

# Area Agency on Aging PSA9

Caregiver Support Program

Lending Library Catalog





# Books

## **250 Tips for Making Life with Arthritis Easier**

These tips were carefully chosen and reviewed by physicians, occupational therapists, and physical therapists to ensure that the information provided in this book is as helpful as possible.

## **300 Tips for Making Life with MS Easier**

Tips, techniques, and shortcuts for multiple sclerosis. Provides guiding principles for labor-saving suggestions that everyone with a chronic medical condition like MS should know. Examples include alternating periods of activity with periods of rest, planning ahead, and taking advantage of labor-saving devices and new technology.

## **A Caregiver's Guide to Giving Medicines**

A handy reference designed to guide non-licensed caregivers in assisting with medications.

## **Alzheimer's Activities**

Contains creative ideas for everyday and special-occasion activities, caregivers' anecdotes, helpful tips, interesting facts, and encouragement.

## **Alzheimer's Disease: A Handbook for Caregivers**

Contains a wealth of practical information about the effects of Alzheimer's on the patient's day-to-day life. Offers detailed descriptions of the stages of the disease, the options for treatment, and the effects of other mental and physical characteristics. Also offers valuable suggestions for approaching issues such as nutrition, sleep habits, and therapy.

## **Alzheimer's: The Answers You Need**

It is written for people in the early stages of Alzheimer's disease and their caregivers. Provides helpful answers to the questions raised by newly-diagnosed, early-stage patients including: How will my diagnosis affect my family? How will Alzheimer's change my marriage? Should we tell our friends? Can I continue to work? Can I continue to handle my finances? Will Alzheimer's affect my driving? How can I fill my free time?

## **Approaching Death**

Reflects a wide-range effort to understand what we know about care at the end of life, what we have yet to learn, and what we know but do not adequately apply. Seeks to build understanding of what constitutes good care for the dying and offers recommendations to decision makers that address specific barriers to achieving good care.

## **As Parents Age**

What happens as a parent ages? Coming to terms with your parent's aging. The impact on the family. What to do if your aging parent has a mental problem. Helping your parent stay at home for as long as possible. When a parent must leave home. Making end-of-life decisions. When a parent is gone.

## **A Touch of Wonder**

The author lifts you out of the ordinary, the humdrum, and the mundane- into an exhilarating new awareness of the wonderful world in which we live. It celebrates the beauty hidden in things which do not usually merit a second glance.

### **Balancing Work and Caregiving for Children, Adults, and Elders**

Explore how employees with caregiver roles juggle the responsibilities of work and family. It suggests that, in our current socio/economic reality, dependent care needs to be addressed as a corporate, family, and community concern.

### **Bathing Without a Battle: Personal Care of Individuals with Dementia**

Provides practice guidelines, transfer techniques, lists of suppliers of bathing equipment, and the description of a complete training program for direct caregivers. Based on extensive original research and clinical experience, these strategies and techniques work both in the institution and home settings.

### **Caregiver's Reprieve**

A guide to emotional survival when you're caring for someone you love. A practical look at the emotional challenges for caring for an aged or chronically ill loved one.

### **Caregiving: A Step-By-Step Resource for Caring for the Person with Cancer at Home**

The practical guide offers manageable solutions to the many conditions and situations caregivers may face, from physical and emotional conditions, dealing with health care providers and insurance carriers, to take care of their own needs as well as those of the patients. Easy to use, this handy reference offers thorough, concise checklists, questions to ask, signs and symptoms to note, and where to turn for more help.

### **Caregiving: The Spiritual Journey of Love, Loss, and Renewal**

Explores medical and financial problems, all aspects of spirituality, and such issues as depression, stress, housing, home care, and end-of-life concerns.

### **Caring For an Aging Parent**

A story of one woman's pilgrimage in facing the challenge of caring for an elderly parent with responsibility, courage, love, and faith.

