

HCQU
Media Library
and
Resource List



*Copyrighted; unable to copy to DVD

25 th Annual DDNA Education Conference	Booklet	<i>Celebrating Our Past, Shaping Our Future.</i> Includes topics such as IDD at your fingertips; polypharmacy and its complications, congenital heart disease in Down Syndrome, Metabolic Syndrome, etc.	562	Bookcase
A Beautiful Mind	VHS*	A brilliant mathematician on the brink of international acclaim when he becomes entangled in a mysterious conspiracy (Movie) (2 hours 6 min.)	222	Media Rack
A Call to Action	Booklet	A report of the National Task Force on Fetal Alcohol Syndrome and Fetal Alcohol Effect – 20-page booklet published in 2009.		Sharepoint
A Clean and Healthy Home	DVD VHS	Gives Basic Skills to clean sinks, counters, refrigerators, ovens, ranges, tubs, showers and toilets. 20:30 minutes	131	Media Rack
A Credo for Support	VHS*	A powerful 4 minute video set to music which offers a series of suggestions for people who care about and support someone with a disability. It prompts viewers to question the common perceptions of disability, professionalism, and support (track 1, 3:50 min.; track 2, 3:50 min.)	316	Media Rack
A Guide to Consent	BOOK	Hardbound. New approach to issues of consent and choice by persons with intellectual disabilities.	129	Bookcase
A Guide to Physical Examination	BOOK	Hardbound. 2 nd Edition. For beginning practitioners in healthcare to learn to talk with and examine patients.	197	Bookcase
A How to Guide for Keeping Your Home Clean	BOOK	Spiral bound. For assistance with many cleaning tasks to keep your home presentable.	504	Bookcase
A Life-Span Approach to Nursing Care for Individuals with Developmental Disabilities	BOOK	Hardbound. A reference guide for nurses who provide services to individuals with DD and their families in a variety of practice settings.	232	Bookcase
A New Way of Thinking	DVD VHS	Provides an introduction to many of the critical issues that affect women's health today (12:45 minutes)	242	Media Rack
A Practical Approach to Dysphagia	VHS DVD	32 minutes	113	Media Rack

A Question of Understanding: A Look at Developmental Disabilities	DVD VHS	Bethesda (13 minutes)	36	Media Rack
A Walker's Daily Log	Booklet	A 5x7 booklet for clients to log their daily walking activities.		Sharepoint
A Weird Day at the Beach	DVD VHS	A Slip, slop, slap stick review of skin protection (10 minutes)	385	Media Rack
A Winning Attitude	DVD	Burnout prevention techniques for human service managers. Demonstrates how employees with problems like over-sized caseloads, bad organization skills and poor attitudes can become valuable team players. (15 minutes)	211	Media Rack
Abnormal Involuntary Movement Scale (AIMS)	DVD VHS	Gives you information on how to assess consumers with AIMS and then gives you opportunity to assess 2 consumers and goes over that assessment with you. (27 minutes)	165	Media Rack
Abuse and Neglect:				
• Be Cool – Coping with Bullying	DVD	Part 1 – Anti-victim strategies (12 minutes) Part 2 – Ignore/proceed (11 minutes) Part 3 – Stand your ground (12 minutes)	17	Media Rack
• Bully Bystanders	DVD	You can make a difference. Grades 7-college. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. (17 minutes)	424	Media Rack
• End the Silence	DVD VHS	Disabled people speak out on how abuse had affected them. We are challenged to make a difference. (7 minutes)	250	Media Rack
• Individual to Individual Abuse	DVD	With David Hingsburger	375	Media Rack
• Is This Abuse?	VHS DVD	40 minutes	277	Media Rack
• No! How!	DVD	With Dave Hingsburger (9:30 minutes)	295	Media Rack
• The Whole Truth	DVD	Hosted version with Dave Hingsburger. (55 minutes)	296	Media Rack
• The Whole Truth	DVD	With Dave Hingsburger. (30 minutes)	297	Media Rack

Activities				
• Activities of Daily Living	BOOK	Designed to provide group leaders easy access to structured plans for Activities of Daily Living groups. 5 topic modules include 1) Personal Hygiene; 2) Laundry Skills; 3) Money Management; 4) Leisure Skills; 5) Nutrition	100	Bookcase
• For the Health of It	Booklet	To assist the caregiver in providing simple activities to promote health and wellness. Each activity includes a lesson overview, tools needed to carry out the activity, length of the activity, and a description. The benefit is that the activity serves as an active treatment aimed at improving the person's quality of life.		Sharepoint
• The Alzheimer's Activities Guide	BOOK	This guide has 3 sections. The first includes therapeutic activities that can emotionally and physically stimulate people with Alzheimer's disease. Also included are four 30-day blank calendars to help you plan 4 months of activities. The next 2 sections include day-to-day tasks (eating, bathing, dressing, toileting, communicating, driving) and where to go for support and resources. 100 pages.	587	Bookcase
Acute Pain Management	DVD VHS	Explains pain management practices and covers pre-op planning process, patient assessments and consultations, pharmacological options, physical agents and relaxation techniques, special needs of the elderly, and more. (27:24 minutes)	187	Media Rack
ADHD:				
• Max's World	DVD VHS	Discusses the symptoms, diagnosis and treatment of ADHD using the drug, Concerta. (12 minutes)	159	Media Rack
Aging and DD:				
• Aging and DD	DVD		16	Media Rack
• Chronic Pain in Geriatrics: Assessment	DVD VHS	This video defines pain and discusses how to assess pain in the elderly, including causes and sources of pain, consequences of chronic pain, and acute vs. chronic pain. (23 minutes)	188	Media Rack

• Chronic Pain in Geriatrics: Management	DVD VHS	Identifies goals to pain management, the implications to drug therapies, the use of therapies, how to participate in pain management plans, causes of poor outpatient compliance, barriers to effective pain management and the side effects and preventions of side effects. (27 minutes)	189	Media Rack
• Geriatric Patient Education Resource Manual	BOOK	Loose leaf. Provides teaching/learning materials related to common diseases and issues associated with the care and health of older adults.	446	Bookcase
• Preventing Falls in Aged Care	DVD	Examines risk factors for falls, illustrating cases in which falls can be avoided, while helping viewers to implement preventative strategies tailored to elderly. (24 minutes)	428	Media Rack
• Seniors & Seizures	DVD	A training program for caregivers and senior-serving organizations. CD has promotional flyer, facilitator's guide, participant's guide, PowerPoint presentation, pre/post-test with answer key, evaluation form and program certificate. DVD includes Introduction (1 minute); The Basics (3:31 minutes); Recognizing Seizure (7:44 minutes); Response to Seizures (7:45 minutes); Seizures after Sixty (12:06 minutes); and Summary (:47 minutes)	555	Media Rack
• When People with Developmental Disabilities Age	DVD	NY State DDPC (1990) (18:16 minutes)	3	Media Rack
Aging and Down Syndrome	Booklet	A health and well-being guidebook providing guidance, education and support to families and caregivers of older adults with Down syndrome. 40 pages.		Sharepoint
Akathisia	DVD VHS	Managing Akathisia – an extrapyramidal side effect of antipsychotic medication (17 minutes)	166	Media Rack
All About Fat	DVD	Define saturated, trans and unsaturated fats, know their dietary sources; understand the meaning of high and low density lipoproteins; learn about omega 3 and 6 fatty acids, and learn to use food labels for healthier choices.	290	Media Rack

Alzheimer's Disease and Dementia:				
• Advanced Care Skills in Late Stage Dementia	DVD	Offers step-by-step instructions and hands-on skills for a variety of late stage care needs, all based on Positive Approach techniques to help care partners handle even the most complex situations and reduce their risk of injury (transfers while protecting your back, bathing, dressing, assisting with eating and drinking). (1.5+ hours)	551	Media Rack
• Alzheimer's Disease and Down Syndrome	DVD		227	Media Rack
• Behaviors in Dementia: Best Practices for Successful Management	BOOK	Softbound. Ways to improve or preserve the quality of life of people who are experiencing the steady declines that accompany progressive dementia.	469	Bookcase
• Bethesda Lesson Plans	BOOK	Loose leaf. Includes following lesson plans: Enhancing Mealtime Experiences; Balancing Choice and Risk; Communicating with People Who are Non-verbal in Other Words; Observing for Signs and Symptoms of Illness; Disability Etiquette; Interactions that Teach; Intervention and Redirection; Dementia in Developmental Disabilities , etc.	336	Bookcase
• Caring for People with Alzheimer's Disease	BOOK	Softbound. A training manual for Direct Care Providers	434	Bookcase
• Caring for Someone who has early mid stage Alzheimer's Disease	DVD	Includes repetitive questions, doing chores, aggressive behavior, answering difficult questions, the use of language and other forms of communication, interviews with experts, and communication techniques (27 minutes)	417	Media Rack
• Caring for someone who has mid to late stage Alzheimer's Disease	DVD	Topics include flexibility and humor, changes that occur in mid to late stages, core principles, activities, tolerance levels, balancing the day, repetitive calling out, sexuality and intimacy, pain management and incontinence and toileting (43 minutes)	418	Media Rack
• Challenging Behaviors in Dementia Care	DVD	Recognizing and Meeting Unmet Needs. Know which physical/emotion needs may be causing challenging situations; how to ease discomfort and call the person in distress; hands-on techniques to connect and comfort; create a deeper and more meaningful care approach. (2.5+ hours)	550	Media Rack

<ul style="list-style-type: none"> D.D.N.A. 2002 	Tapes	12 Cassette tapes: Managing Changing Behaviors of Persons with Alzheimer's; Dental Issues; Autism Spectrum/Across the Lifespan; Forensic Nursing for Those Serving DD; Basic Genetics for the DD Nurse; Rational Drug Therapy in the DD Population; Treatment Options for People with Spasticity; Medical Risk Factors for People with DD	59	Bookcase
<ul style="list-style-type: none"> Dementia in DD: An Introduction for Direct Support Staff 	DVD VHS	Bethesda (17:45 minutes)	31	Media Rack
<ul style="list-style-type: none"> Dementia: Identifying and Treating Difficult Behaviors in Patients with Dementia 	DVD VHS Kit	Identifying and treating difficult Behaviors in patients with dementia/Alzheimer's... how to understand this disease, understanding the kinds of influences on the patients, how to help behaviors. Is it truly Psychosis? VHS boxed with handouts is in the bookcase. DVD is in the Media Rack. Section 1: Dementia and Alzheimer's Disease (9 minutes); Section 2: Difficult behaviors in Alzheimer's Disease (35 minutes); Section 3: Pharmacologic Interventions (25 minutes). (Total time 1:15:00)	400	Bookcase
<ul style="list-style-type: none"> How to Communicate with Someone Who has Alzheimer's Disease 	DVD VHS	Defines Alzheimer's Disease and its effects; teaches communication techniques. Topics cover chores, aggressive behavior, answering difficulty questions, etc. (30 minutes)	6	Media Rack
<ul style="list-style-type: none"> Improving Communications in Dementia Care 	DVD	Know how to partner with a person living with dementia when change is needed; how to best approach for screening or medical attention; how to best communicate when there is a need to stop driving; how to relate so a person is more likely to accept help; how to help family members recognize symptoms and move past denial, and much more. (5+ hours)	549	Media Rack
<ul style="list-style-type: none"> Intellectual Disabilities and Dementia 	DVD	Contains 2 discs. #1: Course; #2: Supplemental Resources	305	Media Rack
<ul style="list-style-type: none"> Interventions for Alzheimer's Disease 	BOOK	Softbound. A caregiver's complete reference.	454	Bookcase
<ul style="list-style-type: none"> It's All in Your Approach 	DVD	Learn how a person with dementia perceives his/her environment and how to properly adapt one's own behavior to increase communication and the	552	Media Rack

		patient's quality of life; techniques to improve communication, mutual understanding, better manage distress, and much more. (2.5+ hours)		
• Memory Lane	DVD	A nostalgic stroll thru the milestones of family life that will bring smiles to people with memory loss and their caregivers (44 minutes).	249	Media Rack
• Practical Strategies ... Alzheimer's Disease	DVD CD	Practical strategies for working with individuals with intellectual and developmental disabilities and Alzheimer's disease. (36 minutes). Also includes a CD with PDFs (#541).	544 541	Media Rack
• Special Care Programs for People with Dementia	BOOK	Softbound. A cutting edge look at a growing facet of long-term care.	476	Bookcase
• The Alzheimer's Activities Guide	BOOK	This guide has 3 sections. The first includes therapeutic activities that can emotionally and physically stimulate people with Alzheimer's disease. Also included are four 30-day blank calendars to help you plan 4 months of activities. The next 2 sections include day-to-day tasks (eating, bathing, dressing, toileting, communicating, driving) and where to go for support and resources. 100 pages.	587	Bookcase
• The Impact of Dementia	DVD	Learn to identify signs and symptoms of dementia; discover methods of effective communication; learn techniques that will help you support change in behavior. Professional support staff shares tips on how to handle the stresses related to dementia support. (26 minutes) Written materials for this DVD located in the bookcase (#61).	61	Media Rack
An Introduction to Multiple Sclerosis	DVD	A new diagnosis of MS raises many questions. In this program, a neurologist, an MS nurse and 7 people with MS go over the basics from dealing with the diagnosis to explanation of the disease, how it is treated, and management strategies.	378	Media Rack
Anaphylaxis and Auvi-Q	KIT	Epinephrine injection trainer and information	308	Cabinet
Anaphylaxis: Extreme Allergic Emergency	PAGES	Questions and answers about EpiPen and anaphylaxis. A 10-page handout to be copied for your convenience.		Sharepoint
Anger:				

• Anger Management	GAME	Bingo	429	Cabinet
• Anger Management	DVD	28 minutes	54	Media Rack
Angleman Syndrome:				
• Love in Any Language	DVD	Angleman Syndrome. (15 minutes)	8	Media Rack
Anorexia and Bulimia:				
• Four in One, #2	VHS	Anorexia and Bulimia; Gall Stones; Coronary Artery Disease; Colon and Rectal Cancer	156	Media Rack
Antipsychotic Agents Schizophrenia	VHS	23 minutes	221	Media Rack
Anxiety and Panic Disorders:				
• Anxiety Disorders	DVD	Discusses signs and symptoms of several anxiety disorders such as Generalized Anxiety Disorder (GAD), Panic Disorders, Phobias, OCD and Depression. Includes suggested interventions, major medications and side effects from certain meds.	41	Media Rack
• D.D.N.A. 2002	Tapes	12 Cassette tapes: Managing Changing Behaviors of Persons with Alzheimer's; Dental Issues; Autism Spectrum/Across the Lifespan; Forensic Nursing for Those Serving DD; Basic Genetics for the DD Nurse; Rational Drug Therapy in the DD Population; Treatment Options for People with Spasticity; Medical Risk Factors for People with DD	59	Bookcase
Appearances Count	VHS	Teaches essential grooming and hygiene skills (19 minutes)	199	Media Rack
Armchair Fitness: Aerobics	DVD	3 20-minute routines of lively stretching and strengthening motions with big band-style musical accompaniment.	426	Media Rack
Armchair Fitness: Gentle Exercise	DVD	For persons with limited strength and range of motion. Begins with a slow and easy warm-up. Progresses thru a gentle full-body routine including a seated dance and refreshing relaxation with Broadway-style music (30 min)	425	Media Rack
Arthritis				

• Four in One, #3	VHS	Endometriosis; Breast Cancer; Breast Lumps; Arthritis	157	Media Rack
• Rheumatology, Excerpts from the Atlas	BOOK	Osteoarthritis and Crystal-associated Synovitis	105	Bookcase
Assessing Alcohol Problems	BOOK	Loose leaf. A guide for clinicians and researchers.	304	Bookcase
Assessing Breath Sounds	VHS	Hear and learn to identify the normal and abnormal breath sounds and be shown what causes them physiologically (30 minutes)	335	Media Rack
Asthma (Adult)	Booklet	A Geisinger booklet for patient education on Asthma. Includes a Peak Flow Chart and an Asthma Action Plan. (15 pages)		Sharepoint
Autism/Asperger's Syndrome:				
• Asperger's Syndrome	DVD	Autism and obsessive behavior: profiles symptoms of Asperger's syndrome and what sufferers and their families can do to overcome limitations it imposes (30 minutes)	12	Media Rack
• Autism Speaks	DVD	Included on 1 DVD are 5 video clips	532	Media Rack
• Autism: The Hidden Epidemic?	DVD	Early signs, possible causes, diagnosis, early intervention, emotional aspects, educational interventions, advocating for your child, adults with autism, etc. (22 parts, 4 hours total).	13	Media Rack
• Finding Owen	DVD	20/20 story of a boy with Autism. (40 minutes)	548	Media Rack
• Mental Retardation and Autism Services	BOOK	Soft bound. Information to help guide you through the Mental Retardation system in the Commonwealth of Pennsylvania.	463	Bookcase
• Social Signals: Mike's Crush	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
• Third Look	DVD	Supports for adults with autism (21 minutes)	381	Media Rack
Auvi-Q	KIT	Epinephrine injection trainer with guide	308	Cabinet
Aware: Breast Self-Exam	VHS	With pad (5 minutes)	349	Media Rack

Back Care				
• Back Care and Body Mechanics	VHS DVD	Discusses good body mechanics to protect your back.	119	Media Rack
• Bethesda Lesson Plans	BOOK	Loose leaf. Enhancing Mealtime Experiences; Balancing Choice and Risk; Communicating with People Who Are Non-Verbal in Other Words; Basics of Safe Lifting ; etc.	336	Bookcase
• Elements of Back Care in Healthcare	DVD	Teach employees how to properly care for their backs and prevent injuries. Learn the basic function and design of the back, body mechanics and movement, various stretches and exercises, and proper techniques for patient movements and transfers (15 minutes).	278	Media Rack
• Proper Body Mechanics and Back Safety	DVD	Teaches the principles of body mechanics and the importance of learning to move correctly in order to avoid injury (8 minutes).	196	Media Rack
• Take Care of Your Back	BOOK	Stapled booklet. Self-care handbook for helping relieve and prevent back pain.	498	Bookcase
• The Basics of Safe Lifting	VHS DVD	Bethesda (20:30 minutes)	29	Media Rack
Bacteria (see “Germs”)				
Balancing Choice and Risk	DVD	Learn to know the importance of choice in services and in the life of the people you support. Describes the responsibilities of agencies to ensure the health and safety of people. Explains how to balance the choices people make with the risks involved. Explains how making informed choices need to be considered (31:30 minutes)	282	Media Rack
Basic Data Collection	VHS	Bethesda (35:30 minutes)	28	Media Rack
First Aid	DVD VHS	Covers the basics for cuts, burns, strains, sprains, breaks, fractures, shock, heat sickness, choking incidents and heart emergencies – 12:20 minutes.	116 A	Media Rack
Basic First Aid	DVD VHS	Covers the basics for bruises, burns, frostbite, heat exhaustion, heat stroke, water safety, bee stings, seizures, heart attack, choking – 13 minutes.	116 B	Media Rack

Basic First Aid: Heartsaver first aid with CPR and AED	BOOK	Softbound workbook for anyone who needs to learn basic first aid.	452	Bookcase
Basic Ostomy Care	DVD	In this sensitive video, an actual patient shows the viewers how to live with an ostomy. She demonstrates how to care for, empty, and change the ostomy pouch, what the stoma looks like, and how to clean around the area. Provides a wealth of practical information about ostomy pouch systems and options that may be available to the patient. Explains that depending upon the reason for the ostomy, the ostomy may be reversed, and briefly presents the process of reversal. (21 minutes)	546	Media Rack
Basic Skills for Controlling Diabetes	VHS DVD	Introduces recently diagnosed patients to the survival skills they will need to put into action right away; making healthy food choices, taking medication, options in insulin delivery systems, and monitoring. Regular exercise is also briefly discussed (12 minutes).	315 (VHS) 63 (DVD)	Media Rack
Be Cool – Coping with Bullying	DVD	Part 1: Anti-victim strategies (12 minutes); Part 2: Ignore/proceed (11 minutes); Part 3: Stand your ground (12 minutes)	17	Media Rack
Be Cool About Fire Safety	DVD	15 minutes	397	Media Rack
Bead Box Necklace	BOX		346	Cabinet
Bed Bugs	DVD		431	Media Rack
Behavior Support:				
• Be Cool – Coping with Bullying	DVD	Part 1: Anti-victim strategies (12 minutes); Part 2: Ignore/proceed (11 minutes); Part 3: Stand your ground (12 minutes)	17	Media Rack
• Bethesda Lesson Plans	BOOK	Loose leaf includes Enhancing Mealtime Experiences; Balancing Choice and Risk; Understanding Behavior: Building Positive Supports ; etc.	336	Bookcase
• Challenges and Chances	VHS DVD	Ben’s Day, Ben’s Behavior, Ben’s Medication	260	Media Rack
• Diagnosing Challenging Behavior I	VHS	Challenging issues in developmental disabilities – medical and environmental causes: teaches a scientific approach toward identifying the	200	Media Rack

		underlying reason for challenging behavior. Discusses how to detect patterns of behavior to arrive at sensible treatment interventions (12 minutes).		
<ul style="list-style-type: none"> Diagnosing Challenging Behavior II 	VHS	Challenging issues in developmental disabilities – function assessment: teaches how to recognize indicators for the four most common reasons for challenging behavior. Includes suggestions for individualized treatment strategies to address these underlying reasons (13 minutes).	201	Media Rack
<ul style="list-style-type: none"> I) Diagnosing Challenging Behavior II) Functional Assessment 	DVD	I: 12:26 minutes II: 13:08 minutes	22	Media Rack
<ul style="list-style-type: none"> Managing Threatening Confrontations 	DVD	Learn the 5-stage framework and how to respond appropriately to people who exhibit challenging behaviors. Realistic scenes follow the 5-stage process. (35 minutes)	24	Media Rack
<ul style="list-style-type: none"> Medical Evaluations of Psychiatric/Behavior Presentations 	DVD	Educational presentation to learn why over 75 percent of people with a dual diagnosis have an underlying medical cause or contributor. Often, more than one medical condition is involved – and frequently the medical conditions are more unusual than what we see in the typical population.	559	Media Rack
<ul style="list-style-type: none"> Medical Interpretations Peculiar Behaviors Q&A 	DVD	With Dr. Ruth Myers. Gain insight into medical reasons for such peculiar behaviors (in adults with ID/DD) as biting down on hard objects, head and neck whipping forward, sudden dropping into a seat, jamming fist in mouth, biting on whole hand, sitting on one side or not sitting, head waving side to side, intense rocking, self-restraint, and many more.	70	Media Rack
<ul style="list-style-type: none"> Positive Behavior Change, 11, 12, 13 	BOOK	Loose leaf. An introduction to developmental disabilities. Functional assessment of aberrant behavior (11); using the functional assessment information (12); a positive approach to behavior change (13)	466	Bookcase
<ul style="list-style-type: none"> Proactively Supporting Behavior 	DVD	Sometimes the people you support have behaviors that can interfere with their quality of life and the lives of the people they live with. As support staff, it is important to take advantage of the situations and opportunities to teach appropriate ways for people to interact within the environments in	320	Media Rack

		which they live, work, and socialize (18 minutes). <i>Booklet for this is in the bookcase, #310.</i>		
• Proactively Supporting Behavior	Booklet	Sometimes the people you support have behaviors that can interfere with their quality of life and the lives of the people they live with. As support staff, it is important to take advantage of the situations and opportunities to teach appropriate ways for people to interact within the environments in which they live, work, and socialize. <i>DVD for this booklet is #320 in the Media Rack.</i>	310	Bookcase
• Psychiatric Medication Management for Behavior Problems	VHS	Dr. Robert Gerstman	226	Media Rack
• Social Skills Training and Frustration Management	DVD	Learn to de-escalate meltdowns, prevent problems with comprehensive behavior plans, increase motivation to learn social skills, and more – includes booklet (4.5 hours)	427	Media Rack
• Three in One, #2	VHS	Behavioral Phenotypes Creating Health: Type 2 Diabetes Tardive Dyskinesia	167	Media Rack
• Understanding Behavior: Building Positive Supports	VHS DVD	Bethesda (23 minutes)	37	Media Rack
Being With A Date	VHS		212	Media Rack
Bethesda Lesson Plans	BOOK	Loose leaf. Includes lesson plans for the following classes: ♦ Enhancing Mealtime Experiences ♦ Balancing Choice and Risk ♦ Communicating with People Who are Non-Verbal in Other Words ♦ Observing for Signs and Symptoms of Illness ♦ Disability Etiquette ♦ Attain 1: Interactions that Teach ♦ Attain 2: Intervention and Redirection ♦ Attain 3: Leading Group Activities ♦ A Question of Understanding ♦ Basic Data Collection ♦ Objectively Dealing with Sexual Behavior ♦ Dementia in Developmental Disabilities ♦ Desensitization Training ♦ Healthcare Body Observations ♦ Medication Side Effects II ♦ Basics of Safe Lifting ♦ Understanding Behavior ♦ Building	336	Bookcase

