

Arrowhead Area Agency on Aging

Lending Library Catalog



February 2010

A collection of VHS and DVD videos, books, resource manuals, 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.

Arrowhead Area Agency on Aging Lending Library Checkout Form

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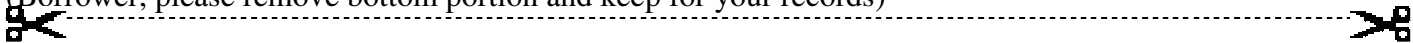
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Resource Title(s) _____

Date Due _____

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

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

Books

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.

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.

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.

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.

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!

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.

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.

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?”

Stages of Senior Care: Your Step-by Step Guide to Making the Best Decisions. Hogan, P. and L. (2010). 292 pages.

The complete all-in-one care guide. Choosing the best care for your aging parents and other seniors in your life is not only complex, with multiple options available, it's also highly personal and often emotional. This essential resource – written by the founders of Home Instead Senior Care – guides you through a comprehensive range of things to consider, step by step, so you can make better informed decisions and be confident that the senior in your life is receiving the best care possible. Checklists and diagnostics will help you:

- Decide if at-home care is the right choice for you and your loved ones
- Evaluate the pros and cons of retirement communities, adult care centers, nonmedical caregivers, assisted living facilities, nursing homes, and hospice
- Determine the costs of senior care options and find helpful support networks

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.

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 and DVD Videos

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.

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.

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.

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 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.

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.

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.

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.

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: Where Love Matters. The Green House Project. Barsamian Communication (Producer). (2003). DVD is 35 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.

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.

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 Falls Prevention Initiative: State of the Art in Practice. Minnesota Board on Aging Video Conference (2007). DVD

Videoconference features 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.

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.

Nurses Aides: Making a Difference. University of Texas Southwestern Medical Center. (Producer). Chaftetz, 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: Moyers on Dying in America. Mannes, E. & Pellet, G. (Producer), (Director). (2005). 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.

The Practical Caregiver. Council for Health Education and Development, LLC. (2003) 78 minutes in length with handouts.

There are many resources offering information about care, but it is difficult to find hands-on education that families need in order to safely and properly care for their loved one, or to be able to judge the quality of care that their loved one is receiving in other settings.

The skills you need for caregiving are presented in seven sections of this video: basic body mechanics, positioning, transfers, ambulation, self-help, feeding and communication. Each skill is taught using step-by-step instruction and demonstration.

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.

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.

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.

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.

Transportation Solutions for Caregivers: A Starting Point. Easter Seals. (2002). DVD is 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.

Simulations

Aging 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.

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