



Aging in Your Community: Understanding the older adult population

The aging process *begins at birth and continues throughout life.*



Understanding the older aging adult



Information
is
important:

- Rapidly growing segment of the population
- Defining “older adult”
- Ageism
- Coping/caregiving
- Geographical distribution
- Planning



Older Adults and Professionals Who Support Them: What Matters Most?

Top Concerns: Physical and Financial Health

OLDER ADULTS

40% maintaining their physical health

35% memory loss

32% maintaining their mental health

PROFESSIONALS

43% financial scams

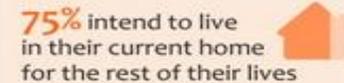
38% access to affordable housing

38% memory loss

Minority Are Very Prepared to Age



Staying at Home



62% would like to see services that would help with home modifications and repairs

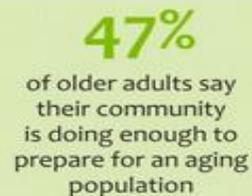
Saving & Budgeting are Key

Older adults and professionals agree on the importance of saving and budgeting

Other top priorities include:

- OLDER ADULTS:**
 - Take advantage of senior discounts
 - Limit leisure expenses
- PROFESSIONALS:**
 - Work beyond retirement age
 - Reduce housing costs

Communities Can Do More



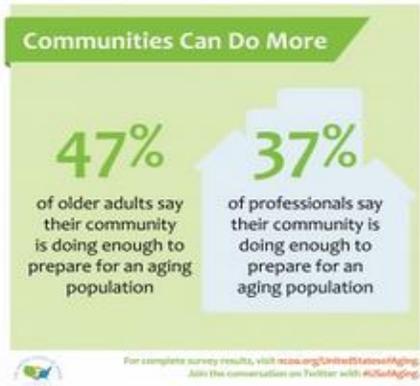
Exercise & Eat Healthy to Stay Sharp

To stay mentally sharp, older adults and professionals agree on exercising and eating healthy, but older adults say #1 is keeping a positive attitude, and professionals stress the importance of keeping active socially



