# Healthy Aging at the Library: Connecting Older Adults to Health Information

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NN/LM

Pacific Northwest Region

# Overview

- Who We Are
- Aging in America
- Health Literacy
- Health Resources
- Patient Engagement
- Library Programs/Services

**Presentation Resources**

https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations

# Who We Are

NIH

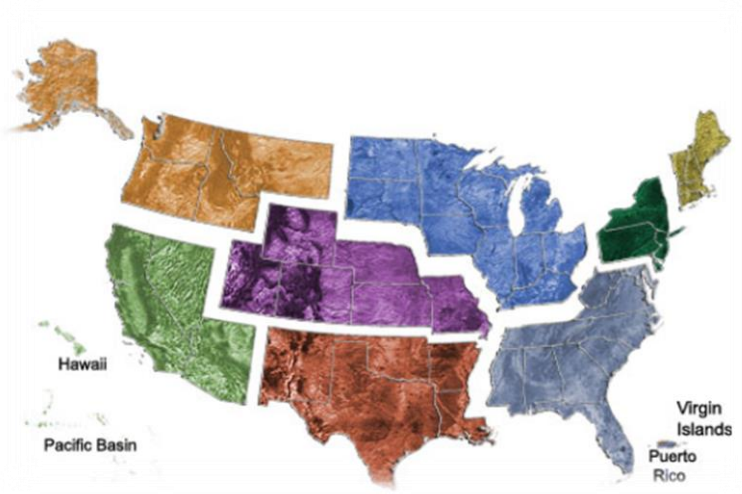
NLM

NN/LM

What's the difference?

NN/LM

Pacific Northwest Region




The mission of NN/LM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information.
- Improving the public's access to information to enable them to make informed decisions about their health.

**NN/LM PNR**
https://nnlm.gov/pnr

# Early Boomers reached 65 in 2011

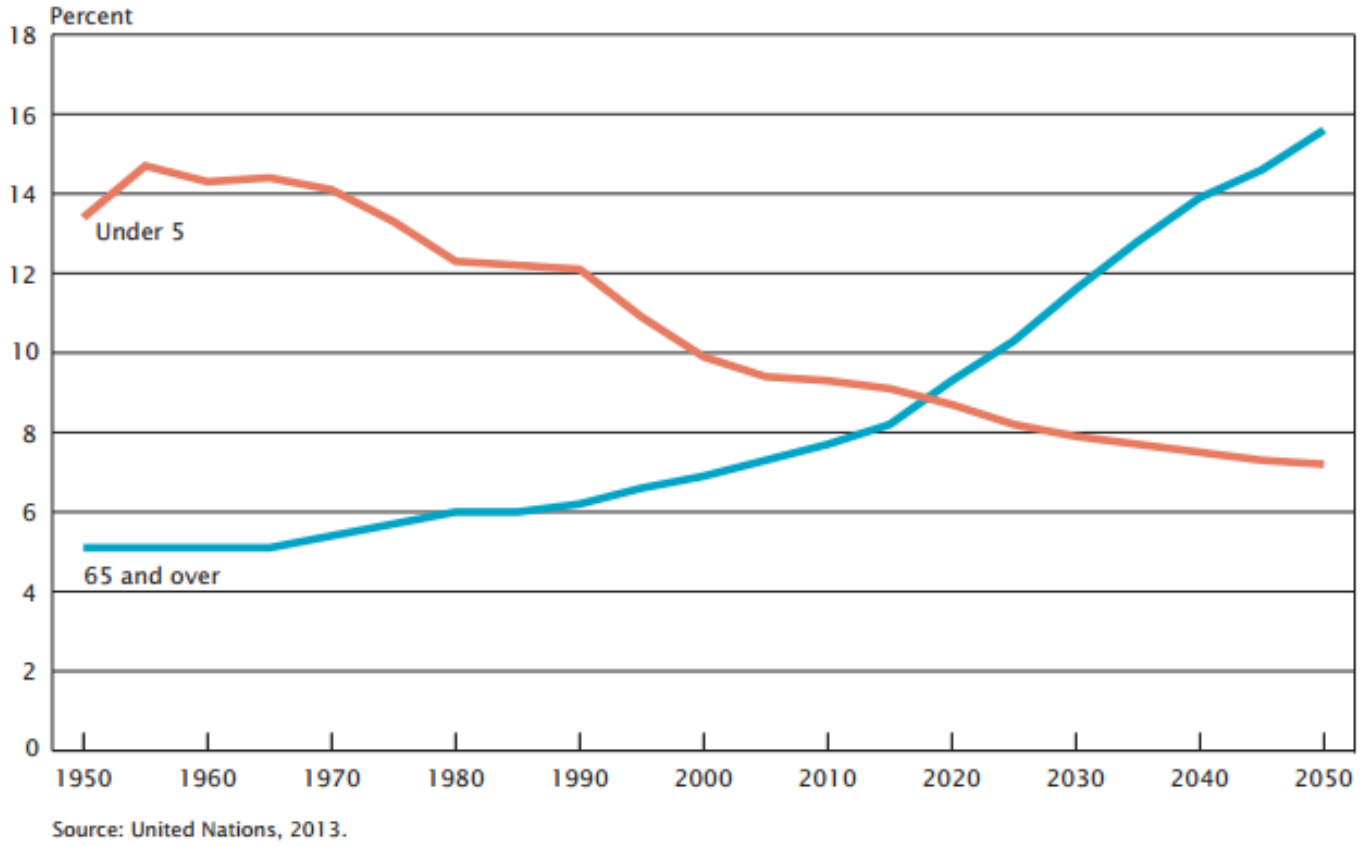
# According to the CDC

- 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

**CDC webpage on Healthy Aging**
http://www.cdc.gov/aging/index.html

# Aging Trends

Figure 2-3.
**Young Children and Older People as a Percentage of Global Population: 1950 to 2050**

