



Pierce County

Senior Information & Assistance

FAMILY CAREGIVER SUPPORT PROGRAM RESOURCE CENTER

MEDIA FOR LOAN

The following videotapes (VHS) and books are made available without cost to individuals, families, and groups interested in learning more about unpaid family caregiving. In the months ahead Pierce County Aging and Long Term Care will open a Family Caregiver Resource Center. The facility will be an access point for the future and current caregivers to obtain helpful information to meet their needs and those of their loved ones.

Advance reservations are necessary to borrow the following items. Video tapes and books are available for pickup at Pierce County Aging and Long Term Care, 8811 South Tacoma Way, Lakewood. Call 798-3826 to reserve items or to learn more.

Video Tapes (alphabetical by title)

After the Hospital What's Next?	Addresses the complex and demanding issue of planning the post-discharge care for elderly persons who have been hospitalized. Looks at both home care and nursing care as examples of continuing care. (14 minutes)
Age Happens	Focuses on the psychological and physiological aspects of aging, and factors that assist older people in maintaining their health and functional independence. (28 minutes)
Alzheimer's Disease	Offers ideas to caregivers, and a chance to learn from others' experiences. Families discuss options including adult day-care and home care, and professionals discuss the disease itself and its effects on society as well as families. (28 minutes)
Alzheimer's Disease: A Journey Into The Past	Produced by the Alzheimer's Disease Association of Alaska. July, 1992. (16:30)

Call (253) 798-4600 or 800-562-0332
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Alzheimer’s Disease: What Caregivers Need to Know	Program is targeted for caregivers of individuals in the early and middle stages of AD. It is divided into six sections: <ul style="list-style-type: none"> – What to do after the diagnosis has been made; – Successful Caregiving; – Community Services; – Alzheimer’s Research; – Dealing with Problem Behaviors; – Legal and Financial issues. (21 minutes)
The Caregivers’ Journey: Part 1 The Journey Begins	Caregivers sharing common experiences in becoming a caregiver. (28 min)
The Caregivers’ Journey: Part 2 The Toll	Acknowledges the emotional costs of being a caregiver. (28 minutes)
The Caregivers’ Journey: Part 3 Surviving	Sees caregivers share wise advice on how to cope with emotional, mental, and physical strains. (28 minutes)
The Caregivers’ Journey: Part 4 Healing	Reveals caregivers’ feelings of loss and their eventual healing. (28 minutes)
The Caregivers’ Journey: Part 5 Quiet Triumphs	A moving testament to the human spirit, showing how caregivers stretch their capacity for patience and caring. (28 minutes)
Caring for the Caregivers: Living With Cancer	Drawing on interviews with caregivers and a support group, this program explores the emotional impact of cancer while offering insights into how people cope. (60 minutes)
Coming Home: Basic Information for the Home Caregiver	This video and accompanying booklet provide information about five basic caregiving concerns including: moving and transfer, infection control, nutrition, stress, and talking to your doctor. (51 minutes)
The Educated Caregiver, Vol. 1 – Coping Skills	Tape is designed in short, easily viewed sections: <ul style="list-style-type: none"> – The emotional challenges of caregiving and how your physician can help; – Gaining control over a demanding daily routine;



	<ul style="list-style-type: none">- Dealing with feelings of helplessness, anger, resentment and guilt;- The benefit of support groups;- Averting compassion fatigue;- Preparing for when your loved leaves home;- Strategies to cut stress;- Spiritual questions;- Adjusting to loss. (80 minutes)
The Educated Caregiver, Vol. 2 – Hands-On Skills	Step by step demonstrations included in each of these sections: <ul style="list-style-type: none">- Giving a bed bath;- Oral hygiene and nail care;- Changing an occupied bed;- Preparing meals and help with eating;- Observing for warning signs of medical problems;- Walking and getting around;- Dressing;- Making your home safer;- Caring for loved ones with visual or hearing impairments. (45 minutes)
The Educated Caregiver, Vol. 3 – Essential Knowledge	Segments in this tape include: <ul style="list-style-type: none">- Communicating effectively and honestly with a loved one;- Communicating effectively with healthcare providers;- Giving and monitoring medicines;- Understanding medication interactions;- Avoiding medication mistakes;- Preventing infections and using sterile techniques;- Preventing pressure ulcers (bedsores) and providing wound care;- Ensuring that your loved one enjoys proper nutrition. (48 minutes)
Elder Abuse: America’s Growing Crime	It has been estimated that 1.5 million elder Americans suffer neglect, mistreatment, and even financial exploitation at the hands of their own families.



