Healthy Aging at the Library: Empowering Your Patrons

CAROLYN MARTIN, MLS, AHIP
CONSUMER HEALTH COORDINATOR
NN/LM PACIFIC NORTHWEST REGION
NIH

NLM

NN/LM

What’s the difference?
National Network of Libraries of Medicine

Pacific Northwest Region

News & Announcements
- PNW e-Learning webinar on "Best Practices for Public Health Preparedness" on February 17.
- NN/LM Calendar
- PNW-NWCHS 2017 Symposium
- Pacific NW Network
- Follow us on Twitter @NNLM
- Find us on Facebook

Quick Links
- Affordable Care Act Information
- Emergency Preparedness and Response
- Health Information on the Web @ Medline Plus
- Network Member Directory
- PHR/LHR
- Pacific NW Network

Copyright Resources
See the NN/LM PHR Resource Sharing and Document Delivery page for sources for copyright information from the Medical Library Association, the American Library Association, and a link to an ongoing free Coursera course: "Copyright for Educators and Librarians," from Duke University, Emory University & The University of North Carolina at Chapel Hill.
Overview

- Aging in America
- Health Literacy
- Patient Engagement
- Older Adults and the Internet
- Health Resources
- Training and Library Resources
Aging in America
Early Boomers reached 65 in 2011
According to the CDC

- Americans aged 65 years or older will double to about 72 million in next 25 years
- By 2030, older adults will account for roughly 20% of the U.S. population
- 2 out of 3 older Americans have multiple chronic conditions, and treatment accounts for 66% of the country’s health care budget

CDC webpage on Healthy Aging: [http://www.cdc.gov/aging/index.html](http://www.cdc.gov/aging/index.html)
Previous Leading Causes of Death

- Tuberculosis
- Diarrhea
- Enteritis
- Syphilis

[CDC previous leading causes of death](http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf)
Present Leading Causes of Death

- Heart Disease
- Cancer
- Chronic Lower Respiratory Diseases
- Accidents (unintentional injuries)
- Stroke
- Alzheimer’s
- Diabetes
- Influenza & Pneumonia

[http://www.cdc.gov/nchs/fastats/deaths.htm](http://www.cdc.gov/nchs/fastats/deaths.htm)
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
Figure 1. U.S. population aged 65 years or older and diversity, 2010–2050

Source: U.S. Census Bureau, 2008.
Older Minorities Health Status

- Lagged behind non-Hispanic whites
  - Health disparities more significant than with young people

- Language barriers reduce access to health care

- Lower socioeconomics

- Differing cultural norms
Exercise 1: Statistical Information

- Name a resource that would contain statistical information about our aging society.
Health Literacy
Low Health Literacy
Access + Utilization = Health Literacy

Health Literacy:
- “The degree to which individuals have the capacity to obtain, process and understand basic health information and services need to make appropriate health decisions.” (Healthy People 2010)

ACP Foundation Video on health literacy:
http://www.youtube.com/watch?v=lmnlptxIMXs
Health Literacy

- 90 million people, almost half of the US population, have inadequate health literacy skills

- 41.6% of people surveyed were unable to comprehend directions for taking medication on an empty stomach

[Indian Health Service White Paper on Health Literacy](https://www.ihs.gov/healthcommunications/documents/toolkit/IHSHealthLiteracyWhitePaper.pdf)
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/)
Additional factors affecting understanding of health information

- Vision and hearing changes
- Cognitive changes
- Additional Disabilities

U.S. Department of Health and Human Services, Quick Guide to Health Literacy of Older Adults
http://www.health.gov/communication/literacy/olderadults/literacy.htm
And to make things worse...

- Multiple conditions
- Many, many medications
- Uncomfortable talking to doctors
- Internet/technology comfort levels
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

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.

Recognizing easy to read materials

EASY

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.
- **Eat healthy foods** such as fruits and vegetables without the skin, dry peas or beans, whole grain bread, and 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 grain bread and pasta.
- **Get 30 to 60 minutes of physical activity** on most days a great way to move more.
- **Stay at a healthy weight** by using your meal plan.
- **Take medicines even when you feel good.** Always consult with your doctor or pharmacist. Do not stop taking your medicine without your doctor’s advice.
- **Check your feet every day** for cuts, blisters, or sores and report any changes to your provider.
- **Brush your teeth and floss every day** to avoid gums.
- **Check your blood glucose.** You may want to attach a chart at the back of this booklet to keep a record of your blood glucose readings.
- **Check your blood pressure** if your doctor advises.
- **Report any changes in your eyesight** to your doctor.

EASIER

**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.
Health Literacy and Older Adults
Exercise 2: Health Literacy

- Name an additional factor that affects health literacy in older adults.
Engaging Seniors

Creative Commons photo https://flic.kr/p/6b5MSs
Disempowered patients

Health and the City YouTube
http://www.youtube.com/watch?v=iFCbtxW4db0
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.”

- 2010 New Patient’s Bill of Rights created along with Affordable Care Act
  - New patient protections in dealing with insurance companies
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
AskMe3

Good questions for your good health

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Every time you talk with a doctor, nurse, or pharmacist, use the Ask Me 3 questions to better understand your health.

Before you visit your doctor please review our checklist.

Asking these questions can help me:
- Take care of my health
- Prepare for medical tests
- Take my medicines the right way
AHRQ : Questions are the Answer
AHRQ: Question Builder

Be prepared for your next medical appointment. Create a list of questions that you can take with you whether you are getting a checkup, talking about a problem or health condition, getting a prescription, or discussing a medical test or surgery. Whatever the reason for your visit, it is important to be prepared. With the Question Builder, it is easy.

