

Aging Issues 2012 List of Helpful Websites

Compiled by Dee Wadsworth, MS with Matt Wadsworth, MA, MBA, LMSW
Please help us keep this list current. Email corrections, additions, and subtractions to dwadsworth@phpc.org

Disclaimer: This list is intended for informational use only. Appearance on this list is not an endorsement or recommendation of any company, product, or service. Some sites are listed more than once, in differing categories, just for convenience.

=====

Aging & government sites

<http://www.healthcare.gov> 2011 US Health and Human Services consumer health care website for understanding the Affordable Health Care Act

<http://www.medicare.gov/find-a-doctor/provider-search.aspx?AspxAutoDetectCookieSupport=1> Physician Compare website from HHS

www.socialsecurity.gov portal to all things Social Security

www.ssa.gov/retire2/index.htm Social Security "Retirement Planner" information

www.medicare.gov Medicare portal

<http://www.medicareinteractive.org/> Medicare Interactive (advocacy tool)

<http://www.medicarerights.org> Medicare Rights center, nonprofit consumer group funded by tax \$ for advocacy and answers about coverage, care complaints etc

<http://www.tdi.state.tx.us/pubs/consumer/medsup.html> Medigap supplement info

<http://www.vba.va.gov/VBA/> Veterans Administration benefits

<http://www.hospitalcompare.hhs.gov/Hospital/Search/SearchOptions.asp> Medicare compare hospitals website

<http://www.qualitycheck.org/Consumer/SearchOCR.aspx> Joint Commission on Accreditation of Healthcare Organizations (JCAHO) search for hospital ratings, long term care facilities and more

www.211.org Information and Referral website, targeted to the local community. for health and social service assistance (government and private) for people of **all ages**

<http://www.nia.nwww.benefitscheckup.org> Specific information: are you receiving all the government programs to which you are entitled

www.aoa.gov National Administration on Aging

<http://www.nlm.nih.gov/medlineplus/seniorshealth.html> National Institutes on Health portal website for seniors' health topics – Start here for drugs and medical

<http://www.ccgd.org/daaa/daaa.html> Dallas County Area on Aging, local resource established by The Older American Act of the federal government, call 2-1-1

www.cccoaweb.org Collin County Committee on Aging includes Meals on Wheels

<http://www.nctadrc.org> Denton and Collin Counties Aging & Disability Resource

<http://www.n4a.org/about-n4a/?fa=aaa-title-VI> locate the Area Agencies on Aging in every state and community

<http://www.dads.state.tx.us/services/index.cfm> Texas Dept of Aging info

<http://www.oag.state.tx.us/elder/index.shtml> Texas Attorney General Senior Texans consumer alerts, internet safety, elder abuse, long term care, etc

http://www.agingstats.gov/agingstatsdotnet/Main_Site/Data/2010_Documents/Docs/OA_2010.pdf 2010 Key Indicators of Older Adult Well Being: report of 13 federal agencies

http://www.longtermcare.gov/LTC/Main_Site/index.aspx Federal government's guide to long term care insurance

<http://www.vba.va.gov/bln/21/pension/vetpen.htm> Veterans Aid and Attendance benefit info

<http://asyouage.samhsa.gov> Guide to Aging, Medicines and Alcohol

<http://www.qualitycheck.org/Consumer/SearchOCR.aspx> Joint Commission on Accreditation of Healthcare Organizations (JCAHO) search for hospital ratings, long term care facilities and more

www.agingsociety.org National Academy on Aging, publishes reports from Gerontological Society of America on trends
<http://www.loc.gov/vets/kit.html> Veterans History Project of Library of Congress to record memories and stories of WW II
<http://www.infoaging.org> American Federation for Aging Research AFAR
<http://www.nia.nih.gov> The National Institute on Aging – Federal effort on aging research
<http://aging.senate.gov> US Senate Special Committee on Aging: online reports and investigations
<http://www.getinvolved.gov> Volunteer opportunities and National Service Programs
<http://www.ncoa.org> National Council on aging advocacy group

