

ALZHEIMER'S & DEMENTIA

New & Best-selling DVD/STREAMING Programs

ALZHEIMER'S BASICS FOR COUNSELORS/THERAPISTS: Definition, Assessment, and Counseling

Dr. Alizreza Atri, Harvard Medical School, explains the counselor's role in Alzheimer's assessment and referral. Counselors will understand their centrality in helping the patient and the family. Students will not only learn key facts, but they will be able to do informal AD assessments. Special attention is paid to the progression of this disease and specifics for referral and action. Millions of patients and their families are affected. Brilliant researcher, practitioner, and award-winning faculty member, Dr. Atri gives students a fascinating and involving presentation. Useful handouts are included to facilitate follow-up.

#12600/1410 120 minutes 2009 \$169.95 *SA

New! I'LL BE THERE FOR YOU: Providing Person-Centered Dementia Care

This empowering program shows how to make a hands-on shift to person-centered dementia care that engages the whole person and creates a support system based on each resident's needs and preferences.

From natural wake-ups to music therapy, looks at the benefits of involving residents in their care as much as possible, finding ways to help them to "continue" living life the way they prefer, and engaging them in personalized activities that boost self-esteem and interaction. It also empowers nursing assistants to act upon (and communicate to other team members) their first-hand knowledge of each resident to ensure a better understanding of their care needs. Chapters: *Person-Centered Dementia Care; *Natural Wake-ups; *iPod Music Program; *Person-Centered Care: The Bottom Line. An excellent "going forward" resource to improve quality of care for both residents and staff. #15639/2010 28 minutes 2013 \$169.95 *SA



THE ALZHEIMER'S PROJECT

While there is not yet a cure for Alzheimer's disease - more feared than any other except cancer - this series shows there is now genuine reason to be optimistic about controlling and, eventually, eliminating it. Also takes a humane but honest look at the devastating effects of Alzheimer's on patients and those who love them.

THE MEMORY LOSS TAPES

This program puts a human face on the progression of Alzheimer's disease as it profiles seven people, ages 63 to 87, at different stages of the illness. "We wanted to capture a sense of what it was to be inside the disease," says filmmaker Shari Cookson. "You see how everything you've learned and been in your life is stripped away - yet you still get these glimmers of the person."

85 minutes \$189.95

GRANDPA, DO YOU KNOW WHO I AM? with Maria Shriver

Tells the stories of five children, ages 6 through 15, who are confronted by the effects of Alzheimer's disease on their grandparents. Commentary by Maria Shriver, whose father has Alzheimer's, offers grandchildren of patients compassionate advice on how to cope with a beloved family member's gradual decline into dementia through these five case study "lessons".

This program is a valuable resource both for young people and for counselors and healthcare professionals who provide guidance to children and their families. 30 minutes \$129.95

MOMENTUM IN SCIENCE, Parts 1 and 2

This program goes inside the labs and clinics of 25 leading scientists and physicians who are seeking to discover how to better detect and diagnose Alzheimer's, delay the onset of memory loss, affect the brain changes associated with the disease, and ultimately prevent the disease altogether. Alzheimer's hallmark beta-amyloid plaques and tau tangles are investigated, as well as relationships between Alzheimer's and vascular disease, diabetes, inflammation, genetics, exercise, and nutrition. Advanced imaging and diagnostic technologies and vaccine clinical trials are also discussed.

125 minutes \$329.95

CAREGIVERS - Approximately 70 percent of people with Alzheimer's disease live at home and are cared for by family and friends - and the physical and emotional tolls on those caregivers can be extreme. Through five intimate portraits, this program illustrates the stages of Alzheimer's while documenting the sacrifices and successes, frustrations and triumphs, of caregivers experiencing a loved one's gradual descent into dementia. Issues such as denial and guilt are addressed, as are care-related changes in communication and intimacy. Caregiving tips, coping skills, and insights into the hidden rewards of Alzheimer's care are interwoven throughout. 50 minutes \$169.95

#12907/0635 Four programs 2009 *See above for individual program prices or Series \$799.95 *CC



