



## ***Video Library List***

### **Rental Terms:**

- ✓ Videos are rented for 10 days
- ✓ Video library is free for members. Non-members may rent videos for \$5.00 per video.
- ✓ To reserve videos call (206)363-5500 or (800)848-7097

### **KEY:**

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|--|---|
| <b>(P)</b> Professional Staff            | Best for training purposes in long-term care      |
| <b>(FC)</b> Family, Caregivers           | Good for any family, friend or lay caregiver      |
| <b>(SFC)</b> Selective Family-Caregivers | Pre-screen for family caregivers, serious content |



### **Titles and Descriptions**

1. **A Part of Daily Living:** (FC) 17 min. American Occupational Therapy Foundation. Illustrates simple and efficient steps caregivers can incorporate in assisting their loved one accomplish the tasks of daily living, (i.e., eating, bathing, activities, etc.) Emphasis is placed on caregiver's being aware of the importance of giving the loved one continued purpose and self-dignity throughout the disease process.

2. **Accepting the Challenge** (P) (F) This video is designed to help professional and family caregivers provide the best possible care for people with dementia. Master trainers, Teepa Snow and Melanie Bunn, provide an interactive classroom lecture and demonstration with Alzheimer's patients. This video will teach viewers a new way of thinking about caregiving.

3. **After the Going Gets Tough** (P)(SFC) 30 min. 1988 film on the management and consequences of aggressive behaviors. This video has guidelines for physical interventions, escape maneuvers, use of restraints, dealing with verbal and sexual aggression, and depression.

4. **Alone But Not Forgotten:** (FC) 48 min. Heartwarming, true account of a woman with Alzheimer's disease. With proper homecare and supportive services, she is able to remain at home. Work book included.

5. **Alzheimer's A Personal Story:** (FC) Three families are profiled chronologically covering from marriage to enduring Alzheimer's disease and beyond. Discusses stages, feelings, caregiving, and how children should be included. Gentle, loving portrayal, shows a positive human spirit.

6. **Alzheimer's Disease: Inside Looking Out:** (FC) 19 min. People discussing how it is to have early onset and early stages of dementia. Positive outlook on how the disease impacts lives, how it feels, coping and how to continue to live life with dementia. Bits of information given on: disease progression, how meaningful activities can be a source of pride, disclosure of diagnosis, to end of life choices. Good for those in early stages and family members.

7. **Alzheimer's Disease: Pieces of the Puzzle (4 part series)** (FC)

**Volume 1: Introduction**-35min. Video gives detailed information about Alzheimer's disease. It does not include current information on cholinesterase inhibitors. Contains ten minutes of a dementia-like experience.

**Volume 2: Practical Approach to Communication** 23min. Simple tips to enhance communication, how to start conversations, how to be clear, body language and paying attention.

**Volume 3: A Practical Approach to Recreational Activities** 17 min. Emphasizes the importance of activities, choosing activities, creating a positive atmosphere. Examples of activities are explored.

**Volume 4: A Practical Approach to Problem Behaviors** 23 min. What are the sources of problem behaviors, and how to prevent and cope with a difficult situation.

8. **Alzheimer's Disease: Let's Talk About It:** (FC) 15 min. Film by Glaxo Pharmaceutical Company hosts a physician discussing early symptoms, progression of stages, what to expect and effective treatments. Real life people with Alzheimer's share their thoughts. A gentle but realistic explanation of understanding AD.

9. **Alzheimer's Disease: Wilderness Explored:** (P) 30 min. Professional physicians and researchers work to solve the riddle of Alzheimer's science. Discusses amyloid plaques, neurofibrillary tangles, and genetic factors. Alzheimer's develops as a result of a complex cascade of events in the human body. Scientists look for the disease trigger.

10. **Bathing Without a Battle** (P)(FC) How to make bathing pleasurable for our elders. Simple practical approaches to make showering, tub bathing, in-room bathing, and hair washing more comfortable.

11. **Before the Going Gets Tough: 30 min.** 1988 film on the assessment and prevention of aggressive behaviors. Discusses physical, verbal and sexual aggression, and looks at attitudes and approaches to crisis intervention. Brief support group segment discusses the impact on families.

