

Web Resources for Seniors

Medications

Medicines and You

URL: <http://www.ahcpr.gov/consumer/safemeds.htm>

This guide helps identify typical medication use errors and provides information on how to recognize and avoid adverse drug reactions.

Physical Activity

A report of the Surgeon General: Physical Activity and Health, Older Adults

URL: www.cdc.gov/nccdphp/sgr/olderad.htm

This fact sheet from the Surgeon General's Report gives key messages about physical activity and health for older adults. Also included are facts about physical activity and health, benefits, and what communities can do to promote physical activity in older adults.

Physical Activity

Fitness Programs for Older Adults

URL; www.healthy.net/fitness/special/older.htm

This site contains several articles dealing with fitness and older adults. It has some practical tips for the senior citizen as well as theory and facts for the practitioner.

Nutrition

Food and Nutrition Information Center (FNI)

URL: www.nal.usda.gov/fnic

FNI is one of several information centers of the National Agriculture Library, part of the USDA's Agriculture Research Service. Resource lists, databases, links to other food and nutrition related sites as well as food safety, food composition dietary guidelines, and food guide pyramid information are given.

Funerals

Was the Funeral Home an Ethical One?

URL: www.funerals.org

This site provides information regarding a person's legal rights as a funeral consumer.

Memory/Cognition

Alzheimer's Disease Education and Referral Center (ACEAR)

URL: www.alzheimers.org

ADEAR is a service of National Institute on Aging that supplies information on Alzheimer and related dementias. This site includes specific Alzheimer's Diseases publications including those online and a list of many free publications that can be ordered.

Memory/Cognition

American Academy of Neurology

URL: <http://www.aan.com/go/practice/patient>

The American Academy of Neurology posts fact sheets on a range of neurological disorders including Alzheimer's disease, Parkinson's, Essential Tremor, Tremor, and Stroke. Each fact sheet includes a brief background on the disorder, symptoms, causes, treatment, and experimental treatment.

General

American Health Care Association: The Association of the long Term Care Community

URL: www.ahcancal.org/Pages/default.aspx

On this site you can access "A Profile of an Aging Nation" which includes US Census Bureau statistics, statistics on today's nursing facilities and the people they serve, and national data on nursing facilities.

General

ThirdAge

URL: www.thirdage.com

Information and numerous sites are selected based on these criteria: Health/Wellness, Style/Beauty, leisure/Passions, Money/Work, Relationships/Sex. The sites are selected based on the information/services related to third agers' needs. The information is clear, concise with attractively organized content; useful high quality.

General

Age Net

URL: <http://www.agenet.com>

This resource provides information for the caregiver. A toll free number of an Eldercare Specialist (Monday-Friday 7 am to 5 pm CST) is provided. Senior related topics include: health, drugs, legal insurance, financial, caregiver, housing and shopping.

General

The National Archive of Computerized Data on Aging

URL: <http://www.icpsr.umich.edu/NACDAA/index.html>

This is one of the country's largest library of electronic data on aging. It has a searchable database and a user survey for your input.

General

National Administration on Aging

URL: www.aoa.dhhs.gov/naic

This is a central source for a variety of program and policy related materials and demographic and other statistical data on the health, economic, and social status of Americans. The site contains searchable databases.

General

Administration on Aging

URL: www.aoa.dhhs.gov

This site is a resource for a locating help, nutrition, housing, emergency assistance & response, elder rights & resources, volunteer opportunities, Alzheimer's disease and caregivers.

General

Healthy Living, Actives Lives

URL: www.aarp.org/health/home.html

The American Association of retired Persons offers suggestions for taking control of your health, eating right, keeping in shape and staying sharp. Additional resources are listed involving things such as care giving, Medicare options, nursing home guidelines, and health legislation.

Heart/Vascular Health

American Heart Association

URL: <http://www.americanheart.org/heartHub/index.htm>

Heart and cardiovascular health care tools include: BMI calculator, heart attack risk assessments, Heart Health trackers, healthy recipes, and person health records. Other informational topics are: nutrition, heart attack warning signs, high blood pressure, diabetes, cholesterol, cardiac rehab, arrhythmia, heart failure, peripheral artery disease, stroke. People can sign up for free magazine subscriptions and e-newsletters.

Safety

Consumer Product Safety Commission

URL: <http://cpsc.gov/>

If you need any type of safety information involving the elderly, this is an excellent site. It provides practical tips to improve living environment to the latest research on elderly safety issues.

Safety

URL: www.aplaceformom.com

This website is committed to helping people find the best living solutions as they grow older. Visitors can search for assisted living and Alzheimer's disease facilities throughout the US, access a checklist for assisted living, and tips on how to select a nursing home.

Death & Dying

Association for Death Education and Counseling (ADEC)

URL: <http://www.adec.org>

Learn about ADEC and its role in helping people deal with death and grief. Want to become a certified counselor? The site provides information on the certification program.

Women

Centers for Disease Control and Prevention: Women

URL: www.cdc.gov/women

Works to promote, and protect the health, safety and quality of life of women at every stage of life through hotlines, facts & stats, fact sheets, tips for a healthy life, publications, and a listing of the latest research and science.

Mental Illness

National Institute of Mental Health

URL: <http://www.nimh.nih.gov>

This site is one of the federal government agencies geared specifically toward mental health and illness. You'll find the latest information on depressive disorders, their symptoms, diagnosis and treatment as well as other mental health disorders.

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