

Learning Resources

94 Years And 1 Nursing Home Later

The video begins when filmmaker Laurel Greenberg watches some home movies that her father shot of his mother in a nursing home in Philadelphia. "Do you like it here?" Marvin asks his mother, Belle. Her weak smile and feigned enthusiasm seem to satisfy Marvin, yet are disturbing to Laurel, who sets out to uncover her grandmother's true feelings. Family had always been important to her grandmother. How did she come to be alone and isolated from family at the end of her life?

Through interviews and scenes with her grandmother and other family members, Laurel's search delves into the relationships and changing roles within the family as parents age. By example, the story shows that even in a loving and close family, miscommunication can and does occur. The film leaves the viewer with a deeper understanding of the ongoing role of family ties throughout each of life's stages.

Professional
35 minutes, order 9-7441-IN

Abuse: The Resident's Perspective

Long term care residents report what they feel is abuse, and their list of concerns may surprise your staff. Not only do

A comprehensive listing of videos dealing with issues of aging. Here are programs for staff training and patron alike.

their comments include the obvious, but also many things you would not think of unless you were a resident yourself.

From their perspective, negative attitudes, lack of respect, waiting for care, and even staff not introducing themselves or wearing name tags are unacceptable. These residents give you the perspective of what it's like to be on the other side of care.

Shot on location at The Roland Park Place and Levindale Hebrew Geriatric Centre and Hospital.

Professional
20 minutes, order 9-7453-IN

Aging

The Doctor Is In Series

Recognized by the Health Sciences Communications Association Media Festivals.

There is enormous variety in the rate of aging among men and women. What causes one person to be old at 70, and another to continue to be youthful into his 90s? This question is posed to a number of researchers, who explain the theories and findings from the field of geriatrics.

A 52-year-old study that has examined the mental health of Harvard graduates over their lifetimes is used to illuminate the predictors of healthy aging. Viewers also follow several elderly people through their days, talking about their routines and their health. The impact of diet, smoking, drinking, family history and personality are discussed. New research is highlighted that offers the possibility of altering our genetic structure to help us live longer and more healthfully.

Adult, Professional
28 minutes, order 2-2143-IN

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Aging Successfully: The Psychological Aspects Of Growing Old

Systematic examination of old age is a new field inspired by the unprecedented number of people living long enough to become elderly. Developmental psychologists Paul and Margret Baltes have proposed a model of adaptive competence for the entire life span, but the emphasis here is on old age.

Their model SOC (Selection, Optimization and Compensation) is illustrated with engaging vignettes of people leading fulfilling lives, including writers Betty Friedan and Joan Erikson, and dancer Bud Mercer. Segments of the cognitive tests used by the Baltes in processing the mental



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abilities of older people are shown. The Baltes discuss personality components that generally lead to positive aging experiences in this visually and intellectually appealing video.

Professional
31 minutes, order 8-1050-IN

Alzheimer Disease

Subject List 5

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.

Adult, Professional
00 minutes, order 9-99030-IN

Approach To Urinary Incontinence In The Elderly

Presents the examination of bladder mechanics and functional status in the assessment and treatment of urinary incontinence. Includes Folstein Mine Mental State evaluation and Katz ADL scale.

Professional
30 minutes, order 1-5309-IN

Balancing Act: Your Fall Prevention Program

Each year approximately half of all residents in nursing care and assisted living facilities will fall, with over 40% falling more than once. This video will help you and your staff maintain an effective fall prevention program in your facility.

Professional
24 minutes, order 9-7440-IN

Barrier Free Environments

For People Who Are Aging And Physically Disabled

Presents the problems that older adults with physical disabilities have in navigating the world around them. Through actual scenes of older adults and interviews with professionals, the video offers solutions to the variety of difficulties older adults meet on sometimes a daily basis.

An obvious example would be providing ramps; but what is the point of having ramps to access buildings if the door is too heavy to open, or too narrow to provide access to those with walkers or scooters?

Professional
13 minutes, order 9-7447-IN

Becoming An Extended Family Member

Geriatric Nursing Assistant: The Most Important Team Player

Nursing assistants discuss their role as extended family members including spending additional time with residents; knowing each resident; allowing residents to have choices; encouraging participation in activities; making sure residents are getting appropriate nutrients; and insuring eye glasses, hearing aids, and dentures are in good condition.

Adult
23 minutes, order 9-7490-IN

Bon Appetit:

How To Create Meaningful Mealtimes In Longterm Care Facility

Videotaped on location at Villa Providence, Shediac, New Brunswick, and at The Milwaukee Jewish Home, and presented by Jitka Zgola, OT(C), this excellent training video presents a comprehensive mealtime program that focuses on principles of resident autonomy and person-centered care.

Special attention is devoted to identifying the mealtime needs of people with dementia.

Covers the effects of dementia on communications, behaviour and eating; creating dining experiences with less distraction and noise; and how to prepare and serve food in a way that enables the resident to eat as independently as possible.

A study guide is available as a PDF file from the CLC website for those who are purchasing or previewing the video. To download this PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/9-7445.pdf>

Please be patient. This is a large file and the download time will depend on the speed of your Internet connection. Need help? Email us at info@canlearn.com

Adult, Professional
42 minutes, order 9-7445-IN

The Caregivers' Journey Series

The Caregivers' Journey Series

Part 1: The Journey Begins The first episode in The Caregivers' Journey with Dr. Geila Bar-David features caregivers speaking about many common experiences in becoming a caregiver, such as their Day of Discover, Role Reversal, Changing Relationships and Taking Charge. This tape gently introduces viewers to the series, allowing them to realize that they are not alone and encouraging them through either self-study or group discussion to reflect on their roles as caregivers.

Order 9-7483, 30 minutes

Part 2: The Toll Serves to acknowledge the tough costs of being a caregiver, including Anger, Guilt, Loneliness, Frustration, Financial Difficulties and Burnout. Most helpful here are the accounts of those caregivers who are several years beyond the loss of their loved one. Their perspective and humour is a much-needed remedy for those who are struggling with the caregiver role.

Order 9-7484, 30 minutes

Part 3: Surviving Here, each of the featured caregivers shares a remarkable piece of advice on how they cope or coped with the emotional, mental and physical costs discussed in Part 2, The Toll. Examples of this advice include: Forgive Yourself, Take On Day At a Time, Break Problems Down, and Join a Support



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Group. Viewers are encouraged to reflect on what helps them cope and to choose one piece of advice from the caregivers they've just seen.

Order 9-7485, 30 minutes

Part 4: Healing Caregivers reveal their sense of loss and their healing process. Viewers are again bolstered by the experience and advice of the elder caregivers whose perspective and growth may provide some hope for those in despair. The tape also features *Ways to Help Heal* and encourages participants to choose at least one way to help work through their grief.

Order 9-7486, 30 minutes

Part 5: Quiet Triumphs The final tape in the series is the first document ever to deal exclusively with the good that can come out of the caregiving journey. A moving testament to the human spirit, this program shows how caregivers stretch their capacity for patience and caring, how many realize the importance of living in the moment, and even go on to lead more caring and fulfilling lives.

Order 9-7487, 30 minutes

Adult
150 minutes, order 9-74830-IN

Caring At The End Of Life

Caring At The End Of Life Series

Meet nursing staff in patient care and communication and learn about their roles. Six severely ill patients, part of a study on end-of-life care and decision making,

share stories that offer no easy answers, but raise many key issues faced by patients and those who care for them.