		Positive Supports ♦ Universal Precautions: A Basic Approach ♦ Writing Objectives		
Bipolar Disorder:				
• Bipolar Disorder: Shifting Mood Swings	DVD	Patients speak from their own experience about diagnosis and dangers of suicide; family members address the strain of the cyclic behavior; professionals present new treatment options (24 minutes).	44	Media Rack
• Dark Glasses and Kaleidoscopes	VHS	Exploration of symptoms and treatment of manic depression. Provides information, answers and hope for those who suffer, and for their families and friends (33 minutes).	45	Media Rack
• Dual Diagnosis – Mood Disorders and Developmental Disabilities	VHS DVD	Examine key factors of Dual Diagnosis; comprehensive discussion of diagnostic criteria, recognize signs and symptoms of major depressive and manic episodes; learn the essentials of bipolar disorders. (43 minutes)	111	Media Rack
• Treating Bipolar Disorder Takes Understanding	DVD	Patients and healthcare professionals share insights and experiences to help you understand the nature of Bipolar I Disorder and what to expect from Abilify (21 minutes).	268	Media Rack
• Women’s Health Issues in Bipolar Disorder and Epilepsy	VHS	Diagnosis, risk factors and treatment of hormonal and reproductive dysfunction in premenopausal women with epilepsy and bipolar disorder (58 minutes).	243	Media Rack
Bloodborne and Airborne Pathogens	DVD	Teaching Package = part of an integrated teaching and learning system that offers a PowerPoint presentation and lesson plans to enhance classroom presentations. The DVD provides detailed step-by-step instruction on the most vital and fundamental skills; teaches students how to perform skills correctly and offers helpful information, tips and pointers. Includes an Instructor’s Toolkit CD.	553	Media Rack
Body Mechanics and Repositioning:				

• Elements of Back Care in Healthcare	DVD	Teach employees how to properly care for their backs and prevent injuries. Learn the basic function and design of the back, body mechanics and movement, stretches and exercises, and proper techniques for patient movements and transfers (15 minutes).	278	Media Rack
• How to Help Someone Who Uses a Wheelchair	DVD	Care providers who assist those using wheelchairs or other mobility aids need training to provide safe, effective help. This teaches important safety concerns, proper use of equipment and the importance of body mechanics. Watch experts demonstrate a variety of transfers and other procedures. (32 minutes)	302	Media Rack
• How to Help Someone Who Uses a Wheelchair Without Hurting Yourself	VHS	Teaches you how to help someone in and out of a wheelchair without hurting yourself or the person you are trying to help. (24 minutes)	49	Media Rack
• Passive Range of Motion	DVD	18 minutes	173	Media Rack
• Positioning, Turning and Transferring	DVD	Developed to help agency staff learn the basic techniques and guidelines when helping and teaches the importance of dignity and respect. Covers subjects related to privacy, and maintaining a sense of control for the person with the disability (53 minutes).	84	Media Rack
• Proper Body Mechanics and Back Safety	DVD	Teaches the principles of body mechanics and the importance of learning to move correctly in order to avoid injury (8 minutes).	196	Media Rack
Borderline Personality				
• Borderline Personality	VHS	♦ The Promise of Recovery – Borderline Personality Disorder (25 minutes) ♦ Understanding BPD – The Dialectical Behavior Approach (43 minutes) ♦ Skin Deep: Understanding Self-Injury (21 minutes)	164	Media Rack
• I Hate You – Don't Leave Me	BOOK	Paperback. Understanding the borderline personality.	472	Bookcase
Bowel:				

• Basic Ostomy Care	DVD	Actual patient shows how to live with an ostomy – how to care for, empty, and change the ostomy pouch, what the stoma looks like, and how to clean around the area. Provides practical information about ostomy systems and options available. Explains how ostomy may be reversed, and presents the process of reversal. (21 minutes)	546	Media Rack
• Colonoscopy Made Easy	DVD		376	Media Rack
• Colostomy Care	VHS		272	Media Rack
• Four in One, #2	VHS	♦ Anorexia and Bulimia ♦ Gall Stones ♦ Coronary Artery Disease ♦ Colon and Rectal Cancer	156	Media Rack
• Ostomy Care / Colostomy Care / What You Should Know This Cold Season	DVD		307	Media Rack
• Preparing for a Colonoscopy	VHS	20 minutes	150	Media Rack
• Program Demonstrations	DVD	Includes Constipation	271	Media Rack
Braden Scale: Predicting Pressure Ulcer Risk	DVD	Shows how to administer and interpret the Braden Scale for predicting pressure sore risks in home, hospital, and long-term care environments. Specifies what to look for, how to prevent pressure ulcers, and how to assist patients maintain skin integrity after discharge. Covers the 6 dimensions of the Braden Scale (39 minutes).	85	Media Rack
Brain Games	Folder	Games for the Brain	420	Cabinet
Brain Injury	BOOK	Loose leaf. Survivor and caregiver education manual.	522	Bookcase
Brain Injury	Handouts	A packet containing information on brain injuries, including a brochure of ♦ Disability Rights Network ♦ Positive Practices 101 Training ♦ Facts about Traumatic Brain Injury ♦ Concussion Information ♦ Acquired Brain Injury ♦ Facts ♦ Signs and Symptoms		Lesley's File Drawer

Brain Injury, Understanding	DVD	Features some of the nation's top neuroscientists, physicians and brain injury experts to help you understand brain injury and recovery. Topics include ♦ Brain Injury Basics and Anatomy of the Brain ♦ Understanding Traumatic Brain Injury, its Causes, Effects and Classifications ♦ Understanding Non-Traumatic Brain Injury and Stroke, it's Causes, Effects and Classifications ♦ Practical Advice for Coping with Brain Injury	530	Media Rack
Breast Care	Kit	Contains a model of a breast	347	Bottom Resource Drawer
Breast Self-Exam and Breast Health	VHS	Step-by-step demonstration of a self-exam and why it must be repeated regularly. Stresses benefits of early detection. Compelling graphics convey risk factors (14 minutes).	135	Media Rack
Breathing: Assessing Breath Sounds	VHS	Hear and learn to identify the normal and abnormal breath sounds and be shown what causes them physiologically (30 minutes).	335	Media Rack
Bridging the Gap One Story at a Time	DVD	Designed for Individuals who have intellectual / developmental disabilities as well as mental illness to share their stories in a way that engages people, changes perceptions, and connects them to the community.	322	Media Rack
Bringing Care Home	DVD	Beginning the important conversation about what we want as we age. A documentary following 3 families as they seek resources and make decisions related to the care and well-being of their parents, and eventually themselves. Booklets (<i>in the bookcase</i>) are a guidebook as a roadmap to have this important conversation with your parents or loved ones as well as a sample of a form to fill out depicting your wishes.	516	Bookcase
Brushing Model with Toothbrush	Kit	Large	366	Cabinet
Brushing Model with Toothbrush	Kit	Small	367	Cabinet

Bully Bystanders	DVD	You can make a difference. Grades 7 – College. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it (17 minutes).	424	Media Rack
Buried in Treasures	Book	Help for compulsive acquiring, saving, and hoarding. Outlines a scientifically based, effective program for helping those with hoarding disorder dig their way out of the clutter and chaos of their home.	237	Bookcase

Calorie Bingo	Game	Participants will learn to choose lower calorie foods within a food group, learn to consider the nutritional contribution of foods when choosing between foods with equal caloric value, and be able to state at least 3 ways to help reduce their intake of calories. <i>In a folder.</i>	422	Cabinet
Cancer				
• Four in One, #2	VHS	Includes: Colon and Rectal Cancer	156	Media Rack
• Four in One, #3	VHS	Includes: Breast Cancer	157	Media Rack
• Prostate Cancer at Time of Diagnosis	VHS	Understanding the diagnosis, how your day-to-day life may change, and options for treatment and management. Includes FAQs (30 minutes).	134	Media Rack
• What Every Male Should Know About Cancer of the Testicle	KIT	Plastic model of testicles containing 4 lumps to simulate tumors. Information booklet included.	363	Bottom Resource Drawer
Caregiving: Fall Prevention	DVD	Topics include ♦ physical and emotional effects of a fall ♦ the goal of fall prevention ♦ falls and the older adult ♦ fall prevention for care providers ♦ proper shoes ♦ how to prevent falls ♦ using a gait belt ♦ medications that increase fall risk ♦ walkers (19 minutes)	419	Media Rack
Caring for Someone who has Early Mid Stage Alzheimer's Disease	DVD	Topics include ♦ repetitive questions ♦ doing chores ♦ aggressive behavior ♦ answering difficult questions ♦ the use of language and other forms of communication ♦ interviews with experts ♦ communication techniques (27 minutes)	417	Media Rack
Caring for Someone who has Med to Late Stage Alzheimer's Disease	DVD	Topics include ♦ flexibility and humor ♦ changes that occur in mid to late stages ♦ core principles ♦ activities ♦ tolerance levels ♦ balancing the day ♦ repetitive calling out ♦ sexuality and intimacy ♦ pain management ♦ incontinence and toileting (43 minutes)	418	Media Rack

Caring for the Caregiver				
• A Credo for Support	VHS	A 4-minute video set to music which offers a series of suggestions for people who care about and support someone with a disability. It prompts viewers to question the common perceptions of disability, professionalism, and support.	316	Media Rack
• Balancing Choice and Risk	DVD	Learn to know the importance of choice in services and in the life of the people you support. Describe the responsibilities of agencies to ensure the health and safety of people. Explain how to balance the choices people make with the risks involved. Explain how making informed choices needs to be considered. (31 minutes)	282	Media Rack
• Caring for the Caregiver	DVD	For caregivers that want to learn how they can make their own life better while they care for the needs of others (28 minutes).	52	Media Rack
• Caring for the Caregiver (Trainer's Guide)	BOOK	Spiral bound. For caregivers who are providing long-term care for others at home.	506	Bookcase
• Caring for the Caregiver (Workbook)	BOOK	Spiral bound. For caregivers who are providing long-term care for others at home.	507	Bookcase
• Personal Care	DVD	Why personal care is important and how to provide it safely and considerately. You will understand the principles that apply to personal care procedures and how to perform procedures safely and effectively (36 min.)	51	Media Rack
Carpal Tunnel Syndrome	VHS	11:30 minutes	144	Media Rack
Catheterization Equipment	Bag	For training purposes, includes equipment tray, bags and caths.	517	Top Resource Drawer
Celiac Disease and Gluten Free Diet	DVD		324	Media Rack

Cerebral Palsy:				
• Cerebral Palsy – A Lifelong Journey	VHS	♦ Understanding Cerebral Palsy ♦ Infancy and Early Childhood ♦ The Adolescent and Young Adult ♦ The Middle Years and Beyond (<i>each segment is 22 minutes</i>)	289	Media Rack
• Cerebral Palsy: What Every Parent Should Know	VHS	Covers causes, symptoms, and a range of possible treatments, including relationship between physical and mental handicaps and the role of medications and physical therapy in treatment (19 minutes).	145	Media Rack
• Removing the Clouds	VHS		288	Media Rack
Chair Exercises for Fitness	Handout	16-page handout for exercises from a chair to help improve your flexibility, strength and cardiovascular health, all while seated. Includes exercises for balance and tips on nutrition. Available for copies for handouts.		Sharepoint
Challenges and Chances	VHS DVD	♦ Ben’s Day ♦ Ben’s Behavior ♦ Ben’s Medication	260	Media Rack
Check it Out	VHS	Why and how to do skin self-exam (14 minutes).	386	Media Rack
Children Affected by CMV and Related Viruses	VHS		341	Media Rack
Children with Severe Disabilities and the MOVE Curriculum	BOOK	Softbound. Concepts in motor control, motor development, motor learning and neural plasticity, relating to children with severe neurological disabilities.	435	Bookcase
Choking	VHS		340	Media Rack
Cholesterol	FLIP CHART	Flip Chart discusses what is cholesterol, your blood cholesterol level, cholesterol and cardiovascular disease, controllable risk factors, and improving cholesterol levels. A small booklet is included.	584	Cabinet

Cholesterol, High Blood	DVD	High blood cholesterol contributes to atherosclerosis throughout the entire circulatory system and may cause heart attack, stroke, or peripheral artery disease. This video explains what cholesterol is and details the treatment plan. This plan may include eating healthier, increasing physical activity, taking medication, and quitting smoking. The video shows people how to read the food label, and recommends they avoid saturated and trans fat, and eat more fiber. It gives an overview of types of cholesterol lowering medication, the importance of taking it as directed, and common side effects. It encourages people to work with the healthcare team. 12:39 minutes.	576	Media Rack
Chronic Hepatitis B	VHS DVD	7:40 minutes	193	Media Rack
Chronic Pain in Geriatrics: Assessment	VHS		188	Media Rack
Clinical Interpretation of Laboratory Tests	BOOK	Hardbound. Description of widely available tests and proven values.	470	Bookcase
Cologuard	KIT	Multitarget stool DNA testing for colorectal-cancer screening. This sample kit contains the shipping box, patient guide instructions, sample container, probe with tube, sample labels, a bracket and a bottle of liquid (preservative). The kit also comes loaded with plenty of written information for you to share with your consumer.	533	Cabinet
Colonoscopy Made Easy	DVD		376	Media Rack
Colostomy Care	VHS		272	Media Rack
Colostomy Care: Ostomy Care / Colostomy Care / What You Should Know This Cold Season	DVD		307	Media Rack

Communication:				
• Bethesda Lesson Plans	BOOK	Loose leaf. ♦ Enhancing Mealtime Experiences ♦ Balancing Choice and Risk ♦ Communicating with People Who are Non-Verbal in Other Words ♦ Observing for signs and symptoms of Illness ♦ Disability Etiquette, etc.	336	Bookcase
• Communicating with People Who are Non-Verbal: In Other Words	DVD	Lists common mistakes and misconceptions related to communicating with people who are non-verbal; lists basic assumptions that we should make. Describes positive communication strategies for communication and explains the positive effects that communication has on people (14 minutes).	285	Media Rack
• Communication, 6 & 7	BOOK	Loose leaf. (6): ♦ An introduction to developmental disabilities ♦ Learning the importance, forms, and basic framework of communication ♦ Intro to communication. (7): ♦ Increasing communication	436	Bookcase
• Relationships and Communications Activities	BOOK	Includes 90 ready-to-use activities exploring topics such as family relationships sibling rivalry, how to make friends, split-level communications, assertiveness and aggressiveness, dating, understanding divorce, and popularity.	108	Bookcase
• Self-Esteem and Life Skills, Too	BOOK	A selection of 80 activity handouts from <i>Life Management Skills</i> . Designed to offer reproducible handouts on the front of each page and nonreproducible facilitator's information on the reverse side. Communications is one of the many topics.	136	Bookcase
• The 10 Commandments of Communicating with People with Disabilities	VHS	Uses humorous vignettes to deliver its disability awareness message. (26 minutes)	210	Media Rack
Community Psychiatric Services	VHS	Concentrates on interventions available by mental health professionals in community based services for people with mental disabilities and additional mental health needs.	174	Media Rack
Community Success	BOOK	Illustrated encyclopedia of community-based skills. 60 activities designed for individuals with cognitive or communication disabilities who participate in community-based instruction. Numerous illustrations and easy-to-find activities also make it ideal for low-level readers to use independently.	182	Bookcase

Condom Training	KIT	Penis with condoms	350	Cabinet
Condoms, Contraceptives and STDs	Brochure	Tri-fold	351	Cabinet
Conflict Resolution	DVD	Strategies for helping staff successfully resolve conflicts with each other. Includes instructor's manual.	62	Media Rack
Consumer Health and Safety Activities	BOOK	90 activities to help learn to recognize advertising techniques, compare products and claims, understand consumer rights, distinguish between safe and dangerous items, become familiar with safety rules and more.	106	Bookcase
COPD:				
• Managing Your Chronic Obstructive Pulmonary Disease	VHS	Helps patients recognize managing COPD is a lifelong commitment; shows how to reduce symptoms and improve quality of life; covers major components of treating COPD. (17 minutes)	141	Media Rack
Core Curriculum for Specializing in Intellectual and Developmental Disability	BOOK	Softbound. A comprehensive text on current concepts in I/DD affecting individuals across the lifespan, placed in historical concept.	440	Bookcase
Cornelia DeLange Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Cornelia DeLange; Rubinstein-Taybi; Turner; Noonan; Smith Lemli Opitz; Smith Magenis; Klinefelter's; Williams; Fragile X; Prader-Willi and many more.	558	Media Rack
CPR Anytime	KIT	Includes DVD and Mini Learning Manikin	379	Bookcase
CPR for Bystanders	DVD VHS	What to do before professional help arrives. Gives the ABCs of CPR (Airway, Breathing, Circulation); covers choking, heart attacks, stroke and also includes child and infant safety and CPR. 25 minutes.	117	Media Rack
Cyberonics	DVD	An introduction to VNS therapy for people with epilepsy and their families. Original booklet is located in Cabinet.	192	Media Rack

DDNA 2002	Tapes	♦ Managing changing behaviors of persons with Alzheimer's ♦ Dental Issues ♦ Autism Spectrum/Across the Lifespan ♦ Forensic Nursing for Those Serving DD ♦ Basic Genetics for the DD Nurse ♦ Rational Drug Therapy in the DD Population ♦ Treatment Options for People with Spasticity ♦ Medical Risk Factors for People with DD	59	Bookcase
DDNA Education Conference, 25 th Annual	Booklet	2017: <i>Celebrating Our Past, Shaping Our Future</i> . Includes topics such as IDD at your fingertips; polypharmacy and its complications, congenital heart disease in Down Syndrome, Metabolic Syndrome, etc.	562	Bookcase
Dark Glasses and Kaleidoscopes	VHS	Exploration of symptoms and treatment of manic depression. Provides information, answers and hope for those who suffer, and for their families and friends. (33 minutes)	45	Media Rack
Dealing with Common Adult Health Problems	BOOK	Stapled. A handbook to help you decide if you need medical help or if you can care for the problem on your own.	497	Bookcase
Death, Dying and Grief:				
• Death and Dying: Saying Goodbye	DVD	Provides tools you need to help people you support accept the deaths of family, friends and housemates, as well as their own inevitable passing. (27 minutes)	253	Media Rack
• Eyes Wide Open: Coping with Death	VHS	Grief and healing. (26 minutes)	256	Media Rack
• Loss and Grieving: A Lifelong Process for Consumers and Families	VHS	Explores loss and grieving as often experienced by families of those with dual diagnosis. Discusses the grieving process, the value of confronting these issues and ideas for approaching families and consumers.	177	Media Rack
• My Gift of Grace	GAME	A conversation game for living and dying well. (cards)	545	Cabinet
• Supporting People with Disabilities Coping with Grief and Loss	Booklet	Provides people with disabilities and their support people with an overview and an understanding of the grief process. Highlights the range of needs of people with disabilities who may be grieving. Provides effective strategies for supporting people with disabilities in dealing with grief and loss.		Lesley's file drawer

• The Last Spring – Stories of Hospice	VHS	52 minutes	299	Media Rack
Dementia in Developmental Disabilities: an Introduction for Direct Support Staff	VHS	Bethesda, 18 minutes	31 A	Media Rack
Dementia: Identifying and Treating Difficult Behaviors in Patients with Dementia	VHS	Is it truly Psychosis? (with handouts)	400	Bookcase
Dental Care				
• Brushing Model with Toothbrush	Kit	Large	366	Cabinet
• Brushing Model with Toothbrush	Kit	Small	367	Cabinet
• Chart and Coloring Pages	Handout	Contains a toothbrushing chart and 3 pages to color: 1) a young girl brushing her teeth; 2) the dentist checks your teeth; 3) a tooth and a toothbrush		Lesley's file drawer
• D.D.N.A. 2002	Tapes	Includes the subject Dental Issues	59	Bookcase
• Dental Resources	Kit	Expanding file includes plastic handout bags with HCQU imprinted. A person-centered approach to handling resistance to daily hygiene services, oral care training program workbook, oral hygiene information and oral health care for people with developmental disabilities. You can copy and hand out much of this information.	534	Cabinet
• How to Brush Teeth	DVD	Dental patient education – flossing.	380	Media Rack
• How to Brush the Teeth of Another Person	DVD KIT	This program was developed with the help of dental hygienists. Intended for those who provide daily oral care for another person. (1 minutes)	273	DVD – Media Rack KIT – Bookcase
• Open Wide and Trek Inside	BOOK	Loose leaf. Understanding major concepts related to oral health.	465	Bookcase

