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# Healthy Aging at the Library: Connecting Older Adults to Health Information

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# Overview

- Who We Are
- Aging in America
- Health Literacy
- Health Resources
- Patient Engagement
- Library Programs/Services

[Presentation Resources](https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations)

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>

# Who We Are

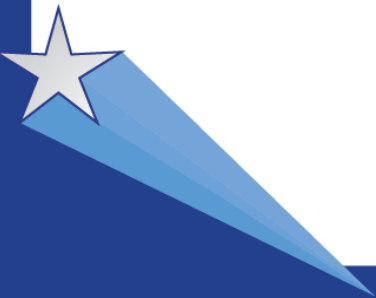


**NIH**

**NLM**

**NNLM**

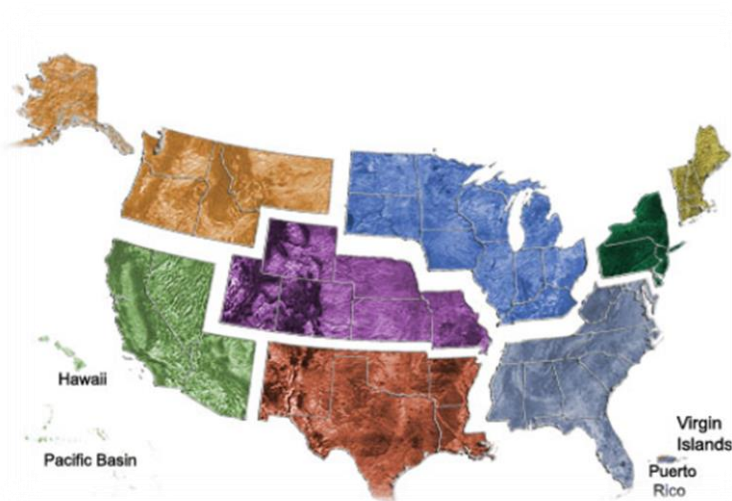
What's the difference?





The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information.
- Improving the public's access to information to enable them to make informed decisions about their health.



[NNLM PNR](https://nnlm.gov/pnr)

<https://nnlm.gov/pnr>

# Early Boomers reached 65 in 2011



# According to the CDC

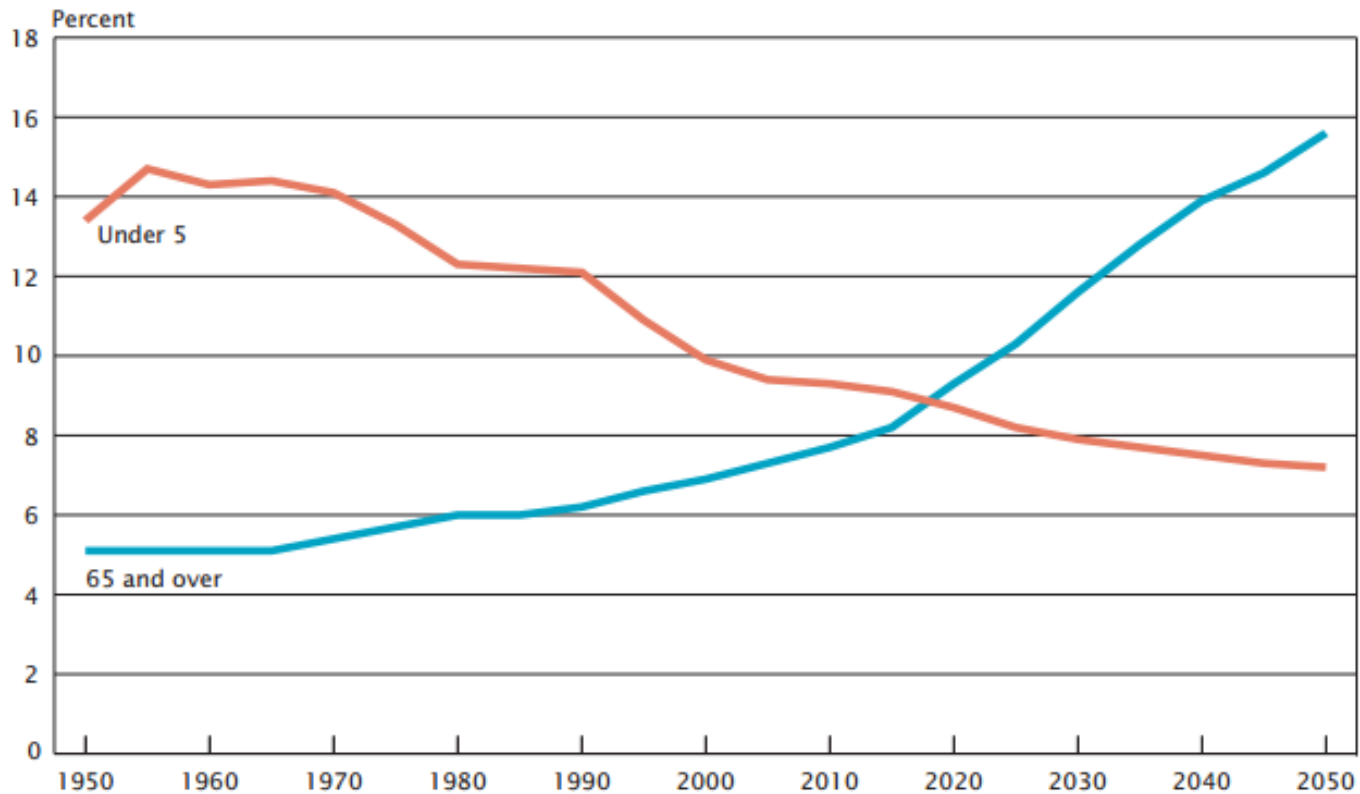
- Number of 65+ Americans will double in 25 years
- By 2030, older adults will be 20% of the U.S. population.
- 2/3 older Americans have multiple chronic conditions