Social Squares

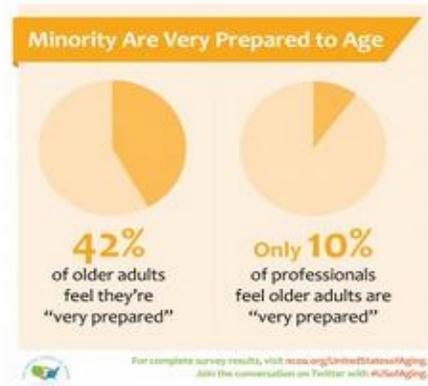
Communities



Mentally Sharp



Preparing to Age



Saving and Budgeting

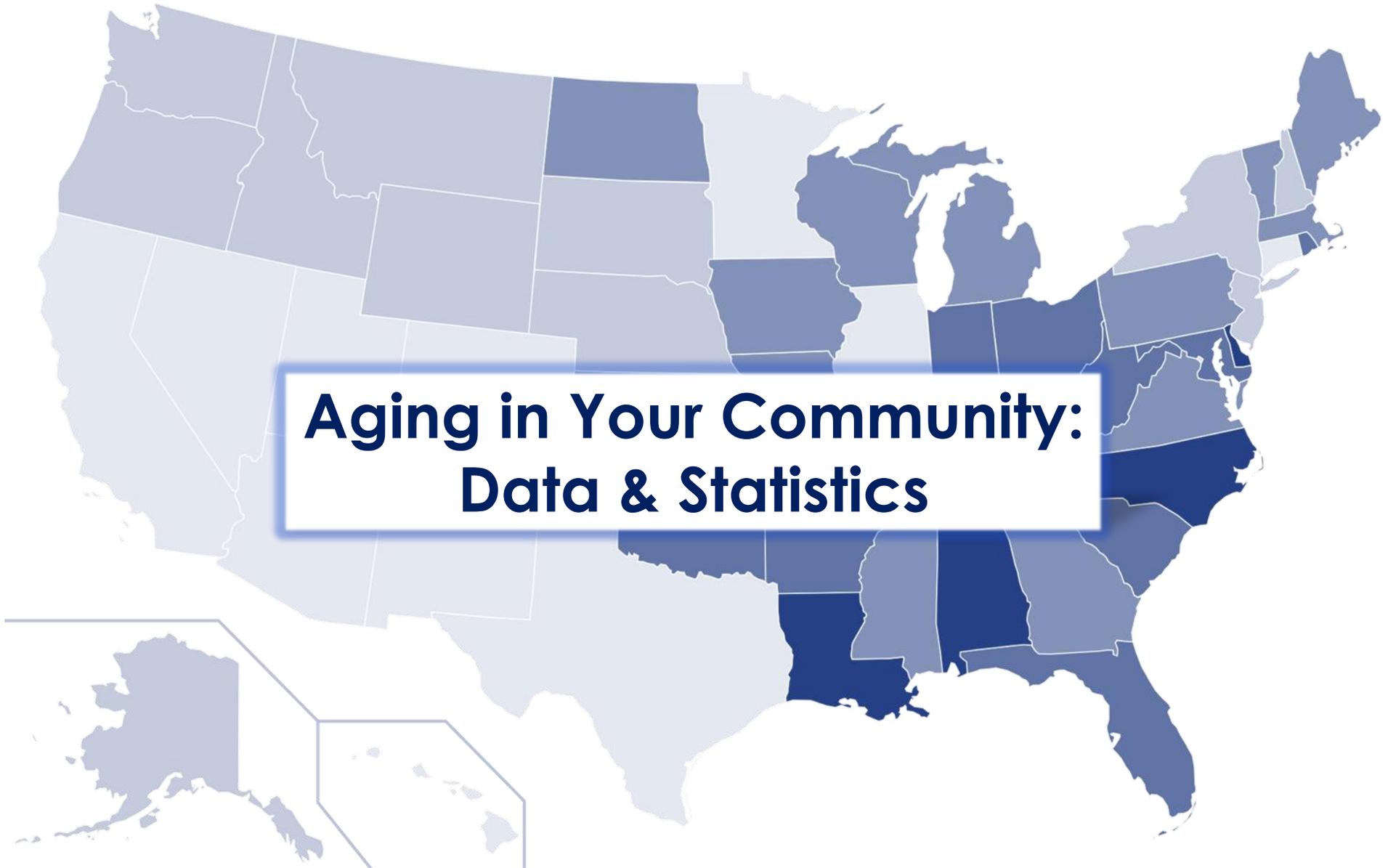


Staying at Home



Top Concerns





**Aging in Your Community:
Data & Statistics**

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

HEALTH RANKINGS ▾

ROADMAPS TO HEALTH ▾

RESOURCES ▾

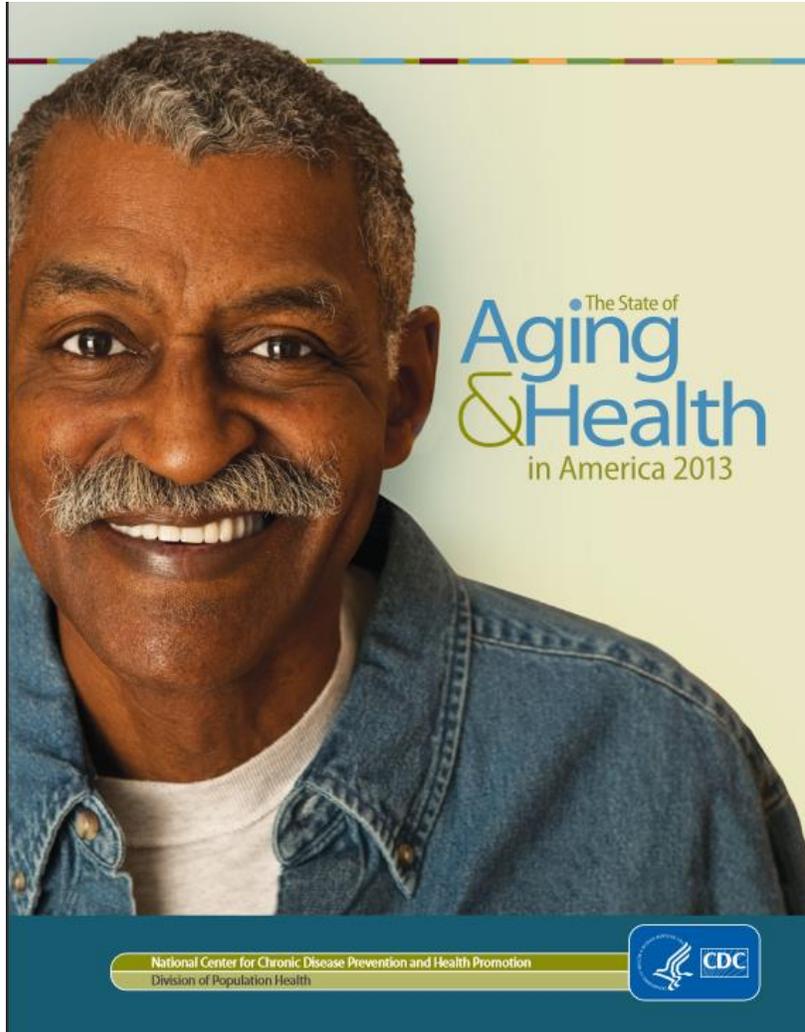
MORE ▾

HOW HEALTHY IS YOUR COMMUNITY?



[URL](#) for County Health Rankings & Roadmaps (Robert Wood Johnson Foundation)

According to the CDC



“The State of Aging and Health in America 2013 is a valuable tool for states and communities to meet the health challenges of our aging population. There are proven tools to help prevent and limit the impact of both infectious and noninfectious diseases, and this report serves as a report card on how we are doing addressing health threats.”

—Thomas R. Frieden, MD, MPH,
Director

*Centers for Disease Control and
Prevention (CDC), U.S.
Department of Health and
Human Services*

URL: [Aging in America](#)



According to the CDC statistics

- Number of 65+ Americans will double in 25 years
- By 2030, older adults will be 20% of the U.S. population.
- 2/3 older Americans have multiple chronic conditions

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]

URL for Life Expectancy (CDC)

What is the average life expectancy age in the United States?





Health Resources and Senior Friendly Web Sites

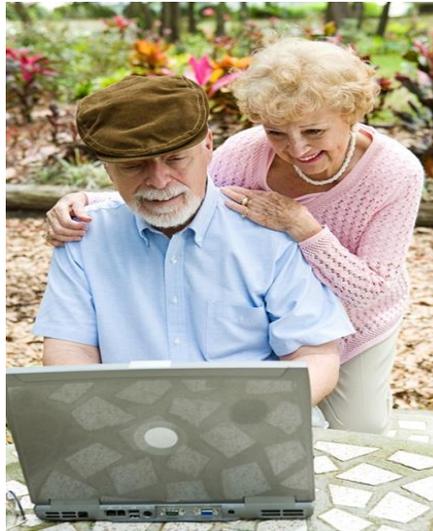
Audience Poll 1

According to a 2014 Pew Internet Study, what percentage of adults 65+ use the Internet?

- a. 27%
- b. 37%
- c. 47%
- d. 57%

80 is the new 60

- **57%** of seniors over 65 use the Internet
- 71% of these seniors use the internet on a typical day



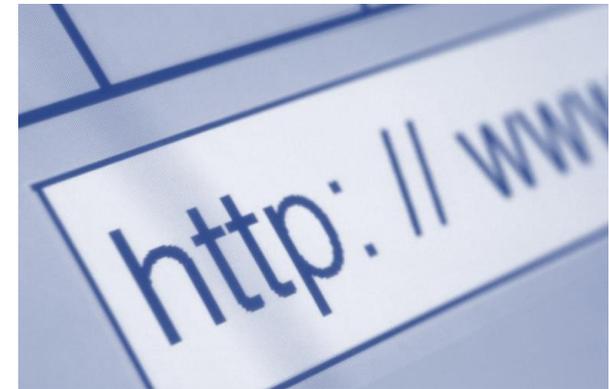
- 53% of seniors that use the Internet have looked for health information online

[URL](#) to the Pew Internet & American Life Project

However, of seniors over 75...

