

Welcome to the Freiberg Press Inc.

Catalog of Educational/Training Products

The leading publishers of evidence-based training and education in Geriatric Care!

Our evidence-based CE-credit geriatric educational publications:



- Current Nursing in Geriatric Care*
- Nurse Aide/VIP*
- Alzheimer's Care Guide*
- Current Activities in Geriatric Care*
- Plus many ancillary educational products! Just for Geriatric Care!

And all are research-proven and evidence-based!

(For over 30 years, we have been a leading longterm care training company in the US specializing in current, evidence-based caregiving!)



Free bonus! Some of our publications include access to additional training materials on the Internet, including .

- PowerPoint Slides
- Slides in PDF format
- PDF of each issue
- Teacher's notes



As always: Your satisfaction is guaranteed!

Your fees are refunded within two months of your payment date, if you're not totally satisfied!

Check us out online:
www.care4elders.com
www.store4elders.com
www.activities4elders.com

Evidence-Based Caregiving!

Freiberg Press Inc.
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Cedar Falls IA 50613
Ph: 1-800-354-3371
Email: kfreiberg@cfu.net

Freiberg Press Inc
PO Box 612
Cedar Falls IA 50613

Current Nursing in Geriatric Care

It's *THE* evidence-based publication for geriatric nurse professionals!

What's in each monthly issue:

- ✓ An article on the latest in geriatric care that awards **1 state-approved CE credit for your nurses, CNAs and ADs**. Certificate issued. Certificate is approved by Florida Board of Nursing and other states and organizations.

You get one free registration with your subscription; adds available at only \$12/year for 12 total CEs. It's easy: Study article, take test online. To view CE topics for 2012, go to www.care4elders.com.

- ✓ **The latest evidence-based research findings from around the world in geriatric nursing!** *Current Nursing* is the leading publication for the very latest in practical research, ready-to-use in your own caregiving for the benefit of your elders! **Keeps you updated in your profession!**
- ✓ **A section on the latest in evidence-based management, leadership and personal improvement information specifically for geriatric nurses!** This is material often left out of college nurse training, but which is so very important for excellent caregiving, teambuilding and effective staff relationships out there in the real world!
- ✓ **A free CNA Inservice, with quiz, emphasizing geriatric caregiving!** Downloadable from your subscriber Internet site. Topics include basic geriatric caregiving techniques, personal development, and those required by state and federal regulations.

Current Nursing in Geriatric Care

Hospital, Medical Office Edition

February 2009
Vol. 7 No. 2

CE and LPE credit available for this article. See page 6.

Preventing falls: Some evidence-based strategies that work

The importance of a good fall-prevention program to reduce falls among elderly patients in ambulatory, hospitalized, and assisted living settings is well established.

Yet, in this population, falls continue to be the leading cause of disability and death. The incidence of geriatric falls in hospitals and other medical facilities, where falls are the major cause of patient injury, and even death.

The big problem with all this is that in the elderly, falling is not just a matter of tripping and bruising. As in the patient population, it's a major cause of death, as well, as many others never recover from a fall.

A mounting problem
Falls are one of the most serious problems facing our dual population and a leading cause of injury and death among the elderly.

The reasons fall rates are so high in medical facilities are related to the increased frailty, cognitive impairment, and other health problems often present among nursing home residents.

Many agencies have studied falls among elders and have developed many strategies that clearly do reduce falls as well as decreasing problems for elders.



- Falls are the most frequent and costly in-hospital complication.
- Approximately 10% of falls cause serious injuries, especially among the elderly.
- Falls are made to decrease physical functioning, disability, reduced quality of life, and as a result, many who fall experience poor quality, happy life.
- Lower mobility and loss of falling can lead to other functional decline, depression, feelings of helplessness, and social isolation.
- 30% of total falls by elders occur in hospitals.
- Falls in medical facilities are a much higher rate of falls.
- Patients who experience a falls fall.
- About 50% of falls in nursing homes are preventable.
- About 50% of older adults hospitalized for hip fracture never regain pre-fracture level of function.

