

CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS

DVD LIBRARY RESOURCE LIST

ANNOTATED BIBLIOGRAPHY

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Section I. Assorted Caregiving DVDs

1. *A Prescription for Caregivers: Take Care of Yourself.* 60 minutes. Released 1995 by Terra Nova Films.

This film 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 remembering the importance of humor. Both caregivers and professionals who assist them, will find in this video a wealth of ideas on how to make life better for both the giver and receiver of care.

2. *And Thou Shalt Honor.* 180 minutes. Released 2002 by Wiland-Bell Productions.

And Thou Shalt Honor PBS caregiving outreach project, puts the plight of America's family caregivers on the national agenda. In frank interviews with Washington lawmakers on both sides of the aisle, Bell presses for answers on issues that have daily impact on family caregivers and their loved ones including Medicaid and Medicare reform, universal healthcare, long-term care insurance, direct pay to family caregivers, tax incentives to prepare the nation for longevity, and visions for the upcoming 2005 White House Conference on Aging. While very US focused, overarching themes and issues transcend borders and hold relevance for caregivers in Canada.

3. *Backing Out of Time: A documentary Film of Baby Boomers Caregiving for Parents Facing Alzheimer's.* 60 minutes. Released 2015 by Affinityfilms, Inc.

This hour-long documentary chronicles the challenging last years of dementia as seen through the eyes of family caregivers and seeks to provide a road map and some normalcy to the experience. Backing Out of Time features five Alaskan families all choosing varying manners of caring for their parents. This film will provide some insights that could be useful, as well as a lessening of anxiety around what is likely to be one of the more difficult challenges caregivers will face as a baby boomer. Understanding what may lie ahead, and knowing steps to take to ease this life-impacting disease may influence decision-making about one's own family and future.

4. *Caring for a Loved One With Alzheimer's: An Emotional Journey.* 50 minutes. Released 2012 by Paraclete Press, Inc.

This DVD offers insight, hope and understanding for anyone who cares for a loved one with Alzheimer's. With this disease caregiving is both essential and difficult. Well-organized interviews with experts, including authors and therapists, help family members and caregivers cope with the difficult emotions (frustration, anger, guilt) associated with fulfilling the needs of those suffering from Alzheimer's disease. Others touched by the disease are featured as well,

including members of a support group and the wife of an Alzheimer's patient. These participants share their intimate experiences, highlighting such milestones as when the disease became apparent and when loved ones were no longer recognizable to the patient. Family members and caregivers are also advised to get help with certain tasks and do some enjoyable activities to ease their burdens. An informative, helpful program for individual and group viewing.

5. *Cognitive Changes With Aging: What Can You Expect.* 50 minutes. Released 2006 by Custom Flix.

This DVD is presented in lecture format and focuses on memory problems people face and their correlation to problems later in life. Also discussed in this DVD is when to determine if testing appropriate, the benefits of early testing, what the tests involve and what they mean, decision-making and cognition, and appropriate interventions.

6. *Living with Cancer: Caring for the Caregivers.* 60 minutes. Released 2014 by Libra Verde Media.

This documentary focuses on the psychological, social and concrete impact on the caregivers of caring for a loved one with cancer. This theme is portrayed in-depth through the personal experiences of four individuals. They are a husband, a sister and two daughters, one whose mother has already passed away. In addition to the caregivers openly sharing their stories, staff members of Gilda's Club New York City give their professional insights and experiences on what it means to be a caregiver facing and coping with cancer, and helping those in the position of providing comfort for their loved ones.

7. *Rabins One-on-One Tips for Alzheimer's Family Caregivers.* 25 minutes. Released 2011 by MedSchool Maryland Productions.

While each family has a unique set of circumstances, some areas seem to always present challenges. Divided into 5 chapters, this DVD responds to these nearly universal challenges. Speaking with family caregivers, Dr. Rabins discusses how to respond to caregiver guilt, learning not to argue, issues with dressing and bathing, strategies for discontinuing driving, and knowing when to consider the option of assisted living or a nursing home. For the primary caregiver, the strategies discussed will minimize frustration and caregiver stress. Caregiver comments also provide emotional support, communicating a shared sense of understanding possible only by living the experience of Alzheimer's disease. Finally, caregivers share their personal reward of providing care.

8. *Recognizing and Preventing Caregiver Burnout: Tips for Family and Friends.* 23 minutes. Released 2000 by MedSchool Maryland Productions.