- Only 34% use the Internet
- 38% of non-users say they're "just not interested"
- Only 4% would like to start using the internet in the future

Kathryn Zickuhr, Mary Madden
"Older Americans and Internet
Use" *Pew Internet & American Life
Project*. June 6, 2012.



Evaluating Resources for Usability

- Large font sizes 12-14 pt.
- Free of glare
- No “loud” background or foreground colors
- Clear organization
- White space
- Short, jargon-free sentences
- Meaningful images

Kathryn Zickuhr, Mary Madden “Older Americans and Internet Use” Pew Internet & American Life Project. June 6, 2012.



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Google Search

I'm Feeling Lucky

MedlinePlus

From Your Desktop, Phone Or Tablet



MedlinePlus®
from your
Phone, Tablet or Desktop

Trusted Health Information from the National Institutes of Health
Información de confianza de los Institutos Nacionales de la Salud de EE.UU

Health Topics

Drugs & Supplements

Videos & Tools

Español



Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

Look up in Dictionary

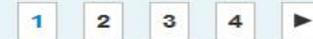
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How does an inactive lifestyle affect your body?

Find out with our new **health topic.**



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[Flip-Flops: Fun in The Sun, but Tough on Feet](#)

[Lower Back Injuries Plague Many Athletes](#)

[More health news](#)

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and numerous health condition topic pages

URL for Health Information for Seniors in MedlinePlus

Senior Health

 U.S. National Library of Medicine

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Seniors

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[Ageusia](#) *see* [Taste and Smell Disorders](#)

[Aging](#) *see* [Seniors' Health](#)

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[Alzheimer's Caregivers](#)

[Alzheimer's Disease](#)

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[Anosmia](#) *see* [Taste and Smell Disorders](#)

[Arteriosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)

[Artificial Lens](#) *see* [Cataract](#)

[Assisted Living](#)

[Assistive Devices](#)

[Atherosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)

[Balance Problems](#)

MedlinePlus: Seniors' Health

NIH U.S. National Library of Medicine



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Seniors' Health

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- [Men](#)



Get Seniors' Health updates by email 

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Summary

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. It is important to understand what to expect. Some changes may just be part of normal aging, while others may be a warning sign of a medical problem. It is important to know the difference, and to let your healthcare provider know if you have any concerns.

View page in Spanish.

Home → Health Topics → Diabetes

Diabetes

Also called: Diabetes mellitus, DM



On this page

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View resources for older adults.

Summary

Diabetes is a disease in which your blood glucose, or [blood sugar](#), levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With [type 1 diabetes](#), your body does not make insulin. With [type 2 diabetes](#), the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have [prediabetes](#). This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.



Get Diabetes updates by email



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MEDICAL ENCYCLOPEDIA

[A1C test](#)

[ACE blood test](#)

[URL for Diabetes \(MedlinePlus\)](#)

Drugs & Supplements

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Drugs, Herbs and Supplements



Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

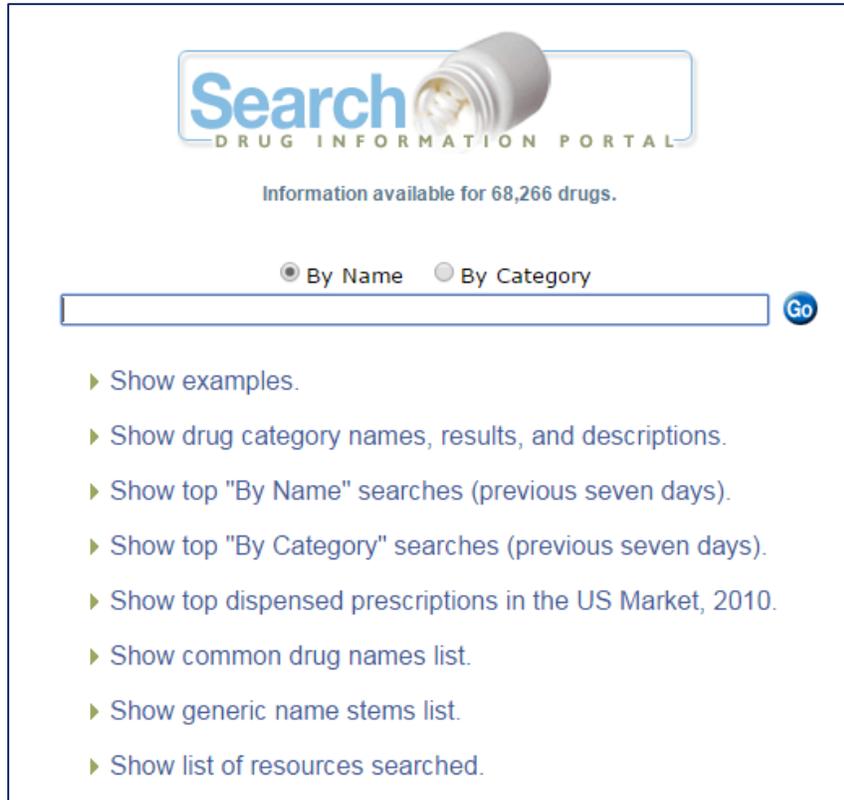
[All herbs and supplements](#)



Related Topics

- [HIV/AIDS Medicines](#)
- [Antibiotics](#)
- [Antidepressants](#)
- [Blood Pressure Medicines](#)
- [Blood Thinners](#)
- [Cancer Alternative Therapies](#)

Drug Information Portal & Pillbox



Drug information Portal
<https://druginfo.nlm.nih.gov/drugportal/>

URL to Pillbox
<https://pillbox.nlm.nih.gov/pillimage/search.php>



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NIH Newsletter

URL to NIH News in Health

June 2017

NIH News in Health

National Institutes of Health | Department of Health and Human Services | newsinhealth.nih.gov

Inside News: 3 Kidney Stones... 4 Diabetes in Children & Teens... Alcohol-Free Grad Parties... Safe Sleep for Your Baby

Dealing with Drug Problems Preventing and Treating Drug Abuse

Drug abuse can be a painful experience—for the person who has the problem, and for family and friends who may feel helpless in the face of the disease. But there are things you can do if you know or suspect that someone close to you has a drug problem.

