

## **Harbor Regional Center Recommended Materials for Staff Training**

*The following books and other materials are available in the HRC Resource Center contain current information for staff and caregivers of children and adults. These materials offer significant resources for support and understanding of particular disabilities as well as methods and techniques to teach and increase independent living skills. Many other books and other materials are available for check-out in the resource center.*

### **Books**

1. 'Get Fit Cookbook' A Guide to Healthy Eating for Adults with Disabilities, by Harbor Regional Center and Frank D. Lanterman Center  
*The information in this book is designed as a guide to healthy food choices. Nutritionally balanced recipes and menus are included many with photo illustrations. It also includes healthy eating tips, food storage guidelines, rules and tools for the kitchen.*
2. Places to Go...Things to Do, by Harbor Regional Center  
*Harbor Regional Center wrote this book to help provide individuals and caregivers with activities that are meaningful and bring purpose and pleasure into daily life. It is intended to be used as a starting point or source of ideas to create interesting and engaging "Places To Go...Things To Do."*
3. Stepping Out, by Ilene M. Schwartz  
*This book along with CD-ROM is a complete and comprehensive community based instruction curriculum. It includes checklists and instructions for community outings.*
4. Self-Determination Across the Life Span, by Deanna J. Sands Ed. D  
*This particular resource offers suggestions on how to promote independence in individuals with disabilities through self-determination. It emphasizes the need for self-esteem and skill training as important factors necessary for independence and choice.*
5. Positive Behavioral Support, by Lynn Kern Koegel  
*This book explains which strategies and approaches make inclusion possible for individuals who engage in extreme challenging behaviors. It includes case studies, research-based strategies, and thoughtful discussion pieces written by leaders in behavior intervention.*
6. Members of the Community, by Lee Hamill and Ann Dunlevy  
*This book contains reproducible worksheets which assist an instructor to integrate academic learning with real life experiences in order to prepare people with developmental disabilities to live independently. Includes CD-ROM of worksheets.*
7. Person-to-Person, by Gething, Lindsay

INTENDED AUDIENCE: parents and professionals Through individual case studies, this book stresses the uniqueness of the individual with a disability. It is important for people to realize that individuals with disabilities are people - first, and disabled - second. They have to deal with all the same concerns and responsibilities of everyday life faced by everyone. A variety of issues such as personal adjustment, education, sexuality, employment, parenthood, and family & community living are explored under separate chapters. These issues are addressed for various disabilities including cerebral palsy, epilepsy, hearing impairment, visual impairment, etc.

## VIDEOS/DVDS

7. Caring for The Elderly, by Films for the Humanities and Sciences  
*This program provides an overview of the various methods of care available for the aging, from day care centers and group housing to respite care and nursing homes.*
8. Everyday Actions, by Monarch Educational Material  
*This is a therapeutic tool for parents, therapists, and educators in teaching individuals diagnosed with autism and other developmental disabilities.*
9. First Impressions: Grooming for Males/Females, by James Stanfield Company Incorporated  
*First Impressions is a four video curriculum to be used to teach appropriate grooming skills to people with developmental disabilities. It includes an instructor's guide which emphasizes the importance of hygiene, grooming, appearance, and attitude.*
10. Nonviolent Crisis Intervention - Volume 1, by Crisis Prevention Institute, Incorporated  
*In this video one can learn how to de-escalate individuals before they become aggressive by explaining nonverbal intervention techniques, and exploring staff attitudes and reactions.*
11. Nonviolent Crisis Intervention - Volume 3, by Crisis Prevention Institute Incorporated  
*This volume addresses situations in which team intervention is not an option, and singular intervention is necessary. Provided are strategies to enhance your own safety and security in these situations*
12. Seven Common Emergencies, by Torrance Memorial Medical Center  
*Emergency care physicians from Torrance Memorial Medical Center talk about how to handle common emergencies such as fractures, lacerations, burns, stroke, fever, bites, and stings. Also discussed is first aid and using 911.*