THE CAREGIVING SERIES with June Callwood

This series targets the millions of individuals who are providing care for a parent, spouse or themselves. The video series provides practical, comprehensive, expert information, solutions to the challenges of caregiving and a glimpse into the lives of real-life caregivers. The programs are hosted by June Callwood, a well-known author and broadcaster and Dr. Irvin Wolkoff, a psychiatrist respected for his dedication to establishing a better understanding of mental health issues. Originally produced in 1998 and remastered and updated in 2013. The series has been endorsed by Health Canada, as well as senior and caregiver agencies, associations and service providers across Canada.

1. THE PSYCHOLOGY OF AGING (31 minutes)

Perceptions/misconceptions about the aging process
Dealing with depression/anxiety/anger/loneliness
Slowing down the aging process through activity

2. PLANNING FOR THE FUTURE (31 minutes)

Effective financial planning
Examining available financial resources
Wills/Powers of Attorney/competence

3. ACCOMMODATION Part 1 (37 minutes)

The planning process
Maintaining independence at home/ adapting the home/ the "Granny Flat"

Alternative housing concepts

4. ACCOMMODATION Part 2 (29 minutes)

Retirement housing communities/ seniors' apartments
Long term care facilities
Making choices

5. RELATIONSHIPS (33 minutes)

The power of family legacies
Maintaining harmonious relationships with the family
Avoiding stress/resolving conflict

6. HOME CARE (26 minutes)

Qualifying for services
What services are available
Nursing visits

7. SAFETY AND SECURITY (35 minutes)

The prevalence/consequence of falls
Home security/Lifeline services
Financial scams



8. DEALING WITH DEMENTIA (29 minutes)

Caring for the Alzheimer patient/stress management
Available treatments/new research
Counselling/enlisting help

9. MOBILITY AND SENSORY DISABILITIES (41 minutes)

Safety considerations
Barriers in the home
Assistive devices

10. ABUSE (32 minutes)

Conspiracy of silence'
Physical/psychological abuse
Community policing

11. HEALTH CARE MANAGEMENT (31 minutes)

Doctor/patient/pharmacist relationships: what to ask and how to listen
Medication management
Medical record

12. PALLIATIVE CARE/END-OF-LIFE ISSUES (33 minutes)

Dying at home
The volunteer care team
Pain management

13. CARE FOR THE CAREGIVER (34 minutes)

The sandwich generation: helping women cope
Support groups/counselling services
Becoming an advocate
Tips to avoid stress

#15615/1135 Thirteen programs \$149.95 each or Series \$979.95 *SA

DEALING WITH PHYSICAL AGGRESSION IN CAREGIVING: Non-Physical and Physical Interventions

"This training package acknowledges the very real dilemma that front line caregivers face as they deal with aggressive behavior, and it presents practical solutions for both preventing and intervening in such behavior. This package is a vitally important tool for all caregiver staff." Anna Ortigara, Director, Resident Care Services - Rush Alzheimer's Disease Center

"Aggression in nursing homes is a taboo subject! Aggression triggers staff turnover, results in high rates of staff injury and increases the potential for staff abuse. These videos and the accompanying learning guide are an essential first step to recognizing that aggression exists, removing blame and dealing realistically with the subject without compromising resident safety and dignity."

Gerri Richards Hall, PhD, ARNP, CNS - Gerontology Clinical Nurse Specialist

When aggressive behavior happens, does your staff know how to respond quickly and safely to contain the behavior in a way that prevents injury to both the resident and themselves? This video and workbook training package, prepared by Carly Hellen, OTR/L and Peter Sternberg, L.C.S.W., will teach your staff the preventive, non-physical interventions for minimizing violent episodes and, if necessary, the physical interventions to contain aggressive behaviors while preserving the dignity of the resident.

***The training package includes three videos (22, 21 and 25 minutes) showing the procedures in detail and a 27-page workbook giving staff training suggestions, detailed instructions and reproducible handouts for easy reference and review.