Causes of falls
According to the CDC, there are the top reasons for falls among elders:
• Being frail
• Changing vision
• Having had a previous fall
• Having lower body weakness or pain or balance problems

©2009, vol 7, no 2

Bonus!
Inservice CNA Training!
Free! Available for download from your Online Subscriber Account! Each month, a ready-to-use CNA Inservice Training article in Geriatric Care, with quiz, to help your CNAs meet state and federal training requirements!

Kill 2 CE Requirements with 1 Stone!



Here's how:

1. In each issue is a CE credit article that issues state-approved certificates. Your Certificate will be emailed to you.
2. Most professional organizations will also let you apply state-registered certificates toward their annual CE requirements. **Those who accept them include: NAAP (National Association of Activity Professionals) the CDP (Certified Dementia Practitioner) and Therapeutic organizations, in addition to various nursing associations, as well.** (Be sure and check for specific requirements.)
3. Submit your state certificate to these organizations for ongoing CE professional credit!

Current Nursing is the leading publication to keep you updated with the latest in evidence-based geriatric nursing!

(There's nothing like it out there... and with its free CEs, and all that training, it's a real deal for you at only \$79/year!)

Nurse Aide/VIP

A Ready-to-go, Evidence-based, CNA training package for only \$10/month!

- A real time and budget-saver for your busy staff!
Each monthly issue contains an Inservice Training article plus Q&A! (12 training articles/year!)
- **Evidence-based** topics that meet state and federal training regulations, plus Personal Improvement goals!
- Each issue also includes news articles on the **latest in evidence-based caregiving for CNAs**, including basic caregiving skills, personal improvement, teamwork, culture awareness, and more!
- **Educator's bonus:** FREE downloads of PowerPoint slides, teacher's notes and PDFs of each issue for your educational convenience!
- License to copy materials for use for **all staff** within your individual institution!

Volume 20, No. 4
April 2012

Nurse Aide/VIP

Current, evidence-based training and education

Inside this issue:

- Infections and documentation: How you can help
- Some tips on coping with stress
- What to expect with Alzheimer's

Remember: This is a ready-to-go package for your busy staff. Each issue contains an Inservice Training article plus Q&A! (12 training articles/year!)

- A real time and budget-saver for your busy staff!
- Each monthly issue contains an Inservice Training article plus Q&A! (12 training articles/year!)

Each issue also includes news articles on the latest in evidence-based caregiving for CNAs, including basic caregiving skills, personal improvement, teamwork, culture awareness, and more!

Educator's bonus: FREE downloads of PowerPoint slides, teacher's notes and PDFs of each issue for your educational convenience!

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The HIPAA Privacy Rule Are you complying?

- It's not a myth, you're in it
- You're not alone
- You're not alone
- You're not alone
- You're not alone
- You're not alone



The HIPAA regulations are a complex set of rules, with many different requirements. There are many ways to help you understand these rules and to help you comply with them.

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Includes time-saving training materials from your FREE subscriber site!

PDFs and notes for handouts, overhead training, personal study!



PowerPoint Slides, teacher's notes!



Additional free downloadable study handouts and other materials!



Monthly training newsletter + Downloadable training materials on FREE subscriber site = **your best value out there for a CNA training package!**

