

**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. <https://www.healthinaging.org/tools-and-tips/tip-sheet-guide-geriatric-syndromes-common-and-often-related-medical-conditions>
4. AGS's Health in Aging Foundation consumer site:
  - a. <https://www.healthinaging.org/about-us>
5. This [fact sheet on Geriatric Syndrome](#) from AGS's Health in Aging Foundation
6. Free public educational materials from the National Institute on Aging:
  - a. <https://order.nia.nih.gov/>
7. Simple website to assist with advance directives:
  - a. <https://prepareforyourcare.org/en/welcome>
8. About Age-Friendly Care:
  - a. <https://www.johnhartford.org/grants-strategy/current-strategies/age-friendly/age-friendly-care>
9. Find a hospital with a verified geriatric surgery program:
  - a. <https://www.facs.org/quality-programs/accreditation-and-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. <https://www.nia.nih.gov/health/exercise-physical-activity>
5. 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. <https://osteoporosis.ca/wp-content/uploads/OC-Too-Fit-to-Fall-or-Fracture-1.pdf>

## 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. <https://www.caregiver.org/resource/pathways-effective-communication-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>

