

Learning Resources

Aging And Gerontology Listing Of Learning Resources

A selection of programs on Aging and Gerontology is available. Request the latest version of subject number 19. minutes, order 9-9100-IN

Alzheimer's Disease: Inside Looking Out

The unique format of this video – allowing individuals with Alzheimer's to talk openly about the impact that the disease has on their lives – offers a new and highly insightful perspective on the disease.

During the course of the tape, diagnosed individual discuss their right to be informed of their diagnosis; the understanding that individuals living with the disease are entitled to share in the decision making; how they have adjusted their modes of living to meet the new and unfamiliar needs and demands that have emerged as a result of the disease; the entitlement to respect which all persons living with the illness deserve.

The video is both a learning tool and a tribute to the courage of its subjects.

Here are the struggles of families facing the progression of the disease, the communication strategies to employ, and the difficult decisions that must be faced - resources for virtually any program.

The openness with which the participants discuss their illness eliminates the stigma which often surrounds the disease. The participants are also able to discuss how being diagnosed with Alzheimer's has affected their relationships with others, including spouses, children and co-workers.

"This excellent video portrays the strength of individuals behind the "label" of Alzheimer's disease. Their faces and voices speak powerfully of the importance of openness, and the ability to accept and cope with this condition. The crucial role of family support is also illustrated..." Robyn Yale, LCSW, Project Specialist in Aging and Alzheimer's Disease.

Adult
18 minutes, order 9-7273-IN

Alzheimer's Disease: Natural Feeding Techniques

Show caregiving staff how to manage feeding difficulties in late stage Alzheimer's residents - most last stage patients can continue to be fed orally rather than with a gastrostomy tube.

The tape also demonstrates that natural feeding techniques can decrease infection, increase patient comfort, and improve quality of life for the patient.

Professional
14 minutes, order 9-7291-IN

Alzheimer's Disease: A Multi-cultural Perspective

Love, guilt, shame, confusion, fear, respect, frustration, alienation.

See how four different families - Chinese, Japanese, Latino, and Vietnamese - face the difficulty of caring for a relative. Listen to their cultural problems and dilemmas.

Language barriers, cultural norms, lack of support, and strict adherence to traditions are seen as obstacles to providing care and receiving assistance in caregiving.

Professional
34 minutes, order 9-7296-IN

Alzheimer's: A Personal Story

The struggles of three families tracing the progression of the disease, it's affects on patient and family as they deal with feelings of loss, grief and love.

Adult
29 minutes, order 9-6040-IN



Learning Resources

Alzheimer's Disease

The Doctor Is In Series

Lossing your memory is not a normal part of aging; it's a disease called dementia. And while there is no cure for it, there are many ways to manage the disease.

This program offers ideas to caregivers, and a chance to see and hear others' experiences. Several families dealing with Alzheimer's disease are followed. One family uses an adult daycare center, another has in-home care. Children are shown learning how to handle their grandparents' disease through storytelling and literature.

Dr. Barry Reisberg of the Aging and Dementia Research Center at NYU Medical Center explains the different stages of Alzheimer's and how family members can slow the ill effects of the disease. Dr. Zaven Khachaturian of the Ronald and Nancy Reagan Research Institute of the Alzheimer's Association talks about the impact of this disease on families and our society.

Adult, Professional
28 minutes, order 2-2144-IN

Alzheimers & Dementia Care Skills For Assisted Living Series

Three videos on Alzheimer's and Dementia care skills address common but often misunderstood behaviour patterns of patients with Alzheimer's and other forms of dementia. These behaviours may appear irrational, sometimes violent, and often without meaning, yet by employing the effective methods of interaction and intervention presented in this series, caregivers can redirect and defuse these behaviours while keeping patients' dignity intact.

"The best skill-building tool we've found. These materials have helped even our most experienced staff gain new insights, more confidence and greater satisfaction."
Timothy Fosnight, RN

Wandering: Is It A Problem?

Experienced caregivers demonstrate compassionate techniques for intervening with patients who wander. Through viewing actual provider-patient interactions, students and staff will learn effective methods of re-directing the wanderer, providing a safe and secure space for residents, and avoiding escalation to an agitated state.

