

TRAINING VIDEO CATALOG



**Virginia Department of Social Services
Division of Licensing Programs
November 2004**

About this Catalog

This catalog lists training videos that licensed ALFs and ADCCs may borrow at no cost by contacting their DOLP Licensing Office.

Instructions for Using this Catalog

The VDSS Division of Licensing Programs requires that if videos are used to meet the training requirements of ALF or ADCC staff:

1. The video-based training must be under the supervision of a facilitator with verifiable expertise on the course topic who can provide guidance as needed
2. The facilitator must determine the number of training hours to be credited to the individual, and
3. The facility must document all successful completion of the training by the individual including the name of the trainee, title of the training, name of facilitator, sponsoring entity, date of training and number of hours of training or other documentation defined in specific standards.

CATEGORY - Safety

ALF Emergency Plan of Action Guide - (15 minute video and handbook) The video-based **Emergency Guide** is an ideal program to help train staff at assisted living facilities in fire emergency preparedness and methods for assisting residents during natural disasters such as tornadoes, floods, and earthquakes. Segments cover:

- Pre-Emergency Planning
- How to Recognize and Remove Fire Hazards
- How to Conduct a Fire Exit Drill
- Evacuation Teamwork Strategies
- Shelter in Place
- Assisting Non-Ambulatory Residents and Residents Who Have Alzheimer's Disease
- Using Fire Extinguishers Effectively and Safely
- What to Do if You are Trapped
- Reassembly and Accountability

Activities of Daily Living: Nine Ways Not to Get Hurt – (18-minute video and presenter's guide)

Designed to promote resident and caregiver safety in connection with activities of daily living, this video stresses nine fundamentals: come prepared; know the resident; involve the resident; stay focused on the details; prevent slips and trips; work as a team; use available equipment; protect your back; have a 100% commitment to safe practices. The tape comes with a 16 page Presenter's Guide containing in-service presentation outline, suggested group discussion questions, copy-ready self-assessment form, and other training aids.

Balancing Act: Your Fall Prevention Program - (24-minute video and presenter's guide) Each year, approximately half of all residents in nursing care and assisted living facilities will fall, with over 40% falling more than once. This video will help you and your staff maintain an effective fall prevention program in your facility. The video and its extensive presenter's guide will teach staff:

- ▶ The factors and conditions that increase the risk of a resident fall
- ▶ The importance of assessing each resident for risk of falling
- ▶ Interventions relating to environmental, medical and behavioral causes of falls
- ▶ The role of a creative and problem-solving approach in matching appropriate interventions to a specific resident's situation
- ▶ The importance of good communications within the care team, so that everyone has a clear picture of the interventions in use and everyone gives their support
- ▶ The importance on investigating and adjusting interventions promptly whenever a fall happens
- ▶ What to do during and immediately after a resident fall

Choice and Challenge: Caring for Aggressive Adults Across Levels of Care (23 minute video and reproducible print materials and hand-outs) This video was developed during a year-long project sponsored by the American Psychiatric Nurses Association. The video, taped in three actual long-term care settings, shows real life episodes of aggression, and discusses strategies for preventing or defusing such episodes.

The workbook:

- provides additional background information for learners and/or trainers
- may be reproduced as handouts for participants viewing the video

- provides the basis for both assessment of aggressive behavior as well as interventions to support, assist, soothe and calm older adults.

CATEGORY - Safety

Dealing with Physical Aggression in Caregiving (three 22-minute videos showing the procedures in detail and a 27-page workbook giving staff training suggestions, detailed instructions and reproducible handouts for easy reference and review) - When aggressive behavior happens, does your staff know how to respond quickly and safely to contain the behavior in a way that prevents injury to both the resident and themselves? This video and workbook training package, prepared by Carly Hellen, OTR/L and Peter Sternberg, L.C.S.W., will teach your staff the preventive, non-physical interventions for minimizing violent episodes and, if necessary, the physical interventions to contain aggressive behaviors while preserving the dignity of the resident.

Some of the areas covered in the training package are:

- Dementia-related stressors for aggression
- Non-physical interventions
- Physical interventions
- A sample administrative policy and procedure statement for dealing with Aggressive Behavior

Break the Chain (26-minute video and presenter's guide) - This video explains what infection is and how it spreads. It includes essential facts about HIV, Hepatitis B, Tuberculosis, and MRSA.