Step 1: Choose the kind of appointment you need
- To talk about a health problem
- To get or change a medicine
- To get medical tests
- To talk about surgery

Next
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 factors in getting good health care. Unfortunately, talking with your doctor is not always easy. In many cases, the doctor typically takes the lead and the patient follows. It is important to remember that the doctor/patient relationship is a partnership. You and your doctor can work together to develop a care plan.

Creating a basic plan before you go to the doctor can help. Try to list everything you want to talk about. This can help you remember all of the items you want to discuss. In this chapter, you will learn how to:

- Ask questions
- Talk about your health
- Make a list of your symptoms

Planning Your Doctor Visit

Make a List of Your Symptoms

Talking about your health means sharing information about how you feel. Sometimes it can be hard to remember everything that is bothering you during your doctor visit. Making a list of your symptoms before your visit will help you not forget to tell the doctor anything.

Symptoms can be physical, such as pain, fever, a lump or bump, unexplained weight gain or loss, change in energy level, or having a hard time sleeping. Symptoms can also involve your thoughts and your feelings. For example, you would want to tell your doctor if you are often confused, or if you feel sad a lot.

What to Include

When you list your symptoms, be specific. Your list should include:

- A description of the symptom
- The symptom's duration
- Any treatments you have tried
- Any factors that seem to make the symptom better or worse

Talking With A Specialist

In Case Of A Serious Illness

Frequently Asked Questions

Learn More

Talking With Your Doctor Videos

Quiz Yourself

MedlinePlus For More Information

National Institute On Aging

A Guide for Older People

TALKING WITH YOUR DOCTOR
**Always tell your doctor:**
- The reason for your visit.
- What medicines you are taking (see below).
- Important facts about your health.
- If costs are a problem and what your insurance covers.

**Get the information you need:**
- Ask questions.
- Take notes.
- Bring someone with you.

**Make sure you understand:**
- Instructions (such as how to take medications or clean a wound).
- What you need to do next (such as get an X-ray).

**Tell your doctor and pharmacist what medications you are taking**, including all prescription and over-the-counter medicines, herbs, and supplements. Bring your medicines with you or use Say Ah’s form on the next page. If you make your own list, be sure to include:

- What you are taking (aspirin)
- How much and dosage (1 pill, 325 mg)
- How often (once a day)
- When and how (8 a.m. with food)
- Why (headache)

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**Medication List**

Your doctor and pharmacist need to know what medications you are taking. Use this form and take it with you to show them. Make sure you include all prescription and over-the-counter medicines, herbs, and supplements.

<table>
<thead>
<tr>
<th>Patient’s Name</th>
<th>Today’s Date</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>What I’m taking</th>
<th>How much?</th>
<th>Dosage</th>
<th>How often</th>
<th>When and how</th>
<th>Why</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
<td>1 pill</td>
<td>325 mg</td>
<td>once a day</td>
<td>8 a.m. with food</td>
<td>headache</td>
</tr>
</tbody>
</table>

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**Tips for Talking with Your Doctor**

- The reason for your visit.
- What medicines you are taking (see below).
- Important facts about your health.
- If costs are a problem and what your insurance covers.

**Get the information you need:**
- Ask questions.
- Take notes.
- Bring someone with you.

**Make sure you understand:**
- Instructions (such as how to take medications or clean a wound).
- What you need to do next (such as get an X-ray).
#### When to Say Whoa (wallet card)

A handy wallet card, suitable for tucking behind your health insurance card, that reminds you what questions to ask your doctor about proposed tests and treatments.

Files to download

--- Return to full catalog list

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**Print, cut, fold, and glue or tape together. Keep it in your wallet behind your health insurance card.**

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**When to say “whoa” to your doctor**

**Learn more:** [www.consumerhealthchoices.org/choosing](http://www.consumerhealthchoices.org/choosing)

**Ask these 5 questions:**

1. Do I really need this test or procedure? The answer should be direct and simple.
2. What are the risks? Ask about side effects and the chances of getting inaccurate test results.
3. Are there simpler, safer options? A lifestyle change may help enough.
4. What happens if I don’t do anything? Ask if your condition might get worse—or better—if you don’t have the test or procedure right away.
5. How much does it cost? Ask if there are less-expensive tests, treatments, or procedures. Also ask about generic drugs instead of brand-name drugs.
Video encourages questions

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

[10 – SecMedSchool videos](https://www.youtube.com/watch?v=IJOYjpwtlBQ&list=PLFP44u_0PAFqXqTeT3Mh7fx7fRbZuZlnuQ)
Understanding Medical Words: A Tutorial from the National Library of Medicine

This tutorial teaches you about medical words. You'll learn about how to put together parts of medical words. You'll also find quizzes to see what you've learned.

You will need Flash Player to view the programs.

- Download the Flash Player for free.
- Note for users of assistive technology: This tutorial is a flash movie that contains changing content and interactive quizzes. You may be required to use additional keyboard commands to navigate the content depending on the software you use to browse the Web.
- Use the controls on the bottom left of the screen to adjust the volume or to turn off the sound.

Learn how you can download a version of the tutorial for use when no Internet connection is available.

If you have questions about the tutorial, please contact NLM customer service at custserv@nlm.nih.gov.
Own Your Health is a campaign to empower consumers to become active participants in their own health and health care.
Personal Health Record

Defined by HHS.gov:

There is currently no universal definition of a PHR, although several relatively similar definitions exist within the industry. In general, a PHR is an electronic record of an individual’s health information by which the individual controls access to the information and may have the ability to manage, track, and participate in his or her own health care. A PHR should not be confused with an electronic health record (EHR). An EHR is held and maintained by a health care provider and may contain all the information that once existed in a patient’s paper medical record, but in electronic form.