This DVD presents an insightful Alzheimer's support group led by Dr. Peter Rabins addressing "caregiver burnout" and the feelings of hopelessness and isolation often experienced by caregivers. This group lets the caregiver know they are not alone. Caregivers relate their own experiences and identify their personal signs of burnout. When do you know it is more than just a bad day? Who can you turn to for help? What things can you do if you feel like you are having a caregiver meltdown and how can you prevent it? Can other people understand your frustrations? By sharing their experiences, the caregivers in this video realize they have all had moments of crying and despair. With Dr. Rabin's help, they are able to step back, take a deep breath and realize they are doing a great job.

9. *Straight Talk about Dementia: A Caregivers Perspective.* 45 minutes. Released 2006 by Attainment Company.

This documentary explores issues on dementia important to both family and professional caregivers. This DVD features a series of interviews organized by topic, so one hears the straight stories directly from those who struggle with caregiving issues everyday. Interviews are compiled over 18 months in the homes and offices of actual caregivers. They are concisely edited to form an easy-to-follow narrative - ideal for both support groups and caregiver training programs. Topics include: Straight Talk, Professional Caregivers, Family Caregivers, What it Takes, Sundowning, Tips, Changes, Memories, and Just Have Fun.

10. *The Alzheimer's Project: Disk 1.* 175 minutes. Released 2009 by Home Box Office Inc.

This DVD is divided into three parts. The first part is a documentary of the *Memory Loss Tapes* which captures the devastating experience of memory loss from the point of view of the person with the disease. The second part of the DVD focuses on caregivers and the difficulty they face dealing with this disease. The third part focuses on how grandchildren can cope with the experiences of having loved ones with Alzheimer's.

11. *The Alzheimer's Project: Disk 2.* 120 minutes. Released 2009 by Home Box Office Inc.

This DVD includes an in depth look at Alzheimer's through a scientific lens. Momentum in Science is a two-part, feature that takes caregivers inside the laboratories and clinics of 25 leading scientists and physicians, revealing some of the most cutting-edge research advances in the field of Alzheimer's.

12. *The Alzheimer's Project: Disk 3.* 238 minutes. Released 2009 by Home Box Office Inc.

This DVD takes a look at science and Alzheimer's a step further. Topics include understanding and attacking Alzheimer's, identifying mild and cognitive impairment, the role of genetics in

Alzheimer's, advances in brain imaging and looking into the future of Alzheimer's. This DVD also explores the connection between insulin and Alzheimer's, the immune system and Alzheimer's, the benefit of diet and exercise in Alzheimer's, and new drug developments in the field of Alzheimer's research.

13. *The Educated Caregiver: Coping Skills, Volume 1.* 80 minutes. Released 2004 by LifeView Resources Inc.

With *Coping Skills* caregivers will connect with others who know what caregivers go through and who share their experiences, fears, feelings, insights and advice. From interviews with caregivers and from healthcare professionals, valuable strategies on getting support, developing realistic expectations, and especially important, taking care of oneself and ones loved one are highlighted.

14. *The Educated Caregiver: Hands-On Skills, Volume 2.* 45 minutes. Released 2004 by LifeView Resources Inc.

Hands-On Skills, teaches caregivers an array of important skills through valuable insights and tips from healthcare professionals and other caregivers. Key skills demonstrated include: Giving a bed bath, oral hygiene and nail care, changing an occupied bed, transferring the patient safely, warning signs, walking, dressing, making your home safer, caring for patients with visual or hearing impairments.

15. *The Educated Caregiver: Essential Knowledge, Volume 3.* 48 minutes. Released 2004 by LifeView Resources Inc.

This DVD gives caregivers access to an array of essential knowledge - including tips from doctors and other healthcare professionals - that caregivers can use every day. Topics covered include, effective patient communication, communicating with healthcare providers, giving and monitoring medicines, understanding medication interactions, preventing medication mistakes, preventing infections and using sterile techniques, preventing bedsores, wound care, and proper nutrition.

16. *The Family Guide To Alzheimer's Disease: Family Caregiving Volume 4.* 62 minutes. Released 2004 by LifeView Resources Inc.

