

PIMA COUNCIL ON AGING FAMILY CAREGIVER LENDING LIBRARY

In recent years, universities and other educational groups have produced many excellent videos & DVDs on aspects of family caregiving. Through the PCOA video lending library, we have purchased many of these, 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) 790-0504 or mmorgan@pcoa.org.

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

VIDEOS & DVDS

Caregiver Wellness

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

Caring for Someone with Mid to Late Stage Alzheimer's Disease

This program explores some typical issues that occur in the mid to late stages of Alzheimer's disease. It will help you find solutions that can be applied to your own caregiving situations. 43 min. DVD

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. VHS & DVD

Elder Abuse

This program defines the complexities of elder abuse: physical, sexual, neglect, emotional or psychological, financial & abandonment. Signs & symptoms of abuse are identified. 29 min. DVD

Essential Bedrest Skills

In this program you will learn the essential skills required when caring for someone on bedrest & how to perform the procedures safely. 35 min. DVD

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. VHS & DVD

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. DVD

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. VHS

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. VHS

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

This video program defines Alzheimer's disease & 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. VHS & DVD

How to Communicate with Someone who has Aphasia

The loss of communication is a devastating event that affects both the person with aphasia & family members. This video teaches the importance of communication & defines aphasia & its effects. Learn how to communicate using techniques developed by speech-language pathologists & others in the field of communication. 24 min. DVD

How to Communicate with Someone who has Hearing Loss

Communication is vital to our sense of well-being. Without social interaction, we become isolated. This program will teach you how to communicate effectively with someone who has hearing loss. 28 min. DVD

How to Help Someone who Uses a Wheelchair

You will learn techniques used by physical & occupational therapists that will save you time & frustration, while preventing injury. 35 min. VHS & DVD

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. VHS & DVD

How to Measure Vital Signs

This video teaches care providers the skills & techniques necessary to take vital signs accurately. 35 min. DVD

How to Stay Safe and Independent in Your Home: Fall Prevention for Seniors

Learn how to increase your safety & independence in your own home. Linda Schlenker, Occupational Therapist, will go through the home, room by room, giving safety tips & demonstrating equipment designed to increase independence & decrease risk of a fall & injury. VHS

Personal Care

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

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". VHS

Resisting Care: Putting Yourself in Their Shoes

A guide to responding safely & effectively to resident resistance. Alzheimer's experts highlight essential techniques for reducing factors that lead to care resistance. 14 min. VHS

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. VHS

Wandering: Is it a problem?

An insider's guide to understanding a common, but often misunderstood behavior. This video introduces Alzheimer's experts & experienced caregivers assisting their residents in real life examples of re-direction & meaningful activity. 14 min. VHS

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

Designed for nurses, nursing assistants 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. VHS

Developing Cultural Competence

This program explores how cultural beliefs & values affect the quality of care. Health care providers will learn communication & behavioral tools that foster respect, cooperation & sensitivity. 40 min. DVD

Protecting the Caregiver: Non-violent Responses to Physical Assaults

This video shows how caregivers can protect themselves from aggressive outbursts, including hair pulling, biting and kicking. 26 min. DVD

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. VHS

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. VHS

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". VHS

SPANISH LANGUAGE VIDEOS

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

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

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. VHS

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

El Cuidado Personal (Personal care) 36 min. VHS

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

La prevencion de incendios (Fire safety) 30 min. VHS

Precauciones para evitar caidas (Fall prevention) 30 min. VHS

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.)

DECEMBER 2007