Participant Companion Guide

Module 1:
The Everyday Experience of Aging

Resources related to
Age-Related Changes, Healthy Aging
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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.
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.
Reference: National Institute on Aging (NIA)

Title: ADL/IADL Checklist
Audience: Consumers
Topic: ADL/IADL
Description: 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.
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](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.
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.
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.
Muscloskeletal 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.
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.
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/homeandrecreationalsafety/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.
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.  
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](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.  
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.  
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](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](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.
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.
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.
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.
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](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 on health inequalities as determined by race.
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.
Reference: MedlinePlus

**Prevention**

Title: Prevention: Basic Facts & Information
Audience: Consumers
Topic: Prevention
Description: Provides recommendations for disease prevention for adults aged 65 and older.
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  
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  
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.
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/](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.  
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.  
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.  
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/steadi/materials.html](http://www.cdc.gov/steadi/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.
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.
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
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
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.
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.
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
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
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
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.
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.
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.
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.
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.
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.
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](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.
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
Reference: NIA

Title: Sleep Problems: Care & Treatment
Audience: Consumers
Topic: Treatment
Description: Provides information for management and treatment of age-related sleep problems.
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.
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.
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.
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.
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.
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.
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.
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
**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.  
**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.  
**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.  
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](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.  
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/](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
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.
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.
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.
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.
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.
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.
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.
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://consultgerin.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.
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.
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.
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.
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.
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/steadi/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/steadi/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.  
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.  
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](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.  
Reference: CDC

Title: Brain Health Resource  
Audience: Professionals  
Topic: Breath 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.  
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.
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.  
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](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.  
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  

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  

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.  
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/](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=I1DR1527tS&sig=vqF5jXXBhmf4farVbljjvMM_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