

Harbor Regional Center Recommended Materials for Client Participation

The following books and materials are available in the HRC Resource Center. These items contain current information for individuals with disabilities. Many other books and materials are available for check-out in the resource center.

BOOKS

1. Look 'n Cook: A Color-coded Picture Cookbook, by Catalano, Ellen Sudol
This is a practical or survival cookbook for nonreaders and beginning cooks. Recipes are presented in step-by-step pictures and text but require little reading ability and no cooking experience. This cookbook is designed to teach basic conventional cooking techniques and kitchen safety. Includes 40 lessons teaching kitchen safety, cooking techniques, and nutrition.

VIDEOS/DVDS

2. Brushing Your Teeth, by YAI National Institute for People with Disabilities
It can be challenging to teach someone with MR/DD how to brush his or her teeth. Finally, there is a teaching tool that lets individuals learn at their own pace, and review material as often as they need. This fun, interactive, visually appealing CD makes learning easier by: Demonstrating skills step-by-step, providing animated demonstrations, and including a printable handout to assist in the transference of skills to the natural environment.
3. Looking Good, by Program Development Association
Meet Mary, a young woman with developmental disabilities. Mary and friends meet for pizza and plan a party. To prepare each must perform a variety of everyday personal care skills. Viewers see the steps Mary and her friends take
4. Keeping House, by Attainment Company Incorporated
This entertaining and humorous video will assist professional and families in teaching people with developmental disabilities how clean house, inside and out and how to develop housekeeping routines. to get ready and learn how daily routines are done in a set sequence.
5. Home Cooking, by Attainment Company Incorporated
This video provides entertaining instruction in nutritious meal preparation.
6. Ease into Fitness, by IRIS media Incorporated
This Fitness video is a beginning workout for people with developmental disabilities which features flexibility, aerobics, strength and balance. clients, families, professionals.
7. Shopping Smart, by Attainment Company Incorporated
This motivational video may be used by caregivers to assist adults with disabilities learn to plan a grocery store routine and shop in a set sequence. It is presented in an entertaining way complete with plot twists and humorous

situations.

8. Home of Your Own, set 1, by James Stanfield Company Incorporated 1997
This is a two DVD plus instructor's manual set which is a cooperative living training program. It aims to assist providers to teach social and daily living skills to people with developmental disabilities so that they may learn to get along with others as roommates.
9. First Impressions: Hygiene for Males, by James Stanfield Company Incorporated 2006
This material consists of four modules each of which present information in a skill area essential to making a good first impression.
10. First Impressions, Module 2: Grooming for Males, James Stanfield Company Incorporated 2006
This module on grooming for males includes comprehensive lessons on the meaning and importance of grooming along with detailed lessons plans on such things as hair care, choosing a hair style, etc.
11. First Impressions: Female Hygiene 1,2, by James Stanfield Company Incorporated 2006
This comprehensive material includes an instructor's guide along with the DVD. This material provides practical information on the importance of hygiene, grooming appearance and attitude.
12. First Impressions: Grooming for Males/Females, by James Stanfield Company Incorporated 2006
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.
13. First Impressions Module 3: Dress, by James Stanfield Company Incorporated 2006
This instructional material helps participants learn skills in four key areas that make up a first impression.
14. Self Determination: Enabling People to Make Choices, by Cicero, NY Program Development Associates 1992
This DVD can be used by staff to help people with developmental disabilities in making decisions that affect them. Areas included are identifying personal preferences, overcoming barriers, decision making responsibility and consequences.
15. Leisure Works, by Iris Media, Inc, 2002
This is a learning program to be used by direct support providers in expanding leisure time options for people with developmental disabilities. It includes videos, an instructor's manual, and reproducible activity sheets.

16. Being With People, set 1, by James Stanfield Publishing Company, Inc 1990
This program will help service providers teach the essential social skills needed to establish positive relations with friends, dates, housemates, authority figures, strangers and much more.
17. Community Man, Series 1, by James Stanfield Publishing, Inc 2006
This DVD series promotes living in the community for people with developmental disabilities. Each part in the series focuses on a specific community resource such as the fire department, the police department, health care, the pharmacy, etc.
18. Lifefacts: Managing Emotions, by James Stanfield Company, Inc, 1992
This program is about feelings and how they can be managed. The 4 core emotions of sadness, anger, fear, and happiness are emphasized.
19. Home of Your Own, Set 1, by James Stanfield Company, Inc, 1997
This is a two set DVD set plus instructor's manual set which is a cooperative living training program. It aims to assist providers to teach social and daily living skills to people with developmental disabilities so that they may learn to get along with others as roommates.
20. Mind Your Manners, by James Stanfield Company, Inc 1987 Revised
This 3 disk set with instructor's manual will help teach social behaviors to people with disabilities which will help them fit in and feel comfortable in a variety of situations.

Available For Purchase

Books

21. '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.

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