• Oral Care Training for Caregivers	VHS	<ul style="list-style-type: none"> ♦ Introduction (<10:00) – A ♦ Good Oral Care (<10:00) – B ♦ Tricks of the Trade (8:30) – C ♦ You Are What You Eat (9:30) – D ♦ Oral Care for Seniors (9:30) – E ♦ Dental Office Visit (10:30) – F 	92	Media Rack
• Oral Hygiene, Personal Care Principles	DVD	Teaches the core principles of oral hygiene skills thru visual demonstration. Covers denture care, tooth brushing and mouth care. (5 minutes)	60	Media Rack
• Personal Care Principles: Oral Hygiene	DVD	Teaches core principles of oral hygiene skills thru visual demonstrations. Covers denture care, tooth brushing and mouth care. (5 minutes)	60	Media Rack
• Staying Clean and Healthy	Booklet	Workbook designed to teach early elementary students basic hygiene habits while providing them with explanation for why those habits are important. It is divided into 6 sections: 1) it's no fun being sick; 2) washing your hands; 3) taking a bath; 4) washing your hair; 5) brushing your teeth ; 6) review.	99	Bookcase
• Your Guide to Healthy Teeth	BOOK	Hardcover. Depicts illustrations of teeth and mouth, normal anatomy of a tooth, tooth decay, tooth restoration procedures, root canal, gum disease and treatment and prevention.	94	Bookcase
Depression				
• Dark Glasses and Kaleidoscopes	VHS	Exploration of symptoms and treatment of manic depression. Provides information, answers and hope for those who suffer, and for families and friends. (33 minutes)	45	Media Rack
• Dual diagnosis: Mood Disorders and Developmental Disabilities	VHS	43 minutes	97	Media Rack
Desensitization Training	VHS	Bethesda (46 minutes)	32	Media Rack
Developing Tasteful and Appealing Meals	DVD		15	Media Rack

Developmental Disabilities/Syndromes:				
<ul style="list-style-type: none"> • A Life-Span Approach to Nursing Care for Individuals with Developmental Disabilities 	BOOK	Hardbound. A reference guide for nurses who provide services to individuals with DD and their families in a variety of practice settings.	232	Bookcase
<ul style="list-style-type: none"> • A Question of Understanding: A Look at Developmental Disabilities 	VHS	Bethesda (13 minutes)	36	Media Rack
<ul style="list-style-type: none"> • Assessing Health Risk in Developmental Disabilities 	BOOK	Spiral bound. Information about several body systems which persistently malfunction in persons with major movement disorders.	505	Bookcase
<ul style="list-style-type: none"> • Assessment and Planning, 4 & 5 	BOOK	Loose leaf. An introduction to developmental disabilities. Describes how plans can be developed to reflect values and work toward goals. Assessment (4); Planning (5)	312	Bookcase
<ul style="list-style-type: none"> • Communication, 6 & 7 	BOOK	Loose leaf. An introduction to developmental disabilities. Learning the importance, forms, and basic framework of communication. Intro to Communication (6); Increasing Communication (7)	436	Bookcase
<ul style="list-style-type: none"> • Dementia in Developmental Disabilities: An Introduction for Direct Support Staff 	VHS	Bethesda (18 minutes)	31 A	Media Rack
<ul style="list-style-type: none"> • Dementia: Identifying and Treating Difficult Behaviors in Patients with Dementia 	VHS	Is it truly Psychosis? Comes with handouts.	400	Bookcase

• Developmental Disabilities Staff Training, Program I	BOOK	Loose leaf. Covers aging and DD, control of infection, communication, etc.	438	Bookcase
• Developmental Disabilities Staff Training, Program II	BOOK	Loose leaf. Covers ID and psychopathology, principles of behavior, nutrition, oral hygiene, seizures, etc.	439	Bookcase
• Dual Diagnosis – Mood Disorders and Developmental Disabilities	VHS DVD	Examines key factors of dual diagnosis, comprehensive discussion of diagnostic criteria, recognize signs and symptoms of major depressive and manic episodes, and the essentials of bipolar disorders. (43 minutes)	111	Media Rack
• Dual Diagnosis – Schizophrenia and Developmental Disabilities	VHS	Examine key factors of dual diagnosis – comprehensive discussion of diagnostic criteria, recognize signs of schizophrenia and other psychotic disorders (45 minutes).	252	Media Rack
• Fragile-X Syndrome	VHS	57 minutes	128	Media Rack
• Health, 14, 15	BOOK	Loose leaf. An introduction to developmental disabilities. Promoting healthy living (14) and Introduction to health issues (15).	447	Bookcase
• Home of Your Own	DVD	1) Borrowing and Lending; 2) Sharing expenses and common areas; 3) Community awareness, consumer skills; 4) Conflicts with strangers, roommates, staff	101	Media Rack
• Living with Lesch-Nyhan; the Story of Bill	DVD		291	Media Rack
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Cornelia DeLange; Rubinstein-Taybi; Turner; Noonan; Smith Lemli Opitz; Smith Magenis; Klinefelter's; Williams; Fragile X; Prader-Willi and many more.	558	Media Rack
• Rett Syndrome: A Closer Look	VHS	55 minutes	217	Media Rack

• Rett Syndrome: A Physician's Approach	VHS		218	Media Rack
• Supporting Self-Determination	DVD	Provides direct support staff with positive strategies for supporting self-determination for people with DD (20 minutes).	102	Media Rack
• Teaching Skills, 8, 9, 10	BOOK	Loose leaf. An introduction to DD. Teaching new skills and motivating people to use exiting skills. 8) Behavior and consequences; 9) Functional teaching skills; 10) Teaching behavior to use and last.	468	Bookcase
• Unforgotten: 25 Years After Willowbrook	DVD	Documentary that examines the impact of horrors of Willowbrook had on the survivors and their families (56 minutes).	103	Media Rack
• Values and Visions, 1, 2, 3	BOOK	Loose leaf. An introduction to DD. 1) Introduction and service goals; 2) Handicpism and rights; 3) Normalization and supported services.	492	Bookcase
Diabetes:				
• Basic Skills for Controlling Diabetes	VHS	Introduces recently diagnosed patients to the survival skills they will need to put into action right away – making healthy food choices, taking medication, options in insulin delivery systems and monitoring. Regular exercise is also briefly discussed (12 minutes).	315	Media Rack
• Basic Skills for Controlling Diabetes	DVD	Gives newly diagnosed patients the survival skills and confidence they need to start managing their diabetes right away while they continue to learn about self-management. It covers healthy food choices, monitoring blood glucose, physical activity and medications. (15 minutes)	63	Media Rack
• Diabetes	Case		23	Closet
• Diabetes	BOOK	Self-management workbook and resource guide.	524	Bookcase
• Diabetes	FLIP CHART	Flip chart discusses what is diabetes, risk factors for diabetes, prevention/symptoms, complications resulting from diabetes, and managing your diabetes. Includes small booklet.	583	Cabinet

<ul style="list-style-type: none"> Diabetes Foot and Skin Care: In Step 	VHS	Information about using the monofilament testing to detect neuropathy. Gives practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selections, and more. (14 minutes)	107	Media Rack
<ul style="list-style-type: none"> Diabetes Foot and Skin Care: In Step 	DVD	Gives practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selection, and more. It stresses the importance of good blood glucose control to prevent or delay the onset of long-term complications. (13 minutes)	280	Media Rack
<ul style="list-style-type: none"> Diabetes: Prevention, Control and Management 	DVD	Demonstrates techniques for preventing and managing Type 2 Diabetes through the use of diet, exercise and medication.	570	Media Rack
<ul style="list-style-type: none"> Diabetes Resource Manual 	BOOK	Loose leaf.	441	Bookcase
<ul style="list-style-type: none"> Diabetic Foot Model 	Kit	Diabetics are prone to foot ulcerations resulting from nerve damage and vascular disease. This model can be used to demonstrate the importance of proper foot care for diabetic patients. Four wounds in various stages of development are illustrated.	352	Bottom Resource Drawer
<ul style="list-style-type: none"> Everyday is a New Beginning (Step by Step) 	DVD (CD)	Moving towards prevention of Type 2 Diabetes. This music CD was created to inspire people at risk for Type 2 Diabetes to more movement into their lives. By getting 30 minutes of physical activity 5 days a week, losing a little weight, and eating healthier, we can all delay or prevent diabetes. No need to go to the gym or buy fancy equipment. Just crank up the music and see where it takes you. DVD on one side (<i>Everyday is a New Beginning</i>) and CD on the other side (<i>Step by Step</i>).	68	Media Rack
<ul style="list-style-type: none"> How to Prevent or Delay Type 2 Diabetes in Your Community 	Booklet	A training guide for community health workers. 111 pages of information to help readers learn how to use the <i>Road to Health Toolkit</i> and increase knowledge and skills regarding type 2 diabetes.		Lesley's file drawer
<ul style="list-style-type: none"> Obesity and Type 2 Diabetes 	VHS		390	Media Rack

• Pre-Diabetes: It's Time to Make Changes	DVD	Explains pre-diabetes and outlines management plan to include working with a health care provider to monitor blood glucose, making healthy food choices, getting regular physical activity, possibly taking oral medications, and getting support (19 minutes).	64	Media Rack
• Preventing Long Term Complications of Diabetes	DVD	Explains that uncontrolled diabetes can lead to complications like atherosclerosis, heart disease, kidney disease, eye disease and neuropathy. Following a self-management plan can minimize or prevent long term complications. (17 minutes)	281	Media Rack
• Program Demonstrations	DVD	Includes Diabetes	271	Media Rack
• Shared Decision Making	DVD	African-Americans with diabetes – the importance of being actively involved in your own health care.	383	Media Rack
• Step by Step (Everyday is a New Beginning)	CD (DVD)	See <i>Everyday is a New Beginning</i> (above).	68	Media Rack
• The Diabetes Epidemic	CD	Key topics covered include epidemiology, high risk ethnic groups, risk assessment, risk reduction, children and teens at risk, and other resources (64 images, leader's notes and references).	109	Media Rack
• The Road to Health Toolkit	MISC	Flipchart	69	Cabinet
• The Road to Health Toolkit	MISC	Specifically for Hispanic/Latino and African-American/African ancestry communities at risk for type 2 diabetes. Includes a user's guide, a flipchart, an activities guide, a resource guide, a photo journal (#67), a supplemental CD-ROM (#66), a music video <i>Movimiento</i> (#67), and an activities video <i>Step by Step</i> (#68)	66-68	Media Rack
• Three in One #2	VHS	♦ Behavioral Phenotypes ♦ Creating Health: Type 2 Diabetes ♦ Tardive Dyskinesia	167	Media Rack
• Type 2 Diabetes	BOOK	Loose leaf. To assist caregivers and educators in the instruction of people with type 2 diabetes in survival, home management, and lifestyle change skills.	491	Bookcase

• Type 2 Diabetes <i>and</i> Type 2 Diabetes, Cont.	BOOK	Loose leaf. (see <i>Type 2 Diabetes</i> above)	491	Bookcase
• What is Diabetes? (Type 2)	DVD	Explains what diabetes is, the symptoms, the long term effects, and treatment. It informs viewers that being overweight contributes to the development of diabetes, explains insulin resistance, and outlines a diabetes self-management plan. Information covered includes the target range of blood glucose, making healthy food choices, the food guide pyramid, carbohydrates, fats, portion sizes and possible use of medications if healthy foods and physical activity are not enough to keep blood glucose in a healthy range. 15:26 minutes.	578	Media Rack
Diagnosing Challenging Behavior (I) and Functional Assessment (II)	DVD	I – 12 minutes; II – 13 minutes	22	Media Rack
Diagnosing Challenging Behavior I	VHS	Challenging issues in DD – medical and environmental causes: teaches a scientific approach toward identifying the underlying reasons for challenging behavior. Discusses how to detect patterns of behavior to arrive at sensible treatment interventions. (12 minutes)	200	Media Rack
Diagnosing Challenging Behavior II	VHS	Challenging issues in DD – function assessment: teaches how to recognize indicators for the four most common reasons for challenging behavior. Includes suggestions for individualized treatment strategies to address these underlying reasons. (13 minutes)	201	Media Rack
Diagnosing Parkinson's Disease: You are not Alone	DVD	Created for a person who has just been diagnosed with Parkinson's disease. This DVD includes testimonials from people on how they learned to cope and life with the diagnosis, scientific and medical information from experts and helpful tips and resources to provide some comfort and encouragement.	269	Media Rack
Diagnostic and Laboratory Test Reference	BOOK	Softbound. Mosby's 5 th edition – up-to-date, essential reference that allows easy access to clinically relevant laboratory and diagnostic tests.	478	Bookcase
Distat AcuDial	Kit	Diazepam rectal gel. Contains a VHS (in Spanish), 2 DVDs (English/Spanish), 2 syringes and handouts with administration instructions.	323	Cabinet

Dice	Game	An exercise game (2 sets of dice)	87-88	Cabinet
Did My First Mother Love Me?	BOOK	Adoption	374	Cabinet
Diet (see Nutrition and Diet)				
Digital Accu Dial and Delivery System	DVD		353	Cabinet
Disability Etiquette	DVD	Examines common situations where words and actions can positively or negatively impact how people feel and how others see them. (16 minutes)	283	Media Rack
Documentation:				
• Documentation (CHC)	DVD		18	Media Rack
• Mastering Documentation	BOOK	Hard bound. Detailed instructions on charting all aspects of care for patients in health care settings.	460	Bookcase
Donate the Gift of Life (2 DVDs)	DVD	<i>No Greater Love</i> (true stories of heroic people as they wait for a lifesaving organ transplant) (16 minutes) <i>A Science of Miracles</i> (showcases medical science and surgical expertise working miracles – medical procedures and interviews with surgeons) (1 hr.)	399	Media Rack
Down Syndrome:				
• Down Syndrome and Aging	Booklet	A health and well-being guidebook providing guidance, education and support to families and caregivers of older adults with Down syndrome.		Sharepoint
• Making Plans	Booklet	A financial guide for people with Down Syndrome and their families.	503	Bookcase
• Talk to Me	BOOK	Loose leaf. A personal development manual for women and girls with Down syndrome, and their parents.	467	Bookcase
Drug-Induced Movement Disorders	VHS	Presents examples of 3 forms of EPS specified in the OBA regulations – Tardive Dyskinesia, Akathisia and Parkinson's. Provides practical suggestions to make EPS monitoring a part of everyday care. (11 minutes)	265	Media Rack

Drug Abuse: Substance Abuse Prevention Activities	BOOK	Provides 90 ready-to-use activities on subjects such as the use and abuse of tobacco, alcohol, and other drugs, including prescription and nonprescription drugs, peer pressure situations and decision making, and where to seek help.	529	Bookcase
Drugs and Disabilities: Handle with Care	BOOK	Spiral bound. Information about drugs used most often by persons with disabilities and reactions and side effects to these drugs.	508	Bookcase
Dry Mouth	BOOK	Stapled. Expanded information about dry mouth and what to do about it.	95	Cabinet
Dual Diagnosis – Mood Disorders and Developmental Disabilities	VHS DVD	♦Examine key factors of Dual Diagnosis; comprehensive discussion of diagnostic criteria, recognize signs and symptoms of major depressive and manic episodes; learn the essentials of bipolar disorders. (43 minutes)	111	Media Rack
Dual Diagnosis – Schizophrenia and Developmental Disabilities	VHS	Examine key factors of Dual Diagnosis; comprehensive discussion of diagnostic criteria, recognize signs of schizophrenia and other psychotic disorders. (45 minutes)	252	Media Rack
Dual Diagnosis Handbook	BOOK	Spiral bound. Supporting people with a developmental disability and a mental health problem.	510	Bookcase
Dual Diagnosis Treatment Team	Handout	Contains handouts for a presentation covering what is DDTT, where services are provided and who provides services.		Lesley's file drawer
Dual Diagnosis: Digest	Booklet	What it is, mental health disorders and those with ID/DD and important considerations. A wonderful resource to be a valuable support to caregivers as they provide support to others.		Lesley's file drawer
Dual Diagnosis: Present and Future Directions	VHS	Presents overview of the field of dual diagnosis and current practices with a vision for future services for persons who have intellectual disabilities co-existent with mental illness.	175	Media Rack
DVD Player	Kit	Includes case, AC and wall adapters, remote and instructions	370	Cabinet #13
DVD Player	Kit	Includes case, AC and wall adapters, remote and instructions	371	Cabinet #13
Dysphagia:				
• A Practical Approach to Dysphagia	VHS	32 minutes	113	Media Rack

• Choking	VHS		340	Media Rack
• Developing Tasteful and Appealing Meals	DVD	Discuss the Dysphagia condition; explore a variety of meals related to National Dysphagia Diets; demonstrate the preparation of thickened or pureed meals.	557	Media Rack
• Dysphagia Diet	DVD	Learn about thickened liquids (8 minutes); purred diet made easy (9 minutes); mechanically altered diet made easy (6 minutes); pleasing plate presentations for the dysphagia diet (5 minutes).	414	Bookcase
• Dysphagia Resource Directory	Booklet	Put together by our very own Laura Aungst! This 89-page booklet is chock full of information for anyone providing care for someone with a swallowing difficulty.		Lesley's file drawer
• Dysphagia, PNMP, Seizures	DVD	DPS Education series	270	Media Rack
• Feeding Individuals with Swallowing Disorders	DVD	Includes notebook.	423	Bookcase
• Managing Dysphagia	DVD		318	Media Rack
• Reviewing Anatomy / Dysphagia	VHS		114	Media Rack
• Simply Thick	DVD	The thickening gel you can't taste ... mixing directions.	89	Media Rack
• Simply Thick Samples	Box	Samples of different <i>Simply Thick</i> gels as well as a chart and handouts.	90	Top Resource Drawer
• Swallowing Studies	DVD	15 minutes	317	Media Rack
• The Hands that Feed	VHS	There are multiple factors involved in successfully feeding patients with swallowing problems. This video approaches this subject with guidelines for caregivers and health care workers. (15 minutes)	115	Media Rack
• Thick and Easy Instant Food Thickener	VHS	17 minutes	389	Media Rack

Ease into Fitness	VHS DVD	Beginner workout for people with DD. (35 minutes)	124	VHS - Bookcase DVD - Media Rack
Easy-Feed Enteral Nutrition Bag	Bags	With pre-attached gravity feeding set.	329	Cabinet
Elements of Back Care in Healthcare	DVD	Teach employees how to properly care for their backs and prevent injuries. Learn the basic function and design of the back, body mechanics and movement, stretches and exercises, and techniques for patient movements and transfers. (15 minutes)	278	Media Rack
Emergency Preparedness/First Aid:				
• Basic First Aid	VHS	Each section runs about 13 minutes	116	Media Rack
• Choking	VHS		340	Media Rack
• Consumer Health and Safety Activities	BOOK	90 activities to help students learn to recognize advertising techniques, compare various products and claims, understand consumer rights, distinguish between safe and dangerous items, become familiar with safety rules, and more. Includes activities for advertising, health and beauty aids, consumer rights, Safety, Accidents and First Aid.	106	Bookcase
• CPR Anytime	Kit	Includes DVD and Minim Learning Manikin	379	Bookcase
• CPR for Bystanders	VHS		117	Media Rack
• Emergency Preparedness/Observation Skills	VHS DVD	Emergency Preparedness – 30 minutes Observation Skills – 65 minutes	120	Media Rack
• Emergency Test	VHS	American Red Cross: how you react in an emergency situation after an accident, flood, hurricane, or during a fire may mean the difference between life and death. Be prepared for these emergency situations. (50 minutes)	338	Media Rack
• First Aid	BOOK	Includes information on breathing emergencies and caring for bleeding, injuries, and sudden illnesses, including prevention of disease transmissions.	104	Bookcase
• Standard First Aid	VHS	American Red Cross. (1 hour, 33 minutes)	334	Media Rack

Emerging from the Darkness of Schizophrenia	VHS	Presents patients' experiences with Risperdal Consta (risperidone) Long-acting injection.	343	Media Rack
Emerging Solutions in Psychosis	VHS		224 A	Media Rack
End the Silence	VHS	7 minutes	250	Media Rack
Enhancing Mealtime Experience	DVD	Describe how the environment plays a key role in the dining experience; describes how involvement in menu planning, shopping, dining times and food preparation can ensure people have choices; state guidelines to follow in creating a positive and safe dining experience which promotes independence. (20 minutes)	284	Media Rack
Four in One, #3	VHS	Endometriosis , Breast Cancer, Breast Lumps, and Arthritis	157	Media Rack
Epilepsy / Seizures:				
• Cyberonics	DVD	Introduction to VNS therapy for people with epilepsy and their families. Original booklet is located in Cabinet.	192	Media Rack
• Epilepsy: A Guide for Patients and Families	Booklet & DVD	This booklet and DVD program will help you learn about the different types of epilepsy; learn about available treatment options; take positive steps to be healthy, both physically and emotionally.	571	Bookcase
• Epilepsy in Special Populations	DVD	Identifying seizures in elderly patients and in patients with IDD	263	Media Rack
• Epilepsy Management for the Person with Mental Retardation	BOOK	Softbound. Identify seizures, epilepsy and status epilepticus among the IDD population.	445	Bookcase
• Dysphagia; PNMP; Seizures	DVD	Education series on dysphagia, PNMP and SEIZURES .	270	Media Rack
• Intro to VNS Therapy	DVD	Power to renew a life.	10 B	Media Rack
• Management of Epilepsy	BOOK	Stapled. For persons with IDD with or without behavioral problems (case studies).	502	Bookcase

• Management of Seizures in Persons with Intellectual and Developmental Disabilities	BOOK	Stapled. Leader's guide. Education program on recognition and treatment of seizures in persons with IDD is designed for continuing education for healthcare professionals in the long-term care setting.	494	Bookcase
• Management of Seizures in Persons with Intellectual and Developmental Disabilities	BOOK	Stapled. Program handouts.	495	Bookcase
• Management of Seizures in Persons with Intellectual and Developmental Disabilities	VHS DVD	...with and without behavioral disturbances.	388 BCD	Media Rack
• Management of Seizures in Persons with Intellectual and Developmental Disabilities	KIT	Includes program handouts and leader's guide.	388 AEF	Bookcase
• New Developments in Epilepsy Treatment	TAPE	Designed to provide clear, comprehensive and timely information about new medications, medication formulation, and advanced technology delivery systems for epilepsy treatment.	234	Media Rack
• Nursing Implications in Seizure Management	BOOK	Spiral bound. For nurses who work with individuals with complex seizure disorders.	512	Bookcase
• Patient Program Epilepsy	CD	A patient education program for people with epilepsy and their families – treatment options.	286	Media Rack
• Power to Renew a Life	DVD	For individuals with epilepsy and special needs.	7 AB	Media Rack
• Program Demonstrations	DVD	Includes Seizures	271	Media Rack
• Program on Epilepsy for You and Your Patients	VHS		259	Media Rack
• Recognizing Seizures	VHS	Guidelines for caregivers. (19 minutes)	235	Media Rack