Caregiver & Family Support

http://nextstepincare.org/left_top_menu/Caregiver_Home website with checklists and informational guides for smooth patient transitions (ex: hospital to rehab)
<http://www.pbs.org/wgbh/caringforyourparents/handbook/gettingstarted/index.html> PBS' Caring for Your Parents handbook from April 2008 broadcast
<http://www.caps4caregivers.org> not for profit Children of Aging Parents
<http://www.parentcaresolution.com/conversations.asp> 6 important conversations with aging parents
<http://newoldage.blogs.nytimes.com> The New York Times Blog "The New Old Age: Caring and Coping"
www.caremanager.org Professional Geriatric Case Managers Association, for a fee managers help families arrange for the care of their loved ones.
www.familycaregiversonline.com education and information resource for those caring for aging loved ones
<https://www.lotsahelpinghands.com> Lotsa Helping Hands, free website for online calendaring for care and support
<http://www.sharethecare.org> How to organize a group to share the care of serious illness
http://www.caregiver.org/caregiver/jsp/content/pdfs/op_200211_10_state_texas.pdf Texas participants in the National Family Caregiver Support Program with state funded respite care
www.elderweb.com extensive information on resources for older people and their caregivers
www.caregiver.org National family caregiver alliance publishes a handbook for long distance caregivers, free on line or by mail \$5.
www.healthandage.com click on Caregiver's Corner for extensive information
www.theseniorsource.org Dallas not for profit agency - Senior Citizens of Greater Dallas can assist older adults and families
<http://www.aoa.gov/eldfam/eldfam.aspx> National Administration on Aging caregiving & families
<http://www.inspire.com/groups/alzheimers-foundation-of-america/> Alz Foundation Caregiver online support group
www.vnatexas.org not for profit agency includes Dallas area "Meals on Wheels" program covering as well as programs in Eldercare, Hospice and Home Health in North Texas
<http://www.caringbridge.org/about.htm> Caring Bridge, a not for profit website devoted to helping families set up a website to stay in touch during significant life events.

Diseases/Health Conditions/Wellness:

<http://nihseniorhealth.gov/cam/toc.html> complementary and alternative medicine
<http://www.nih.gov> National Institute of Health general portal for medical research
<http://www.hearthealthywomen.org/index.php> Heart Healthy Women's Organization
www.nihseniorhealth.gov National Institute of Health "seniors" conditions & ailments
<http://www.flash-med.com/Abbreviation.asp> List explaining medical abbreviations
<http://www.womenshealth.gov> National Women's Health Information Center
<http://mywebmd.com> WebMD general medical information

www.mayoclinic.com Mayo Clinic website for illnesses and conditions
<http://treatmentmyage.com> A geriatric doctor's guide to getting the best care
<http://www.getpalliativecare.org/> for patients and families of those with chronic or serious or complex conditions
<http://www.capc.org> Center to Advance Palliative Care (not for profit) encourages quality whole person care to those managing a life with serious or complex illness
<http://www.hospitalcompare.hhs.gov/Hospital/Search/Welcome.asp?version=default&browser=IE%7C7%7CWinXP&language=English&defaultstatus=0&pagelist=Home> Medicare official site for comparing hospitals
<http://www.qualitycheck.org/Consumer/SearchOCR.aspx> Joint Commission on Accreditation of Healthcare Organizations (JCAHO) search for hospital ratings, long term care facilities and more
www.healthfinder.gov US Department of Health and Human Services A to Z info
http://www.healthinaging.org/agingintheknow/topics_trial.asp?id=3 American Geriatrics Society list of elder health disease info
<http://www.nlm.nih.gov/medlineplus/seniorshealth.html> National Institutes of Health portal website for seniors' health topics
www.healthandage.com Novartis Foundation for Gerontology's public service website with extensive disease information, linked to Harvard Medical School, and Caregivers Center information to assist those who care for older adults
<http://www.arthritis.org/> The Arthritis Foundation
<http://www.cancer.org/docroot/home/index.asp> American Cancer Society
www.cancer.gov National Cancer Institute
www.cancercare.org Cancer support groups, educational programs, workshops, referral service, caregiver information
<http://www.cleaningforareason.org> free housecleaning while undergoing chemo
<http://www.strokeassociation.org/presenter.jhtml?identifier=1200037> American Stroke Association
<http://www.americanheart.org/presenter.jhtml?identifier=1200002> American Heart Association diseases and conditions
<http://cardiology.jwatch.org/> Cardiology Journal Watch: Medical articles, commentary from the publishers of the New England Journal of Medicine
<http://www.ninds.nih.gov/> National Institute of Neurological Disorders & Stroke
<http://www.neurologychannel.com/> The Neurology Channel doctor to patient education
<http://www.jwatch.org/cgi/collection/aging-geriatrics> Geriatrics & Aging Journal Watch from the publishers of the New England Journal of Medicine.
<http://www.getpalliativecare.org/> to find palliative care in your area
<http://www.painconnection.org/> chronic pain helps
<http://changingaging.org/> Dr Bill Thomas, eldercare & longevity expert, developer of Eden Alternative (nursing home revamp)
<http://www.alsa.org/> information, education and referrals on ALS (Lou Gehrig's)
www.PDtrials.org locate Parkinson's disease research trials
<http://www.good50.com> search engine with low vision option
<http://www.eatwellguide.org/i.php?pd=Home> Eat Well Guide: put in your zip code and get lists of restaurants, community gardens, and healthy food stores