[CDC webpage on Healthy Aging](http://www.cdc.gov/aging/index.html)

<http://www.cdc.gov/aging/index.html>

# Aging Trends

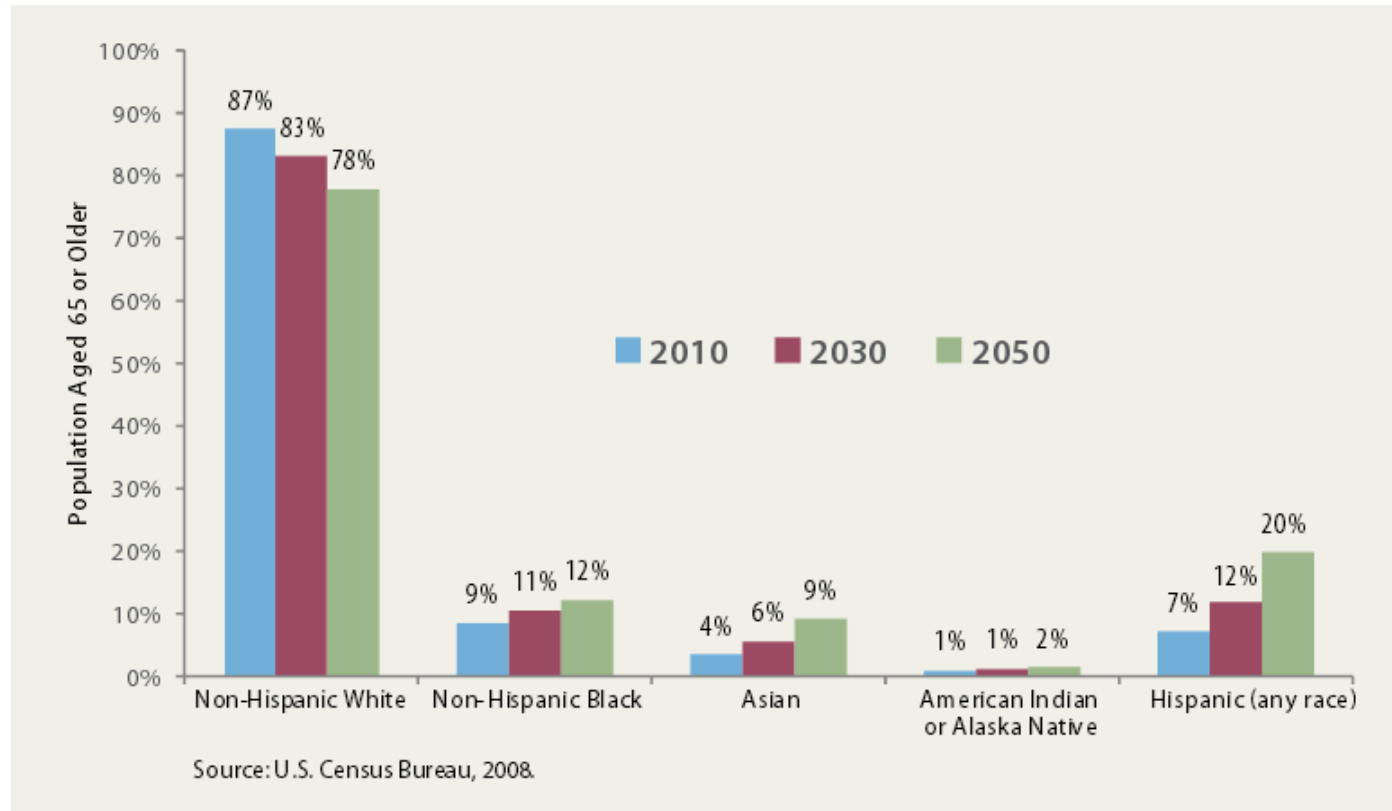
Figure 2-3.  
**Young Children and Older People as a Percentage of Global Population:  
1950 to 2050**



