

WyCOA Lending Library List

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Aging:

- Mouth Care without a Battle: individualized Mouth Care for Persons with Cognitive and Physical Impairment. University of North Carolina, and Cecil G. Sheps Center for Health Services Research. DVD.
- Aging, Society and the Life Course. Morgan, Leslie A. 2006. BOOK
- Gay and Lesbian Aging: Research and Future Directions. Herdt, Gilbert and DeVries, Brian. 2004. BOOK
- Communicating With Older Adults: An Evidence-Based Review of What Really Works. Includes: General Tips, Tips to improve Face-to-Face Communication, Tips for optimizing Interactions between Healthcare Professionals and Older Patients, and more! Developed by the Gerontological Society of America, supported by McNeil Consumer Healthcare. 2012 Publication
- Aging Etiquette. Understanding and implementing respectful communication and interaction with people who are older or aging. PowerPoint and teaching notes- Infusion Unit
- Gaining Ground on Arthritis: Managing Arthritis in the Agricultural Workplace. Petritz, David. Purdue Extension, University Cooperative Extension. From the cover: is a 15 minute DVD that helps you understand arthritis and gives practical tips on protecting your joints, managing stress, and modifying work practices through special tools and other means. DVD 2007
- Mental Health Issues and Aging. Nevada GEC. DVD
- Aging in Wyoming: An Atlas of Resources Targeting Wyoming's Older Adults (COMMISSIONED BY THE WYOMING DEPARTMENT OF HEALTH, AGING DIVISION): Planning for the future of aging in Wyoming will require accurate information about the number of older adults in the state, and where they reside. Wyoming's unique geographical features create challenges with respect to dispersing resources equitably within the target population, particularly to those who live in extremely remote areas. We believe the outputs of this project will serve to inform policymakers and professionals who serve older adults to advise decisions about what areas need funding and priority, and in which geographical locales they are needed. Booklet, 2016.

Alzheimer's/Other Dementias, Caregiving/Family:

- Portraits of Professional Caregivers: Their Passion. Their Pain. A film about the emotional impact on professional who care for others. 2015 Livedream Films, LLC & Melodyvision. www.caregiversfilm.com
- Creative Solutions to Challenging Situations: A workbook Companion to the DVD. Reframing Challenging Behavior. Positive Approach - Teepa Snow. 2017
- Activities to Do with Your Parent Who Has Alzheimer's Dementia. Judith Levy, EdM, OTR. Book 2013
- The Genius of Marian. Documentary about "The heartbreak of Alzheimer's, the power of art, and the meaning of family. DVD
- The SAVVY Caregiver Program: This award-winning DVD series for families is designed to be watched one time per week for four weeks. The Savvy curriculum has been shown in university research to reduce caregiver distress and has been recognized nationally by the U.S. Administration on Aging. This program is available for checkout from the WyCOA lending library to healthcare programs, instructors, and family caregivers. 4 DVDs and "Homework" CD ROM. 2007-2010.
- Your Time to Care: Basic Skills for Caring for Individuals with Alzheimer's Disease and Related Dementias at Home. Alzheimer's Foundation of America. 2006. DVD
- The 36-Hour Day: a Family Guide to Caring for People with Alzheimer's Disease, Other Dementias, and Memory Loss Later In Life. Mace, Nancy. 2006. BOOK

