



presents  
**THE CAREGIVER**  
**VIDEO SERIES**

<b>Call:</b> Mon-Fri 8:30 AM – 5 PM EST 864-349-1160  <b>Mail:</b> Upstate AHEC 200 North Main Street Suite 201 Greenville, SC 29601  <b>Fax:</b> 864-349-1179 24 hours a day  <b>e-mail:</b> <a href="mailto:thudson@upstateahec.org">thudson@upstateahec.org</a> 24 hours a day  <b>Website:</b> <a href="http://www.upstateahec.org">www.upstateahec.org</a> 24 hours a day	<b>Ship To:</b> _____ Name _____ Phone _____ Email _____ _____ Shipping Address 1 _____ Shipping Address 2 _____ City _____ State _____ Zip _____	<b>Method of Payment</b> <input type="checkbox"/> Check <i>Payable to Upstate AHEC</i> <input type="checkbox"/> Credit card  Type _____ _____ Account Number _____ Expiration Date _____ Authorized Signature _____ <input type="checkbox"/> I will pick up video from Upstate AHEC office
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Item	Description
701 <input type="checkbox"/>	How To Care For Someone On Bedrest
702 <input type="checkbox"/>	Como atender a quien guarda reposo en cama
703 <input type="checkbox"/>	How To Help Someone Who Uses A Wheel-chair Without Hurting Yourself
704 <input type="checkbox"/>	Como ayudar a una persona en silla de ruedas sin lastimarse a si mismo
705 <input type="checkbox"/>	Creating Healthy Home Care Conditions: Infection Control
706 <input type="checkbox"/>	Lucha contra la infeccion
707 <input type="checkbox"/>	How To Manage Medications
708 <input type="checkbox"/>	Los medicamentos
709 <input type="checkbox"/>	Fall Prevention
710 <input type="checkbox"/>	Evitar Caidas
711 <input type="checkbox"/>	Fire Safety

Item	Description
712 <input type="checkbox"/>	La prevencion de incendios
713 <input type="checkbox"/>	Elder Abuse and Neglect
714 <input type="checkbox"/>	Personal Care
715 <input type="checkbox"/>	El Cuidado Personal
716 <input type="checkbox"/>	Caregiver Wellness
717 <input type="checkbox"/>	How to Measure Vital Signs
718 <input type="checkbox"/>	How To Communicate Effectively With Someone Who Has Hearing Loss
719 <input type="checkbox"/>	How To Communicate With Someone Who Has Aphasia
720 <input type="checkbox"/>	How To Communicate With Someone Who Has Alzheimer's Disease
721 <input type="checkbox"/>	Como comunicarse con alguien que padece de Alzheimer's
722 <input type="checkbox"/>	Developing Cultural Competence
723 <input type="checkbox"/>	Caring for someone with mid to late stage Alzheimer's

I understand that by signing this request form, I am agreeing to be financially responsible for any materials that are lost, stolen or damaged while in my possession.

Balance Due

\$ \_\_\_\_\_  
 Estimated number of participants \_\_\_\_\_

Shipping and Handling Charges

1 video - \$11.00

Each addition Video - \$2.00



Signature \_\_\_\_\_



Upstate Area Health Education Center  
 200 North Main Street Suite 201  
 Greenville, SC 29601



Provided by Healing Arts Communications

Home Care Companion™ Resources for Professional and Family Caregivers

# LONG TERM CARE SERIES

Upstate AHEC is joining thousands of home health agencies, area agencies on aging, hospices, hospitals, colleges, senior centers, and churches around the country to utilize *The Caregiver Video Series* for their training programs. This series offers 23 videotapes or DVDs to check out and show on an individual basis or in a classroom setting at your location. These videos are suitable for training family, volunteer, respite, private duty, and staff caregivers. They will provide caregivers with the tools, skills, and knowledge they need to fulfill and enhance their caregiving role. We believe that caregiving can be a meaningful experience when caregivers have the knowledge and skills they need to provide home care safely and confidently. With each video you will receive a packet that includes a participant data sheet, program objectives, definitions and key points, post test and a Scantron evaluation form which must be completed with a #2 pencil. Return the post test, participant data sheet and Scantron evaluation and you will receive a continuing education certificate.

## TO REQUEST A VIDEO

Call: Weekdays 8:30 AM - 5 PM EST  
864-349-1160  
Mail: Upstate AHEC  
200 N Main St Suite 201  
Greenville, SC 29601  
Fax: 864-349-1179  
24 hours a day  
e-mail: aross@upstateahec.org  
Website: www.upstateahec.org  
24 hours a day

**FEES** to receive videos (fee includes return shipping and handling, CE Credit, and processing)

\$11.00 for one title

\$2.00 for each additional title

**NO CHARGE** if you pick up video from Upstate AHEC office.

\*You may keep a video four weeks. A late fee of \$5.00 per week will be applied to material kept longer than the allotted time.

