroke research and treatment. Ms. Hutton is a true survivor and her book is an encouragement to others.

The 36-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life. Mace, N. L., & Rabins, P. V. (1999). (3rd Ed.). 339 pages.

The previous two editions are widely considered the “bible” for families who are caring for loved-ones with Alzheimer’s Disease. The authors have updated some of the chapters to include information on: new terminology and statistics, evaluating a person with dementia, new changes in laws and regulations, new hospice care information, new assisted living facilities, financing care, new types of dementia, new information on eating and nutrition, and the latest research on drugs, genetics, and diagnostic tests.

Tips for Good Living with Arthritis. The Arthritis Foundation. (2001). 209 pages.

This handy guide offers anyone with arthritis simple ideas for living each day with more mobility and less stress. Whether you’re at home, at the office, running errands, on the golf course or at the mall, these tips will guide you to a more active and fulfilling life.

Through The Wilderness of Alzheimer’s: A Guide in Two Voices. Simpson, A., & Simpson, R. (1999). 160 pages.

A husband and wife who are experiencing the challenges of Alzheimer’s disease wrote the book. Bob (the husband) has Alzheimer’s, and Anne (the wife) is his caregiver. The book provides valuable insights into the patient’s and the family caregiver’s point of view in dealing with Alzheimer’s disease.

Wheel of Life: A Memoir of Living and Dying. Kubler-Ross, E. (1997). 286 pages.

Elisabeth Kubler-Ross, M.D. is the woman who has transformed the way the world thinks about death and dying. "The Wheel of Life" is written frankly and with warmth, her memoirs trace the intellectual and spiritual development from her early childhood to late life. Driven by compassion, undeterred by obstacles, she shows the reader through her own remarkable story and life that free will is our greatest gift and spiritual evolution is our goal.

VHS Videos

Aging Parents: The Family Survival Guide. Lifetapes Communications Inc. (Producer), (Director). (1997). 3.5 hours in length over 2 tapes, 172-page facilitator guide, planning handbooks for participants and overheads.

This video and guide provides family members practical help in caring for and helping aging parents. Topics include Housing Alternatives, Medical and Health Issues, Legal Issues, Economics of Caregiving, Family Dynamics, When Crisis Hits, Caregiving from a Distance, Government Programs and Death and Dying.

Almost Home: Changing Aging in America. Co-production of 371 Productions and Wisconsin Public Television. (2005). 90 minutes in length with a 5-page discussion guide.

Almost Home is an intimate feature-length, documentary that follows the stories of residents, families and workers in a Midwestern nursing home as they struggle with the personal challenges of aging while trying to transform their century-old hospital-like institution into a true home.

America's Aging Network: Coping with Disasters. Department of Health and Human Services, U.S. Administration on Aging. 20:20 minutes in length.

This video was created to help organizations working with seniors prepare for a disaster by: minimizing trauma, maximize recovery, and restore normalcy as quickly as possible.

And Thou Shalt Honor. Wiland-Bell Productions (Producer). BarksdaleBallard & Company (Director). (2002). 2 hours in length and an 18-page viewer's guide.

This documentary was designed to help others find answers to their questions when they enter into a caregiver role. This documentary is designed to provide a basis for a new movement to support caregivers.

The Basic Care Guide for Elderly Patients: Care Means Caring. University of Maryland School of Medicine. (Producer). (1997). 24 minutes in length.

Providing care to elderly individuals is far more than meeting the requirements stated in a job description. Care providers need to understand the physical, emotional and social losses

associated with the aging process and to minimize these losses whenever possible. Meet several dedicated and inspirational care providers who understand the losses associated with aging, who maximize the strengths and independence of elderly individuals and who incorporate respect, love and friendship into their daily care. (interview format)

Beating Time. Discovery Channel (Producer), (Director). (2002).

This two part series looks at how the aging process affects body and mind and how science is helping people maximize their chances of living long and healthy lives.

Minding Time, 51 minutes in length.

Treating Time, 51 minutes in length.

Be Informed, Be Aware, And Be Involved. Administration on Aging. 12 minutes in length.

Millions of dollars are lost each year to Medicare/Medicaid waste, fraud and abuse. Video provides an introduction to fighting Medicare/Medicaid waste, fraud and abuse. Learn how to identify and help prevent waste, fraud and abuse and why this is important. Learn about the role of a health insurance counselor and how to become involved in the volunteer program.

Big Mama. Seretean, T. (Producer), (Director). (2000). 35 minutes in length and a 4-page discussion guide

Winner of an Oscar in the Documentary Short category, “Big Mama” depicts a devoted grandmother's struggle to raise her orphaned grandson under the watchful eye of a complex and difficult social welfare system.

The Blues: Not a Normal Part of Aging. “Black Clouds and Sunny Days”. Eli Lilly and Company (Producer), (Director). (1998). 20 minutes in length and a coordinator's guide.

This video will help older adults understand that depression is not a normal part of aging and is treatable.

A Career in Caring. Veriation Films. (Producer). Personal Assistance Research and Development. (Director). (1989). 18 minutes in length and a 25-page orientation manual.

The video is designed to be used as part of basic orientation training for companion/aide for the elderly. It presents demonstrations of appropriate care by companion/aides such as feeding, grooming, providing emotional support and homemaking services. Guidelines are given for the companion/aide's behavior, such as showing respect and giving attention and positive encouragement to the older client.

A Caregiver's Guide for Oral Health. Black Rabbit Productions. (Producer). Dental Aid Inc. (Director). (1994). 23 minutes in length.

This video provides simple lessons for elder care staff to assist residents with basic oral hygiene and spot potential problems before they become serious.

A Caregiver's Journey. Caregiver Support Project. (Producer). Bar-David, G. (Director). (1996). 5-part video series.

This moving video series provides support and encouragement to those caring for someone with a life-threatening illness or requiring long-term care. Hosted by caregiving expert Dr. Geila Bar-David, this educational series is presented in five video workshops and includes workbooks for both the facilitator and viewers.

The Journey Begins, 29 minutes in length.

The Toll, 28 minutes in length.

Surviving, 29 minutes in length.

Healing, 28 minutes in length.

Quiet Triumphs, 29 minutes in length.

Caring for Someone with Mid to Late Stage Alzheimer's Disease. Healing Arts Communication. (Producer). Karpinski, M. (Director). (2005). **DVD** is 43 minutes in length.

