



Health

The Forgotten Tenth

M600.01

This video serves as an introduction to the issues regarding HIV/AIDS that pertain to adults over 50. It includes age-specific information related to risk reduction presented by a doctor and a nurse practitioner. Included with the video is an 85 page manual entitled AIDS and Aging--What People Over 50 Need to Know.

Color, 14 min, VHS

Pioneering Health Care Changes

M600.02

Description unavailable.

Older Brains, New Connections: A Conversation with Marion Diamond at 73

M600.03

Best known for her pioneering work in the positive effects of enriched environments on brain growth, research she largely did with rats in the 1960's, Dr. Diamond has continued to teach and do research in the area of neurophysiology. Her research, and that of others, indicates that given the right conditions, the brain continues to grow all during life and not just in the early years. Dr. Diamond presents a summary of this research and its practical implications in her cordial, accessible manner. Discussing the current research into the genetic components of Alzheimer's disease, the exciting discoveries that the brain can generate new neurons, her research into the brain's role in auto-immune disorders, and the data from longitudinal studies of aging nuns, Dr. Diamond presents an overview of much that is currently known about brain physiology and aging. She provides suggestions for applying this new knowledge and shares her own fitness plan to keep her body, including her brain, healthy.

2000, Color, 30 min, VHS

Video Workshop #1 Case Study: Marie

M600.04

Our concepts of the aging process and the life-styles of older people are changing dramatically. This might be due, in part, to the growing number of older people who remain healthy and active well into their seventies, eighties and beyond. However, we are also seeing a growing number of older people who have been able to overcome impairments resulting from diseases or conditions associated with aging, through the use of assistive devices. Through the appropriate use of such devices, many older people can retain or enhance their functional abilities, remain actively involved in work, recreation and social activities and even delay the onset of degenerative processes which might otherwise result from inactivity and isolation.

1992, Color, 20 min, VHS

Video Workshop #1: Lena A Case Study

M600.05

Description unavailable.

1992, Color, 23 min, VHS

Mental Health and Aging Series

**M600.06 –
M600.11**

A series of comprehensive, statewide, cross-professional training tapes related to mental health issues affecting Medicaid-eligible elders. These productions are directed toward professionals who live and work in rural areas of Kansas where professional development opportunities are limited.

1998, Color, Various, VHS

KSU Center on Aging

Media Descriptions listed by Category

The Human Condition: Age Happens

M600.12

People today seek out information on health issues as never before: asking pointed questions of health care providers, demanding second opinions, seeking information on the internet, looking for alternatives to traditional care and treatment. There are good reasons for that curiosity: a more educated populace, higher health care costs, a growing interest in fitness, a new corporate focus on wellness education, increased use of technology in health care. Clearly, people are growing more determined to positively impact their own health through lifestyle and health care choices. This is one tape in 26 half hour videos.

2001, Color, VHS

The Human Condition: What Price?

M600.13

People today seek out information on health issues as never before: asking pointed questions of health care providers, demanding second opinions, seeking information on the internet, looking for alternatives to traditional care and treatment. There are good reasons for that curiosity: a more educated populace, higher health care costs, a growing interest in fitness, a new corporate focus on wellness education, increased use of technology in health care. Clearly, people are growing more determined to positively impact their own health through lifestyle and health care choices. This is one tape in 26 half hour videos.

2001, Color, VHS

Videoconference on Minority Health Series, Tapes 1-9

M600.14-

M600.23

Video conference from the 2000 Summer Public Health Research Videoconference on Minority Health at UNC – Chapel Hill. Tape 1 is covered by John Ruffin and is based on a framework for understanding health disparities. Tape 2 features Native American health issues and lessons learned from community based interventions. Tapes 3 and 4 cover the impacts of racism on health. Tape 4A features policy and data. Tape 5 is sampling racial and ethnic minorities. Tape 6 is an application of epidemiologic methods. Tape 7 features qualitative approaches to questionnaire design. Tape 8 covers issues and challenges in reducing health disparities among Hispanics/Latinos. Tape 9 finishes the series by covering community based research.