• Seizure First Aid	VHS	Combines footage of real seizures with re-enactments to demonstrates safe first aid procedures. In addition, people with epilepsy talk about how they would like friends, family and the general public to react when seizures occur. (11 minutes)	313	Media Rack
• Seizure First Aid (and) Understanding Seizure Disorders	VHS	11 minutes each	330	Media Rack
• Seniors & Seizures	DVD	A training program for caregivers and senior-serving organizations. CD has promotional flyer, facilitator's guide, participant's guide, PowerPoint presentation, pre/post test with answer key, evaluation form and program certificate. DVD includes Introduction (1 minute); The Basics (3:31 minutes); Recognizing Seizure (7:44 minutes); Response to Seizures (7:45 minutes); Seizures after Sixty (12:06 minutes); and Summary (:47 minutes)	555	Media Rack
• Three in One	VHS	GERD, Recognizing Seizures , Osteoarthritis Knee Pain Relief	158	Media Rack
• Treating Epilepsy with Vagus Nerve Stimulation	VHS	A patient and family guide to the NCP system. (25 minutes)	236	Media Rack
• Understanding and Assisting People with Epilepsy	DVD	Includes information on different types of seizures, what to do if someone is having a seizure (and what not to do), when to call for emergency services, and what it is like to have epilepsy. (14:41 minutes)	554	Media Rack
• Understanding Complex and Partial Seizure	VHS	How to recognize and classify seizures. (26 minutes)	267	Media Rack
• Understanding Seizure Disorders	VHS	12 minutes	233	Media Rack
• Understanding Seizure Disorders	VHS	From the Epilepsy Foundation. (11 minutes)	333	Media Rack

• VNS Generator	MODEL	A VNS is a device used to treat seizures. It consists of a pacemaker-like generator that is implanted in the chest and programmed to stimulate the vagus nerve. This is a model of such a generator.	527	Cabinet
• Was That a Seizure?	DVD	A video journal on Epilepsy. (20 minutes)	368	Media Rack
• Women's Health Issues in Bi-Polar Disorder and Epilepsy	VHS	Diagnosis, risk factors and treatment of hormonal and reproductive dysfunction in premenopausal women with epilepsy and bipolar disorder. (58 minutes)	243	Media Rack
EpiPen				
• Anaphylaxis: Extreme Allergic Emergency	Pages	Questions and answers about EpiPen and Anaphylaxis. (10 page handout)		Sharepoint
• Epi Pen	Kit	Includes How to Use the Epi Pen Auto-Injector, Auto-Injector Training Device, Questions and Answers booklet, Food Allergies booklet	354	Top Resource Drawer
• Epi Pen	VHS DVD		246	Media Rack
• Epi Pen, How to Use Auto-Injector	DVD	Includes a DVD and 5 EpiPen Trainers	195	Cabinet
• Epinephrine Injection Auvi-Q	Kit	Trainer and information on anaphylaxis	308	Cabinet
Ethics of Touch	DVD		279	Media Rack
Every Day is a New Beginning / Movimiento	VHS DVD	Moving towards prevention of type 2 diabetes. 2 music videos. (8 minutes)	384	Media Rack
Everyday is a New Beginning (Step by Step)	DVD (CD)	Moving towards prevention of type 2 diabetes. This music CD was created to inspire people at risk to put more movement into their lives. 30 minutes of physical activity 5 days a week, losing a little weight, and eating healthier can delay or prevent diabetes.	68	Media Rack
Exam Data in Special Populations	VHS		224 B	Media Rack

Exercise – See Fitness and Exercise				
Exposure to Blood	Booklet	Information dealing with occupational exposure to blood, especially dealing with hepatitis B, C, and HIV.		Lesley's file drawer
Eyes Wide Open: Coping with Death	VHS	Grief and healing. (26 minutes)	256	Media Rack

Fall Prevention:				
• Caregiving: Fall Prevention	DVD	Includes physical and emotional effects of a fall, the goal of fall prevention, falls and the older adult, fall prevention for care providers, proper shoes, how to prevent falls, using a gait belt, medications that increase fall risk, and walkers. (19 minutes)	419	Media Rack
• Fall Prevention	VHS	Learn how to reduce the risk of falls to yourself and the person you are caring for and at the same time encourage independence; learn what you can do to make the home a safe environment; learn the medical conditions that contribute to falls. (24 minutes)	203	Media Rack
• Fall Prevention Program Resource Manual	Booklet	Helps to develop a fall prevention program and includes a safety checklist among other important information.		Lesley's file drawer
• Injury Prevention: Preventing Falls	VHS	17 minutes	342	Media Rack
• Preventing Falls in Aged Care	DVD	Examines risk factors for falls, illustrating cases in which falls can be avoided, while helping viewers to implement preventative strategies tailored to elderly. (24 minutes)	428	Media Rack
• Slips and Falls Learning Resource	DVD		255	Media Rack
FASD:				
• A Call to Action	Booklet	A report of the National Task Force on Fetal Alcohol Syndrome and Fetal Alcohol Effect.		Sharepoint
• FASD Competency-Based Curriculum Development Guide	DVD	Fetal Alcohol Spectrum Disorders	413	Media Rack
• Fetal Alcohol Spectrum Disorders Handbook	Booklet	A historical overview of FASD, characteristics, diagnostic criteria, prevention information, strategies for individuals at home, education strategies and much more.		Lesley's file drawer
• Fetal Alcohol Syndrome	DVD VHS	Discusses the effects Drugs, Alcohol and Tobacco has on newborn babies. 16 minutes	122	Media Rack

• Fetal Alcohol Syndrome	DVD VHS	Discusses how FASD happens and the results for the victims. Includes genotype and phenotype conditions as well as teratogen, adverse effects of alcohol, the characteristics of FASD and how to diagnose. 58 minutes	123	Media Rack
• Fetal Alcohol Syndrome Guidelines for Referral and Diagnosis	Booklet	Provides standard diagnosis criteria for FAS so that consistency in the diagnosis can be established.		Lesley's file drawer
• Inventory of Literature on the Assessment and Diagnosis of FASD Among Adults	Booklet	Overview of the existing Canadian and international literature on techniques and best practices for the diagnosis and assessment of adults for the impact of in utero exposure to alcohol.		Lesley's file drawer
• Reducing Alcohol-Exposed Pregnancies	Booklet	Reviews the current evidence on prevention strategies to reduce alcohol use and the alcohol-exposed pregnancies. Provides recommendations on promoting and improving these strategies and offers future research directions in the field of FASD prevention.		Lesley's file drawer
Fat Chunk Set	KIT	1- and 5-pound fat chunk models make it easy to visualize the consequences of consuming more calories than your body uses, which leads to extra body fat. Also helps show fat you can lose by eating fewer calories and getting more exercise.	2	Bottom Resource Drawer
Feeding Individuals with Swallowing Disorders	DVD	Includes notebook.	423	Bookcase
Find Out About STDs	Booklet		355	Cabinet
Finding Owen	DVD	20/20 story of a boy with Autism. (40 minutes)	548	Media Rack
Fingertips	VHS	20 minutes	274	Media Rack
Fingertips	Booklet	Teaching women with disabilities about masturbation.	344	Cabinet
First Aid	Book	Includes information on breathing emergencies and caring for bleeding, injuries, and sudden illnesses, including prevention of disease transmissions.	104	Bookcase
Fitness and Exercise:				
• A Walker's Daily Log	Booklet	For clients to log their daily walking activities.		Sharepoint

• Armchair Fitness: Aerobics	DVD	Contains 3 20-minute routines of lively stretching and strengthening motions with big band-style musical accompaniment. (60 minutes)	426	Media Rack
• Armchair Fitness: Gentle Exercise	DVD	For persons with limited strength and range of motion. Begins with a slow and easy warm-up. Progresses thru a gentle full-body routine including a seated dance and a refreshing relaxation with Broadway style music. (30 minutes)	425	Media Rack
• Chair Exercises for Fitness	Pages	16 page handout for exercises from a chair to help improve your flexibility, strength and cardiovascular health, all while seated! Includes exercises for balance and tips on nutrition. Available for copies for handouts.		Sharepoint
• Dice	Game	An exercise game.	87-88	Cabinet
• Ease into Fitness	VHS DVD	Beginner workout for people with Developmental Disabilities. (35 minutes)	124	VHS – bookcase DVD – Media Rack
• Everyday is a New Beginning (Step by Step)	DVD (CD)	Moving towards prevention of Type 2 Diabetes. This music CD was created to inspire people at risk for Type 2 Diabetes to put more movement into their lives. By getting 30 minutes of physical activity 5 days a week, losing a little weight, and eating healthier, we can all delay or prevent diabetes. No need to go to the gym or buy fancy equipment. Just crank up the music and see where it takes you. DVD on one side (Everyday is a New Beginning) and CD on the other side (Step by Step)	68	Media Rack
• Exercise and Nutrition for Adults with DD	Note-book	Curriculum is a 12-week program with three -hour sessions per week. Each session covers a specific topic. However, the sessions are designed to build upon the previous lessons and some of the topics may overlap with earlier sessions. This allows participants to continuously review material throughout the program. Based on 5 stages: Precontemplation, Contemplation, Preparation, Action and Maintenance.	567	Bookcase
• Exercise for People with ID/DD	DVD		412	Media Rack
• Exercises: Chair Exercises for Fitness	Pages	Handout for exercises from a chair to help improve flexibility, strength and cardiovascular health. Includes exercises for balance and tips on nutrition.		Sharepoint
• Family Fitness Program	BOOK	Loose leaf. Addresses struggles between caregivers and children in healthy meals and physical activity and offers solutions.	443	Bookcase

• Fat Chunk Set	KIT	1- and 5-pound fat chunk models make it easy to visualize the consequences of consuming more calories than your body uses, which leads to extra body fat. It also helps show the fat you can lose by eating fewer calories and getting more exercise.	2	Bottom Resource Drawer
• Favorites Chair Dancing's Greatest Hits	DVD	Sit down and shape up! Any chair anywhere! Whether you have 5 minutes or 50 minutes, our menu of fitness routines can be customized to fit your wellness needs. (51 minutes)	569	Media Rack
• Healthy-Go Getters	Note-book	Program to provide development of a balanced and healthy lifestyle to provide wellness education thru trainings and special events and to provide exercise and dietary programs that promote physical benefits.	568	Bookcase
• Mighty Muscle Set	KIT	1- and 5-pound models represent the look and feel of muscle clusters when flexed.	4	Bottom Resource Drawer
• Motivating Moves for People with Parkinson's	DVD	A program of 24 short, stimulating exercises especially for people with Parkinson's. The seated exercises will improve your breathing, flexibility, sense of balance, vocal range, and more. <i>How to do Motivating Moves</i> (45 minutes); <i>the Exercise Class</i> (36 minutes); <i>Practical Tips for Daily Living</i> (4 minutes).	300	Media Rack
• Obesity	Case		19	Closet
• Peppi	BOOK	Peer Exercise Program Promotes Independence (PEPPI). Loose leaf notebook. PEPPI is a weight resistance training and walking program especially designed for older adults.	71	Bookcase
• Peppi Class	VHS DVD	With Alice Lodge and Barb Jacobsen.	391	Media Rack
• Senior Chair Exercises	VHS	Designed to help older adults improve physical function and the ability to perform activities of daily living. (37 minutes)	125	Media Rack
• Spin Smart	Game	Physical activity game – questions allow players to learn basic concepts about fitness and the human body. Exercises listed with each question also give players the opportunity to be active and have a good time. Presentation guide included.	81	Closet
• Step by Step (Everyday is a New Beginning)	CD (DVD)	See <i>Everyday is a New Beginning</i> .	68	Media Rack

• Stronger Me, Healthy Me!	BOOK	Loose leaf. Instructor's guide to physical fitness and nutrition program for special needs populations.	493	Bookcase
• Walk Away the Pounds	DVD	For 1, 2 and 3 miles, walking in place by Leslie Sansone.	11	Media Rack
• Walk Away the Pounds	DVD	For 4 and 5 miles, walking in place by Leslie Sansone.	9	Media Rack
• Walk it Off in 30 Days	DVD	Includes 2 workouts: <i>BURN 30</i> is 30 minutes of non-stop cardio. <i>FIRM 30</i> is 30 minutes of non-stop strength training.	339	Media Rack
• Weighing In	VHS		126	Media Rack
• Weighing In: A Weight Plan/Peppi	VHS		127	Media Rack
• Yoga for Round Bodies	DVD	30 minutes	372	Media Rack
Fizz to Fat	KIT	Model of a 20-oz. bottle of soda pouring into a glass (of sugar) showing that sweetened drinks are the largest single source of added sugar in our diets.	93	Cabinet
Flu: Hey You, Fight the Flu!	Handouts	A great way to reach the younger generation on what to do to prevent the flu and/or colds. Contains drawings to keep it interesting for the kids.		Lesley's file drawer
Food and Medicine Interactions	VHS	From NHV	132	Media Rack
Food Choices: Take Your Pick	GAME	Interactive flip chart to build skills in making food choices. Includes "Dice" for determining nutritional values, etc.; 2 booklets <i>Healthy Eating with MyPlate</i> and an instructional booklet.	1-A	Cabinet
Food Safety	VHS	17 minutes	183	Media Rack
Foods	CARDS	Flash Cards	415	Bookcase
For the Record (MBP)	VHS DVD	Manchusen by Proxy	162	Media Rack
Four in One #2	VHS	Anorexia and Bulimia Gall Stones Coronary Artery Disease Colon and Rectal Cancer	156	Media Rack

Four in One #3	VHS	Endometriosis Breast Cancer Breast Lumps Arthritis	157	Media Rack
Fragile-X Syndrome:				
• Fragile-X Syndrome	VHS	57 minutes	128	Media Rack
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Fragile-X.	558	Media Rack
Fundamentals of Nursing #2	DVD	Medication guidelines, administration, intravenous, parenteral and pain management	396-2	Media Rack
Fundamentals of Nursing #3	DVD	Nutrition, Oxygenation, Perioperative Nursing and Safety	396-3	Media Rack
Fundamentals of Nursing #4	DVD	Urinary Elimination, Vital Signs, Wound Care, Brief Physical Assessment	396-4	Media Rack

Gall Stones:				
• Four in One #2	VHS	Includes Gall Stones	156	Media Rack
Games:				
• Anger Management	GAME	Bingo	429	Cabinet
• Brain Games	GAME	Games for the brain. <i>In a folder.</i>	420	Cabinet
• Calorie Bingo	GAME	Learn to choose lower calorie foods within a food group; learn to consider the nutritional contribution of foods when choosing between foods with equal caloric value; be able to state at least 3 ways to help reduce intake of calories. <i>In a folder.</i>	422	Cabinet
• Dice	GAME	An exercise game.	87-88	Cabinet
• Emotions Activity	GAME	Facial expression cards (22) to match with 1 of 6 emotion-face balls.	566	Cabinet
• Food Choices: Take Your Pick	GAME	Interactive flip chart to build skills in making food choices. Includes “Dice” for determining nutritional values, etc.; 2 booklets <i>Healthy Eating with MyPlate</i> and an instructional booklet.	1-A	Cabinet
• Foods	GAME	Flash cards.	415	Cabinet
• For the Health of It	GAME	Activity booklet to assist the caregiver in providing simple activities to promote health and wellness. Each activity includes a lesson overview, tools needed to carry out the activity, length of the activity, and a description. Each activity serves as an active treatment aimed at improving quality of life.		Lesley’s file drawer
• Germ Wars	GAME	A fun and easy way to learn about food safety and sanitation.	407	Cabinet
• Go, Slow, Whoa	CHART	Is it a WHOA food, a SLOW food, or a GO food? Place decals in squares where you think the foods belong. Then look at the back of the chart to see if you’re right.	589	Cabinet
• Health Skills	GAME	Board game – learning to take care of your health.	409	Cabinet

• Healthy Helpings	GAME	A <i>MyPlate</i> activity mat that teaches food groups, nutrition ,exercise and more.	76	Cabinet
• Heart Bingo	GAME	Make learning how to eat heart healthy fun for your audience. Help them realize there are important additions to lifestyle and eating habits besides just the things they should avoid. <i>Heart Bingo</i> is a very comprehensive and fun way to teach important facts. <i>In a folder.</i>	421	Cabinet
• In My Shoes	GAME	Board game that will assist with self-determination, show how to interact non-confrontationally, learn how to treat consumers with respect, how to use person first language, learn nationally accepted principles and values, and how to honor and support choices. (about 1 ½ hours)	404	Cabinet
• Infection Disease Game	GAME	Cards. (4 sets)	411	Cabinet
• My Gift of Grace	GAME	A conversation game for living and dying well. (cards)	545	Cabinet
• My Plate Pocket Chart	GAME	Brightly colored MyPlate pocket chart makes teaching healthy eating habits fun. It is a visual guide to a balanced diet, suggesting what our plates should be filled with.	77	Cabinet
• Personal Hygiene Bingo	GAME	12 Playing Cards with nothing to cover the squares with. Use your imagination!	586	Cabinet
• Positive Affirmations	GAME	Flash cards for self-esteem boosters.	535	Cabinet
• Relationships	GAME	Cards	361	Cabinet
• Spin Smart	GAME	Physical activity game – questions allow players to learn basic concepts about fitness and the human body. Exercises listed with each question also gives players the opportunity to be active and have a good time. Presentation guide included.	81	Closet
• Stress Bingo	GAME	An engaging and educational game about stress and ways to reduce it.	408	Cabinet
• The Clean Game	GAME	Bingo.	410	Cabinet
• Traffic Signs	GAME	Flash cards.	416	Cabinet

• Ungame	GAME	Cards	364	Cabinet
• Wheel of Misfortune	GAME	Boxed.	42	Closet

GERD				
• Gastroesophageal Reflux Disease	BOOK	Spiral bound. Acquaints you with GERD and common issues associated with the development of GERD as well as treatments.	509	Bookcase
• GERD: The Inside Story	VHS	About 10 minutes	147	Media Rack
• Program Demonstrations	DVD	Includes GERD	271	Media Rack
• The Word on GERD	BOOK	Recognition and treatment of gastroesophageal reflux disease in persons with DD. A review of normal anatomy and function of the upper gastrointestinal tract followed by discussion of signs and symptoms of the disorder. Explores intervention measures.	543	Bookcase
• Three in One	VHS	GERD Recognizing Seizures; Osteoarthritis Knee Pain Relief	158	Media Rack
Geriatric Patient Education Resource Manual	BOOK	Loose leaf. Provides teaching/learning materials related to common diseases and issues associated with the care and health of older adults.	446	Bookcase
GERMS:				
• Bag of Germs	KIT	2 kits containing a “bag of germs” with black lights. One kit also has a bottle of Glo Germs. (Extra black light (#327A) in Cabinet, Box 1)	327	Bottom Resource Drawer
• Germ Wars	GAME	A fun and easy way to learn about food safety and sanitation.	407	Cabinet
• Glo Germ Gel	Bottle		328	Cabinet
• Hey You, Fight the Flu!	Handouts	A great way to reach the younger generation on what to do to prevent the flu and/or colds. Contains drawings to keep it interesting for the kids.		Lesley’s file drawer
• Infection Disease	GAME	Card game	411	Cabinet
• Preventing Disease Transmission	VHS	20 minutes	251	Media Rack
• The Sneeze: How Germs are Spread	DVD	Computer animated. Demonstrates of how germs are spread in a way that will make hand washing an unforgettable necessity. (3 minutes)	547	Media Rack

Get Connected	KIT	Includes booklets and VHS (26 minutes) which helps link older adults with medication, alcohol, and mental health resources.	405	Bookcase
Giving Medication at Home	Booklet	Lessons to introduce you to medication administration, what happens, how to handle your meds at home, how to take them properly, what to expect. Includes taking meds away from home, different ways to take your meds, what to do if you have trouble swallowing, self-administration and medical errors.	309	Bookcase
Glasses	BAG	Cardboard glasses (6).	356	Cabinet
Glo Germ Gel	BOTTLE		328	Cabinet
Gray's Anatomy	BOOK	Softbound.	471	Bookcase
Grief: see DEATH, DYING, GRIEF, AND LOSS				
Grooming for Life	DVD	Stresses the importance of personal care routines in maintaining a good appearance. 5 young adults prepare for an active day by completing grooming, hygiene and dressing tasks step-by-step.	392	Media Rack
Growth Hormone, Tool Kit	VHS	A kid's guide, includes a booklet.	403	Bookcase
Growth Hormone, Your Family's Guide	VHS	Instruction kit for parents and caregivers, including booklet.	402	Bookcase
Guide to Weight Management	VHS	Offers some tips and strategies to help you eat right and exercise. (21 minutes)	247	Media Rack

Handbook on Dual Diagnosis	BOOK	Spiral bound. Supporting people with a developmental disability and a mental health problem.	510	Bookcase
Handmade Love	DVD		82	Media Rack
Health Care Inservice Curriculum Resource Manual	BOOK	Loose leaf. A compendium of complete inservices: Preparing, Presenting and Recording Inservices; General Patient Care/Procedures; Diseases and Disorders; Rehabilitation and Activities of Daily Living; Home Health Care; Age-Specific Competencies; Infection Control and Safety; Legal and Ethical Issues; Communication Principles; Creative Education Strategies.	448	Bookcase
Health Care Protocols	BOOK	Softbound. For DD nurses for the support of individuals moving from state operated residential centers into homes in the community.	449	Bookcase
Health Skills	GAME	Board game. Learning to take care of your health.	409	Cabinet
Health Teacher's Book of Lists	BOOK	Unique health education information source and time-saver. Nearly 300 of the most used and useful lists for developing instructional materials and planning lessons for elementary and secondary students.	98	Bookcase
Health 14, 15	BOOK	Loose leaf. Introduction to DD. Promoting Healthy Living (14); Introduction to Health Issues (15).	447	Bookcase
Healthcare Body Observations	VHS	57 minutes.	30	Media Rack
Healthy Helpings	GAME	A MyPlate activity mat that teaches food groups, nutrition, exercise, and more.	78	Cabinet
Heart Health:				
• CPR Anytime	KIT	Includes DVD and Minim Learning Manikin	379	Bookcase
• CPR for Bystanders	VHS		117	Media Rack
• Four in One, #2	VHS	Includes Coronary Artery Disease	156	Media Rack

• Heart Bingo	GAME	Learn how to eat heart healthy the fun way. There are important additions to lifestyle and eating habits besides just the things you should avoid. Heart Bingo is very comprehensive and is a fun way to teach important facts. (Game in folder)	421	Cabinet
• Heart Failure, What is [it]	DVD	This video provides an overview of the information patients need in order to manage their heart failure. Colorful animation shows viewers what happens to the heart and how heart failure affects the body. The video covers risk factors, symptoms, medications, sodium and fluid guidelines, balancing activity and rest, and daily monitoring of symptoms. Types of medications are explained along with cautions about side effects, and the importance of taking medications exactly as prescribed. The video helps patients know when they should call the healthcare team. 18:36 minutes.	575	Media Rack
• Introduction to Heart Disease Risk Factors	VHS	Helps patients see the importance of knowing their risk factors. Helps motivate to make minimizing risks a goal. Details what to do to reduce risks. (15 minutes)	138	Media Rack
Heartsaver First Aid with CPR and AED	BOOK	Softbound. Workbook for anyone who needs to learn basic first aid.	452	Bookcase
Hepatitis	VHS		194	Media Rack
Hepatitis: Exposure to Blood	Booklet	What Healthcare Personnel Need to Know. Information dealing with occupational exposures to blood, especially dealing with hepatitis B, C and HIV.		Lesley's file drawer
Hey You, Fight the Flu!	Hadnouts	A great way to reach the younger generation on what to do to prevent the flu and/or colds. Contains drawings to keep it interesting for the kids.		Lesley's file drawer
High Blood Pressure:				
• An Introduction to Treatment	VHS	Emphasizes controlling blood pressure starts with lifestyle changes. Helps empower patients to quit smoking, lose weight, reduce sodium, reduce alcohol consumption and get more exercise. Explains meds and side effects. (14 minutes)	137	Media Rack