This program explores some typical issues that occur in the mid to late stages of Alzheimer's Disease. It will help you find solutions that can be applied to your own caregiving situation. Topics include: flexibility and humor: keys to caregiver well-being, changes that occur in mid to late stages, core principles in Alzheimer's care, activities, tolerance levels, naps, balancing the day, repetitive calling out, sexuality and intimacy, pain management and incontinence and toileting.

Caring for the Alzheimer's Resident: A Day in the Life of Nancy Moore. Duke University Medical Center. (Producer). Ballard, E. (Director). (1990). 28 minutes in length.

Developed specifically for nurses' aides, this video shows aide, Nancy Moore, as she cares for several Alzheimer's residents. She discusses the importance of getting to know the needs of her patients and "customizing" care for each resident's needs. This video clearly recognizes and validates the critical role of the nurse's aide in determining the quality of care giving to an Alzheimer's resident.

Changing Needs, Changing Homes: Adapting Your Home to Fit You. American Occupational Therapy Foundation. (Producer). Kolm, D. (Director). (1996). 16 minutes in length with a 51-page resource manual and 10-page facilitator guide.

This is a valuable resource for those helping older adults who need to consider home modifications. The video portrays the concerns of aging adults and how home modifications helped them to maintain their independence. The resource guide provides comprehensive information on home modifications including funding ideas. Great to use in-group presentation to older adults, service providers, and caregivers in a variety of settings. Includes reproducible program and leader evaluation forms.

Coming Home. Terra Nova Films. (Producer). Home Care Institute of Kansas. (Director). (1999). 51 minutes in length with a 7-page summary guide.

A training video designed to provide the informal caregiver the basic tools to safely provide care in the home.

Compassionate Touch: Benefits and Effects in Alzheimer's Cases. Allen Touch Associates. (Producer). Nelson, D. (Director). (1995). 27 minutes in length with a 28-page manual.

This 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.

Complaints of a Dutiful Daughter. Hoffman, D. (Producer), (Director). (1994). 44 minutes in length.

With profound insight and a large dose of levity, this video chronicles the various stages of a mother's Alzheimer's disease and the evolution of a daughter's response to Alzheimer's. This is ultimately a life affirming exploration of family relationships, aging and change, the meaning of memory and love. Nominated for an Academy Award.

Creative Interventions. Geriatric Resources. (Producer). Lucero, M. (Director). (1992). 3 videos and a 35-page handout.

This award winning videotape series and its 35-page handout has been acknowledged by the American College of Health Care Administrators. This is a must for those providing care or service needs to the Alzheimer sufferer. An excellent in-service training aid.

Understanding Behaviors, 115 minutes in length.

Understanding Behaviors and Functional Assessments, 100 minutes in length.

Interventions, 80 minutes in length.

Dealing with Alzheimer's: A Common Sense Approach to Communication. Feldt, K. (Producer). (1990). 21 minutes in length.

Film is designed to help while caring for someone with Alzheimer's Disease. Offers several positive communication techniques.

Depression and the Elderly. Fairview Audio-Visuals. (Producer). Health Cleveland Enterprises Inc. (Director). (1990). 28 minutes in length with a 3-page outline of video content.

This video examines the prevalence of depression in the elderly, describes the primary symptoms, cites common causes of depression, and shows examples of patient focused objectives in dealing with depression and demonstrates interventions with the depressed elderly resident. A good video for caregivers and direct care staff.

A Desperate Act: Suicide and the Elderly. Softly, P. (Producer), (Director). (2000). 24 minutes in length.

This program comes to grips with chronic depression that leads too many senior citizens to take their own lives. Promoting prevention, intervention, and follow-up, medical experts use three case studies as a basis for discussing the warning signs of depression and treatment through counseling, education, medication, electroconvulsive therapy, and occupational therapy.

Dress Him While He Walks: Behavior Management in Caring For Resident's With Alzheimer's Disease. Global Village Communications. (Producer). Easton, J., & Miami Valley Alzheimer's Association. (Directors). (1993). 20 minutes in length.

Demonstrates practical ways of dealing with difficult behaviors such as wandering, angry outbursts and delusions. This video teaches the staff to accept the behavior and to intervene only when the patient or another resident might be harmed.

Expanding Choice in Home and Healthcare Options. Community Partners Living at Home Block Nurse Program, Two Harbors and others from Lake County, Minnesota. (2005). 12 minutes in length.

Featuring local seniors living in their homes and using community services to help them live independently, this video showcases the options for getting help in the home. It also offers information about financial assistance to afford these options. Seniors and families will learn about living arrangements that promote independence and a high quality of life.

Everyone wins! A Family Guide To Restraint-Free Care. Independent Production Fund. (Producer). Toby Levine Communications. (Director). (1995). 2 videos with a viewing/resource guide.

A training program for family caregivers that offers practical strategies for providing quality care without the use of restraints.

A Family Guide to Restraint-Free Care, 11:30 minutes in length.

The Management Perspective, 16:13 minutes in length.

Everyone wins! Quality Care Without Restraints. Independent Production Fund.

(Producer). Toby Levine Communications. (Director). (1995). 6 videos with reproducible handouts and an in-service training manual.

A comprehensive training program for professional caregivers that offer practical strategies for providing quality care without the use of restraints.

The New Resident, 12:21 minutes in length.

Up and About: Minimizing the Risk of Fall Injuries, 14:44 minutes in length.

Working with Residents Who Wander, 13 minutes in length.

Getting Hit, Grabbed, and Threatened: What it Means, What To Do, 14:29 minutes in length.

Staying Restraint Free Evenings, Nights, and Weekends, 12:22 minutes in length.

Now That the Restraints Are Off, What Do We Do?, 13:12 minutes in length.

Five Steps For Living With Arthritis. Arthritis Foundation. (Producer). SmithKline Beecham Pharmaceuticals. (Director). (1995). 10 minutes in length.

This video will help a person understand more about arthritis and learn 5 simple steps that will empower a person to actively manage an arthritic condition.

Fraudulent Telemarketers are Criminals: Don't Fall for a Telephone Line. American

Association of Retired Persons. (Producer), (Director). (1998). 16 minutes in length, an audio tape, information folder and a presentation training manual.

