

MC5 LENDING LIBRARY RESOURCES

Revised 9/10/10

TITLE	SUMMARY	LOCATION
	<u>STATE OMBUDSMAN OFFICE</u>	
<i>DVD</i>		
<u>Advocating for a New Old Age: A Pioneer Network Call to Action</u> (7 minutes)		State Ombudsman Office
<u>The Big Uneasy: Katrina's Unsung Heroes</u> , 2006		State Ombudsman Office
<u>Brave New Home: Changing the Culture of Nursing Home Care</u> , 2006 KCTS Television, (1 hour)		State Ombudsman Office
<u>Compliance and Culture Change</u> , CMS Karen Schoeneman and Thomas Hamilton, May 26, 2005, (6.5 minutes)		State Ombudsman Office
<u>Dementia in Long-Term Care: Communicating with Residents</u> , Volume XXV, A Video for Employing Breakthroughs in Caregiving, Eldercare Communications		State Ombudsman Office
<u>Do Not Go Gently: The Power of Imagination in Aging</u> (56:37 minutes), 2007,	A journey across the country and deep into the human brain explores what it means to remain creative into that good night. Three artists who continue to innovate, one gerontologist, and seniors who are struggling to come to terms with the changes in their lives – all show us the power of imagination in aging.	State Ombudsman Office

<p><u>From Institutional to Individualized Care Part I: Integrating Individualized Care and Quality Improvement</u>, CMS, November 3, 2006, (1 hour 45 minutes) (2 copies with handouts)</p>		<p>State Ombudsman Office</p>
<p><u>From Institutional to Individualized Care Part III: Clinical Case Studies in Culture Change</u>, CMS, May 18, 2007, (1 hour)</p>		<p>State Ombudsman Office</p>
<p><u>Improving Nursing Home Culture: How Quality Improvement Organizations Can Help</u> (2 copies). Copyright 2005, American Health Quality Association.</p>	<p>1. Culture Change in Long-Term Care: A Case Study (35 minutes) Staff at Maine General Rehab and Nursing in Glenridge, Maine, describe a journey from Institutional routine to individualized care that has improved their work satisfaction and the quality of care they provide.</p> <p>2. <u>Nursing Home Quality Initiative: Staff Testimonials 2005(18 minutes)</u> This video features nursing home staff who participated in the 2004-2005 Medicare Pilot on Person-Directed Care with the Oklahoma QIO, Oklahoma Foundation for Medical Quality. Staff describe their experiences implementing person-directed care.</p>	<p>State Ombudsman Office</p>
<p><u>Spirituality and Aging</u>, presented by the Quality of Life Committee of the Alexian Brothers of Missouri. (28 minutes), 2005</p>		<p>State Ombudsman Office</p>
<p><u>A Tale of Transformation: 4 Stages to Tell The Story</u> (DVD and Workbook), by LaVrene Norton, MSW of Action Pact, Inc.</p>		<p>State Ombudsman Office</p>
<p><u>Where LOVE Matters</u>, The Green House Project, 2008, (35:35 minutes)</p>		<p>State Ombudsman Office</p>

<p><u>WSIU In Focus: Nursing Home Culture Change</u>, story of Hitz Memorial Skilled Nursing Home and Assisted Living in Alhambra, Illinois.</p>		<p>State Ombudsman Office</p>
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<p>VHS</p>		
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<p><u>Bathing Without a Battle</u> (VHS and CD-ROM), Creating a better bathing experience for persons with Alzheimer’s Disease and related disorders.</p>		<p>State Ombudsman Office</p>
<p><u>Caleb’s Basket: Eden Alternative Principle #6</u>, The Story of Caleb’s Basket Told by Dr. Bill Thomas, Creating Opportunities for Meaning in Daily Life. (VHS and Learning activities) (18 minutes)</p>		<p>State Ombudsman Office</p>
<p><u>Residents Have the Answers: Improving Quality of Life in Long-Term Care</u> (VHS, Training and Resource Guide), (33 minutes) (2 copies in State office and 1 in each Regional office)</p>		
<p>CDs</p>		
<p><u>Consistent Staffing – Advancing Excellence Teleconference</u>, December 2007.</p>		<p>State Ombudsman Office</p>
<p><u>Kareen King – The Person in the Picture Ain’t Me</u>, 2007 by Kareen King</p>		
<p>CD-ROM</p>		