• High Blood Pressure	FLIP CHART	Flip chart discusses high blood pressure, the consequences, who is at risk, preventing and controlling high blood pressure, and living with high blood pressure.	581	Cabinet
• You Can Control High Blood Pressure	BOOK	Self-care handbook to help you and your family keep your blood pressure under control.	500	Bookcase
Hoarding:				
• Buried in Treasures	BOOK	Help for compulsive acquiring, saving and hoarding. A scientifically based effective program for helping those with hoarding disorder dig their way out of the clutter and chaos of their homes.	237	Bookcase
• Treatment for Hoarding Disorder	BOOK	Workbook guides clients thru their treatment for Hoarding Disorder (HD) with their clinician. Includes homework, forms, exercises and behavioral experiments for clients to test their personal beliefs about possessions, develop an organization plan and filing system, and sort and organize items room by room. Helps to recapture a positive role in possessions in their lives.	254	Bookcase
Home Infection Control	DVD	Applies infection control principles to a community setting and helps both staff and the people they support know how to implement them. (13 minutes; 16:9 widescreen; written materials for this DVD located in the bookcase #58.)	58	Media Rack
Home of Your Own	DVD	1: Borrowing and Lending 2: Sharing expenses, sharing common areas 3: Community awareness, consumer skills 4: Conflicts with strangers, roommates, staff	101	Media Rack
How Much Fat?, Part 1	KIT		357	Top Resource Drawer
How Much Fat?, Part 2	KIT		358	Top Resource Drawer
How Much Fat?, Part 3	KIT		359	Top Resource Drawer

How to Brush Teeth	DVD	Dental patient education – flossing.	380	Media Rack
How to Brush the Teeth of Another Person	DVD KIT	Developed with the help of dental hygienists, it is intended for those who provide daily oral care for another person, either in their own home or a facility. (8 minutes)	237	DVD – Media Rack KIT - Bookcase
How to Communicate with Someone Who has Alzheimer’s Disease	VHS	Defines Alzheimer’s Disease and its effects and teaches communication techniques. Topics cover chores, aggressive behavior, answering difficult questions, etc. (30 minutes.)	6	Media Rack
How to Communicate with Someone Who has Aphasia	DVD	Teaches importance of communication and defines aphasia and its effects. Learn to communicate effectively with someone who has aphasia, using techniques developed by speech-language pathologist and others in the field of communication and speech disorders. (24 minutes)	303	Media Rack
How to Help Someone Who Uses a Wheelchair	DVD	Teaches important safety concerns, proper use of equipment and the importance of body mechanics. (32 minutes)	302	Media Rack
How to Help Someone Who Uses a Wheelchair Without Hurting Yourself	VHS	Teaches how to help someone in and out of a wheelchair without hurting yourself or the person you are trying to help. (24 minutes)	49	Media Rack
How to Manage Medications	VHS	Learn the warning signs when medication is improperly used and safe practices for dispensing and giving a variety of medications. Learn the right questions to ask the doctor and pharmacist. (27 minutes)	133	Media Rack
How to Manage Medications	DVD	Teaches safe practices for administering and storing various types of medications. Warning signs of improper use are also provided. (27 minutes)	301	Media Rack
How to Prevent or Delay Type 2 Diabetes in Your Community	Booklet	A training guide for community health workers to help learn how to use the <i>Road to Health Toolkit</i> and increase knowledge and skills regarding type 2 diabetes.		Lesley’s file drawer
How to Train Direct Care Staff on the Mental Health Needs of People with Dual Diagnosis	VHS	Demonstrates the application of a training course of mental health in intellectual disabilities for direct care staff, provides basic concepts of mental health and applied intervention strategies.	176	Media Rack

How to Use Epi-Pen with Auto-Injector	DVD	A DVD and 5 Epi-Pen trainers	195	Cabinet
HTN	CASE		21	Closet
Human Anatomy and Physiology	BOOK	Hardbound. Gross anatomy and its functions.	453	Bookcase
Humor Your Stress	VHS	With Loretta LaRouche. (60 minutes)	248	Media Rack

I Belong Out There!	VHS	Encourages self-determination and community inclusion. A humorous look at recreation and community living by a person with a developmental disability. (24 minutes)	204	Media Rack
I Hate You – Don't Leave Me	BOOK	Paperback. Understanding the borderline personality.	472	Bookcase
In My Shoes	GAME	Board game that will assist consumers with self-determination, show how to interact non-confrontationally, learn how to treat consumers with respect, how to use person first language, learn nationally accepted principles and values, and learn to honor and support choices. (1.5 hours)	404	Cabinet
Incontinence: Advanced Skin Health System	DVD VHS	Section 1 – Introduction to incontinence and its effect on skin health; managing incontinence with the attends advanced skin health system (15 minutes). Section 2 – Brief sizing/application; pericare (9 minutes). Promotes Attends.	143	Media Rack
Individual to Individual Abuse	DVD	With David Hingsburger... an interview on Individual to Individual abuse. Jam packed with practical recommendations.	375	Media Rack
Infection Control:				
• Home Infection Control	DVD	Applies infection control principles to a community setting and helps both staff and the people they support know how to implement them. (13 minutes; 16:9 wide-screen) <i>Written materials for DVD located in the bookcase #58</i>	58	Media Rack
• Infection Control	DVD	... and Bloodborne Pathogens. Learn what causes infection, how germs are spread and what you can do to maintain healthy home care conditions both for you and the care recipient. (26 minutes)	319	Media Rack
• Infection Disease	GAME	Cards.	411	Cabinet
• Your Role in Preventing Infection	DVD	Instructs patients to wash their hands and to question staff and visitors about hand washing. It covers the importance of taking antibiotics properly, signs of infection, isolation precautions, and incision care. (15 minutes)	79	Media Rack
Injury Prevention: Preventing Falls	VHS	17 minutes	342	Media Rack

Instructions for Breast Self-Examination	VHS	9 minutes	314	Media Rack
Intellectual Disabilities and Dementia	DVD	Contains 2 discs. #1 is the Course and #2 contains supplemental Resources.	305	Media Rack
Intellectual Disability	DVD	Learn about the history of the term, how it has evolved over time, the causes of intellectual disabilities, and the most common myths. (15 minutes)	432	Media Rack
Interactions That Teach	VHS	29 minutes	25	Media Rack
Interstim Therapy Urinary Control	DVD	Educational animation for patients.	262	Media Rack
Intervention and Redirection	VHS	44 minutes	26	Media Rack
Intimacy and Relationships	KIT	CIRCLES: includes booklets and tapes, covers self, family, boyfriends, relatives, best friends, neighbors, acquaintances, children, community helpers, health workers and total strangers.	406	Bookcase
Intro to VNS Therapy	DVD	Power to renew a life.	10	Media Rack
Introduction to Hear Disease Risk Factors	VHS	Helps patients see the importance of knowing their risk factors. Helps motivate to make minimizing risks a goal. Details what to do to reduce risks. (14 minutes)	138	Media Rack
Inventory of Literature on the Assessment and Diagnosis of FASD Among Adults	Booklet	An overview of the existing Canadian and international literature on techniques and best practices for the diagnosis and assessment of adults for the impact of in utero exposure to alcohol. 73 pates.		Lesley's file drawer
Is This Abuse?	VHS DVD	40 minutes	277	Media Rack
ITB Therapy	VHS	For the management of severe spasticity: making a difference – every day (baclofen injection).	148	Media Rack

Kidney Diseases: <ul style="list-style-type: none"> Life Choices, Treatment Options 	DVD	Educating yourself about kidney disease. Learn about the disease and treatment options; plan your therapy based on your lifestyle; find out how other people live with kidney disease; get answers to tough questions.	519	Media Rack
Kids and Food	VHS	Explores the nutritional and psychological problems involved in feeding kids. Shows how to change snacks from an evil temptation to a way to supply a rounded diet, how to evaluate foods, how television influences eating patterns, common feeding tactics to avoid, etc. (24 minutes)	184	Media Rack
Klinefelter's Syndrome:				
<ul style="list-style-type: none"> Neuropsychiatric Aspects in Developmental Disabilities 	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Klinefelter's.	558	Media Rack

Lancaster HCQU Notebook	BOOK	Loose leaf. 19 sections addressing various topics such as Cancer, Dysphagia, Nutrition, Behavioral Health, to name a few.	456	Bookcase
Laying Community Foundations for Your Child with a Disability	BOOK	Softbound. How to establish relationships that will support your child after you're gone.	474	Bookcase
Leading Group Activities	VHS	36 minutes	27	Media Rack
Learn About Hearing Loss	DVD	A series of seven 4-minute captioned videos about hearing loss and what can be done about it.	348	Media Rack
Learn Nutrition	DVD	Instant accessibility to key content areas. Covers such important topics as nutrients, protein and metabolism. (2 hours 17 minutes)	294	Media Rack
Let's Get Hip About HIPAA	VHS DVD	14 minutes	130	Media Rack
Life After Trauma	VHS	Learn about PTSD – its symptoms and treatment – from doctors who treat it and people who have lived thru it. Learn that with proper treatment there can be life after trauma.	160	Media Rack
Life Choices. Treatment Options	DVD	Educating yourself about kidney disease. Learn about the disease and treatment options; plan your therapy based on your lifestyle; find out how other people live with kidney disease; get answers to tough questions.	519	Media Rack
Life Horizons I	DVD	The Physiological and Emotional Aspects of Being Male and Female. Topics include parts of the body, the sexual life cycle, human reproduction, birth control, sexual/reproductive health.	520 A	Bookcase
Life Horizons II	DVD	The Moral, Social and Legal Aspects of Sexuality. Topics include building self-esteem and establishing relationships; male social-sexual behavior; female social-sexual behavior; dating; marriage; parenting; preventing/coping with sexual abuse.	520 B	Bookcase

Life/Social Skills				
• A Clean and Healthy Home	VHS	Gives Basic Skills to clean sinks, counters, refrigerators, ovens, ranges, tubs, showers and toilets. 20:30 minutes	131	Media Rack
• A How to Guide for Keeping Your Home Clean	BOOK	Spiral bound. For assistance with many cleaning tasks to keep your home presentable.	504	Bookcase
• Activities of Daily Living	BOOK	Designed to provide group leaders easy access to structured plans for <i>Activities of Daily Living</i> groups. 5 topic modules include: 1) Personal Hygiene; 2) Laundry Skills; 3) Money Management; 4) Leisure Skills; 5) Nutrition	100	Bookcase
• Be Cool – Coping with Bullying	DVD	1) Anti-victim Strategies (12 minutes); 2) Ignore/Proceed (11 minutes); 3) Stand Your Ground (12 minutes)	17	Media Rack
• Bully Bystanders	DVD	<i>You can make a difference.</i> Grades 7-college. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. (17 minutes)	424	Media Rack
• Consumer Health and Safety Activities	BOOK	Presents 90 activities to help students learn to recognize advertising techniques, compare various products and claims, understand consumer rights, distinguish between safe and dangerous items, become familiar with safety rules, and more. Includes activities for Advertising, Health and Beauty Aids, Consumer Rights, Safety, Accidents and First Aid.	106	Bookcase
• Ethics of Touch	DVD		279	Media Rack
• Grooming for Life	DVD	Stresses the importance of personal care routines in maintaining a good appearance. In it, 5 young adults prepare for an active day by completing grooming, hygiene and dressing tasks step-by-step.	392	Media Rack
• Home of Your Own	DVD	1) Borrowing and Lending; 2) Sharing expenses, sharing common areas; 3) Community Awareness, consumer skills; 4) Conflicts with Strangers, roommates, staff	101	Media Rack

• In My Shoes	GAME	Board game that will assist consumers with self-determination, show how to interact non-confrontationally, learn how to treat consumers with respect, how to use person first language, learn nationally accepted principles and values, and learn to honor and support choices. (1 hour 30 minutes)	404	Cabinet
• Lifestyle Diseases and How to Avoid Them	DVD	The decisions teens make about diet, exercise, smoking, and alcohol have an immediate impact on their health. Choices can damage their health now and in the future. Program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. Emphasizes keys to health: stop smoking, avoid alcohol, eat a balanced diet, avoid stress and get enough sleep. 18 minutes.	579	Media Rack
• Looking Good	VHS DVD	Personal care for people with special needs. (26 minutes)	213	Media Rack
• Looking Good Toward Independence in Grooming	BOOK	Spiral bound. Provides structured, step-by-step training program in basic personal care skills.	523	Bookcase
• Mind Your Manners	DVD	A fun way for kids to learn good manners. From 5-12 years of age. (51 minutes)	398	Media Rack
• Positive Affirmations	GAME	Flash cards for a self-esteem boosters game.	535	Cabinet
• Schools Online	DVD	The Great Plant Escape; The Adventures of Herman the Worm; Out on a Limb; A Guide to Getting Along; My First Garden; Trees are Terrific; The Secret Life of Trees; The Business of Babysitting; Let's Talk About Insects; A Walk in the Woods	258	Media Rack
• Self-Esteem and Life Skills, Too	BOOK	A selection of 80 activities from <i>Life Management Skills</i> designed to offer reproducible handouts on the front of each page and nonreproducible facilitator's information on the reverse side. Topics include: Body Image, Communications, Conflict Resolutions, Coping Skills, Creative Expression, Humor, Job Readiness, Leisure Skills, Nurturance, Relapse Prevention, Relationships, Responsibility Roles, Self-Awareness, Self-Esteem, Sexual Health, Social Skills, Stress Management, Suicide Issues, and Values.	136	Bookcase

• Social Signals: Mike's Crush	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
• Social Skills Training and Frustration Management	DVD	Learn to de-escalate meltdowns, prevent problems with comprehensive behavior plans, increase motivation to learn social skills, and more. Includes booklet. (4 hours and 30 minutes)	427	Media Rack
• Socialization and Sex Education	BOOK	A comprehensive curriculum based on practices demonstrated to be effective for individuals with learning difficulties and delays. In addition, specific objectives and instructional activities have been coordinated with <i>Life Horizons I and II</i> (#520 AB) which has served as an excellent guide and resource.	146	Bookcase
• Staying Clean and Healthy	Booklet	A workbook designed to teach early elementary students basic hygiene habits while providing them with explanations for why those habits are important. It is divided into 6 sections: 1) it's no fun being sick; 2) washing your hands; 3) taking a bath; 4) washing your hair; 5) brushing your teeth; 6) review.	99	Bookcase
• The Clean Game	GAME	Bingo	410	Cabinet
Liver Wellness	DVD	2 DVDs: The Invisible Threat (3D animation covers prevention of blood borne pathogens and hepatitis, 12 minutes); Respect Yourself, Protect Yourself (identifies risk behaviors leading to liver damage, 9 minutes); The Silent Stalker (animated addresses modes of transmission of viral hepatitis including body piercing, tattoos, sharing needles, toothbrushes, 3 minutes); Liv and Lucky in Liverland (animated for kids, builds a foundation for decision making); Hepatitis 101 (tutorial for teachers, counselors, outreach working, etc., to communicate liver wellness, 12 minutes); The Hidden Epidemic (overview of Hepatitis A, B and C, 28 minutes)	518	Media Rack
Living with Asthma	VHS	Explains how asthma can be managed, how to lead a full life, the anatomy and physiology of breathing and how asthma interferes. Introduces a management plan, explains meds and how a metered dose inhaler is demonstrated. (17 minutes)	139	Media Rack

Living with Lesch-Nyhan: The Story of Bill	DVD		291	Media Rack
Living with Schizophrenia	VHS	17 minutes	231	Media Rack
Living with Stress	VHS	Preventive-medicine video, gentle humor, lively animation delivers the message on good and bad stress. Overview and summary makes this the ideal way to start out a lecture or class on handling stress. (13:30 minutes)	140	Media Rack
Look-a-Likes: Liquids	POSTER	If you can't tell the difference, how can a child? A poster depicting the similarity between drinks and poisonous liquids. (11x17 laminated)	521	Cabinet
Look-a-Likes: Solids	POSTER	Can you tell the difference? A poster showing similarities between medicines and candies, and poisons and foods. (11x17 laminated)	525	Cabinet
Looking Good	VHS DVD	Personal care for people with special needs. (26 minutes)	213	Media Rack
Looking Good Toward Independence in Grooming	BOOK	Spiral bound. Provides structured, step-by-step training program in basic personal care skills.	523	Bookcase
Loss and Grieving: A Lifelong Process for Consumers and Families	VHS	Explores loss and grieving as often experienced by families of those with dual diagnosis. Discusses the grieving process, the value of confronting these issues and ideas for approaching families and consumers.	177	Media Rack
Love in Any Language	DVD	Angleman Syndrome. (15 minutes)	8	Media Rack
Lupus	BOOK	Spiral bound. A patient care guide for nurses and other health professionals.	457	Bookcase
Lupus	BOOK	Spiral bound. A patient care guide for nurses and other health professionals to positively influence the care provided.	458	Bookcase

Making Plans	Booklet	A financial guide for people with Down syndrome and their families.	503	Bookcase
Making Sense of Standard Precautions	VHS DVD	21 minutes	33	Media Rack
Management of Seizures...	VHS DVD	...in Persons with Intellectual and Developmental Disabilities, with and without behavioral disturbances	388 BCD	Media Rack
Management of Seizures...	KIT	...in Persons with Intellectual and Developmental Disabilities, with and without behavioral disturbances. Includes program handouts and leader's guide.	388 AEF	Bookcase
Managing Dysphagia	DVD		318	Media Rack
Managing Threatening Confrontations	DVD	Learn the 5-stage framework and how to respond appropriately to people who exhibit challenging behaviors. Realistic scenes follow the process. (35 minutes)	24	Media Rack
Managing Your Chronic Obstructive Pulmonary Disease	DVD VHS	Helps patients recognize managing COPD is a lifelong commitment; shows how to reduce symptoms and improve quality of life; covers major components of treating COPD. (16:30 minutes)	141	Media Rack
Mastering Documentation	BOOK	Hard bound. Detailed instructions on charting all aspects of care for patients in health care settings.	460	Bookcase
Max's World	VHS	ADHD (15 minutes)	159	Media Rack
Meal Preparation: Teaching Individuals with Developmental Disabilities to Cook	BOOK	Spiral bound. A person-centered meal preparation program which will enable individuals with DD to become as independent as possible in meal preparation.	511	Bookcase
Medical Dictionary	BOOK	Soft bound. The spelling, meaning, and derivation of specific terms. (24 th edition)	461	Bookcase
Medical Evaluations of Psychiatric/Behavior Presentations	DVD	Educational presentation to learn why over 75 percent of people with a dual diagnosis have an underlying medical cause or contributor. Often, more than one medical condition is involved – and frequently the medical conditions are more unusual than what we see in the typical population.	559	Media Rack

Medical Interpretations Peculiar Behaviors Q&A	DVD	With Dr. Ruth Myers. Gain insight into medical reasons for such peculiar behaviors (in adults with ID/DD) as biting down on hard objects; head and neck whipping forward; sudden dropping into a seat; jamming fist in mouth; biting on whole hand; sitting on one side or not sitting; head waving side to side; intense rocking; self-restraint; and many more.	70	Media Rack
Medication and Management:				
• Akathisia	VHS	Managing Akathisia – An extrapyramidal side effect of antipsychotic medication. (17 minutes)	166	Media Rack
• Bethesda Lesson Plans	BOOK	Loose leaf. Includes lesson plans for several classes including Medication Side Effects II	336	Bookcase
• Drugs and Disabilities: Handle with Care	BOOK	Spiral bound. Information about drugs used most often by persons with disabilities and reactions and side effects to these drugs.	508	Bookcase
• Food and Medicine Interactions	VHS		132	Media Rack
• Fundamentals of Nursing #2	DVD	Medication guidelines, administration, intravenous, parenteral and pain management.	396-2	Media Rack
• Get Connected	KIT	Includes booklet and VHS (26 minutes) which helps link older adults with medication, alcohol, and mental health resources.	405	Bookcase
• How to Manage Medications	VHS	Learn the warning signs when medication is improperly used and safe practices for dispensing and giving a variety of medications. Learn the right questions to ask the doctor and pharmacist. (27 minutes)	133	Media Rack
• How to Manage Medications	DVD	Teaches safe practices for administering and storing various types of medications. Warning signs of improper use are also provided. (27 minutes)	301	Media Rack
• Medication Administration for Unlicensed Personnel	BOOK	Soft bound. A training curriculum.	462	Bookcase
• Medication Administration Policies	CD	Policy and procedure guidelines for medication administration resource manual – templates and pdf.	393	Media Rack

• Medication Errors	Booklet	A handbook that can help you do your part.	496	Bookcase
• Medication Side Effects, II	VHS	28 minutes	34	Media Rack
• Nurse's Drug	BOOK	Loose leaf. 2006 10 th edition of drug information.	475	Bookcase
• Preventing Adverse Medication Reactions	VHS	16 minutes	168	Media Rack
• Psychiatric Medication Management for Behavior Problems	VHS	Dr. Robert Gerstman	226	Media Rack
• Training How to Administer Medications the Right Way	BOOK	Loose leaf. Used to train unlicensed staff working in community homes to give medications. (trainer manual)	488	Bookcase
• Training How to Administer Medications the Right Way	BOOK	Spiral bound. Used to train unlicensed staff working in community homes to give medications. (student manual)	487	Bookcase
Memory Lane	DVD	A nostalgic stroll through the milestones of family life that will bring smiles to people with memory loss and their caregivers. (44 minutes)	249	Media Rack
Men's Health:				
• Condom Training	KIT	Penis with condoms.	350	Cabinet
• Condoms, Contraceptives and STDs	Brochure	Tri-fold	351	Cabinet
• Prostate Cancer at Time of Diagnosis	VHS	Understanding the diagnosis, how your day-to-day life may change, options for treatment and management. FAQs. (30 minutes)	134	Media Rack
• Under Cover Dick	VHS	(8-15 minutes)	275	Media Rack
• Under Cover Dick	Booklet	Teaching men with disabilities about condom use.	345	Cabinet