"We need to look beyond the patient as a wanderer, know who they are, what they are beneath that, and why is that behaviour occurring." - Marty Clark, RN

A Presenter's Guide for this and other titles in the series is available at the CLC website (on purchase of videos)
1998 14 minutes, order 9-7334

Resisting Care: Putting Yourself In Their Shoes

Caregivers need to remember that when patients resist care they are often struggling to preserve their own dignity and to understand the confusing world of dementia in which they live. In this video, Alzheimer's experts outline best practices for avoiding or reducing the number of situations which lead to resistance, and demonstrate the importance of patience and compassion in the care of resistant patients.
1998 14 minutes, order 9-7335

Agitation: It's a Sign

When people with Alzheimer's become agitated and aggressive, they may be trying to communicate with the world outside their dementia. Lashing out may often be their only recourse for expressing their very real fear and anxiety.

Through real-life patient encounters, this video shows appropriate and compassionate techniques which can prevent or diffuse patients' anxiety, agitation and aggression.
1998 14 minutes, order 9-7336
Professional
90 minutes, order 9-73340-IN

Caring ... Sharing: The Alzheimer's Caregiver

Featuring caregivers and experts, program illustrates the diverse problems and emotional realities unique to caring for a loved one, sharing solutions and reassurance.
Adult
38 minutes, order 9-7177-IN

Compassionate Touch: Benefits & Effects In Alzheimer Care

This unique video shows the use of focused touch and gentle massage therapy in caring for and relating to those who have Alzheimer's disease.

Persons living with a dementia such as Alzheimer's disease need touchstones. They are, sometimes, quite literally looking for themselves. They may be lost, they may be confused, they may be overwhelmed. They need that connection with physical reality which focused touch and massage can provide. Shows powerful examples of the positive effects of such touch on those with Alzheimer's disease.

Professional, Adult
23 minutes, order 9-7279-IN



Learning Resources

Dealing With Alzheimer's: Common Sense Communication

Helps care-givers understand the losses that occur. Describes common behaviour changes, verbal and non-verbal communication techniques, offering suggestions to prevent or reduce problem behaviors.

Professional
21 minutes, order 9-7220-IN

Dealing With Alzheimer's: Facing Difficult Decisions

Describes changes in the middle and late stages of the disease, outlining the process families might follow when making decisions at this time. Experiences of three families.

Adult
20 minutes, order 9-7230-IN

Dealing With Physical Aggression In Caregiving:

Non-physical And Physical Interventions

Can your staff identify the risk factors that precipitate aggression? Do they know how to refocus the resident? When aggressive behaviour happens, does your staff know how to respond quickly and safely to contain the behaviour in a way that prevents injury to both the resident and themselves?

This video and workbook training package will teach your staff the preventive, non-physical interventions for minimizing violent episodes and, if necessary,

the physical intervention to contain aggressive behaviours while preserving the dignity of the resident.

Teaches the concept of "A Unified Staff Response System", described and demonstrated in an organized format complete with suggestions for customizing the response system for specific care settings.

Some of the areas covered include dementia-related stressors for aggression; sensory "bridging"; going on patrol; rescue techniques; therapeutic activities; releasing oneself from a grab; dealing with a hair pull; deflecting strikes and kicks, breaking up a fight between residents, and much more.

The package includes three, 22 minute tapes, and a 27 page workbook.

Adult
66 minutes, order 9-7434-IN

Designing The Physical Environment For Persons With Dementia

This program shows how a carefully designed physical environment can offer support and help to compensate for deficits of persons with Alzheimer's disease or related disorders.

Developed as part of the Wesley Hall pilot project, the program will be helpful to designers and administrators who are responsible for design decisions, and to families caring for persons with dementia.

Adult, Professional
22 minutes, order 9-7295-IN

Dress Him While He Walks

Subtitled, Behaviour Management in Caring for Residents with Alzheimer's Disease, this excellent video demonstrates practical ways of dealing with difficult behaviours such as wandering, angry outbursts, and delusions.

Behaviour norms for the Alzheimer's resident are discussed with examples of behaviour management as opposed to behaviour modification.

For example, Earl's clothes are changed on the run since pacing is his normal behaviour. Patsy is offered finger food while she wanders since it is impossible for her to sit for a meal.

Although not easy to watch at times, this video shows caring and concerned staff dealing with difficult behaviour in a practical manner and with a sense of humour.

Professional
minutes, order 9-7286-IN

Early Onset Memory Loss: A Conversation With Letty Tennis

Ms. Tennis courageously and honestly presents her reactions to her progressive memory loss. The program represents her effort to reach out to others affected by memory loss and to break down public misconceptions about people with memory-impairing illnesses.

