

Title	Film maker	Year	Company	Length	Summary	Copies
Aging in America: The Years Ahead	Kashi, Ed	2003	Talking Eyes Media	56 min.	This film offers a journey across the topography of aging in search of what it means to have a "good old age." It traverses the experience of our elders from the welllderly to the elderly, as told through a series of intimate vignettes of people who are living the new old age. This film and its companion book are the result of seven years of fieldwork by the internationally-acclaimed team of writer Julie Winokur and photographer Ed Kashi. They traveled across the country, collecting scores of personal histories that when taken collectively challenge the culture of aging in America.	1
Complaints of a Dutiful Daughter	Hoffman, Deborah	1994	Women Make Movies	44 min	A documentary of a daughters journey with her mother in the milestones of her Alzheimer's disease. From a life that was getting out of control by trying to manage a mother's alzheimer's disease with reality. Daughter talks about why accepting the parameter of the mother's alzheimers disease is necessary to live a joyful life.	1

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I Never Planned on This: An Affirmative Action Approach to the Later Years	Canadian Broadcasting Corporation	1990	Filmmakers Library	46 min	This reassuring film examines normal, healthy aging, showing that it is part of a gradual biological process that begins at birth. We are aging long before we reach old age. Our hearing becomes less acute after age ten, we lose height after twenty-five, and our immune system declines in our thirties. And yet our body adapts and we hardly notice these changes. It is interesting to note that we are the only species to age beyond the reproductive years. In fact, most animals in the wild do not live up to their genetic potential, faced with natural predators. Experts such as John Rose, M.D. of Mt. Sinai Hospital in New York City tells us that most older people are quite fit, and able to live independently. Studies conducted at the National Institute on Aging in Baltimore, and at the University of Western Ontario show that with proper exercise and diet, the heart of a fit seventy-year-old can be as strong as the heart of a sedentary thirty-year-old. The way a person ages is influenced by a complex interplay of genetic, environmental and social factors. We meet people in their nineties who have the key ingredients to a happy old age - their independence. The film concludes with a prescription for leading productive lives after retirement.	1
Navigating for Mom: One Daughter's Journey with Her Aging Parent Through the Health Care Thicket			The John A. Hartform Foundatyon, Institute for Geriatric Nursing		The speaker in this video speaks from a daughters prespective about her personal experience of having to arrange home care at her home as well as a nursing home for her mother who is bipolar and has vascular dementia.	3
Northwest Caregiving Town Hall Meeting		2004	KCTS, Ch 9	86 min	dialogue b/w professional and family caregivers, persons who receive care, and influential experts	1

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Surfing for Life	David L. Brown and Roy Earnest		Terra Nova Films	55 min	This award-winning film is about healthy and vital aging told from the unique perspective of nine extraordinary older surfers ranging in age from 60 to 93. Through the portraits of these inspirational and lively elders, and with a healthy dose of humor, this film challenges the images of aging currently held by society, and inspires viewers to redefine what it means to grow older. Many themes explored in this film correlate with the keys to successful aging, especially the critical importance of staying active and involved as one ages.	1
The Aging Process		1991	Films for the Humanities & Sciences, Inc.	19 min	Part of the aging process is inevitable - but only part. This program explains the effects of aging on the human mind and body, explores the "damage" and "cell clock" theories about why cells wear out, and examines the lifestyle habits that affect both longevity and the quality of life; these include exercise, regular checkups for cancer, proper diet, moderate drinking, and no smoking. The program points out that it is never too late to mend one's ways	1
Aging - The Natural Process		2001	Medcom Trainex, <a href="http://www.medcomrn.com">www.medcomrn.com</a>	37 min.	aging changes to systems of human body and actions to maintain function (cardiovascular, respiratory, musculoskeletal, central nervous system, gastrointestinal, genitourinary, integumentary, touch/pain, vision, hearing, emotions).	1
Still Doing It: The Intimate Lives of Women over 65	Diredre Fishel, Mind's Eye Productions	2004	New Day Films	54 min.	lives of a diverse spectrum of older women	1
Maggie Growls	Barbara Attie, Janet Goldwater	2002	Women Make Movies	56 min.	portrait of the outrageous Maggie Kuhn (1905-1995) who founded the Gray Panthers	1

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Eye on Healthcare / Alzheimer's Disease: Techniques to Enhance Communication			Primedia Healthcare		The video describes the basics of effective communication. It explains how Alzheimer's disease affects communication skills. It gives strategies for communicating with individuals with Alzheimer's disease as well as methods of communication that should be avoided with persons with Alzheimer's disease.	1
Signs and Symptoms of Depression in the Elderly			Primedia Healthcare		This video allows the person to look at facts about depression and dispelling common myths. By the end of the video a person of depression will be able to define depression, list signs and symptoms and causes of depression. Understand why depression is under diagnosed. Techniques caregivers can use to detect depression and interventions caregivers can use when caring for depressed elderly.	1
In Focus: Helping Elders Avoid Nutritional Deficiencies			Primedia Healthcare		This video discusses different methods to improve nutritional intake, the cycle of aging, how to address and avoid nutritional deficiencies and the need for a multidisciplinary team approach to improve the quality of life for the older adults.	1
Pharmacology and the Elderly, Part 2: CNS			Primedia Healthcare		This tape goes over treatment and management for older adults. It discusses use, dosing and side effects of a typical antipsychotics, anticonvulsants, antidepressants and benzodiazepines for older adults. This video will help differentiate among preferred acceptable and unacceptable CNS, active drugs for the elderly and how to describe potential drug interactions with the use of psychotropics.	1