Some of the areas covered in the training package are: Dementia-related stressors for aggression; Non-physical interventions; and, Physical interventions. A sample administrative policy and procedure statement for dealing with Aggressive Behavior

#12624/2010 Three programs 1999 \$249.95 *SA

www.kineticvideo.com

CARING FOR A LOVED ONE WITH ALZHEIMER'S: An Emotional Journey

This dynamic video offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's. This disease without cure currently afflicts more than 30 million people and there are no treatments to halt its progression, making caregiving both essential-and difficult.

Topics discussed include:

- *Caring for one who doesn't remember your name
- *Grieving the losses of their life, and yours
- *When an unexpected side of your loved one comes out
- *When it feels like your love no longer helps
- *Struggling with denial
- *Hungering for simple recognition
- *Feelings of failure and guilt
- *How to handle frustration and anger
- *How to care for you-physically, emotionally, spiritually-while you care for someone else
- *Feeling exhausted - and what to do, when that happens
- *Finding support - on the Web, through the telephone, or in person
- *Allowing someone else to care for your loved one
- *Times when laughter, singing, and foolishness are entirely appropriate!
- *When you worry about making other people comfortable
- *Learning to accept the person that s/he is now - there is no going back
- *The courage and sacrifice of an Alzheimer's caregiver

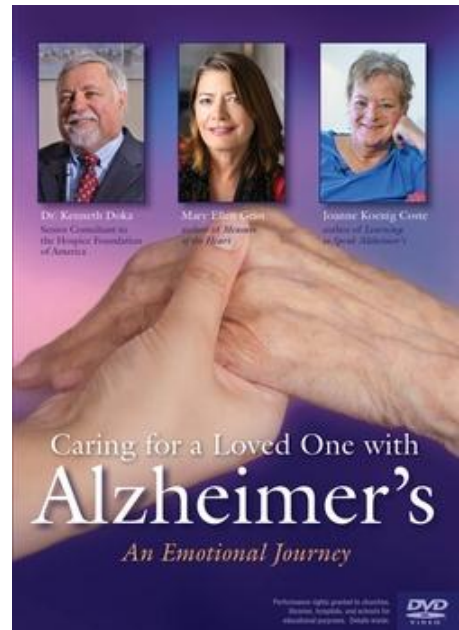
CARING FOR A LOVED ONE WITH ALZHEIMER'S is divided into 12 segments and features lengthy interviews with these experts:

Mary Ellen Geist, former CBS Radio anchor, author of *Measure of the Heart: A Father's Alzheimer's, a Daughter's Return*

Dr. Kenneth Doka, Senior Consultant, Hospice Foundation of America

Joanne Koenig Coste, family therapist, author of *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*. Plus, the insights of a real Alzheimer's Support Group.

#15099/1710 Twelve segments total 50 minutes 2012 \$89.95



DELIRIUM, DEMENTIA AND DEPRESSION

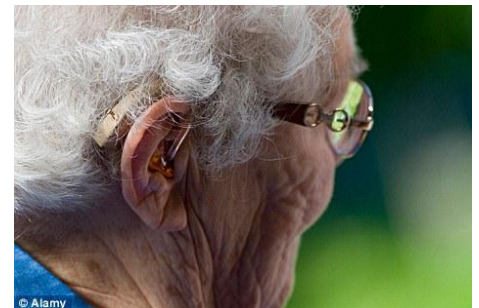
Delirium and dementia are two of the most common mental disorders elderly people face. Depression is also common in elderly people and often presents with symptoms similar to dementia or delirium. The differentiation between these three conditions can be difficult because many symptoms overlap. As the cause of so much suffering and discomfort, it is important these conditions are effectively addressed by medical staff. This program defines these conditions by detailing symptoms and speaking to medical experts. Potential risk factors, causes of delirium and assessment criteria for all three conditions are outlined along with a brief summary of management strategies. #15022/0545 29 minutes 2010 \$249.95 *CC *SA