The program includes:

- Personal Habits: hand washing; staying healthy; vaccination
- Correct Procedure: facility exposure control plan; barrier precautions; reporting accidental exposure
- Personal protective Equipment: knowing when, why and how to use it correctly; importance of being able to explain its use to residents
- Teamwork: importance of sharing ideas, working together and being open to the suggestions of others.

Infection Control in LTC (16-minute video) - From the importance of proper handwashing and food storage to the intricacies of biohazard containment, this video covers all aspects of infectious control in long term care settings. This video takes viewers "on-the-job" for a first hand look at proper infection control procedures. Viewers see the deadly microorganisms left behind after ineffective handwashing, and learn why dirty laundry can be as disease-ridden as a hypodermic needle. As part of initial orientation or on-going training, it is crucial information for all staff, volunteers and even family members of long term care residents.

Infection Risks in the Long Term Care Facility (20-minute video, written course outline and glossary) - This presentation will assist staff working in long term facilities to understand infection risks in chronically ill patients of all ages. Measures for maximizing host resistance and protecting residents and caregivers from infection are discussed.

Injury Prevention/Preventing Adverse Medication Reactions - (16-minute video and presenter's guide) More than eight in ten older adults take medication daily, often more than 0one. As a result, drug side effects, drug interaction and drug withdrawal pose serious dangers to the elderly. In this program viewers get an overview of the factors that put the elderly at risk and are shown how to recognize symptoms of adverse reaction, such as changes in eating patterns, depression, dizziness and insomnia. Included are ready to copy tools for noting and remembering medications.

CATEGORY – Safety

Injury Prevention/Preventing Falls (17-minute video and presenter’s guide)- Falls are the leading cause of accidental death for adults 65 and older. Because of vision problems, osteoporosis, poor mobility and frailty, older people are especially at risk for hip fractures and other injuries resulting from falls. In **Preventing Falls**, viewers will learn to recognize and correct hazardous situations that can lead to falls, such as shoes, wet or uneven surfaces and getting out of bed incorrectly. Included with the material are ready to copy checklists of hazards and screening instruments to assess risk. NOTE: Also available on CD-ROM as a 1-hour computer-based training.

Injury Prevention/Preventing Foodborne Illness (10-minute video and presenter’s guide)- Older people are at increased risk for foodborne illness wherever there are unsafe conditions in handling, storing and preparing food. A diminished sense of smell and taste can impair an elderly person's ability to judge whether a food is safe to eat, and a weakened immune system can leave the person susceptible to food poisoning. In this program, viewers learn prevention tips for avoiding food poisoning caused by contaminated foods, and they learn to spot hazardous situations in which bacteria can thrive. Included are ready to copy tools for teaching how to store, prepare and handle food safely.

CATEGORY - Residents’ Rights

Preserving Residents' Dignity (17-minute video and presenter’s guide) – This video is devoted specifically to the issue of resident dignity -- the most cited quality-of-life issue in study after study of resident attitudes and behaviors.

During this presentation staff members will:

- learn what dignity means to a resident living in a long term care facility
- hear how residents feel about practices and procedures that are common in many facilities
- identify the key factors which can either maintain or destroy a resident's dignity
- uncover staff behaviors which support a resident's need for dignity while still accomplishing the care task at hand.

Promoting Quality of Life (16-minute video and presenter’s guide) - New and experienced staff members alike often confuse what quality of life means and how they can make a positive impact on a daily basis. This video-based training program, developed specifically for the long-term care industry, helps staff members make the connection between resident quality of life and their own care-giving behaviors.

Now every staff member can learn how to:

- relate to residents as unique individuals who have meaningful life histories
- recognize how staff behaviors can affect quality of life
- identify care-giving practices which enhance quality of life
- improve interpersonal effectiveness with every resident.

CATEGORY - Residents' Rights

Respecting Confidentiality (20-minute video and presenter's guide) - Does every member of your staff know where to draw the line between idle conversation and a breach of confidence? This video-based training program sorts through the issue of confidentiality concerning residents' medical, financial, and personal matters; and gives clear, straightforward guidance to your personnel. Every staff member who comes in contact with residents can use this program to:

- identify the many ways in which a resident's confidentiality can be compromised
- learn how to apply six steps that safeguard confidentiality
- discover how to handle questions from family, residents, and non-involved staff without divulging confidential information
- improve their own sensitivity to residents' quality of life.

CATEGORY - Abuse Prevention

Overlooked Abuse (26-minute video) - Acceptable care for one resident may be considered abuse to another. Exploring overlooked abuse, nursing staff identify actions that can adversely affect older residents and discuss the importance of individualized care. Topics include: care without compassion, lack of response to individual needs, and failure to provide needed assistance.

