Healthy Aging: Connecting Older Adults to Health Information

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Presentation Outcomes

By the end of this presentation, participants will be able to:

▪ Articulate demographic and social trends regarding older adults

▪ Explain factors that affect the ability of older adults to access health information

▪ Describe techniques and accessibility considerations for teaching and working with older adults

▪ Identify authoritative online resources from the National Library of Medicine that support lifelong health
MLA Credit (2) & CHIS Course Competencies

- C1 - Know the Community
- C2 - Know the Health Consumer
- C3 - Knowledge of Subject Matter and Resources
- C4 - Evaluation of Health Information
- C5 - Communication, Reference, and Instruction
- C6 - Literacy and Health Literacy
- C7 - Technology and Health
- C8 - Ethical and Legal Issues
Patient Safety

“...error is routine during the delivery of health care and occurs in around 10% of hospital admissions. In a proportion of cases, the harm produced is serious, even fatal.”

Sir Liam Donaldson, Envoy for Patient Safety
**Patient Safety: Taking an Active Role**

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>Pre-1972</td>
<td>Doctors made medical decisions</td>
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<tr>
<td>1973</td>
<td>AHA Patient Bill of Rights</td>
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<tr>
<td>2002</td>
<td>“Never Events” List</td>
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<tr>
<td>Now</td>
<td>Patients are part of healthcare</td>
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</tbody>
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Health Literacy in the United States

Below basic (14%)
- Circling the date of an appointment on a slip
- Identify what you can drink before a test in instructions

Basic (22%)
- Give two reasons a person with no symptoms of a specific disease should be tested based on a clearly written pamphlet

Intermediate (53%)
- Determine what time a person can take a prescription medicine based on written information
- Identify three substances that may interact with an OTC drug using label information

Proficient (12%)
- Calculate an employee’s share of health insurance costs for a year, using a table that shows how the employee’s monthly cost varies, depending on income and family size.

Source: The Health Literacy of America’s Adults: Results from the 2003 National Assessment of Adult Literacy
multiple chronic conditions

too many medications

talking with doctors

comfort with technology
Audience Poll (Administration on Aging)

By 2040, how many Americans are estimated to be 65 years or older?

a. 60 million  
b. 70 million  
c. 80 million  
d. 90 million  
e. 100 million
According to the CDC & Census Estimates

By 2040, how many Americans are estimated to be 65 years or older?

  a. 60 million  
  b. 70 million  
  c. **80 million**  
  d. 90 million  
  e. 100 million

- Number of 65+ Americans will double in 20 years
- By 2040, older adults will be 21.7% of the U.S. population.
- 2/3 older Americans have multiple chronic conditions
Figure 2-3.
Young Children and Older People as a Percentage of Global Population: 1950 to 2050

**THE 2015 UNITED STATES OF AGING SURVEY: Older Adults and Professionals Who Support Them: What Matters Most?**

**Top Concerns: Physical and Financial Health**

**OLDER ADULTS**
- 40% maintaining their physical health
- 35% memory loss
- 32% maintaining their mental health

**PROFESSIONALS**
- 43% financial scams
- 38% access to affordable housing
- 38% memory loss
**Minority Are Very Prepared to Age**

- 42% of older adults feel they’re “very prepared”
- Only 10% of professionals feel older adults are “very prepared”

**Staying at Home**

- 58% of older adults have not changed residences in more than 20 years
- 75% intend to live in their current home for the rest of their lives
- 62% would like to see services that would help with home modifications and repairs

**Saving & Budgeting are Key**

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

**Other top priorities include:**

**OLDER ADULTS:**
- Take advantage of senior discounts
- Limit leisure expenses

**PROFESSIONALS:**
- Work beyond retirement age
- Reduce housing costs
Communities Can Do More

47% of older adults say their community is doing enough to prepare for an aging population.

37% of professionals say their community is doing enough to prepare for an aging population.

