

Elderhood Resources

Resources for Clients

National Institutes of Health: Senior Health

This website gives great tips for aging adults who need exercise help, up-to-date medical information on specific aging issues, as well as videos that make the information easy to attain.

<https://www.nia.nih.gov/>

Transitions in Later Life

This website is sponsored by a British foundation that offers collections of journal articles specific to learning about emotional well-being when transitioning to later life, including topics on retirement and increasing physical frailty.

<https://transitionsinlaterlife.wordpress.com/resources-journal-articles/journal-articles-on-emotional-well-being-in-transitions-in-later-life/>

Benefits Check Up

A great resource for patients to research what benefits they are eligible for such as Medicare, food programs, and more.

www.benefitscheckup.org

The Positive Aging Newsletter

This site, sponsored by the Taos Institute, offers readable newsletters, which provide summarized research, news stories, and books related to positive aging. Both caregivers and patients can benefit.

www.taosinstitute.net/positive-aging-newsletter

Cycling without Age

This is a program in which young people give rickshaw rides to older adults so they can feel “the wind in their hair” even if they have little mobility. It is an environmentally friendly means of connecting generations that began in Denmark, and now is available in other countries, including some cities in the United States.

<http://cyclingwithoutage.org>

Fierce with Age

This is Dr. Carol Osborn’s blog, which offers recommended reading, inspirational videos, and even online retreats for the aging population with particular emphasis on spirituality and resilience.

<https://carolorsborn.com/category/fierce-with-age-archives/>

Exergaming with Xbox Kinect

This game was developed as an affordable, simple means of exercise for the elderly. Participation in the games has been associated with improved balance, strength, walking, and motor control. The article was

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featured in the journal *Games for Health*, a potential resource for the aging population.

<https://pubmed.ncbi.nlm.nih.gov/26191998/>

The Friendship Line

This is a nationwide program that offers counseling to older adults through their 24-hour hotline (1-888-670-1360) as well as in-home and outpatient psychotherapy. The Friendship Line is particularly helpful for individuals who find it difficult to connect with their community, are grieving, or are suicidal. Volunteers are trained specifically to work with depressed older adults and engage in friendly conversation.

www.ioaging.org/services/all-inclusive-health-care/friendship-line

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