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Alzheimer's Disease, Level 2 : The New Culture for Treatment		2002	Nevco (National Educational Video)		Dementia is a global problem and it affects older people in every region of the world. This tape examines ethics, behavior management, dalily living, and stress for the caregiver and patient in a caregiving home.	1
In Focus: The Silent Victims of Elder Abuse					By the end of the video one would be able to explain variations of elderly abuse, define signs of an elderly abused victim. Describe social work intervention for the elderly abused and discuss resources and education for preventing elderly abuse.	
Finding Clues to the Right Medicine for the right Patient: Genetics in Glaxo Wellcome Clinical Trials.		1998	Bella International Productions, Inc.	17 min	Some patients react to the same medicine in different ways. Glaxo wellcome genetic research program has clinical trials with identified sample and genetics results of non identified sample research that will look at how a persons genes effect how medicine works in their human bodies and how these genes effect the underlying illness. This will allow genetic researchers to get clues to assign the right medicines for the right patient .	1
Bridging Two Worlds				10 min	A video discussing what happens when the caregiver becomes the patient. How to deal with the anxiety, uncertainty about a life threatening illness and how do their experience impact their relationships with their patients..	1

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The open Road: America looks at aging	Nina Gilden Seavey	2005		1 hr	Video examines the personal and social impact of the impending retirement of America's 77 million baby boomers. Through insightful stories of individuals confronting the obstacles and pursuing the opportunities presented by the "third stage" of life. The Open Road probes the important social, economic, and cultural issues at stake as America undergoes a historic demographic shift. The Open Road is a film that will make people think, talk and plan for the road that lies ahead.	1
When Nights are Longest		1990		30 min		1
Keep Moving...Safely		1987		10 min	This tape goes over the causes of poor vision, posture, balance, walking and what to do to avoid them including changing movement, modifying a home enviroment etc.	3
Quality vs. Quantity: Policy Issues in Home Care Data	Alexis Wilson	1999			A presentation given by Alexis Wilson discussing the "state" of home care in today's enviroment, defining outcomes in patient agency and payer levels as well as identifying strategies to use outcomes information to impact health policy and nursing practice.	1
Functional Assessment of the Elderly Part 1, Part 2					Using functional assessment to understand the need of each individual , basis of early identification problems, give a nursing diagnosis etc. Video discusses the importance of recognizing age related changes in older adults, assesing the interrelatedness of change and using functional assessment data to plan interventions. The vision, hearing and cognitive emotion of patients will be discussed and examined in in this video.	1

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Do's & Don'ts of Distance Learning		1997			A video displaying materials that will enhance the educational experience for distance learning students and instructors. Discusses the importance of preparation, personal appearance, technique style and utilization of technology that are necessary to succeed.	1
UW SON: Northwest Caregivers Town Meeting KCTS Ch 9 Community Members		2004		86 min	A meeting of caregivers and experts in the Healthcare field and nation governors perspective on family conflict, How to handle caregiver stress and respite care.	3
De Tornyar Lecture: Unequal treatment	Dr. Risa Lavizzo-Mourey	2003		1:10	A lecture given by Dr. Risa Lavizzo Mourey where she speaks about a research study she was involved in for understanding and eliminating racial and ethnic in Health Disparities.	5
Whole Foods & Healthy Aging, Healthy Aging Spring Lecture,	Cynthia Lair	2005		1:20	This Spring Lecture given by Cynthia Lair titled "How to be a Pickle and get livelier with age" Discusses some concerns including, Nutritional tendencies in older adults. Defines what a whole food is, what a balanced meal looks like and sensible meal plannings for seniors.	2
Informatics & Long-Term Care	Lynette Jones	2005		60 min	This video talks about three primary types of technology used by health care , product technology, process technology and information technology.	1
Almost Home		2003		90 min	A video speaking about the old nursing homeways from getting people up at 5:30 am to be ready at 8 am to have breakfast and tying them up to A nursing home made almost like a home. The residents are able to choose at what time they want to wake up, what to eat. The nurses there are dressed with regular close and not nursing uniforms etc. This video interviews the caregivers and residents experience in the nursing home.	1