Dementia & Brain Health:

<http://www.utsouthwestern.edu/utsw/home/research/neurology/index.html> UT Southwestern Medical School Neurology Department main research page; link to Lou Gehrig's, Dementia of the Alzheimer's Type, Mild Cognitive Impairment, etc; source for extensive patient testing
<http://www.inspire.com/groups/alzheimers-foundation-of-america/> Alz Foundation Caregiver online support group

<http://www.nia.nih.gov/Alzheimers/> ADEAR Alz Disease Education & Referral Center
<http://www.braingle.com/mind/home.php> Fun "maintain your brain" exercises
<http://www.texercise.com/> Texas Wellness exercise program "age well; live well"
www.nlm.nih.gov/medlineplus/dementia.html Latest news from National Institute of Health on dementia
http://brainexplorer.org/dementia/Dementia_Diagnosis.shtml Process of diagnosing dementia
www.dearshrink.com/agingbrain.htm The Aging Brain info; geriatric psychiatrist
http://www.alz.org/alzheimers_disease_facts_figures.asp?type=homepage 2010 report on Alzheimer's disease: ethnicity race and education factors
<http://www.vfvalidation.org/> Naomi Feil's website for the validation technique of interacting with dementia patients
<http://www.thiscaringhome.org/index.aspx> Gerontology meets interior design, from Weill Cornell Medical College, focuses on impairments and dementia
<http://www.theaftd.org> Frontal Temporal Dementia and Pick's Disease
<http://geroweb.usc.edu/adrc> USC memory and aging center, current research in dementias
www.alzdallas.org Dallas chapter of Alzheimer's Association

Driving and Transportation:

http://www.cdc.gov/MotorVehicleSafety/Older_Adult_Drivers/adult-drivers_factsheet.html CDC older adult driver fact sheet
<http://www.dot.state.tx.us/txdot/forms/GetForm?formName=/VTR-214.pdf&preference=PDFForm&appID=/vtr&fileID=1233334&status=/reportError.jsp&configFile=WFServletConfig.xml> application for Texas handicap parking permit
<http://www.seniordrivers.org/home> AARP Foundation for Traffic Safety
<http://www.seniordrivers.org/driving/driving.cfm?button=roadwiseonline> AAA online version of Roadwise Review for Older Adult Driving
<http://www.dart.org> DART – Dallas Area Rapid Transit System
<http://www.apta.com/resources/links/unitedstates/Pages/default.aspx> Links to US Local Transit Systems in all 50 states
<http://www.thehartford.com/talkwitholderdrivers/> Older drivers and "having the talk"
<http://drivingdilemma.com> The Driving Dilemma by Prof Elizabeth Dugan PhD
<http://www.prestontrailtransport.com> Private non emergency transport for north of LBJ Freeway; wheelchair and handicap accessible