Look at the role of technology, deciding when to use or withdraw life-sustaining treatments, the importance of effective pain management, and the impact of patients' culture and community on care decisions.

Professional, Closed Captioned
45 minutes, order 9-7354-IN

NEW RELEASE

Caring At The End Of Life Series

Caring At The End Of Life Series Dvd

This series consist of three films packaged together on one DVD, or separately on three videotapes.

Program 1: Ben Achtenberg's provocative documentary, *Caring At The End of Life* (45 minutes), raises a number of key issues faced by patients and those who care for them, including the role of technology, deciding when to use or withdraw life-sustaining treatments, the importance of effective pain management, and the impact of patients' culture, religion and community on care decisions. focusing on the key roles of nursing staff in patient care and communication, it profiles the cases of six severely ill hospitalized patients. Offers no easy answers, but challenges viewers to think about and discuss

their own hopes, fears, and beliefs. Achtenberg was nominated for an Academy Award for his earlier film *Code Grey*.

The other programs, two brief, related study films, are designed to help audiences focus their discussion on particular areas of concern.

Program 2: Stanley (15 minutes). This disturbing case study presents a comatose patient whose family and helathcare team are in conflict over how long to continue with the treatments that are keeping him alive. In making decisions about his care, they confront difficult ethical questions about patient autonomy vs. the needs of the family, about who is in a position to judge what another person would want, about the role and impact of religious faith, and about the certainty or fallibility of medical judgement.

Program 3: Discussing Advance Directives (15 minutes). Two nurses and a physician, part of a foundation study on patient communication, meet to discuss the difficulties they encounter in working with other staff and patients on advance directives. Among these are misunderstandings among both families and staff; differing roles of living wills, durable powers of attorney, and "DNR" orders; confusion about how to interpret these documents in the light of

changing medical circumstances, and the ambivalence of some patients about having to make such decisions at all.

All three programs on one DVD, or sold as individual VHS.

Adult
70 minutes, order 9-73540-IN

The Challenges Of Aging: Retrieving Spiritual Traditions

A Congregational Caring Program For The Elderly

Deepen your understanding of the meaning and purpose of aging in our own lives and the lives of persons older than ourselves. Self understanding, coupled with an awareness of the social and cultural context, the attitudes and practices that "frame" the experience of aging - expands our ability to respond to the needs and feelings of others.

Persons who are ministering to the elderly and those who desire to enhance the spiritual lives of the elderly will confront cultural stereotypes of aging and the elderly and demonstrate:

- * an understanding of the Christian view of aging
- * recognition of the role of covenant, honour, belief, reconciliation and blessing in the spiritual lives of the elderly
- * increase awareness of the possibility of spiritual growth in the elderly
- * strengthen commitment to the care for the spiritual needs of the elderly



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The program consists of several components:

- Two 22 minute videos: *A View From the Top: Aging as a Spiritual Journey*, and *Gathering the Harvest: Retrieving the Wisdom of Spiritual Traditions*.

- A 63 page Leader's Guide

- 10 Participant's Workbooks

- A handbook titled *Religious Perspectives on Aging*

Adult, Professional
44 minutes, order 9-7449-IN

Choice & Challenge: Caring For Aggressive Older Adults

Spitting, kicking, biting, hitting, name-calling ... you and your staff may encounter these and other aggressive behaviors every day. Aggressive behaviour is perhaps the most troubling - and often the least understood - of all behavioural problems.

This training package is designed for nurses, nursing assistants and other professional and paraprofessional health care providers who work in long term care and encounter behaviourally impaired and aggressive older adults.

Developed during a year-long project sponsored by the American Psychiatric Nurses Association, the video, taped in three actual long term care settings, shows real life episodes of aggression, and discusses strategies for preventing or defusing them.

An accompanying workbook provides additional background information, may be reproduced as handouts, and provides the basis for both assessment of aggressive behaviour as well as intervention to support, assist, soothe and calm older adults.

Professional
22 minutes, order 9-7430-IN

Code Gray: Ethical Dilemmas In Nursing

Be part of this important subject as four nurses confront ethical dilemmas in their technologically complex work world, where humanity and wholeness as patients and nurses is in jeopardy.

For French version, please order 9-70000.

Professional
28 minutes, order 9-7000-IN

Code Gray: Ethical Dilemmas In Nursing (French Version)

French version of *Code Gray: Ethical Dilemmas In Nursing*

Professional
26 minutes, order 9-70000-IN

Coming Home: Basic Information For The Home Caregiver

While many caregivers find that providing care for their loved one at home can be a rewarding and meaningful experience, they also find that their new responsibilities can be physically and emotionally draining.

The program deals with five basic caregiving concerns - moving and transfer; infection control; nutrition; stress; and talking to your doctor.

It also emphasizes the importance of patient involvement in his or her own care so that together, the patient and caregiver can make being cared for at home the best it can be.

Professional
51 minutes, order 9-7432-IN

Compassionate Touch: Benefits & Effects In Long Term Care

The importance of touch plays a key role in one's healing and overall feeling of wellness. In this award-winning video, Dawn Nelson, C.M.T. and author of the book, *Compassionate Touch: Hands On Caregiving for Elderly, the Ill and the Dying* illustrates how to relate to individuals "from the heart, through the hands".

The video illustrates both the physical and psychological benefits of sensitive therapeutic massage and attentive touch in residential care.

Details and innovative new bedside service that enhances quality of life for residents and helps facilitate programming.

Professional
23 minutes, order 9-7278-IN

Correcting Our Elders: The Graying Of Prisons

Explores the management and program service dilemmas that professionals face as the prison inmate population ages.

The U.S. prison system is now among the many institutions dealing with "aging in place" phenomena. Correctional facilities and their staff are struggling to meet the medical, social and psychological needs of a growing number of aging adults.

The video provides a comprehensive overview of the difficulties facing three types of offenders: the lifer, the first time offender, and the life span criminal. Featured are the difficulties institutions face in finding increased medical staff, providing for inmates' daily needs, and resocializing parolees.

Uses face-to-face interviews with inmates and prison personnel to illustrate the problems associated with this special population.

Professional
26 minutes, order 9-7281-IN



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Curtain Call

Unfolds the true story of a clash of emotions between a mother who has had a stroke and her daughters as they struggle to find a balance between the daughters' concern for Mom's safety and the mother's desire to make her own choices and live her own life.

This program effectively and emotionally engages the viewer with questions of risk, protection, autonomy, independence, family dynamics and the roles of caregivers as well as the broader questions of aging, meaning and struggle for independence in later age.

Adult
53 minutes, order 9-7480-IN

Dealing With Physical Aggression In Caregiving: Finger Grabs

This is session four of the popular Dealing with Physical Aggression in Caregiving: Non-Physical and Physical Interventions Series.

It happens in the best of facilities - the unpredictable grab or other violent behaviour. Deals with avoiding, and escaping from finger grabs which are not only painful, can cause serious arm, wrist and hand injuries. Teaches your staff the procedures to avoid or contain aggressive behaviours while preserving the dignity of the resident.

Professional
18 minutes, order 9-7446-IN

Dealing With Physical Aggression In Caregiving:

Non-physical And Physical Interventions

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.

The training package includes three 22-minute videos showing the procedures in detail and a 27-page workbook giving staff training suggestions, detailed instructions and reproducible handouts for easy reference and review.

Professional
66 minutes, order 9-7434-IN

Depression In The Long Term Care Setting

A thorough overview of depression for nurses working with elderly patients in all healthcare settings with a focus on the origin, causes and symptoms of depression and the nurse's role in assessing and treating depressed patients.