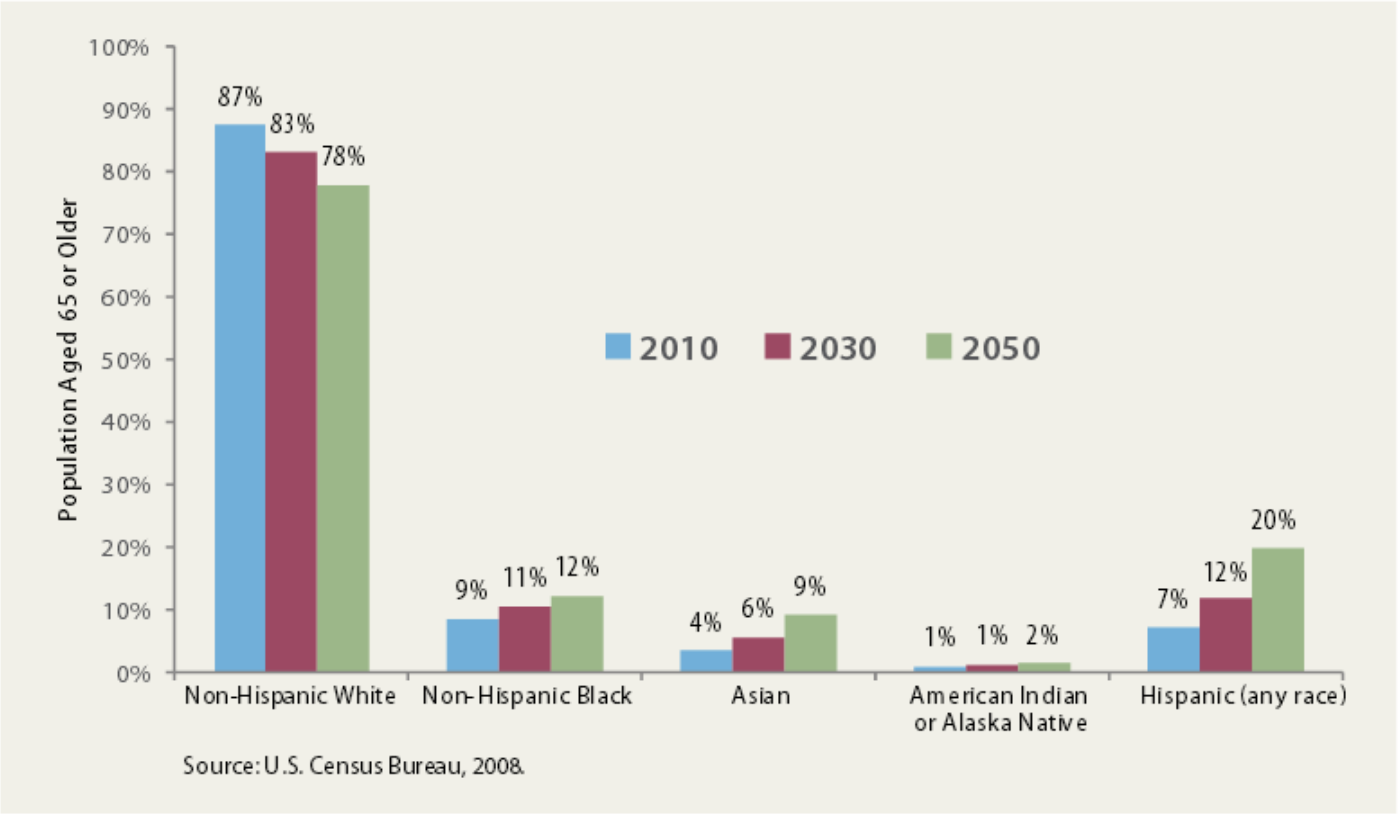



Source: United Nations, 2013.

U.S. Census Bureau
http://www.census.gov/content/dam/Census/library/publications/2016/demo/p95-16-1.pdf

# More Racially and Ethnically Diverse

**Figure 1. U.S. population aged 65 years or older and diversity, 2010–2050**




[CDC State of Aging & Health in America]

http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf

# Rural Health Disparities

- Higher incidence of disease and disability
- Higher rates of pain and suffering
- Poor health behaviors
- Lower life expectancy
- Fewer health care options

**Rural Health Information Hub about rural health disparities**
https://www.ruralhealthinfo.org/topics/rural-health-disparities

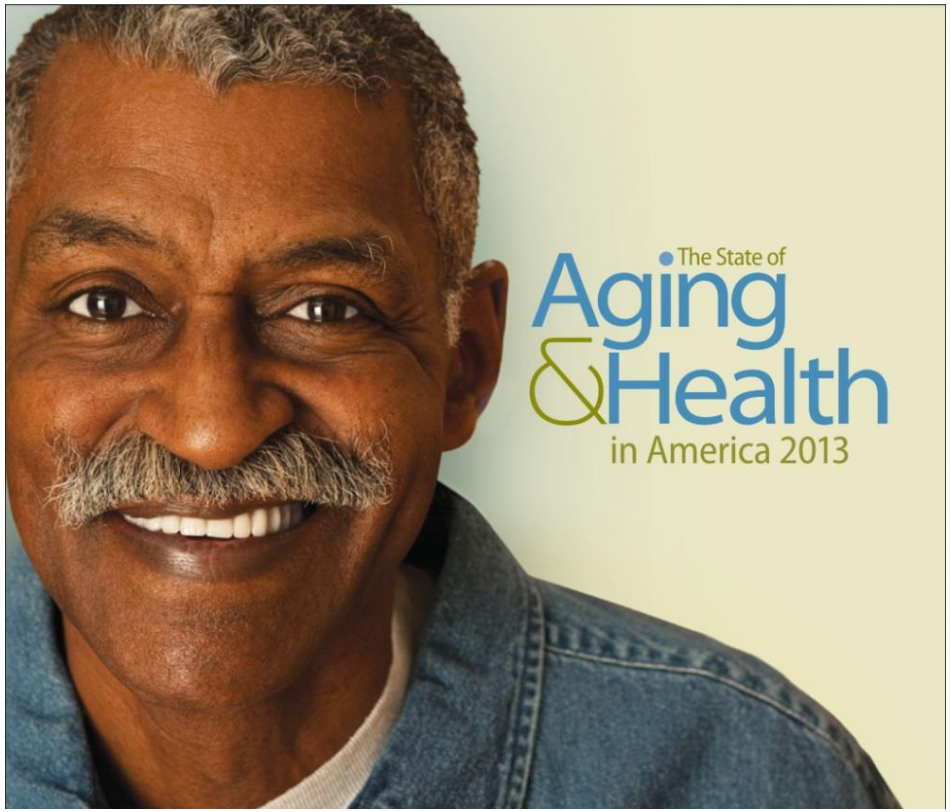
# Chronic Health Conditions

- Heart Disease
- Cancer
- Chronic bronchitis or emphysema
- Stroke
- Diabetes mellitus
- Alzheimer's disease

# As well as…

- Multiple Health Conditions
- Falls
- Mobility
- Mental Health
- Excessive Alcohol Intake
- Cannabis and other Drug Usage

# CDC Healthy Aging




[CDC The State of Aging and Health in America]
https://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf

# Health Literacy

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# Health Literacy

- "Degree to which individuals have the capacity to obtain, communicate, process, and understand basic health information and services needed to make appropriate health decisions."

CDC Health Literacy: https://www.cdc.gov/healthliteracy/learn/

# Health literacy affects a person's ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
- Share personal information, such as health history, with providers
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

Quick Guide to Health Literacy

https://health.gov/communication/literacy/quickguide/factsbasic.htm

# Low Health Literacy

# Why is an understanding of Health Literacy important for older adults?

- 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

The 2003 National Assessment of Adult Literacy

http://nces.ed.gov/naal/

# Health Literacy - additional factors

- Vision and hearing
- Cognitive abilities
- Physical disabilities
- Multiple health conditions
- Medications
- Comfort level talking to doctors
- Internet/technology comfort levels

# Costs of Low Health Literacy

- Annual health care costs for individuals with low literacy skills are 4 times higher
- Patients with low literacy skills were observed to have a 50% increased risk of hospitalization
- Patients with low health literacy and chronic diseases have less knowledge of their disease and fewer correct self-management skills

NPSF Ask Me 3 Resources: Stats at a Glance

https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3_Stats_English.pdf

# Recognizing easy to read materials

## Manage your diabetes

Many people avoid the long-term problems of d
Work with your health care team to reach your A

- **Use your diabetes meal plan.** If you do not h
about one.
- **Eat healthy foods** such as fruits and vegetabl
without the skin, dry peas or beans, whole gra
cheese.
- **Keep fish and lean meat and poultry portion**
of cards). Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grai
pasta.
- **Get 30 to 60 minutes of physical activity** on
a great way to move more.
- **Stay at a healthy weight** by using your meal
- **Take medicines even when you feel good.** As
prevent a heart attack or stroke. Tell your doc
or if you have any side effects.
- **Check your feet every day** for cuts, blisters,
care team right away about any sores that do
- **Brush your teeth and floss every day** to avoi
gums
- **Check your blood glucose.** You may want to t
card at the back of this booklet to keep a rec
sure to take this record to your doctor visits.
- **Check your blood pressure** if your doctor advi
- **Report any changes in your eyesight** to your

## What should I do each day to stay healthy with diabetes?

Follow the healthy eating plan that you and your doctor or dietitian have worked out.

Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.

Take your medicines as directed.

Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.

Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.