These resources allow professionals and volunteers to develop a telemarketing fraud presentation. Topics include: Who is the victim, what are the realities of telemarketing fraud, fraudulent telemarketers are criminals, plan of action to combat telemarketing fraud.

Gambling Away the Golden Years. North American Training Institute. (Producer). The Minnesota Council on Compulsive Gambling. (Director). (1997). 10 minutes in length and companion booklets.

The video and booklets cover the power of gambling addiction among seniors. You will read/see heart-felt stories about the loss, pain, fear, and shame associated with compulsive gambling. The booklet also examines gambling as an addiction, complete with warning signs and suggestions of where to get help. Great for anyone who has or works with those with a gambling addiction.

The Get Connected Toolkit: Linking Older Adults with Medication, Alcohol, and Mental Health Resources. U.S. Department of Health and Human Services. (2003). Materials in

toolkit: program coordinator's guide, fact sheets, screening tools, handouts, age-related resource list, forms and resources, video: "It Can Happen to Anyone: Problems with Alcohol and Medications Among Older Adults" by the American Association of Retired Persons and Hazelden (26 minutes in length), brochures, "Promoting Older Adult Health:

Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems” book and “Substance Abuse Among Older Adults: A Guide for Social Service Providers” book.

Prevention and treatment of substance misuse and mental health problems among older adults is possible. By using the materials in this toolkit, organizations can play an important role in identifying, screening, educating, and referring at-risk clients for future care. The toolkit also includes materials to educate older adults. It includes awareness-raising and self-screening tools designed to help them overcome obstacles to seeking help.

Good Nutrition For The Best Years. Ross Laboratories. (1991). 20 minutes in length.

A program that gives valuable nutritional information to people over 60 to help them make the most of the food they eat while taking a pictorial journey explaining the value of proper nutrition and diet and its relationship to individual health and well being. It offers a supermarket tour of nutritionally dense foods from the six food groups. The guidelines for a healthy diet are outlined, as well as the danger signals of poor nutrition.

A Good Place to Grow Old. American Society on Aging. (Producer), (Director). (1991). 32 minutes in length and a 38-page facilitator’s guide and resource compendium.

The video offers a window on the diversity of an aging America. The video challenges the viewers to create more caring communities, as well as the millions of others who are aging. The facilitator’s guide provides detailed information about how to organize a showing in your community. It also suggests questions and discussion points to help develop a dynamic and awareness-building dialogue about what it means to grow old independently and remain in one’s own community.

Grace. Hadary, S. and Whiteford, B. (Producers). Whiteford, B (Director). (1991). Printed guide with a medical case history, notes for health professionals and tips for reduction of caregiver stress.

“Grace” is the story of Grace Kirkland, a victim of Alzheimer’s Disease; it chronicles ten years of her life and the ravages of the Disease. But that’s only half the story. The other half is about Glenn Kirkland, her husband, a former physicist at the John Hopkins University who is her primary caregiver. In this film, the extraordinary opportunity to witness first hand the progression of the disease and the related symptoms occurs while following Grace’s life from the time of diagnosis until death. Appropriate audiences include: home care providers, agencies working with caregivers and social workers.

The Green Houses: Elder Homes for the 21st Century. The Green House Project. Wiland Bell Productions (Producer). (2003). 18 minutes in length with a 19-page guidebook.

The Green House is a group home for elders built to a residential scale that situates necessary clinical care within a habilitative, social model in which primacy is given to the elder's quality of life. This video and guidebook outline the basic concepts of the Green House Project and includes detailed information on the staffing patterns, training and more.

Guide to Long Term Care with Phyllis Shelton: The Essentials of Long Term Care Insurance. Aquarius Health Care Videos. (2003). 25 minutes in length.

Without planning ahead, the expenses of long term care can be overwhelming. Phyllis Shelton, a leading authority in Long Term Care Insurance, advises consumers on what to look for and avoid when purchasing long term care insurance policies, while also outlining the specific hardships a family might face if long term care is not available. The issues here are important for families with aging parents to think about.

Health Care Seminars. The following recordings of the City of Duluth and St. Louis County quarterly Health Care Seminars are available on VHS or DVD for viewing. These recordings can be checked out free of charge from:

Gail Walkowiak at (218) 723-3861 or gwalkowiak@ci.duluth.mn.us
Parks & Recreation Department
12 East 4th Street
Duluth, MN 55805

Active Aging: Do It! Presented on September 16, 2004 by Dr. David Spoelhof, a Family Practitioner with SuperiorHealth Medical and the Medical Director at Aftenro Home. The Active Aging Movement is gaining ground in North America because a physically active lifestyle is proven to protect people from diseases traditionally associated with aging, such as cancer, diabetes, osteoporosis, arthritis, coronary heart disease, obesity, loss of independence, falls, depression, and high blood pressure. Learn what happens to your heart, lungs, and muscular system as you age and how physical activity improves the process.

Age-Related Macular Degeneration. Presented on April 26, 2004 by Dr. David Williams, A PA at VitreoRetinal Surgery. Also presenting are Dr. Susan Reif, Dr. Kevin Treacy and Dr. Jeffrey Weis. If you or a loved one suffer from low vision due to macular degeneration the discussion with these local ophthalmologists will be of interest. Learn 1) What macular degeneration is, 2) Who is at risk of macular degeneration, and 3) What the treatment options are.

Dementia. “Why Can’t I Think as Clearly as I Used to?” Presented on September 19, 2002 by Dr. Kim Thompson, a Duluth Clinic-West Family Practitioner. Dementia is a mental disorder characterized by the loss of the ability to think, reason, and remember. Eventually, it may lead to inability to handle daily activities. Learn of the conditions that can cause dementia, common behavior changes associated with it, and if some types are treatable.

Diabetes: A Public Health Epidemic and a Personal Challenge. Presented on May 13, 2004 by Dr. Robert Sjoberg, an Endocrinologist with St. Luke’s Endocrinology Associates. Learn: 1) Why diabetes has become so common, 2) How that impacts an individual’s care of their own diabetes, and 3) Current treatments, local resources, and a look at what the future may bring.

