Pathfinder: Aging
This pathfinder is a guide for those wishing to learn more about the subject of aging. It is designed for all users: those who wish the information for themselves, those who are caring for the elderly and aging and those who wish age healthfully. It covers all aspects of aging from health and well-being to financial and advocacy issues.

Internet resources:

**About.Com: Senior Health**
http://seniorhealth.about.com/
An internet guide to health issues for senior citizens, with feature articles, website guides, and discussion forums. Topics covered include Alzheimer's Disease, strokes, Medicare, osteoporosis, prescription drugs, exercise, eldercare, and more.

**Administration on Aging**
http://www.aoa.dhhs.gov/
Contains links and informational essays about all aspects of aging. The site covers family, medical, social and legal issues concerning seniors. You can find out about recent legislation here as well as government reports on topical issues for aging adults.

**Aging Well Village**
http://agingwell.state.ny.us/
Health and wellness information for those fifty and over. Includes information on health & safety, nutrition, fitness, healing, and medications.

**Consumer Consortium on Assisted Living (CCAL)**
http://www.ccal.org/
CCAL is "is the only national consumer education and advocacy organization" devoted to the needs of consumers of assisted living services and their families." This site provides information on assisted living and finding assisted living facilities.
Mature Resources
http://www.matureresources.org/
Mature Resources is a free internet monthly magazine covering a range of subject of interest to baby boomers through senior citizens. Topics include health and wellness, travel, leisure, retirement, and financial planning.

Medicare
http://www.medicare.gov/
The US government's website "for people with Medicare". Information on eligibility, billing, long-term care options, preventative services, replacement cards, forms, and health resources.

The Merck Manual of Geriatrics
http://www.merck.com/mrkshared/mmg/home.jsp
Building on the tradition of the The Merck Manual of Diagnosis and Therapy, this manual focuses on the medical problems of the elderly, providing clinical information to all physicians, nurses, pharmacists, and other health professionals involved in the care of elderly patients. Many non-health professionals also find it useful."

National Institute on Aging
http://www.nia.nih.gov/
"The National Institute on Aging (NIA) is one of the National Institutes of Health, the principal biomedical research agency of the United States Government. The NIA promotes healthy aging by conducting and supporting biomedical, social, and behavioral research and public education." This site presents information on current research, brochures and fact sheets for the public, and publications on health and aging topics with an on-line ordering form.

Senior Citizens News and Information Daily on the Web
http://www.seniorjournal.com/
This daily news journal highlights issues and events relevant to seniors. Topics include health and fitness, government, enjoying life, elderly issues, and money.
BMC Geriatrics
http://www.biomedcentral.com/1471-2318/
"Publishes original research articles in all aspects of health care in elderly people."

Print Sources:

When looking for print sources on aging consult the following:

Dewey Decimal Classification System
613.2 Dietetics, nutrition
613.6 Special Topics
613.7 Physical Fitness

Library of Congress Classification System
RC952-954.6 Geriatrics

Titles
The following list of titles are a good starting point for information on aging:


Associations:

**The Alzheimer's Association**
http://www.alz.org/
"The Alzheimer's Association is the National Voluntary Health Agency dedicated to researching the preventions, cures and treatments of Alzheimer's disease and related disorders, and providing support and assistance to afflicted patients and their families." This site provides the latest medical news, fact sheets, conferences and events, and addresses to contact for membership.

**The American Geriatrics Society**
http://www.americangeriatrics.org/
"The American Geriatrics Society (AGS) is the premier professional organization of health care providers dedicated to improving the health and well-being of all older adults. With an active membership of over 6,000 health care professionals, the AGS has a long history of effecting change in the provision of health care for older adults. In the last decade, the Society has become a pivotal force in shaping attitudes, policies and practices regarding health care for older people."

**Association for Death Education and Counseling**
http://www.adec.org/
"The Association for Death Education and Counseling is a multi-disciplinary professional organization dedicated to promoting excellence in death education, bereavement counseling, and care of the dying. Based on theory and quality research, ADEC provides information, support, and resources to its multicultural membership and, through them, to the public." The site has a calendar of events and conference information. Some areas of the site, such as the membership directory, are for members only.