Topics 2012

- January:** Infection control for CNAs, 2012 update. Including the latest in new 2012 MRSA infections, flu and HIV/Aids control.
- February:** Documentation for CNAs. Records needed, how to make them, importance of accuracy, legal issues.
- March:** Effective communication tips and techniques to use with your cognitively impaired elders. Why effective communication is so important in the caregiving environment; why CNA communication skills are critical for successful caregiving.
- April:** Care techniques that can improve cognition. Especially for CNAs. The latest 2011/12 evidence-based research.
- May:** Observation skills for CNAs. Learn the importance of observation skills for such things as pain treatment, prevention of major diseases and conditions, infection prevention, and improving the daily life of your elders.
- June:** Providing personal choices for residents. The importance of Personal Choice in person-centered caregiving, and why it substantially improves your elders' quality of life. What the regulations require.
- July:** Your residents' rights, and the role of the CNA. Covers the basic rights of your residents... legally and ethically... and why honoring those rights is a basic part of effective, compassionate, caregiving, HIPAA.
- August:** Professionalism for the CNA. What CNAs need to do to be respected as "professionals" in their career. Included topics: working on a team; working with co-workers; the basics of compassionate caregiving; personal ethics; and more.
- September:** Preventing abuse and neglect. What constitutes abuse and neglect, how to spot it, what to do about it, how to provide compassionate caregiving that avoids problems with abuse and neglect.
- October:** Personal care skills: Grooming, dressing, bathing, oral care, etc. Special tips for Alzheimer's elders.
- November:** The latest research in caregiving techniques that can improve the quality of life of cognitively impaired elders. What the very latest, updated research shows that CNAs can do to improve cognition, reduce depression, reduce problem behaviors, increase socialization and happiness, and more.
- December:** Emergency preparedness. Includes both medical emergencies and how to handle them; plus disaster emergencies such as fire, storm and flood. The latest recommendations from state and federal authorities and other experts.

Only \$10/month to train all your CNAs!

(Satisfaction guaranteed: Full refund within 2 months of your order!)

Would an Activities Magazine be helpful to both you and your elders if it:

1. Is the **ONLY** activities magazine that contains a special section on current evidence-based research reports about activities that are proven to help your elders, with step by step instructions so you can easily do them in your facility?

Topics include fun activities that are proven to help: Cognition, problem behaviors, delirium, sarcopenia, wandering, reminiscence and more!

2. Has a section with pages that you can copy and hand out to your elders of puzzles, games, missing word, reminiscence, and more? (**Big time saver for you!**)
3. Includes an Inservice Training article in each issue for **FREE CE credit** for ADs, RNS, LPNs and CNAs?

***If your answer is "YES" then here's the Activities Magazine for you!
Current Activities in Geriatric Care!***

Your elders will look forward to the Current Activities handout puzzles, missing word, and games each time, because they're interesting and challenging... based on things they're interested in: hobbies, reminiscence, family, and more. Just copy and handout to your elders!



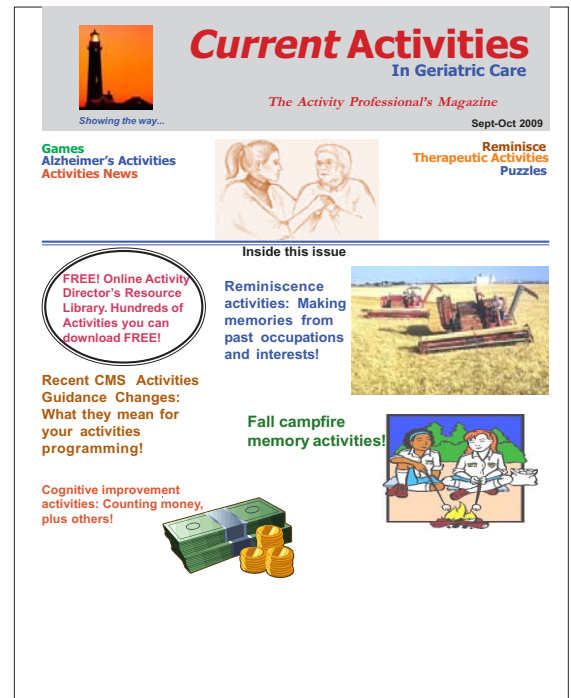
Bonus: Each issue has a training article that can earn CE credits for your ADs, RNs, LPNs and CNAs! CEs are registered and certificates issued! You get one free caregiver registration per subscription. Additional available at only \$12 each!

Big timesaver! Several pages of puzzles, missing word, and games are ready to use! Just copy and distribute to your elders! (Or download from your subscriber site, and print with your computer!)



"For the best in research-proven, person-centered, Activities Programs: *Current Activities in Geriatric Care* is the way to go."

