

# Participant Companion Guide

## Module 1: *The Everyday Experience of Aging*

Resources related to  
Age-Related Changes, Healthy Aging



**BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH**

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## I. Fact Sheets

### Healthy Aging

Title: Healthy Aging

Audience: Consumers

Topic: Healthy aging

Description: Provides facts about aging, chronic diseases, and falls.

Link: <http://www.aarp.org/content/dam/aarp/livable-communities/learn/health/healthy-aging-fact-sheet-aarp.pdf>

Reference: National Council on Aging (NCOA)

Title: The State of Mental Health and Aging in America

Audience: Consumers and Professionals

Topic: The mental health of older adults in the United States

Description: Provides information about mental health, mental health problems, risk factors, and life satisfaction of older adults in the U.S.

Link: [http://www.cdc.gov/aging/pdf/mental\\_health.pdf](http://www.cdc.gov/aging/pdf/mental_health.pdf)

Reference: Centers for Disease Control and Prevention (CDC)

### Social Interaction

Title: Older Adults and the Importance of Social Interaction

Audience: Consumers

Topic: Social Interaction

Description: Provides information about the benefits of social interaction for older adults.

Link: <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4513>

Reference: University of Rochester Medical Center

Title: Participating in Activities You Enjoy—More than Just Fun and Games: Tips From the National Institute on Aging

Audience: Consumers

Topic: Meaningful activity

Description: Provides information about the benefits of meaningful activity for older adults.

Link: [https://niaprofiles.s3.amazonaws.com/s3fs-public/participating-in-activities-you-enjoy\\_0.pdf](https://niaprofiles.s3.amazonaws.com/s3fs-public/participating-in-activities-you-enjoy_0.pdf)

Reference: National Institute on Aging (NIA)

Title: ADL/IADL Checklist

Audience: Consumers

Topic: A checklist for activities of daily living (ADL) and instrumental activities of daily living (IADL)

Description: A checklist that can be used to determine the level of care assistance that person needs.

Link: <http://careresponse.com/wp-content/uploads/2013/03/Ann-Arbor-ADL-IADL-Checklist.pdf>

Reference: CARE RESPONSE

## **Diversity**

Title: Diversity

Audience: Consumers and Professionals

Topic: Diversity and cultural competence in understanding and addressing and aging population

Description: Provides information and tools to promote cultural competency for an increasingly diverse aging population.

Link: [http://www.aoa.acl.gov/AoA\\_Programs/Tools\\_Resources/diversity.aspx](http://www.aoa.acl.gov/AoA_Programs/Tools_Resources/diversity.aspx)

Reference: Administration for Community Living (ACL)

Title: Diversity

Audience: Consumers and Professionals

Topic: Diversity in aging populations

Description: Provides links to resources and articles about inclusion and multicultural perspectives in understanding older adults and their diverse needs.

Link: <http://www.asaging.org/diversity>

Reference: American Society on Aging (ASA)

## **Loss**

Title: Mourning the Death of a Spouse

Audience: Consumers and Professionals

Topic: Dealing with mourning and loss

Description: Provides information about physical and emotional effects of loss of a spouse and how to deal with feelings and physical symptoms.

Link: <https://www.nia.nih.gov/health/publication/mourning-death-spouse>

Reference: NIA

Title: Grief and Loss

Audience: Consumers and Professionals

Topic: Dealing with loss

Description: Provides information on healthy ways to cope with and heal from the pain of loss.

Link: <http://www.helpguide.org/home-pages/grief-loss.htm>

Reference: Helpguide.org

## **Quality of Life**

Title: Aging and Quality of Life

Audience: Consumers and Professionals

Topic: Individuals' evaluations of personal lives

Description: This survey examines generational differences in people's evaluations of their personal lives and explores public attitudes about what it means to have a good quality of life in older age.

Link: <http://www.pewforum.org/2013/11/21/chapter-6-aging-and-quality-of-life/>  
Reference: Pew Research Center

### **Musculoskeletal System**

Title: Aging Changes in Body Shape

Audience: Consumers

Topic: Muscle loss, height loss, body fat loss, bone density

Description: Provides information about normal age-related changes that occur in the muscular and skeletal systems including ways to reduce the effects of these changes.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/003998.htm>

Reference: MedlinePlus

Title: What is Osteoporosis? Fast Facts: An Easy-to-Read Series of Publications for the Public

Audience: Consumers

Topic: Osteoporosis

Description: Provides information about causes, prevention, and prevalence. Includes links to additional information about symptoms, diagnosis, treatment, and falls prevention.

Link: [http://www.niams.nih.gov/health\\_info/bone/osteoporosis/osteoporosis\\_ff.asp](http://www.niams.nih.gov/health_info/bone/osteoporosis/osteoporosis_ff.asp)

Reference: National Institutes of Health (NIH)

Title: Falls Among Older Adults: An Overview

Audience: Consumers and Providers

Topic: Falls

Description: Includes prevalence of falls, consequences of falls, and who is at risk for falls. Also contains links to costs of falls, hip fractures, and falls in nursing homes.

Link: <http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Reference: CDC

Title: Falls Prevention Fact Sheet

Audience: Consumers and Providers

Topic: Falls

Description: A printable document that provides information about falls causes, outcomes, prevalence, prevention, and treatment.

Link: [https://www.ncoa.org/wp-content/uploads/Fact-Sheet\\_Falls-Prevention.pdf](https://www.ncoa.org/wp-content/uploads/Fact-Sheet_Falls-Prevention.pdf)

Reference: NCOA

## **Cardiovascular System**

Title: Older Americans & Cardiovascular Disease

Audience: Consumers

Topic: Cardiovascular disease

Description: Provides statistics about cardiovascular disease, coronary heart disease, angina pectoris, stroke, high blood pressure, and heart failure specifically related to older adults.

Link: [http://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm\\_319574.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319574.pdf)

Reference: American Heart Association

## **Neurological System**

Title: Cognitive Skills and Normal Aging

Audience: Consumers

Topic: Age-related cognitive aging

Description: Provides information about the normal amount of cognitive decline, factors affecting cognitive aging, and how to compensate for or slowing down age-related changes.