Get Off the Couch! “Exercise and Your Health.” Presented on May 15, 2003 by Dr. Ann Sudoh, a Duluth Clinic Family Practitioner/Sports Medicine & Orthopedics. How important

is exercise to your overall health? What are the benefits? How much is recommended to maintain good health? How can you incorporate more exercise into your lifestyle? What are some exercises you can do, in keeping with your physical abilities? How can you avoid injury?

Got Arthritis? “A Little Bit of Everything on Arthritis.” Presented on November 14, 2002 by Dr. Robert Leff, a Duluth Clinic Rheumatologist. Types, symptoms, treatments, psychological side effects, the importance of a positive attitude when dealing with arthritis.

Journeys of Transition. “Endings Are Where we Begin.” Presented on November 20, 2003 by Ben Wolfe, M.Ed., LICSW, a St. Mary’s/Duluth Clinic Grief Support Center Program Manager. Life-changing events challenge our coping skills, force us to reassess our priorities, and change who we are. This program examines transitions and the journeys that begin when endings take place in our lives.

Older People and Their Pills. Presented on March 20, 2003 by Dr. David Spoelhof, a SuperiorHealth Medical Family Practitioner. How do our bodies handle drugs? What about side effects? Can drugs cause confusion? How can I save money on my meds? What do I need to communicate to my doctor and others about my prescriptions?

Sleep Well to Feel Well. Presented on September 18, 2003 by Mary Carlson, RPSGT, a St. Mary’s/Duluth Clinic Sleep Center Program Manager. What happens to us when we sleep? Why do we need it? What happens when we don’t get enough? What can we do to get “better” sleep? What is a sleep disorder?

What Will You Do When Your Spine Wears Out? Presented on March 18, 2004 by Dr. Melissa Janzen, Janzen Chiropractic Clinic. How can you help your spine last a lifetime? Learn about the most common back issues (herniated discs, spinal fusions, degeneration, arthritis), a stretching and strengthening program you can do at home, and a layman’s anatomy lecture.

Home Care: Coping With Change. Media Magic. (Producer). Video Healthcare Services, Inc. (Director). (1990). 27 minutes in length.

A video for the entire family that is caring for an elderly loved one at home or facing the decision to do so. This video will help them recognize and understand the issues and stresses involved. The video will cover topics such as: understanding losses, relationship changes, conflict, coping with new demands and disruptions, resolving negative feelings, finding help, and communicating.

Homes Plus. SAIL/EDP (Producer), (Director). 13 minutes in length.

This video was developed to raise awareness of this housing option among seniors, families caring for older adults, as well as the general public. As a testimonial, the video demonstrates how private homes with trained and supportive families can provide quality care to frail seniors and other adults with disabilities. Providers, residents and family members of residents share personal experiences that support and encourage the use of these settings.

How to Communicate with Someone Who Has Alzheimer’s Disease of Related Dementia.

Healing Arts Communication (Producer). Karpinski, M. (Director). (2000). DVD is 30 minutes in length.

This video defines Alzheimer’s Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer’s and to the caregiver. Topics covered include: repetitive questions, doing chores, aggressive behavior, answering difficult questions, and the use of language and other forms of communication.

How to Say Goodbye: Being a Professional Caregiver.

University of Maryland School of Medicine (Producer). Wertheimer, D. (Director). (1998). 20 minutes in length.

Designed for professional caregivers dealing with the elderly and terminally ill. Topics include: acceptance of death as the end stage of life, a family’s decisions on treatment, talking to the terminally ill, facilitate conversations with patient and family, reducing family stress, coping with the emotional issues of saying goodbye, and finding support at work.

Invincible Summer: Returning To Life After Someone You Loved Has Died.

Willowgreen. (Producer). Miller, J. E. (Director). (1989). 17 minutes in length.

Picture grief as a natural process, first fall, then winter, spring, and summer. Picture memorable photography from each season. Picture artistic design, soothing music, assuring words. That’s “Invincible Summer”. Ideal for personal use or support groups.

I Only Hear You When I See Your Face.

The Hope for Hearing Foundation. (Producer). Sigerson, D. (Director). (1988). 10 minutes in length.

This video illustrates simple rules to remember when staff communicate with the hearing impaired resident. It demonstrates visual techniques, which make it easier for the resident to understand and follow instructions.

The Joys and Surprises of Telling Your Life Story.

Kunz, John A. (Producer). (2002). 30 minutes in length with a poster/handout.

The video is designed to inspire older adults to tell their life stories – informally, in writing, on video or in public performance. Introduces the idea of working with a life story professional and offers guidelines for choosing one.

A Late Frost.

Sunmark Productions. (Producer), (Director). (1994). 55 minutes in length and a 1-page discussion sheet.

Using exquisite images, interviews with children and interviews with older adults, “A Late Frost” takes the viewer on a poignant, inspiring exploration of what it feels like to grow old. The video is divided into ten sections that can easily be viewed separately to allow more time for discussing each reflection on an aspect of the aging process. Good for support groups or personal use.

Living Longer...Aging Well. Films for the humanities & sciences. (Producer), (Director). (2000). 29 minutes in length.

Although many cultures revere their elders, looking to them as living repositories of wisdom and experience, America, with its “forever young” self –image, does not. Lacking societal support, how are Americans supposed to age well, to grow older with grace and understanding, and make life’s final decades a meaningful experience? This Program features the stories of exemplary individuals who, despite the inhospitable social climate, agree to grow older with courage and dignity.

Living Longer...Living Better? Films for the humanities & sciences. (Producer), (Director). (2000). 29 minutes in length.

Thanks to recent advances in medicine, longevity is on the rise. But will America’s youth-oriented society finally develop the maturity to respect its elders? And will Medicare and Social Security infrastructures be able to meet the needs of the Baby Boomers? In this program experts, including medical ethicist David Solomon, the directors of the Aging with Dignity Institute and the Forever Learning Institute, and the author of *Another Country ...Navigating the Emotional Terrain of Elders* examine these and other pressing quality-of – life questions.

Living with Hospice. A co-production of Hospice Minnesota and Twin Cities Public Television MN Channel 17. (2005) 30 minutes in length.

A poignant documentary by award-winning producer Daniel Bergin spotlights stories of families, patients and caregivers and their experiences with hospice. Their stories provide the viewer with a rare opportunity -- to hear about dying as a time of comfort, acceptance, love and healing. Quality of life is an underlying theme in each of the hospice stories, turning the most difficult times into a time for healing.