Source: United Nations, 2013.

# More Racially and Ethnically Diverse

Figure 1. U.S. population aged 65 years or older and diversity, 2010–2050



[CDC State of Aging & Health in America](http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf)

<http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf>



# Rural Health Disparities

- Higher incidence of disease and disability
- Higher rates of pain and suffering
- Poor health behaviors
- Lower life expectancy
- Fewer health care options

[Rural Health Information Hub about rural health disparities](https://www.ruralhealthinfo.org/topics/rural-health-disparities)  
<https://www.ruralhealthinfo.org/topics/rural-health-disparities>

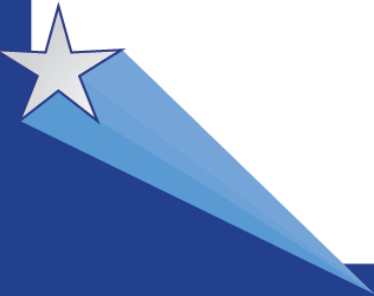
# Chronic Health Conditions

- Heart Disease
- Cancer
- Chronic bronchitis or emphysema
- Stroke
- Diabetes mellitus
- Alzheimer's disease

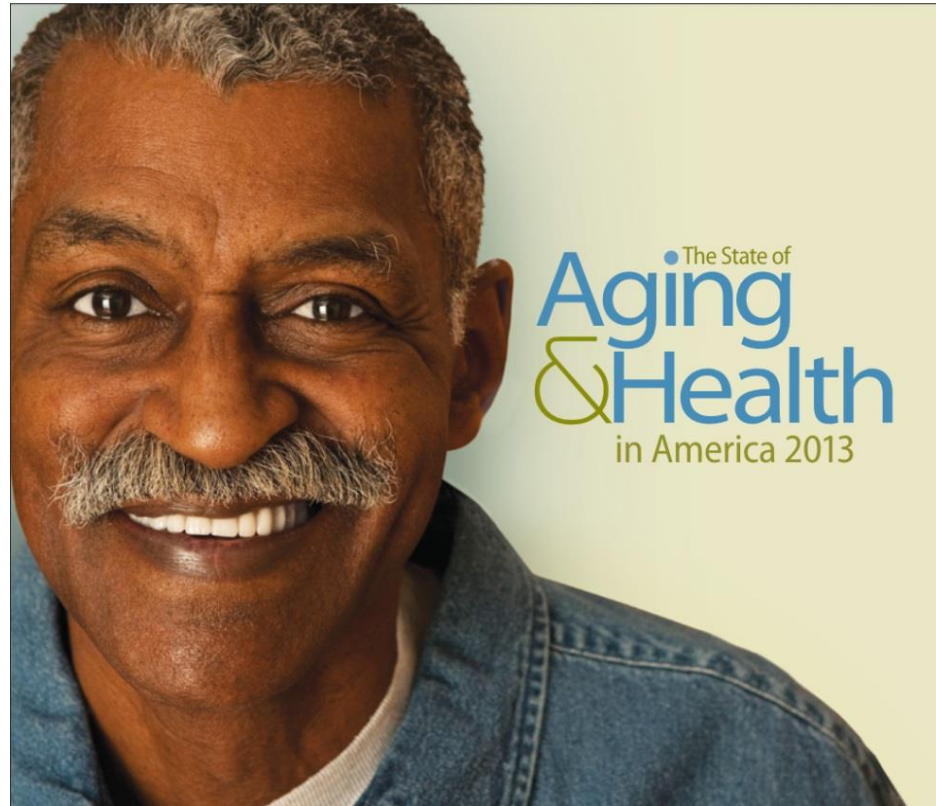


# As well as...

- Multiple Health Conditions
- Falls
- Mobility
- Mental Health
- Excessive Alcohol Intake
- Cannabis and other Drug Usage



# CDC Healthy Aging



[CDC The State of Aging and Health in America](https://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf)

<https://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf>

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# Health Literacy



# Health Literacy

- “Degree to which individuals have the capacity to obtain, communicate, process, and understand basic health information and services needed to make appropriate health decisions.”

# Health literacy affects a person's ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
- Share personal information, such as health history, with providers
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

[Quick Guide to Health Literacy](https://health.gov/communication/literacy/quickguide/factsbasic.htm)

<https://health.gov/communication/literacy/quickguide/factsbasic.htm>

# Low Health Literacy





# Why is an understanding of Health Literacy important for older adults?

- Adults age 65 and older have lower health literacy scores than all other age groups