In the tape, we hear her say: "My doctor suggested it was Alzheimer's disease and he said if there was anything we wanted to do or say to each other, do it now." "Why should they have support groups but not for the AD person themselves? I verbalize perfectly at times and I'm sure others do. We could share so many concerns, cry and express grief and anger that we may withhold from our families." "Having AD is an interesting study of the brain. There is so much that the medical society hasn't begun to tap. With me, I've noticed an interesting pattern. It's as though my top layer of brain cells - the ones most recently used, are peeling away or dying to reveal older cells with long forgotten memories."

Excellent viewing for families and professionals involved with Alzheimer's especially those dealing with early onset.

Professional, Adult
22 minutes, order 9-7272-IN



Learning Resources

Family Care Givers

The Doctor Is In Series

What is it like to care for a dying parent, a 35-year-old husband with a progressive disease, a young child with severe developmental disabilities? This program steps into the lives of caregivers and their families, and offers ideas for dealing with the stresses.

Maggie Strong is author of *Mainstay*, a book about care giving based on her experiences in caring for her husband. She talks about the Well Spouse Foundation and other help available to care givers. Lenard Kaye and Jeffrey Applegate, professors at the Graduate School of Social Work and Social Research at Bryn Mawr College in Philadelphia, talk about their research studying men as care givers.

Adult, Professional
28 minutes, order 2-2153-IN

In The Moment

"She probably forgot our visit even before I stepped on the elevator, but she still had the moment and I rejoice with her in the moment."

Two different families deal with the stresses and changes involved in caring for a parent who has Alzheimer's.

The Honel family decides to care for their father in their own home, and they deal with the profound emotional stresses that accompany that choice.

The Hagwoods make use of adult day care and then finally face the need to place their mother in a nursing home.

This video raises several issues central to the experience of caring for someone who has Alzheimer's disease, and will generate therapeutic discussion amongst those who see it.

Adult
25 minutes, order 9-7293-IN

Living With Alzheimers: Managing Difficult Behaviours Daily

Adult, Professional
20 minutes, order 9-7294-IN

Living With Alzheimer's: A Partnership In Caring

An excellent overview of how Alzheimer's affects caregivers and families of those who have the disease.

Viewers learn why it is important in the beginning stages to rule out other disease as the cause of memory loss. Professionals describe the three stages of Alzheimer's, and the kinds of caregiving needed by the patient in each stage.

Alzheimer's disease often frightens and overwhelms both those with the disease and their caregivers, especially when newly diagnosed. This tape will help dispel fears and offers calm, reassuring information. Produced by the Alzheimer's Association of Rochester.

Adult
19 minutes, order 9-7299-IN

Marge The Blamer, And Muriel The Wanderer

Communicating With Alzheimer's Type: The Validation Method

Offers Validation Therapy for communicating with disoriented, very old people that will reduce burnout for caregivers and stress for the old person.

MARGE and MURIEL are combined in a twenty one minute superb teaching tool. This practical documentary offers caregivers methods for communicating with disoriented very old people (probable Alzheimer's or with related disorders). The video first answers the question, "What do I do if an eighty five year old woman accuses me of damaging her hair?" A daughter can use the same helping methods when her mother shouts: "You stole my cheque book!" or, "You are poisoning my food!" The video then shows caregivers what to do when an eighty five year old wanders from home, doesn't recognize her family, and becomes abusive.

In clear "before" and "after" scenes, MURIEL AND MARGE offer families and staff helping techniques that will reduce burnout for caregivers and stress for the old person.

Adult, Professional, Post Secondary - Introductory
21 minutes, order 9-7078-IN

My Challenge With Alzheimer's Disease

Meet Beverly Wheeler, who was diagnosed with Alzheimer's Disease in her mid-fifties.

As we now know, Alzheimer's is a progressive, degenerative disease that affects the brain and leads to changes in memory, judgement, thinking and behaviour.

However, when a person is diagnosed while in the early stages, they may for a number of years be only mildly impaired and living full and healthy lives in other ways.

Much has been written about the needs of caregivers of a patient, but we've heard very little from persons with the diagnosis. In this interview, Beverly talks about her experiences before, during and after diagnosis. She discusses the changes that have taken place in her life, how other people perceive her and how the diagnosis was handled by her employer and the medical profession.

She also talks about life and hope, issues that are not usually associated with the disease.

"...she shows us that life goes on after the diagnosis, even though adjustments are necessary. The video helps to de-mystify and de-stigmatize our image of a person with this illness." Robin Yale, LCSW, Project Specialist, Aging and Alzheimer's Disease

Ages 16 to Adult, Professional
16 minutes, order 9-7283-IN



Learning Resources

Nurse's Aides: Making A Difference

Provides nurse's aides who work in nursing homes with the necessary skills for handling difficult kinds of behaviour from dementia patients.