Link: [http://alzheimers.emory.edu/healthy\\_aging/cognitive-skills-normal-aging.html](http://alzheimers.emory.edu/healthy_aging/cognitive-skills-normal-aging.html)

Reference: Emory University and Alzheimer's Disease Research Center

Title: What is a Healthy Brain? New Research Explores Perceptions of Cognitive Health among Diverse Older Adults

Audience: Consumers

Topic: Age-related cognitive aging

Description: Provides information about perceptions of cognitive health related to a diverse population of older adults.

Link: [http://www.cdc.gov/aging/pdf/Perceptions\\_of\\_Cog\\_Hlth\\_factsheet.pdf](http://www.cdc.gov/aging/pdf/Perceptions_of_Cog_Hlth_factsheet.pdf)

Reference: CDC

Title: Normal Aging vs Dementia

Audience: Consumers

Topic: Normal age-related changes

Description: Provides information about the difference between normal age-related memory loss and cognitive decline and dementia, which is not considered normal aging.

Link: <http://memory.ucsf.edu/brain/aging/dementia>

Reference: University of California, San Francisco



## **Sensory System**

Title: Age-Related Hearing Loss Fact Sheet

Audience: Consumers

Topic: Age-related hearing loss, hearing and balance

Description: Provides tools for consumers to self-assess a hearing problem, steps to take if a consumer has trouble hearing, preventing age-related hearing loss, and possible treatment for hearing loss including hearing aids and cochlear implants.

Link: <http://www.nidcd.nih.gov/staticresources/health/hearing/NIDCD-Age-Related-Hearing-Loss.pdf>

Reference: National Institute on Deafness and Other Communication Disorders

Title: Smart Features for Older Drivers

Audience: Consumers

Topic: Sensory changes, vision impairment

Description: This fact sheet provides information about older drivers and sensory impairment.

Link: <https://newsroom.aaa.com/wp-content/uploads/2012/11/SmartFeatures-FactSheet.pdf>

Reference: University of Florida

## **Gastrointestinal System**

Title: Problems with Taste

Audience: Consumers and Professionals

Topic: Taste

Description: Provides information how taste functions, the link between taste and smell, and taste impairment.

Link: <http://nihseniorhealth.gov/problemswithtaste/aboutproblemswithtaste/01.html>

Reference: National Institutes of Health (NIH) SeniorHealth

Title: The Oral Health of Older Americans

Audience: Consumers and Providers

Topic: Chewing ability, quality of life

Description: Provides information about oral health in older adults and the oral health needs of older adults.

Link: <http://www.cdc.gov/nchs/data/ahcd/agingtrends/03oral.pdf>

Reference: CDC

Title: Oral Health for Older Americans

Audience: Consumers and Providers

Topic: Oral health

Description: Provides statistics about the oral health of older adults in the U.S., including information about access to dental insurance, gum disease, and tooth decay. Also provides information about how older adults can maintain their oral health.

Link: [http://www.cdc.gov/oralhealth/publications/factsheets/adult\\_oral\\_health/adult\\_older.htm](http://www.cdc.gov/oralhealth/publications/factsheets/adult_oral_health/adult_older.htm)  
Reference: CDC

### **Genitourinary System**

Title: Bladder Health and Aging Fact Sheet

Audience: Consumers

Topic: Urinary incontinence

Description: Provides information about urinary incontinence for older adults.

Link: [http://www.simonfoundation.org/Images/Fact\\_Sheet\\_Bladder%208-4-08\[1\].pdf](http://www.simonfoundation.org/Images/Fact_Sheet_Bladder%208-4-08[1].pdf)

Reference: The Simon Foundation

Title: Urinary Tract Infection Fact Sheet

Audience: Consumers

Topic: UTI

Description: Provides information about urinary tract infections, causes, symptoms, tests, treatments, and how to avoid them.

Link: <http://www.hhs.gov/opa/pdfs/urinary-tract-infection-fact-sheet.pdf>

Reference: U.S. Department of Health and Human Services (DHHS)

### **Respiratory System**

Title: Chronic Obstructive Pulmonary Disease (COPD) Fact Sheet

Audience: Consumers

Topic: COPD

Description: Provides information about mortality, prevalence, gender differences, causes, and consequences of COPD.

Link: <http://www.lung.org/lung-disease/copd/resources/facts-figures/COPD-Fact-Sheet.html>

Reference: American Lung Association

### **Integumentary System**

Title: Pressure Ulcers: Just the Facts!

Audience: Consumers and Professionals

Topic: Age-related skin issues, pressure ulcers

Description: This fact sheet provides information about pressure ulcers including stages of pressure ulcers and prevention.

Link: <http://www.npuap.org/wp-content/uploads/2014/09/STOP-PU-Day-Fact-Sheet-color-20141.pdf>

Reference: National Pressure Ulcer Advisory Council

## II. General Health Information and Resources

### Education

Title: Oregon Geriatric Education Center (OGEC)

Audience: Consumers and Professionals

Topic: Education and Resources

Description: Provides links to educational materials and resources for professionals, patients, and their families, and consortium partners.

Link: <http://ogecresourcecenter.org>

Reference: Oregon Geriatric Education Center (OGEC)

Title: Equity and Social Determinants of Health among Older Adults

Audience: Consumers and Professionals

Topic: Access and quality disparities due to race and ethnicity

Description: Provides information health inequalities as determined by race.

Link: <http://www.asaging.org/blog/equity-and-social-determinants-health-among-older-adults>

Reference: ASA

### Presentation and Adverse Effects

Title: Aging Changes in Immunity

Audience: Consumers

Topic: Age-related changes

Description: Provides information about the effects of age-related changes on the immune system.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004008.htm>

Reference: MedlinePlus

### Prevention

Title: Prevention: Basic Facts & Information

Audience: Consumers

Topic: Prevention

Description: Provides recommendations for disease prevention for adults aged 65 and older.

Link: <http://www.healthinaging.org/aging-and-health-a-to-z/topic/prevention/>

Reference: Health in Aging

Title: How Much Physical Activity Do Older Adults Need?

Audience: Consumers and Providers

Topic: Exercise, physical activity, prevention

Description: Provides information about benefits of physical activity and exercise guidelines for older adults.