# ABCs (+U) of Evaluation

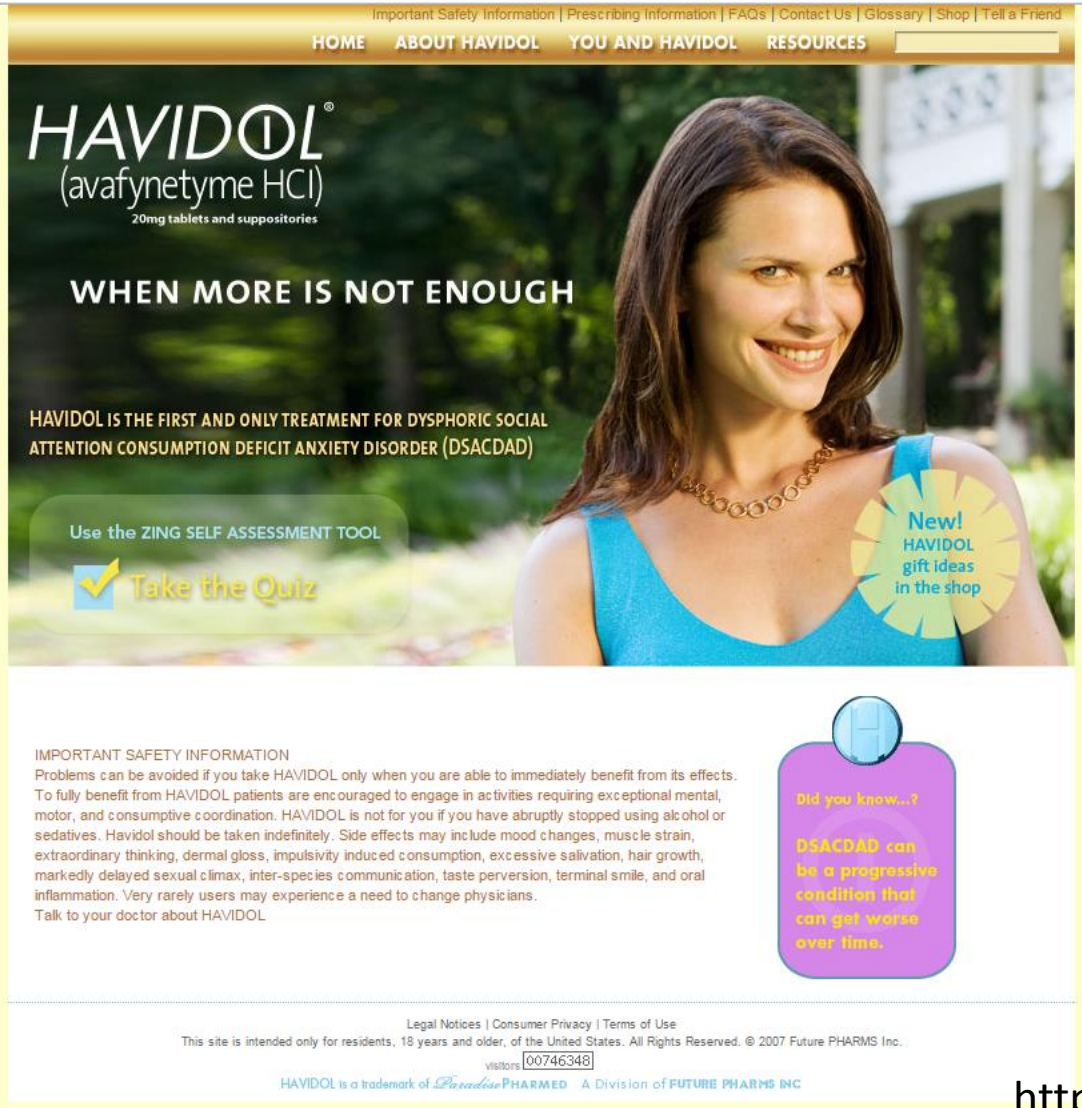
- Accuracy
- Authority
- Bias
- Currency
- Coverage
- **Usability**

NN/LM Evaluating Health Websites:
https://nnlm.gov/professional-development/topics/health-websites

# Evaluate Resources for Usability

- Font size
- Glare-free background color/paper
- Clear organization
- “White” space
- Short sentences
- Jargon-free, definitions of medical terms included
- Information in short segments
- Meaningful images

# Evaluation of Health Resources




[Havidol](http://havidol.com/)
http://havidol.com/

# MedlinePlus

- Links to reliable, authoritative health websites
- Health Topics for Seniors
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus
https://medlineplus.gov/

# MedlinePlus Magazine

[MedlinePlus Magazine](https://medlineplus.gov/magazine/index.html)

https://medlineplus.gov/magazine/index.html

# NIH Senior Health

- Health information for older adults
- Partnership of National Institute on Aging and National Library of Medicine
- Information comes from National Institutes of Health
- Senior-friendly features (large text, sound, contrast)
- Information in bite-sized pieces

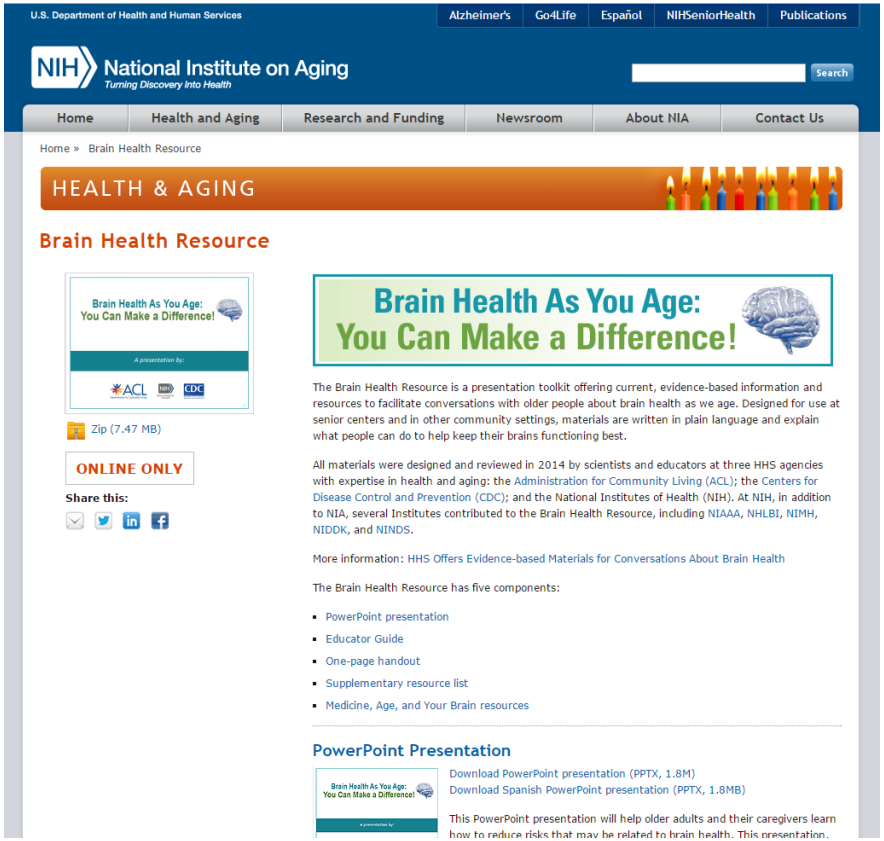
NIH Senior Health
http://nihseniorhealth.gov

# National Institute on Aging

- Health Topics
- Free publications
- Alzheimer's Information
- Database of organizations that provide help to older adults