		State Ombudsman Office
<u>Pioneering Change Education Modules</u> ,	Material from the PEAK-ED project. CD-ROM produced and distributed in Missouri by the Missouri State LTC Ombudsman Program. Education Modules include Culture Change, Measuring Change, Returning Control to Residents, Family and Community, Strengthening Staff, Creating Home, Activities, End-of-Life Care, Dining, and Spirituality. (Multiple copies available)	State Ombudsman Office
<u>Pioneer Network Conference, August 12-14, 2009, Session Handouts.</u> Creating Together, Creating Community, It's Only Natural		
BOOKS		State Ombudsman Office
<u>Activity Programming For Persons With Dementia: A Sourcebook</u> , 1995 Alzheimer's Association		State Ombudsman Office
<u>The Alzheimer's Activity Guide: A Caregiver's Guide to Daily Activities for People with Alzheimer's Disease</u> , 2005 Forest Laboratories, Inc. (2 copies)		State Ombudsman Office
<u>The Best Friends Book of Alzheimer's Activities</u> , by Virginia Bell, David Troxel, Tonya Cox, and Robin Hamon, 2004		State Ombudsman Office
<u>The Best Friends Staff: Building a Culture of Care in Alzheimer's Programs</u> , by Virginia Bell, M.S.W. & David Troxel, M.P.H., 2001		State Ombudsman Office

<p><u>Changing the Culture of Care Planning: a Person-Directed Approach</u>, by Christine Krugh, MSW and Carmen S. Bowman (Workbook with CD-ROM Sample Video Care Plan), 2006 Action Pact, Inc</p>		<p>State Ombudsman Office</p>
<p><u>Culture Change Now!, Volume One, 2001</u> Action Pact, Inc. <u>Culture Change Now!, Volume Two,</u> 2003 Action Pact, Inc. <u>Culture Change Now!, Volume Three,</u> 2005 Action Pact, Inc.</p>	<p>Culture Change Now! is Action Pact's twice-yearly periodical for long term care professionals interested in Culture Change. It is filled with how-to information and articles of inspiration. All levels of staff and families will enjoy the only publication solely dedicated to culture change!</p>	<p>State Ombudsman Office</p>
<p><u>A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers</u>, by Virginia Bell, M.S.W. & David Troxel, M.P.H., 2002</p>		<p>State Ombudsman Office</p>
<p><u>The Eden Alternative Handbook: The Art of Building Human Habitats</u>, by William H. Thomas, M.D. 1999</p>		<p>State Ombudsman Office</p>
<p><u>The Eden Alternative: Nature, Hope & Nursing Homes</u>, by William H. Thomas, M.D., 1994</p>		<p>State Ombudsman Office</p>
<p><u>Glorious Adventure</u>, by Carter Catlett Williams, produced by the Pioneer Network 2008</p>		<p>State Ombudsman Office</p>

<p><u>Know Me Through My Eyes: Enriching End-of-Life Dementia Care</u>, Alzheimer's Association, St. Louis Chapter</p>		<p>State Ombudsman Office</p>
<p><u>Learning from Hannah: Secrets for a Life Worth Living</u>, William H. Thomas, M.D., 1999</p>		<p>State Ombudsman Office</p>
<p><u>Life Worth Living: How Someone You Love Can Still Enjoy Life in a Nursing Home</u>, The Eden Alternative in Action, by William H. Thomas, M.D., 1996</p>		<p>State Ombudsman Office</p>
<p><u>Special Care Programs for People with Dementia</u>, by Stephanie B. Hoffman and Mary Kaplan, 1996</p>		<p>State Ombudsman Office</p>
<p><u>Spiritual Wellness: How to Address the Spiritual Needs of People in Long-Term Care Settings</u>, by Sandra J. Dailey, Project LIFE, 2000 (6 copies)</p>		<p>State Ombudsman Office</p>
<p><u>The 36-Hour Day</u>, A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life, by Nancy L. Mace, M.A. and Peter V. Rabins, M.D., M.P.H., 1982, 1991, 1999.</p>		
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	<p>ALZHEIMER'S ASSOCIATION</p>	
<p>DVD's and VIDEOS</p>		