### **Caring For the Parkinson Patient**

Provides new information and valuable suggestion relating to virtually every concern faced by Parkinson's sufferers, family members, and caregivers.

### **Caring for Yourself While Caring For Your Aging Parents-How to Help, How to Survive**

Readers will understand that they are not alone and that there is much they can do help themselves and their parents through the stressful and humbling challenges that so many of us face today.

### **Care That Works A Relationship Approach to Persons with Dementia**

Offers practical and much-needed advice for those caring for persons with Alzheimer disease. Gives caregivers information so they can develop their own approaches, evaluates their effectiveness, and continue to grow in skill and insight.

### **Cerebral Palsy: A complete Guide for Caregiving**

Addresses the many complexities and uncertainties related to the diagnosis of cerebral palsy. Is a comprehensive and authoritative encyclopedia. Provides a wealth of practical advice about caregiving and explain medical terms and diagnoses, surgical procedures, orthopedic devices, and assistive technologies.

### **Challenging Behaviour in Dementia: A Person-Centered Approach**

Contrast the medical interpretation that sees disruptive behaviour as mere symptoms of disease with a person-centered interpretation that resonates change and resolution. This radical and innovative interpretation of challenging behaviour is consistent with the new culture of dementia care, focusing on needs to be met rather than problems to be solved.

### **Choices at the End of Life**

Whether your parents are healthy or frail, now is the time to find out what they would want in a medical emergency, determine who will speak for them if they can not speak for themselves, and ensure that their wishes are written down in a living will or healthcare directive. Provides simple guidelines of discussion.

### **Counseling the Alzheimer's Caregiver (A Resource for Health Care Professionals)**

The vignettes used throughout the book are composites of real people and caregiving situations and show how patient and caregiver well-being can be improved with counseling and support.

### **"Do I Know You?" Living Through the End of a Parents Life**

Is a clear-eyed account of one woman's neurological slide into advanced senility? In trying to come to terms with her mother's life, the author goes to the heart, not only of our culture's fear and ignorance of growing old but the texture of aging itself.

### **Dressing Tips and Clothing Resources for Making Life Easier**

Makes the task of dressing more manageable. Provides information about; how to shop easier, how to make dressing yourself or someone else easier and more pleasant, and provides an up-to-date resource directory of mail-order companies that offer fashionable, ready-to-wear garments, and helpful accessories and adaptive devices designed with easy dressing in mind.

### **Elder Care: A Six Step Guide to Balancing Work and Family**

Provides insight and guidance for the employee who is or will be arranging care for an older parent or loved one who is sick or disabled. This guide can help you with the elder care/work balancing act. It starts with a definition of effective caregiving and sets out four principles that can help make the caregiving experience be a positive one.

### **Elder Rage or Take My Father... Please!**

You will discover: How to get a correct diagnosis and the proper medications. Behavior modification techniques for handling difficult elders. Valuable advice and resources to make caring for you loved one easier.

### **Estate planning**

The five-minute lawyer's guide. Do I need a will? How can I get my fair share of an inheritance? Do I really need life insurance? How can I avoid probate?

### **Family Caregiver Guide**

A comprehensive handbook for caring for your loved one at home.

## **Family Realities**

Learn how to simplify the process of helping aging parents, clearing out the family home, dividing and shipping family property, thoughtfully handling estate matters, planning ahead, and knowing what to do immediately following death.

## **Final Gifts-Understanding the Special Awareness Needs & Communications of the Dying**

Provides stories showing how the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; you will gain new insight into the leave-taking process.

## **Free Money and Services for Seniors and Their Families**

Contains over 1,000 sources of free financial aid, listings of hundreds of government, community, and private organizations, clear step-by-step instructions for assessing your needs and making legal arrangements, and smart ways to choose at-home and alternative housing for self-sufficient seniors or those needing special care.

## **Gifts from the Heart**

Filled with over 200 reflections on the emotional, spiritual, and humorous aspects of sharing final gifts with aging parents.