Link: [http://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](http://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)

Reference: CDC

Title: Healthy Aging

Audience: Consumers

Topic: Age-related changes

Description: Provides information about common, normal, age-related changes and ways to reduce their effect including cardiovascular changes, constipation, bladder control, memory loss, sensory decline, oral health, integumentary changes, weight and body mass, and sexual health.

Link: <http://www.mayoclinic.org/aging/ART-20046070?p=1>

Reference: Mayo Clinic

### **Screening**

Title: myhealthfinder

Audience: Consumers

Topic: Prevention, screening tools

Description: This tool allows patients and consumers to find personalized recommendations for medical screening tests.

Link: <http://www.healthfinder.gov/myHealthfinder/>

Reference: DHHS

Title: Fulmer SPICES: An Overall Assessment Tool for Older Adults

Audience: Providers

Topic: Detect and prevent common age-related complications

Description: This instrument allows providers or caregivers to assess older adults for prevalent problems associated with aging including sleep disorders, eating/feeding, incontinence, confusion, evidence of falls, or skin breakdown.

Link: [http://consultgerirn.org/uploads/File/trythis/try\\_this\\_1.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_1.pdf)

Reference: The Hartford Institute for Geriatric Nursing

### **Evidence-Based Practice/Treatment**

Title: Healthy Aging

Audience: Consumers

Topic: Age-related changes

Description: Provides information about common, normal, age-related changes and ways to reduce their effect including cardiovascular changes, constipation, bladder control, memory loss, sensory decline, oral health, integumentary changes, weight and body mass, and sexual health.

Link: <http://www.mayoclinic.org/aging/ART-20046070?p=1>

Reference: Mayo Clinic

### **III. Musculoskeletal System**

#### **Prevalence**

Title: Osteoporosis

Audience: Consumers and Providers

Topic: Prevalence of osteoporosis in the U.S.

Description: Provides information about prevalence of osteoporosis, hospital inpatient care due to osteoporosis-related injuries, and other information on skeletal-related data.

Link: <http://www.cdc.gov/nchs/fastats/osteoporosis.htm>

Reference: CDC

Title: Osteoporosis: The Bone Thief

Audience: Consumers

Topic: Osteoporosis

Description: Provides information about who has osteoporosis, osteopenia, testing bones, and keeping bones strong.

Link: <https://www.nia.nih.gov/health/publication/osteoporosis>

Reference: NIA

#### **Presentation and Adverse Effects**

Title: Aging Changes in the Bones – Muscles – Joints

Audience: Consumers

Topic: Musculoskeletal aging changes

Description: Provides general information in relation to the presentation of changes related to aging in the musculoskeletal system including effect of changes, common problems, and prevention. Links are also provided to more specific musculoskeletal age-related change including body shape, osteoporosis, and organs, tissues, and cells.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004015.htm>

Reference: MedlinePlus

#### **Prevention**

Title: Preventing Falls

Audience: Consumers and Providers

Topic: Tips to prevent falls

Description: Provides detailed tips on how to improve indoor and outdoor environments to prevent falls.

Link: <http://nof.org/articles/17>

Reference: National Osteoporosis Foundation (NOF)

Title: Preventing Falls among Older Adults

Audience: Consumers and Professionals

Topic: Tips to prevent falls

Description: Provides tips on how to avoid falls, includes links to more information about fall prevention including brochures, posters, and fact sheets about falls.

Link: <http://www.cdc.gov/Features/OlderAmericans/>

Reference: CDC

Title: Check for Safety: A Home Fall Prevention Checklist for Older Adults

Audience: Consumers

Topic: Fall prevention checklist

Description: A preventative checklist for consumers and family members to help make home environments safer for older adults.

Link: [http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet\\_Eng\\_desktop-a.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet_Eng_desktop-a.pdf)

Reference: CDC

### **Screening**

Title: Algorithm for Fall Risk Assessment & Interventions

Audience: Providers

Topic: Screening for falls

Description: This is an easy-to-follow tool for providers to assess fall risk in patients.

Link: [http://www.cdc.gov/steady/pdf/algorithm\\_2015-04-a.pdf](http://www.cdc.gov/steady/pdf/algorithm_2015-04-a.pdf)

Reference: CDC

Title: Fall Risk Checklist

Audience: Providers

Topic: Screening for falls

Description: This is an easy-to-follow checklist for providers to assess fall risk in patients.

Link: [http://www.cdc.gov/steady/pdf/fall\\_risk\\_checklist-a.pdf](http://www.cdc.gov/steady/pdf/fall_risk_checklist-a.pdf)

Reference: CDC

Title: STEADI Materials for Health Care Providers - Tests

Audience: Providers

Topic: Falls

Description: Validated tests to assess patient's fall risk factors including mobility, leg strength, endurance, and balance.

Link: <http://www.cdc.gov/steady/materials.html>

Reference: CDC

Title: Assessment of Fear of Falling in Older Adults: The Falls Efficacy Scale-International (FES-I)

Audience: Providers

Topic: Fall screening, fear of falling

Description: This tool allows providers to measure fear of falling outside of the home.

Link: [http://consultgerirn.org/uploads/File/trythis/try\\_this\\_29.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_29.pdf)

Reference: The Hartford Institute for Geriatric Nursing

### **Evidence-Based Practice/Treatment**

Title: Falls Prevention: Care & Treatment

Audience: Consumers and Providers

Topic: Fall prevention, treatment plans

Description: Provides information about treatment plans and lifestyle changes as a way to prevent falls including managing comorbidities, physical therapy, medication management, behavioral therapy, and education.

Link: <http://www.healthinaging.org/aging-and-health-a-to-z/topic/falls/info:care-and-treatment/>

Reference: Health in Aging

Title: Invest in Your Bones. Beat the Break: Know and Reduce Your Osteoporosis Risk Factors

Audience: Consumers

Topic: Risk factors, treatment

Description: Provides information about modifiable and fixed risk factors and ways to maintain bone health.

Link: [http://www.iofbonehealth.org/sites/default/files/PDFs/WOD%20Reports/beat\\_the\\_break\\_2007\\_english.pdf](http://www.iofbonehealth.org/sites/default/files/PDFs/WOD%20Reports/beat_the_break_2007_english.pdf)

Reference: International Osteoporosis Foundation (IOF)

## IV. Cardiovascular System

### Prevalence

Title: Heart Disease Fact Sheets

Audience: Consumers and Providers

Topic: Prevalence of heart disease in the U.S.