PHRs:

- Are managed by patients
- Can include information from a variety of sources, including health care providers and patients themselves
- Can help patients securely and confidentially store and monitor health information, such as diet plans or data from home monitoring systems, as well as patient contact information, diagnosis lists, medication lists, allergy lists, immunization histories, and much more
- Are separate from, and do not replace, the legal record of any health care provider
- Are distinct from portals that simply allow patients to view provider information or communicate with providers
- Properly designed and implemented, PHRs can help patients manage their health information and become full partners in the quest for good health.
PHR Concerns

Be Aware:

- Not all are covered by HIPAA
- Decide their own privacy policies and some other privacy laws may be applicable
- Consumer may have only partial access
- May or may not be portable (switching health plans or health providers)
Maintain Your Medical Record

How can eHealth tools help me manage my personal medical and health records?

Keeping track of medical records can be difficult if your health information is in multiple places or in a format (such as paper) that is difficult to use. This challenge gets harder when working with several doctors to address several health concerns. Your doctor and other health care providers maintain their own medical records about you. But may patients see advantages in also maintaining their own personal health records to record past appointments, test results, prescriptions, and more. Today, many apps and online services exist to make the job of organizing this information easier. In some cases, these tools also help patients and family caregivers share information among doctors and other family members so everyone is on the same page.

A personal health record (PHR) is similar to the electronic health record (EHR) that your doctor might keep, except that you to store your most important health information and control who has access to it. Most PHRs require you to add your own information.
PHR Personal Health Record
Exercise 3: Patient Engagement

- What can a person do to participate in their health?
Pew Reports regarding Older Adults and Technology

- 80% of younger baby boomers use the Internet
- 81% of younger online boomers have looked for health information; 84% of older boomers
- 27% of Americans 65 and older now own a smartphone (fairly low number).
  - 8-point increase in ownership among seniors compared with early 2014
  - Offers freedom (while younger people find it a leash)
- Use of social media increasing
- Barriers: medical issues, cost, ability to adapt to continual technology changes
- How will this change as digital natives age?

ABCs (+U) of Evaluation

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

[NN/LM Evaluating Health Websites](https://nnlm.gov/outreach/consumer/evalsite.html)
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
Web Usability

Additional Features for the Web

- Mouse-free controls
- No flashing images or distractions
- High contrast
- No “watermarks”
- Step-by-step navigation
- Read-out-loud features
- Highlighted text (hyperlinks) in dark color (other than blue)
Evaluation of Health Resources
Health

HEALTHY LIVING
10 Tips to Outsmart Diabetes
Here's how to prevent or manage this disease

Brain Health

Are Old Head Injuries Foggling Your Brain?
Experts warn effects of trauma can linger for decades

You (and Your Brain) Are What You Eat
How the MIND diet is helping the fight against cognitive decline

Brain Health: What Helps, What Hurts
There's some good news on cognitive function as you age

Your Membership

HomeServe

Member Advantages

AARP

Member Store

The UPS Store®

AARP Info Line: 1-888-687-2277
Evaluating health websites

NIH SeniorHealth
Built with You in Mind

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter
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

Categories
- Bones and Joints
- Cancer
- Diseases and Conditions
- Healthy Aging
- Heart and Lungs
- Memory and Mental Health
- Treatments and Therapies
- Vision and Hearing
- All Topics A-Z

Featured Topic
Dry Eye

Exercise Stories
People of all ages and physical conditions benefit from exercise and physical activity. These exercise stories feature older adults and the diverse activities they enjoy.

Health Videos
Many of our health topics feature short videos that complement the information in the topic. The health videos offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with diseases or conditions of aging.

Free Tips on Healthy Aging
Sign up here for free tips on healthy aging from NIH SeniorHealth.

Training Tools
Are you interested in helping older adults learn to search online health information on their own? Browse the Trainer’s Toolkit for more information.
CAPHIS Top 100 » Senior Health Websites You Can Trust

- General Health
- Women's Health
- Men's Health
- Parenting & Kids
- Senior Health
- Specific Health
- For Health Professionals
- Drug Information Resources
- Complementary & Alternative
- Other Useful Health Sites

pdf of complete Top 100 List

Administration on Aging
http://aoa.gov/AoARoot/index.aspx
Website is designed to assist elderly people and their caregivers to quickly obtain information on aging-related topics and government-sponsored programs. There is excellent information on elder rights, promoting a healthy lifestyle, finding state and local eldercare programs, national and state benefits and services for seniors, long-term care insurance, and caregiver support programs.

AgingCare: an Online Community for Caregivers
http://www.agingcare.com/
Online community created for caregivers of elderly parents. Includes information on the most common health problems, financial and legal matters, making choices between different housing options, and more. One can sign up for their newsletter and participate in forums and blogs on caregiving topics.

The AGS Foundation for Health in Aging
http://www.aginginaging.org
The American Geriatrics Society Foundation created this website to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on aging for older adults, HealthinAging.org content is based on resources that the American Geriatrics Society has developed for its professional members.