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Women's Health Initiative: Legacy to Future Generations of Women		2004			Women's Health Initiative and their findings about the risks of Hormone Therapy.	1
Healthy Aging Spring Lecture: Part 1: Evaluating the strength of Evidence				50 min,	A lecture given by Andrea Le Croix about guidelines to evaluating studies and trying to determine how true results are in circumstances of studies. Using Hormone therapy as a subject to talk about.	2
Healthy Aging Spring Lecture: Part 2: From prevention Trials to Practice	Andrea LaCroix	1998		60 min	A lecture given by Andrea La Croix on the topic "What 160,000 US women have taught us about staying well. She goes over the Women's Health Initiative and their findings about the risks of Hormone Therapy.	2
Our Jewish Home, What is it & Who is here		1996		55 min	A video preparing nursing students to work in a hospital with a big percent of Jewish people. The video speaks about the Jewish religion, culture. (Kosher, orthodox, reform, conservative etc.)	1
Behavioral Changes in the Elderly Related to Sensory and Mobility Impairments			Primedia Healthcare		Video discusses medical conditions that effect each of the five senses, as well as medical conditions that can significantly impair mobility. It explains why sensory and mobility impairments can cause behavioral manifestations and what behaviors might be seen. The video teaches one how to develop a plan to assist a patient dealing with sensory and mobility impairments.	1
The Aging Mouth: What do we do with it?, UCONJ 440 lecture by James Brudvik DDS				78 min	This tape talks about age related changes in the mouth and how we fit into that category. Goes over the financial aspects of the patient and separates the age related changes in the mouth and the disease related changes in the mouth. The tape talks about aspects of dental office (chair, light etc) and their effect with geriatric patients.	2

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The Basic Care Guide for Elderly Patients: Care Means Caring,				24 min	This video discusses many ways in which caring can be expressed such as body language, touch, tone of voice, talking about the past, and asking the patient how a person is feeling to find any pain and discomfort to address the pain and find ways to make the person comfortable.	1
The Basic Care Guide for Elderly Patients: Vital Signs Plus.				23 min	A video that goes over vital signs and why they are important such as, blood pressure, temperature, pulse and respiratory rate. Mentions when is the right time to mention any important changes to the doctor of the patients vital signs that need immediate attention.	1
The Basic Care Guide for Elderly Patients: Recognizing and Preventing Emergencies.				29 min	A video observing changes that need to be immediately notified to the team leader nurse or doctor. The video looks at cardiac problems, stroke, Diabetes, choking, falls etc.	1
Older Americans: Impact of trends on future directions for Nursing Research	Bazia Belza, Margaret Wooding Baker			24 min, 24 min, 29 min	A lecture given by Bazia Belza and Margaret Baker. The focus of this lecture is to describe the wellness of older americans and nursing research by describing changing trends in aging demographics, tracking progress to date in gerontological nursing research and proposing areas to conduct future research in gerontological research.	1

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Health Points Senior Housing	Mary Liz Chaffee and Rheba de Tornyay	1995	University of Washington Production	27:17:00	Anne Devine interviews two persons in this video in the beginning of the video she speaks with Mary Liz Chaffee a elder care consultant who talks about the right time to move into a nursing home. She discusses services considered useful in current living situations by determining the need of the person. She speaks about resources available in a market place to make a home safer. Second interviewee is Rheba de Tornyay. She speaks about her book written with Heather Young and talks about a variety of subjects concerning the elders such as adjusting their homes etc.	1
Managing and Understanding Behavior Problems in Alzheimer;s Disease and Related Disorders	Linda Teri		Alzheimer's Disease Research Center, University of Washington		A videotape series for caregivers of patients with Alzheimers Disease or Related Disorders;1.) Overview part I: Alzheimer's Disease and related Diseases, 2.) Overview part II: Delirium and Depression, 3.)A,B,C's: An Introduction,4.) Managing Aggressive Behaviors : Anger and Irritation, Catastrophic Reactions, 5.) Managing Psychotic Behaviors: Language Deficits, 6.) Managing Psychotic Behaviors: Hallucinations/Delusions and Paranoia and suspiciousness,7.) Managing Personal Hygiene: Bathing and Dressing, 8.) Managing Difficult Behaviors: Wandering and Inappropriate Sexual Behaviors, 9.) Managing Difficult Behaviors: Depression, 10.) Caregiver Issues	10

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Young At Heart		1987	Montana State University	37 min.	This video is for older adults who want to get in shape and/or for those who can't do weight bearing exercises. All the exercises are shown sitting down. The " Young at Heart" title refers t the exercise program for seniors at MSU. The video begins with a short talk, and then the exercises are demonstrated, enabling the viewers to do them as they watch. The pace is slow and steady.	1
Interview with A Haida Elder		1991	Alaska Native Health	10 min	Interview taped in Ketchikan in February , 1991. The woman interviewed is a full- blooded Haida native who is very knowledgeable about her culture, having done much reasearh on it as well as being raised in the tribe. The first part of the interview is about her personal diffculties associated with her husband's death, and her own aging. The major portion of the video is about the Haida culture, including food traditions, teachings learned by all Haida members, and how elders who are in nursing homes feel isolated culturally because the staff is often not familiar with their ways.	1