Description: Provides information about heart disease, prevalence, and risk factors.

Link: [http://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm)

Reference: CDC

Title: Heart Disease Facts

Audience: Consumers and Providers

Topic: Heart disease facts

Description: Provides statistics for heart disease in the U.S., variations across ethnicity and geography, how to take action, and links to more information about heart disease and other cardiovascular diseases.

Link: <http://www.cdc.gov/HeartDisease/facts.htm>

Reference: CDC

### Presentation and Adverse Effects

Title: Aging Changes in the Heart and Blood Vessels

Audience: Consumers

Topic: Aging changes, heart, blood vessels, pulse, circulation, anatomy, blood pressure

Description: Provides information about the changes that occur in the cardiovascular system due to normal age-related changes including common problems and prevention.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004006.htm>

Reference: MedlinePlus

Title: Heart Health

Audience: Consumers

Topic: Heart health, aging changes, signs of heart disease, heart disease, and prevention

Description: Provides detailed information about the changes that occur to the cardiovascular system during the aging process including signs, symptoms, and prevention of heart disease.

Link: <https://www.nia.nih.gov/health/publication/heart-health>

Reference: NIA

Title: Aging Changes in Vital Signs

Audience: Consumers

Topic: Vital signs



Description: Provides information about normal age-related changes to vital signs including decreased body temperature, adaptability of heart rate and breathing rate, blood pressure, and the effects of medicines on the vital signs of older adults.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004019.htm>

Reference: MedlinePlus

### **Prevention**

Title: American Heart Association—Portland

Audience: Consumers and Providers

Topic: Heart health promotion and

Description: Provides information about heart conditions as well as ways to get healthy. This website is site-specific and provides information about local events in Oregon and SW Washington.

Link: [http://www.heart.org/HEARTORG/Affiliate/Portland-Home-Page\\_UCM\\_WSA043\\_AffiliatePage.jsp](http://www.heart.org/HEARTORG/Affiliate/Portland-Home-Page_UCM_WSA043_AffiliatePage.jsp)

Reference: American Heart Association

Title: Prevention: What You Can Do

Audience: Consumers

Topic: Preventing heart disease

Description: Provides information on how to live a healthy lifestyle, provides key definitions related to heart disease, and how to lower your risk of heart disease.

Link: [http://www.cdc.gov/heartdisease/what\\_you\\_can\\_do.htm](http://www.cdc.gov/heartdisease/what_you_can_do.htm)

Reference: CDC

### **Screening**

Title: Heart-Health Screenings

Audience: Consumers and Providers

Topic: Screening for cardiovascular disease, risk factors

Description: Provides and describes important tests recommended to screen for cardiovascular disease.

Link: [http://www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings\\_UCM\\_428687\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings_UCM_428687_Article.jsp)

Reference: American Heart Association

### **Evidence-Based Practice/Treatment**

Title: Heart Disease and Stroke

Audience: Providers

Topic: Evidenced-based, recommendations

Description: Provides a number of evidenced-based tools related to heart disease and stroke, includes topic area, strength of evidence, and resource type.

Link: [https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke/ebrs#ebr\\_header](https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke/ebrs#ebr_header)

Reference: Healthy People

## V. Neurological System

### Prevalence

Title: Cognitive Impairment: A Call For Action, Now!

Audience: Consumers

Topic: Provides information about cognitive impairment including key facts and why it is an important issue.

Link: [http://www.cdc.gov/aging/pdf/cognitive\\_impairment/cogimp\\_poilicy\\_final.pdf](http://www.cdc.gov/aging/pdf/cognitive_impairment/cogimp_poilicy_final.pdf)

Reference: CDC

Title: 2015 Alzheimer's Disease Facts and Figures

Audience: Consumers

Topic: Prevalence of memory-related diseases

Description: Provides statistics about the prevalence of Alzheimer's disease in the U.S.

Link: [http://www.alz.org/facts/downloads/ff\\_quickfacts\\_2015.pdf](http://www.alz.org/facts/downloads/ff_quickfacts_2015.pdf)

Reference: Alzheimer's Association

### Presentation and Adverse Effects

Title: Aging Changes in the Nervous System

Audience: Consumers

Topic: Aging, prevention

Description: Describes the neurological changes that occur during the aging process including changes specific to older adults and prevention.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004023.htm>

Reference: MedlinePlus

Title: Age-Related Changes in Memory

Audience: Consumers

Topic: Age-related changes in memory, other causes of memory loss, keeping your memory sharp, treatment for dementia.

Description: Provides information about age-related changes in memory.

Link: <https://www.nia.nih.gov/health/publication/forgetfulness>

Reference: NIA

### Prevention

Title: Brain Health

Audience: Consumers

Topic: Lifestyle, health, brain health

Description: Provides information on how to maintain brain health with age through physical activity, healthy diet, mental activity, and social activity.

Link: [http://www.alz.org/we\\_can\\_help\\_brain\\_health\\_maintain\\_your\\_brain.asp](http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp)

Reference: Alzheimer's Association

Title: Tips for Improving your Memory

Audience: Consumers

Topic: Improving memory

Description: Provides tips for helping older adults improve their memory.

Link: [http://www.healthinaging.org/files/documents/tipsheets/improving\\_memory.pdf](http://www.healthinaging.org/files/documents/tipsheets/improving_memory.pdf)

Reference: Health in Aging Foundation

Title: Aging Changes in Sleep

Audience: Consumers

Topic: Aging changes of sleep, effects of changes to sleep, common sleep problems, and prevention

Description: Provides information about how patterns of sleep change during the aging process and the effects of these changes.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004018.htm>

Reference: MedlinePlus

### **Screening**

Title: Assessing Cognitive Impairment in Older Patients: A Quick Guide for Primary Care Physicians

Audience: Providers

Topic: Screening, prevention, cognitive impairment

Description: Provides information on why it is important to assess older adults for cognitive impairment, how to screen, and the importance of early screening.