Exercise & Eat Healthy to Stay Sharp

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

For complete survey results, visit ncoa.org/UnitedStatesofAging. Join the conversation on Twitter with #USofAging.
An Aging Population Reshapes Library Services

Growth rate of older adults produces demographic shift

By Greg Landgraf | May 31, 2016
AUTHORITATIVE HEALTH RESOURCES
2014 Digital Inclusion Survey – Library Partners

- 59.4 percent of libraries help patrons identify health insurance resources;
- 57.7 percent help patrons locate and evaluate free health information online;
- 48.1 percent help patrons understand specific health or wellness topics;
- 22.7 percent offer fitness classes; and
- 18.1 percent bring in healthcare providers to offer limited healthcare screening services”

AHRQ: **Questions to Ask Your Doctor**

- What is the test for?
- When will I get the results?
- Why do I need this treatment?
- Are there any alternatives?
- What are the possible complications?
- Are there any side effects?
- Will this medicine interact with medicines that I'm already taking?
Identify or search for a pill

Start by selecting characteristics of the pill you want to identify:

- Name or Ingredient
- Imprint
- Shape
- Color
- Inactive Ingredient
Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.

Health Conditions

More than 1,200 health conditions, diseases, and syndromes

New & Updated Pages

New Pages

- Leprosy
- Polycystic ovary syndrome
- Gorlin-Chaudhry-Moss syndrome
Go4Life® from the National Institute on Aging at NIH

Share our messages!

Tell the word about the benefits of exercise for older adults. Share info by:

• Following @NIAGo4Life on Twitter.
• Joining NIH Aging on Facebook.
• Signing up for our Fitness Tips e-newsletter.

STAY CONNECTED
Find a nursing home

Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. A nursing home is a place for people who can’t be cared for at home and need 24-hour nursing care.

Search below to find nursing homes based on a location and compare the quality of care they provide and their staffing.
OLDER
AMERICANS
MONTH
ENGAGE AT EVERY AGE: MAY 2018
Want training? We’ve got you covered!

We offer cultural competency training at all levels.

Learn More >
Health on the Net Foundation - HONcode

- Non-government organization that started to take shape in 1995
- Swiss Foundation with funding from Geneva authorities
- Works closely with University Hospitals of Geneva
- Intent to publish transparent information
- Certificates must be renewed annually
Teaching Tips

- Be methodical and consistent - don’t jump around
- Be aware of your assumptions and speed (i.e. a scrollbar, Ctrl+F, or the back button might not be intuitive) - assess their skill level!
- Know how to use basic accessibility features and software
- Physical instructional aids such as procedures or quick reference sheets
Teaching Tips

▪ Frequently check-in with patrons on their understanding - give feedback
▪ Give patrons time to generate ideas and questions
▪ Repeat important concepts multiple times; provide tasks patrons can practice - reinforcement
▪ Draw out prior experiences to connect their knowledge with what you’re teaching
▪ “I do, you do, we do” framework
Web Usability

- Font size should be no smaller than 16 px
- Button sizes on iPads or other tablets should be at least 60 x 60 px (the size of an dime)
- Mouse-free controls
- No flashing images or distractions
- High contrast (shades of blue esp. degrade)
- Read-out-loud features (test with screen readers)
Evaluating resources for usability

• Large font sizes
• Glare free
• No “loud” background or foreground colors
• Clear organization
• “White” space
• Short sentences
• Jargon-free
• Meaningful images
Key Accessibility/System Features

- Zooming in and out on a webpage
- Using magnifier
- Changing contrast of screen colors
- Mouse
  - Pointer size
  - Click sensitivity
  - Motion sensitivity
- Cursor thickness
Outreach Programming

- What new ideas do you have for programming?
- What do you want to know more about?
- What other thoughts do you have?
Thank you!

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Disclaimer: None of the information in this presentation constitutes medical advice. Always consult a doctor before making significant lifestyle changes.