Elder Abuse: The Real Definition (Series)

- **Preventing Adverse Verbal Interactions** (20-minute video) - Discussion includes: lack of verbal interaction while providing care; lack of responsive feedback to conversation; negative comments concerning condition or abilities; and ridicule, anger, and threats.
- **Neglect** (19-minute video) - Considers situations in which neglecting an older person is abusive. Includes: not responding to a call bell; not providing assistance when needed; allowing a resident to remain soiled; not observing and reporting significant change in an older person's physical or mental status; and not reporting signs of pain.
- **Preventing Adverse Physical Interactions** (20-minute video) - Care providers discuss types of unacceptable physical interactions: use of force when an older person cannot or will not cooperate; grabbing, hitting or pushing a resident; and rough manner while providing care.

Eliminating Negative and Abusive Interactions (Series)

- **Caregiver Stress Triggers** (27-minute video)- This program will look at two areas of stressors. When caring for the elderly, multiple demands are often placed on the caregiver simultaneously - either in the institutional or home setting. The other frequently encountered area of caregiver stress may be the behavior of the elderly person who is combative, depressed, uncooperative or confused. This tape will suggest positive ways to deal with simultaneous, multiple demands and behavioral problems.
- **Preventing and Reducing Negative/Abusive Responses** (26-minute video)- This tape provides the caregiver with effective ways of dealing with caregiver stress. The tape reviews a series of situations, which can easily precipitate inappropriate caregiver responses. Appropriate and positive management for each situation is presented. These cases will demonstrate how the elimination of inappropriate caregiver responses can prevent situations from escalating. It also examines what positive actions can be taken to de-escalate a situation that has already reached an "out-of-control" state.

Caregiver Stress in LTC (20-minute video) - Interviews with nursing home staff focus on stresses inherent in long-term care. Topics include dealing with anxious family members, difficult patient behaviors and simultaneous demands. Appropriate stress management techniques are suggested. Reducing staff stress creates a more productive and pleasant environment and reduces staff turnover.

CATEGORY - Abuse Prevention

Incident Report (25-minute video and discussion questions) - An outstanding vehicle for training long-term care staff in abuse prevention. An elderly nursing home resident and her nurse are both injured in a struggle. As the incident is investigated by the nursing supervisor, the administrator, and the Department of Public Health, many day-to-day problems and stresses which effect the care of patients are confronted. This video helps staff understand what happens if they are accused of abuse, and stresses the importance of documentation of events for the protection of staff and residents.

CATEGORY - Caregiving

Basic Care Guide for Elderly Patients (Series)

- **Care Essential: Vital Signs Plus** (23-minute video) - The viewer has the unique opportunity to observe Debra Wertheimer, MD, as she checks residents under her care. Guidelines are presented for the daily "hands-on" caregiver. Content: vital signs and what they mean, checking for pressure sores and ulcers, and recognizing changes in physical or mental status.
- **Recognizing and Preventing Emergencies** (28-minute video) - Every care provider working with the elderly needs to be able to recognize emergency situations and prevent them whenever possible. The tape reviews signs and symptoms of heart attacks, strokes, choking and hypoglycemia, and what actions should be taken immediately.
- **Care Means Caring** (24-minute video) - Providing care to elderly individuals is far more than meeting the requirements stated in a job description. Care providers need to understand the physical, emotional and social losses associated with the aging process and to minimize these losses whenever possible. Meet several dedicated and inspirational care providers who understand the losses associated with aging, who maximize the strengths and independence of elderly individuals and who incorporate respect, love and friendship into their daily care.

Fundamentals of Quality Care (20-minute video) – Courtesy, punctuality, responsibility, attitude, respect for residents, appreciation of residents’ rights and safety are some important fundamentals of quality care discussed by experienced direct care staff, nurses and administrators.

Partners In Care: Care Planning And Care Conferences (20 minute video and Presenter’s Guide) - This video explains care planning and care conferences, encourages family awareness and participation and promotes resident involvement in their own care. The program can be used with staff, family members and residents.

Reporting Symptoms of Pain (20-minute video) - In this program, Dr. Wertheimer speaks with residents and nursing assistants to identify symptoms of pain in both verbal and non-verbal residents. Dr. Wertheimer emphasizes that the nursing assistants observations are essential to the other members of the health care team who may not know the residents as well. Suggestions are given on how to effectively communicate the pain a resident is experiencing.

