

**A certain age** -- New York City: UNAPIX Entertainment Inc, 1996. (Video)

*Abstract:* This video examines what it is like to grow old in America, emotionally, mentally, and spiritually. It also looks at the spiritual gain and sense of perspective that can emerge from growing older.

*Audience:* General

*Desc:* 1 videocassette (58 min.)

*Location:* VHS

**Aging in America: The Years Ahead** / Julie Winokur, Ed Kashi. Talking Eyes Media, 2003. (DVD)

*Abstract:* In search of what it means to have a "good old age". The authors traveled across the country for seven years, collecting scores of personal histories to depict the experience of aging in America.

*Audience:* Adults; General; Health Care Providers; Human Service Professionals

*Desc:* 1 videodisc (56 min.)

*Location:* DVD

**Alcohol and the elderly** -- Los Angeles, CA: National Health Video, c1999. (Video)

*Abstract:* (Producer) This video is about medications and alcohol, how alcohol affects the nutritional status of older people, the association between alcohol and depression, the effect on sex life and the damage it can do to body systems.

*Audience:* Adults; General

*Desc:* 1 videocassette (16 min.)

*Location:* VHS

**Enjoy Life Today! : Don't let bladder control problems spoil your good times** -- Boston, MA: MA Dept. of Public Health, 1997. (Video)

*Abstract:* Through a series of personal stories and educational information, older men and women learn that urinary incontinence is not only normal but occurs in almost 1 out of 3 elderly adults. The program describes the problem and encourages viewers to seek help, as it can be cured in most cases using one of a variety of methods.

*Audience:* General

*Desc:* 1 videocassette (19 min.)

*Location:* VHS

**The fabric of life** -- Brookline, Mass. Ruth Abrams Productions, 1998. (Video)

*Abstract:* Segments from the Eldervision television program, in which senior citizens discuss their views on aging.

*Audience:* General

*Desc:* 1 videocassette (29 min.)

*Location:* VHS

**The fabric of life (with Spanish subtitles)** -- Brookline, MA: Ruth Abrams Productions, (Video)

*Abstract:* Segments from the Eldervision television program, in which senior citizens discuss their views on aging. (Spanish subtitles).

*Audience:* General

*Desc:* 1 videocassette (29 min.)

*Location:* VHS

**Healthy lifestyles / Aquarius Health Care Videos.** -- Sherborn, MA: Aquarius Health Care Videos, 2000. (Video)

*Abstract:* This video provides no-nonsense advice on how to build the personal and professional partnerships that enhance elders's quality of life while reducing dependence on the medical system. An inspiring 21 minutes of tips and ideas on how seniors and work with family, friends, therapists and clergy to achieve maximum health.

*Audience:* Adults; General

*Desc:* 1 videocassette (21 min.)

*Location:* VHS

**Looking forward to tomorrow : medical aspects of seniors and substances** -- Carpintera, CA: FMS, c1994. (Video)

*Abstract:* (Producer) The population over 55 is growing rapidly. These folks have losses and grief, waning health and multiple medical needs and fear of the future. Medicines are prescribed, over the counter remedies are tried and alcohol and tobacco are consumed--frequently leading to mental states that are confused with senility, dementia, and Alzheimer's. This film tells of the pitfalls of such chemical combinations and how to prevent, intervene, and treat such problems.

*Audience:* Health Care Providers; Human Service Professionals

*Desc:* 1 videocassette (28 min.)

*Location:* VHS

**Older adults and addiction** / Frederic C Blow; David W Oslin. / Hazelden Foundation. -- Center City, MN: Hazelden, 2007. (Kit-Video)

*Abstract:* As baby boomers reach retirement age, substance abuse among these older adults is on the rise. Besides alcohol abuse, many baby boomers suffer from illicit drug use. The good news is that it's never too late to change. The two presenters in this DVD provide easy-to-follow methods of effectively screening, assessing, and conducting brief interventions....

*Audience:* Older Adults; Seniors

*Desc:* 1 videodisc (40 min.) + 1 guide

*Location:* ELD AOD OLDER

**Prescription drugs : misuse, abuse, addiction** / CADCA. Community Anti-Drug Coalitions, 2001. (Video)

*Abstract:* Explores what research has discovered about commonly abused medications and their health consequences. Discusses trends and patterns of use, particularly in older adults, adolescents, and women. Identifies strategies to assess the scope and nature of the problem in local communities and ways to mobilize local resources to prevent the continued abuse of prescription drugs

*Audience:* Community Organizations; Health Care Providers; General

*Desc:* 1 videocassette (120 min.)

*Location:* VHS

**The Search for intimacy : love, sex, and relationships in the senior years** -- Evanston, IL: Perennial Education : [Distributed by] The Altschul Group, c1986. (Video)

*Abstract:* Dr. Alex Comfort, renowned expert on sexuality, hosts this program which features married, single, widowed, and divorce elderly people who talk openly about relationships

*Audience:* Human Service Professionals; Adults

*Desc:* 1 videocassette (25 min.) + 1 resource guide

*Location:* VHS

**Senior Fire safety With Jonathan Winters** -- Quincy, MA: The Association, 1991. (Video)

*Abstract:* Host Jonathan Winters helps older adults to: recognize that their age group is especially at risk of injury and death by fire; understand the leading causes of fires in the home and how easy it is to prevent them; learn basic home fire prevention and feel confident about practicing it; and, know what to do in the event of a fire.