**Avenues: A National Support Group for Arthrogryposis**
http://www.avenuesforamc.com/
"AVENUES is support group for individuals, families, and medical professionals interested in Arthrogryposis Multiplex Congenita (AMC). AMC is a congenital condition characterized by multiple joint contractures." This site contains an explanation of AMC and its treatments, directories of health practitioners and facilities.
specializing in AMC, a bibliography of AMC related materials, a list of support groups and pen pals, and issues of the AVENUES newsletter.

**Fifty-Plus Fitness Association**
http://www.50plus.org/
"Fifty-Plus is an international organization devoted to information about, motivation toward, and participation in exercise and fitness while aging." You can find news, a calendar of events, links to health and senior sites, and the results of health studies.

**The Gerontological Society of America**
http://www.geron.org/
"The Gerontological Society of America was established in 1945 to promote the scientific study of aging." It is a multidisciplinary society of professionals. Information about the organization, its publications, and meetings are available through this site.

**Life Extension Foundation**
http://www.lef.org/
"The Life Extension Foundation is dedicated to providing information about life extension research, nutrients and drugs, including the latest therapies to slow or reverse the aging process. The Foundation is also the foremost advocate of healthcare freedom. Members gain discounts on products and publications, including Life Extension magazine. The Life Extension Foundation Web Site offers information on longevity and life extension, including a searchable database of alternative and natural disease treatment and prevention protocols for over 100 diseases and conditions."

**National Association of Professional Geriatric Care Managers**
http://www.caremanager.org/
"The National Association of Professional Geriatric Care Managers (GCM) is an association of professional practitioners whose purpose is the development, advancement, and promotion of humane and dignified social, psychological, and health care for the elderly and their families through counseling, treatment, and the delivery of concrete services by qualified, certified providers." The site contains
links to care management resources, membership information, news and events, and a searchable database for finding a care manager.

National Parkinson Foundation
http://www.parkinson.org/
"The Foundation supports researchers; physicians; occupational, physical and speech therapists and psychological counseling. It also provides educational and medical information for the Parkinson patients, their families, neurologists and general medical practitioners." There are facts here about Parkinson's Disease, including a glossary of terms and nutritional guidelines, as well as news, events, and publications--some of which are available free online. You can search for support groups by area code and there are links to other sources of support for patients and caregivers.

North American Menopause Society
http://www.menopause.org/default.aspx
"The North American Menopause Society (NAMS) is North America's leading nonprofit organization dedicated to promoting understanding of menopause, and thereby improving the health of women as they approach menopause and beyond". Its members come from a variety of disciplines including medicine, nursing, sociology, psychology, nutrition, and anthropology, bringing a wealth of viewpoints to the organization.

This site offers information to a wide audience from medical professionals to patients/consumers. For professionals there is information on professional education, patient education and scientific meetings. For consumers and patients the site offers and FAQ page on the basics of menopause, a list of recommended physicians and other healthcare providers, and a listing of related web pages.

Pennsylvania Association of Area Agencies on Aging
http://www.p4a.org/
"PAAAA is a membership organization of Pennsylvania's 52 Area Agencies on Aging. The PA Association of Area Agencies on Aging acts as an advocate for Seniors in Pennsylvania. PAAAA also acts to disseminate information to Area Agencies on Aging regarding issues
relating to the elderly. PAAAA also coordinates a training program for Pennsylvania Area Agency on Aging staff. In addition, PAAAA helps to organize such things as co-operative printing for the 52 Area Agencies on Aging in Pennsylvania. Overall, PAAAA acts as one voice in Pennsylvania representing the 52 Area Agencies on Aging. PAAAA is a non-profit organization. The site contains information about the Pennsylvania Association of Area Agencies on Aging. It also contains the addresses, phone, fax and e-mail addresses for the 52 Area Agencies on Aging in PA. The site contains a members only section that is password protected. The site also contains numerous links for other aging related sites."

United Seniors Health Council
http://www.unitedseniorshealth.org/
"USHC is a non-profit organization comprised of thousands of consumers, advocates, and eldercare professionals throughout the country who are committed to democratic action based on the belief that informed consumers