National Institute on Aging
https://www.nia.nih.gov/

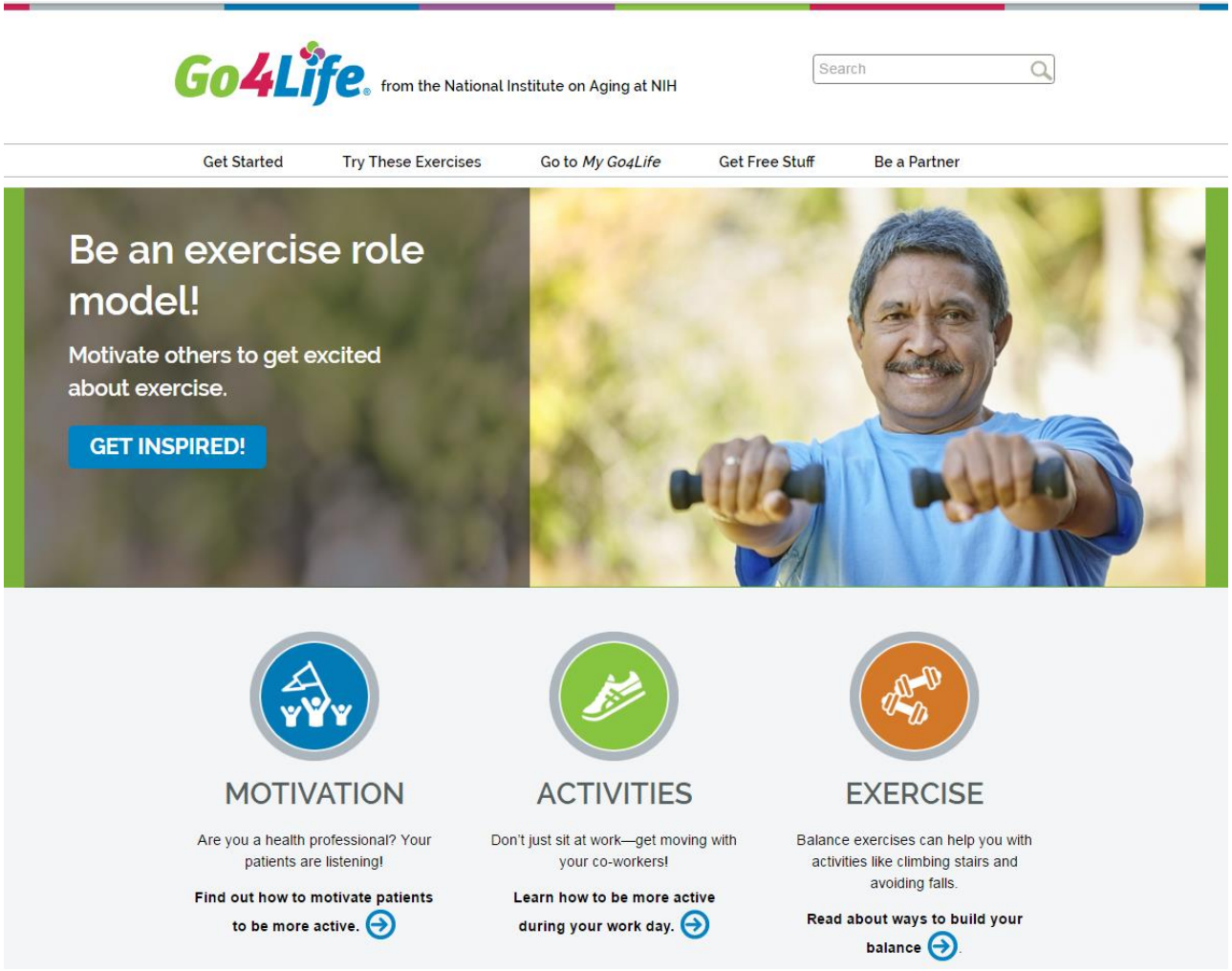
# Brain Health Resource




[Brain Health Resource](https://www.nia.nih.gov/health/publication/brain-health-resource)

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

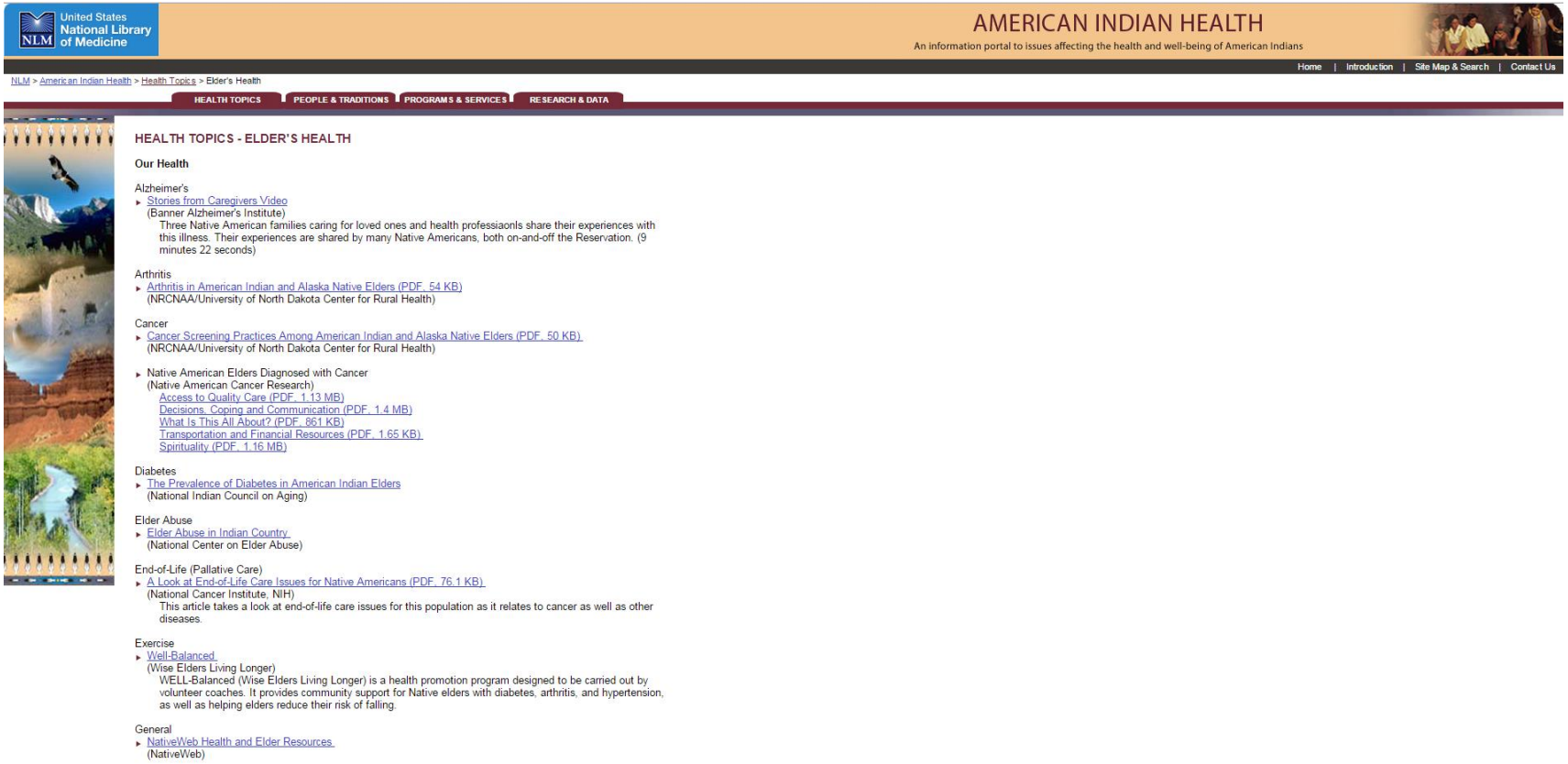
# Go 4 Life




Go 4 Life

https://go4life.nia.nih.gov/

# American Indian Health



United States National Library of Medicine

AMERICAN INDIAN HEALTH

An information portal to issues affecting the health and well-being of American Indians