Published bi-monthly. Only \$49/year US; \$69 Canada. A huge, timesaving bargain for you!



Falls are a leading cause of death and injury in elders!

But now, you can conduct a fun activities program that can really help keep them from falling!

New! Just off the presses! The Third North American Edition of *Stepping On*, revised into a teaching-friendly format under grant by Wisconsin eldercare specialists!

What is *Stepping On*?

It's a step by step 7-week fun and effective educational program for elders that will enable you to effectively teach them a few basic principles that really work to help them avoid falling!

It was developed by well-known Australian eldercare researchers Dr. Lindy Clemson and Megan Swann, and University of Wisconsin Geriatrician Jane Mahoney.

University research studies show that the *Stepping On* falls education program reduced falls by a huge 31%! This makes it one of the few comprehensive falls programs that's actually research-proven to reduce falls!

Using a CDC educational development grant, the manual was edited into a teaching format at the Greater Wisconsin Agency on Aging, and is currently being widely used in that state, plus others.

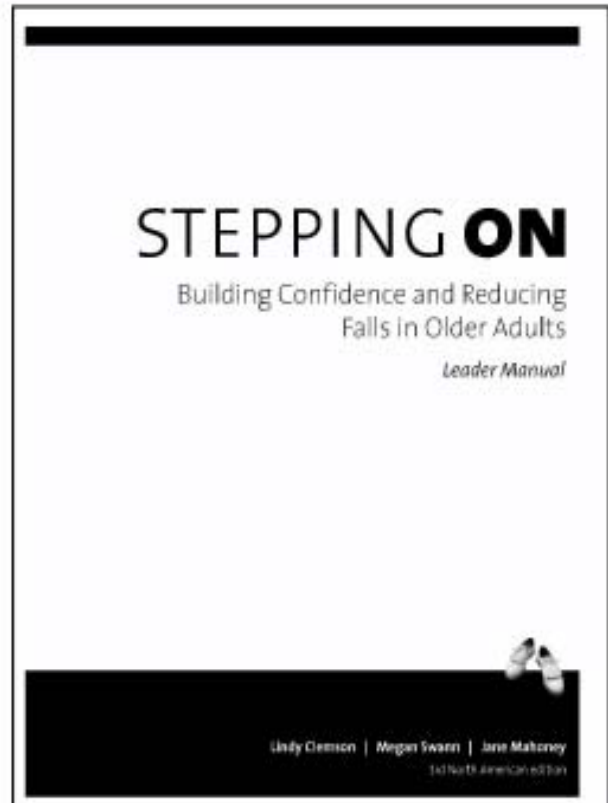
This Agency provides workshops, train-the-trainer programs and consulting in several states for the program. It's being implemented in some states under additional disease-prevention grants. (For information: Ph: 608-243-5670; email: info@gwaar.org.)

Who uses *Stepping On*?

Educators in community centers, senior centers, assisted living, nursing homes (for your mobile elders), at-home healthcare agencies, hospital educational programs, and more.

Here's what you get in the new, 3rd N. American edition *Stepping On* teaching manual:

- Nearly 400 pages of complete instructions on how to set up, develop, promote and teach multiple sessions of the *Stepping On* program using easy and effective adult education principles.
- All the information you need to teach each session's topics. Topics include: Introduction; exercise and moving about safely; home hazards; community safety and footwear; vision, and falls; Vitamin D; using hip protectors; medication management; plus reviews.
- Handy PowerPoint and overhead slides you can use to illustrate your teaching programs.
- Informative handouts to accompany each session.



It's all you need to teach your elders evidence-based, fall-prevention skills!

Only \$95, plus \$9 shipping.

Evidence-based education to help you with the challenges of Alzheimer's Care!

A bi-monthly educational/training journal that keeps caregivers up-to-date on the latest, evidence-based, information about caring for elders with Alzheimer's disease, and featuring education and training based on the new CMS Quality and Culture Change initiatives!

