

# Resource Center

## Tools and training for volunteer and service programs

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### Senior Health and Caregiver Videos

Contact the library at [rc-library@etr.org](mailto:rc-library@etr.org) or 800-860-2684 x260 to borrow items.

#### **Personal Side of Serving Older Adults (Sessions 1-3) (V3237)**

Offers information on the nature of "helping" relationships. Demonstrates proven strategies for maintaining healthy professional boundaries and keeping an open heart. Covers how to reduce over-involvement while affirming the dignity and individuality of older adults. Includes ways to provide comfort to others as well as self during the grief process. Series of three VHS videos, 30-35 minutes each.

<http://nationalserviceresources.org/library/items/V3237>

#### **Caregiver Wellness (V3476)**

Examines factors that contribute to caregiver stress, and offers practical solutions for reducing stress and cultivating life-long wellness. Topics include acknowledging and defusing difficult emotions, using simple and effective exercises for relaxation and renewal, and performing activities that foster self-esteem and wellbeing. DVD format. 32 minutes.

<http://nationalserviceresources.org/library/items/V3476>

#### **Educated Caregiver: Coping Skills (Volume One) (V3492)**

Formatted into easily viewed sections, this DVD shows real-life caregivers as they share their experiences, fears, feelings, insights, and advice. Covers the emotional challenges of caregiving, gaining control over a demanding daily routine, dealing with natural feelings, and the benefits of support groups. Other topics include averting compassion fatigue, cutting stress and dealing with spiritual questions, and adjusting to loss. First in a 3-part series: see Hands-On Skills (V3493) and Essential Knowledge (V3494). Total running time: 80 minutes.

<http://nationalserviceresources.org/library/items/V3492>

#### **Educated Caregiver: Hands-On Skills (Volume Two) (V3493)**

Formatted into easily viewed sections, this DVD gives step-by-step demonstrations of key skills. Covers giving a bed bath, performing oral hygiene and nail care, changing an occupied bed, preparing meals and helping with eating, observing warning signs of medical problems, caring for those with visual or hearing impairments, and more. Second in a 3-part series: see Coping Skills (V3492) and Essential Knowledge (V3494). Total running time: 45 minutes.

<http://nationalserviceresources.org/library/items/V3493>

#### **Educated Caregiver: Essential Knowledge (Volume Three) (V3494)**

Formatted into easily viewed sections, this DVD contains tips and information from doctors and other professionals that can be used everyday in caregiving settings. Covers communicating effectively and honestly, giving and monitoring medicines, preventing infections and using sterile techniques, supporting proper nutrition, and more. Third in a 3-part series: see Coping Skills (V3492) and Hands-On Skills (V3493). Total running time: 48 minutes.

<http://nationalserviceresources.org/library/items/V3494>

**Communicating with Compassion (Volume I) (V0163)**

Explains a step-by-step method for communicating with people who are ill, injured, isolated, or in distress. Demonstrates, using real situations, four key communication skills that empower, encourage, bring hope, and lift the spirit. Includes a leader guide with resources, guidelines, and handouts for leading a discussion or workshop based on the video. VHS format. 40 minutes.

<http://nationalserviceresources.org/library/items/V0163>

**Aging Successfully: The Psychological Aspects of Growing Old (V2546)**

Offers five vignettes of older people leading fulfilling lives, including writers Betty Friedan and Joan Erikson, and dancer Bud Mercer. Demonstrates testing of mental abilities of the elderly and discusses personality components, such as wisdom, that lead to positive aging experiences. Includes printed learning guide and a 3.5" floppy disk with discussion topics. VHS format. 31 minutes.

<http://nationalserviceresources.org/library/items/V2546>

**Late Life Depression: Depression in the Elderly (V3269)**

Contains the stories and advice of three elderly people who have coped with major depression. Identifies when and where to seek help, and emphasizes that depression is not an automatic part of the aging process. VHS format. 28 minutes.

<http://nationalserviceresources.org/library/items/V3269>

**Alzheimer's Disease: Inside Looking Out (V3264)**

Documents the experiences of those in the early stages of Alzheimer's. The subjects talk openly about the impact of the disease on their lives, about their feelings, and about how they are coping. Intended to be used as a learning tool as well as a tribute to the courage of those living with the disease. VHS format. 19 minutes.

<http://nationalserviceresources.org/library/items/V3264>

**Head Over Heels: Falls and How to Prevent Them (V2547)**

Explains why falls occur as a consequence of aging and outlines ways to minimize the risk of falling through exercise, a healthy lifestyle, and safety checks for hidden hazards in the home. VHS format. 14 minutes.

<http://nationalserviceresources.org/library/items/V2547>

**Safe and Courteous Wheelchair Handling: Helping People Using a Wheelchair (V3480)**

Demonstrates how to respectfully assist a person who uses a wheelchair. Topics include the various types of wheelchairs, how to plan for outings, ways to handle a wheelchair inside and outside, and more. Enables volunteers to feel confident when helping others who use wheelchairs. DVD format. 14 minutes.