This DVD demonstrates how to handle the daily responsibilities of caring for a loved one and how to get the help that can be critical for safeguarding caregiver health. From Alzheimer's professionals as well as family caregivers who have been there, caregivers will learn practical strategies and important perspectives. Specific information is offered on how and why to get outside help, how to involve other family members, and how to handle activities of daily living such as eating, dressing and bathing.

17. *The Gift of Healing Presence: Encouraging Thoughts for Busy Caregivers.* 30 minutes. Released 2014 by Willowgreen.

Learn the basics of what it means to be a healing presence when serving as a caregiver to others. James E. Miller describes the nature and importance of being a healing presence before introducing ten foundational principles for those who wish to serve as a caregiver. Photography from nature picks up on the nuances of the message, inviting viewers to make their own personal associations. Ideal for workshop or group meditations.

18. *The Grit and Grace of Being a Caregiver: Maintaining Your Balance as You Care for Others.* 36 minutes. Released 2014 by Willowgreen.

This DVD is full of wisdom and inspiration for professional and lay caregivers alike. Seven guidelines help define one's role and one's task when caring for another. Examples include, "The healthiest way to care for another is to care for yourself," and "To be close you must establish boundaries." The conclusion is a stirring, affirmation of caregiving's rewarding possibilities.

19. *The Journey of Caregiving: 12 Guiding Thoughts for Family Caregivers.* 32 minutes. Released 2014 by Willowgreen.

James E. Miller has developed a dozen principles that will assist individuals and families as they provide care, especially long-term care for their loved ones. Each guiding thought takes the form of two to three minute segments that are built upon the collective wisdom of experienced caregivers. This insightful resource is useful with caregiver support groups and in educational workshops and classroom settings.

20. *The Transforming Power of Caregiving: Returning to Life After Caregiving Ends.* 46 minutes. Released 2015 by Paraclete Press Inc.

Whether caregivers have cared for a loved one for one year or many, when it ends, it can feel abrupt. In being a caregiver, focus was on someone else, and the thought of shifting that focus to oneself –can be scary and unfamiliar. However, exploring oneself, now, as well as what one learned about oneself during caregiving can be an experience full of discovery and adventure. This DVD is divided into three segments. The first segment "A New Beginning"– explores the natural sense of loss when the need for caregiving is over. Caregivers face the double sorrow of the death of a loved one as well as the ending of a primary purpose and role in life. It is important to acknowledge this grief and complicated feelings surrounding this loss. In the next segment "A New Normal" – examine how part of the experience of after-caregiving is to find a "new normal." Finally, the third segment "New Life Discoveries" – examines the future as one walks through the process of rebuilding one's life one may find that life may turn out to be completely different, new, even exciting. It is important to give caregivers permission to experience these things and be willing to look toward the future.

21. *This Time of Caregiving: Words of Encouragement and Hope.* 25 minutes. Released 2014 by Willowgreen.

This DVD explores how caregiving is increasingly done these days by family members, friends and volunteers. It also examines how patients are dismissed from hospitals much sooner than used to be the case. Too often these caregivers are called upon to undertake this role with little or no training and very limited experience. Caregivers often lack confidence as they begin having many more questions than there appear to be answers. This program offers twelve brief, encouraging messages to caregivers who are new to their role.

22. *What Every Caregiver Needs to Know About Alzheimer's Disease.* 70 minutes. Released 2006 by Attainment Company, Inc.

This DVD offers a film-based teaching tool for professional and family caregivers. Presented by experts on dementia training, this DVD is divided into four sections: Mild Cognitive Impairment, and Early, Moderate, and Severe Cognitive Disability. Physical changes in the brain, cognitive capabilities, and behavioral manifestations are covered. The DVD includes real family profiles, actors portraying common dementia behaviors, and interviews with caregivers. This DVD is a contemporary, compassionate and thorough explanation of this difficult-to-manage disease.

23. *Who Cares: God's path for the Caregiver.* 190 minutes. Released 2012 by Les Preiss Productions.

This DVD focuses on the issues and challenges faced when caregiving. This program offers practical tips for caregivers and spiritual encouragement to listen, laugh and learn from aging parents. Caregivers are reminded how to best care for loved ones and the rewards it can bring. The overall message of this film is uplifting and focuses on how one person can make a huge difference in the life of someone they love.

24. *Yoga for Caregivers.* 140 minutes. Released 2012 by Silver Age Yoga.