Minnesota Department of Human Services, Aging and Adult Services. Video Conference Trainings: A Series of Trainings Appropriate for Inservice Training. Facilitator Guides are included for most trainings. A certificate of participation that is designed to meet the requirements for CEU’s for nurses and social workers is included in each facilitator guide.

Alzheimer’s Disease and Dementia: Practical Tips for More Effective Management. Featuring Nancy Sailer, Director of Program Services, Alzheimer’s Association, Minnesota-Dakotas Chapter. The importance of early diagnosis and effective behavioral and medical intervention strategies are discussed in this presentation. VHS Video

Arthritis: Strategies for Independence and Quality of Life. Features Lynne Holt, Director of Health Promotion, Arthritis Foundation-North Central Chapter and Joni Geppert, Epidemiologist with the Arthritis Project, Minnesota Department of Health. Arthritis is the leading cause of disability in Minnesota and the nation. Fifty-seven percent (57%) of people age 65 and over have arthritis and the incidence increases with age. A variety of strategies

for managing arthritis, slowing the progression of the disease, reducing disability and reducing pain and stiffness will be topics covered in this training. VHS Video

Case Management Training. Four VHS video series.

Assessment: Appraisal, Evaluation and Analysis

Support Plan Development: Creating the Plan of Action to Support Community Living

Support Planning: Creating the Plan of Action for People with Higher Needs

Implementing the Support Plan: Purchasing Elderly Waiver and Alternative Care Services

Deaf and Hard of Hearing: Supporting Self-Sufficiency and Quality of Life. Features Mary Bauer, Deaf and Hard of Hearing Program Advisor, Minnesota Department of Human Services, Sharie Hawkins, Program Specialist, Deaf and Hard of Hearing Services Division, Minnesota Department of Human Services and Darlene Schroeder, Housing with Services Consultant, Minnesota Department of Human Services, Aging and Adult Services. VHS

Enhancing Quality of Life for Seniors. Features Dr. Rosalie Kane, Division for Health Services Research & Policy, School of Public Health, University of Minnesota and Dr. Helen Kivnick, Professor of Social Work, University of Minnesota. Their presentation describes how to understand and enhance positive quality of life and “Vital Involvement Planning.” VHS

Enhancing Self-Sufficiency Through Adaptive Equipment and Home Modifications. VHS

Fall Prevention in Older Adults. Features Lynn Boergerhoff, Senior Health Promotion Specialist, Hennipen County Community Health Department and Rubye Walker, Physical Therapist, Board Certified Geriatric Clinical Specialist, Walker Methodist. Falls are the leading cause of injury among seniors age 65 and over in Minnesota. Approximately 30% of non-institutional seniors over age 65 fall each year and 50% fall more than once. Ten percent (10%) of these falls result in serious fractures and other injuries. This training will help participants assess risks for falls as well as develop fall prevention strategies. VHS

Grandparents Raising Grandchildren – Legal and Policy Issues. This national satellite video program discusses the range of difficulties, including legal challenges that grandparents raising grandchildren face. VHS Video

Identification and Management of Depression in Older Adults. Features Merrie Kaas, Ph.D., School of Nursing, University of Minnesota. The focus of this presentation is on creative strategies that long-term care consultants and others can use in the identification and management of depression in older adults. VHS Video

Increasing Senior Self Sufficiency Through Home Modifications. Features Diane Sprague, Housing Policy Specialist, Minnesota Housing Finance. This training will provide suggestions for home modifications that will allow seniors to continue to be self sufficient for as long as possible. A virtual tour of homes allows participants to see a variety of external and internal home modifications. Financing is also discussed. VHS Video

Informed Choice and Risk Management in Senior Services. Features Sharon Zoesch, Ombudsman for Older Minnesotans and Barb Doherty, Adult Protection, Minnesota Department of Human Services. This presentation provides important information on consumer rights related to informed choice and risk. VHS Video

Interventions for Depression in Older Adults. Features Susan Wenberg, MPH, RD, LD, Minnesota Board on Aging, Mary Doucette, Geriatric Nurse Practitioner, Executive Director, Elder Network and a peer counselor, Anne Kane, MPH, Deputy Director, Minnesota Area Geriatric Education Center and Sally Dunn, MPH, BSN, RN, Executive Director, North Country Aging Services. Intervention resources for depression in seniors is presented in this session. Resources include: Elder Network's peer counseling program, a depression screening tool used in adult day services settings, Geriatric Depression Tool Kit developed for physicians, and educational materials developed for the Minnesota Board on Aging's fall "Depression Campaign". VHS Video

Long-Term Care Financing Options. The following briefings are part of a larger study of private long-term care financing options, and each will focus on one of the options included in this study. The agenda for these briefings includes information on the status of that option in Minnesota, national experts to discuss new approaches, and a feature panel of industry, regulatory and consumer perspectives. VHS Video

Long-Term Care Insurance. Features Paul Strebe, Minnesota Department of Employee Relations; Joelyn Malone, Malone Consulting; Mark Meiners, Ph.D., University of Maryland; Debra C. Newman, CLU, ChFC, LTCP, Newman Long-Term Care; John Gross, Minnesota Department of Commerce and KelliJo Greiner, Minnesota Board on Aging. VHS

Managing Urinary Incontinence in Older Adults. Features Jean Wyman, School of Nursing, University of Minnesota. Urinary incontinence is very prevalent in older adults in both institutional and community settings. In addition to the financial costs of urinary incontinence, there are significant physical and psychosocial consequences including depression, social isolation, falls and fall-related injuries and infections. This presentation describes the types of incontinence and strategies for management. VHS Video

Memory Care Series: Alzheimer's Demonstration Project. Four-part VHS video series

Part I: Signs and progression of Alzheimer's Disease and other dementias.

Part II: Impact of dementia on families.

Part III: Development of techniques and approaches for caregivers and community service providers.

Part IV: Strategies and services to support people with Alzheimer's Disease and other dementias throughout the disease process.