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- What Every Caregiver Needs To Know About Alzheimer's Disease. Schultz, Jeff. 2006. DVD
- Geriatric Mental Health Disaster and Emergency Preparedness. (from cover: provides evidence based approaches for identifying and classifying mental health problems such as PTSD, depression, and substance use disorders in older adults, which may occur during post-disasters/emergencies.) Toner, John A. 2010. BOOK
- Wandering: What It Is and What to Do About It. Alzheimer's Foundation of America, Caregiver Education Series. 2000. DVD (3 Copies) {Used for Caring with Confidence trainings}
- Alzheimer's and African Americans: Echoes From The Past. Fanlight Collection. 2007. DVD
- I Was Thinking: Unlocking the Door to Successful Conversations with Loved Ones with Cognitive Loss. Waugh, Diana. 2008. BOOK
- Measure of the Heart: A Fathers Alzheimer's, A Daughters Return. Geist, Mary Ellen. 2008. BOOK
- The forgetting: A Portrait of Alzheimer's. PBS. 2004. DVD
- Adults with Downs Syndrome and Alzheimer's Disease: a practical guide for caregivers. 2010. DVD
- Talk Back, Move Forward: 100 Years of Alzheimer's. Center on Age and Community. 2007. DVD Kit
- Caring for your parents. (from the cover: As the population ages, many adult children are grappling with an unprecedented social, cultural, economic, and personal revolution as they transition into the primary caregiver role for their aging parents. Caring for Your Parents is a moving film that draws much-needed attention to this universal reality, underscoring today's struggle through an intimate look at five American families). 2008. DVD
- The Sandwich Generation. (from the cover: "those caught between their aging parents and young children, which includes some 20 million Americans") Winokur, Julie and Kashi, Ed. 2008. DVD
- & Thou Shalt Honor. (From cover: many, if not most, of us will in our lifetimes be both a caregiver and the cared-for. We may slip into these roles so gradually that we scarcely realize it. Examines various aspects of caregiving in a warm and caring documentary.) PBS Caregiving. 2002. DVD
- At the Breaking Point: Emotions and Ethics in Family Caregiving. Kuhn, David. 2009. DVD
- Straight Talk about Dementia: a Caregiver's Perspective. (From the cover: This documentary explores issues on dementia important to both family and professional caregivers). 2006. BOOK
- Bathing Without a Battle. Creating a better bathing experience for persons with Alzheimer's disease and related Dementias. Barrick, Ann Louise. 2003. DVD (6 copies) {Used for Caring with Confidence trainings}
- Dementia Care Provider Qualification Series: A four part series designed for professionals and provides essential information for safe and effective care of individuals with Alzheimer's and all other types of dementia: including a Basic Understanding of Dementia, Activities of Daily Living, Behavior Management, Basic Principles of Care. Alzheimer's Foundation of America. 2004. DVD {Used for Caring with Confidence trainings}
- Caring for a Person with Alzheimer's Disease: Your Easy-To-Use Guide from the National Institute on Aging. Text includes: understanding AD, caring for a person with AD, Caring for yourself, When you need help, the medical side of AD, coping with the last stages of AD, Summary. US Department of Health and Human Services. 2009. BOOK/PUBLICATION
- Managing Disruptive Behavior in Dementia Patients: A training Tool for CNAs. Teasdale, Thomas, Dr.P.H. Supported by the South Central VA Health Care Network MIRECC. 2 copies DVD
- You're Looking at Me Like I Live Here and I Don't. (From the cover: In Danville, California, Lee Gorewitz wanders on a personal odyssey through her Alzheimer's & Dementia care unit. From the moment she wakes up, Lee is on

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a quest-for the reminders of her past, and her identity. The first documentary filmed in an Alzheimer's unit, told from the perspective of an Alzheimer's patient). Kirschenbaum, Scott. 2012 DVD

- Amy Goyer Caregiving: Taking Care & Caregiving VLOGS. AARP DVD.

Education/Students:

- Gerontological Nursing: Competencies for Care. From the cover: Using a holistic, interdisciplinary approach building upon the medical-surgical knowledge that students have gained in previous courses. In addition, the text covers cultural diversity, normal aging, ethics, global healthcare systems, alternative therapies, and end-of-life care. Mauk, Kristin L. 2006. TEXTBOOK {Used for Caring with Confidence trainings}
- Successful Nursing Assistant Care (includes a separate workbook). From the cover: Is a student friendly text that teaches OBRA statutes, OSHA guidelines, and state regulations for working in LTC. Using a body systems approach you'll find up-to-date care guidelines and procedures, as well as highlighted information on how to promote residents rights. Dugan, Diana. 2008. TEXTBOOK. {Used for Caring with Confidence trainings}
- Successful Nursing Assistant Care-workbook. From the cover: the workbook offers an affordable and creative way to help you review what you've learned from the textbook. It also includes procedure checklists and a practice exam for the certification test. 2008. TEXTBOOK/WORKBOOK {Used for Caring with Confidence trainings}
- Careers in Aging: Opportunities and Options. Published by the Association For Gerontology in Higher Education. 2004. PUBLICATION/BOOKLET
- Medical Readers' Theater: A guide and scripts. (From the cover: is a collection of skillfully rendered, easy-to-perform dramatizations of citizens' encounters with health professionals.) University of Iowa Press 2002. Book
- A career in Mental Health. From the Northern Nebraska AHEC. DVD 2010

Women and Aging:

- Lets Face It: Women Explore Their Aging Faces. Oser, Wendy. 2002. DVD
- Still Kicking: Six Artistic Women of Project Arts and Longevity. Gorman, Amy. 2006. DVD
- Still Doing It: the Intimate Lives of Women Over Sixty. Fishel, Deirdre. 2004. DVD

Healthy Aging:

- Go 4 Life: Everyday Exercises. Magrath, Sandy. 2003. BOOK
- Exercise and Physical Activity: your everyday guide from the National Institute on Aging. National Institute on Aging, and National Institutes of Health. 2009. BOOK (2 copies)
- Age of Champions: An uplifting story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics. Includes: a screening and discussion guide. Documentary Fdtn. 2012. DVD - Infusion Unit
- Exercise" A Guide from the National Institute on Aging. From the cover: Self tests, benefits and Nutrition; what can exercise do for me, is it safe for me to exercise, how to keep going, sample exercises, etc. 2001. BOOK
- Exercise for Older Adults: Health Care Provider Edition. HRSA, Live Oak GEC, Florida State University College of Medicine. BOOK/PUBLICATION
- The Alzheimer's Prevention program: Keep your brain healthy for the rest of your life. Small, Gary, MD. From the cover: With Alzheimer's, prevention is today's cure, and in just one week you can start improving memory

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and mental function and see immediate results. The science based program updated with the latest research and discoveries on brain health and lasting memory. BOOK 2012

- Brain Fitness Program: 1 and 2-Sight and Sound. PBS Home Video. From the covers: is based on the concepts of neuroplasticity-the ability of the brain to change and adapt and even rewire itself. It will help you understand how the brain works and how you can keep it fit. DVDS 2007/2008

Long Term Care:

- Curtain Call. (unforgettable story of eight remarkable residents of the Actors Fund Retirement Home). Braverman, Charles. 2006. DVD
- Geropsychological Interventions in Long-Term Care. Hyer, Lee and Intrieri, Robert. 2006. BOOK
- When Love Gets Tough: The Nursing Home Decision. Manning, Doug. 1983. BOOK
- (Long Term Care: Solutions Beyond Today) Stories & Magic Tools. (From the cover: Diana believes that putting the person back in the picture empowers care providers to effectively manage challenging behaviors while making everything human even when it is impossible to make everything better). Waugh, Diana. DVD
- (Long Term Care: Solutions Beyond Today) Hey Help Me Here!: An overview of Behavior Management Principles. (From the cover: offers and overview of the issues in LTC that contribute to the loss of resident focus during care delivery. It looks at: compliance vs. non-compliance; social assessment and its daily use; information on reading the residents behaviors to reduce staff injury; and a review of non-pharmacological interventions to successfully manage behaviors. Waugh, Diana. DVD
- The Green House Project: Transforming Long-Term Care for the 21st Century, Kit includes: a 20 minutes DVD, and an accompanying "Guide Book" for transforming Long-term care. 2007

Health Care/Management

- Health Management for Older Adults: Developing an Interdisciplinary Approach. Satin, David G. 2009. BOOK
- Physical Change and Aging; A Guide for the Helping Professions. Saxon, Sue and Etten, Mary Jean and Perkins, Elizabeth. 2010. BOOK
- Worlds Apart: a Four Part Series on Cross-Cultural Healthcare. Grainger-Monsen, Maren and Haslett, Julia. 2003. DVD
- Hold Your Breath. (from the cover: illuminates the pivotal role of cross-cultural communication in healthcare decision-making, and the urgent need for cultural competence and diversity training in the healthcare professions.) Grainger-Monsen, Maren. 2005. DVD (3 copies) Infusion Unit - includes facilitator guide
- Doorway Thoughts: Cross Cultural Healthcare for Older Adults. American Geriatrics Society. 2004. BOOK Vol 1
- Doorway Thoughts: Cross Cultural Healthcare for Older Adults. American Geriatrics Society. 2006. BOOK Vol 2
- Doorway Thoughts: Cross Cultural Healthcare for Older Adults. American Geriatrics Society. 2009. BOOK Vol 3
- Developing Cultural Competence in Disaster Mental Health Programs: Guiding Principles and Recommendations. Developed by the US Dept. of Health and Human Services. 2003 Book/Guidelines
- Health Literacy: A Prescription to End Confusion. Published by the Institute of Medicine of the National Academies. Contents include: videos on patients discussing experiences, presentation of the Institute of Medicine report on 'Health Literacy: Prescription to end Confusion' with findings and recommendations, as well as full text of the executive summary. DVD

