

Movies for Caregivers

Drama

Harvest (2011) - Rated R

Three generations are drawn together by their patriarch. With endearing moments of humor and uplifting spirit, this film portrays a family that awkwardly yet delicately hanging on to what was, what now is and to one another.

Dear Frankie (2005) – Rated PG-13

Utterly superb Scottish gem about a single mother who keeps a secret from her young deaf son in an attempt to protect him, but ends up having to hire a stranger to portray the boy's father for a day when exposure is threatened. You've never seen a sweeter film, and probably never will.

Secondhand Lions (2003) – Rated PG

Michael Caine and Robert Duvall portray brothers whose lives are turned upside when their 14 year old nephew joins them for a memorable summer of adventure and self-discovery. Magical.

The Straight Story (1999) – Rated G

This very simple yet profound true story follows an aging man as he travels halfway across the country on a small riding lawnmower to visit his ailing and estranged brother. An unforgettable odyssey, with an Oscar-nominated performance by Richard Farnsworth.

Comedy

An Ideal Husband (1999) – Rated PG-13

This adaptation of Oscar Wilde's play is a clever and sophisticated look at romantic mishaps and social game playing among turn-of-the-century Londoners. Rupert Everett is absolutely hilarious

Little Manhattan (2005) – Rated PG

A young boy experiences his first crush in this charming, whimsical look at what it means to be in love.

My Big Fat Greek Wedding (2002) – Rated PG

This wacky culture-clash comedy follows a young Greek woman through the tumultuous process of meeting and marrying outside of her ethnicity.

Return to Me (2000) – Rated PG

A man unwittingly falls for the woman who received his late wife's heart through a transplant in this amusing and tender film.

Films that address caregiving issues

Dad (1989) – Rated PG

A man returns home to his mother care for his ailing father in this multigenerational look at the various joys, sorrows, and opportunities that caregiving affords to family relationships.

Marvin's Room (1996) – Rated PG-13

This beautiful and truthful film follows two sisters, one of whom has given up her own pursuits to be a caregiver to her father and aunt. When the caregiver herself becomes ill, the other sister and her two sons come to help out. The depiction of the nature of caregiving is amazing.

Proof (2005) – Rated PG-13

A young woman caring for her mentally ill father confronts family issues and fears of inheriting her father's disease. Literate adaptation of the stage play makes a touching statement about trust in relationships being more important than gaining empirical evidence.

The Wedding Gift (1994) – Rated PG-13

A British couple faces the challenge of a lifetime when the wife contracts a mysterious and debilitating illness. Wry humor helps them cope in this lovely, bittersweet depiction of the unique difficulties faced by spousal caregivers.

Educational

The Educated Caregiver, 3 parts (2004)

An award winning series that on Vol. 1 covers coping skills, Vol. 2 covers hands-on-skills, Vol.3 gives essential knowledge that includes tips from doctors and other health care professionals.

Exercise

Yoga for Caregivers

This was created to provide maximum impact for your health in an efficient schedule and the most convenient location-your home.