The informative video also shows the impact of depression on physical health; how to distinguish between depression and dementia; clarifying

medical illness or medication as a primary cause; the role of psychotherapy and drug therapy and drugs used in treatment.

A study guide is available in PDF format from the CLC website for those purchasing or previewing this video. To download the guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2225SG.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

Professional
25 minutes, order 1-2225-IN

Depression In Older Adults: The Right To Feel Better

See patients who have experienced or are experiencing depression in their later years in this thoughtful analysis of depression as it affects older people.

Dan Blazer, author of *Depression in Late Life*, offers his insights on this important issue.

Professional
30 minutes, order 9-7409-IN

Discussing Advance Directives

Caring At The End Of Life Series

Adult
15 minutes, order 9-73542-IN

The Elder Abuse: Real Definition Series

The Elder Abuse: Real Definition Series

Each of the three tapes in this series presents unique examples of situations that lead the viewer to a fuller understanding of what fits within the definition of elder abuse.

The tapes included in the series are:

Neglect

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

20 min, order 9-7465

Abusive Verbal Interactions

The program's discussion includes lack of verbal interaction while providing care, lack of responsive feedback to conversation, negative comments concerning condition or abilities, and directing ridicule, anger and threats at an older person.

20 min, order 9-7466

Abusive Physical Interactions

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



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20 min, order 9-7467
Adult
60 minutes, order 9-74650-IN

Everyday Choices: Ethics And Decision Making In Home Care

This challenging new video documentary will help to stimulate discussion about a wide range of ethical and professional dilemmas faced by nurses working in home care and community settings. It is an engrossing exploration of some of the realities of home care work, as experienced by a skilled and compassionate professional.

A study guide is available in PDF format from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/9-7386SG.pdf>

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Professional
28 minutes, order 9-7386-IN

Everyone Wins! Quality Care Without Restraints

A comprehensive training program that offers practical strategies for providing quality care without the use of restraints. It presents real solutions to real problems facing long term care providers - falls, wandering residents, and aggressive

behaviour. Showing actual cases, the video and print package gives you proven, creative methods for solving these problems.

The package includes: 1. *The Resident Care Library*. Six videos, each 12 to 14 minutes, reproducible handouts and an inservice training manual. Each program can be used as a stand alone. The video titles are: *The New Resident Up and About: Minimizing the Risk of Fall Injuries*, *Working with Residents Who Wander Getting Hit, Grabbed and Threatened: What It Means, What to Do Staying Restraint-Free Evenings, Nights and Weekends Now*, *That the Restraints Are Off, What Do We Do?*

2. *The Management Perspective*. A 16 minute video and print guide. Designed for owners, administrators and directors of nursing.

3. *A Family Guide to Restraint-Free Care*. A 12 minute video and pamphlet. Family resistance is one of the most persistent challenges to achieving restraint-free care. Shows the story of a husband who needs significant support to understand that restraint-free care can provide his wife with both dignity and safety.

Adult
140 minutes, order 9-7457-IN

Exercise: It's Never Too Late

Falling has been recognized as a common fear among older adults, including those who have not experienced a fall. Older people often restrict their activities because they think it will reduce risk of falls. In actuality, this restricted activity can lead to physical deconditioning which can increase falls risk.

This program addresses common misconceptions older adults have about exercise into old age and shares strategies for staying active.

Professional, Adult
16 minutes, order 9-7460-IN

Exercise Therapy For Osteoporosis And Postural Back Pain

Take part in an exercise routine to help women of all ages develop body awareness, enhance posture and tone, improve flexibility, and strengthen muscles.

Adult
55 minutes, order 9-7715-IN

Exercising With Dorothy

Slow paced program developed for older men and women, including those with walkers and in wheelchairs. Encourages having fun with exercise, fostering self worth as they increase flexibility and stamina.

Adult
30 minutes, order 9-7235-IN

Facing Alzheimer's: Conversations With Caregivers

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

Divided into two sessions, Session One includes discussions on initial reactions to diagnosis, anger, guilt and denial; coping with changes in a loved one; grieving; remembering to care for yourself; changes in the marital relationship, and children as caregivers for their parents.

Session Two includes discussions on making the decision to place a loved one in a nursing home; taking comfort in good memories; the value of caregiver respite and support groups; the lessons caregivers learned in taking care of their loved one, and letting go and saying goodbye.

Leaves the viewer with valuable insights on the physical, mental and emotional commitment that caregiving requires and reinforces the fact that caregivers themselves need to have a solid support base in order to provide the best care. Also



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gives family members and friends not directly involved in the caregiving process a better understanding of the tremendous effort involved in caring for someone with Alzheimer's disease.

Adult
57 minutes, order 9-7459-IN

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.

Professional
28 minutes, order 2-2153-IN

A Family Decision

Focuses on emotional strain for family facing nursing home care for elder member. Helps deal with disturbing stereotypes and momentous pressures, letting them know they are not alone.

Post Secondary - Introductory,
Ages 16 to Adult
25 minutes, order 9-7215-IN

A Family Guide To Restraint Free Care

Adult
minutes, order 9-74571-IN

Fear Of Falling: A Matter Of Balance

Older people often restrict their activities because they think it will reduce the risk of falls. However, this restricted activity can lead to physical deconditioning that can actually increase fall risk. This program provides step-by-step strategies for helping older adults to overcome the fear of falling, and take active steps to reduce the risk of falling.

A facilitator's manual is sold separately. Please inquire at the time of purchase.

Professional, Adult
17 minutes, order 9-7444-IN

Flowers For Charlie

Every once in awhile, if we're very lucky, and open to receive, somebody comes into our lives whose quiet presence tells us to pause, consider our humanity, and open our eyes...

Charlie is one such presence. Based on the true story by Jean M. Hendrickson, this entertaining and powerfully moving short film is guaranteed to bring both laughter and tears. It will delight and inspire viewers from Grade 8 to adulthood.

Opens wide the doors to discussions on aging, intergenerational appreciation, and individual and societal values. A wonderful short story that will help all of us take an active role in caring for one another.

Ages 15 to 18, Adult
11 minutes, order 9-7414-IN

Foot Care

The Doctor Is In Series

It is so easy to take our feet for granted; we usually don't think about them until they hurt. This show provides a humorous look at the structure of feet, and how problems develop.

Viewers meet a ballerina, a diabetic who is slowly losing feeling in his feet, and a woman who developed serious problems as a child when she was forced into shoes that were part of a school uniform. A sports medicine specialist has tips for

preventing problems during various sports, and a podiatrist explains the use of orthotics and surgery.

Adult, Professional
28 minutes, order 2-2154-IN

The Forgotten Tenth

People aged 50 and over account for approximately 10 percent of the annual reported AIDs cases in the United States. This tape serves as an introduction to the issues regarding AIDS/HIV that pertain to adults over 50.

Includes vignettes highlighting the personal experiences of three persons who are HIV infected, and one caregiver.

Adult, Professional
14 minutes, order 9-7287-IN

The Four Phases Of Resolution

Documents a final life struggle called resolution which involves very old people diagnosed with Alzheimer's-type dementia.

In Phase 1: Mal-orientation - the person is mostly oriented to time, place and person.

In Phase 2: Time Confusion - the person is not oriented to time and place.

In Phase 3: Repetitive Motion - the person uses movements instead of speech to express human needs.