The exercises on "Yoga for Caregivers" was created with the busy caregiver in mind. It provides the maximum impact for one's health in an efficient schedule and the most convenient location – one's own home. Yoga is demonstrated as an effective method to reduce stress and anxiety while benefiting health. In short, regular practice of the yoga on this video will help caregivers be more adept and at one's best. Some noted health benefits of yoga: • Improve balance and reduce the risk of falls • Lower blood pressure • Reduce stress • Improve coordination and flexibility • Improve concentration, sleep, and digestion.

25. *You Can Be An Even Better Caregiver: Invaluable Advice Imparted by Your Mom.* 4 minutes. Released 2013 by Willowgreen.

A "momism" is one of those sayings that your mom used over and over, those same sayings you said you'd never use with your own kids. Inevitably, the same sayings slide off your own lips.

What if our mothers knew more than one gives them credit for? This program examines valuable knowledge and sayings from mothers regarding caregiving. It examines these sayings in a significant context that will resonate with many caregivers in a funny, warm and insightful manner.

Section II. Teepa Snow Series

26. *Accepting the Challenge: Providing the Best Care for People With Dementia with Teepa Snow.* 190 minutes. Released 2010 by Alzheimers North Carolina, Inc.

Offering comprehensive dementia training, this DVD helps caregivers better understand the behaviors and symptoms of people with dementia while building or improving their caregiving skills. A master training team consisting of an occupational therapist and nurse practitioner introduces a powerfully effective new way of thinking about and caring for older adults with Alzheimer's disease and related dementias. The focus is on teaching state-of-the-art quality care that provides the highest quality of life for long-term care residents. This DVD is divided into four separate modules for progressive learning. Each training module is 45 minutes and covers these important topics: Module 1 - What is dementia? / Symptoms of Alzheimer's; Module 2 - Physical Approach / Communication Skills. Module 3 - Offering Assistance / Evaluating Cognitive Levels and Module 4 - Meaningful Days (Activities) / Problem Behavior.

27. *Advance Care Skills in Late Stage Dementia with Teepa Snow.* 115 minutes. Released 2016 by Pines of Sarasota Education and Training Institute.

This program is a must-see for anyone who seeks to provide the comfort, dignity and quality of life to the person living with dementia. This DVD offers step-by-step instructions and hands-on skills for a variety of late stage care needs, all based on Positive Approach™ techniques to help care partners handle even the trickiest of care tasks and reduce their risk of injury. This DVD focuses on how to calmly get a person out of bed while protecting one's back, how to safely transfer a person from bed to wheelchair, how to best transfer a person from bed to wheelchair using a SARA lift, how to bathe and dress a person in bed while protecting their dignity and how to assist with eating and drinking using the most compassionate care techniques.

28. *Alzheimer's Dementia Hands –On Care DVD “The Art of Caregiving” with Teepa Snow.* 118 minutes. Released 2010 by Pines of Sarasota Education and Training Institute.

Dementia hurts. Dementia hurts not only the person afflicted with the disease, but everyone around them. Seeing a loved one 'disappear' before one's eyes is a tremendous hardship, almost impossible to understand for anyone who hasn't experienced this loss themselves. Caring for that special someone is a task that becomes harder with each day. Caregivers want to give the best possible care and quality of life, but may wonder at times whether there is something they are missing. Teepa Snow will demonstrate in "The Art of Caregiving" how to provide the most comfort for mind, body, and soul for a loved one with dementia. She provides

detailed, easy-to-follow explanations for daily tasks, such as helping to eat, move, bathe, or getting dressed.

29. *Challenging Behaviors in Dementia Care: Recognizing and Meeting Unmet Needs with Teepa Snow.* 70 minutes. Released 2015 by Pines of Sarasota Education and Training Institute.

Anger, physical resistance, swearing, hallucinations, and sexually undesired or surprising actions are just a few examples of the challenging situations that can occur when a person is living with dementia. Any of these behaviors can leave a caregiver feeling distressed, hurt, embarrassed, and unappreciated. This DVD will explore which physical and emotional needs may be causing challenging situations, how to figure out the problem, ease the discomfort, and calm the person in distress. This DVD reviews hands-on techniques to connect and comfort using visual, verbal, physical, emotional and spiritual communication.

30. *End of Life Care and Letting Go with Teepa Snow.* 120 minutes. Released 2012 by Pines of Sarasota Education and Training Institute.