Drugs:

www.needymeds.com patient assistance with the cost of medicines
www.rxlist.com FDA website for prescription drug information & link to report complications/side effects
<http://medlineplus.gov> Medline Plus pharmacy info from NIH
<http://www.agenet.com/?Url=link.asp?DOC/219> Government's AgeNet Eldercare network of prescription drug information – updated monthly
www.socialsecurity.gov/prescriptionhelp/ Medicare Part D information
<http://www.mayoclinic.com/findinformation/druginformation/index.cfm> Mayo Clinic complete index of prescription and over the counter medications
www.phrma.org Prescription drug association (lobbyists) information - click on Patience Assistance Programs on left side or new medicines in development
<http://www.dearshrink.com/agingbrain.htm> Section on supplement Melatonin and sleep cycles

Employment:

<http://www.theseniorsource.org/> Senior Citizens of Greater Dallas job help –resume writing for those over age 50
www.seniorjobbank.org national web listing for over 50 job seekers
www.nowcc.org National Older Workers Career Center
www.twc.state.tx.us/ Texas Workforce Commission
<http://www.seniorjobbank.com> Senior Job Bank
<http://www.seniors4hire.org> Seniors4Hire
<http://www.retirementjobs.com> Retirement Jobs: for people over 50
<http://www.retiredbrains.com/default.aspx> Retired Brains, jobs for Seniors & Boomers

End of Life:

<http://www.getpalliativecare.org> locate palliative care for chronic or terminal conditions
www.hospicenet.org for patients and families facing life-threatening illness
www.tahc.org Texas Association for Home Care and Hospice, search feature to find licensed local providers
www.americanhospice.org directory of American Hospice Foundation
<https://www.texaslivingwill.org/downloads.php> Texas specific Advanced Directive forms including HIPAA release and “my end of life wishes”
<http://dignityincare.ca/en/Cat-1/dignity-explained.html> “Dignity in Care” patient and health care team processes
http://www.mystatewill.com/fed_tax.htm Federal Estate Tax estimator website and intestate info for those without a written will
www.agingwithdignity.org “Five Wishes” the advanced directive legal documents about how you wish to be carried for – specifically and in detail
www.aahpm.org American Academy of Palliative and Hospice Medicine
www.nahc.org National Association for Home Care and Hospice
www.dyingwell.org Ira Byock, MD, former president of the American Academy of Hospice and Palliative Medicine, well known writer with informative web site
<http://www.findingourway.net/resources.htm> “Living with Dying in America” extensive list of web links
http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=16 Palliative and hospice care defined; from American Geriatrics Society
www.lots-for-less.com Dallas area cemetery plot buy or sell at discounts
<http://www8.utsouthwestern.edu/utsw/cda/dept128871/files/128973.html> UT Southwestern Medical School willed body program
<http://www.lifelegacy.org/Donors/WhatIsAD.html> LifeLegacy.Org anatomical donations to a not for profit – a willed body option
<http://www.medcure.org/> MedCure.Org, another NFP anatomical donation option
<http://www.lifebeforedeath.com/thelastword/obituary.shtml> writing an obituary
<http://www.localcremation.com/index.cfm> low cost cremations in Dallas area

Grief and Loss:

<http://www.widownet.org/> Articles by and for widows
www.centerforloss.com Dr Alan Wolfelt’s books and articles on grief and transitions
<http://www.griefandrenewal.com/main.htm> Resource links of articles, book reviews, creative expression and memorial board
www.growthhouse.org Well presented information on end of life and grief issues
<http://www.hospicefoundation.org/griefAndLoss> Hospice Foundation of America’s grief and loss resource links
www.insightbooks.com Contains grief expert Doug Manning’s articles, books, and other bereavement aids.

www.webhealing.com Easy to read website describes the grief process and invites you to write about your own grief

<http://griefnet.org/> Email support groups and references on line

<http://www.widownet.org> for widows and widowers

<http://www.aarp.org/family/lifeafterloss> AARP's grief and loss resource

Housing:

<http://www.medicare.gov/NHCompare/Include/DataSection/Questions/SearchCriteria.asp?version=default&browser> Medicare's website for Nursing Home comparison, by zip codes and by facilities- Ratings and inspection deficiencies are listed

<http://facilityquality.dads.state.tx.us/grs/public/grs.do>

Texas Dept of Aging Services – long term care quality reporting scores for assisted living, nursing homes and more