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Winter Comforts		1989	Oregon State University	20 min.	<p>This is the poignant story of a 70-year old widow who gradually succumbs to alcohol. Fortunately, the story does not end here and, with the help of a supportive family who recognizes the problem and confronts her, Phyllis does seek professional help. The video consists of a series of photo slides with background commentary and voice-overs of Phyllis and her family. The video is only one part of this program; also included are the individual slides that make up the video and an extensive, detailed guide for conducting a workshop. The program is suitable for use with the staff of senior centers and community programs as well as with older persons and their families.</p>	1
Footcare for Diabetics						1
Healthy Aging: Model Health Promotion Programs for Minority Elders		1990	AARP	46 min.	<p>This tape profiles five successful health promotion programs for minority elders: Hispanic Elders, Pacific/Asian Elders, American Indian Elders, Black Elders, and Multicultural. The tape will provide inspiration and enthusiasm to get your own program started. The overall goal is to make elders in the community active participants while respecting their cultural values and beliefs. Accompanying the video is a helpful booklet that will aid discussion after viewing. For each program, the demographics of the minority group, health issues and program ideas are listed.</p>	1

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Practical Geriatrics, A continuing Medical Education Series		1991	School of Medicine, University of North Carolina at Chapel Hill		This program consists of five topics selected by community physicians as presenting especially challenging problems in their practice. Appropriate audience: residents and fellows; hospital in-service training; interdisciplinary continuing education. Each tape comes with a User's Guide to be used for discussion. The tapes are to be used as a catalyst, a starting point. Focus is on real practice problems of community practitioners. Although these tapes were done in 1991, they are still very useful, as they focus on the problem-solving strategies for each topic, not on specific medical advice that would be out-of-date. Individual tapes run 6-12 minutes. Topics: Depression, Ethical Dilemmas, Family and Social Issues, Atypical Presentation of Illness, and Dementia	1
Identifying and Working with Ethnic Community Networks: Who's Who and How to Find Them	Barbara Thompson	1991		60 min	The information presented will be very helpful for a group or agency that is looking to partner with an ethnic community in order to implement a health program in the ethnic community. Change is more likely to occur when the people affected by a problem are involved in defining and solving the problem; partnership requires participation, not merely representation. Culture is the most important thing to understand – the beliefs, traditions, core values. Also helpful to know is the history of a community's actions – who did what and how. This helps to build on what already exists. There is much more helpful information on this tape. Dr. Thompson notes that you can't go wrong if you understand the community and empower the leaders to form a partnership with you.	1

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A Place of Our Own: Los Angeles Elders		1989	Upstream Productions	13 min	This video is about Native American elders living in Los Angeles and an outreach program established to help them with financial, health, transportation, and to identify any other needs. The title refers to their efforts to establish a community center where they can all gather for programs, meetings, etc.	
Supporting Caregivers and Families in Rural Settings		1992		60 min	This is a very informative and helpful video. At the time of this presentation, Ms. Richards had had 26 years of experience in rural areas, nursing homes and similar agencies, and therefore had abundant knowledge on the topic and many experiences to share.	
Ethical Decision Making				Part 1 48 min, part 2- 35min	Dr. McCormick begins with some history of medical ethics and later includes the interface of ethics and law. There is a lot of information dealing with ethical decisions and quality of life, and establishing a moral and legal framework for decision-making, because one cannot give answers that apply to everyone since each situation is unique. A small portion of the talk was lost during changing of the tapes. Also, questions asked at the end cannot be heard but the answers are heard.)	
Multicultural Perspectives on Aging				60 min	The panel consists of representatives from several Native Alaskan cultures. They talk about their cultures, their upbringing, the old ways and what has changed, been lost, or gained.	

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Spiritual Themes in Aging				60 min	Marty Richards and George Charles are the two main speakers; Marty talks about spirituality and elders in general, and George, an Alaskan Native, relates his experiences with Native Alaskan spirituality, what kinds of changes he has witnessed, the conflict between the old and new cultures and how people adapt. Marty has many experiences with elders and offers new perspectives of the varied ways in which spirituality affects their lives.	1
Medical Decision-Making By and For the Terminally Ill	William D. Collins	1992	Indiana University Medical Education Resource Program	102 min	A distinguished panel of professionals in the fields of medicine, law, ethics and clergy discuss three case studies which demonstrate the difficulties involved in various medical situations. It is interesting to note their individual perspectives based on their experiences and background.	1
Living Younger Longer	Joe Brady	1993		48 min	Practical, non-strenuous exercises. This tape begins by demonstrating a visit with your doctor to show what questions to ask before starting to exercise. There are easy-to-do but effective exercises for all parts of the body, with periodic stops to check your pulse and the difficulty or ease of the exercises completed. Exercises demonstrated are divided into the following categories: warm-ups, basic exercise for daily life, aerobics, coordination, strength, flexibility, mind and body.	1
Important Medical Decisions for the Hmong Community			Western Geriatric Education Center	18 min	The subject is Advanced Directives and the video is in the Hmong language.	1
Important Medical Decisions for the Hispanic Community			Western Geriatric Education Center	16 min	. The subject is advanced directives and the video is in Spanish.	