Link: <https://www.nia.nih.gov/alzheimers/publication/assessing-cognitive-impairment-older-patients>

Reference: NIA

Title: The Pittsburgh Sleep Quality Index (PSQI)

Audience: Providers

Topic: Tool, instrument, quality of sleep

Description: This instrument is a self-reporting tool for patients to assess quality of sleep patterns.

Link: [http://consultgerirn.org/uploads/File/trythis/try\\_this\\_6\\_1.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_6_1.pdf)

Reference: The Hartford Institute for Geriatric Nursing

## **Evidence-Based Practice/Treatment**

Title: Instruments to Detect Cognitive Impairment in Older Adults

Audience: Providers

Topic: Screening, prevention, memory decline, cognitive impairment

Description: This is a searchable database that allows individuals to search for evidenced-based tools for cognitive impairment screening. Individuals can search by name, assessment domains, execution time, and cost.

Link: [https://www.nia.nih.gov/research/cognitive-instrument/search?title=&field\\_ct\\_abbreviation\\_value](https://www.nia.nih.gov/research/cognitive-instrument/search?title=&field_ct_abbreviation_value)

Reference: NIA

Title: Sleep Problems: Care & Treatment

Audience: Consumers

Topic: Treatment

Description: Provides information for management and treatment of age-related sleep problems.

Link: <http://www.healthinaging.org/aging-and-health-a-to-z/topic:sleep-problems/info:care-and-treatment/>

Reference: Health in Aging

## VI. Sensory System

### Prevalence

Title: Vision, Hearing, Balance, and Sensory Impairment in Americans Aged 70 Years and Over: United States, 1999-2006

Audience: Consumers

Topic: Prevalence

Description: Provides statistics and information about sensory impairments of older adults.

Link: <http://www.cdc.gov/nchs/data/databriefs/db31.pdf>

Reference: CDC

### Presentation and Adverse Effects

Title: Aging Changes in the Senses

Audience: Consumers

Topic: Senses

Description: Provides information about normal changes to the sensory system including hearing, sight, sound, taste, and touch.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004013.htm>

Reference: MedlinePlus

Title: Age-Related Eye Diseases and Conditions

Audience: Consumers and Professionals

Topic: Age-related eye diseases

Description: Provides information about common diseases and conditions that affect older adults due to the aging process. Includes age-related macular degeneration (AMD), cataracts, diabetic eye disease, glaucoma, dry eye, and low vision.

Link: [https://nei.nih.gov/sites/default/files/nehpdfs/VandAToolkit\\_Mod2\\_Powerpoint\\_508.pdf](https://nei.nih.gov/sites/default/files/nehpdfs/VandAToolkit_Mod2_Powerpoint_508.pdf)

Reference: National Eye Institute (NEI)

Title: Smell and Taste: Spice of Life

Audience: Consumer

Topic: Age-related sense decline

Description: Provides information about age-related loss of smell and taste.

Link: <https://www.nia.nih.gov/health/publication/smell-and-taste#spice>

Reference: NIA

Title: Age-Related Hearing Loss

Audience: Consumers

Topic: Hearing, sensory change

Description: Provides information about hearing loss associated with aging including causes, symptoms, tests, treatments, complications, and recommendations for when to seek medical assistance.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/001045.htm>

Reference: MedlinePlus

### **Prevention**

Title: Hearing Loss Prevention

Audience: Consumers

Topic: Prevention, hearing loss

Description: Provides information about how to prevent hearing loss as well as warning signs of hearing loss.

Link: <http://www.betterhearing.org/hearingpedia/hearing-loss-prevention>

Reference: Better Hearing Institute

### **Screening**

Title: Audiometry

Audience: Consumers

Topic: Screening for age-related hearing loss

Description: Provides information about an audiometry exam which tests your ability to hear sounds based on intensity and tone.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/003341.htm>

Reference: MedlinePlus

Title: What to Ask: Hearing Loss

Audience: Consumers

Topic: Interacting with providers, screening

Description: Provides tools for older adults on how to interact with their health care provider in regards to concerns about difficulty hearing or loss of hearing.

Link: <http://www.healthinaging.org/resources/resource:hearing-loss-what-to-ask/>

Reference: Health in Aging

Title: What to Ask: Vision Problems

Audience: Consumers

Topic: Vision screening

Description: Provides tools for older adults on how to interact with their health care provider in regards to concerns about difficulty seeing or loss of sight.

Link: <http://www.healthinaging.org/resources/resource:vision-problems-what-to-ask/>

Reference: Health in Aging

Title: Older Drivers  
Audience: Consumers  
Topic: Age-related decline of the senses, safe driving  
Description: Provides information about age-related changes of the senses related to driving.  
Link: <https://www.nia.nih.gov/health/publication/older-drivers>  
Reference: NIA

### **Evidence-Based Practice/Treatment**

Title: Health Vision Starts with a Dilated Eye Exam  
Audience: Consumers  
Topic: Eye and visual health, preventative care  
Description: Provides information on receiving dilated eye exams as a way to promote eye health.  
Link: [https://nei.nih.gov/sites/default/files/nehcp-pdfs/DilatedEyeExamParticipantHandout\\_tagged.pdf](https://nei.nih.gov/sites/default/files/nehcp-pdfs/DilatedEyeExamParticipantHandout_tagged.pdf)  
Reference: NEI

Title: Hearing Screening in Older Adults  
Audience: Professionals  
Topic: Screening for age-related hearing decline  
Description: This is a qualitative questionnaire that providers can use in community-based or clinical settings to understand the handicap effect of hearing impairment for patients.  
Link: [http://consultgerirn.org/uploads/File/trythis/try\\_this\\_12.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_12.pdf)  
Reference: The Hartford Institute for Geriatric Nursing



## VII. Gastrointestinal System

### Prevalence

Title: Digestive Diseases Statistics for the United States

Audience: Consumers

Topic: Prevalence

Description: Provides information about the prevalence of digestive diseases in the United States.

Link: <http://www.niddk.nih.gov/health-information/health-statistics/Pages/digestive-diseases-statistics-for-the-united-states.aspx>

Reference: National Institute of Diabetes and Digestive and Kidney Diseases

### Presentation and Adverse Effects

Title: Concerned about Constipation?