	In this program, ABC News correspondents Diane Sawyer and Marti Emerald probe what is quickly becoming the fastest-growing family crime in the US. Together they investigate several cases of elder abuse and examine the efforts of crusaders such as the members of the ground-breaking Fiduciary Abuse Specialist Team, a volunteer network of social workers, bankers, lawyers, doctors, and police personnel who seek out evidence of financially abused senior citizens. (16 minutes)
Elder Parent Care: The Family Meeting	An instructional docu-drama on how one family comes to assess their elder parents' needs. Faced with obstacles that beset most families, the family goal is to develop a plan that the whole family, including the elders, can support. (30 minutes)
Elder Services Gatekeeper Program	Produced by ABC World News Tonight, the segment features Spokane Mental Health. (6:20) Also teamed on this tape with "Pierce County Speaks: HEROS," November 1997. (9:32)
Ethnic Communities and Dementia: Making A Difference	Produced by the Instructional Broadcast Center of Seattle Public Schools by DSHS: Aging and Adult Services Administration. (20:18)
Family Caregivers	Explores the roles that family caregivers play, and points out ways that professionals can provide the most effective support. (28 minutes)
The Family Guide to Long-Term Care, Vol. 1 – Getting Started	As parents or loved ones experience changes that accompany the aging process, it's not always easy for families to know when – or how – to step in. This tape shows what to do when an aging parent begins to need more assistance than you can provide. Topics include: Planning for the future, Knowing when to act; Activities of daily living; Assessing needs/warning signs. The continuum of care, and Living at home with help. (35:03)
The Family Guide to Long-Term Care, Vol. 2 – Making the Right Choice	Either by choice or out of necessity, the decision is made to no longer stay at home. This segment helps viewers understand the range of options available today – and evaluate which is best for your situation. Topics include: When is it



	time to move from home; Making a loved one a part of the decision; Dealing with caregiver guilt; Retirement communities; Assisted living; Intermediate and skilled nursing care; How to choose a facility. (50:41)
The Family Guide to Long-Term Care, Vol 3 – Staying Involved	One of the most important times in caring for an older loved one is after the move to a care facility. This program offers specific information on how to help your loved one live successfully in his or her new surroundings. Topics include: Care planning; Keeping the family involved; Becoming partners with the new caregivers; Monitoring a loved one’s care; Warning signs; and Nurturing the “inner person.” (31:53)
First Steps	In an easy to absorb talk show format laced with dramatized, real-life scenarios, health care professionals walk caregivers through the process of developing a care plan. A manual is included. (30 minutes)
The Grit and Grace of Being A Caregiver	Whether you are a lay caregiver or a professional, you will find this video full of helpful wisdom. Seven clear but paradoxical guidelines will assist in defining your task and role: “The healthiest way to care for another is to care for yourself.” “To be close you must establish boundaries.” The conclusion is a stirring confirmation of caregiving’s life-affirming possibilities. The tape can be used as a whole or section by section. (36 minutes)
He’s Doing This To Spite Me	Three caregivers openly share their experiences and frustrations as they interact with their loved one who has dementia. These scenes are integrated with comments and guidance from professionals in the field of dementia care. Teaches caregivers how to reframe the caregiving dynamic into one that is more comfortable and productive for both caregiver and care recipient. (22 minutes)
Healthy Lifestyles	Healthy seniors don’t just happen. It takes planning and hinges on the support system that surrounds older adults to help them remain physically, mentally and emotionally sharp. This video is chock-full of no-nonsense advice on how to build the personal and professional partnerships that enhance elders’ quality of