Minnesota Falls Prevention Initiative: State of the Art in Practice. March 8, 2007 videoconference featuring Kari Benson, Pam Zyl York, Lyle Feisch, Jean Wyman and Suzanne Weibusch. This training provides an update on the statewide falls prevention initiative, identifies evidence-based strategies that professionals and volunteers can incorporate into their work with older adults, and showcases two "home-grown" falls prevention initiatives that are having a proven impact on older Minnesotans. 2 DVD's

Options for Seniors to Direct Their Own Care. Features Pam Erkel, Community Supports Supervisor, Minnesota Department of Human Services, Lisa Rotegard and Darlene Schroeder, Aging and Adult Services, Minnesota Department of Human Services. This training describes PCA Choice (Personal Care Assistance) that allows individuals who receive PCA services to be responsible for the hiring, training, and firing of their PCA's. VHS

Quality Improvement Strategies in Senior Services. Features Darlene Schroeder, Minnesota Department of Human Services and Jolene Kohn, Aging and Adult Services, Minnesota Department of Human Services. This program describes strategies for the development of quality improvement in senior service settings. VHS Video

Substitute Decision-Making: Guardianships, Conservatorships, Power of Attorneys and Advanced Directives. Features Anita Raymond and Mary McGurran from Volunteers of America. Some people require assistance with decision-making as they grow older. This presentation describes guardianships, conservatorships, power of attorneys and advanced directives. The criteria for selection of the most appropriate strategy is discussed. VHS

Supporting Informal Caregiving: Part I. Features Jane Vujovich, Program Administrator-Principle, Minnesota Department of Human Services, Aging and Adult Services working with policy and development for LTC community-based services, Darlene Schroeder, Housing with Services Consultant for the Minnesota Department of Human Services, Aging and Adult Services, Mary Bornong, Social Worker with Family Means, Lynn Cibuzar, Service Coordinator for DARTS and two informal caregivers. Informal caregivers are an essential part of our long-term care system. This training will highlight how counties, Area Agencies on Aging and other providers can more effectively support informal caregivers using "wrap-around" strategies. VHS Video

Supporting Informal Caregiving: Part II. Features Jane Vujovich, Program Administrator-Principle, Minnesota Department of Human Services, Aging and Adult Services working with policy and development for LTC community-based services, Darlene Schroeder, Housing with Services Consultant for the Minnesota Department of Human Services, Aging and Adult Services, Lynn Cibuzar, Service Coordinator for DARTS and an informal caregiver. This training demonstrates development of caregiver support plans, describes new state program initiatives and identifies supports available to eligible caregivers through the AC/EW programs. VHS Video

Vision Loss: Enhancing Quality of Life and Self-Sufficiency. Features Lyle Lundquist, Supervisor, Self-Sufficiency Unit, Minnesota State Services for the Blind and Darlene Schroeder, Housing with Services Consultant, Minnesota Department of Human Services, Aging and Adult Services. The number of people experiencing vision loss increases significantly with age. In many instances, timely intervention can prevent or delay vision loss. In all cases, there are strategies that can increase self-sufficiency and improve quality of life. VHS Video

Vulnerable Adults Act and Your Responsibility as a Mandated Reporter. Features Barb Doherty, Adult Protection, Minnesota Department of Human Services. The essential features

of Minnesota's Vulnerable Adult Act are described. Responsibilities of mandated reporters are reviewed and case studies are discussed. VHS Video

Mrs. Johnson and Her Advocate Angel: How to be a Really Smart Patient. Western Reserve Area Agency on Aging. (Producer), (Director). (2001). 14.5 minutes in length, a 7-pages educational resource guide and a suggested format for a Personal Health Care Journal.

The video, resource guide, and journal were designed to be educational tools to help the older health care consumer improve communication with their doctor.

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

Willowgreen. (Producer). Miller, J. E. (Director). (1992). 33 minutes in length.

This insight-filled video escorts viewers through the three phases of all human transitions. An introduction normalizes the experience and a conclusion summarizes learnings and offers hope and encouragement. Striking photography from the seasons of the year illustrates the basic concept in the middle three sections: going through transition is like going through fall/winter/spring. Included are quotes from notable people, practical advice for negotiating each phase, and a beautiful soundtrack of original music.

Nurses Aides: Making a Difference. University of Texas Southwestern Medical Center.

(Producer). Chافتetz, P. K., & Wilson, R. W. (Directors). (1991). 32 minutes in length.

In terms that are easy to understand, this program provides nursing home nurses aides with the necessary skills for handling difficult behaviors in patients with dementia and shows how practical techniques such as redirection, praising, and withholding attention can be used with behavior excesses and deficits.

One Journey – Many Voices: Conversations About Serious Illness and Dying. DC

Partnership to Improve End of Life Care and AARP. (2003). 32 minutes in length. Two facilitator guides are included to stimulate discussion; one for professional education and the other for use with community groups.

This film offers rich perspectives on issues related to death and dying. It offers a broad range of perspectives on issues such as decision-making and care needs of patients and families throughout an illness, the dying process and death, as well as the needs of family members after the loss of a loved one.

This film is appropriate for doctors, nurses, social workers, case managers, clergy and other professionals who regularly deal with the issues of death and dying, those that frequently speak to groups on issues related to health, aging, disability and caregiving, or those who would like to raise this issue with a community discussion group.

On Our Own Terms: Movers on Dying in America. Mannes, E. & Pellet, G. (Producer),

(Director). 4 VHS videos, 90 minutes each and a 30-page discussion guide.

In this four part acclaimed series, veteran PBS journalist Bill Moyers reports on the growing movement in America to improve care for people who are dying. Using interviews and research from across the country, each program describes the intimate experiences of patients, families, and caregivers as they struggle to infuse life's ultimate rite of passage with compassion and comfort.

Living With Dying

A Different Kind of Care

A Death of One's Own

A Time To Change

The Open Road: America Looks at Aging. Gilden Seavey, N. (Producer), Director). (2005).

VHS film is one hour in length and has a viewing guide with discussion questions.

Seavey's (the filmmaker) research identified six salient issues that Boomers will have to face while aging. She traveled the country seeking individuals whose stories represent how people deal with these larger concerns. Some of the featured characters are reinventing themselves through volunteer work, re-careering, or simply continuing to work well past the traditional retirement age, while others revel in the freedom of hitting the road in their RV. "It's a film that will cause people to think and talk about what lies ahead – it's truly an open road," the filmmaker says. "I hope that it will spark conversations about what can be done to take advantage of the tremendous wealth of Baby Boomer experience and energy, and my greatest wish is that it will encourage Boomers to think about how they can creatively shape the "third phase" of their lives in a way that satisfies critical individual and social needs."

