

Videos and DVDs available at the Yohe Library at SCC in West Burlington

Videos (VHS Format)

- At Death's Door – Facing the Terminal Illness of a Loved One** 35 minutes
This video will help you acknowledge your emotions about the terminal illness of someone you love, and will guide you in living fully with your loved one through the last months, weeks, or days of your time together.
- A Prescription for Caregivers: Take Care of Yourself** 60 minutes
Filmed in front of a live audience of caregivers, this video blends 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.
- By Your Side – Home Care for Older Adults** 35 minutes
This program tells the stories of three families who are dealing with the following issues: the toll disease takes on a well spouse, how professionals can supplement the love and care a family provides for an elderly family member, how a family can face end-of-life issues with the support of a hospice program, networking with other families, and managing home care nurses and aides.
- Activities of Daily Living: Nine Ways Not to Get Hurt** 18 minutes
Designed to promote resident and caregiver safety in connection with activities of daily living, this video stresses nine fundamentals: come prepared, know the resident, involve the resident, stay focused on the details, prevent slips and trips, work as a team, use available equipment, protect your back, have a 100% commitment to safe practices.
- Dealing With Alzheimer's: A Common Sense Approach to Communication** 21 minutes
This video teaches how to successfully communicate with someone who has Alzheimer's disease. It also teaches how to respond to the many behavior 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.
- You're Not Alone – Coping With the Death of a Spouse** 38 minutes
This video is for the newly bereaved. It focuses on the immediate feelings of shock, grief, anger and numbness, as well as the ongoing fear of being alone.
- Grown-Up Tears – Adults Grieving the Death of a Parent** 28 minutes
This video explores how adults feel and cope with the loss of a parent through the eyes and experiences of seven individuals, with the support of three professionals. The participants share stories of what life was like at the actual moment of death as well as their anticipation of the death of the parent.
- Nutrition & Aging – A Journey of Discovery** 29 minutes
Understanding good nutrition and making adjustments to our diet is vital to successful aging. This video program provides information and advice on how proper nutrition can improve your life.
- Enlighten – A New Light on Depression in Older Adults** 21 minutes
Depression is not a normal consequence of aging or a weakness of character. This video tells real stories of people who faced the facts about depression and who, with professional help and the support of their families, have traveled the road from hopelessness to a renewed interest in life. A geriatric psychiatrist discusses the signs and symptoms of depression, risk factors, and treatment options.
- Separated by Time and Distance – Long Distance Caregiving** 25 minutes
Nearly 7 million Americans are long-distance caregivers for their loved ones. This video explores several dilemmas and solutions to dealing with caregiving from afar.
- Respite Care – Caring for the Caregiver** 25 minutes
Without scheduled respite, caregivers run the risk of burnout, exhaustion or other stress-related illness, thus endangering the very person they are caring for. This video covers a variety of respite scenarios and explores safeguarding the wellbeing of caregivers.

& Thou Shalt Honor

Part 1 52 minutes

Part 2 64 minutes

This award winning film looks at every conceivable issue about caregiving. Objectives of the video are: to share the stories of formal and informal caregivers, to describe the different types of caregiving from long distance to nursing home care, and to provide guidelines and information on caregiving, including websites.

My Mother, My Father

33 minutes

This celebrated documentary takes a candid look at four families and their deep and often conflicting feelings as they deal with the stresses and changes involved in caring for an aging parent.

The Art of Listening in a Healing Way

46 minutes

This video describes what healing listening is, how it differs from other kinds of listening, then offers a series of principles that underlie it. It may be used as a training tool in its entirety or in five free-standing sections. It is ideal for use with both professional and family caregivers.

Elder Abuse and Neglect

29 minutes

This program addresses elder abuse in the elder's family home. It addresses the risk factors for elder abuse and defines its complexities. This video is designed as a training tool for home health agencies, hospices, community service agencies, and others who train professional and family caregivers.

Aging Well: Memory and Movement

27 minutes

This video examines alternative therapies to counter memory loss. It also examines the use of tai chi to maintain flexibility and balance for elders. Specific techniques are discussed with doctors and patients.

Developing Cultural Competence

40 minutes

This video explores how cultural beliefs and values affect the quality of health care. Health care providers will learn communication and behavioral tools that foster respect, cooperation and sensitivity.

Substance Abuse in the Elderly

28 minutes

This program profiles older Americans dealing with substance abuse issues and shows some innovative programs created specifically for the elderly.

Aging in America: The Years Ahead

56 minutes

Through a series of intimate stories, this film humanizes the rewards and challenges faced by our elders every day. From an 80-year-old couple getting married to the riveting story of two older men who struggle to care for each other, this film is an intimate and moving account of what it means to grow old. Topics covered include: active living, caregiving for frail elders, geriatric prison wards, end-of-life care, losing a mate, and socializing for singles.

