

New Materials in Resource Centre For March 2012



The following items are now available for loan from the Alzheimer Society of Toronto Resource Centre. For a complete listing of items in our collection, as well as online materials in 75+ languages, please consult our online Resource Centre Catalogue at www.alzheimertoronto.org/lib_onlineCatalogue.htm. To go on the waiting list for any of the items listed below, please contact:

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DVDs

Creativity and dementia

Canadian content

North Vancouver, BC: CEAD Media Productions, 2008 DVD GV 185 C74 2008

Pt.1 Dream studio session: Video of art program for seniors run by Dalia Gottlieb-Tanaka. As the session progresses, even those with moderate dementia took part in the discussion and later produced floor plans for their dream studio. The video provides an opportunity to see how creative abilities can be expressed if seniors have a topic that engages their interest and the opportunity to pursue it creatively.

Pt. 2 Sylvia's Story Film based on Sylvia, a remarkable 80-year-old artist and teacher diagnosed several years ago with dementia, tells of her love for the arts and her struggle to exercise her skills as long as possible, even while her remaining short and long-term memories fade. Although Sylvia searches for the right words, she still manages to convey her profound thoughts on the arts, on teaching art and on her engagement in creative self-expression. Her humour and positive attitude, in spite of her awareness of her disease, reminds all of us that we should not let our own preconceptions about illness blind us to the potential of the human spirit.

The Elder Project

Canadian content

National Film Board of Canada, 2010 DVD RC 523.2 E43 2010

The Elder Project follows seven diverse seniors over two years and records their experiences through a series of short and candid episodic stories. As they face the possibility of increasing frailty and transitioning into more dependent-living scenarios, the elders talk of their concerns and eloquently express their desire to grow older with dignity and some control over their future.

The chapter on Joanna looks at a widow who lives at home alone and her daughter who tries to keep an eye on her mother while taking care of her own family. Joanna has started experiencing memory loss and needs assistance with her finances. Over the two years she begins to accept help to take care of the house, and discusses the possibility of eventually moving into long term care.

Enlightened Alzheimer Caregiving/ El Cuidado Ideal de la persona con Alzheimer.

San Antonio, TX: Lightbridge Healthcare Research, 2007 (English & Spanish) DVD RC 620.6 E54 2007

Vol 1 Managing the Difficulties of Mealtime: addresses many of the issues surrounding mealtime and nutrition, we provide you with an awareness of how the disease affects these areas, as well as solutions on how to improve the difficult situations you may encounter.

Vol 2 Overview of Alzheimer's Disease: discusses dementia in general, Alzheimer's disease, cognitive changes that occur and how these impact behaviour and function, and the general stages or progression of the disease.

Family Matters: Coming Together for Alzheimer's

Boston : Family Caregiver Support Program, Massachusetts General Hospital, 2006 DVD HQ 1064 F26 2006

Video offers caregivers and family members some valuable guideposts along the journey through Alzheimer's: learning about the illness and its treatments, planning for the challenges that await the family, restructuring the family system to adapt to the patient's changing needs, and learning the "habilitation" process - a practical and philosophical approach to understanding the language and behavior of the Alzheimer's patient.

Caregivers need to accept the changes in their loved one as well as their own troubling and contradictory feelings; learn new kinds of communication; and listen to the emotions behind the failing words. Support groups and social services can be enormously helpful and families need to confront the challenge together.

House Calls

Canadian content

National Film Board of Canada, 2005 (French & English with subtitles) DVD RC 523.2 H68 2005

Dr Mark Nowaczynski, a physician and photographer, started documenting the lives of many of his elderly clients with evocative black and white photographs. In addition to being one of the few doctors who perform house calls, Dr Mark uses the photos as calling cards as he tries to stimulate change by raising awareness about the lack of in-home medical care for this growing segment of the population. His passion for photography is matched only by his commitment to improve the lives of his patients.

How to Prevent Falls: 6 Steps to Better Balance

Chicago: Terra Nova, 2007. DVD RA 777.6 H68 2007

This program includes easy steps that older adults can incorporate into their daily routines to improve balance and reduce the serious risk of falls. The video also discusses the psychological effects of the fear of falling, and encourages adults to improve their confidence levels and quality of life by using these simple, health-enhancing techniques.

No Thanks, We're Fine: supporting families living with dementia/ Non merci, ça va: soutenir les familles qui vivent avec l'Alzheimer et autres maladies apparentées

Canadian content

Ottawa: Champlain Community Care Access Centre, 2011. (English only) DVD RC 523.2 N6 2011

Video features caregivers to people with dementia appealing to their fellow caregivers to seek support and take respite. Caregivers speak movingly based on their own experiences directly to others like them on the importance of finding information, obtaining home care and other types of in-house assistance, joining support groups, and accessing respite through day programs and overnight guest houses. Caregivers appeal to their peers to obtain assistance right away, not to wait for a crisis to occur and not to be ashamed to get help. The clear message is that no caregiver to loved ones with dementia is a superman or superwoman.

Available online: English <http://www.youtube.com/watch?v=1SPEWhue4Do>

French http://www.youtube.com/watch?v=wIWZ_fWBUHg&feature=related

The Power of Music/ Le pouvoir de la musique

Canadian content

Toronto: Alzheimer Society of Canada, 2011. (English & French) DVD GV 185 P69 2011

Professionals and family members discuss the power of music to connect with people with dementia throughout the course of the disease. It provides a way for people with dementia to connect with the outside world and with themselves. Music can be experienced through singing, playing an instrument, dancing and listening.

Available online: English <http://vimeo.com/24272470>;

French <http://www.alzheimer.ca/fr/We-can-help/Resources/Video-library>

Treating Alzheimer's Disease Through Caregiver Family Therapy

American Psychological Association, 2006. DVD BF 637 C6 T73 2006

Caregiver Family Therapy assists families with recognizing, interpreting, and taking action to address symptoms of growing cognitive impairment while continuing to meet the needs of multiple family members. In case study presented, the client begins to realize that her caregiving is having a negative impact on her family and marriage. She is helped to explore restructuring the family and to develop a list of tasks that need to be accomplished to protect the well-being of her mother, sister, and herself and her family.