Non-pharmacological Approaches to Pain Management (20-minute video) - Not all pain needs to be managed by medication. And sometimes, medications alone are not sufficient to manage pain. In this program, Dr. Wertheimer talks with nursing assistants and residents in long-term care to consider non-pharmacological approaches to pain management. Splinting, positioning, massage, and use of fans are discussed. Considering a resident’s condition when providing care or moving a resident is pointed out to be essential to minimize pain. Residents and staff talk about the need for involvement in activities. Finally, both residents and staff talk about the need for compassion, understanding and creating a “connect” with residents – knowing someone cares makes a big difference. By weaving together demonstrations with residents, interviews of residents, and interviews of staff, Dr. Wertheimer presents the unique composite of multiple perspectives on non-pharmacological approaches to pain.

CATEGORY - Caregiving

Delirium: Signs, Contributing Factors and Causes (20-minute video) - Nearly 25% of admissions to nursing homes from acute care facilities have new or persistent delirium or confusion. Accurate detection and treatment of delirium by caregivers will positively impact the resident's quality of life. Content includes: recognizing signs of delirium; and identifying contributing factors and causes.

Delirium First Alert: Early Recognition of Risks and Symptoms (20-minute video) - As the hands-on daily caregiver, nursing assistants will often be the first member of the nursing team to encounter delirium in a resident. This program gives the nursing assistant skills necessary to recognize delirium.

The Unopened Milk Carton: Eating with Assistance (20-minute video) - Encouraging and assisting older individuals to feed themselves promotes functional independence. Proper preparation enables easy access to food and drink and is essential to facilitate independence. An unopened milk carton or juice container may be an insurmountable barrier. Demonstrations provide essential guidance for nursing assistants, home health aides, family members, and other caregivers.

Is Mrs. Jones O.K.? (20-minute video) - What can you tell about a resident just by looking? Not enough. Find out from nursing assistants why looking in the door just doesn't provide enough information. Staff relate specific guidelines for appropriate "checking." They emphasize the need to check vital signs and look for change and also point out the need to recognize individual differences of residents. What maybe O.K. for Mrs. Jones may not be O.K. for another resident.

Restorative Care: It's Mandated (Series)

- **Everyone Can Do It** (18-minute video) - It's essential that all staff providing care for older adults promote functional independence. The restorative approach suggested in this series can be implemented easily in any setting - even by staff without advanced training.
- **Informal Functional Assessment** (20-minute video) - Dr. Resnick shows staff how they can perform an informal functional assessment. Testing joint mobility and muscle strength are the two featured components of this simple assessment.
- **Doing It** (17-minute video) - Staff can implement the guidelines for this restorative care approach in any residential or day care setting. It can be used when there is no formal restorative care program or as a complement to an existing program. This program shows staff integrating restorative care in activities of daily living. The benefits for residents - improved function, greater independence and improved quality of life.
- **Being a Motivator** (18-minute video) - Sometimes it's not easy to get older adults motivated to do things for themselves, due to ambivalence, physical pain or fear. Dr. Resnick shows nursing assistants how to make it happen with lots of encouragement, positive reinforcement, persistence, and setting easy-to-accomplish goals with lots of support.

Transfers and Ambulation – The Restorative Way (18-minute video) - This tape presents a restorative approach to assisted transfers from bed to chair, ambulation with assistive devices, and safety guidelines for ambulation.

The Prevention and Treatment of Pressure Ulcers (1.41 hour-video) – Presented by the Virginia Pressure Ulcer Quality Initiative, the video discusses facts about skin, complications from pressure ulcers, risk assessment factors, prevention, skin care and treatment, and nutrition. Handouts and post test included.

Management of Pressure Ulcers (3-hour video) - Presented by the Virginia Pressure Ulcer Quality Initiative, the video discusses pressure ulcer assessment, including staging of ulcers) and ulcer and care. Handouts included.

CATEGORY - Caregiving

Care of the Diabetic Patient (37-minute video and presenter's guide) – Video discusses the aide's role in dealing with the three elements in the Circle of Control (diet, medication, exercise); important points in caring for diabetic patients; and an overview of hypoglycemia, hyperglycemia, and ketoacidosis.

Management of Urinary Incontinence (20-minute video) - Greater than 75 percent of long-term care residents are affected by incontinence. The impact of this problem profoundly affects residents as well as staff. The Johns Hopkins team presents specific management programs that can minimize incontinence. Team roles of the physician, nurse and nursing assistant are examined, with emphasis on the essential contributions of the nursing assistant. Content includes: evaluation of residents to identify potential causes, documentation, behavioral interventions and other management programs. Support print materials: bladder record sample, short assessment form, and behavioral instructions.