Professional
30 minutes, order 9-7267-IN

Older Brains, New Connections

A Conversation With Marian Diamond At 73

Best known for her pioneering work in the positive effects of enriched environments on brain growth research she largely did with rats in the 1960's, Dr. Diamond has continued to teach and do research in the area of neurophysiology.

Her research, and that of others, indicates that given the right conditions the brain continues to grow all during life and not just in the early years. Dr. Diamond presents a summary of this research and its practical implications in her cordial, accessible manner.

Discussing the current research into the genetic components of Alzheimer's disease, the exciting discoveries that the brain can generate new neurons, her research into the brain's role in auto-immune disorders, and the data from longitudinal studies of aging nuns, Dr. Diamond presents an overview of much that is currently known about brain physiology and aging. She provides

suggestions for applying this new knowledge and shares her own fitness plan to keep her body, including her brain, healthy.

Professional
30 minutes, order 8-1078-IN

Prescription For Caregivers: Take Care Of Yourself

Filmed in front of a live audience of caregivers, this presentation is packed with humour and stories from real life.

This video is comforting, thought-provoking, inspirational, folksy, humorous, enjoyable, emotional, and extremely helpful. Anyone involved with caregivers should own a copy." Journal of Care Management.

Produced by Wendy Lustbader, author of *Counting on Kindness*, topics include: heeding resentment as a warning sign of doing too much; the many feelings of anger, resentment, guilt and sadness; options for self-care; figuring out how much care is "enough", and much more.

Caregivers and professionals who assist them will find ideas on how to make life better for both the giver and the receiver of care.

Adult
60 minutes, order 9-7297-IN

Recognizing & Responding To Emotion In Persons With Dementia

Often in persons with dementia, non-verbal signs are more accurate communications than verbalization.

This program will teach caregivers how to understand and decipher facial expressions, vocal signs and body language in person with dementia.

Focuses on five emotions, (interest, anxiety, anger, sadness and pleasure) and their signs.

Adult
22 minutes, order 9-7413-IN

Solving Bathing Problems In Persons With Alzheimer's Disease

And Related Disorders

Bathing a person with Alzheimer's disease can involve some special problems. This newly released video will help sensitize and train your staff to deal productively with those problems.

The tape teaches the importance of, and how to: individualize the bathing approach; focus on the person instead of the task; enlist the residents' cooperation; give the patient choices, reducing the threat of the bathing situation, and using distractions.

Because every resident responds differently to a bathing situation, flexibility is an important skill to learn. due to the

dementing process, what works with a resident today, may not work with the same person tomorrow.

Accompanied by a 68 page instruction booklet.

Adult
22 minutes, order 9-7289-IN

Something Should Be Done About Grandma Ruthie

A moving and unsettling view of the filmmaker's family struggling to deal with 85-year-old Ruth Hammer as she succumbs to Alzheimer's Disease.

Physically healthy, Ruth can no longer care for herself. A series of caregivers are unable to deal with her disorientation, yet she resists being forced to leave her long-time home.

Explores the wrenching impact of the loss of autonomy and the complications facing a family caring for a loved one who may resist and resent their efforts.

Adult
54 minutes, order 9-7178-IN



Learning Resources

Thicker Than Water

This dramatized video demonstrates techniques for working with families in a nursing home setting, focusing on distraught family members.

The video shows the nursing home director, or social worker, how to diffuse anger, acknowledge concerns and provide helpful perspective and information to the family.

Adult
10 minutes, order 9-7290-IN

A Thousand Tomorrows: Intimacy, Sexuality And Alzheimer's

One of the major changes that Alzheimer's disease brings to a spousal relationship is how it affects intimacy and sexuality.

Through candid interviews with spouse caregivers, and when possible, the spouse who has Alzheimer's, this program reviews issues such as the changes in behaviour that affect intimacy between partners and the mismatch of sexual desire and attraction.

Discusses the blurring roles between "caregiver" and "intimate partner" as the need for caregiving increases.

The tape is designed to help couples struggling with the disease to understand that they are not alone in experiencing changes in their intimate life as a result of Alzheimer's; show examples of how others

dealing with Alzheimer's have managed to cope and deal with the changes; and help remove some of the difficulty many people, both family and professionals, have in comfortably discussing the effects of the disease on a couple's intimate life.

