Aging--Senior Health Resources

The older population—persons 65 years or older—numbered 44.7 million in 2013 (the latest year for which data is available), represent about 14% of the U.S. population or about one in every seven Americans. By 2060, there will be about 98 million older persons, more than twice their number in 2013.

The aging process is usually the cause for many problems encountered by seniors as they go about their daily activities. After all, aging affects skin, bones and the brain. But many problems are created by the home because most residential housing is not geared to assist those with reduced mobility or limited reach. However, due to recent innovations and technology, many home modifications and assistive devices have been redesigned to look less institutional so that they have become more acceptable for use in the home.

In-home care aims to prevent premature institutionalization by providing the necessary support services to allow an individual to live at home. There are in-home care programs and services available to allow aging in place and to allow seniors to remain at home, thus preserving self-esteem, dignity and independence. Some services that seniors may need assistance with include: personal care, homemaking, meals, and money management. More information on many of these services can be obtained from the local Area Agency on Aging, local and state offices on aging or social services, tribal organization, or nearby senior center.


http://www.aarp.org
American Association of Retired Persons (AARP)
601 E. St., N.W.
Washington, DC 20049
Phone: 800-424-3410
AARP is a membership organization which provides many resources of interest to seniors.

http://www.aoa.gov/
Administration on Aging
The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the Older Americans Act of 1965 (OAA), as amended (42 U.S.C.A. § 3001 et seq.). The OAA promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. The Act also empowers the federal government to distribute funds to the states for supportive services for individuals over the age of 60.

http://www.aoa.gov/AoA_programs/OAA/How_To_Find/Agencies/find_agencies.aspx
Administration on Aging: State or Area Agency on Aging Locator

http://www.cdc.gov/aging/
Centers for Disease Control and Prevention (CDC): Healthy Aging
Includes emergency preparedness for older adults

http://www.consumerfinance.gov/older-americans/
Consumer Financial Protection Bureau
P.O. Box 4503
Iowa City, Iowa 52244
Toll-free: 855) 411-CFPB (2372)
TTY/TDD:  855-729-CFPB (2372)
The Office for Older Americans is a special division within the U.S. Consumer Financial Protection Bureau (CFPB) devoted to the financial education and protection of Americans aged 62 and older.

http://www.easterseals.com/our-programs/senior-services/services-for-older-adults.html
Easter Seals: Services for Older Adults with Disabilities
233 South Wacker Drive, Suite 2400
Chicago, IL 60606
Toll-free: 800-221-6827
Easter Seals provides services such as adult day care, medical support, social support, and in home care.

http://itnamerica.org/content/Overview.php
Independent Transportation Network (ITN) America
90 Bridge Street Suite 100
Westbrook, ME 04092
Phone: 207.857.9001
ITN America offers programs that allow older people to trade their own cars to pay for rides, and enable volunteer drivers to store transportation credits for their own future transportation needs. ITN's Road Scholarship Program converts volunteer credits into a fund for low-income riders, and the gift certificate program helps adult children support their parents’ transportation needs from across the street or across the nation.
IQ Nursing Homes: Ombudsmen by State
Each state has a Long-Term Care ombudsman who advocates for the rights of people in long-term care or nursing homes.

Justice in Aging
1444 Eye Street
NW Suite 1100
Washington, DC 20005
Phone: 202-289-6976
A national organization that uses the power of the law to fight senior poverty by securing access to affordable healthcare, economic security, and the courts for older adults with limited resources.

Medline Plus: Seniors’ Health
National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

National Institute on Aging: There is No Place Like Home for Aging
Provides an overview of all the supports that may be necessary for aging at home.

NIH SeniorHealth.gov
The National Library of Medicine and National Institutes of Health produced this website to provide health info for senior citizens.

Articles

Age Impacts Treatment Time and Options in Spinal Cord Injury Patients

For more information on aging resources, please see also the Reeve Foundation’s “Aging with Spinal Cord Injury” and “Aging--Nursing Homes and Long Term Care” factsheets. Older veterans may find our Veterans factsheet helpful. There is also a factsheet specific to Medicare that may be of interest.
The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: http://www1.youseemore.com/ReevePRC/default.asp

Books


Videos

- **Aging Matters: Caregiving.** Nashville, Tenn.: Nashville Public Television, 2014. DVD (30 minutes)
  Explores the many factors of being a caregiver through the personal stories of families and through interviews with professionals and experts in the field of long-term eldercare.

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