Certain drugs can change the structure and inner workings of the brain. With repeated use, they affect a person's self-control and interfere with the ability to resist the urge to take the drug. Not being able to stop taking a drug even though you know it's harmful is the hallmark of addiction.

A drug doesn't have to be illegal to cause this effect. People can become addicted to alcohol, nicotine, or even prescription drugs when they use them in ways other than prescribed or use someone else's prescription.

People are particularly vulnerable to using drugs when going through major life transitions. For adults, this might mean during a divorce or after losing a job. For children and teens, this can mean changing schools or other major upheavals in their lives.

But kids may experiment with drug use for many different reasons. "It could be a greater availability of drugs in a school with older students, or it could be that social activities are changing, or that they are trying to deal with stress," says Dr. Bethany Deeds, an NIH expert on drug abuse prevention. Parents may need to pay more attention to their children during these periods.

The teenage years are a critical time to prevent drug use. Trying drugs as a teenager increases your chance of developing substance use disorders. The earlier the age of first use, the higher the risk of later addiction. But addiction also happens to adults. Adults are at increased risk of addiction when they encounter prescription pain-relieving drugs after a surgery or because of a chronic pain problem. People with a history of addiction should be particularly careful with opioid pain relievers and make sure to tell their doctors about past drug use.

There are many signs that may indicate a loved one is having a problem with drugs. They might lose interest in things that they used to enjoy or start to isolate themselves. Teens' grades may drop. They may start skipping classes.

"They may violate curfew or appear irritable, sedated, or disheveled," says child psychiatrist Dr. Geetha Subramaniam, an NIH expert on substance use. Parents may also come across drug paraphernalia, such as water pipes or needles, or notice a strange smell.

"Once drug use progresses, it becomes less of a social thing and more of a compulsive thing—which means the person spends a lot of time using drugs," Subramaniam says.

If a loved one is using drugs, encourage them to talk to their primary care doctor. It can be easier to have this conversation with a doctor than a family member. Not all drug treatment requires long stays in residential treatment centers. For someone in the early stages of a substance use problem, a conversation with a doctor or another professional may be enough to get them the help they need. Doctors can help the person think about their drug use, understand the risk for addiction, and come up with a plan for change.

Substance use disorder can often be treated on an outpatient basis. But that doesn't mean it's easy to treat. Substance use disorder is a complicated disease. Drugs can cause changes in the brain that make it extremely difficult to quit without medical help.

continued on page 2

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e-Update NIA

URL to e-Update NIA

e-Update
from the NATIONAL INSTITUTE ON AGING at NIH

[Choosing healthy foods](#) is a smart thing to do—no matter how old you are!

Here are some tips to get you started:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and foods with added sugars. Limit saturated fat (found mostly in foods that come from animals) and trans fats (found in foods like store-bought baked goods and some margarines).
- Eat "good" (poly- and monounsaturated) fats, like those found in seeds, nuts, avocados, and fatty fish like salmon. Any fats added in cooking should come from olive, canola, corn, or vegetable oil.
- Eat seafood twice a week. Small fish, like sardines or trout, or farm-raised fish (check the label) contain less mercury than large fish, like tuna. Mercury can be harmful.

Learn more about [healthy eating after age 50](#).

Share this information with others:

Twitter: Choosing healthy food is smart at any age! Get tips on healthy eating after age 50 from #NIH. #healthyeating <http://bit.ly/2u18fC1>