COMMUNICATION WITH IMPAIRED CLIENTS

This program explores common mood and behavior changes of cognitively impaired persons. The significance of temporary, as opposed to permanent, cognitive changes is explained. Other problematic and situational behavior is discussed. Objectives are:

- *To recognize the difference between depression, delirium and dementia
- *Identify common mood and behavior changes of patients who are cognitively impaired
- *Describe ways to manage mood and behavior changes
- *List and describe methods to help individuals and their families cope with cognitive changes

*Describe ways to change the patient's environment. #15272/1440 22 minutes 2011 \$249.95 *SA



FREEDOM OF SEXUAL EXPRESSION: Dementia and Resident Rights in Long-Term Care Facilities

This program looks at sexuality and intimacy as basic human rights that should not be denied simply because the person has a level of decreased cognizance and lives in a nursing home. Tastefully shows various sexual expressions, the effect 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. This program also: gives staff members effective strategies to deal with inappropriate sexual behaviors; encourages family members to understand and respect their loved one's continued need for intimacy; provides sample policies and procedures on residents' rights regarding sexual expression and physical protection.

#14377/2010 16 minutes 2002 \$169.95 *SA

DEMENTIA WITH DIGNITY

Caring for a person with Alzheimer's or dementia calls for more than basic protection and physical care. This one hour training video - geared to both professional and family caregivers - shows that quality of life can be greatly enhanced for persons with dementia when caregivers:

- *understand the varied effects of dementia
- *learn how to communicate and respond to the specialized needs of the person behind the illness
- *strengthen and encourage use of the remaining skills the person has in order to build self-esteem and stimulate intellectual abilities.

The video also looks at the importance of creating a safe environment for the person with dementia, and gives practical strategies for dealing with many of the effects of dementia, including combative or uninhibited behavior, sleeplessness, wandering, delusions and anxiety. The video can be viewed in four parts with discussion breaks or as an hour long training session. #11275/0430 60 minutes 2006 \$249.95 *CC *SA



EX-MEMORIA

Ex- Memoria is an award-winning dementia care training package that puts the caregiver/viewer in the shoes of the person with Alzheimer's. Using the life story of Eva, a female resident with dementia, this 'trigger' video allows the viewer to see and experience the world through her eyes - the way her past and present sometimes blend together to create a new 'reality' for her, the way sudden actions or sounds can startle or confuse, and the way she is attempting to communicate with her family and the world around her. Designed to enhance the quality of life for persons with dementia, this video will encourage caregivers to:

- *Become more aware of their words and actions while providing care
- *Empathize with the emotions and feelings the resident may be experiencing, and
- *Find ways to better understand and respond to the individual needs of each resident. The
- *Includes Resource Guide with discussion questions, and further develops the themes in the video.

#12626/2010 15 minutes 2008 \$139.95 *SA

INTO THE OTHER LANE: Driving and Dementia

This two-part program presents a compassionate, yet realistic, portrait of the many issues faced by persons with dementia, (and their caregivers) when a decision has to be made about giving up driving.

Part One - Stories shows the real stories of five persons with dementia, and the impact that no longer being safe to drive makes on the autonomy and self-esteem of them as well as the effects on family relationships and life styles. The stories are four to eleven minutes long, and put a human face on how it feels to be told that you can no longer drive, and how it feels to be a caregiver in this emotionally-charged process.

Part Two - Related Issues includes helpful insights from healthcare and driving safety professionals on how Alzheimer's affects driving ability, how to initiate the conversation about driving cessation, transportation options, and what healthcare specialists can do to help facilitate the situation for both the person with dementia and the caregiver.