12. **Can A.D. be Cured or Prevented? (FC) 60 min.** CNN Larry King Live, July 13, 1999 – Interesting and in-depth discussion of Alzheimer's disease with Dr. Ron Petersen, President Regan's physician, and the director of the Disease and Research Center. Celebrities Shelly Fabares, Willard Scott, Angie Dickson and Linda Dano provide personal stories regarding their family members with the disease. Question and answer portion to the show.

13. **Caregivers Series: Caring for the Caregiver (FC)(P) 26 min.** KCET Good interview segments with caregivers expressing how they feel about caregiving challenges. Highlights the need and advantages of family meetings, support groups, respite care, accepting help, and getting tips from others who have managed and found special strategies for care. (National Alz. Assn)

14. **Caregiver Series: Communicating (FC) 20 min.** Includes many practical suggestions for improving and fostering successful communication with someone with Alzheimer's. Shows a variety of age groups and family relationships. Hopeful and positive tone. (Nat. Alz. Assn)

15. **Caregivers Series: Giving Care – Taking Care (FC)(P) 26 min.** KCET Los Angeles film made for families with a host of true life and multicultural caregivers and their loved ones with Alzheimer's in the film. Physicians teach the basics of the medical aspects of the disease and families depict the stresses and challenges of caregiving.

16. **Caregiver Services: Managing Difficult Behaviors** (FC)(P) 21 min. Identifies different behaviors and how to deal with them: catastrophic reactions, outbursts, wandering, repetitive behaviors, hallucinations. Has a positive tone; emphasizes importance of patience, tenderness and fostering the person's dignity in caregiving. (National Alz. Assn)

17. **Caregiver Series: Meeting Daily Challenges** (FC) 15 min. Well done film that shows vignettes with families discussing the difficulties and challenges brought on by the physical and emotional demands of caring for someone with Alzheimer's dementia. Brings up important feelings for caregivers and can be used for good discussion starter in groups. (National Alz Assn)

18. **Caregiver Series: Orientation to Alzheimer's** (FC) 16 min Good introduction and general overview of understanding Alzheimer's disease with caregivers and physicians viewpoints. Early symptoms shown. Discusses services from local chapter assistance (National Alz Assn)

19. **Caregiver Series: Safety First** (FC) 14 min Overview of steps that can be taken to make the home environment safer. Prepares for emergencies in a positive way. Good for family and home health workers. (National Alz Assn)

20. **Caregiver Wellness** (FC) 32 min Information to help caregivers alleviate stress and maintain well being

21. **Caring for the Caring** (FC) 30 min A documentary that presents the ongoing challenges to two women who give care to husbands suffering from Parkinson's and Alzheimer's disease.

22. **Choice & Challenge Caring for Aggressive Older Adults** (FC) 23 min Profiles real residents in a long-term care setting, how behavior challenges are met and managed by staff.

23. **Communicating with Severely Confused Older Adults**

(FC) 19 min Techniques to communicate and stimulate people in the late stages of Alzheimer's. Ideas are suggested that will not overload and over stimulate. Validation, use of touch, music, pets, children, sensory stimulation are examined.

24. **Communicating with Someone who has Alzheimer's**

(FC) 30 min. This video begins with an overview of Alzheimer's disease and teaches communication techniques that can bring a better quality of life to the person with the disease and those around them. Topics covered include repetitive questions, doing chores, and aggressive behavior. Emphasizes caring for a person's feelings and the importance of flexibility.

25. **Communicating: The Validation Method** (P) 21 min.

Naomi Feil's examples of positive and negative communication styles are shown in role play techniques. Fear, anger, and sadness become validated rather than escalated in this communication process between the person with dementia and the caregiver.

26. **Communication – Developing Cultural Competence** (P)

40 min As the ethnic populations continue to grow, understanding cultures is becoming more important. This video discusses how cultural beliefs affect the quality of health care. Health care providers will learn tools to help them understand how to communicate and develop respect, cooperation and sensitivity.

27. **Complaints of a Dutiful Daughter (FC)** 44 min 1993 A true story of an adult daughter's personal experience of finding out her mother has Alzheimer's . Documentary exploring the real life mother/daughter relationship and how it changes as the disease progresses. Tender moments of humor and compassion in scenes that show how the memory abilities change with dementia. Tender expression of the losses mixed with the continued joys of a daughter with her mother, to the point of moving mom into an appropriate assisted living care center. Overall tone is reassuring and comforting for caregivers.

