

**PIMA COUNCIL ON AGING
FAMILY CAREGIVER LENDING LIBRARY**

In recent years, universities and other educational groups have produced many excellent videos on aspects of family caregiving. Through the PCOA video lending library, we have purchased many of these videos, in English and in Spanish, for personal viewing or small group benefit.

Membership to the **PCOA Family Caregiver Lending Library** is open to all in Pima County; we do request a **\$10 refundable deposit**.

Members may borrow videos for a **2-week period**. Please return materials to:
Pima Council on Aging
Family Caregiver Lending Library
8467 E. Broadway
Tucson, AZ 85710

The refundable deposit will be returned when:

- A member notifies the Library in writing that they would like to end their membership.

- All borrowed materials have been returned to the Pima Council on Aging.

For further information, please contact Melissa Morgan, M.L.S., at PCOA (520) 790-7262 or mmorgan@pcoa.org.

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VIDEOS

Caregiver Wellness

This video provides tools and resources to help caregivers transform stress and maintain wellness. 32 min.

Creating Healthy Home Care Conditions: Infection Control

Learn what doctors & nurses do to reduce the spread of germs, as well as how to use personal protective equipment, how to protect other family members from germs, and how to protect your home. 27 min.

Fall Prevention

Make your home a safe environment, and learn the medical conditions that contribute to falls, and why the elderly are at a greater risk for falls. 24 min.

Fire Safety

Learn how you can reduce the chance of a fire starting in your home, and how you can save yourself, your family, and the person you are caring for if there is a fire. 30 min.

Home Nursing Care: A Practical Guide for Family Caregivers

This one-hour video shows you how to give a bed bath, change an occupied bed, move the patient safely, set up a sick room, and care for yourself. 58 min.

How to Care for Someone on Bedrest

During this 40-minute program, you will learn the basic nursing skills to provide safe and continuous care to someone on bedrest. 40 min.

How to Communicate with Someone who has Alzheimer's Disease or Related Dementia

This video program defines Alzheimer's Disease and its effects, and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer's and to the caregiver. 30 min.

How to Help Someone who Uses a Wheelchair

You will learn techniques that will save you time & frustration, while preventing injury, as well as the medical side effects that may occur for someone who uses a wheelchair. 35 min.

How to Manage Medications

Learn the warning signs when medication is improperly used, and safe practices for dispensing & giving a variety of medications. Learn the right questions to ask the doctor and pharmacist. 27 min.

Personal Care

This video examines why personal care is important and how to provide it safely and considerately. 36 min.

Parkinson Care Series – 8 volume set

A series of 8 videotapes designed to maximize effective care for people with Parkinson's disease. While the series is designed with professional caregivers in mind, anyone caring for a person with Parkinson's disease will benefit. Set includes: "Introduction", "Daily living", "Emotional health", "Exercise", "Fall prevention", "Nutrition", "Speech", "Treatment".

Survival Tips for New Caregivers

This video discusses the many aspects of being a caregiver, and suggests techniques for dealing with the demands. 24 min.

Choice & Challenge: Caring for Aggressive Older Adults Across Levels of Care

Designed for nurses, nursing assistants and other paraprofessional health care providers who work with behaviorally impaired & aggressive older adults, this training program provides practical solutions to a variety of real life problems experienced by older adults & their care providers. 23 min.

Choosing Assisted Living: What You Need to Know

Through the voices and experiences of residents, family member and professionals, this video covers the wide range of information you need to consider before making a selection on an assisted living residence for yourself or your loved one(s). 25 min.

Is It Time to Move? A Family Decision & Moving into Assisted Living

The first video helps families & their loved ones engage in the decision-making process; family members & residents recount the experiences & challenges they met as they dealt with this important life decision.

The second video highlights the many ways families can help their loved ones transition into assisted living with less anxiety & with a more positive attitude.

The Family Guide to Long Term Care – 6 volume set

When older adults experience changes caused by the aging process, it's often difficult for families to know how to begin managing their loved ones' care, deal with difficult emotions, and make informed decisions. Through The Family Guide to Long-term Care series, you'll find answers to the questions that families so often encounter. Six volume set includes: “Getting Started”, “Making the Right Choice”, “Staying Involved”, “Understanding Long-term Care insurance”, “Legal Issues”, and “Financial Planning”.

SPANISH LANGUAGE VIDEOS

Como administrar los medicamentos (How to manage medications) 27 min.

Como atender a quien guarda reposo en cama (How to care for someone on bedrest) 39 min.

Como ayudar a una persona en silla de ruedas sin lastimarse a si mismo (How to help someone who uses a wheelchair without hurting yourself) 35min.

Como comunicarse con alguien que padece de Alzheimer (How to communicate with someone with Alzheimer's) 30min.

El Cuidado Personal (Personal care) 36 min.

Estableciendo condiciones saludables en el hogar: lucha contra la infeccion (Creating healthy home care conditions: infection control) 27 min.

La prevencion de incendios (Fire safety) 30 min.

Precauciones para evitar caidas (Fall prevention) 30 min.

BOOKS

Caregivers Handbook: A complete guide to home health care

This handbook, illustrated with color photos, is a guide to home caregiving that offers practical advice, emotional support & essential information to help you provide quality care; features basic nursing procedures & essential first-aid info.

Consejos para cuidadores de enfermos (Quick tips for caregivers)

Un libro lleno de informacion que le dara todas las instrucciones y consejos practicos necesarios para su trabajo diario.

(An information-packed book that provides all of the hands-on caregiving advice and instruction needed for every day.)

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