CDC's Health Aging
http://www.cdc.gov/aging/
This Centers for Disease Control’s website has statistics and research information including the latest state of Aging and Health and State of Mental Health and Aging in America reports, information on the Healthy Brain Initiative and advance care planning and chronic disease management, and links to other articles, reports, and organizations.
Buying Health Products/Services Online

Avoid Scams
Secure Your Computer
Protect Kids Online
Be Smart Online
Video and Media
OnGuardOnline Blog

OnGuardOnline.gov

Buying Health Products and Services Online

The web is convenient for comparing prescription drug prices, researching health products and services, and preparing for your next medical appointment. Use these tips to be smart and safe when researching health products and services online.

Know Who You're Dealing With
Consider the Source
Buy Prescription Drugs From Licensed U.S. Pharmacies Only
Talk to Your Doctor or Health Professional
Report Online Fraud

Related Items

Know Who You're Dealing With
Before you give out any personal or financial information online, whether it's to buy an item or get more information, remember that anyone can set up shop online. If you're thinking about buying a health-related product from an unfamiliar company or website, do some research:

- Confirm the online seller's physical address (not just a P.O. Box) and phone number, so you know you can reach someone if you need to.
- Do a search for the company name and website, and be sure to look beyond the first page of results. If you find a lot of negative reviews, you're better off staying away.
- Look for indicators the site is secure, like a URL that begins with https:// (the “s” is for secure). But that's not foolproof—security icons can be forged. Avoid sites that ask you to send personal or financial information by email, or ask you to wire cash through a money transfer service.

Consider the Source
When you start your search for health products, services, or information, consider who's behind the information. Government websites (sites ending in .gov) are a good bet. Two great choices are MedlinePlus and Healthfinder.gov, both of which look up hundreds of health topics and the latest health headlines. So are university or medical school websites (.edu).

Nonprofit groups, with a mission that focuses on research and teaching about specific conditions (their URLs typically end in .org) also can be good resources. Like the American Heart Association or the American Cancer Society.
Exercise 4: Web Evaluation

- Name one of the ABCs of evaluation.
HEALTH RESOURCES
NIHSeniorHealth

- [http://nihseniorhealth.gov](http://nihseniorhealth.gov)
- 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
MedlinePlus

- http://medlineplus.gov
- Links to reliable, understandable health websites
- Health Topics for Seniors
- Easy-to-read articles
- Slideshows that have sound and contrast
- Medical dictionary
- Medical encyclopedia with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!
Falls

A fall can change your life. If you’re older, it can lead to disability and a loss of independence. If your bones are fragile from osteoporosis, you could break a bone, even a hip. But aging alone doesn’t make people fall disease affect balance. So do problem or nervous systems. Some medicine problems or alcohol can be factors. As you get older, falls make you more likely. Babies and young people are at risk of falling - off of furniture and do things in everyday life.

Falls and accidents seldom "just happen." Taking care of your health by exercising and getting regular eye exams and physical can help reduce your chance of falling. Getting rid of tripping hazards in your home and wearing nonskid shoes may also help. To reduce the chances of breaking a bone if you do fall, make sure that you get enough calcium and vitamin D.

Summary

Falls and accidents seldom "just happen." Taking care of your health by exercising and getting regular eye exams and physical can help reduce your chance of falling. Getting rid of tripping hazards in your home and wearing nonskid shoes may also help. To reduce the chances of breaking a bone if you do fall, make sure that you get enough calcium and vitamin D.

Related Articles

- What Are Ways to Prevent Falls and Related Fractures? (NIH, National Institute of Aging)
Sertraline is use (blossom thoughts that blowing, and breast tendering select)


2 Sertraline (Zoloft) and Specialties - PDF

Sertraline (Zoloft) and Zoloft (Zoloft) and other 5% chance of having a baby

motherbody.com/facts/he/.

3. Aspirin to Zoloft; Ways (Medical Sciences)

Articles | insideLIFE store Emily Carlson Posted Aug 30, 2017, Fred and Zoloft at


4. List of Confused Drug N

PREXAF Gebr. Bex; Cerel MAZINE chlorhazine POXIDE SERO quel XR sertraline s

... t.mnp.org/Tools/Toscano.

5. A Draft to Treat Depression 101;

are available as generics Drugs to Treat Depression in Genetic One S21; Sertraline


6. Index to Drug-Specific: Sertraline (citalopram) See

Sertraline pronounced as (See’tra leen)

What side effects can this medication cause?
What should I know about storage and disposal of this medication?
In case of emergency/orde

What special dietary instructions should I follow?
What should I do if I forget a dose?

IMPORTANT WARNING:

A small number of children, teenagers, and young adults (to 24 years of age) who took antidepressants (mood elevators) such as sertraline during clinical studies became suicidal (thinking about harming or killing oneself or planning or trying to do so). Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not take antidepressants to treat these conditions. However, experts are not sure about how great this risk is and how much it should be considered in deciding whether a child or teenager should take an antidepressant.

You should know that your mental health may change in unexpected ways when you take sertraline or other antidepressants even if you are an adult or 24 years of age. You may become suicidal, especially at the beginning of your treatment and any time that you dose is increased or decreased. You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms: new or worsening depression; thinking about harming or killing yourself; or planning or trying to do so; extreme evacuations; panic attacks; difficulty falling asleep or staying asleep; aggressive behavior; irritable, acting without thinking, severe restlessness; and frenzied abnormal excitement. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Your healthcare provider will want to see you often while you are taking sertraline, especially at the beginning of your treatment. Be sure to keep all appointments for office visits with your doctor.

The doctor or pharmacist will give you the manufacturer’s patient information sheet (Medication Guide) when you begin treatment with sertraline. Read the information carefully and ask your doctor or pharmacist if you have any questions. You can also obtain the Medication Guide from the FDA website: http://www.fda.gov/Drugs/DrugSafety/InformationOnDrugClass/UCM903273.