• What Every Male Should Know About Cancer of the Testicle	KIT	Plastic model of testicles containing 4 lumps to simulate tumors. Information booklet included.	363	Bottom Resource Drawer
Mental Retardation	Booklet	Definition, classification and systems of supports. Workbook.	515	Bookcase
Mental Retardation	BOOK	Hard bound. This 10 th edition includes everything you need to incorporate the new definition system into existing programs.	515 A	Bookcase
Mental Retardation and Autism Services	BOOK	Soft bound. Information to help guide you through the Mental Retardation system in the Commonwealth of Pennsylvania.	463	Bookcase
Merck Manual of Medical Information	BOOK	Paperback. Home edition. Based almost entirely on the text of the Merck Manual.	480	Bookcase
Mighty Muscle Set	KIT	1- and 5-pound models represent the look and feel of muscle clusters when flexed.	4	Bottom Resource Drawer
Mike's Crush: Social Signals	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
Mind Your Manners	DVD	A fun way for kids to learn good manners. From 5-12 years of age. (51 minutes)	398	Media Rack
Mistaken Identity	POSTER	If you can't tell the difference, how will a child? A poster depicting the similarities between poison or medicinal items and safe items to ingest. 11x17 laminated.	526	Cabinet
Models:				
• Baby Anne	MODEL	2 models	47, 53	Closet
• Little Anne	MODEL	2 models	48, 50	Closet
• Little Junior	MODEL	2 models	43, 46	Closet
Moment of Truth	VHS	Customer service training for human service personnel. This entertaining ad instructive video describes four basic customer service principles. It shows you how they can improve relationships and create a more successful employment program for persons with disabilities. (9 minutes)	205	Media Rack

Mood Disorders				
• Dual Diagnosis – Mood Disorders and Developmental Disabilities	VHS DVD	Examine key factors of Dual Diagnosis; comprehensive discussion of diagnostic criteria, recognize signs and symptoms of major depressive and manic episodes; learn the essentials of bipolar disorders. (43 minutes)	111	Media Rack
• The Utility and Safety of Mood Stabilizers	DVD	The utility and safety of mood stabilizers and antipsychotics in special populations.	266	Media Rack
Mosby's Medical, Nursing, and Allied Health Dictionary	BOOK	Hardbound. A single source of authoritative, up-to-date information concerning health and health care terminology.	464	Bookcase
Motivating Moves for People with Parkinson's	DVD	A program of 24 short, stimulating exercises especially for people with Parkinson's. The seated exercises will improve breathing, flexibility, sense of balance, vocal range, and more. <i>How to do Motivating Moves</i> (45 minutes); <i>the Exercise class</i> (36 minutes); <i>Practical Tips for Daily Living</i> (4 minutes)	300	Media Rack
Movement Disorders:				
• Abnormal Involuntary Movement Scale (AIMS)	VHS	28 minutes	165	Media Rack
• Akathisia	VHS	Managing Akathisia – an extrapyramidal side effect of antipsychotic medication. (17 minutes)	166	Media Rack
• Drug-Induced Movement Disorders	VHS	In this program examples are presented of the 3 forms of EPS specified in the OBA regulations: tardive dyskinesia, Akathisia, and Parkinson's. Provides practical suggestions to make EPS monitoring a part of everyday care. (11 minutes)	265	Media Rack
• Movement Disorders	VHS	TD Movement Disorders, etc., in the ID population.	172	Media Rack
• Preventing Adverse Medication Reactions	VHS	16 minutes	168	Media Rack
• Recognizing EPS, Drug Induced Movement Disorders	VHS DVD	EPS (16 minutes) EPS in Elderly (18 minutes) AIMS (28 minutes)	171	Media Rack

• Recognizing Extra-pyramidal Symptoms	VHS DVD	EPS symptoms are the most significant side effects of antipsychotic medications. This show how to recognize these effects through actual examples. (20 minutes)	170	Media Rack
• Three in One #2	VHS	Behavioral Phenotypes, Creating Health: Type 2 Diabetes, Tardive Dyskinesia	167	Media Rack
Movimiento	CD DVD	Music on CD (6 songs) or one music video on other side (DVD)	67	Media Rack
Mr. Dip Lip	KIT	Contains a model of a mouth showing the results of “chewing” which includes mouth sores and bad teeth. Also includes a jar of “tar” to show what your lungs look like from smoking.	433	Cabinet
Multiple Sclerosis:				
• An introduction to Multiple Sclerosis	DVD	A new diagnosis of MS raises many questions. Covers the basics from dealing with the diagnosis to explanation of the disease, how it is treated and management strategies. 1) Dealing with Diagnosis (14 minutes); 2) What is MS (9 minutes); 3) Treatment (12 minutes); 4) Learning to Manage (25 minutes)	378	Media Rack
• Multiple Sclerosis: A Guide for Patients, Families, and Caregivers	Booklet & DVD	This booklet and DVD are a great way to learn about MS. By learning more, you’re in a stronger position to make good choices about treatment and lifestyle changes that can help manage your MS, and improve your overall health.	572	Bookcase
• Multiple Sclerosis and Caregivers	DVD	When a person is diagnosed with MS, the impact of the disease is felt by friends and family, but especially by the person who takes on the caregiving role. In this program, you will meet 4 couples who wrestle with the daily challenges of caring for a partner while still caring for themselves.	377	Media Rack
Munchausen by Proxy	VHS DVD		161	Media P Rack
My Plate Pocket Chart	GAME	Brightly colored MyPlate Pocket Chart makes teaching healthy eating habits fun. A visual guide to a balanced diet, suggesting what our plates should be filled with.	77	Cabinet

NADD/Mental Health				
• Bridging the Gap One Story at a Time	DVD	Designed for individuals who have intellectual/developmental disabilities as well as mental illness to share their stories in a way that engages people, changes perceptions, and connects them to the community.	322	Media Rack
• Community Psychiatric Services	VHS	Concentrates on the interventions available by mental health professionals in community based services for people with intellectual disabilities and additional mental health needs.	174	Media Rack
• Dual Diagnosis: Present and Future Directions	VHS	Presents an overview of the field of dual diagnosis and current practices with a vision for future services for persons who have intellectual disabilities co-existent with mental illness.	175	Media Rack
• How to Train Direct Care Staff on the Mental Health Needs of People with Dual Diagnosis	VHS	Demonstrates the application of a training course of mental health in intellectual disabilities for direct care staff; provides basic concepts of mental health and applied intervention strategies.	176	Media Rack
• Loss and Grieving: A Lifelong Process for Consumers and Families	VHS	Explores loss and grieving as often experiences by families of those with dual diagnosis. Discusses the grieving process, the value of confronting these issues and ideas for approaching families and consumers.	177	Media Rack
• Review of Basic Psychopharmacology for the Non-Physician	VHS	Designed to be helpful to the beginner as well as the experienced clinician. It is advised that individuals taking this course have an adequate knowledge of different diagnosis of mental disorders.	180	Bookcase
• Sexual Disorders: Developmental Delay and Sleep Disorders	VHS	Explores how current or co-morbid medical and psychiatric conditions can interact with developmental disabilities to produce unique perils and opportunities for the humane and successful treatment of people with increased vulnerabilities. (55 minutes)	178	Media Rack
• Staff Training that Makes an Impact	VHS	Reviews the staff training for Impact model, in which the skills and knowledge provided in training are directly linked to improvement in quality of life for clients.	179	Media Rack

Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Cornelia DeLange; Rubinstein-Taybi; Turner; Noonan; Smith Lemli Opitz; Smith Magenis; Klinefelter's; Williams; Fragile X; Prader-Willi and many more.	558	Media Rack
New Developments in Epilepsy Treatment	TAPE	Cassette tape. Designed to provide clear, comprehensive, and timely information about new medications, medication formulation, and advanced technology delivery systems for epilepsy treatment.	234	Media Rack
No! How!	DVD	(10 minutes)	295	Media Rack
Noonan Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Noonan.	558	Media Rack
NTTP Overview	VHS	Neuroscience Treatment Team Partner Program	331	Media Rack
Nurse's Drug	BOOK	Loose leaf. 2006 10 th edition of drug information.	475	Bookcase
Nursing Diagnosis Reference Manual	BOOK	Soft bound. 5 th edition. An indispensable guide to better patient care; prepare clinically accurate care plans in half the time very time. Complete updates on adult, adolescent, child, maternal-neonatal, geriatric, psychiatric, and community-based health.	485	Bookcase
Nutrition and Diet:				
• Activities of Daily Living	BOOK	Designed to provide group leaders easy access to structured plans for activities of daily living groups. Includes Nutrition .	100	Bookcase
• All About Fat	DVD	Define saturated, trans and unsaturated fats and know their dietary sources. Understand the meaning of high and low density lipoproteins. Learn about omega 3 and 6 fatty acids, and learn how to use the food label to make healthier choices.	290	Media Rack
• Bethesda Lesson Plans	BOOK	Loose leaf, includes lesson plans for Enhancing Mealtime Experiences .	336	Bookcase

• Cooking Demo II	BOOK	Loose leaf. Healthy recipes.	437	Bookcase
• Developing Tasteful and Appealing Meals	DVD		15	Media Rack
• Diet and Nutrition Activities	BOOK	Soft bound. 90 ready-to-use worksheets for grades 7-12. (<i>Just for the Health of It</i>).	444	Bookcase
• Eat Five	BOOK	Loose leaf. 5 lessons on nutritional eating to reduce the risk of cancer.	442	Bookcase
• Exercise and Nutrition for Adults with DD	Note-book	Curriculum is a 12-week program with three -hour sessions per week. Each session covers a specific topic. However, the sessions are designed to build upon the previous lessons and some of the topics may overlap with earlier sessions. This allows participants to continuously review material throughout the program. Based on 5 stages: Precontemplation, Contemplation, Preparation, Action and Maintenance.	567	Bookcase
• Family Fitness Program	BOOK	Loose leaf. Addresses struggles between caregivers and children in healthy meals and physical activity and offers solutions.	443	Bookcase
• Fat Chunk Set	KIT	1- and 5-pound fat chunk models make it easy to visualize the consequences of consuming more calories than your body uses, which leads to extra body fat. It also helps show the fat you can lose by eating fewer calories and getting more exercise.	2	Bottom Resource Drawer
• Fizz to Fat	KIT	Model of a 20-oz bottle of soda pouring into a glass (of sugar) showing that sweetened drinks are the largest single source of added sugar in our diets.	93	Cabinet
• Food Choices: Take Your Pick	GAME	Interactive flip chart to build skills in making food choices. Includes dice for determining nutrition values, etc. Two booklets: <i>Healthy Eating with MyPlate</i> , and an instructional booklet.	1 A	Cabinet
• Food Safety	VHS	17 minutes	183	Media Rack
• Foods	GAME	Flash cards.	415	Cabinet
• Fundamentals of Nursing #3	DVD	Nutrition , oxygenation, perioperative nursing and safety.	396-3	Media Rack

• Go, Slow, Whoa	CHART	Is it a WHOA food, a SLOW food, or a GO food? Place decals in squares where you think the foods belong. Then look at the back of the chart to see if you're right.	589	Cabinet
• Good Nutrition for Direct Support Professionals	DVD	Learn what healthy eating is; work through challenges to healthy eating; be able to start making changes for better health today. Plus tasty and healthy recipes – Baked Fish with Vegetables; Sweet Potatoes with Black Beans.	556	Media Rack
• Healthy Eating Out	FLIP CHART	Flip chart discusses the pros and cons of eating out, plan healthy strategies, choose your cuisine carefully, fast food and faster than fast food. Includes small booklet.	582	Cabinet
• Healthy Helpings	GAME	A <i>MyPlate</i> activity mat that teaches food groups, nutrition, exercise, and more!	78	Cabinet
• Healthy-Go Getters	Note-book	Program to provide development of a balanced and healthy lifestyle to provide wellness education thru trainings and special events and to provide exercise and dietary programs that promote physical benefits.	568	Bookcase
• Healthy Recipes Made Simple	BOOK	Loose leaf cookbook.	450	Bookcase
• Healthy Thrifty Meals	BOOK	Loose leaf cookbook.	451	Bookcase
• How Much Fat?	KIT	Part 1	357	Top Resource Drawer
• How Much Fat?	KIT	Part 2	358	Top Resource Drawer
• How Much Fat?	KIT	Part 3	359	Top Resource Drawer
• Introductory Nutrition	BOOK	Hardbound. In-depth introduction to the principles of nutrition. 2 nd edition.	455	Bookcase

<ul style="list-style-type: none"> • Key Activities to Lose Weight and Keep it Off 	DVD	Too much weight increases the risk for type 2 diabetes, heart attack, stroke, and other conditions. This video encourages people to work with a healthcare professional to develop a successful weight loss plan. It recommends that people get more physically active and eat healthier, making long-lasting lifestyle changes rather than going on fad diets. The video mentions the possibility of weight loss surgery for some people. People who have lost weight share the reasons why they wanted to lose weight and the benefits once they have achieved it. 16:36 minutes.	574	Media Rack
<ul style="list-style-type: none"> • Kids and Food 	VHS	Explores nutritional and psychological problems involved in feeding kids. Show how to change snacks from an evil temptation to a way to supply a rounded diet, how to evaluate foods, how TV influences eating patterns, common feeding tactics to avoid, etc. (24 minutes)	184	Media Rack
<ul style="list-style-type: none"> • Learn Nutrition 	DVD	Instant accessibility to key content areas. Covers such important topics as nutrients, protein and metabolism. (137 minutes)	294	Media Rack
<ul style="list-style-type: none"> • Lifestyle Diseases and How to Avoid Them 	DVD	The decisions teens make about diet, exercise, smoking, and alcohol have an immediate impact on their health. Choices can damage their health now and in the future. Program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. Emphasizes keys to health: stop smoking, avoid alcohol, eat a balanced diet, avoid stress and get enough sleep. 18 minutes.	579	Media Rack
<ul style="list-style-type: none"> • Manual of Clinical Dietetics 	BOOK	Loose leaf. A nutrition care guide for dietetics professionals, physicians, nurses, and other health care professionals. 5 th edition.	459	Bookcase
<ul style="list-style-type: none"> • Meal Preparation: Teaching Individuals with Developmental Disabilities to Cook 	BOOK	Spiral bound. A person-centered meal preparation program which will enable individuals with DD to become as independent as possible in meal preparation.	511	Bookcase
<ul style="list-style-type: none"> • Nutrition Basics: The ABCs of Eating Right 	VHS	Learn the building blocks of good nutrition. Takes the mystery out of eating with simple advice to choose a well-balanced diet. (21 minutes)	185	Media Rack
<ul style="list-style-type: none"> • Nutrition Facts 	Poster		360	Cabinet

<ul style="list-style-type: none"> Obesity in a Bottle II: How to Pick Healthy Beverages 	DVD	How do you select a beverage that quenches your thirst and benefits your body? Empty calories from sugar and fat found in many favorite beverages are adding inches to Americans' waistlines and may be contributing to rising rates of chronic disease and obesity. Get the straight facts and learn to make the healthiest drink choices that do the most for your body, health, and energy levels. 6 informative segments. 26 minutes.	580	Media Rack
<ul style="list-style-type: none"> Passport to Nutrition 	KIT	Inspires kids ages 8-12 to make small changes every day for better health. Topics include: MyPlate, nutrients, food labels, portion control, hydration, energy balance. Includes teacher's guide, workbooks, MyPlate and food label posters as well as interactive DVD with challenges, songs and games.	325	Cabinet
<ul style="list-style-type: none"> Portion Control Plate 	PLATE	Each portion is one cup at top, with half cup line inside. Fits most dinner plates. Compatible with most portion control diets. Protein portion is the size of a deck of cards with thickness guideline.	560	Cabinet
<ul style="list-style-type: none"> Portion Mate 	KIT	A meal and snack measuring tool – set of six color-coded cylinders: 1 cup (green), 3 ounce (red), ¾ cup (yellow), ½ cup (orange), 1/3 cup (blue), and 1 ounce (purple). Measure food directly onto a plate or into a bowl. Includes a Nutrition and Meal Planning Guide with carbohydrate and calorie counts for over 500 whole foods, instructions on reading a nutrition label, and a wealth of information on health and wellness.	561	Cabinet
<ul style="list-style-type: none"> Portion Pals 	DISCS	Who needs a diet when you have a pal! PortionPals were created to teach you how to cut food in the correct size portions. Package includes 5 silicone discs (meat, chicken, fish, sides and desserts).	369	Cabinet
<ul style="list-style-type: none"> Portion Sizes Kit 	KIT	Kit contains an easy way to help people visualize portion sizes. The items in this kit give them an easy-to-remember guide for many different foods representing all groups in the Food Guide Pyramid.	565	Cabinet
<ul style="list-style-type: none"> Self-Esteem and Life Skills, Too 	BOOK	80 reproducible activity handouts with facilitator's information. Topics include Nurturance .	136	Bookcase
<ul style="list-style-type: none"> Snack Smarts 	DVD	Explore the grocery store and buy the best foods for the best you. (18 minutes)	292	Media Rack

• Solving Mealtime Problems	BOOK	Spiral bound. Nutritional and feeding issues in disabilities.	514	Bookcase
• Stronger Me, Healthy Me!	Book	Loose leaf. Instructor's guide to physical fitness and nutrition program for special needs population.	493	Bookcase
• Super Size Me	DVD	Filmmaker Morgan Spurlock subjects himself to a McDonald's only diet for 30 days. Includes instructional content and games that help educate viewers on a host of subjects. (Recommended for grades 6-12) (100 minutes)	293	Media Rack
• Thick and Easy Instant Food Thickener	VHS	18 minutes	389	Media Rack
• What's On Your Plate	VHS	Innovative nutrition education program featuring a series of public serviced announcements that have aired nationwide on children's TV programming. Each episode concludes with a rhyme to help remember the message.	186	Media Rack

Obesity	CASE		19	Closet
Obesity and Type 2 Diabetes	VHS		390	Media Rack
Obesity in a Bottle II: How to Pick Healthy Beverages	DVD	How to you select a beverage that quenches your thirst and benefits your body? Empty calories from sugar and fat found in many favorite beverages are adding inches to Americans' waistlines and may be contributing to rising rates of chronic disease and obesity. Get the straight facts and learn to make the healthiest drink choices that do the most for your body, health, and energy levels. 6 informative segments. 26 minutes.	580	Media Rack
Objectively Dealing with Sexual Behavior	VHS	(30 minutes)	35	Media Rack
Observation, Reporting and Documentation	DVD	This program teaches home care providers how to observe, report and document accurately. (13 minutes)	306	Media Rack
Observing for Signs and Symptoms of Illness	DVD	(28 minutes)	40	Media Rack
Obsessive Compulsive Disorder	VHS	15 minutes	163	Media Rack
OCD, Break Free	DVD		539	Media Rack
Oral Care, Training for Caregivers	VHS	Introduction; Good Oral Care; Tricks of the Trade; You are What You Eat; Oral Care for People with Missing Teeth; Preparing for a Dental Visit with a Client. (11 minutes each)	92	Media Rack
Oral Hygiene, Personal Care Principles	DVD	Teaches the core principles of oral hygiene skills thru visual demonstration. Covers denture care, tooth brushing and mouth care. (5 minutes)	60	Media Rack
Osteoarthritis				
• Living Well with Osteoarthritis	Booklet	Self-care handbook to help you and your family understand and manage osteoarthritis and live well with it.	499	Bookcase

• Rheumatology, Excerpts from the Atlas of	BOOK	Osteoarthritis and crystal-associated synovitis	105	Bookcase
• Three in One	VHS	Includes Osteoarthritis Knee Pain Relief	158	Media Rack
Osteoporosis				
• Osteoporosis and Bone Health	VHS DVD	26 minutes	387	Media Rack
• Osteoporosis at Time of Diagnosis	VHS	Understanding the diagnosis, how your day-to-day life may change, options for treatment and management and FAQs. (30 minutes)	149	Media Rack
• Program Demonstrations	DVD	Includes Osteoporosis	271	Media Rack
• The Challenge of Osteoporosis for People with Disabilities	VHS DVD	Comprehensively explores the impact of osteoporosis for individuals with physical disabilities. Provides a wealth of information on osteoporosis prevention that can benefit everyone. (15 minutes)	83	Media Rack
Ostomy Care, Basic	DVD	In this sensitive video, an actual patient shows the viewers how to live with an ostomy. She demonstrates how to care for, empty, and change the ostomy pouch, what the stoma looks like, and how to clean around the area. Provides a wealth of practical information about ostomy pouch systems and options that may be available to the patient. Explains that depending upon the reason for the ostomy, the ostomy may be reversed, and briefly presents the process of reversal. (21 minutes)	546	Media Rack
Ostomy Care/Colostomy Care/What You Should Know This Cold Season	DVD		307	Media Rack
Out of Harm's Way	VHS	25 minutes	220	Media Rack

Pain:				
• Acute Pain Management	VHS	Explains pain management practices and covers the pre-op planning process, patient assessments and consultations, pharmacological options, physical agents and relaxation techniques, special needs of the elderly, and more. (28 minutes)	187	Media Rack
• Chronic Pain in Geriatrics: Assessment	VHS		188	Media Rack
• Chronic Pain in Geriatrics: Management	VHS		189	Media Rack
• Fundamentals of Nursing #2	DVD	Includes Pain Management	396-2	Media Rack
Parkinson's:				
• Diagnosis Parkinson's Disease: You Are Not Alone	DVD	Created for a person who has just been diagnosed with Parkinson's. Includes testimonials on how people learned to cope and life with the diagnosis; scientific and medical information from experts and helpful tips and resources to provide some comfort and encouragement.	269	Media Rack
• Motivating Moves for People with Parkinson's	DVD	24 short stimulating exercises especially for people with Parkinson's. Seated exercises will improve breathing, flexibility, sense of balance, vocal range and more. <i>How to do Motivating Moves</i> (45 minutes); <i>Exercise Class</i> (36 minutes); <i>Practical Tips for Daily Living</i> (4 minutes)	300	Media Rack
• Parkinson's Disease: A Guide for Patients and Families	Booklet & DVD	In this booklet and DVD, you will learn about signs and symptoms of PD; treatments that may reduce symptoms; things you can do to improve your overall health.	573	Bookcase
• Recognizing Parkinsonism	VHS	Dr. Friendman, a movement disorder specialist, and his research associate visit a facility in Rhode Island and show what to look for when observing residents (with Parkinson's) during everyday activities.	169	Media Rack
Passive Range of Motion	DVD	18 minutes	173	Media Rack