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Fear of Falling- A Matter of Balance				15 min	This program acknowledges the legitimate concerns older people have about falling, then gently presents a positive approach to the importance of staying active. Through interviews with seniors and expert testimony from medical personnel, the program stresses the health risks of inactivity for older people and suggests ways for seniors to keep moving without jeopardizing their safety. The candor and humor of the seniors who are interviewed in the program provides positive reinforcement of the program's message: Falling is dangerous, but just sitting all the time is more dangerous."	2
Exercise: It's Never Too Late		1995	New England Research Institutes	17 min	This is not an exercise demonstration video; instead it is a friendly, folksy, encouraging and motivating message to exercise. Through talking with seniors and health professionals, the message is that exercise fosters independence and enhances daily living. Excellent video for day care groups and other gatherings of seniors.	1
Depression and the Elderly		1995	Films for the Humanities & Sciences, Inc.	25 min	This is a thorough review of all aspects of depression in the elderly and how it is often not recognized or treated. Often, time and patience are needed to assess the elderly for depression because they come from a generation that didn't talk about their moods and feelings, but they do go to the doctor for physical problems which can be a result of depression. This video provides a lot of practical steps one can take to assess and treat depression, such as hope-inspiring strategies and techniques to stop negative thinking.	1

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Embracing the Rainbow-Mental Health and the Elderly		1996	Arizona Center on Aging at the University of Arizona		This video look at mental health from the cultural perspective – what the various cultures value, what guides them, what gives them strength and how challenges and illnesses are addressed.	1
Mental Health and the Native American Elderly		1996	Arizona Center on Aging at the University of Arizona	25 min	Children are raised with a “watch, listen, beware” credo, and instead of asking “why”, they come to answers on their own from their observations. Native Americans from several different tribes talk about their beliefs, the importance of honor and respect, and the large role that spirituality plays in all aspects of daily living.	1
Mental Health and the Hispanic Elderly		1996	Arizona Center on Aging at the University of Arizona	17 min	Faith, family, and fatalism—the suffering and hardships that are expected as a part of life and embraced—form the cultural foundation in the Hispanic population.	1
Challenges and Rewards: Choices for Healthy Aging: Focus on Individual Choice				1 hr, 50 min	The three parts of this video are: 1. the keynote address – Finding the Fountain of Youth, 2. a presentation on smoking cessation in older adults, and 3. a question and answer period. The talk on smoking is very thorough, covering health consequences, patterns of cigarette use, cessation and obstacles, role of health care providers, methods, and much practical, helpful information.	1
Changing Needs, Changing Hoomes- Adapting Your Home to Fit You			American Occipational Therapy Foundation	16 min	In this video, people with varying disabilities are followed as the process for making changes in theirs homes is demonstrated. This process involves: awareness, determining the needs, determining the solutions, doing the work. Also addressed are barriers and interviews with professionals who can help	1

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Over 60 and Fit			College of South Idaho	39 min	The instructor stresses the importance of exercise, what kinds to do, and precautions to take to avoid injury. The workout, which can be done while sitting, is 30 minutes. It was designed to use at home or in small group settings where no special equipment or clothing is needed except for a hardback chair. All information on this tape has been field-tested during a 15-year old program.	2
Feet can Last a Lifetime- A Video for the Health Care Provider		1995		15 min	Diabetic foot care based on the lower Extremity Amputation Prevention Program, American Diabetes Association. How to assess foot condition, what to do for problems, what to tell the patient he/she needs to do, and how to select footwear.	1
Feet can Last a Lifetime- A Video for the Patient		1995		15 min	Diabetic foot care based on the lower Extremity Amputation Prevention Program, American Diabetes Association, demonstration. Demonstrates foot inspection, what the patient needs to do to care for the foot and prevent problems. There is also a guide to choosing footwear.	1
The sixth Sense: Understanding Sensory Changes and Aging	Arlene Francis	1985	The National Council on Aging, Inc.	27 min	This video begins by telling about the normal sensory changes in aging, what kinds of things happen to each of the five senses and the implications of those changes. The viewer is shown examples of what is called the sixth sense – being sensitive to sensory changes of the elderly around us, and matching/changing their environment and your interactions with them to the elders' capabilities	1

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The Power of the Senior-Community Decision Making in Home and Community-Based Care Services for Older Adults		1996	Mountain States Group	17 min	This video is about how the Hispanic population living in Caldwell, Idaho came together to determine what services they needed and how they would be provided to their elders in a time of diminishing funds. Informational and entertaining.	1
Someone You Love is Dying		1992	Seattle Area Funeral Homes	25 min	The subject is anticipatory grief, but all of the emotions expressed by family members are the same as those experienced after a death of a loved one. In addition to emotions, topics covered are support, helpful intentions of others, caring for yourself, taking care of business, decision-making, quality time, and saying goodbye.	1
A Day in the Life of Nancy Moore- Caring for the Alzheimer's Resident		1990	Duke University	28 min	This video depicts an aide caring for persons with Alzheimer's disease in a special care unit. A subtle but persistent theme throughout the video is the recognition and validation of the critical role of the aide in determining the quality of care.	1
A Prescription for Caregivers- Take Care of Yourself		1998	Terra Nova Films	60 min	. Wendy Lustbader is a nationally known and sought-after speaker on elder care topics. Filmed in front of an audience, this video is packed with humor and stories from real life. Topics include: heeding resentment as a warning of doing too much, the many varieties of guilt, options for self-care, figuring out how much care is "enough", and the importance of humor. Both caregivers and professionals will find in this video a wealth of ideas on how to make life better for both the giver and the receiver of care.	1