28. **Conversation with Letty Tennis (FC)** 22min Letty Tennis, with her husband talks about the effects of her Alzheimer's disease and how difficult it was to make people understand her new limitations. She talks about how others spoke in front of her as if she was not there. Letty and her husband are very well informed together and give a nice example of honest communication.

29. **Dealing with Alzheimer's: Facing Difficult Decisions (SFC)** 20 min Video contains information on changes that occur in the middle and late stages. Provides strategies for a family meeting to discuss decisions such as cardiac resuscitation, life support and tube feeding. Discusses nursing home placement versus home care.

30. **Dementia with Dignity (FC)** 60 min This video was filmed in Australia in a residential facility and day program. Packed with wonderful ideas to respectfully care for someone with dementia. Learning personal histories and then using that information to develop a program to bring out the best in each person. Very uplifting and wonderful approach.

31. **Doris and Dorothy – 60 Minutes Segment (FC)** 15 min  
Lovely story of sisters involved in the Duke University twin study. The purpose of the study is to understand what triggers the onset of Alzheimer's disease, genes versus environment. Doris has middle stage Alzheimer's and her sister, Dorothy does not. They are married to brothers. We follow the sisters through a weekend. Doris is left in care of her sister and brother-in-law while her husband gets a break.

32. **Elder Abuse (SPC)** 29 min This video discusses the different forms of abuse: physical, sexual, neglect, self-neglect, emotional or psychological, financial, and abandonment. Each form is defined and the signs and symptoms of that form of abuse are identified. Video covers what you can do to help prevent elder abuse, the importance of reporting abuse, and how to report suspected abuse are also addressed in this program.

33. **Dress Him While He Walks (P)(FC)** 19 min an overview of behavior management versus behavior modification in an Alzheimer's special care center. Emphasis is on the acceptance of unusual behaviors and realizing the understandable causes. Caregiving strategies should be designed appropriate to each person's individual needs in daily life.

34. **Even These May Forget (FC)** 18 min Minister describes the impact Alzheimer's disease has on his congregation. Discusses symptoms and how diagnostic evaluations are made. Services such as home health, adult day care, and support groups are mentioned. Touches briefly on placement of loved ones in long-term care.

35. **Exploring Alzheimer's Disease: A Guide to Caregiving** (FC)(P) 37 min Focus is largely on a adult child caring for a parent with Alzheimer's. a physician and minister are interviewed on a variety of clinical and emotional aspects of caregiving. Topics include: pro's and con's of medication; overt sexual behavior; hallucinations, anger/frustration reactions, and the caregiver's right to grieve.

36. **Facing Alzheimer's Legal and Financial Considerations** (FC) 21 min This video presents the story of a mother, recently diagnosed with early stage Alzheimer's. She and her grown children work to find helpful information regarding legal and financial options. Leader's guide and viewer's workbook included.

37. **Family Guide to Alzheimer's Disease** (FC) Volume 1 Hosted by Lezza Gibson. This video will help you understand the disease and its effects. Experts in the field and family members caring for a loved one with Alzheimer's disease will offer specific information regarding diagnosis, what to expect during the stages of the disease and how Alzheimer's disease affects the brain.

38. **(The) Forgetting** (FC) 120 min This documentary combines the personal experiences of Alzheimer's patients and caregivers and discusses the history, biology and research of the disease. David Hyde Pierce hosts a half-hour follow-up program with experts providing practical advice on coping with Alzheimer's disease.

39. **He's Doing this to Spite Me: Emotional Conflicts in Dementia Care** (FC) 22min Three caregivers discuss their frustrations with caregiving. Guidance from professionals results in caregivers understanding the effects of the disease and teaches better caregiving techniques.

40. **Iris (FC)** 90 min Academy Award Winner with Judi Dench, Jim Broadbent and Kate Winslet. True story based on John Bayley's novel bringing to the screen English author Iris Murdoch. She had a remarkable career as a novelist and philosopher. The story is told through her husbands eyes of her spirited life and her struggle with Alzheimer's disease later in her life.

41. **Just for the Summer (FC)** 30 min A sensitive film geared toward adolescents with explains AD and how it impacts young family members. A realistic account of one teenage boy's life when his grandmother come to stay with his family "just for the summer". A good teaching tool for teens.

42. **Leading a Successful Support Group (P)** 20 min For new support group leaders – simulation of a support group. Shows possible responses of a facilitator managing some common problems such as: the monopolizer, the crier, the quiet one, the denier and the know it all. Beginning format in the group introductions is not the typical format style used.