Passport to Nutrition	KIT	Inspires kids ages 8-12 to make small changes every day for better health. Topics include: MyPlate, nutrients, food labels, portion control, hydration, energy balance. Includes teacher's guide, workbooks, MyPlate and food label posters as well as interactive DVD with challenges, songs and games.	325	Cabinet
Patient Experience on Geodon	VHS		225	Media Rack
Patient Program Epilepsy	CD	A patient education program for people with epilepsy and their families: treatment options.	286	Media Rack
Pennhurst Order, the History and Legacy of	VHS DVD	Interview with Judge Broderick and the closing of the infamous Pennhurst Asylum in PA. 25 minutes	118	Media Rack
Personal Assistant Services:				
• The Community: A Vision	VHS	<u>P</u> ersonal <u>A</u> ssistant <u>S</u> ervices – provides an introduction to what PAS means to individuals with disabilities, their families and the community. (11 minutes)	207	Media Rack
• The Consumer: Issues and Answers	VHS	Personal Assistant Services shows people with a variety of disabilities offering practical suggestions for locating, training and managing personal assistants. (19 minutes)	206	Media Rack
• The Provider: On Being a Personal Assistant	VHS	Personal Assistant Services – features personal assistants talking about what their jobs are like. (19 minutes)	208	Media Rack
Peculiar Behaviors Q&A	DVD	With Dr. Ruth Myers	70	Media Rack
PEPPI	BOOK	<u>P</u> eer <u>E</u> xercise <u>P</u> rogram <u>P</u> romotes <u>I</u> ndependence. Loose leaf. PEPPI is a weight resistance training and walking program especially designed for older adults.	71	Bookcase
PEPPI Class	VHS DVD	With Alice Lodge and Barb Jacobsen.	391	Media Rack
Person to Person	VHS	Sexuality education of persons with developmental disabilities. (55 minutes)	214	Media Rack

Personal Care	DVD	Why personal care is important and how to provide it safely and considerately. You will understand the principles that apply to personal care procedures and how to perform procedures safely and effectively. (36 minutes)	51	Media Rack
Personal Care Principles: Oral Hygiene	DVD	Teaches the core principles of oral hygiene skills thru visual demonstration. Covers denture care, tooth brushing and mouth care. (5 minutes)	60	Media Rack
Photographer Rick Guidotti	DVD	7 minutes	430	Media Rack
Physical Health of Adults with Intellectual Disabilities	BOOK	Soft cover. Covers the following subjects: Epidemiological Issues; Assessing Physical Health; Physical Health and Clinical Phenotypes; Cerebral Palsy; Visual Impairment; Hearing Impairment; Epilepsy; Endocrinological Issues; Dentition and Oral Health; Nutrition and Physical Health; Health Promotion and Disease Prevention; Barriers to Health Care Services and the role of the Physician; Future Prospects: A Challenge to Promote Wellness	540	Bookcase
POISONS:				
• Poison Control in Action	VHS	An inside look at poisoning and poison prevention for adults. (13 minutes)	65	Bookcase
• Poisons: Look-a-Like Liquids	POSTER	If you can't tell the difference, how can a child? A poster depicting the similarity between drinks and poisonous liquids. 11x17	521	Cabinet
• Poisons: Look-a-Like Solids	POSTER	Can you tell the difference? A poster showing similarities between medicines and candies, and poisons and foods. 11x17	525	Cabinet
• Poisons: Mistaken Identity	POSTER	If you can't tell the difference, how will a child? A poster depicting the similarities between poisonous/medicinal items and safe items to ingest. 11x17	526	Cabinet
Portion Control Plate	PLATE	Each portion is one cup at top, with half cup line inside. Fits most dinner plates. Compatible with most portion control diets. Protein portion is the size of a deck of cards with thickness guideline.	560	Cabinet

Portion Mate	KIT	A meal and snack measuring tool – set of six color-coded cylinders: 1 cup (green), 3 ounce (red), ¾ cup (yellow), ½ cup (orange), 1/3 cup (blue), and 1 ounce (purple). Measure food directly onto a plate or into a bowl. Includes a Nutrition and Meal Planning Guide with carbohydrate and calorie counts for over 500 whole foods, instructions on reading a nutrition label, and a wealth of information on health and wellness.	561	Cabinet
Portion Pals	DISCS	Who needs a diet when you have a pal! PortionPals were created to teach you how to cut food in the correct size portions. Package includes 5 silicone discs (meat, chicken, fish, sides and desserts).	369	Cabinet
Positioning for Health and Function	BOOK	Spiral bound. Practical information and strategies for those unfamiliar with the unique needs of those with extreme physical challenges.	513	Bookcase
Positive Affirmations	GAME	Flash cards for a self-esteem boosters game.	535	Cabinet
Power to Renew a Life	DVD	For individuals with epilepsy and special needs.	7	Media Rack
Practical Strategies ... Alzheimer's Disease	DVD CD	Practical strategies for working with individuals with intellectual and developmental disabilities and Alzheimer's disease. (36 minutes). Also includes a CD with PDFs.	544	Media Rack
Prader Willi Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Fragile-X.	558	Media Rack
• Prader Willi	VHS		190	Media Rack
• Prader Willi – the Leeza Show on Prader Willi	VHS	Prader Willi (15 minutes); The Leeza Show on Prader Willi (40 minutes)	191	Media Rack
Precautions:				
• Bloodborne and Airborne Pathogens	DVD	Teaching Package = part of an integrated teaching and learning system that offers a PowerPoint presentation and lesson plans to enhance classroom	553	Media Rack

		presentations. The DVD provides detailed step-by-step instruction on the most vital and fundamental skills; teaches students how to perform skills correctly and offers helpful information, tips and pointers. Includes an Instructor's Toolkit CD.		
• Chronic Hepatitis B	VHS DVD	8 minutes	193	Media Rack
• Hepatitis	VHS		194	Media Rack
• Infection Control	DVD	... and Bloodborne Pathogens. Learn what causes infection, how germs are spread and what you can do to maintain healthy home care conditions for both you and the care recipient. (26 minutes)	319	Media Rack
• Making Sense of Standard Precautions	VHS	21 minutes (Bethesda)	33	Media Rack
• Preventing Disease Transmission	VHS	20 minutes	251	Media Rack
• STD, Don't Risk It	Brochure		362	Cabinet
• Universal Precautions	VHS	8 minutes	198	Media Rack
• Universal Precautions: A Basic Approach	VHS	18 minutes (Bethesda)	38	Media Rack
• Welcome to Infection Control in Community Settings	DVD		257	Media Rack
Pre-Diabetes: It's Time to Make Changes	DVD	Explains pre-diabetes and outlines a management plan that includes working with a healthcare provider to monitor blood glucose, making healthy food choices, getting regular physical activity, taking oral medications, getting support. (20 minutes)	64	Media Rack
Predicting Pressure Ulcer Risk (Braden Scale)	DVD	Shows how to administer and interpret the Braden Scale for predicting pressure sore risks in home, hospital, and long-term care environments. Specifies what to look for, how to prevent pressure ulcers, and how to assist patients maintain	85	Media Rack

		skin integrity after discharge. Covers the 6 dimensions of the Braden Scale. (30 minutes)		
Preparing for a Colonoscopy	VHS	20 minutes	150	Media Rack
Preventing Adverse Medication Reactions	VHS	16 minutes	168	Media Rack
Preventing Disease Transmission	VHS	20 minutes	251	Media Rack
Preventing Falls in Aged Care	DVD	Examines risk factors for falls, illustrating cases in which falls can be avoided, while helping viewers to implement preventative strategies tailored to elderly. (24 minutes)	428	Media Rack
Preventing Long Term Complications of Diabetes	DVD	Explains that uncontrolled diabetes can lead to complications like atherosclerosis, heart disease, kidney disease, eye disease and neuropathy. Following a self-management plan can minimize or prevent long term complications. (17 minutes)	281	Media Rack
Proactively Supporting Behavior	DVD	Sometimes people you support have behaviors that interfere with quality of life and the lives of the people they live with. As support staff, it is important to take advantage of the situations and opportunities to teach appropriate ways for people to interact within the environments in which they live, work, and socialize (18 minutes). <i>Booklet for this is in the bookcase, #310.</i>	320	Media Rack
Proactively Supporting Behavior	Booklet	This booklet goes with above mentioned DVD (#320). <i>DVD for this booklet is #320 in the Media Rack.</i>	310	Bookcase
Professional Guide to Diseases	BOOK	Hardbound. An up-to-date encyclopedia of illnesses, disorders, and injuries and their treatments.	484	Bookcase
Program Demonstrations	DVD	Includes Constipation, diabetes, GERD, osteoporosis, seizures, sleep apnea.	271	Media Rack
Program on Epilepsy for You and Your Patients	VHS		259	Media Rack
Proper Body Mechanics and Back Safety	DVD	Teaches the principles of body mechanics and the importance of learning to move correctly in order to avoid injury (8 minutes).	196	Media Rack

Prostate Cancer at Time of Diagnosis	VHS	Understanding the diagnosis, how your day-to-day life may change, and options for treatment and management. Includes FAQs (30 minutes).	134	Media Rack
Psychiatric Medication Management for Behavior Problems	VHS	Dr. Robert Gerstman	226	Media Rack

Raspberries!	Booklet	An American tale of cooperation, teaching tolerance.	394 B	Bookcase
Recognizing EPS, Drug Induced Movement Disorders	VHS DVD	EPS (16 minutes) – EPS in Elderly (18 minutes) – AIMS (28 minutes)	171	Media Rack
Recognizing Extra-pyramidal Symptoms	VHS DVD	EPS symptoms are the most significant side effects of antipsychotic medications. This show how to recognize these effects through actual examples. (20 minutes)	170	Media Rack
Recognizing Parkinsonism	VHS	Dr. Friendman, a movement disorder specialist, and his research associate visit a facility in Rhode Island and show what to look for when observing residents (with Parkinson’s) during everyday activities.	169	Media Rack
Recognizing Seizures	VHS	Guidelines for caregivers. (19 minutes)	235	Media Rack
Reducing Alcohol-Exposed Pregnancies	Booklet	Reviews the current evidence on prevention strategies to reduce alcohol use and the alcohol-exposed pregnancies. Provides recommendations on promoting and improving these strategies and offers future research directions in the field of FASD prevention.		Lesley’s file drawer
Relationships:				
• Relationships	VHS	Boyfriend/girlfriend	215	Media Rack
• Relationships	GAME	Cards	361	Cabinet
• Relationships and Communications Activities	BOOK	90 ready-to-use activities exploring topics such as family relationships, sibling rivalry, how to make friends, split-level communications, assertiveness, aggressiveness, dating, understanding divorce, and popularity.	108	Bookcase
• Relationships and Intimacy	DVD	Learn why developing and maintaining relationships are important to people; gain knowledge about how socialization skills are acquired; understand why sexuality education can be challenging for people with developmental disabilities; recognize socialization skills that may initially be difficult for people with developmental disabilities to grasp; find out how you can support someone in having healthy relationships. <i>Written materials for this DVD are located in the bookcase #57</i> (29 minutes)	57	Media Rack

• Social Signals: Mike's Crush	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
Removing the Clouds	VHS		288	Media Rack
Rett Syndrome: A Closer Look	VHS	55 minutes	217	Media Rack
Rett Syndrome: A Physician's Approach	VHS		218	Media Rack
Review of Basic Psychopharmacology for the Non-Physician	VHS	Designed to be helpful to the beginner as well as the experienced clinician. It is advised that individuals taking this course have an adequate knowledge of different diagnosis of mental disorders.	180	Bookcase
Reviewing Anatomy / Dysphagia	VHS		114	Media Rack
Rheumatology, Excerpts from the Atlas	BOOK	Osteoarthritis and Crystal-associated Synovitis	105	Bookcase
Rhinos & Raspberries	BOOK	An American tale of cooperation, teaching tolerance for the early grades. Includes a booklet (<i>Rhinos &</i>) that goes with #394 B (<i>Raspberries!</i>)	394 A	Bookcase
Rights and Responsibilities	DVD	18 minutes	531	Media Rack
Risperdal Risperidone	VHS	Use with Schizophrenia training if the person is on Risperdal. Tells of the benefits of the medication. (12 minutes)	223	Media Rack
Rubinstein-Taybi Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Rubinstein-Taybi.	558	Media Rack

Safer Options Manual	Booklet	A road map to treatment and community safety. Developing best practices treatment for people who have intellectual disabilities and offending or problematic sexual behavior.		Lesley's file drawer
Safety:				
• Be Cool About Fire Safety	DVD	15 minutes	397	Media Rack
• Consumer Health and Safety Activities	BOOK	90 activities to help learn to recognize advertising techniques, compare products and claims, understand consumer rights, distinguish between safe and dangerous items, become familiar with safety rules and more.	106	Bookcase
• First Aid	BOOK	Includes information on breathing emergencies and caring for bleeding, injuries, and sudden illnesses, including prevention of disease transmissions.	104	Bookcase
• Fundamentals of Nursing #3	DVD	Includes Perioperative Nursing and Safety	396-3	Media Rack
• Injury Prevention: Preventing Falls	VHS	17 minutes	342	Media Rack
• Out of Harm's Way	VHS	25 minutes	220	Media Rack
• Poison Control in Action	VHS	An inside look at poisoning and poison prevention for adults. (13 minutes)	65	Bookcase
• Spike's Poison Prevention Adventure	VHS	Introduces the concept of poisonous products and/or things in our homes in a fun and entertaining way. Created as a <i>Circle Time</i> activity, it serves as the springboard for class discussion and activities – a puppet show with a classroom of real children. (11 minutes)	287	Media Rack & Bookcase
• The ABCs of Safety	VHS	Features " <i>SeeMore the Safety Seal</i> " and Friends. High energy songs, fast paced, expert safety advice, fun and loveable characters, and just a touch of comic relief makes this a fun and exciting way for children to learn important safety lessons. (39 minutes)	337	Media Rack

• The New Children in Traffic	VHS DVD	Ways children perceive traffic/safety differently than adults and ways adults can be on alert for children in traffic. (13 minutes)	219	Media Rack
• Traffic Signs	GAME	Flash cards.	416	Cabinet
Saving Lives Tobacco Prevention	VHS DVD	Tobacco prevention works. (10 minutes)	238	Media Rack
Schizophrenia / Psychosis:				
• A Beautiful Mind	VHS	A brilliant mathematician on the brink of international acclaim when he becomes entangled in a mysterious conspiracy (Movie) (2 hours 6 min.)	222	Media Rack
• Antipsychotic Agents Schizophrenia	VHS	23 minutes	221	Media Rack
• Dual Diagnosis – Schizophrenia and Developmental Disabilities	VHS	Examine key factors of dual diagnosis – comprehensive discussion of diagnostic criteria, recognize signs of schizophrenia and other psychotic disorders (45 minutes).	252	Media Rack
• Emerging from the Darkness of Schizophrenia	VHS	Presents patients’ experiences with Risperdal Consta (risperidone) Long-acting injection.	343	Media Rack
• Emerging Solutions in Psychosis	VHS		224 A	Media Rack
• Exam Data in Special Populations	VHS		224 B	Media Rack
• Living with Schizophrenia	VHS	17 minutes	231	Media Rack
• Mood Disorders Schizophrenia	VHS	Mood Disorders (43 minutes)	97	Media Rack

• Patient Experience on Geodon	VHS		225	Media Rack
• Psychiatric Medication Management for Behavior Problems	VHS	Dr. Robert Gerstman	226	Media Rack
• Risperdal Risperidone	VHS	Use with Schizophrenia training if the person is on Risperdal. Tells of the benefits of the medication. (12 minutes)	223	Media Rack
• Treating Psychosis Across the Spectrum of Age	VHS		228	Media Rack
• Unforgettable Voices	VHS	Aricept experiences shared by patients, caregivers, and physicians.	229	Media Rack
• When Someone You Love Has Schizophrenia	VHS	Interviews with patients, family, friends and healthcare professionals help viewers understand the nature of schizophrenia, its symptoms and how the illness is treated. (35 minutes)	230	Media Rack
Schools Online	DVD	The Great Plant Escape; The Adventures of Herman the Worm; Out on a Limb; A Guide to Getting Along; My First Garden; Trees are Terrific; The Secret Life of Trees; The Business of Babysitting; Let's Talk About Insects; A Walk in the Woods	258	Media Rack
Seizure First Aid	VHS	Combines footage of real seizures with re-enactments to demonstrates safe first aid procedures. In addition, people with epilepsy talk about how they would like friends, family and the general public to react when seizures occur. (11 minutes)	313	Media Rack
Seizure First Aid (and) Understanding Seizure Disorders	VHS	11 minutes each	330	Media Rack
Seizures – see Epilepsy				
Seizures in the Older Adult	VHS	Recognizing the problem and assessing the options. Boxed with leader's guide and program handouts.	401	Media Rack

Self-Esteem and Life Skills, Too	BOOK	80 activity handouts from <i>Life Management Skills</i> . Designed to offer reproducible handouts on the front of each page and non-reproducible facilitator's information on the reverse side. Topics include Body Image, Communications, Conflict Resolutions, Coping Skills, Creative Expression, Humor, Job Readiness, Leisure Skills, Nurturance, Relapse Prevention, Relationships, Responsibility, Roles, Self-Awareness, Self-Esteem, Sexual Health, Social Skills, Stress Management, Suicide Issues and Values.	136	Bookcase
Self-Esteem and Stress Management Activities	BOOK	90 games and activities to develop concepts and skills related to stress, stress-reducers, emotions, understanding yourself, and building self-esteem.	528	Bookcase
SEXUALITY:				
• Intimacy and Relationships	KIT	CIRCLES: Includes booklets and tapes, covers self, family, boyfriends, relatives, best friends, neighbors, acquaintances, children, community helpers, health workers and total strangers.	406	Bookcase
• Just Say Know!	BOOK	Softbound. Understanding and reducing the risk of sexual victimization of people with developmental disabilities.	473	Bookcase
• Life Horizons I	DVD	The Physiological and Emotional Aspects of Being Male and Female. Topics include parts of the body, the sexual life cycle, human reproduction, birth control, sexual/reproductive health.	520 A	Bookcase
• Life Horizons II	DVD	The Moral, Social and Legal Aspects of Sexuality. Topics include building self-esteem and establishing relationships; male social-sexual behavior; female social-sexual behavior; dating; marriage; parenting; preventing/coping with sexual abuse.	520 B	Bookcase
• Objectively Dealing with Sexual Behavior	VHS	(30 minutes)	35	Media Rack
• Person to Person	VHS	Sexuality education of persons with developmental disabilities. (55 minutes)	214	Media Rack
• Relationships	VHS	Boyfriend/girlfriend	215	Media Rack
• Relationships	GAME	Cards	361	Cabinet

<ul style="list-style-type: none"> Relationships and Communications Activities 	BOOK	Includes 90 ready-to-use activities exploring topics such as family relationships sibling rivalry, how to make friends, split-level communications, assertiveness and aggressiveness, dating, understanding divorce, and popularity.	108	Bookcase
<ul style="list-style-type: none"> Relationships and Intimacy 	DVD	Learn why developing and maintaining relationships are important to people; gain knowledge about how socialization skills are acquired; understand why sexuality education can be challenging for people with developmental disabilities; recognize socialization skills that may initially be difficult for people with developmental disabilities to grasp; find out how you can support someone in having healthy relationships. <i>Written materials for this DVD are located in the bookcase #57) (29 minutes)</i>	57	Media Rack
<ul style="list-style-type: none"> Safer Options Manual 	Booklet	A road map to treatment and community safety. Developing best practices treatment for people who have intellectual disabilities and offending or problematic sexual behavior.		Lesley's file drawer
<ul style="list-style-type: none"> Self-Esteem and Life Skills, Too 	BOOK	A selection of 80 activity handouts from <i>Life Management Skills</i> . Designed to offer reproducible handouts on the front of each page and nonreproducible facilitator's information on the reverse side. Communications is one of the many topics.	136	Bookcase
<ul style="list-style-type: none"> Sex Education Activities 	BOOK	Teaches about the male and female reproductive systems, various methods of contraception ranging from abstinence to mechanical and chemical methods, sexually transmitted diseases, the immune system, pregnancy, fetal development, childbirth, and more.	110	Bookcase
<ul style="list-style-type: none"> Sexual Health, Relationships and Parenthood 	Booklet	Loose leaf. A workbook resource for one-to-one support. Includes the following topics: all about me, decision making, family and friendships, emotions, relationships, keeping safe, out bodies, health and personal hygiene, growing up, public and private, puberty, erections and wet dreams, periods, private touching, boyfriends and girlfriends, sex, sexual relationships, sexually transmitted infections, contraception, condoms, pregnancy, birth, parenting, and review of learning.	588	Bookcase

• Sexuality Education for Adults with Developmental Disabilities	BOOK	Spiral bound. A manual for creating a sexuality education class supported by a developmental disabilities provider agency. It will describe how to get a group of people together for a class, how to lead successful sexuality and relationship classes, and other important things to think about. It is also a teaching tool (curriculum) with 20 lessons that can be used in your sexuality education class. In each lesson the text printed in blue is a sample script facilitators may use as a guide.	72	Bookcase
• Sexuality: Jill Wood	VHS	Part 1	216	Media Rack
• Sexually Transmitted Disease	VHS	Discusses the different types of STDs, symptoms, treatments and how to avoid them. 12:30 minutes	142	Media Rack
• Social Signals: Mike's Crush	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
• Socialization and Sex Education	BOOK	A comprehensive curriculum based on practices demonstrated to be effective for individuals with learning difficulties and delays. In addition, specific objectives and instructional activities have been coordinated with <i>Life Horizons I and II</i> (#520 AB) which has served as an excellent guide and resource.	146	Bookcase
• Speaking of Sex... and Persons with Special Needs	VHS		276	Media Rack
• STD, Don't Risk It	Brochure		362	Cabinet
• Under Cover Dick	VHS	(8-15 minutes)	275	Media Rack
• Under Cover Dick	Booklet	Teaching men with disabilities about condom use.	345	Cabinet
• Who Do We Serve?	DVD	With Dave Hingsburger	298	Media Rack
Shared Decision Making	DVD	African-Americans with diabetes – the importance of being actively involved in your own health care.	383	Media Rack

Simply Thick	DVD	The thickening gel you can't taste ... mixing directions.	89	Media Rack
Simply Thick Samples	Box	Samples of different <i>Simply Thick</i> gels as well as a chart and handouts.	90	Top Resource Drawer
Skin Care:				
• A Weird Day at the Beach	VHS	A Slip, slop, slap stick review of skin protection (10 minutes)	385	Media Rack
• Advanced Skin Health System - Incontinence	DVD VHS	Section 1 – Introduction to incontinence and its effect on skin health; managing incontinence with the attends advanced skin health system (15 minutes). Section 2 – Brief sizing/application; pericare (9 minutes) Promotes Attends	143	Media Rack
• Check it Out	VHS	Why and how to do skin self-exam (14 minutes).	386	Media Rack
• Consumer Health and Safety Activities	BOOK	90 activities to help learn to recognize advertising techniques, compare products and claims, understand consumer rights, distinguish between safe and dangerous items, become familiar with safety rules and more. Includes activities for Health and Beauty Aids .	106	Bookcase
• Diabetes Foot and Skin Care: In Step	VHS	Information about using the monofilament testing to detect neuropathy. Gives practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selections, and more. (14 minutes)	107	Media Rack
• Diabetes Foot and Skin Care: In Step	DVD	Gives practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selection, and more. It stresses the importance of good blood glucose control to prevent or delay the onset of long-term complications. (13 minutes)	280	Media Rack
Sleep Apnea:				
• Program Demonstrations	DVD	Includes Sleep Apnea	271	Media Rack
• Sleep Apnea	VHS		151	Media Rack