Our Aging Communities: A Series of Regional Forums. College of St. Scholastica.

(Producer). Boo, M. R., Mehrotra, C. M. (Directors). (2000). 5 VHS videos and a 39-page discussion guide.

This five video series was developed by the College of St. Scholastica to focus on different topics related to the central theme of what it means to grow old in varying cultures.

Forum I: Purpose, Meaning, and Well-being in Late life.

Forum II: Life as a Spiritual Journey: The Hindu Conception of Aging.

Forum III: Mothers, Grandmothers, Great-Grandmothers in African American Families.

Forum IV: The "New" Elders in Native American Communities.

Forum V: Successful Aging in the Hispanic Community.

Pain Assessment and Management: Strategies & Techniques for Nursing Facilities. Stratis

Health. (2003). 2 hours and 44 minutes in length. CD-ROM has accompanying materials along with other helpful resources such as a reproducible certificate of attendance that can be used to apply for CEU credit after viewing the video.

This video is presented by Dr. Karen Feldt of the University of Minnesota School of Nursing who is an expert on pain and a current nursing home nurse practitioner. The five modules in this video are as follows: understanding pain, pain assessment, care planning, case studies and treating pain.

Pain: The Fifth Vital Sign. University of Maryland (Producer). Wertheimer, D. (Director). (2000). 23 minutes in length.

Recognizing pain is not always obvious with patients and residents, particularly with those who are non-verbal or suffering from depression or dementia. This program presents specific guidelines for identifying pain and the importance of accurately describing pain when communicating with other team members. Nursing assistants also share some simple techniques that can be used along with other modalities. Shot-on-location at the Levindale Hebrew Geriatric Center and Hospital.

Pain Management. Dartmouth-Hitchcock Medical Center (Producer), (Director). (2001). 30 minutes in length.

Pain, a frequent part of recovery from illness and injury, is actually controllable in the vast majority of cases. This video illustrates approaches to pain control for patients healing after surgery, dealing with cancer, and coping with chronic back and nerve conditions.

Partners in Health. Comprehensive Health Education Foundation (Producer). (Director). (2001). 29 minutes in length with a facilitator guide and an appointment planner.

A video designed to help older adults become active partners in their own health care. By pinpointing their role as a primary source of information, this video empowers older adults with the skills needed to communicate effectively and confidently with their health care providers, ensuring better care for themselves. Divided into two parts, the video uses brief vignettes that offer practical suggestions for working with doctors and pharmacists and handling situations older adults may perceive as embarrassing.

Portraits of Assisted Living. SAIL/EDP (Producer), (Director). 10:17 minutes in length.

The film features stories of two women who receive assisted living services in northeastern Minnesota. Both women speak of their positive experiences and the independence they are able to maintain with these new services. The video also highlights the advantages of assisted living from the perspectives of family members, home health care staff, service coordinators and housing managers.

A Prescription for Caregivers: Take Care of Yourself. Lustbader, W. (Producer), (Director). (1995). 60 minutes in length.

A humorous video in which caregivers and other professionals find ideas on how to make life better for clients and the caregivers.

Preserving Resident's Dignity. ElderCare Communications. (Producer), (Director). (1997). 20 minutes in length and a facilitator guide.

This training program was developed specifically for the long-term care industry, which addresses, specifically, the issue of resident dignity. Great for inservices.

Preventing & Managing Workplace Violence. ElderCare Communications. (Producer), (Director). (1998). 28 minutes in length and a 13-page facilitator guide.

This video was developed specifically for the long-term care industry. The video provides the opportunity for staff to learn and explore the cycles of violence, risk factors for violence, the importance of team intervention, and other prevention and management techniques.

Programming for Dementia. Geriatric Resources. (Producer). Lucero, M. (Director). (1994). 6 hours in length over 3 video tapes and a 55-page handout.

This award winning series provides professional and private caregivers information on developing a structured daily program on interventions and interactions for proper caregiving to those with Alzheimer's disease.

Program Philosophy and Care Needs.

Resident Information and Programming.

Programming and Implementation.

Quality of Life: An Introduction. ElderCare Communications. (Producer), (Director). (1996). 20 minutes in length.

This training program was developed specifically for the long-term care industry to help staff members make the connection between resident quality of life and their own care-giving behaviors.

Respecting Confidentiality. ElderCare Communications. (Producer), (Director). (1995). 20 minutes in length and an 8-page facilitator guide.

This video was developed specifically for the long-term care industry to address the issues of resident confidentiality.

Respite Care: Caring For The Caregiver. Wiland-Bell Productions (Producer). (2003). 23 minutes in length.

Without scheduled respite, caregivers run the risk of burnout, exhaustion or other stress-related illness, thus endangering the very person they are caring for. Caregiver Support Groups, retreats, adult day care and anger management groups are just some of the tools that enable caregivers to cope. This film covers a variety of respite scenarios and explores safeguarding the well-being of the caregiver. This video is appropriate for any organization that works with caregivers. Besides hospitals and clinics, it is ideal for adult day service centers, senior centers, support groups, churches and civic groups.

Retirement & Well Being: Realistic Planning and Advice. Aquarius Health Care Videos. (2003). 29 minutes in length.

Retirement is no longer a brief interlude between work and death. It is common for people today to spend as much as a third of their lives in retirement. Retirement has become one of the most important events of our lives and like any other major life change can be viewed as

either negative or positive. Like any other major life change, retirement requires planning. Not only financial planning, but also planning and thinking about what you are going to do with the rest of your life.

Safe Steps: Falls Prevention for Seniors. The Home Safety Council and Lifetime Learning. (2004). 12 minutes in length with a discussion guide and reproducible handouts including a home assessment chart.

Falls are the leading cause of emergency room visits for unintentional injuries occurring in the home. Falls are also the leading cause of unintentional home injury deaths for older adults. Many of these injuries could have been prevented with simple home improvements. This video is designed to help older adults and their caregivers assess their risks, promote ways they can help prevent slips and falls and to provide low-cost solutions and simple behavioral changes to ensure personal safety and independence.