Learn to recognize a patient's progression into the final stages of dementia and provide the best care with Teepa Snow's hands-on, disease-level appropriate techniques. In this 2 hour training program, Teepa explains how to connect with someone in late stage dementia, how to recognize and manage pain, and how to help the care team grieve the loss and celebrate the person's life. This DVD talks about indicators that the disease has progressed into its final stages and how to provide the most effective care, how to communicate when there are no words through visual, auditory, and physical signals of connection and about physical changes and the importance of primitive reflexes. This DVD also focuses on techniques for a consistent positive physical approach, about different care approaches, from health promotion to compensatory care and about advanced directives, living wills, DNR orders, palliative and hospice care.

31. *Filling the Day with Meaning with Teepa Snow.* 155 minutes. Released 2011 by Pines of Sarasota Education and Training Institute.

In "Filling the Day with Meaning" Teepa explains the difference between simple entertainment and engaging projects that stimulate brain activity. Teepa also looks at how to create engaging and affordable activities to give back moments of joy and happiness to patients with special challenges, such as those with early onset, tendencies for elopement, falls, and more. Finally, this DVD explores how to build care partner skills, how to create an inviting & safe environment and which key activities to consider at different disease stages.

32. *Improving Communication in Dementia Care with Teepa Snow.* 300 minutes. Released 2016 by Pines of Sarasota Education and Training Institute.

Nothing is more challenging in dementia care than effective communication. Caregivers often face issues such as getting a loved one to a screening, or aren't sure how to communicate when there is a need to stop driving. This in-depth, hands-on workshop with Teepa Snow offers the skills necessary to tackle these crucial conversations and safeguard care recipients. After watching this program caregivers will know how to partner with a person living with dementia, realize when change is needed, learn how to best approach for screening or medical attention, learn how to best communicate when there is a need to stop driving and how to relate so a person is more likely to accept help. This DVD also explores how to help family members near or far recognize symptoms and move past denial, recognize changing needs, learn how to communicate and work more effectively with professional and care partners and how to help friends and neighbors maintain or regain relationships when dementia changes abilities.

33. *In-Home Dementia Care: Tips and Techniques with Teepa Snow.* 294 minutes. Released 2015 by Pines of Sarasota Education and Training Institute.

This DVD teaches how to build a care environment that best balances care recipient needs with caregiver well-being and abilities. After watching this program caregivers will know practical tips and ideas to problem solve existing challenging situations for a more joyous caregiving relationship. This DVD will also explore how to prepare visitors and family members for more meaningful visits, the value and difficulty when using multiple medications and how to create calming surroundings to reduce the risk of sundowning and other distressing behaviors.

34. *It's All In Your Approach with Teepa Snow.* 120 minutes. Released 2011 by Pines of Sarasota Education and Training Institute.

This DVD for caregivers teaches how a person with dementia perceives his/her environment and how to properly adapt one's own behavior to increase communication and the care recipient's quality of life. This DVD teaches techniques to improve communication, mutual understanding, and to better manage distress. Caregivers will learn how a person with dementia perceives his/her environment and understand unusual behaviors and memory problems. This DVD also explores key principles of caretaking, better strategies to offer help when the person with dementia doesn't seem to be aware of any changes or difficulties

35. *Lewy Body Dementia: What Everyone Needs to Know with Teepa Snow.* 168 minutes. Released 2013 by Pines of Sarasota Education and Training Institute.

Lewy Body Dementia (LBD), the second most prevalent form of dementia, is regularly misdiagnosed and particularly challenging for caregivers and patients alike. In this DVD learn about common LBD symptoms, how to get a good and complete diagnosis and about commonly prescribed anti-psychotic medications that can have potentially harmful or even deadly side effects if given to a person suffering from LBD. This DVD also reviews which

medications are safer alternatives, how to adapt caregiving skills to the needs of a person with LBD and how to utilize visual and verbal cues to increase understanding and cooperation.

36. *Progression of Dementia: Seeing Gems – Not Just Loss with Teepa Snow.* 117 minutes. Released 2011 by Pines of Sarasota Education and Training Institute.

In "Progression of Dementia" Teepa explains how to tell apart different disease stages to better adapt caregiving techniques, why patients in later stages can't relax their muscles and how to safely handle them to avoid bruising and how to reduce the risk of falls. This DVD also explores how to safeguard caregiver relationships with the care recipient as the disease progresses, how to reduce unwanted behaviors by controlling the environment and effectively shifting focus and how to calmly convince a loved one to stop driving.