Audience: Consumers

Topic: Constipation

Description: Provides information about what causes constipation, treatments, and questions for patients to ask their doctor if they're concerned about constipation or having trouble eliminating.

Link: <https://www.nia.nih.gov/health/publication/concerned-about-constipation>

Reference: NIA

Title: Stool Color: When to Worry

Audience: Consumers

Topic: Screening, prevention

Description: Provides information for consumers and patients about the meaning of different colored stools as well as what is considered to be healthy colored stool.

Link: <http://www.mayoclinic.org/stool-color/expert-answers/FAQ-20058080?p=1>

Reference: Mayo Clinic

### Prevention

Title: Digestive Health Tips

Audience: Consumers

Topic: Tips for preventing gastrointestinal problems

Description: Provides tips on a number of gastrointestinal topics including peptic ulcer disease, heartburn, nutrition and aging, gallstone disease, hepatitis, GI tract disorders, medications, irritable bowel syndrome, hemorrhoids, inflammatory bowel disease, constipation, and fiber.

Link: <http://patients.gi.org/topics/digestive-health-tips/>

Reference: American College of Gastroenterology

## VIII. Genitourinary System

### Prevalence

Title: Prevalence of Incontinence among Older Adults

Audience: Consumers

Topic: Prevalence

Description: Provides statistical information about the prevalence of urinary incontinence among older adults.

Link: [http://www.cdc.gov/nchs/data/series/sr\\_03/sr03\\_036.pdf](http://www.cdc.gov/nchs/data/series/sr_03/sr03_036.pdf)

Reference: CDC

### Presentation and Adverse Effects

Title: Aging Changes in the Kidneys and Bladder

Audience: Consumers

Topic: Age-related changes

Description: Provides information about normal age-related changes affecting the kidneys and bladder, describes problems (e.g., urinary incontinence), and when to contact a medical professional.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004010.htm>

Reference: MedlinePlus

Title: Aging Changes in the Male Reproductive System

Audience: Consumers

Topic: Age-related changes

Description: Provide information about normal age-related changes affecting the male reproductive system including common problems and prevention.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004017.htm>

Reference: MedlinePlus

Title: Aging Changes in the Female Reproductive System

Audience: Consumers

Topic: Age-related changes

Description: Provide information about normal age-related changes affecting the female reproductive system including effects and managing changes.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004016.htm>

Reference: MedlinePlus

Title: Sexuality in Later Life

Audience: Consumers

Topic: Age-related changes

Description: Provides information about normal sexual changes, sexual problems, safe sex, as well as management and prevention.

Link: <https://www.nia.nih.gov/health/publication/sexuality-later-life>

Reference: NIA

### **Prevention**

Title: Urinary Tract Infection Fact Sheet

Audience: Consumers

Topic: UTI

Description: Provides information about urinary tract infections, causes, symptoms, tests, treatments, and how to avoid them.

Link: <http://www.hhs.gov/opa/pdfs/urinary-tract-infection-fact-sheet.pdf>

Reference: DHHS

### **Screening**

Title: Urinary Tract Infections/Dysuria

Audience: Consumers and providers

Topic: Screening

Description: Provides information about overview, screening, and diagnosis for urinary tract infections.

Link: <http://www.aafp.org/afp/topicModules/viewTopicModule.htm?topicModuleId=30>

Reference: American Academy of Family Physicians (AAFP)

Title: Sexuality Assessment for Older Adults

Audience: Providers

Topic: Screening

Description: An assessment tool for providers to help guide conversations about sexuality and sexual assessment with older adult patients.

Link: [http://consultgerirn.org/uploads/File/trythis/try\\_this\\_10.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_10.pdf)

Reference: The Hartford Institute for Geriatric Nursing

### **Evidence-Based Practice/Treatment**

Title: Urinary Incontinence

Audience: Consumers

Topic: Urinary incontinence

Description: Provides information about types, treatment, and management of urinary incontinence.

Link: <https://www.nia.nih.gov/health/publication/urinary-incontinence>

Reference: NIA

## **IX. Respiratory System**

### **Prevalence**

Title: Chronic Obstructive Pulmonary Disease among Adults Aged 18 and Over in the United States, 1998-2009

Audience: Consumers

Topic: Prevalence, data brief

Description: Provides information about the prevalence of COPD in a variety of populations including at-risk populations (e.g., older adults and women).

Link: <http://www.cdc.gov/nchs/data/databriefs/db63.pdf>

Reference: CDC

### **Presentation and Adverse Effects**

Title: Aging Changes in the Lungs

Audience: Consumers

Topic: Age-related changes

Description: Provides information about normal age-related changes affecting the respiratory system, including breathing and gas exchange, and common problems and prevention.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004011.htm>

Reference: MedlinePlus

### **Prevention**

Title: Understanding Lung Problems—Make Each Breath Healthy

Audience: Consumers

Topic: Prevention

Description: Provides information about common respiratory and lung related problems and diseases as well as symptoms, prevention, and treatment.

Link: <https://www.nia.nih.gov/health/publication/understanding-lung-problems#breath>

Reference: NIA

### **Screening**

Title: Lung Cancer Screening: Questions for the Doctor

Audience: Consumers

Topic: Screening

Description: Provides patients with questions to ask their doctors about lung health and lung disease.

Link: <http://www.healthfinder.gov/HealthTopics/Category/doctor-visits/talking-with-the-doctor/lung-cancer-screening-questions-for-the-doctor>

Reference: DHHS

Title: Emphysema: Lifestyle and Home Remedies

Audience: Consumers

Topic: Managing and preventing emphysema

Description: Provides information on how to halt the progression of emphysema and limit complications through lifestyle changes and home remedies.

Link: <http://www.mayoclinic.org/diseases-conditions/emphysema/basics/lifestyle-home-remedies/con-20014218>

Reference: Mayo Clinic

### **Evidence-Based Practice/Treatment**

Title: Emphysema: Treatment and Drugs

Audience: Consumers

Topic: Treatment of age-related respiratory problems

Description: Provides information on how to manage and treat emphysema.