<http://www.qualitycheck.org/Consumer/SearchOCR.aspx> Joint Commission on Accreditation of Healthcare Organizations (JCAHO) search for hospital ratings, long term care facilities and more

<http://www.leadingage.org/Article.aspx?id=967&terms=best+practices+CCRC> Best Practices for Disclosure and Transparency - CCRC's

<http://www.nslc.org/areas/long-term-care/Assisted%20Living/questions-to-consider-when-evaluating-continuing-care-contracts> National Sr Citizens Law Center – questions for CCRC contract review

<http://aging.senate.gov/events/hr224cr.pdf> US Senate Committee on Aging CCRC Investigation July 21, 2010

<http://www.theconsumervoic.org> The National Consumer Voice for Quality Long Term Care – advocacy and best practices; click on sections for residents, family, etc

<http://health.usnews.com/best-hospitals> US News review of hospitals

http://www.housingpolicy.org/toolbox/older_adults.html Housing Policy for older adults in America - state and local

<http://www.thiscaringhome.org/index.aspx> Gerontology meets interior design, from Weill Cornell Medical College, focuses on impairments and dementia

<http://www.dynamic-living.com/index/#clear> products for safety and accessibility in the home

<http://www.retirementliving.com/> good overall community comparisons for retirement relocations; includes state tax info, access to local services

<http://www.alfa.org> Assisted Living Federation of America includes a sample residential agreement

<http://www.ltombudsman.org> National Long Term Care Ombudsman Resource Center

<http://www.eldercare.gov/Eldercare.NET/Public/Home.aspx> US Dept of Health and Human Services National Elder Care Locator by city state or zip code

<http://www.aahsa.org/> American Association of Homes and Services for the Aging, a national not for profit organization of nursing homes and retirement communities

www.homemods.org National resource center on supportive housing and home modification for aging in place and independent living

<http://design.ncsu.edu/cud/index.htm> Center for Universal Design at North Carolina State University. Shows specifics on installing and adapting the home environment

<http://www.hud.gov/groups/seniors.cfm> HUD website on senior housing & reverse mortgages

http://www.assistedlivingonline.com/tourguide_new.htm Questions to use as a guide when touring and evaluating assisted living facilities

http://www.dads.state.tx.us/news_info/ombudsman/rights.html Nursing home resident rights
http://www.longtermcare.gov/LTC/Main_Site/index.aspx Federal government's guide to long-term care insurance
<http://nursinghomes.tmf.org/NursingHomes/tabid/332/Default.aspx> Texas Medical Foundation Health Quality Institute Nursing Home information
<http://www.dynamic-living.com/index/#clear> products for safety and accessibility in the home

Impairments and chronic conditions – helps:

<http://www.reachcils.org/home/dallas.php4> REACH of Dallas resource center for independent living; source for equipment
www.abledata.com vendors who sell adaptive equipment
www.assistedlivingstore.com Devices and aids for staying independent
<http://www.callier.utdallas.edu/audiolog.html> Dallas area: no cost special telephones for those with hearing loss
<http://www.epill.com> Medication reminders: pill boxes, timers, and dispensers
<http://www.pbs.org/theforgetting> PBS series on dementia and forgetting
www.diabeteswellness.net diabetes care and self-management skills
www.audiology.org American Academy of Audiology to locate a certified audiologist
www.betterhearing.org Better Hearing Institute's guide on hearing loss and hearing aids
http://www.design.ncsu.edu/cud/pubs_p/docs/residential_remodelinl.pdf how to modify a house for universal design and access from NC State Univ
<http://www.dot.state.tx.us/txdot/forms/GetForm?formName=/VTR-214.pdf&preference=PDFForm&appID=/vtr&fileID=1233334&status=/reportError.jsp&configFile=WFServletConfig.xml> application for Texas handicap parking permit

Legal and Legislative Issues:

<https://www.texaslivingwill.org/downloads.php> Texas specific Advanced Directive forms including HIPAA release and "my end of life wishes"
<http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm> Federal Trade Commission website to access all three credit bureau files *free*-good idea to do this
<http://www.oag.state.tx.us/elder/index.shtm> TX Attorney General consumer info
<http://tlo2.tlc.state.tx.us/statutes/docs/PB/content/htm/pb.000.00.xiii.00.htm#601.00> Texas Guardianship Statute Code
http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=9#Clues%20to%20Possible%20Elder%20Mistreatment signs of elder abuse
www.preventelderabuse.org National Committee for Prevention of Elder Abuse
www.naela.com locate an elder law attorney at the national association
www.txshl.org Texas Silver Haired Legislature = senior advocacy group at the state legislative level
<http://www.txnmhospice.org/txadvanceddirectiveform.pdf> TX Advanced Directive form
<http://www.txnmhospice.org/txmedicalpowerofattorney.pdf> TX Medical Power of Attorney form
<http://www.elderlawanswers.com> legal information site – search by state
www.caringinfo.org downloads state specific advanced directives
<http://www.uslivingwillregistry.com/faq.shtm> Frequently asked questions on advanced directives and national registry information
www.owl-national.org OWL=Older Women's League grassroots organization
www.aarp.org/research/ nation's largest lobbying group's page for professionals in the field of aging with extensive web links to all aspects of aging

<http://www.nia.nih.gov/Alzheimers/Publications/legaltips.htm> Legal tips for Alz patients
www.bioethics.net Current information on ethics and medicine
http://www.hhsc.state.tx.us/medicaid/med_info.html Texas Medicaid program

Lifelong Learning and life enrichment:

<http://www.positiveager.com> Robert Hill PhD on contentment in later years
<http://vitallongevity.utdallas.edu> UT Dallas' research "Center for Vital Longevity"
<http://www.roadscholar.org> Not for profit travel adventures in lifelong learning
<http://www.theroamingboomers.com> Roaming Boomers; luxury and std travel info
<http://www.getinvolved.gov> Volunteer opportunities and National Service Programs
<http://www.suite101.com/seniortravel> Boomers and Seniors Travel site
www.seniordrivers.org AAA Foundation website for older driver education with tips for driving skills and Car Fit Brochure to download
www.seniornet.org national website for computer training for older adults
www.seniornetdallas.org Dallas chapter of SeniorNet, computer training for older adults
www.happyneuron.com Brain fitness for life; fun exercises
www.shepherdcenters.org interfaith not for profit organization who primary purpose is to enrich the lives of older adults
<http://longevity.stanford.edu/node/885> Stanford University's Center for Longevity
<http://www.readthespirit.com>
Read the Spirit, a collection of essays and weblinks on Christian spiritual growth
<http://www.explorefaith.org/index.html> broad based website material on exploring faith issues, living spiritually, prayer and meditation etc
<http://www.geteducated.com> consumer watchdog group to rate rank and compare online degrees and identify "diploma mills" and bogus accreditations
<http://www.open.ac.uk/> Open University from the UK; search open learn for free online
www.letsmove.gov Promotes wellness and physical activity

Miscellaneous:

<http://newoldage.blogs.nytimes.com> The New York Times Blog "The New Old Age: Caring and Coping"
<http://www.thesavvyboomer.com> The Savvy Boomer blog Canada and USA
<http://www.baylor.edu/christianethics/index.php?id=15335> Baylor University – Ethics and Aging Study Guides with biblical references
http://www.aarp.org/research/internet_resources Best of the Internet resources on aging from AARP
<http://www.hoaxbusters.org> A website devoted to clearing up the myths in the computer
<http://www.snopes.com/> Another website devoted to hoaxes on the Internet
<http://www.psychcentral.com> Dr John Grohol's "psych central" with comprehensive mental health listings

Social and Psychological aspects of aging:

<http://www.authentic happiness.sas.upenn.edu/Default.aspx> Signature Strengths Test & other online surveys – from University of Penn, Martin Seligman, PhD
<http://www.taosinstitute.net/resources/pa/> general aging info including free online subscription to The Positive Aging Newsletter
www.aagpgpa.org/about.referrals.asp listing of Board Certified Geriatric Psychiatrists
www.grg.org gerontology group at UCLA following super centenarians
<http://ajgp.psychiatryonline.org> American Association of Geriatric Psychiatry website, abstracts of articles and research are free
www.asanet.org Sociology of Aging and the Life Course perspective
www.aarp.org/ageline Aging related dissertations from many professionals in the field of gerontology, psychology, social work, political science, health science