<http://nationalserviceresources.org/library/items/V3480>

**Helping You Drive Safely...Longer (V3313)**

Explains how to assess driving abilities and provides tips for driving as safely as possible. Demonstrates basic exercises that will enhance driving habits. Includes a pamphlet that summarizes the tips and exercises from the video and provides a short checklist-style driving assessment. VHS format. 15 minutes.

<http://nationalserviceresources.org/library/items/V3313>

**Golden Road: Today's Senior Drivers (V3311)**

Initially shown on public television, this video was produced in association with the California Highway Patrol and features tips for becoming a safer driver. Offers advice for families and friends of senior drivers and gives detailed warning signs for when to intervene. Includes a printed guide and is available in VHS and DVD format. 27 minutes.

<http://nationalserviceresources.org/library/items/V3311>

**Injury Prevention for the Elderly: Preventing Malnutrition (V3262)**

Discusses the risk factors that put elderly people in danger of malnutrition. Learn to recognize the symptoms of malnutrition in the elderly, and gain techniques for improving appetite and eating habits. Includes instructor manual. VHS format. 11 minutes.

<http://nationalserviceresources.org/library/items/V3262>

**Injury Prevention for the Elderly: Preventing Elder Abuse (V3263)**

Gives clear guidance for reducing elder abuse and for understanding how behavior can be hurtful emotionally, if not physically. Topics include the stress that comes from dealing with an older person with dementia, how this stress can lead to caregiver anger, depression, and abuse, and how to recognize the signs of abuse. Includes instructor manual. VHS format. 13 minutes.

<http://nationalserviceresources.org/library/items/V3263>

**Injury Prevention for the Elderly: Preventing Suicide and Depression (V2550)**

Teaches viewers to spot warning signs of depression and suicide and gives them techniques for primary prevention. Included are discussions of assisted suicide, myths about suicide, treatment programs and types of depression, and screening instruments to use to spot potential problems. Accompanied by instructors manual and course book. VHS format. 12 minutes.

<http://nationalserviceresources.org/library/items/V2550>

**Eliminating Negative and Abusive Interactions: Caregiver Stress Triggers (V3265)**

Considers two stressors related to care giving: multiple demands being placed simultaneously on the caregiver, and the behavior of an elderly person who is combative, depressed, uncooperative, or confused. Also view the companion video, Preventing and Reducing Negative and Abusive Responses (V3267). VHS format. 27 minutes.

<http://nationalserviceresources.org/library/items/V3265>

**Eliminating Negative and Abusive Interactions: Preventing and Reducing Negative and Abusive Responses (V3267)**

Provides effective ways for caregivers of elders to deal with job-related stress. Reviews a series of situations that can precipitate inappropriate responses, and presents examples of appropriate and positive management for each situation. Also view the companion video, Caregiver Stress Triggers (V3265). VHS format. 26 minutes.

<http://nationalserviceresources.org/library/items/V3267>

**Safer Place (V3270)**

In this documentary about elder abuse, one subject openly admits to having abused her aged mother before she sought help and counseling. Also features two elderly victims of abuse who now have better lives for themselves. VHS format. 20 minutes.

<http://nationalserviceresources.org/library/items/V3270>

**Surfing for Life (V1357)**

Inspirational video about healthy aging from the unique perspective of senior surfers, including several surf legends. Historical and recent footage shows these seniors having the

times of their lives. The co-producer, Roy Earnest, has been a project director for FGP and SCP programs in San Francisco. Includes discussion guide. Available in VHS and DVD format. 68 minutes.

<http://nationalserviceresources.org/library/items/V1357>

**Age Happens: Psychological and Physiological Aspects of Aging (V2561)**

Focuses on the psychological and physiological aspects of aging, and highlights factors that assist older people in maintaining their health and functional independence. VHS format. 28 minutes.

<http://nationalserviceresources.org/library/items/V2561>

**Infection Control in Long-Term Care: A Video Guide for Staff (V3266)**

Covers all aspects of infection control in long-term care settings. For use as part of initial orientation or on-going training for all staff, volunteers, and family members of long-term care residents. Topics include proper handwashing and food storage techniques, the importance of clean laundry, and early detection of Latex allergy reactions. VHS format. 17 minutes.

<http://nationalserviceresources.org/library/items/V3266>

**Managing Aggressive Behavior for Volunteers (V3497)**

Teaches volunteers in health care situations how to understand an aggressive patient's needs. Shows volunteers the ways to recognize aggression as well as signs of violence and dangerous situations. Uses role-playing to demonstrate specific examples and provide insights. DVD format. 17 minutes.

<http://nationalserviceresources.org/library/items/V3497>

**Volunteering in Health Care: Getting Involved to Help Make a Difference (V3481)**

Shows a variety of volunteer opportunities in health care and explains the expectations and responsibilities of health care volunteers. Leaves new volunteers feeling like their time will make a difference and have an impact. Topics include interacting with staff, working with medications, using lifts and performing transfers, dealing with fire and security issues, learning infection control techniques, and following confidentiality laws. DVD format. 14 minutes.

<http://nationalserviceresources.org/library/items/V3481>