*An accompanying Viewer's Guide provides the ideal backdrop for discussion and perspective on how to address the personal and public safety concerns about driving and dementia. #13425/2010 56 minutes 2010 \$189.95 *SA

MANAGING BEHAVIORS OF CONCERN IN THE ELDERLY

A high percentage of elderly people in professional care suffer from dementia, a psychiatric illness or a specific brain injury. Recently, extensive research has been undertaken into understanding the origins of behaviours of concern, focusing on addressing the variety of underlying causes. In this program we investigate defining and understanding behaviours of concern, types of behaviours and unmet needs, assessing and problem solving, possible triggers and management strategies. Systematic approaches to the identification of triggers and instigation of problem solving techniques can significantly reduce this increasingly widespread condition. #14921/0545 28 minutes 2010 \$249.95 *CC *SA

MENTAL STATUS ASSESSMENT (Mini-Cog)

Using the case of an 89-year-old woman who is experiencing mild cognitive impairment after a fall, this DVD discusses when and how to administer and interpret the Mini-Cog to screen for potential causes. The DVD also explains the difference between delirium and dementia, and addresses on-going safety and lifestyle issues that can improve quality of life for older adults.

*Part of the Series HOW TO TRY THIS: Assessments and Best Practices in Care of Older Adults (28 Programs)

#13929/2010 31 minutes 2009 \$99.95

MORE THAN WORDS: A New Culture of Care and Communication with Persons who have Dementia

In the same vein as the best-selling title, CHOICE AND CHALLENGE: Caring for Aggressive Older Adults Across Levels of Care, this culture-changing program demonstrates (through real interactions) how person-centered care and knowledge of the resident can reduce dementia-related episodes, such as, sundowning and aggressive-protective reactions when bathing, and wanting to leave. As it pinpoints the crucial role of the CNA as caregiver and friend, it also shows the importance of communicating directly, and creating a true "relationship" with persons with dementia. Caregivers will learn valuable tips to redirect and lessen anxieties for persons with dementia while preserving their personal autonomy and dignity.

The program covers: building and maintaining a relationship; dealing with difficult situations; communicating to show respect; accepting their reality; respecting the person's preferences; encouraging use of remaining abilities. A must-see for new and veteran caregivers! #14223/2010 25 minutes 2011 \$179.95

NO AGE LIMIT: Creativity and Aging

This new compilation DVD explores the life-enhancing impact of continued creativity and artistic expression--well into the later years! It uses brief excerpts that profile the creative process of older artists, introduces us to a 90-something actress who grabs life with both hands, and demonstrates how creative expression can even transcend dementia. The DVD also includes a section on the work of the late Doctor Gene Cohen, co-founder of the Creativity Discovery Corps, who was best known for championing the limitless potential of the aging brain. There are six chapters: The Creative Process Knows No Age Limit; Creative Expressions: Three Older Artists; The Quilt Arts of Gee's Bend; Imagination Keeps My Energy Up: Actress Mimi Weddell; The Older Artist as Coach: Dancer Frederic Franklin; and, Imagination in the Moment: Dementia and Creativity. #13426/2010 26 minutes 2009 \$129.95

THE OLDER ADULT DVD LIBRARY

Mental fitness, dementia and eldercare... these five programs cover a range of older adult issues!

***WHAT EVERY CAREGIVER NEEDS TO KNOW ABOUT ALZHEIMER'S DISEASE** presents a thorough and compassionate explanation of this difficult-to-manage disease. 75 minutes #10571

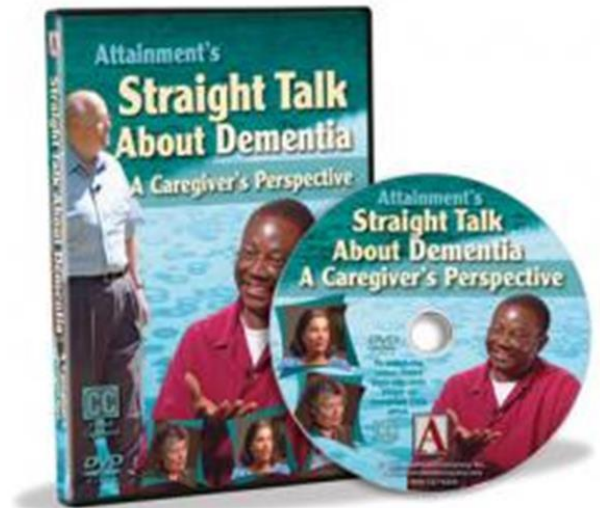
***STRAIGHT TALK ABOUT DEMENTIA** is a documentary that explores issues important to both family and professional caregivers. 45 minutes #10572