No matter what your age, before you take an antidepressant, you, your parent, or your caregiver should talk to your doctor about the risks and benefits of treating your condition with an antidepressant or with other treatments. You should also talk about the risks and benefits of not treating your condition. You should know that having depression or another mental illness greatly increases the risk that you may become suicidal. This risk is higher if you or anyone in your family has or has had bipolar disorder (mood changes that arise from depressed to manic mood swings) or if you have a history of violence.

While you are taking sertraline, you should discuss your condition and treatment with your healthcare provider regularly. It is especially important to have frequent follow-up during the first 30 days of starting this treatment.
Ginkgo

On This Page
- Introduction
- What the Science Says
- Side Effects and Cautions
- For More Information
- Key References

Common Names: ginkgo, Ginkgo biloba, fossil tree, maidenhair tree, Japanese silver apricot, baiguo, bai guo ye, kew tree, yin-hoang (yin-hoang)

Latin Name: Ginkgo biloba

Introduction
This fact sheet provides basic information about ginkgo—common names, what the science says, potential side effects and cautions, and resources for more information.

The ginkgo tree is one of the oldest types of trees in the world. Ginkgo seeds have been used in traditional Chinese medicine for thousands of years, and cooked seeds are occasionally eaten. Historically, ginkgo leaf extract has been used to treat a variety of ailments and conditions, including asthma, bronchitis, fatigue, and limits (ringing or roaring sounds in the ears). Today, folk uses of ginkgo leaf extracts include attempts to improve memory; to treat or help prevent Alzheimer’s disease and other types of dementia; to decrease intermittent claudication (leg pain caused by narrowing arteries); and to treat sexual dysfunction, multiple sclerosis, limits, and other health conditions.

Download PDF
- Health Topics A-Z
- Medical Dictionary

Related Topics
- Pilot Study Provides New Insight on Effect of Ginkgo Extract on Dementia in the Elderly (03/16/03)
- The Ginkgo Evaluation of Memory (GEM) Study
- Find Active Medical Research Studies on Ginkgo (ClinicalTrials.gov)
- Using Dietary Supplements Wisely
- Herbs at a Glance
Brain Health
As You Age

You Can Make a Difference!

Check out this free presentation toolkit

The Leader in Aging Research

NIA, one of the 27 Institutes and Centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary Federal agency supporting and conducting Alzheimer's disease research.

Read more about NIA:
- Mission
- Research Highlights
- Strategic Directions
- Budget
- Initiatives

Health Information for You
Find a wide variety of research-based information and resources related to health and aging.

Featured Health Topics ➤ Alzheimer's Information ➤ Aging Clinical Trials (ClinicalTrials.gov) ➤

For the Public
For Researchers
For Healthcare Providers

Find Publications ➤ Contact Us ➤ Get Email Updates ➤

FAQs ➤ En Español ➤ Other Languages ➤
Fuel your workout!
Support your workout with healthy foods.

SNACK BETTER!

NUTRITION
Healthy eating and exercise go hand in hand.
Check out Go4Life’s nutrition tip sheets.

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

MOTIVATION
Need an exercise boost?
Find tips for getting out of your
exercise rut.
Older Adults

Stay Healthy as You Grow Older
There's a lot you can do to keep yourself healthy and feeling great in your 50s, 60s, and beyond. Take this quiz to get some tips on how to do it.

Start Quiz

Health Conditions and Diseases
Get health information for older adults.

View All

Doctor Visits
Find out how to get the most out of visits to the doctor or nurse.

View All

Nutrition and Physical Activity
Find out how to eat healthy and stay active as you get older.

View All

Mental Health and Relationships
Get tips on how to manage stress and talk to loved ones about important health topics.

View All

Safety
Take action to lower your risk for falls and other injuries.

View All

Sexual Health
Find the information you need to take care of your sexual health.

View All
HEALTH TOPICS - ELDER'S HEALTH

Our Health

- Choice from Caregiver 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 (PDF, 54 KB)
  (NIH/NIAMS/University of North Dakota Center for Rural Health)

- Cancer
  - Cancer Screening Practices Among American Indian and Alaska Native Elders (PDF, 50 KB)
    (NIHCAAM/University of North Dakota Center for Rural Health)
  - Native American Elders Diagnosed with Cancer
    (Native American Cancer Research)
    - Access to Quality Care (PDF, 1.12 MB)
    - Decisions, Coping and Communication (PDF, 1.4 MB)
    - [What is This All About?] (PDF, 8.1 KB)
    - Transportation and Financial Resources (PDF, 1.66 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 (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-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)
National Resource Center on Native American Aging

- Our mission is to identify and increase awareness of evolving Native elder health and social issues.
- Our vision is to empower Native people to develop community-based solutions.

Notice of Funding Availability

**Foster Grandparent and Senior Companion Grants** is open to Federally-recognized Indian Tribes. Established in 1965, the Foster Grandparent Program (FGP) is one of the oldest intergenerational programs in the country, engaging adults age 55 and over to provide loving and experienced tutors and mentors to children and youth with special needs or exceptional needs.

Learn more

Needs Assessment

The **Needs Assessment, Identifying Our Needs: A Survey of Elders** assists tribes, villages, and homesteads in creating a record of the health and social needs of their elders. Survey results satisfy the requirement for Title VI nutrition and caregiving grants and document the needs of your elders to help with tribal planning, long-term care discussions, and grant applications.