In Phase 4: Vegetation - the person has minimal movement, blank expression, no speech.



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In the final stage of resolution, buried emotions surface. The very old struggle to express themselves and need someone to listen with empathy - to "validate" them.

Adult
08 minutes, order 9-7028-IN

Freedom Of Sexual Expression

Dementia & Resident's Rights In Long Term Care Facilities

Sexuality and intimacy are basic human rights that should not be denied simply because the person has a level of decreased cognizance and lives in a nursing home. This video tastefully shows various sexual expressions, the effects of those expressions on the residents and those around them, and methods to allow freedom of sexual expression while maintaining a comfortable environment for other residents and staff.

Staff members are given effective strategies to deal with inappropriate sexual behaviours. Family members are encouraged to understand and respect their loved one's continued need for intimacy, and administrators are provided with sample policies and procedures on residents' rights regarding sexual expression and physical protection.

"To live is to love, and to love inevitably means to desire, to express sexual needs."

"Sexual expression and the elderly - it's wonderful, it's fulfilling, it's comforting - it's inevitable."

A presenter's guide is available as a PDF file from the CLC website:
<http://www.canlearn.com/guides/9-7451.pdf>

Professional
16 minutes, order 9-7451-IN

Gay & Gray In New York City

The Stonewall riots, which for many mark the beginning of the American gay rights movement, were more than thirty years ago. Today the veterans of that event are growing old.

They share the usual problems of aging - retirement, the decline of physical health, grief over the loss of friends and loved ones - but they are *more* likely than "straight" seniors to be living alone and to be without family or other support. They are growing old in a subculture which places a powerful emphasis on youth: "Young gays don't think about aging," one says, "Maybe they think you go straight."

This engaging video features interviews with several "gay and gray" men and women, and profiles organizations which provide services and support to elders in the gay community.

Adult
22 minutes, order 9-7345-IN

Gifts Of Aging

The Doctor Is In Series

Longevity has increased almost 30 years in the last century, and most people are enjoying better health during those extra

years. This program profiles the 50-80 year old group, which is expected to grow by 60% in the next 20 years.

It examines how people are using this extra time, working more years, changing careers, and better managing chronic illnesses.

Some of the people profiled are Helen Gurley-Brown, the 74-year-old editor of *Cosmopolitan* magazine, and her 80-year-old husband, movie producer David Brown, a Vermont couple who spend equal amounts of time working and volunteering, an 84-year-old chemical engineer who still travels across the globe, and Lydia Bronte, author of *The Longevity Factor*.

Adult, Professional
28 minutes, order 2-2145-IN

Grandparents Raising Grandchildren

Many grandparents, regardless of income, background, or race, are picking up the responsibility of raising a grandchild or grandchildren who have lost their parents to death, drugs or prison.

Grandparents who take on this job need help in meeting the needs of their grandchildren. They also need help with the legal, financial, educational, and emotional issues that come with this new role.

The tape explores this newly emerging social issue by sharing the stories of four people who are raising their grandchildren and examines some of the major issues facing a grandparent as a parent.

Adult
30 minutes, order 9-7282-IN

Growing Up And Growing Old: Caring For Our Parents

The "gray wave" is about to hit. In twenty years millions of people will require long-term care. That's almost twice as many as today. There already is a shortage of caregivers. Who will care for us in the future? And how will we pay for it?

Meet families and other caregivers who are struggling daily with the problems of caring for aging parents.

Kathy gave up her job to take care of her mother at home, who has dementia.

Seize is caring for her father who is stricken with vascular dementia, as well as two children and a husband. How does she handle the "sandwich generation" squeeze?

Carmenita cares for her mother at home, who has Alzheimer's and does not recognize her.

Lela, a Certified Nurses Aide, takes her skills and friendship from house to house in an effort to help her clients continue living on their own.



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Meet these and other caregivers who struggle with issues ranging from finances to foster care.

Adult, Professional, Closed Captioned
56 minutes, order 9-7373-IN

Head Over Heels: Falls And How To Prevent Them

Outlines ways in which older adults can prevent falls - the most important single cause of injury to those 65 years and older.

Because seniors often face long term consequences after a fall, it is extremely important to learn ways in which to prevent them.

The program will help older adults and those who care for them discover the ways in which falls occur. The tape is divided into four sections each explaining some of the reasons for falls, and ways to reduce chances of falling.

Details the benefits of staying active, the effects of diet and medications, importance of removing environmental hazards, and maintaining a healthy attitude toward the use of physical aids.

Produced by University of Victoria and CRD Community Health Services.

Professional
14 minutes, order 9-7428-IN

Healthy Relationships

Nurses Keeping Patients And Families First

Establishing and maintaining caring relationships with patients, across a continuum of care which encompasses a variety of different facilities, is a growing challenge for today's healthcare workers.

Profiling three different cases, this video looks at how one healthcare system has developed approaches which have enabled it to offer continuity of care through its primary nursing program. A number of nurses discuss the benefits of primary nursing for their patients and how they sustain caring relationships through multiple admissions, transfers and discharge to the home.

This video will be an invaluable tool for introducing the concept of primary nursing to students, patients and staff.

Professional
15 minutes, order 9-7326-IN

Heartwork

Quality care begins with caring workers that feel supported and validated. This program acknowledges the critical role nursing assistants have in improving quality of life for the person to whom they give care. Through music, dance, storytelling and interviews with real CNAs and home health aides, this video taps into the emotional core of what it takes to be

a direct caregiver and gives valuable insight into the often underappreciated service provided by nursing assistants.

An effective tool to:

- * boost the morale of nursing assistants
- * allow nursing assistants to initiate discussions about the concerns and challenges of their jobs
- * encourage medical staff and administrators to examine their working relationships with their nursing assistants.

This celebratory video should be viewed by all levels of staff and comes with a facilitator's guide that gives detail suggestions on how to introduce the video and structure discussion for a range of different audiences. The video is divided into two 21 and 22 minute sections and can be viewed in shorter sessions or as one full session.

Professional
43 minutes, order 9-7461-IN

Hello In There

Understanding The Success Of Person-centred Care

Presenting the heart of today's nursing, this video sparks discussion about the strategies, benefits and challenges of person-centred care for seniors.

Person-centred care allows individuals working within an organization to adapt the provision of care to meet the needs and wishes of those receiving care. By gaining an understanding of who the client was before they came to the

institution, the care-giver is able to understand the client as more than their current circumstance, to view them as a whole person.

Produced by McMaster University's Education Centre for Aging and Health (ECAH), and Hamilton Community Foundation. The companion handbook offers a presenter's guide for several settings, discussion questions, learning activities, and a list of other learning resources. To download this PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/9-1206.pdf>

In order to read this PDF you may be asked for a PIN number. Enter "9-1206", without quotation marks. Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com.

Professional
19 minutes, order 9-1206-IN

Helping You Drive Safely Longer

For many seniors, driving a car is an important part of maintaining independence. Learn how to keep on driving safely.

This tape describes some of the problems faced by older drivers and demonstrates useful exercises and how to compensate for specific weaknesses.



Learning Resources

Includes a driving assessment and a written guide with important questions and suggestions regarding your current physical condition and driving ability.

Adult
15 minutes, order 9-7270-IN

I Only Hear You When I See Your Face

Illustrates simple rules to remember when communicating with the hearing impaired patient. Demonstrates visual techniques which compensate for the patient's inability to hear.