## **Grief Expressed-When a Mate Dies**

Presents an original and personal approach to dealing with grief. It deals with a wide range of emotions and issues, such as loneliness, insecurity, friends, finance, sleeplessness, disasters, health, and anniversaries. Various vehicles are used, including journal and letter writing, affirmations, a calendar, memory quilt, and worry wheel.

## **Guide to Home Caregiving**

Provides information to take the best care of an elderly, ill, or disabled person in a home setting. Explains essentials such as giving medications, maintaining hygiene, choosing a home healthcare provider, information about Medicare, Medicaid, and long-term care insurance, and caring for yourself, the caregiver.

## **Handbook on Dementia Caregiving**

Reviews the existing knowledge about dementia caregiving and provides a conceptual framework for organizing caregiver intervention of all types. Includes a discussion of how to translate intervention research into public policy, with an assessment of the future of caregiving and caregiving intervention research.

## **Health Boosters for Seniors**

Can help you discover; the incredible healing powers of the common foods around you, 10 strategies that will dramatically reduce your cancer risk, a dozen simple ways to defeat fatigue, 10 potent herbs that can boost your brain-power, fight infections, slow aging, 21 ways to beat back pain, the yoga cure for arthritis, and 13 exams that are absolutely essential to good health.

## **Happiness Is a Choice**

A manual on the symptoms, causes, and cures of depression. It explores the complex and subtle relationships between spiritual life and psychological health. Basic steps and guidelines for recovering from depression and maintaining a happy, fulfilling, and meaningful life are spelled out.

### **Home Remedies and Healing Techniques**

Can help you discover; how a pencil and a newspaper clipping can improve your vision, why liquid flu remedies can actually be risky, the one vitamin that can curb hot flashes, how eating an onion can calm your ulcer, the herbal cure for colds, 23 ways to renew your sex life, and how flipping a switch can stop your stress.

### **How To Care for Aging Parents**

Resource on the medical, emotional, legal, and financial issues involved in caring for and elderly parent.

### **How To Go On Living When Someone You Love Dies**

Will help you learn to understand and resolve your grief, talk to children about death, resolve unfinished business, take care of yourself, accept the help and support of others, get through holidays and other difficult times of the year, and plan funerals and personal bereavement rituals.

### **I'll Take Care of You-A Practical Guide for Family Caregivers**

It is a clear and cogent guide to the complex reality of caregiving.

### **In a Tangled Wood An Alzheimer's Journey**

Goes inside an Alzheimer's unit and shows a world where life occurs in its most simple form. Shows that the struggle against Alzheimer's disease can be combined with moving acceptance care for its victims.

### **Keeping them Healthy, Keeping Them Home: How To Care For Your Loved Ones At Home**

Provides simple, practical solutions to your most frustrating problems. Presents time-saving "game plans" from dealing with emergencies to safe-proofing your home to handling insurance companies. Helps with battling emotional and physical fatigue while providing quality care to your loved ones.

### **Learning to Speak Alzheimer's**

#### **(A groundbreaking approach for everyone dealing with the disease)**

Promotes the philosophy of living in the patients' world.

### **Living with Stroke, A Guide for Families**

Offers sound, practical information on the latest available medications and treatment and comforting advice to help you and your loved ones rebuild your spirits and your lives. Is a valuable resource, covering a range of topics from physical, behavioral, and cognitive treatments to what you should expect and look for in rehabilitation and therapy assistance.

### **Management of Challenging Behaviors In Dementia**

It presents a cohesive care philosophy describing proven ways to eliminate or reduce challenging behaviors by addressing their underlying causes within four critical areas: caregiving practices, physical environment, social environment, medical treatment.

### **My Mother's Voice (dementia)**

Covers the entire spectrum of Alzheimer's. It is not a guide book or a how-to, but rather how the author did it.

### **Nobody's Child Anymore**

Grieving, caring and comfort when parents die.

