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

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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?
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


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

Source: U.S. Census Bureau, 2008.

CDC State of Aging & Health in America
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
Health Literacy
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
Recognizing easy to read materials

### Manage your diabetes

Many people avoid the long-term problems of diabetes. Work with your health care team to reach your goals.

- **Use your diabetes meal plan.** If you do not have one, get one.
- **Eat healthy foods** such as fruits and vegetables without the skin, dry peas or beans, whole grain bread and pasta, low-fat milk, lean meats, fish, and poultry.
- **Keep fish and lean meat and poultry portion** sizes reasonable. Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grain bread and pasta.
- **Get 30 to 60 minutes of physical activity** a day. Physical activity is a great way to move more.
- **Stay at a healthy weight** by using your meal plan to keep your weight manageable.
- **Take medicines even when you feel good.** Ask your doctor or dietitian if you have any side effects.
- **Check your feet every day** for cuts, blisters, redness, swelling, or sores.
- **Check your teeth and floss every day** to avoid gum disease.
- **Check your blood glucose.** You may want to test your blood glucose at the back of this booklet to keep a record. Be sure to take this record to your doctor visits.
- **Check your blood pressure.** If your doctor advises you to monitor your blood pressure at home, use a blood pressure monitor and keep a record of your readings.
- **Report any changes in your eyesight to your doctor.** Changes in vision, such as seeing halos around lights, difficulty seeing at night, double vision, or seeing spots, may be a sign of diabetes.

### 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

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

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

Go 4 Life

Be an exercise role model!
Motivate others to get excited about exercise.

GET INSPIRED!

MOTIVATION
Are you a health professional? Your patients are listening!
Find out how to motivate patients to be more active.

ACTIVITIES
Don't just sit at work—get moving with your co-workers!
Learn how to be more active during your work day.

EXERCISE
Balance exercises can help you with activities like climbing stairs and avoiding falls.
Read about ways to build your balance.

Go 4 Life
https://go4life.nia.nih.gov/
American Indian Health

American Indian Health, Elders

Health Reach

- 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

Health Reach: https://healthreach.nlm.nih.gov/
NLM Drug Resources

Pillbox

Drug Information Portal
https://druginfo.nlm.nih.gov/drugportal/
National Center for Complementary and Integrative Health

Health

All Health Topics from A-Z
Research-based info from acupuncture to zino.

Complementary, Alternative, or Integrative Health
What do these terms mean?

Be Informed
Learn how to make wise health decisions.

Herbs at a Glance
Uses and side effects of herbs and botanicals.

How To Find a Practitioner
Information on seeking treatment.

Information for Health Care Providers
Evidence-based medicine, continuing education, clinical practice guidelines, and more.

Featured Health Topics
Skin Conditions (August 2016)
Musculoskeletal Inflammation and Natural Products (July 2016)
Men’s Health (June 2016)

Pain: U.S. Military and Veterans
Veterans endure higher pain severity than nonveterans. View the data from the 2010-2014 National Health Interview Survey.

Learn more

NCCIH
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/
Eldercare Locator

http://eldercare.gov/Eldercare.NET/Public/Index.aspx
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=lJOYjpwtIBQ&list=PLFP44u_0PAffXQeT3Mh7fX7RBZRJZInuQ
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

Talking with Your Doctor
Planning Your Doctor Visit
A Partnership

How well you and your doctor talk to each other is one of the most important ways of getting good health care. Unfortunately, talking with your doctor isn’t always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good doctor relationship is a partnership. You and your doctor can work as a team.

Creating a basic plan before you go to the doctor can help you make the most of your visit. The tips in this chapter will make it easier for you and your doctor to cover everything you need to talk about.

(Watch the video to get tips on planning for your doctor visit. To enlarge the video, click the brackets in the lower right-hand corner. To reduce the video, press the F8/Fn button on your keyboard.)

NIH Senior Health Talking with your doctor:
https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html
Talking with Your Doctor

Guide to Talking with Your Doctor

Choosing Wisely campaign brochures

Advice for Caregivers: Treatments and Tests for Seniors →
Some tests and treatments won’t help older adults. They may even be harmful, especially near the end of life.

Allergy Tests (AAAAI) →
If you don’t have symptoms or a medical evaluation that points to allergy, think twice about skin or blood tests.

Alzheimer’s Disease Testing (SNMMI) →
If you’re having memory problems, your doctor should look for other causes before ordering a brain scan.

Antibiotic Treatment in the Hospital (SHEA) →
The CDC is urging hospitals to cut back on the use of antibiotics when they are not needed. Here’s what you should know.

Antibiotics for Ear Infections in Children (AAFP) →
In most cases of middle ear infection, antibiotics are not needed. Here’s what to do instead.

Consumer Health Choices
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/
NLM 4 Caregivers

[Image of the NLM 4 Caregivers website]

NLM4Caregivers
Administration for Community Living

ACL Caregiver Resources
https://acl.gov/Get_Help/Help_Caregivers/Index.aspx
Library Programs / Services
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

- NIH Senior Health: Helping Older Adults Search for Health Information Online:

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)

Presentation Resources
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