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A Thousand Tommorrow's: Intimacy, Sexuality and Alzheimer;s		1995	Terra Nova Films	31 min	. Through candid interviews with spouse caregivers and, where possible, the spouse who has Alzheimer's, this video explores issues such as blurring of roles, changes in behavior affecting intimacy between partners, mismatch of sexual desire and attractions. The video opens up sensitive and sometimes taboo issues surrounding intimacy and Alzheimer's disease so that couples and individuals dealing with these issues can feel more free to talk about them in support groups or with professionals.	1
Depression in Older Adults: The Right to Feel Better		1997	Duke University School of Medicine	30 min	. This video presents interviews with actual patients who have experienced or are experiencing depression in late life, as well as commentary from professionals. The interviews demonstrate the varied causes and effects that can occur in older adults. This video would be of interest to caregivers as well as staff in residential facilities, and is used by a University of Washington professor for her presentations on depression. Topics include prevalence, causation, treatments, suicide risk, issues of nursing homes, and public policy.	1

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Elder Parent Care: The Family Meeting		1995	Northwest Media, Inc	29 min	This video is an instructional docudrama 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. Brief panel discussions highlight key teaching points. The video points out how all family members see the same situation in different ways. There are suggestions on how to approach/resolve common difficulties encountered, and a five-step decision-making process. A good video for caregivers, support groups, and senior citizens' centers.	1
Recognizing and Responding To Emotion in Persons with Dementia		1997	Philadelphia Geriatric Center	22 min	Often in persons with dementia, non-verbal signs are more accurate communications than verbalization. This video teaches caregivers how to understand and decipher facial expressions, vocal signs, and body language. The emotions and signs discussed in detail are interest (engagement in surroundings), anxiety, anger, sadness, and pleasure. This tape would be very helpful to CNAs and anyone who is in frequent contact with Alzheimer patients.	1
Alzheimer's Disease- How Families Cope		1997		28 min	In this program, families who are caregivers provide practical information on how to manage the in-home care of a loved one who has Alzheimer's. Important decisions, such as whether to use outside day care or in-home health aides, are discussed. Several hints on how younger family members can participate in the caregiving include reading or telling stories to the patient. Two Alzheimer's specialists describe the stages of the disease, and discuss how caregivers can modify its effects on both the patient and the family.	1

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Oral Care for the Alzheimer's Patient		1999	Washington State Dental Association	10 min	This video stresses the importance of daily dental care for the patient and demonstrates in detail the techniques to use.	1
Choice and Challenge: Caring for Aggressive Older Adults Across Levels of Care		1998	American Psychiatric Nurses Association	23 min	. A training video accompanied by a booklet that further illustrates the important points made in the video. The tape provides a view of "real people" in "real-life" settings, including care challenges faced by hospital and nursing home personnel. There are also practical solutions to a variety of real life problems experienced by older adults and their care providers.	1
Elder Abuse: America's Growing Crime		1999		16 min	This is a segment from ABC's 20/20 news program with Diane Sawyer. The program helps to raise awareness of elder abuse. Elder Americans suffer neglect, mistreatment, and financial exploitation at the hands of their own families. Some cases of abuse are investigated and interviews with the families are included.	1
Grief, Loss and Older Adults		1997		20 min.	Members of a nursing home staff and a professional speak on grief and loss, what it's like for the elderly who experience multiple losses of many kinds, and how the staff can help. Individuals offer their own stories and those of patients they've worked with.	1
Antipsychotic and Antidepressant Medications and Side Effects		1997		20 min.	This program was designed to address the need and appropriate use of medications and their side effects. It includes guidelines and treatment strategies. Medical terms are explained and various physical side effects are demonstrated by seniors. The video points out how some side effects can be mistaken for other diseases, like Parkinson's, and how to identify them.	1

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Communicating with Severly Confused Older Adults		1997		20 min.	This tape focuses on Stages 6 and 7 in Alzheimer's Disease. It emphasizes a validation approach, staying with what is familiar and comfortable for the patient, keeping activities simple, sensory stimulation – tactile, music, pets – and a willingness to experiment with each individual to find out what works.	1
Alcohol, Drugs, and Seniors: Tarnished Dreams				23 min	Dramatic case-history vignettes illustrate that nowhere is the abuse and misuse of alcohol and drugs more cruelly felt than among older adults. The film shows how overuse of alcohol and drugs by seniors makes it difficult for them to deal effectively with the everyday stresses and strains of life. It teaches that the risk of accident and illness is increased, and that life expectancy is shortened by as much as fifteen years. The seven major warning signs of addiction are shown, and suggestions are given which will help seniors obtain professional assistance. An accompanying insert lists objectives, synopsis, questions to ask before and after showing the film.	1
Dealing with Alzheimer's : A Common Sense Approach to Communication		1990		21 min	In a concise 20 minutes this video teaches how to successfully communicate with someone who has Alzheimer's disease. It also teaches how to respond to the many behavioral changes that Alzheimer's can bring. With knowledge and some simple skills easily learned, caregivers, family, and friends can prolong meaningful communication with someone who has Alzheimer's. There are many helpful suggestions for verbal, non-verbal and handwritten communication.	1

