

Navigating the Challenges of Aging

Monday, November 14, 2022

RESOURCES FOR FURTHER INFORMATION

HOW TO BECOME YOUR OWN GERIATRICIAN

- 1. Trusted info for the public from the American Geriatrics Society:
 - a. https://www.healthinaging.org/
- 2. Tips for healthy aging:
 - a. https://www.healthinaging.org/tools-and-tips/tip-sheet-guide-healthy-aging
- 3. What is a geriatric syndrome?
 - a. <u>https://www.healthinaging.org/tools-and-tips/tip-sheet-guide-geriatric-</u> syndromes-common-and-often-related-medical-conditions
- 4. AGS's Health in Aging Foundation consumer site:
 - a. <u>https://www.healthinaging.org/about-us</u>
- 5. This fact sheet on Geriatric Syndromes from AGS's Health in Aging Foundation
- 6. Free public educational materials from the National Institute on Aging:
 - a. <u>https://order.nia.nih.gov/</u>
- 7. Simple website to assist with advance directives:
 - a. <u>https://prepareforyourcare.org/en/welcome</u>
- 8. About Age-Friendly Care:
 - a. <u>https://www.johnahartford.org/grants-strategy/current-strategies/age-</u> friendly/age-friendly-care
- 9. Find a hospital with a verified geriatric surgery program:
 - a. <u>https://www.facs.org/quality-programs/accreditation-and-</u> verification/geriatric-surgery-verification/

PHYSICAL ACTIVITY AND EXERCISE

- 1. CDC evidence-based resource page with guidelines, data and statistics, resource library, etc.
 - a. https://www.cdc.gov/physicalactivity/index.html
- 2. Physical Activity Guidelines Advisory Committee Scientific Report (2018)
 - a. https://health.gov/PAGuidelines/
- 3. National Council on Aging (NCOA) map of partners and programs based upon zip code. Falls prevention link with a 2-minute falls assessment:
 - a. https://www.ncoa.org/ncoa-map?location=94901
- 4. National Institute on Aging tips on starting an exercise program, staying motivated, finding the right shoes, exercises with chronic disease:
 - a. <u>https://www.nia.nih.gov/health/exercise-physical-activity</u>
- 15 minute video workout for older adults for endurance, strength, balance and flexibility (YouTube):
 - a. https://www.youtube.com/watch?v=Ev6yE55kYGw
- 6. Osteoporosis Canada Too Fit to Fall or Fracture strength, balance, posture and aerobic exercises
 - a. <u>https://osteoporosis.ca/wp-content/uploads/OC-Too-Fit-to-Fall-or-Fracture-</u> <u>1.pd</u>

FAMILY CAREGIVING

- 1. FCA's Top 17 Resources for Family Caregivers
 - a. https://www.caregiver.org/resource/top-17-resources-for-family-caregivers
- 2. Pathways to Effective Communication for Health Care Providers and Caregivers
 - a. <u>https://www.caregiver.org/resource/pathways-effective-communication-</u> healthcare-providers-and-caregivers/
- 3. Caregivers Count Conference
 - a. https://www.caregiverscount.net/
- 4. California Advocates for Nursing Home Reform (CANHR) fact sheets
 - a. http://canhr.org/factsheets/index.html

- 5. Ashby Village
 - a. https://ashbyvillage.org/
- 6. Aging Life Care Association for Geriatric Care Manager Referrals
 - a. https://www.aginglifecare.org/

KEEPING YOUR MEDICINES ORGANIZED

- 1. Resource for med organization and accurate medication lists:
 - <u>Keeping your medicines organized MedlinePlus (medlineplus.gov)</u>
 If you take a lot of different medicines, you may find it hard to keep them straight. You may forget to take your medicine, take the wrong dose, or take them at the wrong time.
 - b. Link to webpage: https://medlineplus.gov/ency/patientinstructions/000600.htm
- 2. Resource for safe drug disposal in California:
 - a. <u>Where to Dispose of Unused Medications California State Board of</u> <u>Pharmacy - California Department of Consumer Affairs</u> Link to webpage:

https://www.dca.ca.gov/webapps/pharmacy/takeback_search.php

- b. Additional search sites for drug collection locations:
 - i. <u>Drug Enforcement Administration</u> Search for medication disposal locations
 - ii. <u>Don't Rush to Flush</u> Search for medication disposal locations and events.
 - iii. <u>California Department of Public Health</u> Search for sharp disposal locations. Sharps must be placed in a sharps container - available from pharmacies - for disposal.