Bon Appetit!: How to Create Meaningful Mealtimes (Two 20-minute videos and presenter's guide) - This video training program presents a comprehensive mealtime program that focuses on principles of resident autonomy and person centered care. Special attention is devoted to identifying the needs of people with dementia. The program covers:

- The effects of dementia on communications, behavior and eating.
- Creating dining experiences with less distraction.
- How to prepare and serve food in a way that enables the resident to eat as independently as possible.

Sensory Changes in the Elderly (28-minute video and study guide) - This training program is designed as an overview of the most common sensory changes in older people. Suggestions of correction and/or compensator interventions are offered.

I Only Hear You When I See Your Face (10-minute video) - This helpful video illustrates simple rules to remember when communicating with the hearing impaired resident. The video demonstrates visual techniques that make it easier for the resident to understand and follow instructions. The results are dramatic. The job of the nursing staff is made easier and the residents feel less anxious and isolated because they can participate more fully in their own treatment.

The World Through Their Eyes (22-minute video and presenter's guide) – The manual and video are organized around this theme: by understanding what residents with impaired vision experience, direct care staff can anticipate their everyday needs and encourage independence.

Communicating with Oriented Older Adults (20-minute video and presenter's guide) - Techniques of empathy, listening, nonverbal communication, questioning and information gathering are demonstrated and discussed. A special focus on suicidal behavior is included -- enlightening for new care providers and affirming for experienced caregivers!

Communicating with Moderately Confused Older Adults (20-minute video and presenter's guide) - Using actual footage of individuals with Alzheimer's disease and related disorders, geriatric experts highlight the characteristics and most effective approaches for understanding and helping moderately confused older adults.

Communicating with Severely Confused Older Adults (20-minute video and presenter's guide) - Characteristics and intervention techniques associated with the later stages of dementia disorders are defined and demonstrated with actual older adults experiencing severe confusion. Seeing these touching examples of gentle understanding will give new insight to those viewing this video.

CATEGORY – Caregiving

Conflict Resolution in the Nursing Home (Series)

- **Conflicts Involving Residents and Families** (20-minute video) - A guide to handling conflicts among staff and residents; staff and residents' families; and conflicts between residents. Includes interviews of administrators, nurses and nursing assistants with specific suggestions.
- **Personnel Conflicts** (16-minute video) - A guide to handling conflicts between staff and between staff and administrators. Information presented in interview format will assist staff to defuse conflicts before problems escalate and promote a cooperative, positive work environment. Shot on-location at the Keswick Multi Care Center.

How to Say Goodbye: Being a Professional Caregiver (20-minute video) - Professional caregivers are people too. Caring for the elderly and terminally ill has many emotional demands. In this program, nursing staff share their experiences with Debra Wertheimer, MD. Topics include: accepting death as the final stage of life; accepting families' decisions on treatment or treatment limitations; knowing how to talk to a person who is terminally ill; knowing how to facilitate conversation between the patient and patient's family; sharing family concerns with the health care team; minimizing family stress; helping friends and roommates understand; dealing with emotional issues of saying good-bye; and finding support at work.

Family Guide to Restraint-Free Care Everyone Wins! - a comprehensive training program that offer practical strategies for providing quality care without the use of restraints. It presents *real solutions* to *real problems* facing long-term care providers - falls, wandering residents and aggressive behavior. Showing actual cases, the **Everyone Wins!** video and print package gives you proven, creative methods for solving these problems - without restraints. The package includes:

- **The Resident Care Library:** (Six videos, each 12-14 minutes, reproducible handouts, and an in-service training manual) Each module can be used as a free standing unit. Videos titles included are:
 - The New Resident**
 - Up and About: Minimizing the Risk of Fall Injuries**
 - Working With Residents Who Wander**
 - Getting Hit, Grabbed and Threatened: What It Means, What to do**
 - Staying Restraint Free Evenings, Nights and Weekends**
 - Now that the Restraints Are Off, What Do We Do?**
- **The Management Perspective:** (16 minute video and print guide) Designed for owners, administrators and director of nursing. Real life administrators talk about the challenges and opportunities that arise from creating a restraint free environment.
- **A Family Guide to Restraint Free Care:** (12 minute video and pamphlet) Family resistance is one of the most persistent challenges to achieving restraint free care. This moving video shows the story of a husband who needs significant support to understand that restraint free care can provide his wife with both dignity and safety. The pamphlet answers families' basic questions about restraint free care.