- ✓ Articles for free CE Credits with the National Council of Certified Dementia Practitioners!
- ✓ Articles for free CEs with CEU Network for RNs, LPNs, and CNAs to help them with their licensing requirements!
- ✓ The very latest in evidence-based research about caring for Alzheimer's residents, with new recommendations and information from official government sources!
- ✓ Information on new therapeutically-proven cognitive therapy programs, how to solve common problems and challenges, such as eating problems, wandering, aggression, sundowning and more!
- ✓ Training on how to resolve problem behaviors, including the latest evidence-based recommendations!
- ✓ New programs that can help improve cognition!

Only \$55 per year US; \$65 Canada, overseas!

Alzheimer's Care Guide

Volume 3 Evidence-based education for caregivers March/April 2008

Inside

- Pain Control: A few caregiving steps can be effective. 8
- Pressure ulcer prevention: The latest guidelines (An interview training article, with quiz). 12
- Caregiver News Briefs. 18
- CMS Accident and Suspension Guidance. 19
- Exercise helps elders who have mobility problems. 21
- Reaching Alzheimer's elders through music. 22

How to download educational materials from the Care Guide Internet site

On this site, you'll find materials to help you with your Alzheimer's caregiver education:

- PDF copies of the 2 educational articles in this issue.
- PowerPoint and MS Word slides and teacher's notes, covering both articles.
- Other educational materials.

1. Go to www.careguide.com
2. Click on the Alzheimer's Care Guide button.
3. Logon using the customer number or your Care Guide mailing label or your ID. Use your spouse's letter the 1st or 3rd digit number as a 2nd or 3rd digit.
4. Select your desired items for downloading.

For help, email at info@careguide.net, or phone 1-800-399-1700 toll free.

Ensuring the safety of wanderers who have dementia

By Robert J. Santos, Ph.D.

While many have heard the warning bells about the safety hazards with an elderly person, those who care for someone with Alzheimer's disease or other dementias are involved. The risk of wandering is one of them, and one of every five people who have dementia will wander off at one time or another, according to the Alzheimer's Association.

Although outdoor living facilities that have residents with memory impairment, and other symptoms of dementia, take special precautions to prevent wandering, the potential is still there. For those living in their own home or that of a family member, the risk may be taken very seriously.

Wandering can occur quickly, and it can happen even with the utmost vigilance. Even when you care for those with dementia full time, since they have never wandered, there is no need to worry.

However, because of the progressive nature of dementia, wandering can begin at any time and, once someone wanders for the first time, they are more likely to do it again.

It is never efficient to tell the person with dementia to stop going alone, for they will probably not remember to be discouraged when you do the ability to make good judgments.



Wandering Prevention

There are many reasons for wandering. People with dementia who wander often have a purpose or goal in mind. This could be psychological in nature, such as the effects of loneliness, being hungry or thirsty, or needing to go to the bathroom. The wandering, when the person is not in distress, confusion, medication, agitation, or anxiety. These, in turn, could result from the person with dementia being unable to recognize familiar people, places, objects or sounds.

(Wandering continues...)



Includes FREE CEs for RNs, LPNs, and ADs! One free CE annual registration is included!

Depression in Geriatric Medical and Nursing Home Patients, A Treatment Manual

A person-centered behavioral therapy program research-proven to significantly reduce depression... and problem behaviors... in your elders.

An easy-to-understand 78-page educational manual that provides non-mental health caregivers with step-by-step instructions for treating and managing depression among elderly patients.

Depression is a serious problem in the elderly. Research shows that up to 30-45% of elders in nursing homes can be depressed, which can substantially reduce the elder's quality of life and result in increased problem behaviors, worsening health problems and more. **Only \$36.**



Depression in Geriatric Medical and Nursing Home Patients A Treatment Manual

Peter A. Lichtenberg
Michael L. Kimbarow
Jacqueline Remondet Wall
R. Eric Roth
Susan E. MacNeill

Evidence-based Alzheimer's Activities: 2nd Edition!