## **Nursing Homes, getting good care there**

This consumer action guide will help you with dozens of specific strategies, questions to ask, checklists, standards of care, detailed examples, and patient's rights.

## **On The Edge of Darkness**

Through this book on chronic depression, you will learn: What to do when the sadness will not go away. How "down times" affect marriage, family life, and careers. Why women are most vulnerable to unipolar disorder. How substance abuse can mask the symptoms of depression. The latest therapeutic options for children who are affected by their own or a parent's illness. Which effective new treatments can lift the burden of depression.

## **Parkinson's Disease 300 Tips for Making Life Easier**

Tips, techniques, and shortcuts for Parkinson's disease, such as personal care, grooming, meal preparation, swallowing tips, home safety, exercise, travel, record keeping, and medications.

## **Parkinson's disease and Quality of Life**

Discusses issues such as accessing benefits, intimacy, genetic counseling, animals in scientific research, insurance, maximizing independence, lesion surgery, oral health, family life, GI problems, self care, and medical expenses and taxes.

## **Parkinson's Disease: Caring and Coping**

Provides information about issues such as Parkinson partners, extended family, activities of daily living, and support networks.

## **Parkinson's Disease: Fitness Counts**

Provides information about issues such as home exercise programs, stretching, strengthening, conditioning, position changes, improving gait and balance, environmental modifications for safety and comfort, leisure activities, complementary therapies, and physical and occupational therapy.

## **Parkinson's Disease: Medications**

Provides information about issues such as pharmacotherapy, levodopa, adjunctive medications, hope for neuroprotection, disorders of mood and cognition, sleep disorders, ancillary health issues, new drugs, and alternative medicine.

## **Parkinson's Disease: Nutrition Matters**

Provides information about issues such as optimal nutrition, protein, levodopa, constipation, bone health, weight loss, and shopping lists.

## **Parkinson's Disease: Speaking Out**

Provides information about issues such as communication issues, anatomy of speech production, personal assessment tools, memory and concentration, improving swallow function, getting the help you need, and includes communication practice sets.

## **Parkinson's Disease: What You and Your Family Should Know**

Provides information about issues such as basic understandings of Parkinson's disease, establishing the diagnosis, medical and surgical treatment options, health maintenance, special concerns of young-onset patients, and getting to know the National Parkinson Foundation.

### **Quick Tips for Caregivers**

This is an information-packed book that will provide you with all of the hands-on caregiving advice you will need everyday.

### **Raising Our Children's Children**

Explores the challenges, hardships, and rewards faced by grandparents parenting their grandchildren.

### **Respecting Your Limits When Caring For Aging Parents**

Practical and compassionate advice on how to provide appropriate care for our aging parents without ruining our lives. Explains how to understand and accept the limits of what we can do for our parents.

### **Seniors Guide to Good Nutrition**

Can help you discover; nearly 100 tasty foods that will protect your heart, fortify your bones, boost your immunity and bring out your beauty, why your mind makes you crave the foods you do and how to overcome it, how to dine well when you are at a party, on a plane, in your favorite restaurant, or with the kids or grandkids at the local burger barn, 50 low-fat foods that will help you melt off the pounds, how to ease into good nutrition by making small, painless adjustments to your diet.

### **Susie & Herman A Story Of Love and Caregiving**

A story for a person juggling a job and a family, as well as multiple other responsibilities and commitments, yet nonetheless dedicated to caring for elderly parents or other dependent family members.

### **Talking About Aphasia**

Living with loss of language after stroke. Unique insight into the struggle of living with aphasia.

### **Talking to Alzheimer's**

Provides tools for effective, meaningful, and mutually rewarding communication with the person with Alzheimer's in your life.

### **Taking Care of Aging Family Members**

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.

### **Taking Care of Caregivers**

Inspires and empowers caregivers so that they can maintain their own health, happiness, and sanity in order to provide loving care for the person who is ill. Includes a range of topics such as needs of caregivers, communication and feelings, grief and its various phases, sharing and support, and stress management techniques for everyone involved.