	life while reducing dependence on the medical system. An inspiring 21 minutes of tips and ideas on how seniors can work with family, friends, therapists and clergy to achieve maximum health. A manual is included. (21 minutes)
Home Care For Adults	This video explores how families can cope when an adult is disabled due to an injury or illness. Issues covered include finding time for caregivers' personal lives, networking with other families, managing home care nurses and aides, finding support to face end-of-life issues and care, and working to keep the adult as a part of his or her community. (32 minutes)
Homecare: Coping With Change	This video helps families caring for an elderly loved one at home or facing the decision to do so recognize and understand some of the issues and stresses involved in that caregiving. Issues: understanding losses, coping with new demands or disruptions, changes in relationships, conflict, resolving negative feelings, finding help and communicating. (27 minutes)
How to Choose a Nursing Home	An objective, step-by-step method to assist in the selection of a skilled nursing facility. Includes an easy-to-use nursing home evaluation form. Overview of terms, resources and financial considerations. (30 minutes)
How to Get Help for Depression in Later Life	Presents the experience of five individuals over age 60 who received successful treatment for serious depression. Dr. Charles Reynolds answers questions about effective treatment.
Managing Stress Through Humor and Choice	Loretta LaRoche's unconventional and funny style helps caregivers get a handle on stress. She shares a new way to make cognitive therapy (rethinking the way you think) accessible, and in so doing, help put your life back into perspective. (50 minutes)
Managing & Understanding Behavior Problems in Alzheimer's Disease and Related Disorders:	A training program for caregivers responsible for day-to-day care or supervision of dementia patients. The program, a series of ten modules, offers video and written materials designed to 1) provide background information about Alzheimer's disease and related disorders, including the current state of



	research, clinical evaluation and treatment, 2) teach caregivers skills to assess and modify behavior problems which interfere with care; and 3) identify and address the special needs of caregivers.
#1 Overview Part I: Alzheimer's Disease and Related Diseases	Videos 1 and 2 provide an overview of common dementing illnesses. Alzheimer's disease, and other conditions which mimic dementia (specifically delirium and depression) and information on assessment. (17 minutes)
#2 Overview Part II: Alzheimer's Disease and Related Diseases	Videos 1 and 2 provide an overview of common dementing illnesses. Alzheimer's disease, and other conditions which mimic dementia (specifically delirium and depression) and information on assessment. (15 minutes)
#3 ABC's: An Introduction	Video 3 introduces a systematic approach (the ABC method) to managing behavior problems in patients with Alzheimer's disease and related dementias. using the ABC method, participants learn to view behavior (B) as a function of (A) antecedents and (C) consequences. By learning to identify A and C, participants alter B. (15 minutes)
#4 Managing Aggressive Behaviors: Anger and Irritation, Catastrophic Reactions	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and explanations, viewers learn to modify these behaviors. (20 minutes)
#5 Managing Psychotic Behaviors: Language Deficits	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and explanations, viewers learn to modify these behaviors. (8 minutes)
#6 Managing Psychotic Behaviors: Hallucinations / Delusions and Paranoia and	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and



Suspiciousness	explanations, viewers learn to modify these behaviors. (14 minutes)
#7 Managing Personal Hygiene: Bathing and Dressing	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and explanations, viewers learn to modify these behaviors. (11 minutes)
#8 Managing Difficult Behaviors: Wandering and Inappropriate Sexual Behaviors	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and explanations, viewers learn to modify these behaviors. (19 minutes)
#9 Managing Difficult Behaviors: Depression	Videos 4 through 9 address specific troubling behaviors common in patients with dementia. Using the ABC model, case vignettes, instructions, and explanations, viewers learn to modify these behaviors. (22 minutes)
#10 Caregiver Issues	The final tape in this series provides an overview of issues faced by professional and family caregivers. It addresses their special problems and concerns, with suggestions on how to cope with the difficult tasks of caring for patients with Alzheimer’s disease and related disorders. (30 minutes)
Mrs. Johnson and her Advocate Angel	An educational video designed to help older health care consumers to improve communications with their doctors. The program includes a short skit followed by a studio audience discussing effective communications with health care professionals. (14:34)
My Mother, My Father	Takes a candid look at four families and their deep and often conflicting feelings as they deal with the stress and changes involved in caring for an aging parent. Offers insight into the need for families to make individual decisions about caregiving. (33 minutes)
My Mother, My Father: Seven Years Later	This video visits each of the four families featured in the original program. It explores the changes that have taken place over the years in family dynamics and in caregiving needs. The caregivers reflect on their own aging and what plans they are making for when they grow older and possibly become more