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- Health Literacy and Older Adults. -Module. The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Infusion Unit includes: PowerPoint and teaching notes
- Growing Older in America: The Health & Retirement Study. From the cover: There is no question that the aging of America will have a profound impact on individuals, families, and US Society. At no time has the need to examine and understand the antecedents and course of retirement been greater than now, as the baby boom begins to turn age 65 in 2011. Published by the National Institute of Aging/HRSA. 2007. BOOK/PUBLICATION
- All the Kings Men: Managements Role in Falls Mitigation. (From the cover: this program helps facility management create an effective, efficient falls management process that addresses the social and medical needs of the residents who fall.) Waugh, Diana. DVD
- The Burden of Falls and the State of Science of Falls and fall related injuries. A recording from the 2012 Quality Conference. Quigley, Pat. DVD
- Quality healthcare for Multicultural American Older Adults. Stanford School of Medicine. From the cover: This 3 disc set includes 4 videos, a role-play Training Guide, and 18 peer reviewed learning modules. This DVD and CD Toolkit aims to better prepare health professionals in providing patient-centered geriatric care. 2010 DVD and CD toolkit.
- Mistake Proofing the Design of Health Care Processes. 2007 Agency for Healthcare Research and Quality. DVD
- Special Topics in geriatrics: A DVD series on healthcare Reform. ETGEC-C, East Texas AHEC, and the University of Texas Medical Branch at Galveston. DVD 2011

Stroke

- Striking Back at Stroke: a Doctor-Patient Journal. Hutton, Cleo and Caplan, Louis. 2003. BOOK
- After Stroke: Enhancing Quality of Life. Sife, Wallace. 1998. BOOK

End of life Care

- Being Mortal: Reexamine death and dying with surgeon and bestselling author Atul Gawande. DVD 2015
- Nine to Ninety: "This film provides a fascinating case study of the communication issues faced by families caring for an older family member", and end of life. 20 minutes. DVD. 2013
- Dying well: The Prospect for Growth at the End of Life. Byock, Ira. 1997. BOOK
- Living with grief: diversity and end-of-life care. Hospice Foundation of America. 2009. BOOK
- The Best Care Possible: A Physician's Quest to Transform Care Through the End of Life. (From the cover: a doctor on the front lines of hospital care illuminates one of the most important and controversial ethical issues of our time.) 2012. BOOK
- Alone and Invisible: How Grassroots Community Action and 21st century Technologies Can Empower Elders to Stay in their Homes, and lead Healthier, Happier Lives. Teel, Allan D, MD. From the cover: describes how to overhaul our eldercare system. Based on his own efforts to create humane, affordable alternatives in Maine to harness both staff and volunteers to help people remain in their homes. BOOK 2011
- Endnotes-A Model for Palliative Care. Filmmakers Library. (From the cover: filmed over one month, Endnotes captures the unique philosophy of a world-renowned model for compassionate care.) DVD
- Angola Prison Hospice: Opening the Door. DVD-23 minutes. 1998

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Elder Abuse

- When Help Was There: Four Stories of Elder Abuse. Pryfogle, Daniel. 2002. DVD
- Elder Abuse: Five Case Studies. Fanlight Productions. 1993. VHS-kit
- A Mother Never Gives Up Hope: older mothers and abusive adult sons. Fanlight Productions. 2010 DVD-kit
- Domestic Violence: Intersectionality and Culturally Competent Practice. (from the cover: experts working with twelve unique groups of domestic abuse survivors provide the latest research on their populations and use a case study approach to demonstrate culturally sensitive intervention strategies). Lockhart, Lettie and Danis, Fran. 2010. BOOK
- Elder Physical and Sexual Abuse: The Medical Piece, Parts I and II. By the CDA (California District Attorneys Association). Part I describes medical signs/symptoms in detail and how to collect/document evidence; Part II nationally recognized experts offer clues to discover elder abuse. 2003. VHS
- Ending Elder Abuse: "Protecting Older Americans from Swindlers." Greenwood, Paul-Deputy District Attorney V San Diego CA. A Community Presentation in Sheridan, WY. Kit includes DVD and Handout on "Tips on How to protect yourself and Your Loved Ones. 2012 KIT
- Assessing Elder Abuse in the Clinical Setting: Asking the Difficult Question. Sheridan, Daniel J, PhD, FAAN-Johns Hopkins University School of Nursing. Produced by the university of new England Maine geriatric education center (une-mgec). DVD 2010