\*If books/videos are lost, damaged, or stolen while in your possession, you will be financially responsible for replacing these materials.

***Rentals are limited to the 11 county Upstate AHEC area.***

**CREDIT:** Each participant will receive a certificate of completion and one contact hour of continuing education.

## 701-How To Care For Someone On Bedrest– 34 minutes

### 702–Como atender a quien guarda reposo en cama

- Reduce your chance of injury
- Use of home equipment
- Safely move and position someone in bed
- Apply principles of body mechanics
- Recognize and prevent pressure ulcers
- Make an occupied bed

### 703- How To Help Someone Who Uses A Wheelchair Without Hurting Yourself– 24 minutes

### 704–Como ayudar a una persona en silla de ruedas sin lastimarse a si mismo

*Learn the proper transfers:*

- From a bed to a wheelchair
- In and out of a vehicle
- From a wheelchair to a tub bench
- Out of a lounge chair
- From a wheelchair to a commode

*You will also learn how to:*

- Load a wheelchair safely into a car
- Maneuver ramps and curbs

### 705 -Creating Healthy Home Care Conditions:

#### Infection Control– 27 minutes

#### 706–Lucha contra la infeccion

- Understanding germs
- How germs are spread
- Principles of asepsis
- Signs and symptoms of an infection
- How to use protective barriers
- Waste disposal
- How to wash patient laundry
- Proper handwashing

*Meets Current OSHA guidelines*

### 707-How To Manage Medications– 27 minutes

#### 708–Los medicamentos

- Safe medication practices
- Adverse reactions
- Use of over-the-counter drugs
- Drugs and the elderly
- Storage
- How to prevent medication errors

### 709-Fall Prevention– 24 minutes

#### 710–Evitar Caidas

- The physical and emotional effects of a fall
- The goal of fall prevention
- Proper shoes
- How to prevent falls in the home
- Medications
- Walkers and wheelchairs

- Emergency alarm systems
- What to do when someone is no longer safe at home

### 711-Fire Safety– 30 minutes

#### 712–La prevencion de incendios

- Smoke alarms
- How to extinguish a fire
- Oxygen equipment
- Smoking safety
- Fire safety in the bedroom
- Fire safety in the kitchen
- The great escape plan
- How to leave a burning building
- Wrap and slide technique
- Electrical safety
- Appliance safety
- Propane and natural gas
- Wood stoves and fireplaces
- Flammable liquids

### 713-Elder Abuse and Neglect- 29 minutes

- Ageism
- History of family violence
- Alcohol and drug abuse
- Mental illness
- Caregiver stress
- Financial stress

### 714-Personal Care–36 minutes

#### 715–El Cuidado Personal

- Use of correct body mechanics
- Infection control
- Correct handwashing
- Privacy and modesty issues
- Promoting independence
- Oral hygiene
- Denture care
- Bed bath
- Dressing
- Nail care
- Laundry
- Shaving
- Shampooing hair in bed

### 716-Caregiver Wellness–32 minutes

- The importance of maintaining wellness
- Acknowledging and defusing difficult emotions
- Goal-setting and action plans
- Simple, effective exercises for relaxation and renewal
- Activities that foster self-esteem and well-being
- The role of respite

### 717-How to Measure Vital Signs - 35 minutes

Topics covered are: Use of a flow sheet, Methods for taking body temperature, Types of thermometers, Methods for taking the pulse, Use of a stethoscope, Measuring respiration, Taking blood pressure, Pain scales, and Measuring weight

### 718-How To Communicate Effectively With Someone Who Has Hearing Loss–28 minutes

Topics covered are: Importance of communication, The causes of hearing loss, Symptoms of sensorineural hearing loss, Audiologist evaluation, Effective communication techniques, Communication techniques outside the home, Listening, Hearing aids, Assistive listening devices, and Resources

### 719-How To Communicate With Someone Who Has Aphasia–34 minutes

This video teaches the importance of communication and defines aphasia and its effects. Learn techniques developed by speech-language pathologists and others in the field of communication and speech disorders.

### 720-How To Communicate With Someone Who Has Alzheimer's Disease–30 minutes

#### 721–Como comunicarse con alguien que padece de Alzheimer's

This video program defines Alzheimer's Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer's and to the caregiver. Topics covered include repetitive questions, doing chores, aggressive behavior, answering difficult questions, and the use of language and other forms of communication.

### 722-Developing Cultural Competence–40 minutes

This video program teaches how to develop cultural awareness and competence, both individually and within health care organizations. Topics include family, personal space, eye contact, touch, gestures, verbal communication style, time orientation, and beliefs about medicine, illness and health. Interviews with experts in the field provide further insight into the impact of culture on health care. Ideal for training home care and hospital staff.

### 723- Caring For Someone With Mid To Late Stage Alzheimer's Disease-43 minutes

This program explores some typical issues that occur in the mid to late stages of Alzheimer's disease. It will help you to find solutions that can be applied to your own caregiving situation.