***AEROBICS OF THE MIND** presents the research underpinnings of mental activity for older adults and shows you how to run a group session on mental fitness. 90 minutes #10573

***ELEANOR AT 80** tells the story of a typical family facing an eldercare crisis with step-by-step mediation analysis and conflict resolution techniques. 90 minutes #10574

***MENTAL FITNESS** presents 24 mental workouts for individuals or groups. 40 minutes #10575

#10550/0140 Five programs 2006 \$299.95 *CC *SA15641



New! PERSON CENTERED DEMENTIA CARE: Stories and Examples

"Who is this person - without dementia? If we can tap into who this person is, we can help their adjustment, and the process that they go through." Through hands-on stories and examples, this program shows the positive impact of person-centered care. When caregivers meet persons with dementia "where they are" and find creative and engaging ways to connect with each individual, based on their needs and preferences, life is better for both residents and staff. Includes the case study of Elaine, a resident who, for extended periods of time, attempts to leave the facility and go home. By pinpointing the importance of knowing the resident, it shows how her "exit-seeking" behavior is addressed and managed in the context of who she is and what she needs at that particular time. Also shows how to make life richer for the residents who have dementia by personalizing their dining experience; encouraging use of remaining abilities; and, engaging them in creative activities. Chapters include: Know the Resident; Person-Centered Dining; Summer Camp; Pets; and Duet Bike. #15641/2010 29 minutes 2013 \$89.95 *SA

MANAGING BEHAVIOURS OF CONCERN IN THE ELDERLY

A high percentage of elderly people in professional care suffer from dementia, a psychiatric illness or a specific brain injury. Recently, extensive research has been undertaken into understanding the origins of behaviours of concern, focusing on addressing the variety of underlying causes. In this program we investigate defining and understanding behaviours of concern, types of behaviours and unmet needs, assessing and problem solving, possible triggers and management strategies.

#14921/0545 28 minutes 2010 \$249.95

UNDERSTANDING DEMENTIA: The Caregiver's Notebook

This resource orients professional and family caregivers to the world of the person with dementia and helps caregivers understand the causes of many dementia-related behaviors. Also gives simple strategies to prevent or redirect these behaviors while providing emotional and physical care.

The video will also enable caregivers to:

- * provide dignity while bathing and helping with other personal care needs.
- * validate the person's emotions and feelings, and redirect toward familiar memories and actions
- * reduce stress and agitation by adjusting sound levels and other potential environment triggers
- * boost emotional comfort through body language and tone of voice

Stresses the benefits of adjusting care to accommodate the person's preferences as much as possible, and creating positive interactions that encourage use of the person's remaining skills to build self-esteem and increase personal autonomy. #12625/2010 43 minutes 2007 \$169.95

New! YOU'RE LOOKING AT ME LIKE I LIVE HERE AND I DON'T!

This is first documentary to be filmed entirely in an Alzheimer's care unit, and also the first told entirely from the perspective of a woman living with Alzheimer's disease. The film received its national television broadcast on PBS' Emmy Award-winning Independent Lens series, and has garnered acclaim from both medical professionals and film critics. Lee Gorewitz wanders on a personal odyssey through her Alzheimer's and Dementia care unit. From the moment she wakes up, Lee is on a quest - for reminders of her past and of her identity. A total immersion into the fragmented day-to-day experience of mental illness, this program is filled with charismatic vitality and penetrating ruminations that challenge our preconceptions of illness and aging. Here is one extraordinary woman who will not let us forget her, even as she struggles to remember herself.

#15785/1738 60 minutes 2009 \$249.95

MEDICATION CHALLENGES IN THE ELDERLY

This two-part series covers the special challenges involved with medication and the elderly.