Bereavement:

- Living in the Shadows of the Ghosts of Grief: Step Into the Light. Wolfelt, Allan. 2007. BOOK
- Healing a Friends Grieving Heart: 100 Practical Ideas. Wolfelt, Allan. 2001. BOOK
- A Childs View of Grief: a Guide for Parents, Teachers, and Counselors. Wolfelt, Allan. 2004. BOOK
- Healing the Adult Siblings Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies. Wolfelt, Allan 2008. BOOK
- Creating Meaningful Funeral Experiences: a Guide for Caregivers. Wolfelt, Allan. 2003. BOOK

Misc:

- World Parkinson Coalition (WPC) Scientific Update: Parkinson Pipeline Umbrella. Six engaging panelk sessions. DVD 2014.
- Gerontechnology: Research, Practice, and Principles in the Field of Technology and Aging. Kwon, Sunkyo. Springer Publishing, 2017. BOOK
- Twenty-Two Prayer Poems for Caregivers: Inspired By A "Course In Miracles" and Other Sacred Teachings. Drozda, Donna Iona. 2000. BOOK
- What Are Old People For? : How Elders Will Save the World. Thomas, William H. 2004. BOOK
- Music Therapy and Geriatric Populations: A Handbook for Practicing Music Therapists and Healthcare Professionals. (From the cover: the primary purpose of this handbook is to educate about the uses and evidence-based benefits of music therapy practices with older adults.) Belgrave, Melita; Darrow, Alice-Ann; Walworth, Darcy and Wlodarczyk, Natalie. 2011. BOOK

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- [A Day In A Life](#). (from the cover: portrays life as it should be-a time for self-discovery and personal renewal. Delivers the wonderful reminder that life happens one day at a time, and each day gives back what you put into it. 2000 DVD
- [Old People Driving](#). (from the cover: a documentary short - we climb in to the passenger seat with Milton and Herbert as they confront a grim milestone: the end of their driving years). New Day Films. 2010. DVD
- [The Cats of Mirikitani](#). Hattendorf-Independent Lens Productions. (From the cover: Eighty year old Jimmy Tsutomu Mirikitani survived the trauma of WWII internment camps, Hiroshima, and the homelessness by creating art. But when 9/11 threatens his life on the NY Streets, a local filmmaker bring him to her home to embark on a journey to confront his painful past). 2006. DVD
- [Away From Her](#). Polley, Sarah. "Sometimes you have to let go of what you cant live without". A film about memory loss. 2007 DVD
- [The Doctor](#). "He was a doctor who thought he knew it all, until he became a patient." DVD. 2004
- [Through the Seasons](#): An activity book for memory-challenged Adults and Caregivers. Book 2008
- [The Elder American Indian](#). Dukepoo, Frank C. San Diego State University Center on Aging. Book. 1980

Infusion Units: *Infusion Units are packaged lecture materials featuring a film or power-point with teaching notes, discussion questions, and resources for additional reading assignments.*

Our collection includes:

- ⇒ [Hold Your Breath](#) - for ethnogeriatrics: Illuminates the pivotal role of cross-cultural communication in healthcare decision-making, and the urgent need for cultural competence and diversity training in the healthcare professions.
 - Documentary Film and discussion questions
- ⇒ [Age of Champions](#): An uplifting story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics.
 - Documentary Film and discussion questions
- ⇒ [Health Literacy and Older Adults Module](#): The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions
 - PowerPoint and teaching notes
- ⇒ [Aging Etiquette](#): Understanding and implementing respectful communication and interaction with people who are older or aging.
 - PowerPoint and teaching notes
- ⇒ [Oral Health](#): Understand the importance of oral health and how it relates to total physical health; understand the oral bacteria infection process; show and teach caregivers how to provide oral care for residents with compromised physical or mental abilities; explain how nutrition/eating habits can impact the success of oral health.
 - Powerpoint and discussion questions
- ⇒ [Older Adults Driving](#): Overview includes: the number of older drivers is growing.; Age itself does not make an unsafe driver; Modifications to behavior and equipment can help promote safe driving; Collaborative conversations with older drivers are important; and understand that there are resources available. 2 versions are available: caregiver and healthcare
 - Powerpoint and discussion questions
 - DVD titled "Old People Driving" is available for check out and runs 24 minutes.

***Certificates of Completion can be provided for CE reporting! Please contact wycoa@uwyo.edu for more information**