

## **Educational Videos @ Heartland Human Services**

### **Alzheimer's Disease**

- ❖ Alzheimer's Disease How Families Cope (VHS)
- ❖ Alzheimer's Disease: What Everyone Should Know (VHS)
- ❖ Alzheimer's and Dementia: Caring for the Caregiver (VHS & DVD version)
- ❖ Bathing Without a Battle: Creating a better experience for persons with Alzheimer's Disease and related disorders (DVD)
- ❖ Living with Alzheimer's Disease: A Guide for Patients and Caregivers (VHS)

### **Caregiving**

- ❖ A Different Kind of Care
- ❖ Age Happens: Psychological & Physiological Aspects of Aging (DVD)
- ❖ Aging in America: The Years Ahead (DVD)
- ❖ A Prescription For Caregivers: Take Care of Yourself (VHS)
- ❖ Caregiving (VHS)
- ❖ Caregiving as a Basic Human Need (VHS)
- ❖ Coming Home: Basic Information for the Home Caregiver (VHS)
- ❖ Fall Prevention "101" (DVD)
- ❖ In Sickness and In Health (VHS)
- ❖ Healthy Body Healthy Mind (DVD)
- ❖ The Educated Caregiver Series (VHS)
  - Coping Skills
  - Hands on Skills
  - Essential Knowledge
- ❖ Thou Shalt Honor (VHS)
- ❖ Transportation Solutions for Caregivers: A Starting Point (VHS)
- ❖ Voices of Caregiving (VHS)
- ❖ What Do I Do Now? Tips for Guardians (VHS)

### **Injury Prevention** (All VHS)

- ❖ Preventing Foodborne Illness
- ❖ Preventing Adverse Medication Reactions
- ❖ Preventing Problem Use of Alcohol
- ❖ Preventing Suicide & Depression
- ❖ Preventing Falls
- ❖ Preventing Elder Abuse
- ❖ Preventing Malnutrition
- ❖ Preventing Choking & Aspiration
- ❖ Preventing Burns & Scalds
- ❖ Preventing Hyperthermia, Hypothermia, & Drowning

**Respite** (All VHS)

- ❖ Ladies, Let's Chat
- ❖ A Lunchbreak With Tony
- ❖ Those Good Ole School Days
- ❖ Movement, Music, and Memories
- ❖ Celebrating African-American Culture
- ❖ Sharing Christmas Cheer

**Well Into Your Future** (All DVD)

- ❖ Depression: Not a Normal Part of Aging
- ❖ Maintaining Mental Health