37. *Senior Care Options: Insider's Tips to Selecting the Best Care Level for Changing Abilities with Teepa Snow.* 150 minutes. Released 2017 by Pines of Sarasota Education and Training Institute.

This DVD explores difficult questions around caregiving such as which level of care to choose, or how to help a loved one transition into a facility. There are many different senior care options available, and unless familiar with the field caregivers are likely to be unsure which choice would be best. This DVD helps caregivers to choose a care environment that keeps loved ones engaged, safe, and matches their abilities and interests. After watching this program caregivers will know which 3 factors are the pillars of a supportive care environment, why and how to consider a loved one's personality traits when evaluating care levels, how to utilize the "Four Fs" & "Four Ss" to ensure a loved one's needs are being met, which financial and medical considerations are crucial for long-term success and finally, which different care approaches need to be considered.

38. *Spirituality in Dementia Care with Teepa Snow.* 280 minutes. Released 2016 by Pines of Sarasota Education and Training Institute.

In this DVD caregivers learn about basic religious and spiritual needs throughout life, what may or may not change when someone is living with dementia and how to best meet those needs. This program allows caregivers to learn how to meet the spiritual needs that remain when a person is in the midst of brain change, how to connect with the spirit of someone living with dementia to create a "soul to soul" relationship and how to help family members better manage feelings of guilt, sadness and grief. This DVD focuses on how to offer the highest quality of life by focusing on what the person living with dementia is still able to do.

39. *The Inevitable Hospital Stay: How to Advocate for you Loved One with Dementia with Teepa Snow.* 154 minutes. Released 2014 by Pines of Sarasota Education and Training Institute.

Most people with dementia will require multiple stays at the hospital as the disease progresses. Not because of the dementia, but because of an increase in falls, hip fractures, pneumonia and other conditions or injuries. Learn with Teepa Snow why being prepared is key to advocating for a loved one when he or she no longer can. This DVD explores why hospitals are the most dangerous place for people with dementia, and how caregivers can positively impact the outcome of a loved one's stay. This DVD also focuses on what possible problems may arise, and how to overcome them, how to ask the right questions and make the best choices when speaking to medical staff, which drugs are commonly prescribed in hospitals that can have severe side effects for your person with dementia, how to detect pain and find comforting solutions and which items to discuss with family members and how to work as a team throughout this journey.

40. *The Journey of Dementia with Teepa Snow.* 180 minutes. Released 2011 by Pines of Sarasota Education and Training Institute.

In "Journey of Dementia" Teepa explains how to make the most of doctor's visits and get proper screenings to determine the stage of the disease and the best level-appropriate care. This DVD also reviews how to look for vital legal and financial documents that need to be prepared before the disease progresses. Focus is also on how to give the best possible support during emergencies, how to determine when and if facility placement is the best choice and how to find the best end of life care.

41. *Understanding Frontotemporal Dementias with Teepa Snow.* 300 minutes. Released 2014 by Pines of Sarasota Education and Training Institute.

Frontotemporal Dementias (FTDs), an umbrella term for a range of disorders affecting the frontal and temporal lobes of the brain, are particularly challenging for families and professional caregivers. Odd, often impulsive behaviors and potential loss of language are just a few symptoms causing frustration and anxiety. In this DVD caregivers will learn why proper screenings truly matter, and where to get them, about causes and symptoms of different types of FTDs and which changes happen in the brain, and how they affect the person with FTD. This DVD also examines how to deal with challenging behaviors without sacrificing the relationship, which medications can help or potentially cause harm, how to best manage the disease with current treatment options and why supportive communication and a positive physical approach are vital to offer the greatest quality of life, for the person with FTD and caregiver alike.

42. Why, When, and How to Seek Professional Senior Care: Your Guide to Making the Best Choice with Teepa Snow. 120 minutes. Released 2017 by Pines of Sarasota Education and Training Institute.

As a loving and devoted caregiver or family member of someone living with dementia, it is important to know when it's time to seek professional care or look for a senior care community. This DVD explores how to recognize the tell-tale signs when it might be time to transition to another level of care. After watching this program caregivers will know how to determine the best level of care and the level of skill required of the staff, how to set up a smooth transition, how to understand what likes and dislikes are important to know about the person living with dementia and how to utilize the "four Fs" & "four Ss" to ensure a loved one's needs are being met.