Title	Film maker	Year	Company	Length	Summary	Copies
Nurse's Aide: Making a Difference		1991	University of Texas Medical Center	30 min	Using a talk show format, this video introduces basic concepts for handling some of the difficult behaviors of dementia residents. Presentations are interspersed with vignettes of residents demonstrating behavioral deficits or excesses and aides experimenting with different interventions. Basic and simplified, the information can be helpful for anyone who doesn't know how to get past patients' difficult behaviors.	1
Quality of Life: An Introduction		1996	Elder Care Communications	16 min	Maintaining each resident's right as a person is what constitutes their highest quality of life. Maximizing the full potential of each resident can significantly impact resident health and happiness. This comprehensive overview is for staff members in every department of a long term care facility. Slice-of-life vignettes help staff and viewers recognize the factors contributing to the quality of life.	1
Ethnic Communities and Dementia: Making a Difference		2000	WA State DHHS, US Administration on Aging	17 min	This video shows how Alzheimer's/dementia is perceived in the Chinese, Korean, Native American, and Latino communities. There are interviews with the various leaders in their community and visits with elders in their homes and day care centers. A short, interesting overview.	1

Title	Film maker	Year	Company	Length	Summary	Copies
Wake Up, America: A Sleep Alert				24 min,	Sleep disorders are a national problem, affecting millions and resulting in untold accidents. This program covers the functions of sleep and why some people need more sleep than others, circadian rhythm, sleep apnea, insomnia, and narcolepsy, signs and symptoms of a sleep disorder and what factors affect sleep patterns, and sleep medications. This video is about sleep disorders affecting all ages, not just the elderly, and is a general overview for a wide audience.	1
Healing the Spirit- Treatment of Depression Among the Asian Elderly		2005	Asian Pacific Fund	19 min	Asian elderly women have the highest suicide rate of any group in America. One cause is depression. To help families and caregivers learn about depression among Asian elderly, the symptoms and effects for Asians and the ways to get help, this video profiles Chinese, Filipino and Japanese American patients, their family members and social workers. Amy Tan, author of "The Joy Luck Club," offers insights about her mother and grandmother who struggled with this disease.	1
Substance Abuse in the Elderly			Darmouth-Hitchcock Medical Center Production	29 min	From the cover notes: "Faced with complex regimens of medication and diminished tolerances for alcohol, many elderly Americans run the risk of falling into the trap of substance abuse." In this video, we listen to three former alcoholics and how they dealt with their challenges to get and remain sober. It's noted that the elderly respond well to treatment but they don't come in for it. From a review: ". . . effective in identifying the warning signs of addiction and alerting an elderly audience to the problems of substance abuse."	1

Title	Film maker	Year	Company	Length	Summary	Copies
Keep Moving with Arthritis		1997	Arthritis Foundation	15 min	This video is informative and encouraging. Demonstrated are the three parts of exercise – warm-up, endurance, and cool-down. Also shown is the “FIT” rule – frequency, intensity, and time. All exercises are illustrated.	1
Grief in America		1997		57 min	This video presents interviews with a number of nationally recognized authorities on the grieving process who examine some common myths about grieving, the importance of social supports, the impact of ethnic traditions regarding grief, and the social costs of unresolved grieving. From one reviewer: “Provides solid, accurate information on the nature of grief, and does a tasteful job in reflecting our multicultural reality and the diversity in the types of death and types of relationships involved with grief in contemporary American society.”	1
No Easy Answer: Moving Beyond The Guilt. Helping Families Work Through the Difficult Emotions that Follow Placing A Parent in Long Term Care		1993		23 min	. A sensitive, caring guide for families as they struggle with feelings of post-placement guilt and anxiety. Viewers will learn to identify their feelings and discover how those feelings affect behavior and relationships. Included are positive and productive coping behaviors and the importance of self-nurturing. The video can be shown to both large-group family council sessions and one-on-one counseling with troubled family members. Includes a facilitator’s guide.	1

Title	Film maker	Year	Company	Length	Summary	Copies
Dementia with Dignity. Caring for Alzheimer's Disease and Other Forms of Dementia		1993		60 min	This video is a practical guide and training tool for both professional and family caregivers, and shows how the quality of life for persons with dementia can be enhanced when caregivers: understand the various effects of dementia; learn how to communicate and respond to the specialized needs of the person behind the illness; and, strengthen and encourage use of the remaining skills the person has in order to build self-esteem and stimulate intellectual abilities. The video stresses the importance of creating a safe, familiar environment, and accepting person with dementia "as they are", rather than trying to force changes. It also is presented in clear language, with real-life situations, and a practical approach.	1
Pain in Cognitively Impaired Seniors: Assessment and Management		2003		40 min	This video shows how to meet the challenge of communicating with cognitively impaired older adults when it comes to assessing and managing pain in the long-term care environment. It provides a simple, yet effective, process to help caregivers properly assess and manage pain, even when dealing with non-communicative, severely impaired older adults. Caregivers will learn how to apply proven methods that will reduce communication barriers, and enhance quality of life for cognitively impaired older adults by providing appropriate pain relief regimens. Note: for approximately the first 10 minutes there are many statistics presented illustrating the need for better communication, but the helpful strategies are eventually provided.	