Home | Introduction | Site Map & Search | Contact Us

NLM > American Indian Health > Health Topics > Elder's Health

HEALTH TOPICS | PEOPLE & TRADITIONS | PROGRAMS & SERVICES | RESEARCH & DATA

HEALTH TOPICS - ELDER'S HEALTH

**Our Health**

Alzheimer's
- Stories from Caregivers Video
  (Banner Alzheimer's Institute)
  Three Native American families caring for loved ones and health professiaonls share their experiences with this illness. Their experiences are shared by many Native Americans, both on-and-off the Reservation. (9 minutes 22 seconds)

Arthritis
- Arthritis in American Indian and Alaska Native Elders (PDF, 54 KB)
  (NRCNAA/University of North Dakota Center for Rural Health)

Cancer
- Cancer Screening Practices Among American Indian and Alaska Native Elders (PDF, 50 KB)
  (NRCNAA/University of North Dakota Center for Rural Health)

- Native American Elders Diagnosed with Cancer
  (Native American Cancer Research)
  Access to Quality Care (PDF, 1.13 MB)
  Decisions, Coping and Communication (PDF, 1.4 MB)
  What Is This All About? (PDF, 861 KB)
  Transportation and Financial Resources (PDF, 1.65 KB)
  Spirituality (PDF, 1.16 MB)

Diabetes
- The Prevalence of Diabetes in American Indian Elders
  (National Indian Council on Aging)

Elder Abuse
- Elder Abuse in Indian Country
  (National Center on Elder Abuse)

End-of-Life (Pallative Care)
- A Look at End-of-Life Care Issues for Native Americans (PDF, 76.1 KB)
  (National Cancer Institute, NIH)
  This article takes a look at end-of-life care issues for this population as it relates to cancer as well as other diseases.

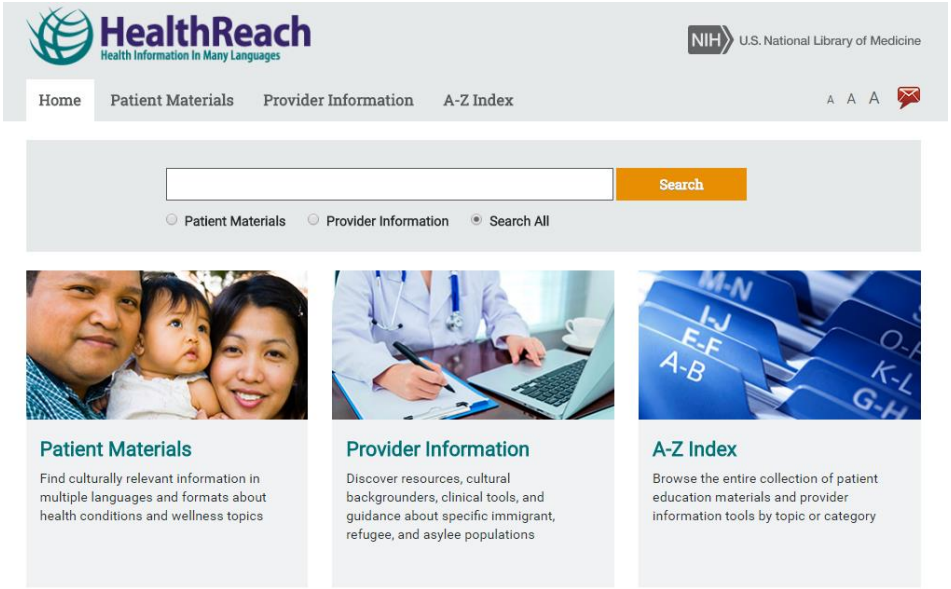
Exercise
- Well-Balanced
  (Wise Elders Living Longer)
  WELL-Balanced (Wise Elders Living Longer) is a health promotion program designed to be carried out by volunteer coaches. It provides community support for Native elders with diabetes, arthritis, and hypertension, as well as helping elders reduce their risk of falling.

General
- NativeWeb Health and Elder Resources
  (NativeWeb)

[American Indian Health, Elders](https://americanindianhealth.nlm.nih.gov/elders_health.html)

https://americanindianhealth.nlm.nih.gov/elders_health.html

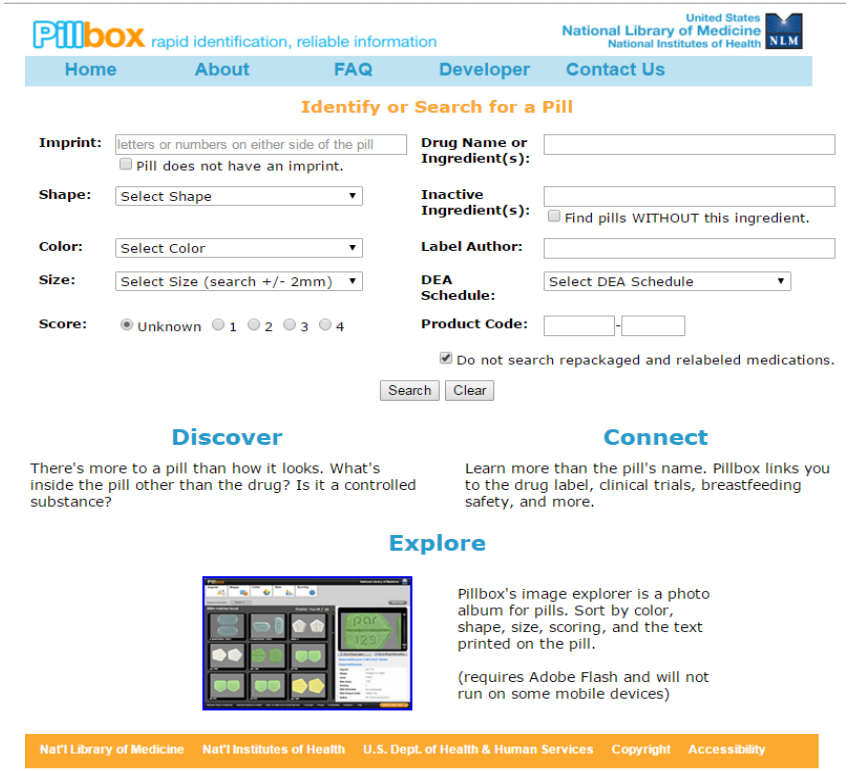
# Health Reach

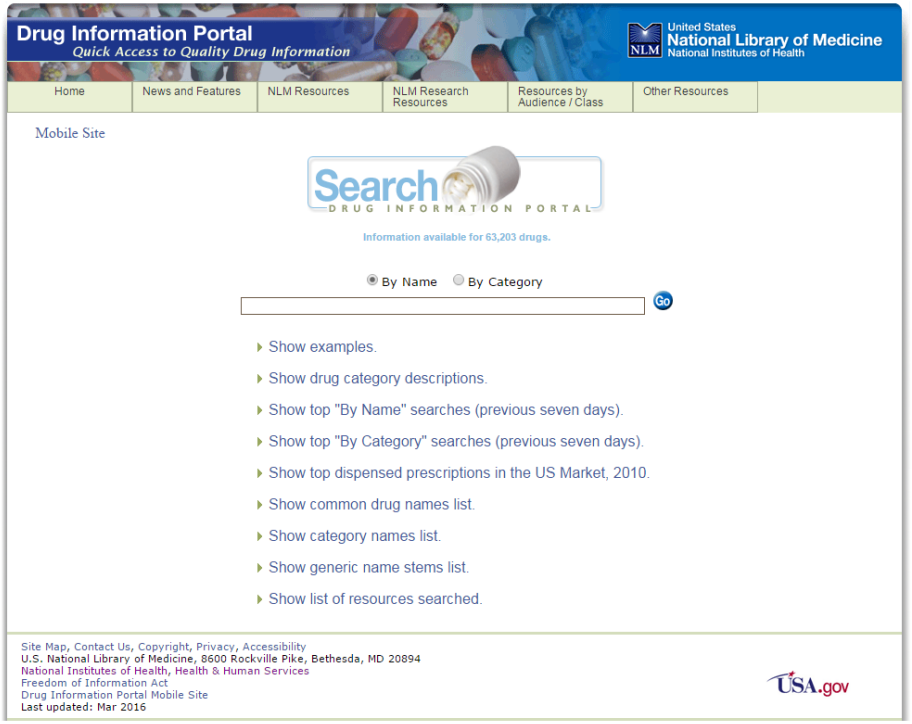



Health Reach: https://healthreach.nlm.nih.gov/

- Multiple language
- Health education materials in various languages and formats
- Provider information
- Special collections on women's health, substance abuse, and mental health
- National collaboration
- Submit your resources