2000, Color, Various, VHS

Chronic Anxiety In The Elderly

M600.24

This program addresses the problem of anxiety in the elderly and the diseases associated with the problem. Interviews with sufferers of GAD, Geriatric Anxiety Disorder, provide insights into the agony of the condition. General anxiety disorders, their symptoms, and physiological manifestations are examined, including chemical imbalance, psychosocial implications, and the emotional impact on the aged brought on by radical societal changes. Caffeine, cigarettes, and alcohol are also discussed as possible instigators.

1997, Color, 27 min, VHS

Maximizing Cognitive and Functional Abilities

M600.25

How do the physical and care giving environments of a long-term care facility influence the functioning of its residents with dementia? Viewers will learn to appreciate the sometimes insurmountable challenges presented by typical residential facilities when residents have to navigate daily activities with a host of age-related cognitive and sensory deficits. Deteriorating abilities to maintain independence are a hallmark of dementia, but they needn't lead directly to helplessness. With simple changes to the

KSU Center on Aging

Media Descriptions listed by Category

environment, facility staff can maximize functional independence and minimize disabilities. Here is a step-by-step process for identifying barriers and finding respectful, supportive solutions. Through individual profiles of residents, viewers learn to apply this sensible problem-solving method to some of the common challenges presented by toileting, dressing and mealtime activities in long-term care facilities. The reward for this approach is an enhanced quality of life for residents and staff alike.

1998, Color, 40 min, VHS

Enhancing Self and Sense of Home

M600.26

What makes a place feel like home? How necessary is this feeling to the smooth operation of a facility for people who are experiencing dementia? Viewers will learn the ways in which personal needs are fulfilled within homelike settings and how a facility can improve resident functioning by making simple adaptations in the physical and care giving environments. Through individual resident profiles, this video illustrates facility staff using a step-by-step process to identify problem areas, recognize underlying needs that aren't being met, and then create more supportive, homelike solutions that recognize a resident's former roles, relationships and routines, that supports the resident's memory of him-or herself and that gives the resident a greater sense of control or privacy. Discover how the environment can contribute to an enhanced sense of well-being for residents- even those with advanced dementia – as well as for staff.

1998, Color, 33 min, VHS

Minimizing Disruptive Behaviors

M600.27

Professional care giving staff deals regularly with disruptive behaviors in residents with dementia but often does not have adequate tools to decipher the underlying causes of these behaviors. Through this video, viewers learn to evaluate all aspects of the care giving environment before working on individualized solutions. Does a behavior result from normal changes of aging or the disease process? Is it caused by distressing environmental stimuli or by some critical unmet need? When and where does it occur? Does it only happen with certain people? When a resident's whole environment is considered, some surprisingly simple solutions can emerge. This video profiles several residents who are exhibiting common problematic behaviors, including leaving the unit and rummaging. It takes viewers step by step through a problem solving process that can effectively reduce or even eliminate many kinds of disruptive behavior.

1998, Color, 21 min, VHS

It's a Great Life: Series

**M600.28 –
M600.33**

Five individual exercise programs- each with complete video instruction guide and follow along exercise session. Tape 1 features flexibility and balance. Tape 2 covers upper body strengtheners. Tape 3 features lower body strengtheners. Tape 4 covers aerobics and Tape 5 covers healthy back. Exercise physiologist Gayle Doll leads the videos and she specializes in helping older adults maintain health, independence and vitality.

1997, Color, Various, VHS

Speaking Of Pain

M600.34

Description unavailable.

See for Yourself: Vision and Older Adults

M600.35

Features older adults with functional vision loss who continue to live active and satisfying lives. It addresses the warning signs of possible eye disease, common eye conditions affecting older adults, and options that exist for people who have low vision.

Color, 15 min, VHS

KSU Center on Aging

Media Descriptions listed by Category

Get Connected

M600.36

The *Get Connected: Linking Older Adults with Medical, Alcohol and Mental Health Resources Toolkit* was developed by a partnership among the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration on Aging (AoA) in HHS, and the National Council on the Aging (NCOA) to help services providers for older adults identify, educate and screen the elderly for potential emotional and substance use problems. These new materials will help providers in the aging services community better cope with issues related to medications, alcohol and emotional problems among older people, and learn how best to provide the knowledge and support they need to deal effectively with these issues.