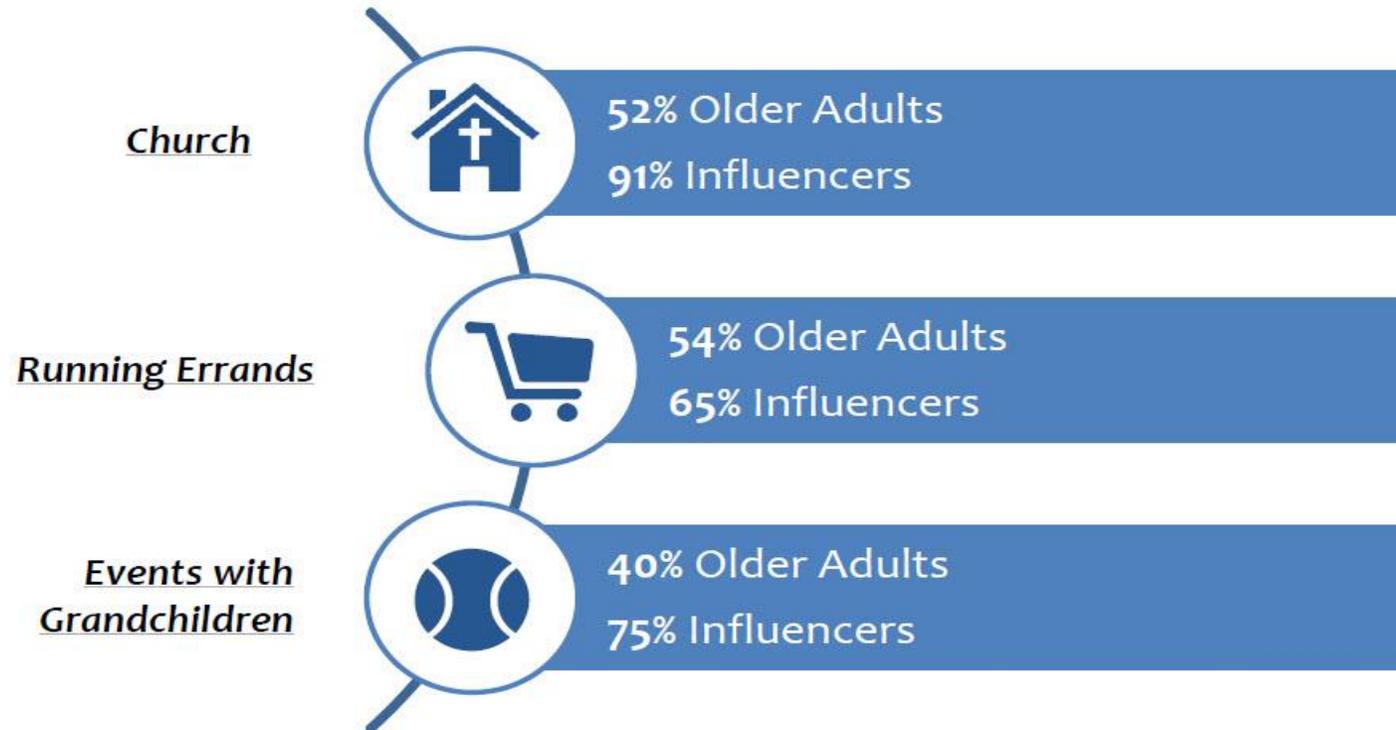
Programs for Older Adults

| What is the most important to key to keeping a positive outlook on life? | Seniors 60+ (2014) % |
|--|-------------------------|
| My faith or spirituality | 25 |
| A loving family | 15 |
| A positive attitude | 14 |
| A happy marriage or relationship | 9 |
| Taking care of my health | 9 |
| Staying physically active | 6 |
| Staying mentally active | 6 |
| Being financially secure | 5 |
| Being socially connected | 2 |
| Supportive friends | 1 |
| Loving my job/career | 1 |
| Other | 6 |

URL to 2014 U.S. Aging Survey Executive Summary Report (National Council on Aging)

Older Adults and Influencers agree that Older Adults are active in the community by participating in church, running errands and attending events with their grandchildren

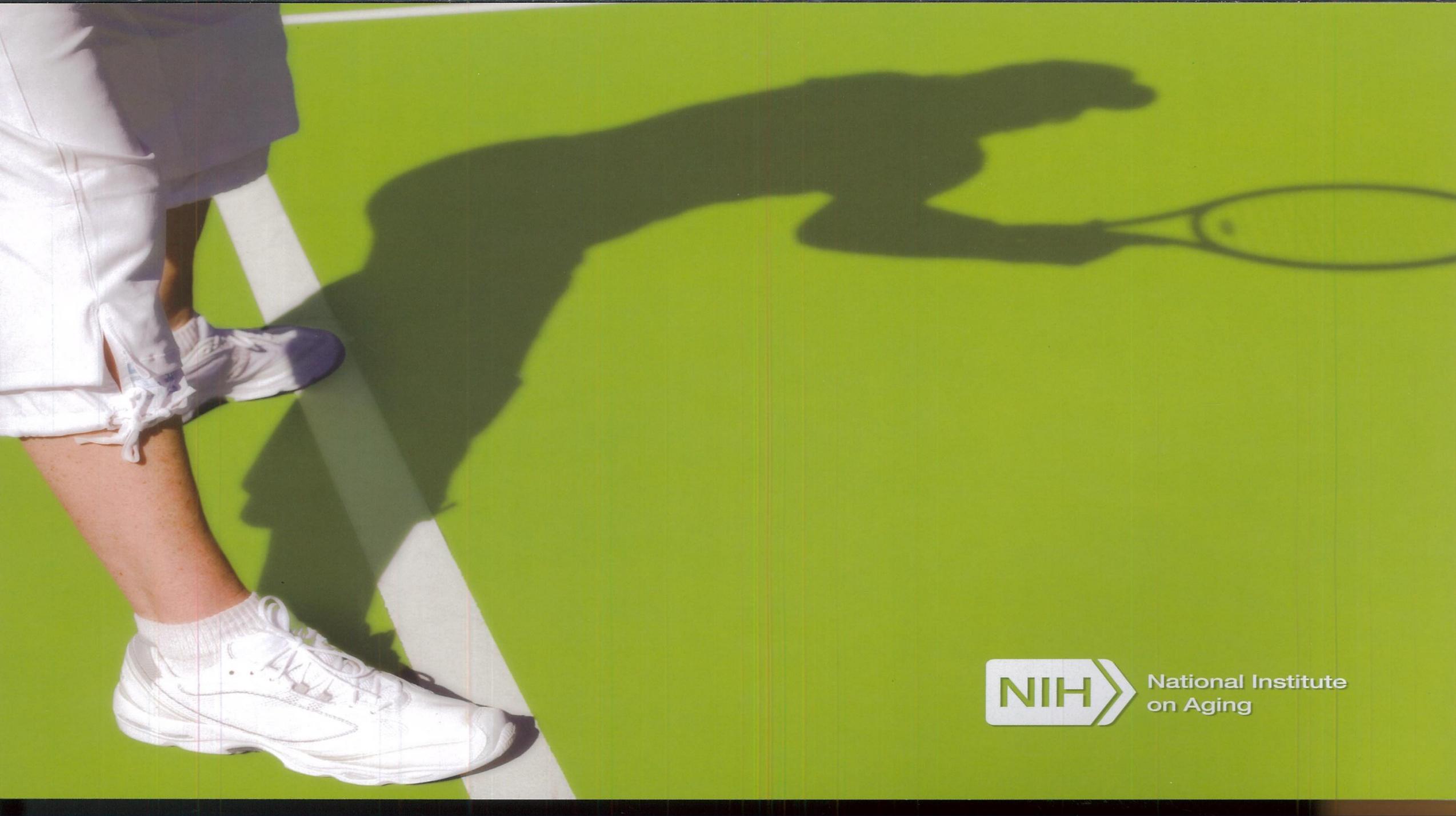
Places Where Older Adults Participate in the Community



Q59 (For 60+ 2015). Where are you participating in the community the most? Please tell me all that apply.