See for Yourself: Vision and Older Adults. Lighthouse International, Inc (Producer). (1995). 15 minutes in length. 4 versions of the film: English Version (closed and open captioned) and Spanish Version (closed and open captioned). Also included in this education kit is a presenter's guidebook and informational booklets on things to know about low vision.

This video features older adults with functional vision loss who continue to live active and satisfying lives. It addresses the warning signs of possible eye disease, the common eye conditions affecting older people, and what options exist for people who have low vision.

Survival Tips For New Caregivers. American Association of Retired Persons. (Producer), (Director). (1995). 24 minutes in length with a 24-page resource booklet.

This video discusses the many aspects of being a caregiver. It also suggests techniques for dealing with the demands. In this video you will meet other caregivers, receive advice from professionals, and learn about community services available for both the caregiver and the care recipient.

That's What Friends Are For. Cincinnati Center for Developmental Disorders. (Producer), (Director). (1996). 18 minutes in length and a short abstract about the video.

This video can serve as a vehicle to help people with developmental disabilities achieve full integration and participation in the community. The video also explores the role of volunteers and the impact they can have on peoples' lives from teaching new skills to the incidental learning that occurs by being together.

There is a Bridge. Memory Bridge. (Producer). Kay, T. (Director). (2007). DVD is 110 minutes in length.

The film reveals different ways of communicating with those who have dementia and explores how these emotionally profound relationships can change our lives. The documentary challenges conventional notions of people with Alzheimer's as "unreachable" and Alzheimer's disease as "the first of two deaths." Interviews with preeminent thinkers and

footage of family members, care partners, and schoolchildren building emotionally rich relationships with people with dementia illuminate the depths of memory and personal identity not erased by Alzheimer's disease. This film looks at Alzheimer's Disease and dementia from a spiritual and deeply personal perspective and it provides awareness of this heartbreaking disease to a new level.

There's No Place Like Home: Promoting Independence for Older Adults. National Association of Area Agencies on Aging. (1999). 14 minutes in length.

The video is designed to inform those in communities across the nation about the services that are available from Area Agencies on Aging and Title VI programs. Recorded in the homes of people receiving services and in centers that help older adults lead more satisfying lives, the difference such programs make is seen on the faces and heard in the voices of those who are helped on a daily basis.

Transportation Solutions for Caregivers: A Starting Point. Easter Seals. (2002). 13:34 minutes in length with a facilitator manual and toolkit.

Family caregivers often rely on trial and error to solve their transportation challenges. This booklet and accompanying video provide tips and safe, creative solutions, devised by both family caregivers and professionals, that are designed to ease transportation challenges. This is an excellent film for people working with caregivers.

Vital Aging in Vital Communities. Regents of the University of Minnesota. (2004). 32:34 minutes in length with a resource list and video guide suggesting questions to stimulate audience discussion.

This video illustrates the assets of vital communities through the eyes of older adults who have both benefited from and contributed to the vitality of their communities. In five segments, filmed in six Minnesota communities, community assets deemed important by older adult residents and resources that might be tapped in the viewer's community are shown.

When Your Parent Needs You: Caring For an Aging Parent. Aquarius Health Care Videos. (2002). 35 minutes in length.

Caring for an aging parent is an all-encompassing experience that affects every aspect of our lives. This video focuses on the positive aspects of caregiving and on what caregivers can obtain from their experience. Topics include: experiencing life change through caregiving, recognizing and dealing with caregiver stress and growing as a caregiver.

Who Gets Grandma's Yellow Pie Plate? University of Minnesota Extension. (Producer), (Director). (1999). 14 minutes in length with a 95-page workbook.

The video and workbook are designed for professionals working with older adults and their family members who are planning ahead for the transfer of non-titled property, or with

family members and personal representatives who are in the process of making decisions about transferring non-titled property after the death of a family member.

Working it Out: Support Groups For Nursing Aides. New England Research Institute. (Producer). Shenkman, S., & Wilner, M. A. (Directors). (1993). 25 minutes in length with a workbook.

This video and workbook demonstrate the positive effects of establishing nursing assistant support groups. Easy to implement and very cost effective, the “Working it Out” program is attractive to both management and direct care staff.

The World Through Their Eyes. The Lighthouse, Inc. (Producer). Fangermeier, R. (Director). (1994). 21 minutes in length with a 54-page manual.

This video is geared for professional caregivers by identifying concerns of older adults living in residential health care settings with impaired vision. The video illustrates care strategies that staff can use. The manual provides a glossary of vision related terms, explains common vision losses, and offers concrete suggestions to enable staff to provide better care for residents with visual impairments. This video is great when used in conjunction with the VisualEyes™ Simulators, which is also a part of the lending library.

Simulations

Ageing Appreciation Simulation. Diane Hovey, PhD and Marlene Stum, PhD. Minneapolis, MN: University of Minnesota; MN Area Geriatric Education Center. (1999).

Designed to be appropriate for a variety of audiences, it aims to increase sensitivity to the aging process through role-play exercises. Contains a facilitator guide, facilitator tools, a participant workbook, master copies of the materials that are used and a listing of other resources.

VisualEyes™ Simulators.

Cardboard glasses that simulate functional vision loss, accompanied by activities designed to enhance awareness of the effects of vision loss. Great when used in conjunction with “The World Through Their Eyes” video, which is part of the Northern MAGEC Library.

Computer CD-ROM Software

Roadwise Review: A Tool to Help Seniors Drive Safely Longer. Produced by AAA Public Affairs. (2005). Duration is approximately 30 minutes.

This is a simulator that assesses a seniors' ability to safely drive. The following seven abilities are measured by following the on-screen simulations: leg strength, head-neck flexibility, visual acuity, working memory, visualizing missing information, visual information processing speed and visual search. Results are provided indicating the level of impairment. The user is able to determine if they are at risk and they learn what can be done to improve or maintain their ability to safely drive.

Tools for Improving Health Literacy: Resources for Health Professionals. U.S. Department of Health and Human Services. (2007).

This CD provides everything you need to inform yourself and others about the challenge of limited health literacy; take steps to improve health literacy through clear communication, enhanced navigation, knowledge-building, and advocacy; and develop a health literacy action plan for your agency or organization. Included is:

- A Quick Guide to Health Literacy
- Action Plans to Achieve *Healthy People 2010* Health Communication Objectives 11-1, 11-2, and 11-6
- Health Literacy PowerPoint Presentation