43. **Living with Alzheimer's: Part 1 – Understanding AD (FC)** 30 min Gives the basic facts about the disease and what caregivers can expect. It discusses the disease process; gives caregiver profiles and pre

44. **Living with Alzheimer's: Part 2 – Choices in Caregiving (FC)** 30 min Provides a practical guide to decision making for those caring for people with Alzheimer's. Information about types of services available, where to live; safety concerns; nutrition; driving; behaviors; home health care; respite and nursing home placement.

45. **Living with Alzheimer's: Part 3 – Challenges of Caregiving** (FC) 30 min Gives insights on the progression of Alzheimer's and the impact on caregivers. Discusses difficult areas of middle to late stages such as wandering; helpful responses to behaviors; drugs; feeding; bathing; caregiver depression; caregiver anger; support groups; nursing home placement; incontinence.

46. **Looking for Yesterday** (P) 29 min Naomi Feil's validation theory expresses the importance of using the reality and unique perspective of the person with dementia in daily communication and interactions. The idea of "Fantasy Therapy" by using personal feelings, life history, memories, and symbols are discussed as ways of creating meaning for the confused person.

47. **(The) Long Goodbye** (FC) 45 min Sixty-year-old Kari Henderson talks about his personal and progressive account of living with Alzheimer's. Families share their caregiver stories. Video presents information regarding research into causes and potential cures.

48. **My Challenge with Alzheimer's** (FC) 16 min Touching, personal account of a woman living with the early stages of Alzheimer's. In her earliest confusion and memory loss, she recounts feeling a loss examining physician whom she felt dismissed her. Beverly attends a support group and discussed issues with her group leader.

49. **My Mom Our Journey** (FC) 47 min. An intimate documentary shot over the course of eighteen months shares one family's courageous battle with early onset Alzheimer's disease. Typically considered a disease for the elderly, early onset Alzheimer's disease effect those between the ages of thirty and sixty.

50. **Personal Care (SPC)(P)** 36 min This program examines why personal care is important and how to provide it safely and considerately. Appropriate for home health agencies, hospices, and family caregivers.

51. **(A) Prescription for Caregivers: Take Care of Yourself (FC)(P)** 60 min filmed in front of a live audience, this presentation by Wendy Lustbader is packed with humor and true life stories about topics such as: resentments as warning signs of stress; feeling guilty; options for self-care; and figuring out how much care is "enough". There are many ideas on how to make life better for the giver and receiver of care.

52. **Quiet Touch Series: Tape #1 – Gift of Listening (FC)** 24 min allowing a person to tell their story with their own meaning and words.

53. **Quiet Touch Series: Tape #2 – Gift of Understanding (FC)** 20 min Allowing a person to establish significance of events for themselves, express feelings, and search for understanding

54. **Quiet Touch Series Tape #3 – Gift of Comfort (FC)** 24 min Preparing for end of life and death discussion

55. **Quiet Touch Series Tape #4 – Caring for the Caregiver (FC)** 22 min Video discusses how to help people with burnout, detaching and depression symptoms

56. **Safe Return – Police Training (P)(FC)** 13 min video teaches about the importance and uses of the Nation Safe Return ID and rescue program for people at risk for becoming lost and disoriented. Police, family and lost people are shown in examples.

57. **Sharing the Caring: Part 1 (FC)(P)** 28 min **Comprehensive** description of the disease stages and the effects on the person with dementia and the caregivers. Focus is on enabling the person to be functional and keeping them active.

58. **Sharing the Caring: Part 2 (P)** 30 min A Therapeutic Activity Training Program for people with AD starts with a general assessment on how to judge abilities in someone with dementia; and then covers activity ideas and care programming in long term care settings. Models are based on adult day center and nursing care centers.

59. **Solving Bathing Problems in Persons with Alzheimer's (P)(SFC)** Examples of struggles in bathing people with dementia are covered in a long term care setting. A variety of approaches are explored to make bathing a more comfortable, respectful and positive experience.