### **Taking Time for Me**

How caregivers can effectively deal with stress. Demonstrates that caregivers can overcome their personal conflicts and develop innovative ways of renewing their strength without jeopardizing the well-being of those that depend on them.

### **The 36-Hour Day**

When someone in your family suffers from Alzheimer disease or other related memory loss diseases, both you and your loved one face immense challenges. For over twenty years, this book has been the trusted bible for families affected by dementia disorders. This authoritative guide provides all the practical and specific advice you need to make care easier, improve quality of life, and lift the whole family's spirits. It features the latest medical research and news on current delivery of care, with new appendices including Web site and association listings.

### **The Alzheimer's Activities Guide by Forest Pharmaceuticals, Inc.**

A caregiver's guide to daily activities for people with Alzheimer's disease

### **The Americans Bar Association: Legal Guide For Older Americans**

The complete and easy guide to understanding the financial, health, and family issues confronting every American over the age of fifty.

### **The Art of Calm**

Offers simple and practical suggestions to consciously remind you to live in the present moment and relax.

### **The Caregiver's Sourcebook**

Everything caregivers need to know about the importance of caregivers in patients lives, finding resources, caring for yourself, and dealing with common problems of caregivers.

### **The Caregiver Survival Series**

#### **Coping With Caregiver Worries**

#### **Creative Caregiving**

#### **Positive Caregiver Attitudes**

#### **Preventing Caregiver Burnout**

#### **The Magic of Humor in Caregiving**

The series is a comprehensive encyclopedia of caregiving including dynamic and sensitive caregiving techniques. Coping With Caregiver Worries provides caregivers with supportive caregiver techniques for all of the typical caregiver concerns.

### **The Comfort of Home**

An illustrated step-by-step guide for caregivers. Starts with the basics, provides money-saving ideas, and contains checklists, resources, and tips.

### **The Comfort of Home for Alzheimer's Disease – A Guide for Caregivers**

A Basic, complete guide that will answer your questions about caregiving. It offers practical tips for every day problems as well as more complicated and stressful situations.

### **The Complete Eldercare Planner**

How to find the right housing. How to find low-cost/free resources. How to get the best insurance. How to arrange wills, living wills, and other legal issues. How to use the Web to find the right help.

### **The Elder Law Handbook**

A legal and financial survival guide for caregivers and seniors. Getting the services you need, protecting your rights, and ensuring that your wishes –for medical treatment, financial affairs, or living arrangements- are respected.

### **The Family Guide to Surviving Stroke and Communication Disorders**

Includes a strong psychological focus with a positive tone, an engaging fictional story about a person who has a stroke and goes through the process of rehabilitation, case studies, examples, and descriptions illustrating the covered topics, a question and answer section covering some specific issues not addressed within the rest of the chapters, a glossary defining stroke terminology in language accessible to all readers.

### **\*\*The Fearless Caregiver\*\***

How to get the best care for your loved one and still have a life of your own. A step-by-step guide to becoming the ultimate caregiver –skillful, knowledgeable, and fearless- for your loved one.

### **The Handholder's Handbook: A Guide for Caregivers of People with Alzheimer's or Other Dementias**

Covers topics such as managing the expenses of long-term care through Medicaid, estate planning, and preparing for the patient's death and the loss of someone whose daily survival has been the center of one's existence.

### **The Long Term Care Planning Guide**

Practical steps for making difficult decisions. Straightforward, style financial planning assistance with funding, long-term care, qualifying for programs, evaluating facilities, and insurance policies.

### **The Medicaid Planning Handbook**

A guide to protecting your family's assets from catastrophic nursing home costs. Shows how to avoid financial ruin by planning in advance for your parents' and your own long term care.

### **\*\*The Mental Health Diagnostic Desk Reference\*\***

Comprehensive and effective resources that will help you learn to apply the DSM-IV-TR system. This guide is the only DSM reference that provides information on culture-bound syndromes and gives a detailed example of who to do a cultural formulation.