Professional
10 minutes, order 9-7245-IN

I'd Rather Be Home

"... is such a powerful and effective teaching tool that we decided to structure our curriculum on elder abuse for judges and court staff around it. Norman's story is particularly useful for fostering discussions about capacity, abuse dynamics and the legal system's response to elder abuse." Lori A. Stiegel, J.D., Associate Staff Director, ABA Commission on Legal Problems of the Elderly.

This video follows, over a period of seven years, the case of Norman, an older man repeatedly abused by one of his adult sons.

The son lives at home, along with Norman's wife and other adult son. Since Norman is unwilling to take legal action, the situation remains

unresolved for years with Norman leaving home for short periods of time, then returning, hoping his son will change.

Eventually, after a severe beating, Norman ends up in a nursing home, has a mild stroke and is placed under state guardianship. His request to be returned to his abusive home was denied after a mental status examination. Raises several important issues for discussion: Could a more aggressive intervention strategy have been used to protect Norman? Would a tighter network of interrelated social and legal services have made a difference in his case? What issues of autonomy and self-determination are involved in this case? Was guardianship appropriately used in Norman's case?

Viewers who have seen *Elder Abuse: Five Case Studies*, will already be familiar with the opening chapters of Norman's case. This new video reveals the events that happened subsequent to those chapters, and opens up issues central to dealing with elder abuse cases.

Professional, Professional
29 minutes, order 9-7429-IN

In This Very Room (Recreation For Dementia Patients)

This new program challenges the prevalent negative images of older adults with dementia.

Clearly demonstrates that those with dementia can actively participate in many pleasurable and creative activities.

The program shows professionals engaging dementia sufferers in music, dance, visual art and drama improvisations.

These scenes are interspersed with statements by family caregivers that confirm the value these creative approaches have for both the person with dementia and their caregivers.

Professional
12 minutes, order 9-7271-IN

In Your Hands: Nursing Home Resident Care

Issues are raised that are central to giving respectful care in a long term care facility. A nurses' aide berates a resident for an incontinence accident ("Look what you've done! You're dirty!") In another incident, an aide shouts back at an emotionally upset and abusive resident. These scenes of improper caregiving and "emotional abusive behaviour" are interspersed with scenes of sensitive and respectful caregiving that honours the dignity and needs of the resident.

Hosted by internationally renowned gerontologist and Pulitzer prize winning author, Dr. Robert Butler, this video will be a valuable addition to the orientation and training of nurses aides. The video clearly pays respect to the importance of the work of nurses' aides and their role in providing quality care for residents.

"In Your Hands" is a video resource you will use again and again. No long term care facility should be without it.

Professional
12 minutes, order 9-7456-IN

The Injury Prevention For The Elderly Series

The Injury Prevention For The Elderly Series

Most injuries are preventable. Teach caregivers to recognize and correct hazardous situations, remove the risk



Learning Resources

of injury and teach safe behaviours. This 10-part training program makes it easy and efficient to teach prevention skills.

Preventing Falls

Falls are the leading cause of accidental death for adults 65 and older.

Because of vision problems, osteoporosis, poor mobility and frailty, older people are especially at risk for hip fractures and other injuries resulting from falls. Viewers will learn to recognize and correct hazardous situations that can lead to falls, such as shoes, wet or uneven surfaces and getting out of bed incorrectly. Included with the material are ready to copy check lists of hazards and screening instruments to assess risk.

17 minutes, order 9-7473

Preventing Burns and Scalds

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

11 minutes, order 9-7471

Preventing Elder Abuse

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

13 minutes, order 9-7472

Preventing Hyperthermia, Hypothermia & Drowning

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

12 minutes, order 9-7475

Preventing Adverse Medication Reactions

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

12 minutes, order 9-7469

Preventing Problem Use of Alcohol

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

16 minutes, order 9-7477

Preventing Choking and Aspiration

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

13 minutes, order 9-7468

Preventing Suicide and Depression

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

12 minutes, order 9-7478

Preventing Foodborne Illness

Older people are at increased risk for foodborne illness wherever there are unsafe conditions in handling, storing and preparing food. A diminished sense of smell



Learning Resources

and taste can impair an elderly person's ability to judge whether a food is safe to eat, and a weakened immune system can leave the person susceptible to food poisoning. Viewers learn prevention tips for avoiding food poisoning caused by contaminated foods and they learn to spot hazardous situations in which bacteria can thrive. Included are ready to copy tools for teaching how to store, prepare and handle food safely.

10 minutes, order 9-7474
Preventing Malnutrition

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

11 minutes, order 9-7476
Professional, Post Secondary
127 minutes, order 9-74680-IN

Kind Hands

Wendy Lustbader, MSW, is speaking to home health aides and CNA's (certified nurse assistants) who work in nursing homes.

Part 1 covers the vulnerabilities which people tend to feel when they become dependent.

Part 2 covers the ways in which helpers may occasionally take advantage of those vulnerabilities. The aim is preventing elder abuse, and promoting kindness.

Adult
60 minutes, order 9-7470-IN

Living Wills

The Doctor Is In Series

What are these advanced directives that hospitals are required to present to every patient? Should you consider one? This program examines the concepts of living wills and advanced directives.

Host Jamie Guth spends time with families in intensive care units, where they're forced to make decisions about life-saving care. Their experience may help you decide if you want to be maintained on ventilators, fluids, and drugs. Patients, their families and doctors each present their view of the situation.

Adult, Professional
28 minutes, order 2-2135-IN

Looking For Yesterday

Validation Therapy

Explores the feelings of severely disoriented nursing home residents with organic brain syndrome and how fantasy can be a therapeutic vehicle for adjustment to institutionalized living. A Validation Therapy Program by Naomi Feil.

Professional
29 minutes, order 9-7030-IN

Maggie

A rare videotaped interview with Maggie Kuhn, the founder of the Gray Panthers. Powerful, challenging, profound ...

Maggie speaks out on the need for an intergenerational movement, what old and young have in common, the "four M's" for older adults, the importance of the spiritual dimension, caregivers and care receivers, and the Gray Panther Growl.

Ages 15 to 18, Adult
20 minutes, order 9-7269-IN

Marge The Blamer, And Muriel The Wanderer

Validation Therapy

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

Matter Of Balance: Managing Concerns About Falls

140 Page Guide (3 ring binder) sold separately to accompany the video "Fear of Falling: A Matter of Balance". Produced by Boston University Roybal Centre.

Professional
minutes, order 9-74441-IN



Learning Resources

The Mental Health And Older Adults Series

The Mental Health And Older Adults Video Training Series

Produced by the *Mental Health Outreach Network*, (U.S.), and winner of numerous awards, this series is logical, sequential, and easy to follow. Each tape can stand alone as a separate entity.

"This is a highly effective video training series. The high production quality, user-friendly demonstrations, practical focus, multicultural perspectives, and interdisciplinary approach distinguish them from other materials I have seen to date." Chandra M. Mehrotra, Ph.D., Professor Psychology and Dean of Graduate Studies.