<p><u>Freedom of Sexual Expression for People with Dementia</u> (V, DVD) Narrated by Anne Meara.</p>	<p>A close look and candid discussion about sexuality and intimacy as basic human rights that should not be denied simply because a person has a level of decreased cognizance and lives in a nursing home. This video explores all kinds of intimacy issues that are typically seen by care-giving staff as 'inappropriate sexual behaviors'. Includes clips from family members expressing their views.</p>	<p>Alzheimer's Association</p>
<p><u>Detecting Discomfort in Dementia- A Focus on Behaviors</u> (DVD)</p>	<p>Shows the behaviors that are associated with pain, often misinterpreted as 'difficult behaviors' or behaviors that cannot be changed. This is an eye opener to staff in understanding that pain is the most significant trigger for different kinds of common 'behavior problems'. At the completion of this dvd, direct care staff have a new perspective on recognizing behavior as a way to communicate minor but nagging discomfort when words cannot be understood.</p>	<p>Alzheimer's Association</p>
<p><u>Meaningful Work- A Guide to Helping Residents Find Meaningful Activity</u> (DVD)</p>	<p>This video training program teaches everyone who is in elder care how to discover each elder's unique interests, which in turn brings more purpose to the life of the caregiver. Dr. William Thomas and other experts provide thought provoking input to help employees in LTC find meaning in their work by helping residents find meaning in their lives.</p>	<p>Alzheimer's Association</p>

<p><u>The Coin's Other Side: A Positive Look at Dementia Care</u> (DVD)</p>	<p>Mary Sharp and Rachel Kail, known as Edcon, are a mother-daughter team who experienced family caregiving for Mary's mother who had dementia. Because of the insight they gained through this loving, end of life relationship with this family matriarch, they have put together a powerful and inspirational set of dvd's that focus entirely on person centered dementia care. They have wonderful stories and simple teachings- all done with the ability to help you develop skills to engage those with dementia.</p>	<p>Alzheimer's Association</p>
<p><u>Becoming Who They Are: Building Community Among Elders Living With Dementia</u> (Action Pact, Inc) (DVD)</p>	<p>This video describes ways to incorporate family members into the lives of their loved ones who are living in LTC communities through the use of learning circles, even including those elders who are living with dementia. Includes video of the learning circles of three Midwestern homes.</p>	<p>Alzheimer's Association</p>
<p><u>Nourish the Body and Soul</u> (Action Pact, Inc)(DVD)</p>	<p>This video provides practical ideas for improving dining through choice at any stage of nursing home culture change.</p>	<p>Alzheimer's Association</p>
<p><u>Bathing without a Battle</u> (V)</p>	<p>This video is a Culture Change institution itself! Techniques shown here changed the way we look at providing physical care to elders with dementia. Specifically it demonstrates different approaches to provide a gentler, comforting bath, free of fear and anxiety experienced by the person with challenges related to bathing. Discussion about Federal nursing home regulations helps staff understand the expectations and therefore comply with the regulations, while providing individualized, person centered ADL care.</p>	<p>Alzheimer's Association</p>

<p><u>Spirituality and Aging</u> (Developed in Partnership Between the Alzheimer’s Association, St. Louis Chapter & Alexian Brothers of Missouri) (DVD)</p>	<p>A beautiful discussion from experts in the field of aging about spirituality and the need to provide opportunities to acknowledge one’s need to maintain their spiritual connectedness, even as dementia progresses. Many clips are from elders themselves discussing what is spiritually important to them. Includes people who still reside in the community at large, as well as those who are receiving adult day services or live in LTC communities. A must see!</p>	<p>Alzheimer's Association</p>
<p><u>The Savvy Caregiver</u> (DVD)</p>	<p>Although designed for a family caregiver, the sessions in this dvd could easily be adapted for use by the professional caregiver. Sessions include understanding how confusion impacts challenging behaviors and how your support and gently structured environment will have a positive impact on the person with dementia. Also learn about how to choose appropriate activities and determine the “right size” for an activity, based on the abilities, strengths and desires of the person and ways your support will need to change as the disease progresses over time.</p>	<p>Alzheimer's Association</p>
<p><u>Detecting Discomfort in Dementia- A Focus on Behaviors</u> (DVD)</p>	<p>Go on a virtual tour of four fictional LTC communities, each at a different stage of the culture change progression.</p>	<p>Alzheimer's Association</p>