Learn more | Assessment materials
We’re working to improve 10 million lives

Join us

Get Involved
Administration for Community Living

**FEATURES**
- DD Awareness Month
- Brain Health Facts (PDF)
- National Nutrition Month
- Public Access Plan
- ACL Overview Animation

**BRAIN HEALTH:**
*Medicine, Age, and Your Brain*

**Recent ACL Blogs**
- Savoring Good Health (03/22/2016)
- Teens with Disabilities Have the Right to Healthy Relationships (02/29/2016)
- Integrated Employment Lessons from Colorado's Community Link (02/17/2016)
- Inclusion in Action: Giving Riders a Voice in Transportation Planning and Making Dialysis Less Stressful (01/21/2016)

**News and Information**
- March is National Nutrition Month (03/11/2016)
- Assistant Secretary for Aging sees network at a crossroad--and a place of new opportunities (02/10/2016)
- CDC Announces Critical Component in Elder Abuse Fight (02/01/2016)
- Comment Period for Draft APS Consensus Guidelines Extended to Feb. 8 (02/01/2016)
- HUD Offers Approximately $15 Million in Grants to Test a New Approach to Help Low-Income Seniors Age In Place (01/26/2016)
Nursing Home Compare

http://www.medicare.gov/nursinghomecompare/

- From the Center for Medicare and Medicaid Services
- Allows consumers to compare information about nursing homes
- Links to Hospital Compare, Physician Compare, Dialysis Facility Compare, and more
Multi-Lingual links

http://healthreach.nlm.nih.gov/

https://ethnomed.org/

http://spiral.tufts.edu/

https://www.healthinfotranslations.org/


http://www.healthyroadsmedia.org/
Gay, Lesbian, Bisexual and Transgender Elders

- **National Resource Center on LGBT Aging**
  - Specific issues for LGBT older adults, like HIV and Aging; Medicaid & Medicare; and Coming Out Later in Life

- **The Aging and Health Report regarding LGBT older adults published in 2011 by Institute for Multigenerational Health**
Seniors

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person’s abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make
Review of Medical apps for patients

Top Apps for Patient

http://www.imedicalapps.com/profession/patient/
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 provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Some caregivers are family members. Others are paid. They do many things:

- Shop for food and cook
- Clean the house
- Pay bills
- Give medicine
- Help the person go to the toilet, bathe and dress
- Help the person eat
- Provide company and emotional support

Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week. If you're caring for someone with mental problems like Alzheimer's disease it can be especially difficult. Support groups can help.

Dept. of Health and Human Services Office on Women's Health

Start Here
- Caregiver Health and Wellness (American Academy of Family Physicians) Available in Spanish
- Caregiver Stress (Department of Health and Human Services, Office on Women's Health)
- Alzheimer's Disease and Related Disorders Association

Related Health Topics
- Alzheimer's Caregivers
- Child Care
- Home Care Services

National Institutes of Health
The primary NIH organization for research on Caregivers is the...
Administration on Aging (AoA)

National Family Caregiver Support Program (OAA Title IIIE)

Authorizing Legislation: Section 371 of the Older Americans Act of 1965, as amended

- The Purpose of the Program and How it Works
- Eligible Program Participants
- Data Highlights: Extensive Services Provided to Caregivers
- Funding History
- Looking Back: NFCSF 10th Anniversary Celebration
- Resources and Useful Links
- NFCSF Stories

The Purpose of the Program and How it Works

The National Family Caregiver Support Program (NFCSF), established in 2000, provides grants to States and Territories, based on their share of the population aged 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical, and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The NFCSF offers a range of services to support family caregivers. Under this program, States shall provide five types of services:

- Information to caregivers about available services;
- Assistance to caregivers in gaining access to those services;
- Individual counseling, organization of support groups, and caregiver training;
- Respite care, and;
- Supplemental services, on a limited basis.

These services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

Eligible Program Participants

- [Back to top]  

Office of Supportive Services

For over 35 years, the AoA has worked through the program, but are not limited to traditional programs.

Office of Nutrition

The Office of Nutrition and long-term care nutrition programs; disease self-management, prevention and health promotion; and for HIV/AIDS education, training, and other related activities.

Office of Elder Justice

The Office of Elder Justice works to prevent, respond to, and resolve elder abuse, neglect, and exploitation; and to reduce the risk of, and improve the response to elder abuse, neglect, and exploitation.
Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Find Help in your Community
You can start your search by selecting zip code OR city/state OR topic.

Search by Location

Zip Code:

 or

Search by Topic

- Adult Day Program
- Alzheimer’s Disease
- Behavioral Health
- Caregiver
- Elder Abuse Prevention
- Financial Assistance
- Food & Nutrition
- Health Insurance
- Healthy Aging
- Home Repair & Modification
- Housing Options
- In-Home Services
- Legal Assistance
- Long Term Care
- Nursing Home & LTC Facilities

Online Chat

Have a question? Speak with an Information Specialist: Monday–Friday 9am–8pm ET. Start Online Chat.

Media Spotlight

Before You Give Up the Keys
Create a Roadmap for Transportation Independence
VA Caregiver Support

VA values your commitment as a partner in our pledge to care for those who have "borne the battle," and we have several support and service options designed with you in mind. The programs are available both in and out of your home to help you care for the Veteran you love and for yourself.

Quick Links

Hospital Locator
Zip Code
Health Programs
Protect Your Health
A-Z Health Topics

Caregiver Stories
Wanda's Story
When anticipating retirement and growing old together, Wanda had never pictured her active and able husband being physically unable to walk.

Caregiver Toolbox
Medication Log
A medication log can help you keep track of a Veteran's medication.