The unique developmental tasks of older adults are discussed and demonstrated through interviews with older adults, training experiences of young and middle aged adults and interviews with multidisciplinary professionals:

Older Adult Development, 20 minutes, Order 9-7416

Grief, Loss and Older Adults, 20 minutes, Order 9-7417

Therapeutic Reminiscence, 20 minutes, Order 9-7418

Communication issues and techniques across the continuum from oriented to severely confused older adults are discussed and demonstrated through a combination of live demonstrations, role plays and interviews with multidisciplinary staff:

Communicating with Oriented Older Adults, 20 minutes, Order 9-7419

Communicating with Moderately Confused Older Adults, 20 minutes, Order 9-7420

Communicating with Severely Confused Older Adults, 20 minutes, Order 9-7421

Depression, delirium, dementia, personality disorders and appropriate interventions including the use of anti-psychotic and anti-depressant meds and side effects are discussed by a psychiatrist, psychiatric nurse, and multidisciplinary professionals. Video demonstrations illustrate the material and interventions used:

Mental Health Problems of Older Adults, 20 minutes, Order 9-7422

Antipsychotic and Antidepressant Medications and Side Effects, 20 minutes, Order 9-7423

1997 minutes, order 9-74160

Professional minutes, order 9-74160-IN

More Than Skin Deep: Aging, Self-esteem & Hairdressing

Through the stories and insights of six nursing home residents, viewers are taken on an evocative look at the connections between living well, aging with dignity, and looking good.

Life in a nursing home can be lonely and disorienting. The beauty shop and its rituals offer an example of the ways a good long-term care facility can help residents stay connected to their past lives, to their self-identity, and to each other.

Professional
25 minutes, order 9-7385-IN

The More We Get Together

Validation Therapy

How to recognize three stages of deterioration, understand the meaning behind disoriented behavior, how to "validate" disoriented persons, and who will benefit from this therapy. A Validation Therapy program by Naomi Feil.

Adult, Professional
44 minutes, order 9-7036-IN

The Most Important Eyes

Geriatric Nursing Assistant: The Most Important Team Player

Nursing assistants explain important signs they look for when entering a resident's room. Discussion considers physical, emotional and cognitive changes. Physical changes include a consideration of

skin breakdown and the beginning of pressure sores, changes in vital signs, appetite, sleep patterns and activity levels.

Emotional and cognitive changes include sudden onset confusion, changes in mood, motivation, cognitive ability, and inability to follow instructions, and an inability to participate in activities of daily living.

Adult
20 minutes, order 9-7491-IN

My First Hundred Years

Validation Therapy

With a studio audience, Naomi Feil takes the viewer from birth to old age, revealing the need to wrap up loose ends before we reach old age, how to grow old gracefully, stay mentally aware, and help confused relatives and friends. A Validation Therapy program.

Adult, Professional
57 minutes, order 9-7038-IN

My Mother, My Father

Four real-life families deal in their own way with the stresses and changes involved in caring for a frail older parent. Viewers can relate to frank talk about the trials and rewards of each situation.

For the sequel, "My Mother, My Father: Seven Years Later" (order 9-7214NL56), see below.

Adult, Professional
33 minutes, order 9-7206-IN



Learning Resources

My Mother, My Father: Seven Years Later

Revisit each family from the original film - "My Mother, My Father" (order 9-7206) - to see the changes that have taken place in the family dynamics and in caregiving needs.

Adult, Professional, Post Secondary - Introductory, Post Secondary - Advanced
30 minutes, order 9-7214-IN

Myrna: The Mal-oriented

This moving program is suitable for professional and non-professional caregivers of Alzheimer's-type very old people. Teaches caregivers how to empathise with the "mal-oriented" - those very old people who blame others and cannot express feelings directly. The Validation helping methods shown can ease the frustration of caregivers, reduce the need for restraints, and may help maintain the mal-oriented in their own homes.

Part One: 86 year old Myrna deteriorates physically and mentally, blaming her family and friends for her losses, frightening and driving them away in the process. Terrified of losing her identity, she accuses her caregiver of stealing her things. Myrna falls.

Part Two: Myrna refuses help. Sally Ames, a Validation worker slowly builds trust, making mistakes and learning from them in the process.

Myrna comes to trust the worker and expresses some of her buried emotions. Her hostility lessens, and she develops a measure a peace. Video graphics are used to pin-point Validation principles and techniques.

Adult
26 minutes, order 9-7027-IN

Old Age 1: A Conversation With Joan Erikson At 90

Wisdom and integrity are something that other people may see in an old person, but it's not what the old person is feeling. That's what kind of roused me up to see what it was that old people do feel and what they have to face...

With the above quote, Joan M. Erikson begins a frank and personal re-examination of the last stage of the life cycle. She and her husband Erik Erikson formulated their eight stage life cycle theory during their middle years, and Mrs. Erikson believes they tended to romanticize the eighth stage in which she is now living. This video was shot in 1993 when Mrs. Erikson was about to celebrate her 90th birthday. With great grace, humour and some feistiness, Mrs. Erikson takes on a wide range of topics from forgetfulness, coping with physical limitations and facing death. The film is a thought-provoking experience for everyone interested in

developmental psychology and for all who live or work with an older person or are planning to be old themselves.

Adult, Professional
39 minutes, order 8-1068-IN

Old Age 2: A Conversation With Joan Erikson At 92

Joan M. Erikson describes her search for a better living situation for her frail husband and then presents her poignant recounting of his subsequent death.

She uses these experiences to suggest strategies to meet the physical and emotional needs of the fragile old and to support those who work with them. With a personal understanding of the challenges of old age, Mrs. Erikson revisits the eighth stage of the life cycle and proposes a new ninth stage for the changes that face the very old. She describes the difficulties of being in one's nineties without losing what she calls one's indomitable core.

Adult, Professional
30 minutes, order 8-1069-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



Learning Resources

Older Voices: Interviewing Older Adults

A training package teaching the principles and techniques of conducting research interviews with older adults.

Interviewing older adults, especially the frail and sick, can be challenging, even for a trained interviewer. Many factors can influence their willingness and ability to participate in a study.

Because of this, interviewers who have been trained to collect data in a standardized manner must also learn to be flexible enough in their techniques to accommodate the special needs of older adults.

Produced by the New England Research Institutes. A 68 page Manual accompanies this program and is available upon purchase of the program. You may purchase a printed copy of the guide for \$15, or download it free from our website with purchase of the program.

<http://www.canlearn.com/guides/9-7280.pdf>

This is a large document and will require several minutes to download depending on the speed of your connection. Please be patient. If you require help, please contact us at info@canlearn.com

Professional
46 minutes, order 9-7280-IN

One Hundred Years To Live

Validation Therapy

Captures the deepest feelings of a 100 year old mother and her 80 year old daughter, as unresolved conflicts unfold and workers try to answer "Why does a lifetime of emotions often spill out in old age?" A Validation Therapy program by Naomi Feil

Adult, Professional
29 minutes, order 9-7031-IN

Our Future Selves: Aging In America

Healthy Living: Road To Wellness Series

The later years do not have to be fraught with sickness and senility, isolation, depression or sexual inadequacy. Students get a fresh perspective on aging as this program focuses on the biological and cognitive changes of human growth; how biological, psychological and sociological changes that accompany aging need not be debilitating.

Ages 16 to Adult
30 minutes, order 5-4981-IN

Parkinson's Disease

The Doctor Is In Series

This degenerative brain disease afflicts one out of every hundred Americans over the age of 60. Although research is making rapid strides, there is still no definitive understanding of what causes the condition, and even less consensus on what the cure will be. This program looks at the science of Parkinson's, as

well as how patients cope. It includes interviews with researcher Stanley Fahn, MD at Columbia-Presbyterian Medical Center in New York, neurosurgeon David Roberts, MD at the Dartmouth-Hitchcock Medical Center, New Hampshire, and Dr. Paul Newhouse of the University of Vermont College of Medicine.