Professional
30 minutes, order 9-7265-IN

The Video Respite Series

The Video Respite Series

Designed to actively engage memory-impaired persons in dialogue, conversation, singing, and simple exercises. Recent research has shown the value of *Video Respite* programs for persons who have moderate to advanced impairment in memory.

After watching one of the tapes, the residents engaged in *less wandering, and complaining, asked fewer repetitive questions, and were less withdrawn and agitated.*

Movement, Music and Memories

Sharing stories and songs from childhood, Cathi encourages viewers in some simple movements along with some favourite songs of the past like "Ring Around the Rosie".

Gentle stretching is encouraged by remembering what it is like picking apples "In the Shade of the Old Apple Tree". Viewers are invited to share a game of kickball with a cute boy by kicking their own feet. An appearance by a lamb adds a special element to

remembering "Mary Had a Little Lamb". "Let Me Call You Sweetheart", "I'm Forever Blowing Bubbles" are also included with appropriate movements.

Order 9-7408, 40 minutes

Remembering When

This video visit engages viewers in memories of when they were growing up. Songs and memories of school days; memories of city and country life along with a brief recall of the Roaring Twenties; "When Irish Eyes Are Smiling", "Hello My Baby" and other popular songs will brighten this walk down memory lane.

Order 9-7405, 25 minutes

Sharing Favourite Things

Joyce talks about a variety of familiar things such as babies, vegetable gardening, and animals. She introduces the viewer to a one-year old baby who is having a birthday. Joyce invites the viewer to join her in singing Happy Birthday.

Order 9-7402, 33 minutes

Ladies, Let's Chat

Designed particularly for use with women. Diane chats about topics such as preparing meals, dressing up with hats, courtship days and children. Tied to these discussions are songs of related topics.

Joining Diane are her grandchildren ages seven, three and one. Together they visit with the viewer and join in on some fun children's songs.

Order 9-7404, 40 minutes

Gonna Do a Little Music

While playing the guitar and autoharp, Marianne engages viewers in singing familiar songs and discussing memories related to topics such as love, music lessons, family gatherings, and childhood friends.

Lighthearted songs provide the backings for sing-alongs, arm and leg movements, and pleasant memories. This program will hold viewers' attention and have them toe-tapping, humming and singing along.

Order 9-7401, 53 minutes

Lunchbreak with Tony

In a program oriented to men, Tony visits with the viewer during his workbreak. He discusses work days, work companions, first cars and first loves, family and the tools in his toolbox.

Combined with this visit are a variety of songs related to the topics. Tony's dog, Sparky, joins him toward the end of the visit. Tony is a friendly, energetic man who is sure to engage each viewer with fun-filled memories.

Order 9-7406, 25 minutes



Learning Resources

Sharing Christmas Cheer

Christmas has always been one of the all-time favourite holidays. No matter how old we are, memories of "Jingle Bells", and "The Night Before Christmas" seem to jar heart-felt warmth and excitement of this special season.

Includes these and other happy songs as well as "Silent Night" and "O Holy Night".

Order 9-7403, 45 minutes

Favourite Canadian Memories

Join Dawn, her baby and others in sharing childhood songs like "London Bridge", "Frere Jacques" and "Rock-a-Bye Baby" to prompt early memories. Songs like "Oh, Canada" and carefully selected segments remind viewers of favourite aspects of Canadian life and tradition.

Stories of important Canadian events, like Expo '67, and hockey night are also shared. When Dawn's brother surprises her in his own hockey uniform, viewers are encouraged to boo or cheer along. Winter memories of skating, snow, fresh air and rosy cheeks, wet mittens and hot chocolate are shared.

Warming from winter to spring happens with the ending sing-along of "When the Red, Red Robin Comes Bob, Bob Bobbin' Along".

Order 9-7407, 35 minutes

A Kibits with David

Order 9-7415

Adult

minutes, order 9-74010-IN

Voices Of Caregiving: Insights From Along The Way

Family caregivers who provide full-time care for a person with Alzheimer's disease often feel alone, isolated from anyone who can understand what they are living with every day.

In this video, dedicated to those who provide care, seven caregivers share their stories of caring, while offering insights to others who want to understand or assist caregivers.

The stories they share are sometimes humorous, sometimes painful and always moving.

This program can be used to prepare for support group discussions, to enlighten family and friends of caregivers, and to help train professionals who work with those who provide daily care.

Adult

32 minutes, order 9-7274-IN

This listing is correct as of Friday January 5, 2001 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 5. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

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