60. **Someone I Love has Alzheimer's (FC)** 17 min Good for children and younger teens, this film focuses on several kids aged 7 through 15 years old. Some are members of a special support group for children, and all are caring for and coping with a loved one with confusing dementia. They share their thoughts and feelings, as well as practical advice. Hosted by Shelly Fabares

61. **(A) Thousand Tomorrows: Intimacy, Sexuality and Alzheimer's (FC)** 30 min through candid interviews with spouses, caregivers, and AD spouses, the following issues are brought up: blurring roles between "caregiver" and "intimate partner"; changes in behavior that affect intimacy; mismatch of sexual desire and attraction between partners. Helps couples struggling with AD to understand that they are not alone in experiencing changes in their intimate life as a result of the disease.

62. **UW Series Part 1: Overview of AD (FC)(P)** 18 min Defines dementia and describes AD symptoms, diagnosis and treatment. Brief mention of multi-infarct, Parkinson's and Huntington's diseases. Brief vignettes with examples of behaviors dramatized by actors

63. **UW Series Part 2: Delirium & Depression** (FC)(P) 15 min  
Gives medical definitions and enacted examples of the difference between delirium and depression.

64. **UW Series Part 3: ABC's of Behaviors** (FC) (P) 15 min  
Teaches the basic Antecedent, Behavior, Consequence method of dealing with challenging behaviors. Discusses the problem behaviors of middle stage dementia. Best used in conjunction with other tapes in this series.

65. **UW Series Part 4: Anger, Irritation, Catastrophic Reactions** (P)(FC) Gives examples of challenging behaviors (paranoia, searching for lost items and accusing others of stealing) and how to deal with them (i.e. sympathizing & stealing) Stresses prevention of reactive behaviors vs. resolution.

66. **UW Series Part 5: Language Deficits** (P)(FC) 8 min  
Vignette enacted of a person with AD who becomes frustrated when she cannot make the caregiver understand her. Gives several suggestions for preventing the frustration and reactions.

67. **UW Series Part 6: Managing Psychotic Behaviors** (P) 13 min  
Very concise presentation of how to deal with hallucinations, delusions, paranoia and suspiciousness.

68. **UW Series Part 7: Managing Personal Hygiene** (P)(FC) 13 min  
Explores struggles with bathing, dressing and hygiene tasks with the person with dementia and offers good suggestions for behavior prevention and calming.

69. **UW series Part 8: Wandering & Inappropriate Sexual Behavior** (P)(FC) 16 min  
Enacted vignettes show how to interrupt and change inappropriate sexual expression and wandering activity. Rated R for scene with a man fondling himself in public. You may want to pre-screen the video or select certain sections for viewing in case of sensitive audiences.

70. **UW Series Part 9: Managing Difficult Behaviors (FC)** 22 min Using enacted vignettes, Dr. Teri offers practical suggestions for caregivers to deal with their concerns. She explores the deep impact of depression in someone who also has dementia
71. **UW Series Part 10: Caregiver Issues (FC)(P)** 33min Explores the depth and breadth of feelings experienced by caregivers. Discusses helpful ways to deal with feelings and taking good care of the caregiver.
72. **Video Respite Series: #1 Kibitz with David (FC)** 59 min Interactive video for the person with dementia to watch while caregivers get a break.
73. **Video Respite Series: #2 A Ladies, Let's Chat (FC)** This chat includes warm topics from family gatherings and meal preparations to dressing ups with hats and courtship days.
74. **Video Respite Series #3: Lunchbreak with Tony (FC)** Share stories and songs from childhood. Cathy encourages viewers to move along with some favorite songs from the past.
75. **Waves of Stone (FC)** 57 min this video provides a historical perspective on memory loss. Physicians discuss what happens as Alzheimer's disease progresses. Personal stories told from family and people who have Alzheimer's disease. Research information is discussed and a descriptive overview of physical changes that take place in the brain are explained.
76. **When Loves Gets Tough #1: Making the Nursing Home Decision (FC)** 20 min. Whether or not to place a loved one in nursing home care is one of the most difficult and emotionally laden decisions a caregiver will make. In a seminar format this video discusses the emotional, cultural and psychological issues confronted in making the decision. By author Doug Manning

77. When Love Gets Tough #2: Living without Guilt (FC) 30 min Explores the issue of guilt and how to reduce and manage guilt after making the decision to place someone in long-term care. By author Doug Manning

78. When Your Parent Needs You (FC) 35 min Experts and caregivers discuss the role of becoming a caregiver for a parent. This video covers such topics as:

- Becoming your parent's caregiver
- Experiencing life changes through caregiving
- Recognizing and dealing with the stress of caregiving
- Growing as a caregiver

