

## Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

## ARPHS Video Catalogue

Central Office: (09) 623-4600  
South Office: (09) 261-1623

All Enquiries to a Resource Centre Near You

### Older Adult

Catalogue No	Language	Title	Running Time	Recommended Audience	Comment
OLD 01-01	English	Staying On	19 mins		General / Mature Adults Safety in the home particularly for older people designed to stimulate thought about what and how to make
OLD 02-01	English	Maximising Physical Potential for	57 mins	General / Mature	Challenging the common misconceptions that
OLD 03-01	English	What's age got to do with it?	33 mins	General / Mature	Older people in our society ten to be stereotped as frail and senile - this programme sets out to dispet those myths and contains many examples of people over 50 years trying new or continuing
OLD 03-02	English	What's age got to do with it?	33 mins	General / Mature	Older people in our society ten to be stereotped as frail and senile - this programme sets out to dispet those myths and contains many examples of people over 50 years trying new or continuing

OLD 03-03	English	What's age got to do with it?	33 mins	General / Mature	Older people in our society tend to be stereotyped as frail and senile - this programme sets out to dispel those myths and contains many examples of people over 50 years trying new or continuing
OLD 04-01	English	Workout for Older Women	60 mins	Women	Exercise to music designed for women who are over forty overweight, unfit, pregnant postnatal or
OLD 05-01	English	You Must Remember This	57 mins	Caregivers	A look at Alzheimer's Disease from the subtle early signs the slow loss of language memory and skills; what is known about its causes
OLD 05-02	English	You Must Remember This	57 mins	Caregivers	A look at Alzheimer's Disease from the subtle early signs the slow loss of language memory and skills; what is known about its causes
OLD 05-03	English	You Must Remember This	57 mins	Caregivers	A look at Alzheimer's Disease from the subtle early signs the slow loss of language memory and skills; what is known about its causes
OLD 05-04	English	You Must Remember This	57 mins	Caregivers	A look at Alzheimer's Disease from the subtle early signs the slow loss of language memory and skills; what is known about its causes
OLD 06-01	English	Grief and Older People	40 mins	General	Experiences shared to increase understanding of the grief and loss experienced by older people and raise awareness of the issues and needs of
OLD 07-01	English	Older Women in Film			
OLD 08-01	English	Aging Parents			

OLD 09-01	English	Seeing it our way			
OLD 09-02	English	Seeing it our way			
OLD 10-01	English	Senior Citizens Centres			
OLD 11-01	English	Where there's life there's care			
OLD 12-01	English	Wher there's Life there's Quality -			
OLD 13-01	English	Where there's life there's reason			
OLD 15-01	English	Happy Just be be alive			
OLD 15-02	English	Happy Just be be alive		Elderly	
OLD 16-01	English	Ageing Populations: A European	28 mins	Elderly	This resource examines the current issues surrounding an ageing population in the UK,