# NLM Drug Resources




[Drug Information Portal](https://druginfo.nlm.nih.gov/drugportal/)

https://druginfo.nlm.nih.gov/drugportal/

[Pillbox](https://pillbox.nlm.nih.gov/pillimage/search.php)

https://pillbox.nlm.nih.gov/pillimage/search.php

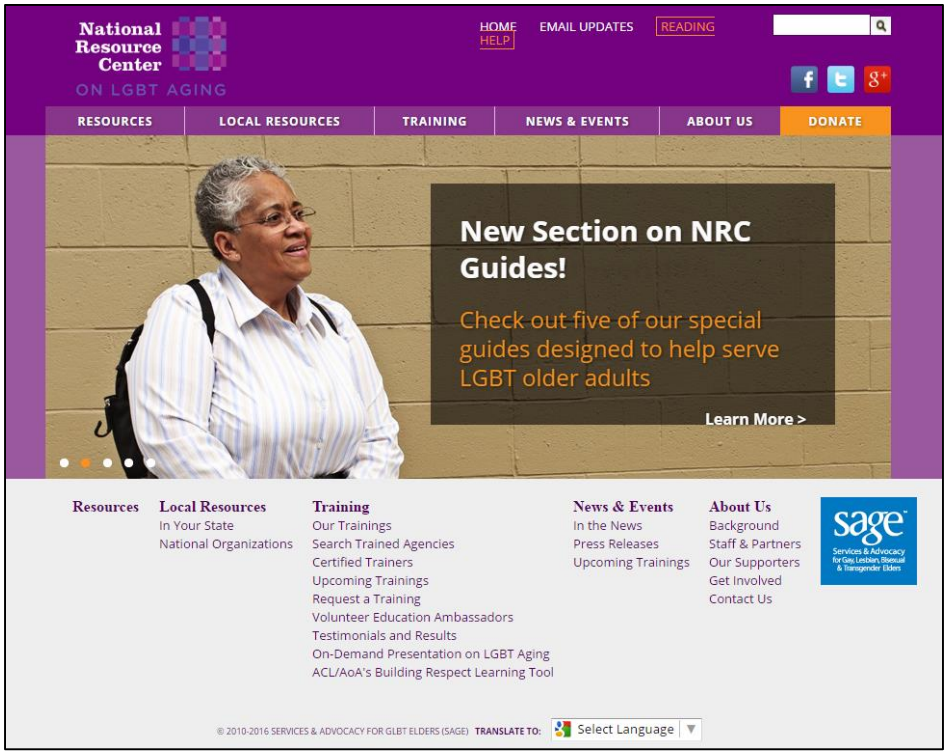
# National Center for Complementary and Integrative Health

[NCCIH](https://nccih.nih.gov/)

https://nccih.nih.gov/

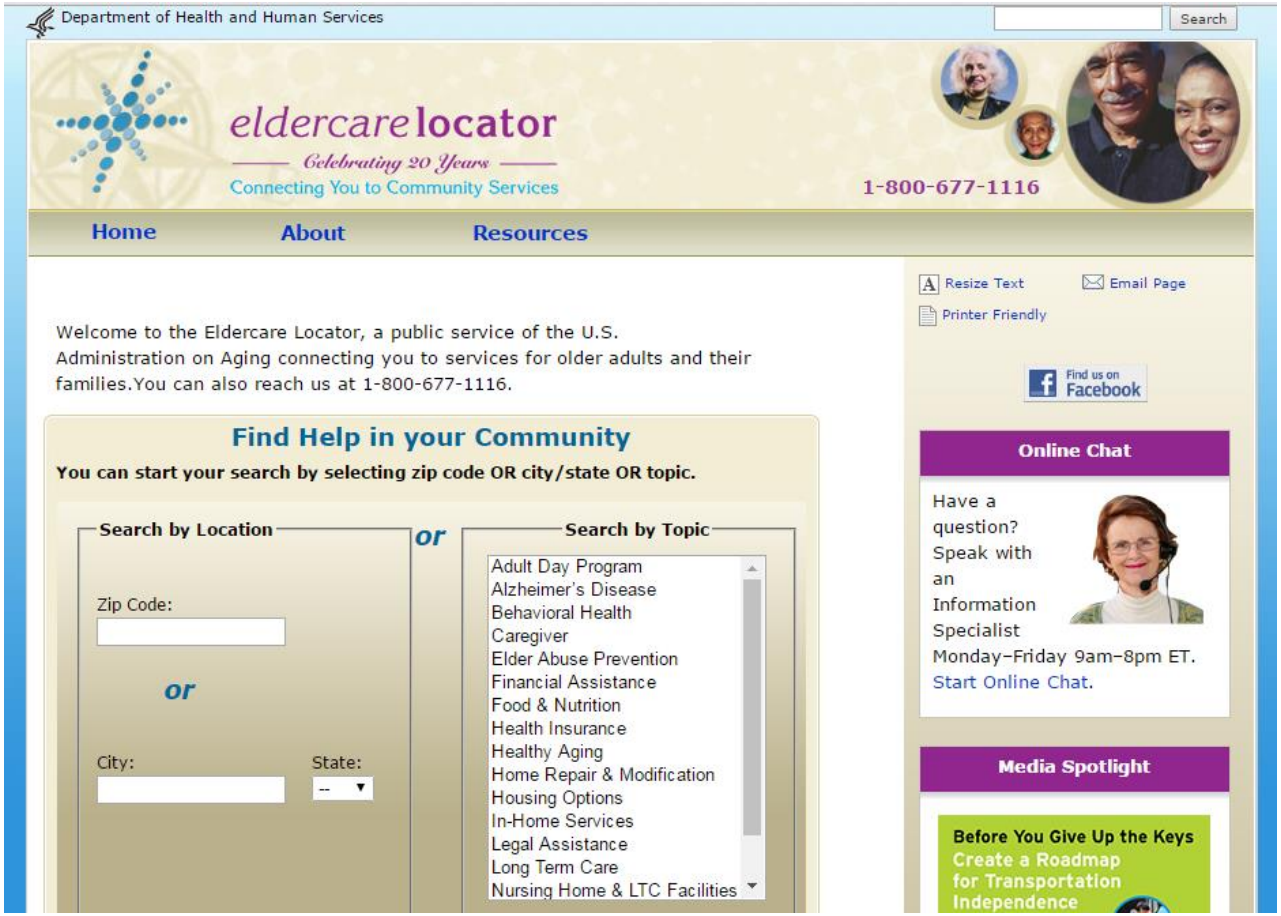
# Gay, Lesbian, Bisexual and Transgender Elders

- Specific issues for LGBT older adults:
- HIV and Aging
- Medicaid & Medicare
- Coming Out Later in Life




[National Resource Center on LGBT Aging](http://www.lgbtagingcenter.org/)
http://www.lgbtagingcenter.org/

# Eldercare Locator




[Eldercare Locator](http://eldercare.gov/Eldercare.NET/Public/Index.aspx)

http://eldercare.gov/Eldercare.NET/Public/Index.aspx

# Nursing Home Compare

Nursing Home Compare

https://www.medicare.gov/nursinghomecompare/search.html

# Talking to Doctors: The New World Order

- Before 1972,doctors told patients what they wanted patients to know, and what they wanted patients to do.