	dependent on someone else for care. (42 minutes)
One Journey – Many Voices: Conversations about Serious Illness and Dying	This film offers a range of perspectives on issues such as decision-making and care needs of patients and families throughout an illness, the dying process and death, as well as the needs of family members after the loss of a loved one. Hear the voices of people with advanced illness and reflections of family members who have cared for or experienced the death of a loved one. (32 minutes)
Options: You Have A Choice!	Produced by DSHS: Aging & Adult Services Administration
Pierce County Speaks: HEROS	“Pierce County Speaks: HEROS,” November 1997. (9:32) Also teamed with a news segment on Spokane Mental Health produced by ABC World News Tonight. (6:20)
A Prescription for Caregivers: Take Care of Yourself	Topics include the meaning of resentment, guilt, options for self-care, learning how much care is enough, and the importance of humor. Wendy Lustbader is the speaker. (60 minutes)
Recognizing Depression in Later Life	Illustrates the type and range of symptoms of depression in late life through first hand accounts of five individuals. Two men and three women describe the impact that depression had on their lives through interviews with a geriatric psychiatrist.
Restoring the Sacred Circle	This program helps understand the problem of elder abuse in Indian Country by drawing on a cultural and historical understanding of the root causes of abuse and the impact of abuse on Native American families. The program seeks to be solution-oriented. It offers an inter-disciplinary approach to solutions which link a network that includes tribal service providers, tribal police, tribal judges, victim assistance staff, health workers, and other medical personnel. Produced by the Oregon Department of Human Services. (28:40)
Substance Abuse in the Elderly	Profiles older Americans dealing with alcohol and drug misuse, and shows



	some innovative programs created to specifically care for the elderly. (28 minutes)
There's No Place Like Home: Promoting Independence for Older Adults	Aging agencies in communities across the country are ready and able to help older adults remain independent in their homes and communities and to relieve some of the stress on their caregivers. Yet many of the people these agencies are prepared to serve are unaware of their existence. Designed to let those in local communities know about the range of services that are available. Produced by the National Association of Area Agencies on Aging. (14 minutes)
Transportation Solutions for Caregivers	An easy-to-use toolkit to be used in workshops for those who provide transportation for frail elderly, especially those with physical assistance needs or dementia. Toolkit includes overheads, handouts, guide, and video. It is to be used by a workshop facilitator. (Designed as a 90-minute workshop by Easter Seals.)
Video Respite: Ladies...Let's Chat	Designed for use with women. Diane chats about topics such as preparing meals, dressing up with hats, courtship days, and children. Tied to these discussions are songs of related topics. Interactive with the viewer. (43 min.)
Video Respite: Lunchbreak with Tony	Designed for use with men. Tony visits with the viewer during his workbreak. He discusses workdays, work companions, first cares and first loves, family and the tools in his toolbox. Interactive with the viewer. (33 minutes)
Video Respite: Sharing Favorite Things	Joyce talks about a variety of familiar things such as babies, vegetable gardens, and animals. She introduces the viewer to a one-year old baby who is having a birthday. (33 minutes)
When Your Parent Needs You	An all-encompassing experience that affects every aspect of our lives. This tape focuses on the positive aspects of caregiving and on what caregivers can obtain from their experience. Helps viewers recognize and deal with stress and life changes of caregiving. Featuring Beth Wirrogen McLeod, Pulitzer-nominated author and speaker and Avrene L. Brandt, Ph.D., Clinical



	psychologist. (35 minutes)
Who Gets Grandma's Yellow Pie Plate	A family-focused educational program offering considerations for the transfer of personal property. Intended to be used as an in-depth workshop in 8 segments. Workbook, teaching guide, overheads and video included.
Windows to Change: Life Transitions	The time comes when nearly all older adults must face the fact that they can no longer cope alone at home. At a minimum, they need caregiver help. Change is required that can be wrenching to both elderly parent and older child, whether the parent is able to remain home with assistance, move in with his or her child or to a senior care facility. The three segments in this documentary video portray individual who are successfully making this difficult life transition while confronting real lifestyle, legal and relationship issues. (27 minutes)