CATEGORY - Mental Health

Mental Health Problems of Older Adults (20-minute video and presenter's guide) - In this video, a psychiatrist discusses and demonstrates delirium, dementia, depression and personality disorders as experienced by older adults. This illustrative video promotes more accurate and effective communication about mental health problems.

Alzheimer's Care Kit (Series)

- **Signs and Symptoms of Alzheimer's Disease** (33-minute video) - In this program, Dr. Rabins talks with several individuals at different stages of Alzheimer disease. Symptoms of the disease presented include: loss of memory, mood swings, confusion, impaired cognitive process and loss of physical function.
- **Responsive Care Plans** (20-minute video) - In order to deliver appropriate care to a person with a dementing illness, it is important to have a care plan responsive to the individual's condition. Dr. Rabins helps viewers develop a basic care plan that will minimize frustration for both the patient and the caregiver while maintaining important function and independence. Suggestions include: using repetition as required, cueing, providing necessary prompts, encouraging positive and cooperative behaviors, avoiding catastrophic reactions, and developing therapeutic responses.
- **Minimizing Care Problems** (20-minute video) - Certain behaviors exhibited by a person with Alzheimer disease can make care more difficult if handled inappropriately. In this tape, Dr. Rabins looks at the most difficult behaviors to manage and suggests useful strategies that can reduce caregiver stress, minimize time spent in non-productive interactions, and create a better quality of life for the person suffering from dementia.

Step-by-Step: Responding to Mental Illness in Elderly (20-minute video) – From the nationally respected authority, Peter Rabins, MD, a new guide providing a step-by-step approach to working with elderly individuals with mental illness. Specific conditions include residents with confused responses, agitated and aggressive responses, depressed responses, and no responses. In this practical management guide, staff in long-term care and adult day care will learn how to approach and interact with individuals as well as how to improve patient's behavior through positive management. Staff will learn how to manage personal feelings and how to report successful strategies.

Caring for Disordered Behavior in NH (26-minute video) – Dr. Peter Rabins provides strategies to identify and describe problem behaviors in residents and a systematic approach for appropriate intervention. Actual documentation include nursing staff interactions with physically violent, verbally abusive, aggressive, and depressed residents. Interviews with staff members identify appropriate interventions for individual residents.

Grief, Loss and Older Adults (20-minute video and presenter's guide) - In order to personally understand the grief and loss issues experienced by older adults, a group participates in a sensitivity exercise, and geriatric experts elaborate on this issue -- an exceptionally enlightening training video!

When the Brain Goes Wrong (43-minute video) - Portraits of individuals with brain dysfunctions including schizophrenia, manic depression, addiction, epilepsy, stroke, head injury, and headaches. Physicians add information about causes and treatments.

CATEGORY - Mental Health

Dealing with Sexually Inappropriate Behavior (Series)

- **Masturbation/Sexually Provocative Behavior** (18-minute video)
- **Physical Touching and Disrobing** (24-minute video)

An elder's display of sexually inappropriate or provocative behavior may trigger anxiety and a negative reaction and may interfere with the staff's ability to manage these behaviors. Clinical vignettes illustrate how staff respond to these behaviors and guide in the development of management strategies and care plans.

No More Shame (Series)

- **Understanding Addiction** (23-minute video) The program explains the most current research into why people become addicted, what puts them at risk, and what the best treatments may be. An individual is profiled who was an alcoholic and had gone through the process of recovery.
- **Understanding Schizophrenia** (21-minute video) The program explains recent research on the disease, speaking with leading researchers on what is known and not known about the disease. An individual is profiled who explains how the disease has affected his life and how he copes with the illness.
- **Understanding Depression** (22-minute video) The program focuses on current research into depression, explaining the medications and psychosocial therapies that can help eliminate symptoms. A woman is profiled who is clinically depressed and the film examines how her life and that of her family have been affected.

Self-Determination (14 minute video and program guide) Teaches how to make choice more than just a slogan by involving people with developmental disabilities in day-to-day, short-term, longer-term decisions.

Supporting Self-Determination (20-minute video) This research-based program brings information to direct care staff on the concepts and practices of promoting self-determination for residents with developmental disabilities.

Aging II - Living With Dignity (14 minute video and program guide) This video contains information your staff needs to know about active treatment and habilitation principles to help individuals with developmental disabilities live with independence.