- 1972 – AHA Patient Bill of Rights
  - “The patient has the right and is encouraged to obtain from physicians and other direct caregivers relevant, current, and understandable information about his or her diagnosis, treatment, and prognosis.”

# Video encourages questions

- Think about it
- Ask about it
- Talk about it

10 – SecMedSchool videos

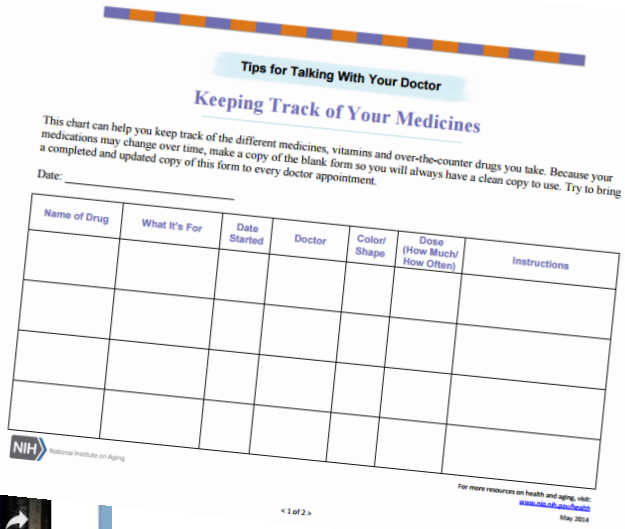
https://www.youtube.com/watch?v=lJOYjpwtlBQ&list=PLFP44u_0PAFfXQeT3Mh7fX7RBZRJZlnuQ

# Prepare for Next Doctor Visit

- Write down questions and concerns
- Don’t be afraid to ask for information to be repeated or to clarify
- Bring a friend or family member along
- Bring paper and pencil along
- Bring a recording device (phone)
- Have the doctor write the information down (legibly)
- Review information before leaving
- Ask about Personal Health Record availability
- Ask if there is someone to help with information such as a librarian at the hospital, university or a public health librarian

# NIH Senior Health

## Talking with Your Doctor




[NIH Senior Health Talking with your doctor](https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html): https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html

# Talking with Your Doctor

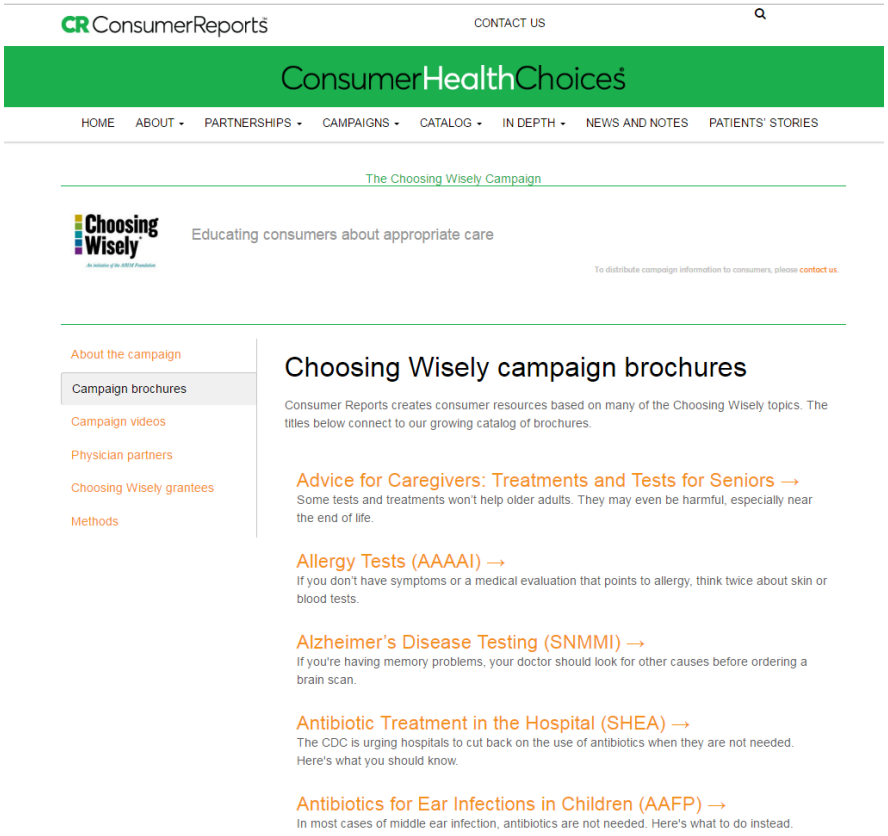
**Table of Contents**


- Opening Thoughts: Why Does It Matter?
- Getting Started: Choosing a Doctor You Can Talk To
- How Should I Prepare? Getting Ready for an Appointment
- What Can I Say? Giving Information
- What Can I Ask? Getting Information
- How Can I Be Involved? Making Decisions With Your Doctor
- Asking More Questions: Talking to Doctors in Special Situations
- Changing the Subject: Practical Matters
- Can I Really Talk About That? Discussing Sensitive Subjects
- Who Else Will Help? Involving Your Family and Friends
- Additional Resources: For More Information
- For Your Convenience: Worksheets


[Guide to Talking with Your Doctor](https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter)

https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter

# Consumer Health Choices




[Consumer Health Choices](http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials)

http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials

# Buying Health Products/Services Online

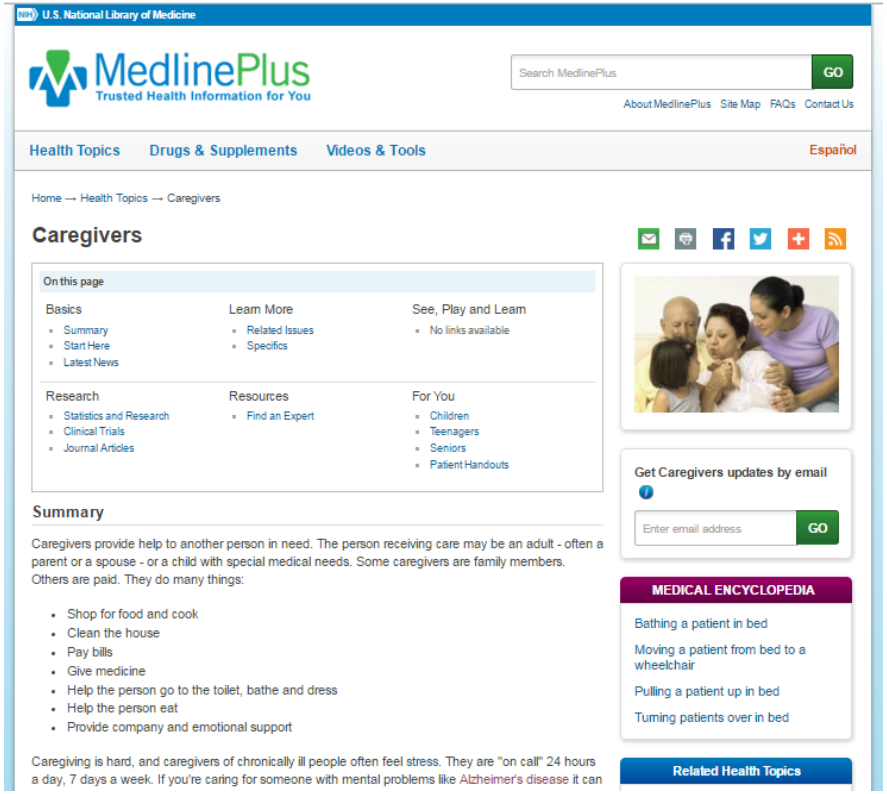
OnGuardOnline.gov buying health products: https://www.consumer.ftc.gov/topics/health-fitness