Caregiver Support

Family Caregivers Month
November is National Family Caregivers Month. Please join VA in helping us honor those caring for our Veterans.

Learn more »

CAREGIVER SUPPORT LINE
1-855-260-3274

SERVICES FOR CAREGIVERS OF POST-9/11 VETERANS

NEED HELP?
Find your local Caregiver Support Coordinator
Zip Code
Go
Caregiver resource kit

Information to be provided to caregivers

This section of the Ask Medicare toolkit offers informational resources that can be printed directly from this Web site and provided to caregivers. The resources are designed to help caregivers address challenging issues and work effectively with Medicare to ensure their family members and friends receive the best possible care.

Practical information for caregivers

These materials highlight the basics of caregiving and understanding Medicare.

- Ask Medicare brochure: Care for others [PDF, 245KB]
  A brief overview of Ask Medicare.
- Whatever every caregiver needs to know [PDF, 155KB]
  Short facts on caregiving and some of the many resources offered by Ask Medicare.
- Ask Medicare: What type of care is best for your loved one? [PDF, 158KB]
  A list of terms describing the various types of care for disabled, aged and seriously ill individuals.
- Ask Medicare: Billing terms caregivers should know [PDF, 159KB]
  Definitions of some billing and financial terms related to Medicare.
It's Medicare's 50th Anniversary!

Medicare and Caregiving go Hand In Hand

Watch the Webinar Now!

Get started here! Click one of the caregiving situations below.

I JUST REALIZED I'M A FAMILY CAREGIVER NOW
“I can’t believe this just happened!”
“Since he came back from Iraq, he depends on me.”
“My wife has been diagnosed with...”

I HAVE BEEN A FAMILY CAREGIVER FOR YEARS.
“My husband has Parkinson’s and I’m his primary caregiver.”
“Since my wife’s stroke, I handle everything.”

I LIVE FAR AWAY AND I’M ON THE CAREGIVING TEAM.
“How do I know that my parents are OK living alone?”
“Since mom died, I am all dad has.”

I HAVE A JOB AND I’M THE CAREGIVER FOR MY LOVED ONE.
“I’m what they call a ‘sandwich generation’ caregiver.”
“I care for my mother with Alzheimer’s in addition to my three...”
Family Caregiver Alliance supports and sustains the important work of families nationwide caring for loved ones with chronic, disabling health conditions.

Get Involved
- Subscribe to Newsletter
- Join an Online Caregiver Group
- Share Your Caregiving Experience
- Businesses: Partner with Us!

Searching for Caregiving Information?
Find Your Caregiving Situation
- Preparing for Caregiving
  - New to Caregiving
  - Daily or In-Home Caregiving
  - Long Distance Caregiving
  - Caregiving & Advanced Illness
- Post-Caregiving

Find Your Location

A majority of us will be caregivers at some point in our lives. As loved ones age, debilitating disease, chronic health conditions or simple frailty can soon follow. Or we may end up caring for someone permanently injured from an accident. While some employ paid providers, most rely on unpaid assistance from families, friends and neighbors. We won’t always know when we’ll be...
Welcome to Caring for the Caregiver Website!

Find the support and resources you need!
Exercise 4:
Web Resources

- Name a good website with health information for older adults
Library Programs
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
Summer Reading 2016

Gear Up for Summer Reading 2016: Resources for Adults and Seniors / February 9, 2016 / Noon –1pm ET

Presenter: Lydia Collins, NN/LM MAR Consumer Health Coordinator

Description: Summer reading programs are a long standing tradition for public libraries across the nation. The 2016 summer reading theme from CSLP is “Wellness, Fitness, and Sports” and for iREAD it is “Read-For the Win!” Both summer reading themes involve a focus on health, wellness, sports and achievement. Tune in to learn about National Library of Medicine and other reliable resources that you can use to support your summer reading program for adults and seniors. Ideas on how to engage these adult populations in a love of reading and healthy lifestyles will also be included. Lastly, learn where to locate freely available health information resources that you can order and distribute at your library this summer.

FUTURE PROGRAMS

2016 Summer Reading Slogans (Theme: Wellness, Fitness, and Sports)

- Children: On Your Mark, Get Set, Read
- Teens: Get in the Game: Read
- Adults: Exercise Your Mind – Read
Collaborate!

- You can’t do it alone.
- Senior organizations:
  - Area Agencies on Aging
  - Disease specific organizations (Alzheimer's Assoc.)
  - Neighborhood senior centers / community centers
  - Faith communities
  - Hospitals and Clinics
  - University Health Science Libraries
  - American Society on Aging / National Council on Aging
  - Social service agencies / public health
  - Government agencies (city/county/state/federal)
How do I find partners?

- **NN/LM Membership Directory**
  - [http://nnlm.gov/members/adv.html](http://nnlm.gov/members/adv.html)

- **2-1-1** a free service to help locate local resources
  - [http://www.211.org/](http://www.211.org/)

Provide Information

- Community Health Workers
- Home Health Care workers
- Caregivers
- Long-term Care facilities
- Clinics
- Drug stores
- Places of worship
- Community events
How can libraries help with Medicare?

Libraries can:
- distribute Medicare publications
- host outreach and education events
- assist patrons in accessing Medicare.gov

To learn about how to participate in the CMS National Medicare Training Program:

Medicare Websites

http://www.smpresource.org/

http://iasquared.org/

SMP American Indian and Alaska Native Integration Project

Engaging American Indian and Alaska Native Elders

SMP Medicare Beneficiary Outreach Toolkit

http://www.smpresource.org/

Protect Yourself and Your Loved Ones from Medicare Fraud
Contact Your Senior Medicare Patrol to Learn How

-- SELECT STATE --
SEARCH
State Health Insurance Assistance Program (SHIP)

Content Researched & Assembled by the Staff at www.SeniorsResourceGuide.com and www.SeniorsEGuide.com

What is SHIP?
SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIP’s mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. SHIP is an independent program funded by Federal agencies and is not affiliated with the insurance industry.