• Snoring and Obstructive Sleep Apnea	DVD	The causes of snoring are discussed and self-help remedies are presented. Viewers also learn that snoring is sometimes a symptom of the potentially life-threatening disorder known as Obstructive Sleep Apnea. (15:19 minutes)	80	Media Rack
Slips and Falls Learning Resource	DVD		255	Media Rack
Smith Lemli Opitz Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Smith Lemli Opitz.	558	Media Rack
Smith Magenis Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as Smith Magenis.	558	Media Rack
Smith's Recognizable Patterns of Human Malformation	BOOK	Hardbound. Devoted to patterns of malformation, as contrasted with patterns of deformation due to mechanical factors.	483	Bookcase
Smoking:				
• Mr. Dip Lip	KIT	Contains a model of a mouth showing the results of "chewing" which includes mouth sores and bad teeth. Also includes a jar of "tar" to show what your lungs look like from smoking.	433	Cabinet
• Smoking	CASE		20	Closet
• Smoking: Your Plan to Quit	DVD	Helps viewers identify their own reasons for quitting and develop a plan to quit. Gives practical planning guidelines. (18 minutes)	55	Media Rack

• Smoking: Your Staying Quit Checklist	DVD	Covers the physical addiction, psychological dependence, and habits of smoking. Helps smokers develop coping mechanisms for high trigger situations including stress. (16:20 minutes)	56	Media Rack
• Tobacco: The Truth Behind the Smoke Screen	VHS	25 minutes	239	Media Rack
Snack Smarts	DVD	Explore the grocery store and buy the best foods for the best you. (18 minutes)	292	Media Rack
Snoring and Obstructive Sleep Apnea	DVD	The causes of snoring are discussed and self-help remedies are presented. Viewers also learn that snoring is sometimes a symptom of the potentially life-threatening disorder known as Obstructive Sleep Apnea. (15:19 minutes)	80	Media Rack
Social Skills Training and Frustration Management	DVD	Learn to de-escalate meltdowns, prevent problems with comprehensive behavior plans, increase motivation to learn social skills, and more – includes booklet (4.5 hours)	427	Media Rack
Social Signals: Mike's Crush	KIT	Designed to teach high school students who have Asperger's, autism, and intellectual disabilities how to develop healthy and safe relationships with their peers, including girlfriends and boyfriends.	326	Bookcase
Socialization and Sex Education	BOOK	A comprehensive curriculum based on practices demonstrated to be effective for individuals with learning difficulties and delays. In addition, specific objectives and instructional activities have been coordinated with <i>Life Horizons I and II</i> (#520 AB) which has served as an excellent guide and resource.	146	Bookcase
Solving the Incontinence Puzzle	VHS	Highlights production selection, sizing, application, checking and changing brief. (9 minutes)	152	Media Rack
Speaking of Sex... and Persons with Special Needs	VHS		276	Media Rack
Spike's Poison Prevention Adventure	VHS	Introduces the concept of poisonous products and/or things in our homes in a fun and entertaining way. Created as a <i>Circle Time</i> activity, it serves as the	287	Media Rack & Bookcase

		springboard for class discussion and activities – a puppet show with a classroom of real children. (11 minutes)		
Spin Smart	GAME	Physical activity game – questions allow players to learn basic concepts about fitness and the human body. Exercises listed with each question also give players the opportunity to be active and have a good time. Presentation guide included.	81	Closet
Staff Development Previews	DVD	12 minutes	96	Media Rack
Staff Training that Makes an Impact	VHS	Reviews the staff training for Impact model, in which the skills and knowledge provided in training are directly linked to improvement in quality of life for clients.	179	Media Rack
Standard First Aid	VHS	American Red Cross. (1 hour, 33 minutes)	334	Media Rack
Staying Clean and Healthy	Booklet	Workbook designed to teach early elementary students basic hygiene habits while providing them with explanation for why those habits are important. It is divided into 6 sections: 1) it's no fun being sick; 2) washing your hands; 3) taking a bath; 4) washing your hair; 5) brushing your teeth ; 6) review.	99	Bookcase
STD, Don't Risk It	Brochure		362	Cabinet
Step by Step (Everyday is a New Beginning)	DVD (CD)	Moving towards prevention of Type 2 Diabetes. This music CD was created to inspire people at risk for Type 2 Diabetes to more movement into their lives. By getting 30 minutes of physical activity 5 days a week, losing a little weight, and eating healthier, we can all delay or prevent diabetes. No need to go to the gym or buy fancy equipment. Just crank up the music and see where it takes you. DVD on one side (<i>Everyday is a New Beginning</i>) and CD on the other side (<i>Step by Step</i>).	68	Media Rack
Straight Talk	VHS	20 minutes	244	Media Rack
Stress Management:				
• Humor Your Stress	VHS	With Loretta LaRouche. (60 minutes)	248	Media Rack

• Living with Stress	VHS	Preventive-medicine video, gentle humor, lively animation delivers the message on good and bad stress. Overview and summary makes this the ideal way to start out a lecture or class on handling stress. (13:30 minutes)	140	Media Rack
• Self-Esteem and Life Skills, Too	BOOK	A selection of 80 activity handouts from <i>Life Management Skills</i> . Designed to offer reproducible handouts on the front of each page and nonreproducible facilitator's information on the reverse side. Stress Management is one of the many topics.	136	Bookcase
• Stress Bingo	GAME	An engaging and educational game about stress and ways to reduce it.	408	Cabinet
• Self-Esteem and Stress Management Activities	BOOK	90 games and activities to develop concepts and skills related to stress, stress-reducers, emotions, understanding yourself, and building self-esteem.	528	Bookcase
Stroke: Reducing Your Risk	DVD	Explains what happens in the brain during a stroke, the signs and symptoms of a stroke (including TIAs), and the importance of calling 911 and getting to the hospital as quickly as possible. It recommends that people know their risk factors and presents the controllable and non-controllable risks. The video shows patients how to reduce their chances of having a stroke. 13:46 minutes.	577	Media Rack
Stuttering: For Kids, By Kids	DVD	Meet Swish and his young friends! They talk about stuttering, dealing with teasing, what helps, and how to teach others about stuttering. Cartoon animation and real children come together to help other kids who stutter in this engaging video. (12 minutes)	373	Media Rack
Substance Abuse Prevention Activities	BOOK	Provides 90 ready-to-use activities on subjects such as the use and abuse of tobacco, alcohol, and other drugs, including prescription and nonprescription drugs, peer pressure situations and decision making, and where to seek help.	529	Bookcase
Super Size Me	DVD	Filmmaker Morgan Spurlock subjects himself to a McDonald's only diet for 30 days. Includes instructional content and games that help educate viewers on a host of subjects. (Recommended for grades 6-12) (100 minutes)	293	Media Rack
Supporting A Person with Challenging Behaviors:	DVD	Includes study guide. (2 hours)	5	Bookcase

Supporting the People who Care				
Supporting People with Disabilities Coping with Grief and Loss	Booklet	The aim of this booklet is to provide people with disabilities and their support people with an overview and an understanding of the grief process, to highlight the range of needs of people with disabilities who may be grieving, and to provide effective strategies for supporting people with disabilities in dealing with grief and loss.		Lesley's file drawer
Supporting Self-Determination	DVD	Provides direct support staff with positive strategies for supporting self-determination for people with DD (20 minutes).	102	Media Rack
Swallowing Studies	DVD	15 minutes	317	Media Rack

Taber's Cyclopedic Medical Dictionary	BOOK	Hardbound book.	478	Bookcase
Take Back Control	DVD	Short film reveals events that unfold as patients deal with bladder control symptoms, discuss treatments, and consider neurostimulation as an option for their condition. (49 minutes)	261	Media Rack
Teaching Skills (8,9,10)	BOOK	Loose leaf. An introduction to Developmental Disabilities. Teaching new skills and motivating people to use existing skills – Behavior and Consequences (8); Functional Teaching Skills (9); Teaching Behavior to Use and Last (10).	468	Bookcase
Ten Performance Standards for Staff	VHS	For staff who work in the field of Developmental Disabilities. (25 minutes)	181	Media Rack
The 10 Commandments of Communicating with People with Disabilities	VHS	Uses humorous vignettes to deliver its disability awareness message. (26 minutes)	210	Media Rack
The ABCs of Safety	VHS	Features <i>SeeMore the Safety Seal</i> and friends. Has high energy songs. A fast paced video with expert safety advice, fun and loveable characters, and just a touch of comic relief to make a fun and exciting way for your child to learn important safety lessons. (39 minutes)	337	Media Rack
The Basics of Safe Lifting	VHS DVD	Bethesda (20:30 minutes)	29	Media Rack
The Challenge of Osteoporosis for People with Disabilities	VHS DVD	Comprehensively explores the impact of osteoporosis for individuals with physical disabilities. Provides a wealth of information on osteoporosis prevention that can benefit everyone. (15 minutes)	83	Media Rack
The Clean Game	GAME	Bingo.	410	Cabinet
The Community: A Vision	VHS	<u>P</u> ersonal <u>A</u> ssistant <u>S</u> ervices – provides an introduction to what PAS means to individuals with disabilities, their families and the community. (11 minutes)	207	Media Rack

The Consumer: Issues and Answers	VHS	Personal Assistant Services shows people with a variety of disabilities offering practical suggestions for locating, training and managing personal assistants. (19 minutes)	206	Media Rack
The Critical Crossroad	VHS	Addressing mental health problems in people with developmental disabilities. (16 minutes)	202	Media Rack
The Potato Video	VHS	A look at misguided effort – delivers a powerful message on how attitudes about “difference” drive interactions and services for people with disabilities. Covers 19 common phrases or attitudes that may be hurting the people you serve. (3 minutes)	209	Media Rack
The Diabetes Epidemic	CD	Key topics covered include epidemiology, high risk ethnic groups, risk assessment, risk reduction, children and teens at risk, and other resources (64 images, leader’s notes and references).	109	Media Rack
The Hands that Feed	VHS	There are multiple factors involved in successfully feeding patients with swallowing problems. This video approaches this subject with guidelines for caregivers and health care workers. (15 minutes)	115	Media Rack
The Impact of Dementia	DVD	Learn to identify signs and symptoms of dementia; discover methods of effective communication; learn techniques that will help you support change in behavior. Professional support staff shares tips on how to handle the stresses related to dementia support. (26 minutes) Written materials for this DVD located in the bookcase (#61).	61	Media Rack
The Last Spring – Stories of Hospice	VHS	52 minutes	299	Media Rack
The Lippincott Manual of Nursing Practice	BOOK	Hardbound. To assist nurses to process and manage health care information in order to think critically, make sound clinical decisions and administer quality health care in a variety of practice settings.	486	Bookcase
The Merck Manual of Diagnosis and Therapy	BOOK	Hardbound. Useful clinical information.	477	Bookcase
The New Children in Traffic	VHS DVD	Ways children perceive traffic/safety differently than adults and ways adults can be on alert for children in traffic. (13 minutes)	219	Media Rack

The Patient Guide to TB	VHS	Created for those who are infected with TB or who have active tuberculosis. Actors reflect the concerns of a variety of patients including both sexes, major ethnic groups, homeless persons and those with both TB and HIV. (14 minutes)	240	Media Rack
The Patient with Mental Retardation: Issues in Gynecologic Care	VHS DVD	23 minutes	311	VHS A Bookcase VHS B Media Rack DVD C Media Rack
The Potato Video	VHS	A look at misguided effort – delivers a powerful message on how attitudes about “difference” drive interactions and services for people with disabilities. Uniquely covers 19 common phrases or attitudes that may hurt the people you serve. (3 minutes)	209	Media Rack
The Provider: On Being a Personal Assistant	VHS	Personal Assistant Services – features personal assistants talking about what their jobs are like. (19 minutes)	208	Media Rack
The Utility and Safety of Mood Stabilizers	DVD	The utility and safety of mood stabilizers and antipsychotics in special populations.	266	Media Rack
The Whole Truth	DVD	Hosted version with Dave Hingsburger. (55 minutes)	296	Media Rack
The Whole Truth	DVD	With Dave Hingsburger. (30 minutes)	297	Media Rack
Thick and Easy Instant Food Thickener	VHS	17 minutes	389	Media Rack
Thinking Ahead	DVD	My Way, My Choice, My Life at the End (with booklet) provides a way to advocate for what you want in life support treatment and other end-of-life choices.	14	Bookcase
Third Look	DVD	Supports for adults with autism (21 minutes)	381	Media Rack
Three in One	VHS	GERD, Recognizing Seizures, Osteoarthritis Knee Pain Relief	158	Media Rack

Three in One, #2	VHS	Behavioral Phenotypes, Creating Health: Type 2 Diabetes, Tardive Dyskinesia	167	Media Rack
Tobacco: The Truth Behind the Smoke Screen	VHS	25 minutes	239	Media Rack
Tracheostomy Adult Home Care Guide	VHS		153	Media Rack
Traffic Signs	GAME	Flash cards.	416	Cabinet
Treating Bipolar Disorder Takes Understanding	DVD	Patients and healthcare professionals share insights and experiences to help you understand the nature of Bipolar I Disorder and what to expect from Abilify (21 minutes).	268	Media Rack
Treating Epilepsy with Vagus Nerve Stimulation	VHS	A patient and family guide to the NCP system. (25 minutes)	236	Media Rack
Treating Psychosis Across the Spectrum of Age	VHS		228	Media Rack
Treatment for Hoarding Disorder	BOOK	Workbook guides clients thru their treatment for Hoarding Disorder (HD) with their clinician. Includes homework, forms, exercises and behavioral experiments for clients to test their personal beliefs about possessions, develop an organization plan and filing system, and sort and organize items room by room. Helps to recapture a positive role in possessions in their lives.	254	Bookcase
Tuberculosis:				
• The Patient Guide to TB	VHS	Created for those who are infected with TB or who have active tuberculosis. Actors reflect the concerns of a variety of patients including both sexes, major ethnic groups, homeless persons and those with both TB and HIV. (14 minutes)	240	Media Rack
• Tuberculin Skin Testing	VHS		241	Media Rack

Turner Syndrome:

- Neuropsychiatric Aspects in Developmental Disabilities

DVD

A bit of science with a lot of everyday behavior supports to help those with such syndromes as Turner.

558

Media Rack

Ulcers:				
• AT Time of Diagnosis	VHS	Understanding the diagnosis, what happens next, treatment and management and issues and answers. (30 minutes)	332	Media Rack
• Braden Scale: Predicting Pressure Ulcer Risk	DVD	Shows how to administer and interpret the Braden Scale for predicting pressure sore risks in home, hospital, and long-term care environments. Specifies what to look for, how to prevent pressure ulcers, and how to assist patients maintain skin integrity after discharge. Covers the 6 dimensions of the Braden Scale (39 minutes).	85	Media Rack
Under Cover Dick	VHS	(8-15 minutes)	275	Media Rack
Under Cover Dick	Booklet	Teaching men with disabilities about condom use.	345	Cabinet
Understanding Behavior: Building Positive Supports	VHS DVD	Bethesda (23 minutes)	37	Media Rack
Understanding Brain Injury	DVD	Features some of the nation's top neuroscientists, physicians and brain injury experts to help you understand brain injury and recovery. Topics include ♦ Brain Injury Basics and Anatomy of the Brain ♦ Understanding Traumatic Brain Injury, its Causes, Effects and Classifications ♦ Understanding Non-Traumatic Brain Injury and Stroke, it's Causes, Effects and Classifications ♦ Practical Advice for Coping with Brain Injury	530	Media Rack
Understanding Complex and Partial Seizure	VHS	How to recognize and classify seizures. (26 minutes)	267	Media Rack
Understanding Seizure Disorders	VHS	12 minutes	233	Media Rack
Understanding Seizure Disorders	VHS	From the Epilepsy Foundation. (11 minutes)	333	Media Rack
Unforgettable Voices	VHS	Aricept experiences shared by patients, caregivers, and physicians.	229	Media Rack

Unforgotten: 25 Years After Willowbrook	DVD	Documentary that examines the impact of horrors of Willowbrook had on the survivors and their families (56 minutes).	103	Media Rack
Ungame	GAME	Cards	364	Cabinet
Universal Precautions:				
• Bethesda Lesson Plans	BOOK	Loose leaf. Includes following lesson plans: Enhancing Mealtime Experiences; Balancing Choice and Risk; Communicating with People Who are Non-verbal in Other Words; Observing for Signs and Symptoms of Illness; Disability Etiquette; Interactions that Teach; Intervention and Redirection; Universal Precautions: A Basic Approach , etc.	336	Bookcase
• Universal Precautions	VHS	8 minutes	198	Media Rack
• Universal Precautions: A Basic Approach	VHS	18 minutes (Bethesda)	38	Media Rack

VNS Generator	MODEL	A VNS is a device used to treat seizures. It consists of a pacemaker-like generator that is implanted in the chest and programmed to stimulate the vagus nerve. This is a model of such a generator.	527	Cabinet
VNS Therapy	Poster		365	Cabinet
Cyberonics	DVD	An introduction to VNS therapy for people with epilepsy and their families. Original booklet located in Cabinet.	192	Media Rack

Walk Away the Pounds	DVD	For 1, 2 and 3 miles, walking in place by Leslie Sansone.	11	Media Rack
Walk Away the Pounds	DVD	For 4 and 5 miles, walking in place by Leslie Sansone.	9	Media Rack
Walk it Off in 30 Days	DVD	Includes 2 workouts: <i>BURN 30</i> is 30 minutes of non-stop cardio. <i>FIRM 30</i> is 30 minutes of non-stop strength training.	339	Media Rack
Was That a Seizure?	DVD	A video journal on Epilepsy. (20 minutes)	368	Media Rack
Weight Management: <i>(see also Nutrition and Diet)</i>				
• Guide to Weight Management	VHS	Offers some tips and strategies to help you eat right and exercise. (21 minutes)	247	Media Rack
• Key Activities to Lose Weight and Keep it Off	DVD	Too much weight increases the risk for type 2 diabetes, heart attack, stroke, and other conditions. This video encourages people to work with a healthcare professional to develop a successful weight loss plan. It recommends that people get more physically active and eat healthier, making long-lasting lifestyle changes rather than going on fad diets. The video mentions the possibility of weight loss surgery for some people. People who have lost weight share the reasons why they wanted to lose weight and the benefits once they have achieved it. 16:36 minutes.	574	Media Rack
• Portion Pals	DISCS	Who needs a diet when you have a pal! PortionPals were created to teach you how to cut food in the correct size portions. Package includes 5 silicone discs (meat, chicken, fish, sides and desserts).	369	Cabinet
• Super Size Me	DVD	Filmmaker Morgan Spurlock subjects himself to a McDonald's only diet for 30 days. Includes instructional content and games that help educate viewers on a host of subjects. (Recommended for grades 6-12) (100 minutes)	293	Media Rack
• Taking Control of Your Weight	Booklet	Stapled. Self-care handbook. Building and maintaining healthy eating and exercise habits.	50	Bookcase
• Weighing In	VHS		126	Media Rack

• Weighing In: A Weight Plan/Peppi	VHS		127	Media Rack
Ostomy Care / Colostomy Care / What You Should Know This Cold Season	DVD		307	Media Rack
Welcome to Infection Control in Community Settings	DVD		257	Media Rack
What Every Male Should Know About Cancer of the Testicle	KIT	Plastic model of testicles containing 4 lumps to simulate tumors. Information booklet included.	363	Bottom Resource Drawer
What Every Woman Should Know	VHS DVD	A group of women engage in a discussion of women's health issues, such as concern about breast cancer because of a family history, and anxiety about needing to have a mammogram. The discussion is not unusual – except for the fact that all of the women in the group have intellectual disabilities. (30 minutes)	264	Media Rack
With Every Breath	VHS	Learn more about COPD from people who are living with COPD, and from medical professionals. (30 minutes)	154	Media Rack
William's Syndrome:				
• Neuropsychiatric Aspects in Developmental Disabilities	DVD	A bit of science with a lot of everyday behavior supports to help those with such syndromes as William's.	558	Media Rack
Women's Health:				
• A New Way of Thinking	VHS	Provides an introduction to many of the critical issues that affect women's health today (14 minutes)	242	Media Rack
• Aware: Breast Self-Exam	VHS	With pad (5 minutes)	349	Media Rack

• Breast Care	Kit	Contains a model of a breast	347	Bottom Resource Drawer
• Breast Self-Exam and Breast Health	VHS	Step-by-step demonstration of a self-exam and why it must be repeated regularly. Stresses benefits of early detection. Compelling graphics convey risk factors (14 minutes).	135	Media Rack
• Fingertips	VHS	20 minutes	274	Media Rack
• Fingertips	Booklet	Teaching women with disabilities about masturbation.	344	Cabinet
• Four in One, #3	VHS	Endometriosis; Breast Cancer; Breast Lumps; Arthritis	157	Media Rack
• Instructions for Breast Self-Examination	VHS	9 minutes	314	Media Rack
• Straight Talk	VHS	20 minutes	244	Media Rack
• Talk to Me	BOOK	Loose leaf. A personal development manual for women and girls with Down syndrome, and their parents.	467	Bookcase
• The Patient with Mental Retardation: Issues in Gynecologic Care	VHS DVD	23 minutes	311	VHS A Bookcase VHS B Media Rack DVD C Media Rack
• What Every Woman Should Know	VHS DVD	A group of women engage in a discussion of women's health issues, such as concern about breast cancer because of a family history, and anxiety about needing to have a mammogram. The discussion is not unusual – except for the fact that all of the women in the group have intellectual disabilities. (30 minutes)	264	Media Rack
• Women's Health Issues in Bipolar Disorder and Epilepsy	VHS	Diagnosis, risk factors and treatment of hormonal and reproductive dysfunction in premenopausal women with epilepsy and bipolar disorder (58 minutes).	243	Media Rack

Writing Objectives:				
• Bethesda Lesson Plans	BOOK	Loose leaf. Includes following lesson plans: Enhancing Mealtime Experiences; Balancing Choice and Risk; Communicating with People Who are Non-verbal in Other Words; Observing for Signs and Symptoms of Illness; Disability Etiquette; Interactions that Teach; Intervention and Redirection; Writing Objectives , etc.	336	Bookcase
• Writing Objectives	VHS	40 minutes	39	Media Rack

Yoga for Round Bodies	DVD	30 minutes	372	Media Rack
Your Allergies: Beating the Triggers	VHS	Practical and informative guide explains how to “trigger-proof” one’s home. It covers reducing or eliminating dust collectors in the bedroom, making a bed safe to sleep in, keeping floors dust free, and more. (5 minutes)	155	Media Rack
Your Role in Preventing Infection	DVD	Instructs patients to wash their hands and to question staff and visitors about hand washing. It covers the importance of taking antibiotics properly, signs of infection, isolation precautions, and incision care. (15 minutes)	79	Media Rack

Zika Virus	DVD		538	Media Rack
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