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Understanding and Managing Parkinson's Disease- A Program for HealthCare Professionals		2003		90 min	This program is intended for health care providers within the Veterans Healthcare Administration and private sector who are involved in diagnosing and treating people with Parkinson's disease and those who work with older adults. This includes but is not limited to physicians, nurses, and therapists. The tapes are of a national teleconference broadcasted in November, 2003. At the conclusion of the broadcast the learner will: analyze the pathophysiology of Parkinson's disease; identify the cardinal and secondary signs and symptoms of Parkinson's; discuss the treatment guidelines for prescribing and administering anti-parkinsonian medications and the need for individualized treatment regimens; identify medications that should be avoided; recognize the psychosocial issues facing patients and their families and the services, support programs and educational materials that are available. These are just a few of 28 listed objective outcomes.	1
Midlife Dilemmas: Are My Parents Safe to Drive?			Terra Nova Films	22 min	This video uses brief vignettes to present three different family situations in which adult children must deal with growing concerns about the driving capability of an aging parent. Each story documents the result of an intervention by a healthcare professional and includes potential solutions. Each vignette becomes a valuable tool to 1.) initiate discussion on older adults and driving safety, and 2.) shows the long-reaching impact of these decisions on both the older adult and their family members. Ideal for healthcare professionals, service providers, and students.	1

Title	Film maker	Year	Company	Length	Summary	Copies
Forward in Time: Productive Aging in America		2003	Parallel Lines	58 min	Hosted by actress Mercedes Ruehl, the focus of this video is the experience of aging and the potential for productive and creative aging in America. It profiles a variety of seniors in their 60s, 70s, and 80s who are examples of the potential for productive and creative aging in America upon retirement. The footage reflects the 80% of active and healthy seniors who utilize productive aging skills and techniques to enjoy a higher quality of life and more creative retirement. Some important points are made in regard to planning for retirement, and overall, the video gives a very positive, as well as realistic, view of what's possible in the "last third" of your life.	
Our Parents, Ourselves		1998	Parallel Lines	56 min.	Hosted by Shelley Fabares and produced in cooperation with PBS affiliate KRCB TV, this award-winning program was broadcast on more than 170 PBS affiliates in 47 states around the country between 1998 and 2000. The focus of this program is the caregiving issues that affected millions of working adults and their aging dependent relatives. Caregivers and anyone who has ever had to juggle their work and family responsibilities will want to watch this updated, but still relevant examination of the complex relationship between adult children and their parents. The program illustrates the experiences of caregivers you can relate to as well as showcasing practical ways to deal with these stressful emotional issues, as well as what the public and private sectors are doing to help.	

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Substance Abuse in Older Adults			Department of Veterans Affairs Employee Education System and Geriatric Education Centers		This series is a taping of a 3-part telehealth program that took place in April, 2005. It consists of various panel members who are professionals in the field from the VA Healthcare System and university medical centers. The series can be used for training purposes or general interest. The companion module lists the Learning Objectives and provides copies of all the slides used during the program	
What's Age Got to Do With It?		2003	Yukon Society of Transition Houses	14 min	This video looks at the devastating effects of various forms of abuse upon older women in our society. While abuse of older men is a very serious concern as well, studies have shown that 2/3 of "elder abuse" victims are actually women. The gender neutral term "elder abuse" tends to obscure that important fact. The video examines abuse within intimate or spousal relationships as well as abuse by adult children.	
Advance Care Planning- Step by Step Guide and Resource for Caregivers and Health Professionals Providing Aging Counseling			University of Carolina Geriatric Education Center		<a href="http://viper.med.unc.edu/acp">This educational model provides comprehensive instruction on advance care planning, the process of planning for the end of life. It is written primarily for physicians, health professionals and health professional students, preferably in their clinical years. The module can also be used by anyone interested in learning about advance care planning and those who wish to make an advance care plan. This CD ROM provides the tools and forms necessary to do that. The module is also available online at <a href="http://viper.med.unc.edu/acp">http://viper.med.unc.edu/acp</a>.</a>	

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Mental Health Aspects of Diabetes in Elders from Diverse Ethnic Backgrounds		2005	Stanford Geriatric Education Center Primedia Healthcare		This curriculum was developed as a resource for teaching culturally appropriate care for depression and cognitive loss for elders at high risk for diabetes. It includes objective and comprehensive, evidence-based content on the following topics: Overview of depression and cognitive loss/dementia in elders with diabetes; Risk, culturally appropriate assessment and interventions for diabetes, depression, and cognitive loss or dementia in the following older populations: African American, American Indian, Chinese American, Filipino American, Hmong American, Japanese American, and Mexican American; Cross-cultural issues related to sensory impairment due to diabetes in emergencies. Also included are power point slides with the major points for each section. Requirements: Microsoft Power-Point Application and Adobe Acrobat Reader.	1