### **The Power Years**

A step-by-step guide to repowerment and personal reinvention after forty. Reveals how you can rediscover your life's purpose, find a new balance between satisfying work and enjoyable leisure, thrive in the home and location of your dreams, rekindle long-held passions and/or find new interests, and rediscover and forge vital relationships.

### **Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer's and Other Dementia Causing Diseases**

Provides professional expertise coupled with practical advice. Presents therapeutic techniques for keeping persons with dementia more functional, both mentally and physically. Provides suggestions for all long term care professionals.

### **The Stroke Recovery Book**

A quick reference book to help you cope with the effects of a stroke. Covers topics including what happens to the brain when strokes occur, major types of strokes, cognitive changes, speech and language impairments, weakness in limbs, swallowing problems, recovery and rehabilitation, and stroke prevention.

## **The Validation Break Through: Simple Techniques for Communicating with People with Alzheimer Type Dementia**

Provides 18 case studies illustrating how Validation is used to handle outbursts, rummaging, wandering, agitation, and other behavioral symptoms and to reduce the sense of anger and frustration in caregivers and people with dementia alike.

## **To Grandma's House We ..... Stay**

It is a road map that guides grandparents through the uncharted territories of parenting a second generation of children.

## **What If It's Not Alzheimer's (A Caregivers guide to Dementia)**

Includes vital information on Frontotemporal Dementia (FTD)

## **What You Need to Know About Alzheimer's**

Caregiver's guide. What happens to the brain, and why behavior is so unpredictable. Why the knowledge, understanding, and patience of caregivers are critical to quality life. How to deal with difficult behaviors. What exciting discoveries researchers have made about Alzheimer's in this decade.

## **When Aging Parents Can't Live Alone**

Provides guidance on resolving emotional issues when an aging parent's living situation must change, determining the physical and mental capabilities of an aging parent, evaluating retirement communities, assisted living facilities, and nursing facilities, and maximizing financial resources and understanding important legal issues.

## **When your Parents Need You**

Provides up-to-date, comprehensive information on coping with the health care system, caregiver stress and burnout, nursing homes and alternatives, private and public insurance, and legal and financial concerns.

## **Who Will Provide Care?**

Emerging issues for state policy makers. Bring together fresh perspectives, emerging issues and innovative solutions to providing care.

# **Videos**

## **All in the series from the Family Guide to Long Term Care:**

### **Getting Started**

Offers details on planning for the future, knowing when it is time to act, activities of daily living, assessing needs/warning signs, the continuum of care, and living at home with help.

### **Making The Right Choice**

Offers specific information on when the time is to move from home, making your loved one part of the decision, dealing with caregiver guilt, retirement communities, assisted living, intermediated and skilled nursing care, and how to choose a facility.

### **Staying Involved**

Provides insight on care planning, keeping the family involved, becoming partners with the new caregivers, monitoring your loved one's care, warning signs, and nurturing the "inner person".

## **Understanding Long-term Care Insurance**

Offers information on gauging the need for long-term insurance, the limits of Medicare and Medicaid, what to look for in an insurer, coverage for assisted living, home health and adult day care, choosing coverage options that are best for you, and filing claims and accessing your benefits.

## **Legal Issues**

Offers information on making a will, keeping your will up to date, living wills, durable power of attorney for healthcare, general power of attorney, and developing a plan.

## **Financial Planning**

Offers information on organizing financial information, determining and locating assets, principles for sound investing, social security and other retirement benefits, and everything you need to know about Medicare.

## **Alzheimer's Training Program**

\*(no description)

## **An Overview of the Medicare Modernization Act**

From the U.S. Department of Health and Human Services

## **Bathing Without a Battle**

Creating a better bathing experience for person with Alzheimer's Disease and related disorders.

## **Bed Positioning & Mobility**

The manual and videotape provide just a few of the many possibilities to help you at home.