Q50 (For Influencers 2015). Where do you see Older Adults participating in the community the most? Please tell me all that apply.





National Institute
on Aging

National Institute on Aging

Click on
Health and Aging

NIH National Institute on Aging
Turning Discovery Into Health

Home Health and Aging Research and Funding Newsroom

Looking for reliable health info for older adults?

Browse NIA's free publications:

- Exercise and nutrition
- Alzheimer's disease and other dementias
- Doctor-patient communication
- Caregiving
- And more!

Get started now. [▶](#)



National Institute on Aging

Go4Life tab

Publications 

Alzheimer's Disease 

Go4Life  

Español 

NIHSeniorHealth 

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Join our team!

Becoming a partner organization is easy. You'll get:

- FREE *Go4Life* resources.
- *Go4Life* program ideas.
- Monthly updates.
- Listed on our website.

SIGN UP TODAY

URL for Go4Life (National Institute on Aging at NIH)

What's in the Partner Toolkit?

Motivational Flyers



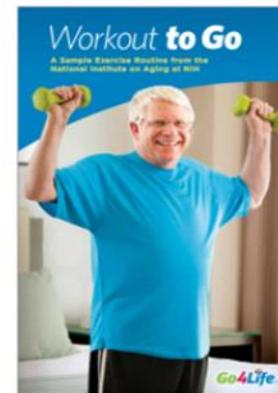
Activity Ideas to get you started:

- Sponsor a health fair, and include Go4Life materials.
- Hold a wellness program, and include Go4Life materials.
- Sponsor an exercise challenge, and offer Go4Life materials as rewards.
- Invite a health expert to talk about the benefits of exercise, and use Go4Life handouts.

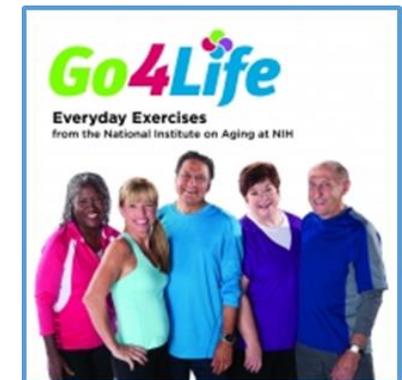
Web Badges with codes



Workout Programs and Exercise Guides



DVD



Free Stuff

Get Free Stuff



Tip Sheets



Success Stories



Infographic



Workout to Go



DVD



Exercise Guide



Spanish Resources



Bookmarks and Posters



Motivational Flyers



Exercise Guide Audiobook



Public Service Announcement



Exercise AgePage

NLM 4 Caregivers

NLM 4 Caregivers For Social Networks

The image displays a grid of eight social media pins, each representing a different topic. Each pin includes a title, a number of pins, and a red 'Follow' button.

- Clinical Trials**: 41 Pins. Pin image shows a doctor and a patient, with a graphic indicating that 33% of clinical trials are for older adults and 80% of clinical trials are for older adults.
- Emergency & Tr...**: 40 Pins. Pin image shows an emergency room entrance.
- Medication Man...**: 28 Pins. Pin image shows a pharmacy aisle and a glass of water with pills.
- Movement and ...**: 22 Pins. Pin image shows a person using a walker and a caution sign.
- Emergency Prep...**: 48 Pins. Pin image shows a first aid kit and a person.
- LGBT Caregivers**: 37 Pins. Pin image shows a woman and a child.
- HIV/AIDS**: 59 Pins. Pin image shows a person and a graphic with the text 'DON'T PANIC. breathe YOU HAVE LIFE-ENHANCING'.
- Long Distance C...**: 17 Pins. Pin image shows a person and a graphic with the text 'Long-Distance Caregiving A Family Affair'.

URL to Twitter
(@NLM_4Caregivers)

URL to Facebook
<https://www.facebook.com/NLM4Caregivers>

URL to Pinterest
<https://www.pinterest.com/nlm4caregivers/>

Caregiver Backpack Program

Program of

- the Allegheny County Department of Human Services
- the Southwestern Pennsylvania Area Agency on Aging
- Providing caregiver backpacks
- Specifically designed to provide the caregiver with a variety of resources relevant to the nonprofessional, family caregiver



Image Photo: Rania Sullivan, Director, Avalon Public Library displays backpack and some of its contents



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Tales and Travel Memory Programs

Oh the places
we will go.

Toolkit for Librarians:

- Sample agenda
- Excursion guides for 12 destinations
- Over 30 destination-specific folktales
- Bibliography of additional books

URL for Tales and Travel Memory Programs (Gail Borden Public Library District)



- Provides step-by-step guide to plan and implement a program
- Examples of different models and case studies of programs in other libraries
- Resource list of info on funding, reports, tools, multimedia, etc.

URL for Creative Aging Toolkit for Public Libraries (Lifetime Arts, Inc.)



[Home](#) | [Older Americans Month 2017](#)

Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

Quick Links: [Materials](#) | [Activity Ideas](#) | [Resources](#)



FORGETFULNESS: Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

mild forgetfulness & **serious memory problems**

like Alzheimer's disease?

Forgetfulness: Normal or Not?

The Emotional Benefits of Exercise— Feel Good with Go4Life®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:

The Emotional Benefits of Exercise -
Feel Good with Go4Life

Is CLINICAL RESEARCH right for me?

Clinical research is medical research that involves **people**.

Is Clinical Research Right for Me?

DIET AND EXERCISE: Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.

Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Diet and Exercise: Choices Today for
a Healthier Tomorrow

If a family member has ALZHEIMER'S DISEASE will I have it, too?

A family history of Alzheimer's does not mean for sure that you'll have it. But, it may mean you are more likely to develop it.

If a Family Member Has Alzheimer's
Disease, Will I Have It, Too?

ALZHEIMER'S RESEARCH NEEDS YOU!

The number of older Americans 65+ with Alzheimer's disease is rapidly growing!

8.0 MILLION (2014) 11.8 MILLION (2020)

GOOD NEWS IMPORTANT ALZHEIMER'S RESEARCH IS MOVING FORWARD

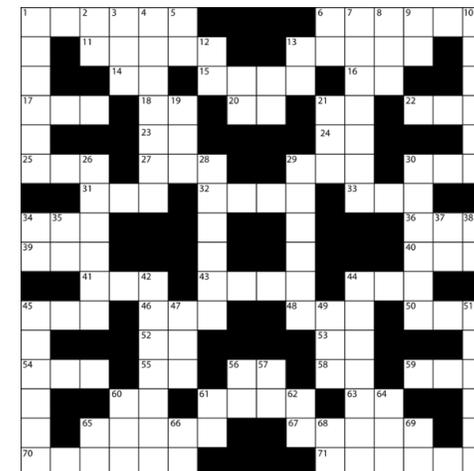
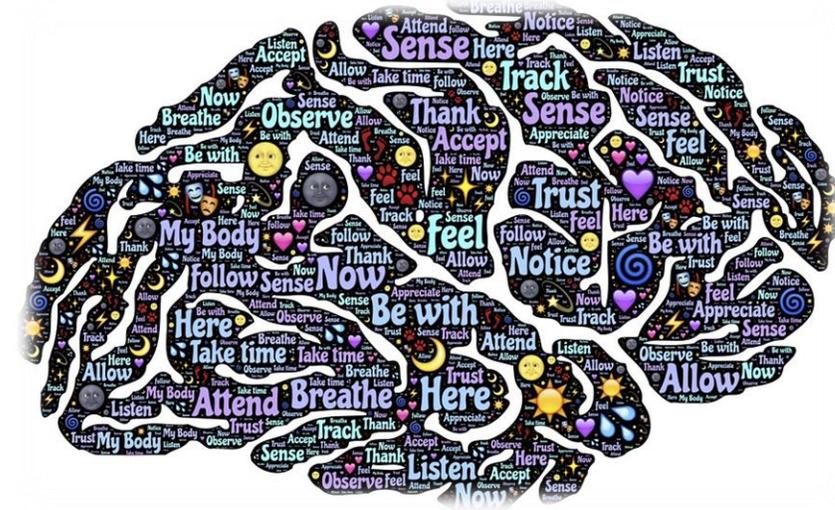
BUT WE NEED YOUR HELP

More than

Spread the Word About Volunteering

[URL](#) for Infographics (National Institute on Aging)

Brainteasers for Mental “Wellness”



Brainteaser: You are a cyclist in a cross-country race. Just before the crossing finish line you overtake the person in second place! What place did you finish in?

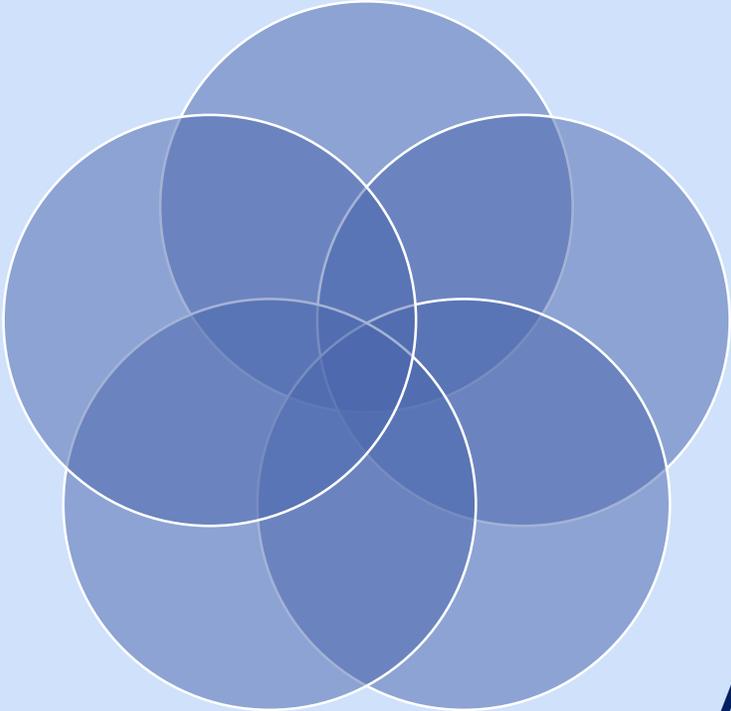
Communication

Design

**Health
Literacy**

Usability

Accessibility





Why is health literacy important?

- Adults age 65 and older have lower health literacy scores than all other age groups
- Only 3% of older adults surveyed had proficient health literacy skills