<p><u>The Alzheimer's Project</u> (DVD, includes with a book written specifically on the scientific research)</p>	<p>This 4-part HBO special series that aired in 2009 offers a close look at current research projects & findings offering hope for a future cure. Different portions of the series also show caregiver approaches to caring compassionately for their loved ones throughout all stages of the disease process. Includes discussions about driving cessation, behaviors that occur in LTC regarding intimacy, person centered activity to maintain a sense of identity both at home and in LTC settings, end of life care needs for the person with dementia and their care partner, and other challenges that occur when dealing with this disease.</p>	<p>Alzheimer's Association</p>
<p><u>Choice and Challenge</u> (V) C</p>	<p>Caring for aggressive older adults across levels of care and a guide for better monitoring</p>	<p>Alzheimer's Association</p>
<p><u>Almost Home: Cultural Changes in Nursing Homes Today</u> (V) T</p>	<p>This video shows culture changes that are evolving in LTC communities today.</p>	<p>Alzheimer's Association</p>
<p><u>When Love Matters: The Greenhouse Project</u> (DVD)</p>		<p>Alzheimer's Association</p>
<p>BOOKS</p>		
<p><u>Alzheimer's Activities Guide: A Caregivers Guide To Daily Activities for People with Alzheimer's Disease</u>- Forest Pharmaceuticals, Inc.</p>	<p>People with Alzheimer's Disease can benefit from participation in activities that can help to increase their feelings of usefulness and self worth. This guide is designed to help caregivers keep the person with dementia active.</p>	<p>Alzheimer's Association</p>

<p><u>Activity Based Alzheimer's Care: Building A Therapeutic Program</u>- Alzheimer's Association.</p>	<p>This guidebook suggests that activities are the foundation of all care, based on the conceptual definition of activity as every event, encounter or exchange a person has. Six sections provide the activity director with information to successfully develop a person centered dementia care program, including assessment and care planning, program design and evaluation, providing spontaneous as well as scheduled activities, and team building. Although some of the specifics may be slightly outdated, this book can guide an activity director with the foundation needed for quality dementia care.</p>	<p>Alzheimer's Association</p>
<p><u>Alzheimer's Disease: Activity Focused Care</u>- Carly R. Hellen</p>	<p>As one of the pioneers in the culture change movement, Carly wrote this manual for as a guide for professional caregivers with an emphasis on exercise and mobility to generate a sense of well being.</p>	<p>Alzheimer's Association</p>
<p><u>Alzheimer's from the INSIDE OUT</u>- Richard Taylor</p>	<p>Diagnosed with Alzheimer's Disease at the age of 58, psychologist Richard Taylor shares a provocative and courageous account of his slow transformation and deterioration and his growing divide between his own reality and the reality of others. He has been a guest speaker at the Pioneer Network conference.</p>	<p>Alzheimer's Association</p>

<p><u>Creating Moments of Joy</u>- Jolene Brackey-</p>	<p>Jolene began her health care career working in LTC with elders who had dementia, as an activity director. Recognizing that we cannot create perfectly wonderful days with someone who has dementia, she has created this book to help others understand how to “create moments of joy” for people who live with Alzheimer’s Disease and other dementias. The book is broken down into 5 sections, with smaller steps in each section, to help you achieve a goal of creating opportunities for relationship based person centered care spontaneous and structured activity. It is chocked full of wonderful ideas and inspiring story clips that resulted from her experience with the elders she served in LTC.</p>	<p>Alzheimer's Association</p>
<p><u>Best Friends Approach to Dementia Care-</u> David Troxel and Virginia Bell</p>	<p>A description of the “Best Friends” model which emphasizes that recasting relationships by becoming “best friends” with the person who has AD can make caregiving easier and more rewarding for both professionals and family members. David and Virginia designed this model in Adult Day Care as a volunteer program when David determined that people with dementia were missing out on life’s gifts of companionship. The model worked so well that LTC communities began embracing the principles of the “Best Friends Approach” in their own communities. It began in the 1990’s and is now embraced throughout the country.</p>	<p>Alzheimer's Association</p>
<p><u>Best Friends Book of Alzheimer’s Activities</u> – David Troxel and Virginia Bell</p>	<p>Formal and informal activities for people with dementia that can be used by professional caregiving staff within the continuum of dementia care services.</p>	<p>Alzheimer's Association</p>

<p><u>The Best Friends Staff: Building A Culture of Care in Alzheimer's Programs-</u> David Troxel and Virginia Bell</p>	<p>A guide for professionals working in LTC settings toward developing a staff dedicated to preserving dignity and enhancing quality of life for persons with dementia.</p>	<p>Alzheimer's Association</p>
<p><u>Between Two Worlds: Special Moments of Alzheimer's and Dementia-</u> Ellen P.Young</p>	<p>A woman who stood by both her mother and aunt through the journey of AD finds that humor is often the best medicine in dealing with people who have dementia.</p>	<p>Alzheimer's Association</p>
<p><u>Bon Appetit: The Joy of Dining in Long Term Care</u> Jitka Zgola (also available on video and dvd)</p>	<p>This was one of the first books written to address the importance of dining in a person centered care environment. Although dining concepts have been updated since the writing of this book, the concepts are foundational in the understanding of culture change in LTC.</p>	<p>Alzheimer's Association</p>
<p><u>The End of Life Namaste Care Program for People with Dementia-</u> Joyce Simard-</p>	<p>This book teaches professional caregivers as well as family members how to design and implement an enlightened person centered care program for people who have severe and terminal dementia. It addresses not only the physical but also the emotional and spiritual needs of these elders as they are approaching the end of their lives. The book serves as a road map to how the program can be implemented- both in creating an appropriate environment and designing daily life enriching activities.</p>	<p>Alzheimer's Association</p>