It's A Great Life!

M600.37

Five individual exercise programs – on 2 DVDs with complete video instruction guide and follow-along exercise session.

1997, Color, various, DVD

Elder-Yoga Plus

M600.38

Steffi L. Shapiro and class participants invite you to: relax, re-energize, revitalize with Elder-Yoga Plus for elders and elders-to-be. Simple relaxing exercises all of which can be done while sitting on a chair; a few can be done sitting or standing comfortably.

2003, Color, 60 min, VHS

Late Life Depression: Depression in the Elderly

M600.40

The later years can be a time of loss- a loss of companionship, of health, independence, and for some, a loss of hope. As many as one in five older Americans suffer from symptoms of major depression, which can sometimes lead to suicide. In this program, three elderly people tell stories of how they have coped with their major depression, offering their experience and advice. People with depression and their families need to know when to seek help and where to find it.

2004, Color, 28 min, DVD

Depression in Older Adults

M600.41

Depression in Older Adults presents interviews with actual patients who have experienced or are now experiencing severe depression late in life, as well as commentary from professionals including Dan Blazer, MD, PhD, author of *Depression in Late Life*, now in its second edition. The topics covered in this provocative documentary include the prevalence of depression among the elderly, its causes, and current approaches to treatment. The video also explores public policy questions related to depression, the problems it creates for long-term care facilities, and the disturbingly high risk of suicide among elderly people who are depressed.

1997, Color, 30 min, DVD

Aerobics of the Mind: Mental Fitness for Older Adults

M600.42

Author Marge Engelman believes sound mental fitness practice is based upon the "use it or lose it" philosophy. Learn how you can encourage older adults to stretch their thinking, try new ways of behaving, stimulate memory and develop a more creative brain. This comprehensive guide shows you how to create a mental fitness program from the ground up. Includes warm-up strategies, model programs that can be adapted for your group, thinking exercises and activities, and an annotated list of publications and organizations.

2006, Color, 80 min, DVD

KSU Center on Aging

Media Descriptions listed by Category

Mental Fitness: Activities for Older Adults

M600.43

This engaging video program gives your brain a workout with stimulating and enjoyable exercises. Follow the merry adventures of Mike and Colleen as they exercise their brains—and challenge you to do the same. The 24 video segments are based on selected Mental Fitness Cards. Each segment is a stand-alone activity, taking a small group about 20 minutes to complete. With its modular structure and interactive presentation, this program is great for groups large or small. The Mental Fitness DVD will encourage even reluctant group members to become active participants. Based on the work of Marge Engelman, PhD and Kari Berit Gustafson, MS.

2006, Color, 40 min, DVD

Hard to Believe

M600.44

Hard to Believe is 'a film about mental health and spirituality'. These are the words that are written on one of the most prosaic video covers I have ever encountered. The content of the film, however, is much more inspiring. A combination of mental health service users and providers, together with the borough chaplain for Croydon, emphasise just how integral spirituality is to the process of recovery. It is so satisfying to hear people who have suffered intense mental distress sharing their positive experiences of spiritually driven mental healthcare. And it is refreshing, too, to witness nurses and other mental health workers being encouraged to talk about their anxieties and lack of knowledge about spiritual and religious issues. The film also challenges the myth that religion is a dangerous thing that can actually trigger or exacerbate mental illness. During this film, the spiritual theme sometimes takes a step backwards to make way for the closely related domains of faith, religion, culture and community. Far from creating confusion, this merely highlights the correlation between all of these essential issues.

2004, Color, 30 min, DVD

Menopause: An important new video on issues in womens health

M600.47

The years of menopause are a period of profound change in most women's lives. This documentary explores many myths and misconceptions about menopause, as well as presenting a thorough discussion of the experiences and symptoms which may be encountered, and the physiological and psychological changes which can occur. Both conventional and alternative therapies and their potential side effects are also discussed, both by experts and by women who have utilized them. This hour-long program is broken into two 30-minute segments.

1996, 60 min, VHS

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