

THE CAREGIVING SERIES *with June Callwood*

his series targets the millions of individuals who are providing care for a parent, spouse or themselves. It provides practical, comprehensive, expert information, solutions to the challenges of caregiving and a glimpse into the lives of real-life caregivers. Hosted by June Callwood and Dr. Irvin Wolkoff, a psychiatrist respected for his dedication to establishing a better understanding of mental health issues, the series is endorsed by Health Canada, senior and caregiver agencies, associations and service providers across Canada. Originally produced in 1998 by the **Long Term Care Planning Network and Quasarts** and the **Long Term Planning Care Network** – Updated and remastered to DVD in 2013. \$149.95 each or Series \$979.95



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

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