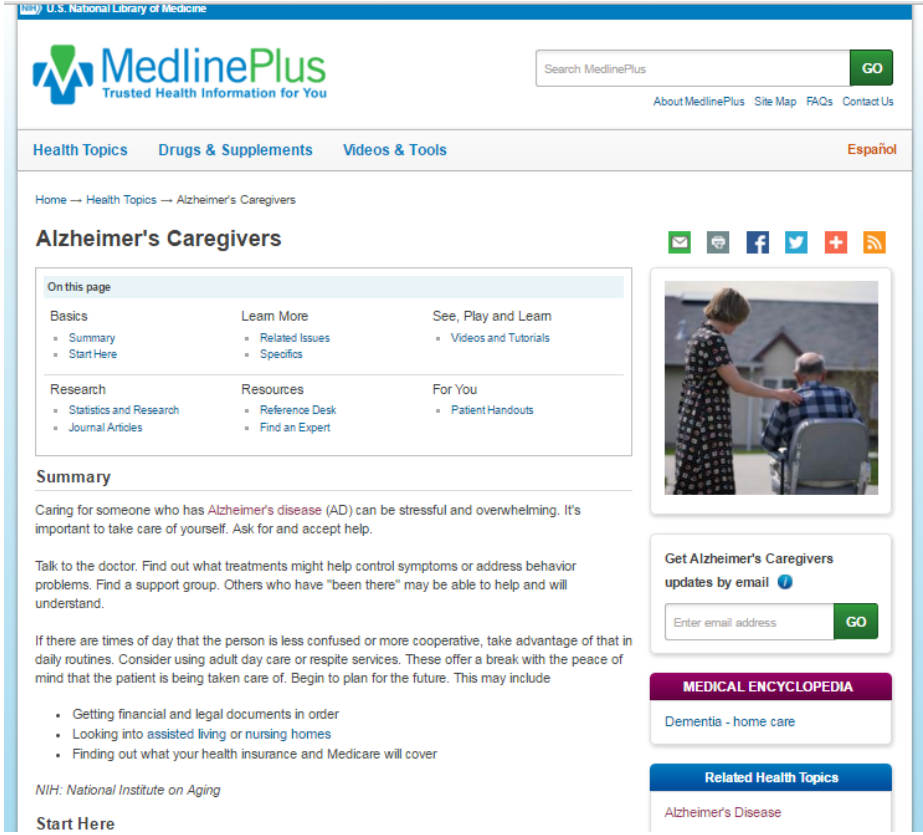
# Caregivers

- Almost half are over age 50
  - 1/3 fair to poor health
- Caregiving causes heavy emotional, physical and financial toll
- Experience conflicting emotions
- 22% caregivers taking care of 2
- 8% caregivers taking care of 3 or more

Administration on Aging, National Family Caregiver Support Program
http://www.aoa.acl.gov/AoA_Programs/HCLTC/Caregiver/

# Caregivers MedlinePlus topic page



# NLM 4 Caregivers

NLM4Caregivers

https://sis.nlm.nih.gov/outreach/caregivers.html

# Administration for Community Living

[ACL Caregiver Resources](https://acl.gov/Get_Help/Help_Caregivers/Index.aspx)

https://acl.gov/Get_Help/Help_Caregivers/Index.aspx

# Library Programs / Services

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# Technology Barriers

- Physical challenges to using technology
  - 2 in 5 seniors report physical or health condition makes daily life difficult
- Skeptical attitudes about the benefits of technology
  - 35% felt they were not missing out on important information versus 18% who do
- Difficulties learning to use new technologies
  - Significant number felt they needed assistance, 77% who felt uncomfortable versus 18% who felt comfortable
  - However, once adapted,  seniors comfortable 71% use technology everyday

2014 Pew report on Older Adults and Technology Use

http://www.pewinternet.org/files/2014/04/PIP_Seniors-and-Tech-Use_040314.pdf

# Why Teach Health on the Internet to Older Adults

- Bridge Digital Divide
- Increase confidence
- Increase knowledge of health conditions and healthy lifestyles
- Help people know how to talk to doctors
- Increase skills in evaluating health information resources
- Seniors are eager to learn

# Teaching Tips

- Provide hands-on practice and repetition
- Use health topics they are interested in (HBP)
- Provide regular access to computers
- Teach small groups, low teacher/student ratio

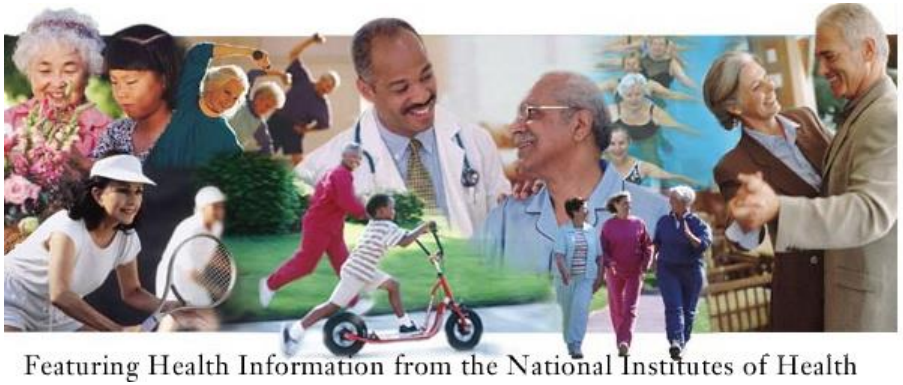
# Teaching Resources

- Beanworks: Computers, Older Adults, and Libraries
  - Carol Bean, Palm Beach County Library
  - Includes mousing tutorials
  - Helpful articles
  - Other training materials

Beansworks
http://beanworks.clbean.com/computers-older-adults-and-libraries/

# More Teaching Resources

- NIHSeniorHealth: Helping Older Adults Search for Health Information Online:




A Toolkit for Trainers

http://nihseniorhealth.gov/toolkit/toolkit.html

# Program Ideas

- Fitness classes
- Relationships/sexual health
- Specific health conditions
- Managing medications
- Medicare
- Choosing nursing homes/assisted living
- Brain health
- Health website evaluation
- Caregiving
- End of Life planning
- Creating a safe home
- Hospice
- Health fraud
- Alternative medicines
- Health tools
- Talking to your doctor
- Story Corp model

# Collaborate!

- You can’t do it alone.
- Senior organizations:
  - Area Agencies on Aging
  - Disease specific organizations (Alzheimer's Assoc.)
  - Neighborhood senior centers
  - Faith Communities
  - Hospitals and Clinics
  - University Health Science Libraries
  - Social Service agencies / Public Health
  - American Society on Aging / National Council on Aging
  - Government agencies (city, county, state, federal)

# How do I find partners?

- NN/LM Membership Directory
  - https://nnlm.gov/members/directory
- 2-1-1 a free service to help locate local resources
  - http://www.211.org/

# The Consumer Health Reference Interview and Ethical Issues

- Provide welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Provide referrals

**Consumer Health Reference Interview and Ethical Issues**
https://nnlm.gov/professional-development/topics/ethics

# NN/LM PNR

- Free membership
- Free classes/webinars
- Free brochures and tools
- Funding
- Customized training
- Opportunities for input
- Gateway to NLM and NIH

NN/LM PNR: https://nnlm.gov/pnr

# Questions?

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National Network of Libraries of Medicine
Pacific Northwest Region (NN/LM PNR)

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