SHIP Counselling is FREE of Charge
State Health Insurance Assistance Programs (SHIPs) provide free help to Medicare beneficiaries who have questions or issues with their health insurance. You can call a counselor or attend a workshop/presentation in your area.

A Few Reminders ...
- Some states call their SHIP programs by a different name so we have added a topic called “Program Name.”
- Many of the State SHIP websites have calendars listings workshops or ‘Medicare Monday’ events.
- SHIP Counseling is free of charge.
- If you are calling from out-of-state to a different state note that many of the State’s ‘Toll Free’ numbers are for in-state use only.
- If you are eligible for Medicare, you are eligible for SHIP Counseling.
- Medicare health and drug plans can change each year in regard to cost, coverage and what providers and pharmacies are in their networks. October 15th to December 7th is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

SHIP Information by State - Updated October 2015
Note that if you find a broken link or incorrect phone number please send us an email so we can correct the information.
Difficult Conversations

Health, financial, legal and end-of-life decisions.
Teaching Health Information on the Internet
Why We 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
Teaching Observations

- Seniors are very hungry for health information
- Seniors are eager to learn
- Learning a new technology may be anxiety producing
- Transportation can be a problem
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
More Teaching Resources

NIHSeniorHealth: Helping Older Adults Search for Health Information Online: A Toolkit for Trainers

Alzheimer's and Related Dementias

Purpose of Interest Group:

This interest group focuses on creating, disseminating and implementing guidelines for library services to people with Alzheimer's and related dementias. The International Federation of Library Associations (IFLA) has already established such guidelines and they can readily be adapted for use in the United States.

Interest Group Leaders:

Leaders: Tysha Shay, tyshas@thelibrary.org, and Melanie Saulnier, mdsaulnier@quinnipiac.edu

Important survey – your input needed

IGARD is in the process of creating standards for library service to persons with dementia. We are seeking input from librarians across the country to document already existing best practices. Please complete this important survey to self-identify if your library is currently offering, or has offered in the past, services/programming directly to members of your community diagnosed with Alzheimer's or another dementia - https://www.surveymonkey.com/s/services_dementia. Thank you in advance for your participation.

Other National Organizations/Potential Partners:

Conference Programs:
CDC Healthy Aging

- Health Topics
- Data and Statistics
- Reports
- Focus on Prevention
Older Americans Act, Title VI, Older Indians

- Resource manual
- Online Reporting tool
- Events / Webinars

**Mission**

Olderindiansact.gov is dedicated to providing a forum for increased communication between Title VI programs. Particularly, this website will facilitate communication and information dissemination pertaining to training and technical assistance for Title VI Directors. This website intends to provide relevant and useful information so that Title VI Directors can improve their programs to better meet the needs of older Indians.

**Announcements**

- Oregon Approves Coos Bay Tribes to Integrate Mid-Level Native Dental Therapists (March 02, 2016)
- ACL FY2017 Budget Request (February 28, 2016)
- Special Report: Strengthening Supports for Low-Income Older Adults and Caregivers (February 28, 2016)
- Upcoming Funding Opportunities from ACL (January 20, 2016)
- From the National Corporation for Community Service: Social Innovation Funds Available (January 20, 2016)
- Happy New Year from the ACL Central Office (January 20, 2016)
- Important Information about the HHS Tribal Budget Consultations Tribal Aging Programs (January 20, 2016)
- CDC Releases Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements (January 20, 2016)
- From NCOA: Register for a Webinar on What You Need to Know about the Medicaid Health Home Benefit (January 20, 2016)
- From NIAH: CDC Releases Funding Opportunity for Injury Prevention for Tribes, States, and Territories (December 17, 2015)

All announcements
# Rural Aging

The nation's population is aging, and with that change comes increased healthcare needs. According to the Centers for Disease Control and Prevention report, *The State of Aging and Health in America 2013*, the population 65 years and older is expected to double over the next 25 years, due to longer life spans and the large number of baby boomers reaching retirement age. The report identifies chronic disease as a burden on older adults that impacts both quality of life and healthcare costs.

On average, rural populations are older than populations in other parts of the country. Populations of older adults increase by level of rurality:

<table>
<thead>
<tr>
<th>Percent of Population 65 and Over</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nation as a Whole</td>
<td>13.4</td>
</tr>
<tr>
<td>Micropolitan</td>
<td>15.6</td>
</tr>
<tr>
<td>Rural, Non-Core</td>
<td>17.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percent of Population 85 and Over</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nation as a Whole</td>
<td>1.8</td>
</tr>
<tr>
<td>Micropolitan</td>
<td>2.2</td>
</tr>
<tr>
<td>Rural, Non-Core</td>
<td></td>
</tr>
</tbody>
</table>

Source: Geographic Comparison Tables 0103 and 0104, 2009-2013 American Community Survey 5-Year Estimates

This map, based on 2010 Census Data, shows the percent of the population over 65 by county:
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
SHARING:

- What tips do you have for training seniors with online health information or online information in general?
- Any programs or ideas you want to share?
Questions?

Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
martinc4@uw.edu

National Network of Libraries of Medicine
Pacific Northwest Region