Link: <http://www.mayoclinic.org/diseases-conditions/emphysema/basics/treatment/con-20014218>

Reference: Mayo Clinic

## X. Integumentary System

### Prevalence

Title: Pressure Ulcers and Skin Tears: Want to Know More

Audience: Consumers

Topic: Pressure ulcer and skin tear prevalence

Description: Provides information about the occurrence of pressure ulcers in older adults as well as information about assessment and intervention.

Link: <http://consultgerirn.org/topics/pressure-ulcers-and-skin-tears/want-to-know-more>

Reference: The Hartford Institute for Geriatric Nursing

### Presentation and Adverse Effects

Title: Aging Changes in the Skin

Audience: Consumers

Topic: Age-related changes

Description: Provides information about normal-age related changes affecting the skin including effects of changes and ways to prevent some skin changes.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004014.htm>

Reference: MedlinePlus

Title: Skin Care and Aging

Audience: Consumers

Topic: Skin care, age-related changes

Description: Provides information about common age-related changes affecting the skin and ways to keep your skin healthy.

Link: <https://www.nia.nih.gov/health/publication/skin-care-and-aging>

Reference: NIA

Title: Aging Changes in Vital Signs

Audience: Consumers

Topic: Controlling body temperature

Description: Provides information about normal age-related changes to vital signs including decreased body temperature.

Link: <http://www.nlm.nih.gov/medlineplus/ency/article/004019.htm>

Reference: MedlinePlus

## **Prevention**

Title: Hyperthermia: Too Hot for Your Health

Audience: Consumers

Topic: Age-related body temperature changes

Description: Addresses problems for older adults due to age-related changes in body temperature regulation.

Link: <https://www.nia.nih.gov/health/publication/hyperthermia>

Reference: NIA

Title: Hypothermia: A Cold Weather Hazard

Audience: Consumers

Topic: Age-related body temperature changes

Description: Addresses problems for older adults due to age-related changes in body temperature regulation.

Link: <https://www.nia.nih.gov/health/publication/hypothermia>

Reference: NIA

## **Screening**

Title: Skin Rashes and Other Changes

Audience: Consumers

Topic: Screening, skin changes

Description: Provides information about symptoms, diagnosis, and self-care related to changes in skin appearance such as rashes or other skin conditions.

Link: <http://familydoctor.org/familydoctor/en/health-tools/search-by-symptom/skin-rashes.printerview.all.html>

Reference: Family Doctor

Title: Skin Biopsy

Audience: Consumers

Topic: Screening for skin related diseases

Description: Provides information about skin biopsies as a way to screen for skin cancer and other diseases of the skin.

Link: <http://www.mayoclinic.org/tests-procedures/skin-biopsy/basics/why-its-done/prc-20014632>

Reference: Mayo Clinic

## **Evidence-Based Practice/Treatment**

Title: Get the Skinny on Skin Disorders

Audience: Consumers and Providers

Topic: Detecting and treating skin-related diseases or problems

Description: Provides information about forty-four common skin disorders including name, description, and treatment recommendations.

Link: <http://www.healthline.com/health/skin-disorders>

Reference: Healthline

Title: Bedsores (Pressure Sores): Treatment and Drugs

Audience: Consumers

Topic: Treating pressure sores

Description: Provides information about how to treat pressure sores, provides links to symptoms, causes, risk factors, complications, tests and diagnoses, and prevention of pressure sores.

Link: <http://www.mayoclinic.org/diseases-conditions/bedsores/basics/treatment/con-20030848>

Reference: Mayo Clinic



## **XI. Brochures, Pamphlets, and Booklets**

### **Age-Related Changes**

Title: Older Adults' Health and Age-Related Changes: Reality Versus Myth

Audience: Consumers

Topic: Age-related physical and mental changes

Description: This brochure debunks common myths about age-related changes.

Link: <http://www.apa.org/pi/aging/resources/guides/older-adults.pdf>

Reference: The American Psychological Association (APA)

### **Falls**

Title: STEADI Materials for Your Older Adult Patients

Audience: Consumers

Topic: Fall prevention

Description: Provides a number of brochures, exercises, and forms for older adults to help them avoid falls. This includes information about how to stay independent, how to prevent falls, how to check for safety, and information about postural hypotension.

Link: <http://www.cdc.gov/steady/patient.html>

Reference: CDC

Title: STEADI Materials for Health Care Providers

Audience: Providers

Topic: Fall prevention

Description: Provides a number of tools, tests, information, case studies, referral forms, and posters about falls, fall prevention, and fall screening for older adult patients.

Link: <http://www.cdc.gov/steady/patient.html>

Reference: CDC

### **Heart**

Title: 6 Surprising Facts about Your Heart

Audience: Consumers

Topic: Heart health

Description: A heart health flyer providing quick facts about the heart.

Link: <http://www.worldhealth.net/images/tip-sheet/anti-aging-tip-sheet-heart-health.png>

Reference: World Health

Title: Women and Heart Disease

Audience: Consumers

Topic: Heart disease, women, gender

Description: A brochure that provides information about heart disease as specifically related to women.

Link: <http://www.heartfoundation.org.au/SiteCollectionDocuments/Women-and-Heart-Disease-brochure.pdf>

Reference: Heart Foundation

Title: Aging Hearts and Arteries: A Scientific Quest

Audience: Consumers

Topic: Age-related changes

Description: Provides an HTML and PDF booklet that looks at the age-related changes in the cardiovascular system.

Link: <https://www.nia.nih.gov/health/publication/aging-hearts-and-arteries/preface>

Reference: NIA

Title: Heart Health

Audience: Consumers

Topic: Heart health

Description: Provides information about how to maintain heart health as you age.

Link: <https://go4life.nia.nih.gov/sites/default/files/HeartHealth.pdf>

Reference: NIA

### **Brain Health**

Title: What is a Healthy Brain? New Research Explores Perceptions of Cognitive Health among Diverse Older Adults

Audience: Providers

Topic: Cognitive health, healthy brain, diverse older adults,

Description: This booklet provides information about how diverse older adults view and understand cognitive health.

Link: [http://www.cdc.gov/aging/pdf/perceptions\\_of\\_cog\\_hlth\\_factsheet.pdf](http://www.cdc.gov/aging/pdf/perceptions_of_cog_hlth_factsheet.pdf)

Reference: CDC

Title: Brain Health Resource

Audience: Professionals

Topic: Brain health, evidence-based

Description: Provides PowerPoints, guides, handouts, and a resource lists to help providers and/or caregivers talk to older adults about brain health.