<p>Design Innovations for Aging and Alzheimer’s: Creating Caring Environments- Elizabeth Brawley</p>	<p>This is the “go-to” guide for all aspects of environmental needs for those who live with dementia. Elizabeth is an expert in the field of design for aging and wrote this after becoming aware that even newer LTC communities were designing environments for well elders who have mobility issues rather than for elders with dementia (who, statistics show, make up approximately 70% of all residents in LTC, including Assisted Living.) It is a comprehensive book filled with information for those planning a structural design, as well as easy to understand information for those staff who want to improve the environmental décor of their care setting.</p>	<p>Alzheimer's Association</p>
<p><u>Know Me Through My Eyes: Enriching End of Life Dementia Care</u> (Written in partnership with Alzheimer’s Association, St. Louis Chapter and BJC Hospice) .</p>	<p>Based on the concept of the Six Needs of People with Dementia written by Dr. Tom Kitwood (one of the Pioneer Network’s early mentors), this book is a thought provoking look at how we have treated our elders with dementia in the past and how, by using Dr. Kitwood’s foundational beliefs, we have the ability to see dementia from a different and fresh perspective. With the use of many ‘alternative and complementary therapies and techniques’ described throughout the book with a weaving of inspirational vignettes , these dementia experts describe ways that everyone providing care can give peace, joy and comfort to those elders in the late stage of their journey, while developing and sustaining with them an end of life enriched with beyond physical care</p>	<p>Alzheimer's Association</p>

<p><u>Life Happens in the Kitchen:Porch Swing Series Culture Change Workshop</u> (Action Pact- Linda Bump, MPH, RD)</p>	<p>A resource guidebook complete with group exercises designed to aid in changing the dining experience for people living in LTC. This workbook takes you through the 4 Stages of Culture Change to show it is possible to make the kitchen the heart of home, even in our LTC communities.</p>	<p>Alzheimer's Association</p>
<p><u>Enhancing Identity and Sense of Home: Creating Successful Dementia Care Settings-</u> Developed by Margaret P. Calkins -+</p>	<p>This book clearly explains how a home-like environment contributes to the smooth day to day function of a community for people with dementia. Staff will see improved resident functioning resulting from the environmental changes that recognize residents' former roles, relationships and routines. When supporting residents' memories of themselves and increasing their sense of control, dementia care programs will reap the rewards from their residents' renewed contentment.</p>	<p>Alzheimer's Association</p>
<p><u>I Can't Chew Cookbook: Delicious Soft-Diet Recipes for People with Chewing, Swallowing, and Dry-</u> Mouth Disorders J. Randy Wilson</p>	<p>This cookbook is a must-read for all who are unable to chew because of various health restrictions. It gives a comprehensive and detailed nutritional analysis of the recipes and is a much needed resource in developing and maintaining a nutritious diet.</p>	<p>Alzheimer's Association</p>

<p><u>Individualized Dementia Care: Creative, Compassionate Approaches</u> -Joanne Rader and Elizabeth Tornquist</p>	<p>A guide to understanding, preventing, and redirecting difficult behaviors associated with dementia. Joanne Rader has been a member of the Pioneer Network Coalition since it's inception and is a nationally acclaimed dementia care expert.</p>	<p>Alzheimer's Association</p>
<p><u>Open Hearts open Minds-</u> William Thomas, M.D.</p>	<p>Wonderful stories involving the Eden Alternative, inspired and developed by one of Culture Change most well known pioneers.</p>	<p>Alzheimer's Association</p>
<p><u>Person Centered Care: A Model for Nursing Homes-</u> Marilyn Rantz and Marcia Flesner</p>	<p>Inspirational and instructional story told by two nurse- researchers (from Missouri's own Sinclair School of Nursing in Columbia, MO) who created a model of human resource and care delivery management rooted in a principle and process of mutual empowerment and respect.</p>	<p>Alzheimer's Association</p>