## **Bedrest**

National Caregiver Training Program

## **Caregiver Wellness (Video re: CG Stress)**

Provides tools and resources to help caregivers transform stress and maintain wellness. Includes acknowledging and defusing difficult emotions, goal-setting and action plans as agents for positive change, simple, effective exercises for relaxation and renewal, activities that foster self-esteem and well-being, and the role of respite and caregiver support groups.

## **Communication: Alzheimer's**

**How to communicate with some who has Alzheimer's or related dementia.  
Caring for someone with mid to late stage.**

## **Coping Skills**

Provides information about the emotional challenges of caregiving and how your physician can help, gaining control over a demanding daily routine, dealing with the natural feelings of helplessness, anger, resentment and guilt, the benefit of support groups, averting compassion fatigue, preparing for when your loved one leaves home, strategies to cut stress, spiritual questions, and adjusting to loss.

## **Delivering Justice**

### **Dialing for Dollars**

A story of telemarketing investment fraud. Tells the story of telemarketing investment fraud and the lives that are ruined by these criminals. Gives tips on how to protect yourself against investment fraud and telemarketing scams and tells you what to do if you have been victimized.

**Identity Crisis**

A short film of identity theft. Tells the story of a couple whose credit is ruined and the criminals who defrauded them. Gives tips on how to protect yourself against identity theft and what to do if you have been victimized.

**Long Shot**

A short film on foreign lottery scams. Tells the story of a lottery fraud victim and the con man behind the scam. Provides tips to help you avoid becoming duped by this fraud.

**Web of Deceit**

A short film on internet fraud. Tells the story of the international efforts to stop these scams and provides tips on how you can avoid being tricked by these criminals.

**Essential Knowledge**

Provides information about 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, and ensuring that your loved one enjoys proper nutrition.

**Essential Bedrest Skills**

In this program you will learn how to make the experience more pleasant for you and the person confined to bed. You will also learn the essential skills required when caring for someone on bedrest and how to perform the procedures safely.

**Fall Prevention**

National Caregiver Training Program

**Family**

A nostalgic stroll through the milestones of family life that will bring smiles to people with memory loss and their caregivers.

**Fire Safety**

National Caregiver Training Program

**Grandparenting: Enriching Lives**

An essential guide for today's grandparents.

**Grandparents Raising Grandchildren**

Profiles programs which offer housing, counseling and financial services to grandparents, including Grandfamilies House, a pioneering housing development which offers not only a place to live, but the support of others facing the same issues.

**How to Use a Mechanical Lift**

In this program Michael Boggs, an ergonomics specialist and occupational therapist, demonstrates a step-by-step procedure for moving someone from the bed to a wheelchair and from the wheelchair to the bed using a mechanical lift. He addresses safety concerns at each stage of the procedure.

**Imagine- The Future of Aging**

Gives you a glimpse, through the eyes of one family, of what the future of aging could look like with help from developing technologies that are possible, practical, and affordable.

## **Infection Control**

National Caregiver Training Program

## **Lighten Up!**

### **How Serious Is This?**

Helps put life into perspective and provides simple rules to live by and shows you how to find the path to the “joy of living.”

### **Joy of Stress**

Tries to prevent “hardening of the attitude” and uses humor to break the negative and irrational thought patterns that cause stress, and reframe them into powerful, positive tools for change.

## **Living with ALS:**

### **Adapting to Breathing Changes and Use of Noninvasive Ventilation**

Reviews how ALS impacts this vital body function and what can be done. People with ALS can benefit from a range of techniques and equipment such as noninvasive ventilation.

### **Adjusting to Swallowing Difficulties & Maintaining Good Nutrition**

Looks at the impact of ALS on swallowing and one’s ability to maintain good nutrition. Health care professionals provide guidelines and tips for diet changes and for decision-making.

### **Clinical Care Management Discussion among ALS Experts**

Taken from the Neurology publication: for health care professionals.