PART ONE - begins with a vignette depicting the concern of relatives when an elder has a sudden onset of confusion. Underlying causes for this change in mental status are suggested. The extent of medication use in elders and factors increasing their risk for adverse drug reactions is discussed. The effect of aging on pharmacokinetics is presented in some depth. Interspersed throughout are clinical problem situations that require the learner to apply recently acquired information. 18 minutes

PART TWO – Continues the vignette from Part One and discusses the pharmacodynamics of drugs along with further explanation of some causes of adverse drug reactions in the elderly. Reasons for the under use of medications for pain and depression are examined. The program focuses in large part on measures to forestall problems and reduce the number of adverse drug reactions, such as avoiding medications if another solution exists, using the MASTER rule for rational drug therapy, closely monitoring medication use, and patient education. 24 minutes

#13855/0430 Two programs 2004 \$359.95 each or Series \$649.95

LEARNING TO SPEAK ALZHEIMER'S

***TWO-TIME TELLY WINNER!**

"I had to ask to preview this title in order to justify the cost for our budget, and it was passed with flying colors. It is sensitive, touching, and so complete. How did you manage such depth within the timeframe of the film? Brilliant and powerful!"

This program - featuring Alzheimer expert and author Joanne Koenig Coste, M.Ed. - introduces the key concepts and philosophies of her pioneering form of care - habilitation. This simple, compassionate and uncomplicated approach to care addresses the needs of the Alzheimer person and creates an environment in which both the patient and carepartner can transcend the disease. Offers a wealth of information, practical techniques and guideposts for health professionals, caregivers, and families caring for an Alzheimer person. #11956/2010 32 minutes 2008 \$189.95

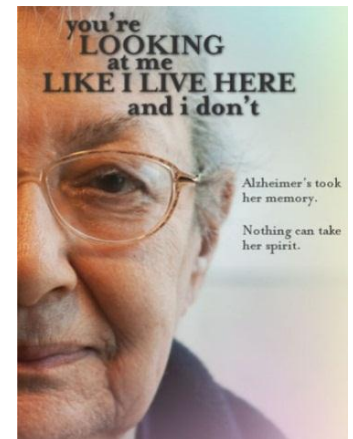
RESIDENT'S RIGHTS TODAY: Respectful Care in Changing Times

This educational video covers how protection of residents' rights and respectful care relate to 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
- * What residents' rights are and why they are so important in the life and culture of a long term care facility
- * The specific rights everyone in a nursing home must understand and uphold
- * What staff, residents, and family members should know about dealing with concerns and complaints early and effectively.

A 16-page Presenter's Guide includes: * In-service lesson plan; * Handout for staff; Audience participation activity sheet; and, Staff self-assessment worksheet.

#10626/0330 20 minutes 2002 \$169.95 *SA



A FAMILY GUIDE TO ALZHEIMER'S DISEASE

An indispensable resource offering encouragement and instruction to those affected by Alzheimer's Disease.

For many families, Alzheimer's means a gradually diminishing quality of life both for the sufferer and caregivers. All too often, the disease has led to isolation - and even a certain social stigma. It can impose psychological and emotional burdens just as heavy as the physical one. This series was created to help families understand what to expect; deal effectively with the challenge of this disease; help their loved ones meet each day more successfully; and enhance the quality of life for all involved.

UNDERSTANDING ALZHEIMER'S (Volume One)

In this volume you'll learn about the nature of Alzheimer's, its causes and the stages of the disease. You'll also learn some of the typical symptoms, how to obtain a diagnosis and the current treatments. Finally, you'll learn how the disease affects our loved ones and alters the reality in which they live. Volume one covers: Overview of Dementia/Alzheimer's Disease; Symptoms; Diagnosis; Stages of Alzheimer's; Treatment; Telling Others; Patient perspective. 62 minutes

BEHAVIOR ISSUES (Volume Two)

Alzheimer's changes almost everything about the way our loved ones perceive the world - and how they respond to it. One of the keys to helping our loved ones continue to live as successfully as possible is to understand this changed, strange world. In this volume you'll learn more about how Alzheimer's affects our loved ones - and how those effects typically change the person's behavior. You'll also learn successful strategies for "redirecting" that behavior in ways that help your loved one and your family enjoy a better quality of life. Volume two covers: Overview; Agitation; Hallucinations; Wandering; Sleeplessness, Sundowning; Incontinence; Inappropriate Actions; Redirection; Fiblets. 67 minutes