*Audience:* Adults

*Desc:* 1 videocassette (18 min.) + 1 resource guide (9 p.)

*Location:* SAFE FIRE SENIO

**Seniors : a safer neighborhood is up to you** -- [Mass.] Senior Crime & Violence Prevention Project, 1992. (Video)

*Abstract:* Describes measures seniors can take to keep their neighborhoods safe. This program presents several concrete steps to improve the levels of safety in one's neighborhood. This lively video is a great empowerment tool.

*Audience:* General

*Desc:* 1 videocassette (20 min.) + 1 discussion guide (32 p.)

*Location:* VHS

**Seniors on the safe side** / Underwriters Laboratories, Inc. -- St. Petersburg, FL: distributed by Video Placement Worldwide, 1998. (Video)

*Abstract:* Describes the accident hazards and prevention measures for older citizens at home

*Audience:* Adults

*Desc:* 1 videocassette (12 min.)

*Location:* VHS

**Special nutrition problems** -- Los Angeles, CA: National Health Video, 1997. (Video)

*Abstract:* Topics covered include weight gain or loss, physical activity, food-drug interactions, iron in the diet, and reliable information sources.

*Audience:* Adults

*Desc:* 1 videocassette

*Location:* VHS

**Staying Active Wellness After Sixty** -- Carlsbad, CA: Spectrum Films, 1985. (Video)

*Abstract:* A documentary in which individuals in their sixties, seventies, and eighties give pointers for staying healthy after sixty years of age. Discusses nutrition, relaxation, exercise, stress, and staying involved.

*Audience:* General

*Desc:* 1 videocassette (28 min.)

*Location:* VHS

**Substance abuse in the elderly** / Guth, Jamie. / Dartmouth/Hitchcock Medical Center. ; Aquarius Health Care Videos. -- Sherborn, MA: Aquarius Health Care Videos, 2000. (Video)

*Abstract:* The percentage of Americans living beyond age 70 is increasing, and there's growing concern that these people are also at risk for problems related to drinking

alcohol and prescription drug misuse. As the body ages, tolerance to alcohol decreases. At the same time, many people often have multiple prescriptions for medications that, when combined, can cause problems. This program profiles older Americans dealing with these issues, and shows some innovative programs created specifically for the elderly.

*Audience:* Adults; Health Care Providers; Human Service Professionals

*Desc:* 1 videocassette (28 min.)

*Location:* VHS

**Substance abuse in the elderly** / Jamie Guth; Bill Johnson; James Campbell; Carol Colleran Egan. -- Princeton, NJ: Films for the Humanities and Sciences, 2005. (DVD)

*Abstract:* Profiles older Americans dealing with alcohol and prescription drug misuse. Many have multiple prescriptions for medications that when combined with alcohol can cause problems. Shows some innovative programs created specifically for the elderly. Includes interviews of James Campbell and Carol Colleran Egan.

*Audience:* Community Organizations; Health Care Providers; Human Service Professionals; Elderly

*Desc:* 1 videodisc (29 min.)

*Location:* DVD

**Well informed** -- [Edmonton] AADAC, [1991] (Kit)

*Abstract:* "The Well Informed resource package is designed for people who provide services to seniors - in the form of health care, community services or personal support. By providing information on health-related issues, including the use of alcohol and other drugs, as well as fostering an environment in which healthy choices are the easy choices, service providers can be instrumental in helping older people maintain and improve their health."

*Audience:* Health Care Providers; Human Service Professionals; Adults

*Desc:* 1 videocassette (36 min.) + 1 manual & 30 workbooks

*Location:* ELD CARE WELL

**Windows to change : life transitions** / Aquarius Health Care Videos (Firm) -- Sherborn, MA: Aquarius Health Care Productions, 2000. (Video)

*Abstract:* The time comes when nearly all older adults must face the fact that they can no longer cope alone at home. At a minimum, they need caregiver help. Change is required that can be wrenching to both elderly parent and adult child, whether the parent is able to remain home with assistance, move in with his or her child or to a senior care facility. The three segments in this documentary portray individuals who are successfully making his difficult life transition while confronting real lifestyle, legal and relationship issue.

*Audience:* Adults; General

*Desc:* 1 videocassette (27 min.)

*Location:* VHS

**Women's Health Series : Menopause : Guidelines to a Healthy Life** -- Houston, Texas:  
American Medical Communications, 1993. (Video)

*Abstract:* v.7. Menopause, guidelines to a healthy life -- Part of a video series that provides clear, concise answers to the health issues facing every woman at every age, and is designed to empower through self-examination and education.

*Audience:* Women

*Desc:* 1 videocassette (30 min.)

*Location:* VHS