The Aging Game

25 minutes

In The Aging Game, medical school students are transformed into frail elders and experience life as patients and nursing home residents. This video is a must see for nursing home staff and anyone who works with elders.

Bringing the Circle Together

56 minutes

Four men in their 90's share their wisdom, compassion and reflections. Coming from all walks of life, they express their views on old age and its challenges, death, money, work, and the qualities they have come to find most essential in life.

Learning to Fly – The Wings of Possibilities

28 minutes

Acclaimed author and philosopher Sam Keen presents an exhilarating look at the flying trapeze and at the potential it offers for growth and transformation. Keen imparts moving revelations about risk taking, trust, bravado, true strength, falling, and letting go.

Palliative Care and the Elderly

16 minutes

This video is about terminally ill patients and their connection with animals. A paralyzed dog becomes an inspiration to help those who are ill and dying. The dog visits patients with AIDS and other terminal illnesses sharing her love.

Late Life Depression

28 minutes

The central message of this program is that depression is not an automatic part of aging. Three elderly people tell stories of how they coped with major depression, offering their experience and advice.

How to Choose a Nursing Home

30 minutes

This video offers a step-by-step method to assist in the selection of a skilled nursing facility. There is a guided on-site tour of a nursing home along with an overview of terms, resources and financial considerations including Medicaid and Medicare.

Compassionate Touch - Healing With the Power of Touch

22 minutes

This video highlights the importance of touch in one's healing and how it can help to alleviate touch deprivation, isolation and loneliness for residents of long-term care facilities. Recommended for nursing homes and hospice.

Spiritual Caregiving: Finding Truth and Meaning

25 minutes

Spiritual leaders of different faiths and communities share examples of how strength is achieved even through the most difficult part of our caregiving journeys. Among the spiritual caregivers portrayed is a pastor who ministers to the elderly in Minnesota and a church sponsored AIDS Support Group in California.

Contact Southeast Iowa Area Agency on Aging, Inc. at 319-752-5433 or 800-292-1268 for information on how to obtain a library card.

DVDs**How to Communicate with Someone Who Has Aphasia**

24 minutes

This program defines aphasia and its effects. Techniques on communication developed by speech-language pathologists and others in the field of communication and speech disorders are included. An outline of the film's contents and testing materials is available for agencies interested in using this program for continuing education credits. It is the responsibility of the borrower to present the outline for CEU approval and for all steps and costs related to CEUs. Call the Area Agency on Aging to request a copy of the written material.

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

43 minutes

This program explores typical issues that occur in mid to late stages of Alzheimer's. It will help you to find solutions that can be applied to your own caregiving situation. Topics include physiological and behavioral changes, activities, tolerance levels, sexuality and intimacy, and pain management. An outline of the film's contents and testing materials is available for agencies interested in using this program for continuing education credits. It is the responsibility of the borrower to present the outline for CEU approval and for all steps and costs related to CEUs. Call the Area Agency on Aging to request a copy of the written material.

When Your Parent Needs You – Caring for an Aging Parent

35 minutes

This powerful film acknowledges that caring for an aging parent is an all-encompassing experience that affects every aspect of life. Through interviews with caregivers and experts on aging, this film addresses issues such as becoming your parent's caregiver, balancing work and personal life with the never-ending tasks of caregiving, coping with the negative emotions and anxieties, and caring with compassion.

Adapting Homes to Successfully Age in Place

27 minutes

Older adults often live in homes in need of significant repair and/or modification. Many homes lack the functional design needed to accommodate for the losses frequently experienced by older adults. Since many older persons wish to remain in their own home it is important to know how to adapt the home environment to successfully age in place.

Living With Hospice – The Inside Story

29 minutes

A poignant, award-winning documentary by producer Daniel Bergin spotlights stories of families, patients and caregivers and their experiences with hospice. Their stories provide a rare opportunity to hear about dying as a time of comfort, acceptance, love and healing.

Spiritual Healing...Healing From Within

30 minutes

This film explores whether one's faith or beliefs have an impact on illness. Dr. Torman speaks with Dr. Deepak Chopra, Dr. Lewis Mehl-Madronna, Dr. Kenneth Pelletier, and Naomi Judd. The current state of research in spirituality and healing is one of the issues reviewed in this program.

Learn to Speak Alzheimer's**An Introduction to the Habilitation Approach to Care**

32 minutes

This film, featuring Alzheimer expert Joanne Koenig Coste, M.Ed., introduces the key concept and philosophies of her pioneering form of care – habilitation. This simple, compassionate and uncomplicated approach to care addresses the needs of the Alzheimer person and creates an environment in which both the patient and carepartner can transcend the disease.

The Art of Aging: Growing Older With Grace

25 minutes

A new generation of maturing adults has a chance to learn from poor health practices of the past, including obesity, lack of exercise and mental stagnation. Now, new research promises more effective strategies for aging well. Physician experts explore the role of physical activity, maintaining strong bones and engaging in social and intellectual interactions in healthy aging.

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