Adult
28 minutes, order 2-3135-IN

Partners In Health

Older adults often encounter unique barriers when dealing with health care providers that make them hesitant to ask questions, request that information be repeated or get second opinions. These lapses in communication often result in confusion that can hinder their health progress.

This program is designed to help older adults become active partners in their own health care. By pinpointing their role as a primary source of information, the 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.

Part 1 will encourage older adults to:

* come to doctor visits prepared to participate in health care decisions * keep notes on the success or failure of treatment options and share that information with the health care providers * ask questions until they understand fully what is going on with their health
Part 2 will encourage older adults to:

* ask questions about prescribed medications and their proper dosage * take advantage of the information available at the pharmacy * feel comfortable allowing the pharmacist to help them keep track of their medications to avoid possible drug interactions.

A discussion guide with sample questions and participant worksheets is included with the video.

Professional, Adult, Patient Education
29 minutes, order 9-7462-IN



Learning Resources

The Personal Side Of Serving Older Adults (3 Sessions)

The Personal Side Of Serving Older Adults

A much-needed workshop on the nature of "helping relationships". This three tape series presented by Wendy Lustbader, in cooperation with Terra Nova Films, will empower those who serve older adults to examine and better understand their own emotional reactions to the unique challenges they face.

As the series taps into the very essence of what it means to serve, care providers will be encouraged to apply proven strategies to maintain healthy professional boundaries and keep an open heart. Care providers will learn how to: reduce "over-involvement" while affirming the dignity and individuality of older adults; Utilize the grief process as a healing aid to provide comfort to older adults and to themselves.

Adult
92 minutes, order 9-74820-IN

The Personals

Improvisations On Romance In The Golden Years

This 1999 Academy Award winning short documentary offers an extraordinary look at the emotional lives of a group of senior citizens

On stage, a drama group of seniors perform their roles with energy and laughter. Off stage, their lives are often lived alone, and in silence.

With the never-ending longing for love, sex and relationships as its central theme. This video draws a surprisingly humorous and in-depth portrait of a segment of our society whose inner lives are not often explored.

Adult
35 minutes, order 9-7320-IN

Physical Assessment Of The Frail Elderly

Covers a short screening mental status exam and a head to toe systems approach to physical assessment. Includes common physical and functional problems among the elderly.

Post Secondary - Introductory, Professional
25 minutes, order 4-2004-IN

Pioneers Of Hospice

Over a period of less than forty years, the passion and foresight of four visionary healthcare professionals dramatically transformed the landscape of end-of-life care, and inspired a movement felt around the world.

This program documents the growth of hospice and palliative care in Canada, Britain, and the United States, focusing on the legacies of these founders of modern hospice: Dame Cicely Saunders has spent more than fifty years creating a philosophy and practice of care which has humanized the dying experience. A world-renowned leader in nursing research, Florence Wald founded the first hospice in the U.S. in 1974; in the same year, Balfour

Mount founded the first palliative care service in Canada. Author of 1969's groundbreaking "On Death and Dying", Elisabeth Kubler-Ross was one of the best-loved and most respected authorities on dying, death and grief.

Close Captioned in VHS or DVD. DVD version includes special educational features.

Adult
49 minutes, order 9-6104-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

Residents' Rights Today: Respectful Care In Changing Times

Presents a contemporary overview of residents' rights in the long term care context. It covers how residents' rights can be affected by other characteristics of today's long term care environment including

- Increased cultural, ethnic, language and age diversity
- More time and work-flow pressure on staff
- The impact of outside stresses on staff, especially for single parents and employees working two jobs

Covers what residents' rights are and why they are so important in the life and culture of a long term care facility. Covers the specific rights everyone in a nursing home must understand and uphold, and what staff, residents and family members should know about dealing with concerns and complaints.

A 15 page Presenter's Guide is available from our website.

<http://www.canlearn.com/guides/9-7481.pdf>

Adult
20 minutes, order 9-7481-IN

Residents Have The Answers

Improving Quality Of Life In Long-term Care

This project has adapted two long-proven techniques of market research to the nursing home setting - focus groups and targeted interviews, and developed



Learning Resources

a structured process that both identifies a quality of life area that is of concern to your residents, and helps you develop an action plan to improve the situation.

The process relates to the problem identification and information gathering stages of a typical quality assurance investigation.

Taped in real nursing homes with real residents and staff. Together with the guide, it will walk you through an easy-to-follow four step process that will help you achieve a better quality of life in your facility which leads to happier residents and greater job satisfaction for your staff.

Contains a 33 minute video, a complete training and resource guide, and a PC computer diskette with questionnaire templates that can be customized for use in your nursing home.

Professional
33 minutes, order 9-7448-IN

A Safer Place: Coping With Elder Abuse

Interventions and alternatives to the problem; signs to look for in suspected cases; valuable for professionals, and others involved where abuse could exist.

Professional
20 minutes, order 9-7255-IN

NEW RELEASE

Sage

Average life spans in the West have increased by thirty years in the past century. More of us today have the privilege of focusing on the goal not simply of living longer but of living better, more energetically, more creatively.

This program celebrates the wisdom, experience, and creativity of our society's elders. Its eight portraits of active, engaged seniors from diverse ethnic, religious, educational and socioeconomic backgrounds, cover a broad spectrum of creative activities. They are pursuing lifetime interests - and some new ones as well - in philosophy, political activism, teaching, social service, business, the visual arts, and writing. Among the seniors profiled is chef Julia Child.

In their own words and voices, these thoughtful elders reflect on the process of growing older, the meaning of wisdom, and the importance of making a contribution. A vivid demonstration that later life can and should be a time of burgeoning creative freedom and possibility, with opportunities not only to hone existing skills but to explore new terrain as well. By Nicole W. Brodsky, Ph.D.

Adult
47 minutes, order 9-6103-IN

Sexuality And Aging

Explores attitudes, myths, and facts to improve perceptions about sexuality in later life. Examines ongoing research and the physiological changes affecting the sexuality of older men and women.

Adult, Professional
58 minutes, order 5-1950-IN

Smell And Taste

The Doctor Is In Series

Can you imagine a life without smell and taste? Think of the important connections between smell and memory. Does a certain odor evoke fond remembrances?

This show travels into the nose and mouth to find out what causes these sometimes wonderful, sometimes horrid sensations.

Host Jamie Guth visits the Monell Chemical Senses Center in Philadelphia and talks to researchers there. Neurologists Lawrence Jenkyn and David Coffey of the Dartmouth-Hitchcock Medical Center discuss connections between the sense of smell and Alzheimer's disease, and psychologist William Cain of Yale University talks about loss of smell in the elderly.

A patient is followed going through the Taste and Smell Clinic at the University of Connecticut, where Dr. April Mott talks about the diagnosis and treatment of taste and smell problems.

Adult, Professional
28 minutes, order 2-2159-IN

Staying Connected

Portrays a group of older adults who meet weekly in their physicians's office to talk and support each other in their life journeys.

Sit in on this group where people say what they feel and whose members, through their sharing, have become a powerful source of mutual support. Each time they meet, they encourage each other to continue to grow despite their life-threatening ailments.

Through humour and tears, they have formed a support group that teaches and encourages, and gives living witness to the fact that aging can be a journey of continuing development.

The video is accompanied by a viewer's guide on how to begin and implement an older adult support group.

Adult, Professional
16 minutes, order 9-7292-IN



Learning Resources

The Storytellers

Shares tales that deal with personal values.

Interviews with the storytellers are juxtaposed with their narrative performances, while the camera captures polished deliveries and audience reactions.