Books & Printed Materials (alphabetical by title)

Alzheimer's (3rd Edition) <i>Howard Gruetzner</i>	Details the latest developments in treatment and care options and offers helpful, hopeful advice for getting through difficult challenges. Includes information on the latest (2001) research developments and treatments and discusses the impact of depression and stress. (320 pages)
Alzheimer's Disease: Unraveling the Mystery <i>National Institute on Aging</i>	This short book takes a scientific look at Alzheimer's disease. The first half provides a walking tour through the brain. The second half looks at the causes and various treatments that have been proposed. Includes a CD of the text with additional information. (60 pages)
The Caregiver Helpbook <i>Vicki Schmall, PhD., Marilyn Cleland, and Marilynn Sturdevant</i>	Designed to provide caregivers with tools to increase self-care and give them confidence in handling difficult situations, emotions, and decisions. Topics include: reduction of personal stress, communication of feelings and needs, use of community resources, dealing with emotions, and making tough caregiving decisions. (307 pages)
The Caregiver Survival Series: Coping With Caregiver Worries <i>James Sherman, Ph.D.</i>	Worry, fear and anxiety can guide us through risky situations and keep us from taking foolish chances. But they can also disrupt our physiological and psychological balance by causing undue stress and/or impact other emotions. This book is intended to help caregivers sort through their life experiences and filter out those perceptions that do the most harm to them and their care recipients. (72 pages)
The Caregiver Survival Series: The Magic of Humor in Caregiving <i>James Sherman, Ph.D.</i>	This book is a resource guide to uncover sources of humor. The author shows that through humor caregivers can lighten the impact of one of life's misfortunes and tries to make the situation more enjoyable. In itself this is not a "joke book." But it does show ways to find humor in life. (95 pages)
The Caregiver Survival Series: Preventing Caregiver Burnout	Four short chapters provide quick yet thorough ideas for caregivers to help prevent burnout. Chapters deal with: 1) The Nature of Caregiving; 2) The Causes of Caregiver Burnout; 3) Prevention Strategies; and 4) Developing a



James Sherman, Ph.D.	Plan of Action. (76 pages)
Caregiver's Reprieve Avrene L. Brandt, PhD.	A practical look at the emotional challenges of caring for an aged or chronically ill loved one. Helps the reader: understand what it means to be a caregiver; recognize the physical and mental changes in the loved one; deal with the dramatic changes in your lifestyle; adjust your expectations for the future; handle your own emotional reactions; and develop healthy ways to cope. (103 pages)
Coping With Alzheimer's Rose Oliver, PhD. & Frances A. Bock, PhD.	Speaks directly to the caregiver about feelings of anger, shame, guilt, anxiety, depression, and stress. Looks at where the feelings come from, how they work, and the behaviors to which they lead. (222 pages)
Coping with Caring Lyn Roche	Written for the caregiver who cares for a loved one with Alzheimer's disease or a related disorder. Each page provides an inspiring daily reflection followed by a related caregiving tip. (370 pages)
Counting on Kindness Wendy Lustbader	Sensitively illuminates the interior world of dependency from both sides – the caregiver and the care recipient. Illustrated by true stories and quotations from both dependents and caregivers. Explores issues of power and dependency and shows how to regain a sense of power and purpose while dependent on others. (180 pages)
Elder Care John Paul Morosy	A six-step guide to balancing work and family. The author speaks from personal experience and lays out a detailed plan for caregivers and caregiving families to follow and/or adapt in their particular situation. (80 pages)
Eldercaring Fourteen Friends, LLC	Practical advice, inspiration, and shared experiences recorded by 14 caregiver friends. Offers reflections on a wide range of topics including nutrition, flexibility, dignity, frustration, long-distance caregiving, and sources for help. (160 pages)
The Fearless Caregiver Gary Barg	This is a step-by-step guide to becoming the ultimate caregiver – skillful, knowledgeable, and fearless. The book clearly defines the caregiver's vital role



