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

NNLM

What’s the difference?
The mission of NNLM 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.

NNLM 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


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 cereals, lean meats, and fish.
- **Keep fish and lean meat and poultry portion** (less than half a deck of cards). Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grain cereals and pasta.
- **Get 30 to 60 minutes of physical activity** on most days. It’s a great way to move more.
- **Stay at a healthy weight** by using your meal plan and getting regular physical activity.
- **Take medicines even when you feel good.** Ask your doctor what medicines to take, how much, and when.
- **Check your feet every day** for cuts, blisters, redness, swelling, or sore toenails.
- **Brush your teeth and floss every day** to avoid gum disease.
- **Check your blood glucose**. You may want to check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.
- **Check your blood pressure** if your doctor advises it.
- **Report any changes in your eyesight** to your doctor.

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 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/
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/
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
- Brain health

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.

https://go4life.nia.nih.gov/
American Indian Health

Our Health

Alzheimer's
- Stories from Caregivers Video
  (Banner Alzheimer's Institute)
  Three Native American families caring for loved ones and health professionals 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, 56 KB)
  (NEOCHA/University of North Dakota Center for Rural Health)

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

- Native American Elders Diagnosed with Cancer
  (Native American Cancer Research)
  Access to Quality Care (PDF, 1.1 MB)
  Decision-Making and Communication (PDF, 1.4 MB)
  Transportation and Financial Resources (PDF, 1.0 MB)
  Survivorship (PDF, 1.2 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 (Palliative 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-Being
  (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
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/
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=IJOYjpwtIBQ&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

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

Guide to Talking with Your Doctor

Consumer Health Choices

http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials
The market is swimming in products and services for fitness and health, making the competition for your business more fierce than ever. Learn how to decode ads for products that promise to cure everything from baldness and cancer to diabetes and dementia, and for services that say they will shape you up, restore your youthful glow, and turn those abs into a well-defined six pack.

Healthy Living
When you’re shopping for health insurance, beauty products, or other health-related goods, it pays to do some research before you spend any money.

Treatments & Cures
When it comes to treatments for health conditions, it can be tough to tell useful products and services from those that don’t work or aren’t safe. It’s unlikely that a supposed ‘cure-all’ can cure anything.

Weight Loss & Fitness

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

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
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

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Teaching Tips

- Provide hands-on practice and repetition
- Use health topics they are interested in
- 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

Beanworks
http://beanworks.clbean.com/computers-olderadults-and-libraries/
More Teaching Resources

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

[Image: Featuring Health Information from the National Institutes of Health]

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
Older Americans Month

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!

Older Americans Month:
https://oam.acl.gov/
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?

- **NNLM 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)
NNLM PNR

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

NNLM PNR: https://nnlm.gov/pnr
Questions?

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Pacific Northwest Region (NNLM PNR)

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