Farmer Michael Cotter tells about an ancient Chinese rainmaker and a modern-day counterpart once in Cotter's employ; Judith Black lapses into a Yiddish accent as she describes the immigrant experience, singling out an unscrupulous businessman; African American Rex Ellis recounts the wager between two slave owners about the strength of their best men. Skillfully edited, this clearly shot footage reveals the intimate atmosphere created by these three, who spin their art without need of sets or props.

Adult, Professional
28 minutes, order 8-1200-IN

Death, Dying & Palliative Care

Subject List 12

Videos for patients, families and caregivers as they explore emotions and communicate feelings, helping to make end of life decisions easier.

00 minutes, order 9-9909-IN

Substance Abuse In The Elderly

The Doctor Is In Series

As the body ages, tolerance to alcohol decreases. At the same time, many people often have multiple prescriptions for medications that, when combined, can cause problems.

This program profiles older persons dealing with these issues, and shows some innovative programs created specifically for the elderly.

Professional
28 minutes, order 2-3137-IN

Supervisory Techniques For Charge Nurse In Long Term Care

This program takes a work smarter approach to leadership while it helps anyone in a supervisory role to communicate effectively with others, lead by example, and set the tone for improved staff performance and accountability.

Gives practical solutions to resolving conflict, gaining and giving respect, organizing time and creating well-organized strategies that benefit the residents as well as the entire staff.

The hands-on techniques shared will help supervisors take a realistic look at themselves as role models, and enable them to identify areas where they excel or may need an alternate approach.

Staff leaders will learn how to apply affective leadership skills including organization, trust and respect for staff and resolving conflicts in a timely manner.

Professional
24 minutes, order 9-7479-IN

Surfing For Life: Portraits Of Healthy Aging

This award-winning film is about healthy and vital aging told from the unique perspective of nine extraordinary older surfers ranging in age from 60 to 93. Through the portraits of these inspirational and lively elders, and with a healthy dose of humour, this film challenges the images of aging currently held by society and inspires viewers to redefine what it means to grow older.

Many of the themes explored in this film correlate with the keys to successful aging, especially the critical importance of staying active and involved as one ages.

Audiences and critics confirm that this is one of the most entertaining and inspirational films on aging ever produced. It comes with an extensive discussion and study guide that addresses the many gerontological themes woven throughout the film.

Professional
55 minutes, order 9-7442-IN

Survival And Beyond

Three generations reflect on their experience with the depression and suicide attempts of an elder parent/grandparent. The program is a hopeful reflection on winning the battle against depression and suicide and on the role of family support in this struggle.

Dr. Joe Buckwalter battled depression for over 20 years. During this time he attempted suicide several times before recovering from depression at age 70, and living a fulfilling 10 years into his early 80s. The video provides an opportunity to listen deeply to the reflections of this courageous man. We also meet his son, grandson and daughter-in-law, who each movingly share their perceptions and insights about coping with this destructive illness. We are given a remarkable glimpse into the minds, hearts and souls of these family members as they talk about how they each dealt with the effects of this depression and attempted suicides.

The insights revealed in this video help us to better understand the dynamics of depression and suicide and the strength and power of the family as a resource in overcoming this illness.



Learning Resources

This video is accompanied by a discussion guide written by Dr. Patrick Arbore of the Goldman Institute on Aging. Professional, Adult 30 minutes, order 9-7463-IN

Survivors

The Living With Spinal Cord Injury Series

Raises questions about quality of life for people growing old with long-term disabilities, affirming that a tough break is not a ruined life.

28 minutes, order 9-7059-IN

Tai Chi For Elders

The art and exercise of Tai Chi are introduced in this video both through the experiences of seniors who have been involved with the art, and through an eighty-three year old instructor who teaches some of the basic movements. Produced by White Crane Senior Centre.

Adult 45 minutes, order 9-7254-IN

These Vital Years

A Conversation With Betty Friedan At 76

Betty Friedan originally gained fame for her important role in the Women's Movement of the 1960's and 1970's. She continues to be an insightful and often pithy social critic. In this video, she discusses the research she has done about the myths and realities of aging and her personal experience of being over 70.

Her zesty style of speaking and her sharp analysis of the mistaken beliefs we have so long accepted about aging make this video a stimulating and provocative experience.

Professional 24 minutes, order 8-1079-IN

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.

Professional 10 minutes, order 9-7290-IN

To Care: A Portrait Of Three Elderly Caregivers

Harriet has multiple sclerosis. Millicent has had a stroke. Donald has cancer. All three are elderly and each lives at home, where they are cared for by elderly relatives.

This powerful documentary honestly portrays the difficult mix of needs and emotions experienced by both the giver and the receiver of care.

Professional 28 minutes, order 9-6903-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



Learning Resources

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-a-longs, 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
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

Cherish memories of your family and Jewish heritage with David. Join his family in special traditions, stories and songs.

Order 9-7415

Those Good Ole School Days
Reminders of five-mile hikes to school, games, trips to the candy store and even spoonful of castor oil. Songs include "School Days", "She'll be Comin' Round the Mountain" and "The Bus Song".

Adult
360 minutes, order 9-74010-IN

The Way Home: Finding Your Place In The Golden Years

This documentary explores the concerns, values and options of seniors and their families seeking in their Golden Years a place to call home.

We find 81 year old Sam Dement at home on the range as he prepares to avoid the pitfalls of inheritance taxes. We'll join the Wood family as they seek a professional medical assessment of their mother after a hit-and-run accident. And we'll follow Mel Arnsberry who has been diagnosed with Alzheimer's disease and is courageously scouting the care he will eventually need.

Along the way we'll meet a doctor who makes housecalls, in-home caregivers and others who help explain the complex and often confusing choices of medical care, legal counsel and living facilities.

Professional, Adult, Closed Captioned
56 minutes, order 9-7374-IN

White Hair, Grey Hair

"A vivid portrayal of the angst experienced by older parents as they face old age and the uncertainty of what will happen to their sons or daughters with an intellectual disability. This video should be used by anyone who is working with older parents who are long-term carers of these adult children... it speaks to the crux of the issues and wonderfully illustrates the personal stories." Mathew P Janicki, Ph.D, Director, Aging Services and Special Populations.

This program movingly portrays five elderly parents each dealing with the issue of how to ensure the well being of their mentally disabled child.

Despite the difficulties encountered in caring for a disabled adult at home, some elderly parents cannot bear to part with their child who may have reached middle age or older. Other parents, deeply marked by their own old age, have awaited openings for residential placement for years, in vain.



Learning Resources

With great sensitivity and documentary directness, explores both the ambivalent feelings and the practical issues involved, as aging parents confront the decision of how to best provide ongoing care for their adult disabled child.

The tape also takes an inside look at a residential home where adults are cared for with respect, and are encouraged to participate in their own care and in everyday activities.

Produced by the Fondation de France, *French with English Subtitles*.

Adult, Professional
26 minutes, order 9-7298-IN

This listing is correct as of Saturday February 18, 2006 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 19. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

Working It Out: Support Groups For Nursing Aides

Employee support groups can help break the cycle of stress among nursing assistants and reduce turnover and absenteeism.

Working it Out has been developed through field research as a training tool for long-term care facilities. This unique program consisting of the video and a leader's workbook is aimed at reducing turnover and stress.

Included are dramatic vignettes of typical support group meetings, dealing with issues of concern to nursing assistants.

Professional
30 minutes, order 9-7262-IN