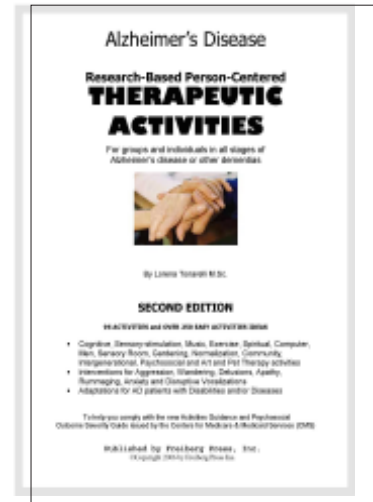
Bigger and better! 145 pages of all types of activities for all stages of Alzheimer's disease! And all are evidence-based!

New! Includes training article: "Person-Centered Activities Programming" plus quiz for 1 CE credit! Credits accepted for ADs, RNs, and LPNs through CEU Network. Certificates are issued.
1 free CE registration with order!

- ✓ 145 pages in a ring-bound manual!
- ✓ 172 activities and variations, plus 50 "simple ideas activities"!
- ✓ Activities are conveniently segmented according to the different stages of Alzheimer's disease!
- ✓ Cognitive, Sensory-stimulation, Music, Exercise, Spiritual, Computer, Men, Sensory Room, Gardening, Normalization, Community, Intergenerational, Psychosocial and Art and Pet Therapy activities.
- ✓ All types of activities: simple one-on-one sessions, party, reminiscence, special occasion, outdoor, exercise, more!

Subscriber special: Only \$59

Send check or purchase order to: Freiberg Press, PO Box 612, Cedar Falls IA 50613. Or ph: 1-800-354-3371. Or place your order online: www.care4elders.com.



It's new! It's effective! The GROW Program! (Getting Residents Out of Wheelchairs!)

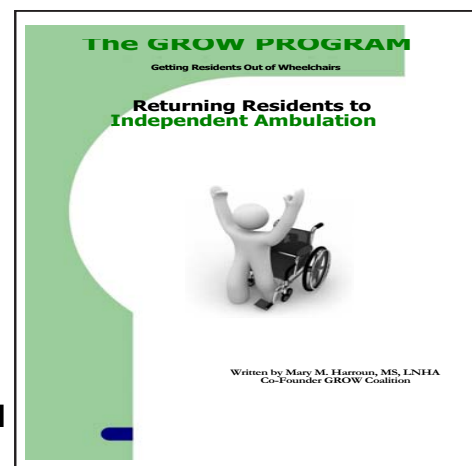
It's a 164-page training manual, with a step-by-step program that all caregivers can use, to get your residents up and walking again!

It's a whole new concept, authored by Mary Harroun, Geriatric Psychologist and Nursing Home Administrator, that will greatly benefit your chair-bound elders!

Being confined to a wheelchair is a disaster for an elder, that weakens them, reduces their quality of life, and can cause an early death!

Get them up and walking again! Order your manual today! Only \$249.

For more detailed information: www.store4caregivers.com



Order Form

Code: 10-12

Yes, I want to order:

Alzheimer's Care Guide, \$55/yr.US.
 Canadian \$65/yr.

Name of caregiver for free CE registration:

Current Activities in Geriatric Care
\$49/yr. US.

Canadian \$69/yr.

Name of caregiver for free CE registration:

Nurse Aid/VIP \$120 /yr. Monthly subscription
and internet access.

Current Nursing in Geriatric Care \$79 / yr.
Monthly subscription and internet access.

Name of caregiver for free CE registration:

Names of additional registrations at only \$12 each
for a year of credits (12 credits total!)

**Depression in Geriatric Medical
and Nursing Home Patients.**
***A Treatment Manual.* \$36.**

**Therapeutic Activities for Alzheimer's
Residents. \$59 & \$5 S&H.**

**Stepping On falls prevention activities
manual. \$95 plus \$9 shipping. (\$104 total.)**

**TTT: Train the Trainer in
Alzheimer's caregiving. \$189**
 Canadian order \$209

The Grow Program \$249

**Canadian Orders: All payments must be made
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10-12

For over 30 years....

Excellence in evidence-based caregiving!