	in developing a loved one’s care plan and becoming a respected advocate to ensure that he or she always receives the best care the system has to offer. This book teaches you to deal successfully with managed care organizations, home health services, and especially with a loved one. It arms you with knowledge, skills, and courage needed to decide whether a loved one’s care is appropriate or if something more is needed, and the ability to do something about it. (260 pages)
Helping Memory-Impaired Elders <i>Vicki Schmall and Marilyn Cleland</i>	A simplified guide for caregivers. Deals with the causes of dementia, family adjustments, caregiver self-care, and approaches to various problems associated with activities of daily living. (20 pages)
I’ll Take Care of You <i>Joseph Ilardo, Ph.D., and Carole Rothman, Ph.D.</i>	This book is intended for caregivers of all ages and situations. It’s a clear and cogent guide to the complex reality of caregiving. The authors sensitively lead readers through the process of recognizing, first, that they are caregivers as well as family members, and second, they have rights as well as responsibilities. Caregivers and support group leaders alike will enjoy and benefit from the creative exercises and activities. (210 pages)
Love, Honor, and Value <i>Suzanne Geffen Mintz</i>	Founder of the National Family Caregivers Association, Mintz explores the isolation that caregivers often experience and how to meet that challenge. She also discusses why caregiving is so different today. She advocates for the caregiver as a part of the care recipient’s health care team.
My Mother’s Voice <i>Sally Callahan</i>	The author tells the story of her experiences in caring for her mother and working within the health care system to ensure that her mother’s values were made operational in the care plans that determined just how she would live and die. The table of contents allows for easy access to appropriate sections and interests for the reader. (350 pages)
Planning & Decision Making for the Elderly <i>James Wilkinson</i>	Designed as a family caregiver’s guide. Covers fundamental issues for assisting the elderly: home safety, financial planning, medications, home healthcare, Medicare and Medicaid, powers of attorney, living wills, long-



	distance caring, assisted living and other housing options. (260 pages)
Taking Care of Aging Family Members <i>Wendy Lustbader and Nancy Hooyman</i>	Provides thorough and substantive advice and information on the complete range of psychological, social, and financial issues that face those involved in caring for an older person. Also includes sections on spiritual concerns, ethnicity, and self-neglect and updates sections on conflict resolution, long-distance caregiving, coping with physical changes, and women who care for both children and parents. (340 pages)
Taking Time for Me <i>Katherine Karr</i>	Focuses on how caregivers can effectively deal with stress in their lives. Author's narration is mixed with personal accounts of caregivers struggling with their own needs while tending to the needs of others. (175 pages)
The 36-Hour Day (3rd Edition) <i>Nancy Mace & Peter Rabins</i>	Considered the "bible" for families who are giving care to persons with Alzheimer's disease. A very thorough presentation on every aspect of life with an Alzheimer's patient. (330 pages)
Transportation Solutions for Caregivers	An easy-to-use toolkit to be used in workshops for those who provide transportation for frail elderly, especially those with physical assistance needs or dementia. Toolkit includes overheads, handouts, guide, and video. It is to be used by a workshop facilitator. (Designed as a 90-minute workshop by Easter Seals.)
When Aging Parents Can't Live Alone <i>Ellen Rubenson</i>	Empowers families to make thoughtful and healthy decisions during what is often an emotionally challenging period in their life cycle. Guidance is provided on: resolving emotional issues when an aging parent's living situation must change; determining the capabilities of an aging parent; evaluating various facilities; and maximizing financial resources and understanding legal issues. (400 pages)
Who Gets Grandma's Yellow Pie Plate	A family-focused educational program offering considerations for the transfer of personal property. Intended to be used as an in-depth workshop in 8 segments.



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	Workbook, teaching guide, overheads and video included.
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