DAILY LIFE (Volume Three)

As you come to understand more about the altered world of an Alzheimer's sufferer, you'll learn effective strategies for making your home environment a safe place where your loved one can live successfully. You'll also learn key skills for communicating with persons suffering from Alzheimer's and how to create a daily routine that is nurturing for your loved one and manageable for you. Volume three covers: Home Environment; Driving; Adult Emotions; Communication; Daily Routine. 42 minutes

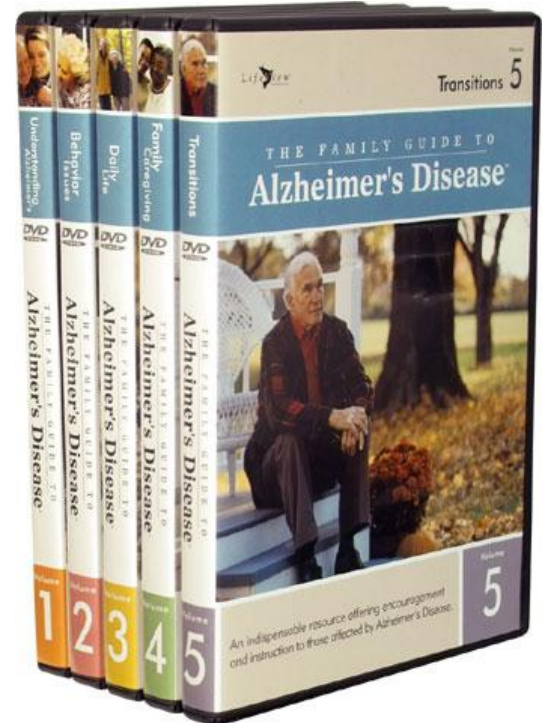
FAMILY CAREGIVING (Volume Four)

In this volume, you'll learn how to handle the daily responsibilities of caring for a loved one, such as eating, dressing, grooming and bathing. Just as important, you'll learn how to get the outside help from family, friends and other resources that can be critical for safeguarding your own health. Volume four covers: Role of the Caregiver; Taking Care of Yourself; Accepting Support; Respite; Sexual Relationships; Family Relationships; Activities of Daily Living (ADLs); Eating; Bathing ; Dressing. 62 minutes

TRANSITIONS (Volume Five)

In this final volume, you'll learn how to make some difficult transitions. You'll learn how to adapt social activities to accommodate your loved one's increasing disability and isolation. You'll also learn how to recognize when the time has come to consider moving your loved one to a care facility (and how to evaluate these facilities). You'll learn how the disease affects a person's spirituality, and you'll gain insights from others who have gone through the process of grieving the loss of a loved one for whom they have provided years of care. Volume five covers: Social Activities; Spiritual Issues; Care Facilities; Grief. 44 minutes

#11405/1135 Five programs 2004 \$169.95 (Programs not sold separately)



ARTS AND THE MIND: Strengthening Our Minds across a Lifetime

This two-part documentary (CREATIVITY and THE ART OF CONNECTION) explores the vital role of the arts in human development across a lifetime. Shares stories of how music, dance, painting, poetry, and theater markedly improve well-being at both ends of life, and reveals the cutting-edge science behind this positive impact. Showcasing some of the nation's most innovative and successful arts programs, plus the work of leading American educators and scientists, ARTS AND THE MIND illuminates:

- How the arts can improve children's school performance as well as keep our brains agile and sharp into old age.
- How teenagers find meaning and hope through poetry at Los Angeles' renowned Get Lit program.
- Why a leading Alzheimer's researcher advises that dance is the single most effective way to ward off dementia.
- How the arts help to heal children in hospitals and veterans with PTSD.

#15313/1725 Two programs 60 minutes each 2012 \$99.95 *Sub-titles in English

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