[URL](#) to the 2003 National Assessment of Adult Literacy

Additional factors

- Vision and hearing changes
- Cognitive changes
- Additional Disabilities



[URL](#) to the *Quick Guide to Health Literacy of Older Adults*

CDC's Healthy Aging Site

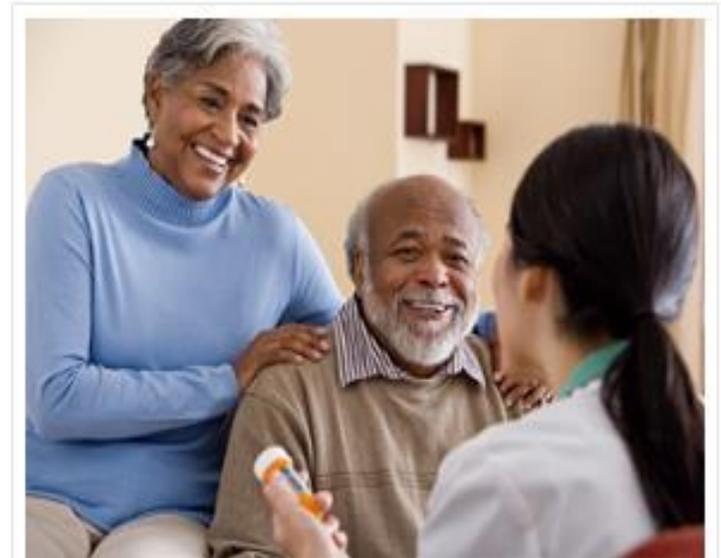
<http://cdc.gov/aging/>

Older Adults



Older Adults: Designing Health Information to Meet their Needs

Do you want to communicate health messages to an older adult audience? Whether you're developing print or online information, broadcast media or delivering a health presentation, this web site is for you. This section will provide tools and resources to help you improve your communication with older adults and address health literacy barriers.



Communication Guide

- **Health Literacy Online Guide**

Department of Health and Human Services

This guide is written for web designers, content specialists, and other public health communication professionals. The guide offers an overview of how to deliver online health information that is actionable and engaging, create a health web site that's easy to use, particularly for people with limited literacy skills and limited experience using the web, and evaluate and improve your health Web site with user-centered design.

- **Usability.gov**

Department of Health and Human Services

Usability.gov is a one-stop source for government web designers to learn how to make websites more usable, useful, and accessible. The site addresses a broad range of factors that go into web design and development. The site will help you to: Plan and design usable sites by collecting data on what users need, develop prototypes, conduct usability tests and write up results, and measure trends and demographics.

Professional Development

- **Ageless Wisdom**

- Is a sensitivity training program of the University of Pittsburgh Institute on Aging in partnership with UMPC (health system)
- Ageless Wisdom is an interactive and experiential geriatric sensitivity training program available in a two-hour and four-hour format
 - **Sensory Changes**
 - **Changes in Cognition**
 - **Psychological Changes**
 - **Functional Changes**
 - **Social Changes**
 - **Diversity and Aging**
 - **Myths of Aging**

To learn more:

- YouTube videos
- **URL** Ageless Wisdom™ – University of Pittsburgh Institute on Aging

Exercises



AGELESS WISDOM



- You suffered a stroke, Put a sling on your dominant arm and a 5# weight on your dominant leg. Take a short walk. Describe your experience
- You have arthritis in your knees. Wrap your both knees in ace bandages & put corn in your shoes. Take a short walk. Describe your experience
- Experience shortness of breath by putting a straw in your mouth & breathe only through the straw. Take a walk.
- Dexterity - Use a hole puncher to punch out different color paper dots. Put them in a pill bottle. Put on latex gloves & try to sort the colors. How hard is this? Describe how you feel?

(Examples taken from a training manual of the Ageless Wisdom program™)

Agencies & Resources

National Institute on Aging (NIA)

<http://www.nia.nih.gov/> (Main Page)

<http://www.nia.nih.gov/health/publication> (Publications)

<http://go4life.nia.nih.gov/> (Campaign)

MedlinePlus

<https://medlineplus.gov>

National Association of Area Agencies on Aging (n4a)

<http://www.n4a.org/> (Main Page)

<http://www.ncoa.org/press-room/fact-sheets/> (Fact Sheets)

National Council on Aging (NCOA)

<http://www.ncoa.org/> (Main Page)

More Resources

- [URL](#) to 2015 U.S. Aging Survey Executive Summary Report (National Council on Aging)
- [URL](#) for Aging Stats (Federal Interagency Forum on Aging-Related Statistics)
- [URL](#) to An Aging World: 2015
- [URL](#) to Healthy Aging Data Portal (CDC)
- [URL](#) for State Health Facts (Kaiser Family Foundation)
- [URL](#) for Multiple Chronic Conditions in the United States (Rand corp.)



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NIHSeniorHealth.gov to be retired in August 2017

Dine B, Dailey S. NIHSeniorHealth.gov to be retired in August 2017. NLM Tech Bull. 2017 May-Jun;(416):e5.

2017 June 20 [posted]

On August 1, 2017, the NIHSeniorHealth.gov Web site will be retired. NIHSeniorHealth.gov, the first government Web site designed for older adults, was launched in 2003 by the [National Institute on Aging](#) (NIA) and the [National Library of Medicine](#) (NLM). The site provided evidence-based health information to millions of older adults in a format geared to their cognitive and visual needs.

Beginning August 1, 2017, NIHSeniorHealth.gov will redirect visitors to the [Health and Aging](#) section of NIA Web site. There, visitors will find up-to-date and reliable information on aging research and health and wellness for older adults. Additionally, the NIA [Go4Life](#) Web site offers exercises, motivational tips, and free resources to help older adults start and continue exercising. Other sources of information for older adults and their families include the [NIHSeniorHealth YouTube Channel](#), which includes more than 110 videos about various health and wellness information, and the NLM consumer health Web site, [MedlinePlus](#), which offers three topics [Exercise for Seniors](#), [Nutrition for Seniors](#), and [Seniors' Health](#).

Many of the design approaches first developed on NIHSeniorHealth have become best practices for Internet accessibility. These innovations included text resizing, changing color contrast, text-to-voice, "chunked" content, and the use of plain language. Today, innovations in technology have brought us to a point where digital formats require simplified content and open design, making the pioneering design features of NIHSeniorHealth widely available on Web site at the National Institutes of Health and throughout the Internet.

Thank you for your interest in and support of NIHSeniorHealth over the years and for your continued dedication to helping direct older adults to accurate and trustworthy health information resources.

By Brooke Dine
Public Services Division
and
Stephanie Dailey
National Institute on Aging

[URL](#) to NLM Technical Bulletin (NIHSeniorHealth retirement)

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