### **Communication Solutions & Symptom Management**

Provides a closer look at speaking difficulties, how to manage those difficulties, and how to manage other symptoms associated with ALS such as emotional lability and increased saliva and what treatments are available.

### **Mobility, Activities of Daily Living and Home Adaptations**

Covers a range of mobility issues that occur with ALS. Provides information, demonstrates equipment, and techniques that can help you maximize your function.

## **Medications**

National Caregiver Training Program

## **Mrs. Johnson and Her Advocate Angel**

How to be a really smart patient. Is an educational tool to help older consumers improve communication with their doctor.

## **National Caregiver Training Program**

The Home Care Companion’s

## **Overcoming Silent Frustration**

Teaches on this ignored subject with insight and power.

## **Personal Care**

National Caregiver Training Program

## **Relax! You Only Live Once**

Tells you how to relax and enjoy everyday life by listening to another authority: the one inside you. Helps you to lose your worries by finding your sense of humor, even in the most unlikely situations.

## **Roadwise Review**

Tool to help seniors drive safely longer. Helps you identify health and fitness issues that affect your driving by enabling you to check visual, mental and physical responses, identify steps to reduce your risk behind the wheel, talk with your doctor about how to maintain your fitness to drive, and monitor your “driving health” in privacy.

## **See for Yourself: Vision and Older Adults**

\*(no description)

## **Stroke Help: A Stroke Survivor’s Guide to Independence**

### **Bed Positioning & Mobility**

Demonstrates how to help improve comfort and rest, prevent pain, and provide a good therapeutic basis for stroke survivors while caring for them in bed.

### **Improving Function & Awareness**

The more the weak side is included into everyday tasks, the greater the potential for the overall recovery of the stroke survivor. Techniques to increase awareness and maximize functional potential are outlined in detail.

### **Preventing Shoulder Pain**

Demonstrates how to prevent shoulder pain in the stroke survivor. A step-by-step approach trains caregivers in specific methods of gentle stretching exercises, what to avoid to protect the shoulder.

### **Self Care**

Includes many excellent ideas to help stroke survivors become as independent as possible while improving daily living skills at home. Methods demonstrate help reduce frustration and share tips for success.

### **Standing Safely**

A step-by-step approach demonstrating how you can help stroke survivors learn to stand more safely and easily. Many examples are given with several stroke survivors needing different amounts of assistance.

### **Wheelchair Transfers**

Designed to teach transfers where lifting is not required. Save your back with these safe and therapeutic methods for transfers in and out of the wheelchair.

## **The Forgetting-A portrait of Alzheimer’s**

The documentary weaves together the history and biology of Alzheimer’s, the intense real-world experiences of Alzheimer’s patients and caregivers, and the ongoing struggle to end the disease. Offers insight and context, help and hope.

## **The Grit & Grace of Being a Caregiver**

Maintaining balance as you care for others. Tries to illumine and to inspire, while at the same time strive to encourage and to educate.

## **The LifeVest**

The revolutionary new aid for wheel chair transfer and walking stability. End the painful “arm pit lift.”

## **The Prescription Drug and Other Assistance Program**

\*(no description)

**Transportation Solutions for Caregivers: A Starting Point**

Booklet and accompanying video provide tips and safe, creative solutions, devised by both family caregivers and professionals, that are designed to ease transportation challenges.

**“Lean On Me”**

A Film About Grandparents & Other Relatives Raising Children. Lean on Me presents viewers with compelling real-life stories of grandparents and other relatives raising children & the issues they face.

**The Golden Years**

A glimpse into the hidden problem of elder abuse. (5 min)



If you would be interested in obtaining resource information from our Caregiver Support Program lending library, Please fill out the request form below and mail it to:

Area Agency on Aging, Region 9  
60788 Southgate Road  
Byesville, Ohio 43723  
Attn: Caregiver Support Program Lending Library

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name of Literature requesting:

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Name of Video(s) requesting:

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