Link: <https://www.nia.nih.gov/health/publication/brain-health-resource>

Reference: NIA

Title: Understanding Memory Loss: What to Do When You Have Trouble Remembering  
Audience: Consumers  
Topic: Memory loss, age-related cognitive decline  
Description: This booklet provides information about mild forgetfulness, treatment for memory problems, and coping with memory difficulties.  
Link: <https://www.nia.nih.gov/alzheimers/publication/understanding-memory-loss/introduction>  
Reference: NIA

Title: Featured Health Topic: Memory/Cognitive Health  
Audience: Consumers and Providers  
Topic: Cognitive health, memory loss, age-related cognitive decline, Alzheimer’s disease  
Description: Provides information and resources for memory and cognitive health. Resources include AgePages, books, booklets, fact sheets, promotional items, and news.  
Link: <https://www.nia.nih.gov/health/featured/memory-cognitive-health>  
Reference: NIA

### **Sensory System**

Title: Understanding the Effects of Aging on the Sensory System  
Audience: Consumers  
Topic: Age-related sensory changes, hearing loss, vision loss  
Description: This booklet provides a vast amount of information for consumers and families to understand the age-related effects of aging on the sensory system, including hearing, vision, touch, taste, and smell.  
Link: <http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-2418/T-2140web.pdf>  
Reference: Oklahoma State University

### **Gastrointestinal Health**

Title: Patient Brochures  
Audience: Consumers and Providers  
Topic: Gastrointestinal brochures, educational pamphlets  
Description: Provides multiple links to downloadable PDFs about gastrointestinal health for patients and consumers.  
Link: <http://patients.gi.org/brochures/>  
Reference: American College of Gastroenterology

## **Urinary Tract Infection**

Title: Urinary Tract Infection (UTI): A Guide for Women

Audience: Consumers

Topic: UTI

Description: Provides information in a brochure format about UTIs, how to prevent them, and how to treat them.

Link: [http://c.ymcdn.com/sites/www.iuga.org/resource/resmgr/brochures/eng\\_uti.pdf](http://c.ymcdn.com/sites/www.iuga.org/resource/resmgr/brochures/eng_uti.pdf)

Reference: International Urogynecological Association

## **Respiratory System**

Title: Smoking: It's Never Too Late to Stop

Audience: Consumer

Topic: Smoking

Description: A PDF brochure that provides information about smoking.

Link: <https://www.nia.nih.gov/health/publication/smoking>

Reference: NIA

## **Integumentary System**

Title: Take the Pressure OFF!

Audience: Consumers

Topic: Pressure ulcers

Description: Provides information about causes, prevention, and treatment.

Link: <http://aawconline.org/wp-content/uploads/2012/04/Take-the-Pressure-Off.pdf>

Reference: Association for the Advancement of Wound Care (AAWC)

## **XII. Journals, Journal Articles, and Books**

Title: Special Issue: Successful Aging

Audience: Professionals

Topic: Successful aging

Description: A special edition examining the concept of successful aging.

Link: Not available

Reference: *The Gerontologist*, Volume 55, Issue 1, February 2015

Title: Examining Rowe and Kahn's Concept of successful aging: Importance of taking a life course perspective.

Audience: Professionals

Topic: Successful aging

Description: The authors examine successful aging taking into account individual life course events.

Link: Not available

Reference: *The Gerontologist*, Volume 55, Issue 1, February 2015

Title: Redesigning Long Life

Audience: Professionals

Topic: Human life span development study

Description: The Center studies the nature and development of the human life span, looking for innovative ways to use science and technology to solve the problems of people over 50 by improving the well-being of people of all ages.

Link: <http://longevity3.stanford.edu/about-the-center-2/>

Reference: Stanford Center on Longevity

Title: Population Aging Research Center

Audience: Professionals

Topic: Aging research

Description: Provides research on the demography and economics of health and aging.

Link: <https://parc.pop.upenn.edu/>

Reference: University of Pennsylvania

Title: Psychological perspectives on successful aging: The model of selective optimization with compensation

Audience: Professionals

Topic: Aging

Description: Discusses development as a process involving selection, optimization, and compensation.

Link: [https://books.google.com/books?hl=en&lr=&id=0oEJaiK30wUC&oi=fnd&pg=PA1&dq=Baltes+%26+Baltes,+1990+Selectivity+Optimization+Compensation&ots=IIDR1527tS&sig=vqF5jXXBhmf4farVbljvMM\\_2Tk#v=onepage&q&f=false](https://books.google.com/books?hl=en&lr=&id=0oEJaiK30wUC&oi=fnd&pg=PA1&dq=Baltes+%26+Baltes,+1990+Selectivity+Optimization+Compensation&ots=IIDR1527tS&sig=vqF5jXXBhmf4farVbljvMM_2Tk#v=onepage&q&f=false)

Reference: Successful Aging: Perspectives from the Behavioral Sciences By Paul B. Baltes, Margret M. Baltes

Title: Social Disconnectedness, Perceived Isolation, and Health among Older Adults

Audience: Professionals

Topic: Social connectedness

Description: Assesses the effects of social disconnectedness (e.g., small social network, infrequent participation in social activities) and perceived isolation (e.g., loneliness, perceived lack of social support). Examines the extent to which social disconnectedness and perceived isolation have distinct associations with physical and mental health among older adults.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2756979/>

Reference: NIH

Title: Physical Change & Aging: A Guide for the Helping Professions

Audience: Professionals

Topic: Physical changes and common pathologies associated with aging

Description: This book considers the physical, psychological, and social implications of age-related changes.

Authors: Sue V. Saxon, Mary Jean Etten, and Elizabeth A. Perkins

Reference: Springer Publishing Company

Title: A Long Bright Future

Audience: Consumers and Professionals

Topic: Aging myths and misconceptions; Factors to consider when addressing longevity

Description: This book addresses myths and misconceptions about aging that stop us from adequately preparing for the future both as individuals and as a society. Addresses the importance of finances, health, social relationships, Medicare and Social Security.

Authors: Laura L. Carstensen

Reference: Perseus Book Group