13. Using Visual and Behavioral Cues in the Home, by Robin Allen  
*This two hour video provides parents, professionals and other caregivers with practical visual and behavioral strategies to enhance communication, prevent disruptive behaviors, and increase their child's independence in performing daily life skills. Topics include: schedules and routines, choice boards, self help skills, chores, setting expectations, community visual cues and resources.*
14. LifeFacts: Managing Emotions, by James Stanfield Publishing Company Incorporated 1992  
*This program is about feelings and how they can be managed. The 4 core emotions of sadness, anger, fear, and happiness are emphasized.*
15. Safe & Courteous Wheelchair Handling, by Cicero, NY Program Development Associates 2006  
*This program provides insights on types of wheelchairs, planning for outings, handling a wheelchair inside and outside of a facility and how to relate to a person in a wheelchair.*
16. HIPAA Compliance,  
INTENDED AUDIENCE--SERVICE PROVIDERS, PROFESSIONALS, FAMILIES  
This DVD reviews the HIPAA regulations governing confidentiality, etc.
17. Self Determination: Enabling People to Make Choices, by Cicero, NY Program Development Associates 1992  
INTENDED AUDIENCE--PROFESSIONALS This program can be used by staff to help people with developmental disabilities in making decisions that affect them. Areas presented include: identify personal preferences, overcome barriers, provide functional teaching and supports, decision making responsibility and consequence.
18. Age Appropriateness: Achieving Adult Status, by Ciscero, NY Program Development Associates 2005  
INTENDED AUDIENCE--PROFESSIONALS This is session 2 of the 6 part The Principles and Practices of Building Community series. The implications of developmental age, mental age and mind of a three year old are thoroughly explored. The audience is introduced to a variety of age-appropriate training, media, behaviors, and leisure materials preferred by individuals with developmental disabilities.
19. Skills of Courtesy: Quality of Interaction, by Ciscero, NY Program Development Associates 2005  
INTENDED AUDIENCE-PROFESSIONALS This is the first DVD in the Principles and Practices of Building Community training series. This session is presented by Dr. Thomas Pomeranz who asks the audience to look at the lives of people with disabilities through a new set of lenses. He introduces the concept of "disabilityism" and how behaviors an unwittingly cause discriminatory actions.
20. Supported Routines: Best Practice Strategies for a Fulfilling Life by Ciscero, NY Program Development Associates 2005  
INTENDED AUDIENCE-PROFESSIONALS This is the 3rd session in The Principles and Practices of Building Community series. It details how supports

- should be delivered to allow individuals with cognitive, physical and/or behavioral challenges to participate in all aspects of their life.
21. Positive Behavioral Supports: Meeting Unmet Needs by Ciscero, NY Program Development Associates 2005  
 INTENDED AUDIENCE--PROFESSIONALS This DVD is session 4 of the Principles and Practices of Building Community series. It focuses on dealing with anger and its' consequences which is one of the most difficult and important challenges faced in supporting people with developmental disabilities.
  22. Universal Language: It's All in How You Say It by Ciscero, NY Program Development Associates 2005  
 INTENDED AUDIENCE--PROFESSIONALS This DVD is the 5th of 6 in The Principles and Practices of Building Community series. In it the presenter discusses the importance of using Universal Language to heighten sensitivity to the impact of language in promoting respectful relationships regarding people with developmental disabilities.
  23. Instructional Strategies by Ciscero, NY Program Development Associates 2005  
 INTENDED AUDIENCE-PROFESSIONALS This DVD is the 6th and last in The Principles and Practices of Building Community series. It provides an expansive explanation of best practice technology for facilitating skill acquisition to assist viewers to enhance their training skills.
  24. How to Manage Medications by Healing Arts Communicatioins 2007  
 INTENDED AUDIENCE--PROFESSIONALS, FAMILIES This video program teaches safe practices for administering and storing various types of medications. Warning signs of improper use are also provided.
  25. DIABETES MANAGEMENT FOR PERSONS WITH MENTAL ILLNESS AND DEVELOPMENTAL DISABILITIES by FARLEY, BECKY, RN 2009  
 INTENDED AUDIENCE--SERVICE PROVIDERS, FAMILIES, PROFESSIONALS This training video helps professionals who provide care to people with developmental disabilities who have diabetes to understand diabetes. IT explains how diabetes is recognized and manager with emphasis on teaching the person to take an active role in the management of their diabetes.
  26. Pressure Ulcers in Adults: Prediction and Prevention by Memcom Trainex  
 INTENDED FOR PROFESSIONALS--- THIS DVD DISCUSSES PRESSURE ULCERS IN ADULTS.
  27. Understanding Depression by Films for the Humanities and Sciences 2004  
 Intended Audience: Professionals and Families This video shows the effects of a depressive illness on the affected person and her family and friends. It focuses on current research into depression and explains the medications and psychosocial therapies that can help eliminate the symptoms of the disease.
  28. How to Help Someone Who Uses a Wheelchair  
 INTENDED FOR FAMILIES AND PROFESSIONALS This program discusses transportation aids such as wheelchairs, walkers, crutches and canes.
  29. Infection Control by Karpinski, Marion, R.N. Healing Arts Communications  
 Intended Audience: Parents and Professionals This video teaches care providers basic principles and procedures of infection control necessary to reduce germs and create a safe, healthy environment.

30. Direct Support Professional Training: Department of Developmental Services  
<http://www.dds.ca.gov/dspt/>

### **YouTube Channel Videos**

1. Making My Own Choices -- Kyle's Own Room in a Group Home  
<http://youtu.be/24JdlxR8kPQ>
2. Making My Own Choices -- Billy and Brian Living with a Family  
<http://youtu.be/e00Jell1-l>
3. Assisting The Patient With Self-Administration of Medication  
<http://youtu.be/Zp5uoqX02sE>
4. Kids and Psychotropic Medications - Part 1  
<http://youtu.be/iXa4w6fBTHQ>
5. Feeling Safe Being Safe Training  
<http://youtu.be/OV0kxGOK6fk>
6. Dental Care at Home  
<http://youtu.be/FxluSztlsBk>
7. Hand Washing and Gloving  
<http://youtu.be/q3zylUp1BIQ>

updated 2/14