- Only 3% of older adults surveyed had proficient health literacy skills

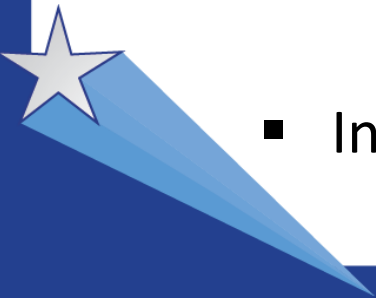
[The 2003 National Assessment of Adult Literacy](http://nces.ed.gov/naal/)

<http://nces.ed.gov/naal/>



# Health Literacy - additional factors

- Vision and hearing
- Cognitive abilities
- Physical disabilities
- Multiple health conditions
- Medications
- Comfort level talking to doctors
- Internet/technology comfort levels



# Costs of Low Health Literacy

- Annual health care costs for individuals with low literacy skills are 4 times higher
- Patients with low literacy skills were observed to have a 50% increased risk of hospitalization
- Patients with low health literacy and chronic diseases have less knowledge of their disease and fewer correct self-management skills

[NPSF Ask Me 3 Resources: Stats at a Glance](https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3_Stats_English.pdf)

[https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3\\_Stats\\_English.pdf](https://c.ymcdn.com/sites/www.npsf.org/resource/collection/9220B314-9666-40DA-89DA-9F46357530F1/AskMe3_Stats_English.pdf)

# Recognizing easy to read materials

## Manage your diabetes

Many people avoid the long-term problems of diabetes. Work with your health care team to reach your goals.

- **Use your diabetes meal plan.** If you do not have one, ask your doctor about one.
- **Eat healthy foods** such as fruits and vegetables without the skin, dry peas or beans, whole grain bread, and cheese.
- **Keep fish and lean meat and poultry portion** (3 ounces of cards). Bake, broil, or grill it.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** such as whole grain bread, pasta.
- **Get 30 to 60 minutes of physical activity** on most days. It's a great way to move more.
- **Stay at a healthy weight** by using your meal plan.
- **Take medicines even when you feel good.** Ask your doctor to prevent a heart attack or stroke. Tell your doctor if you have any side effects.
- **Check your feet every day** for cuts, blisters, or sores. Tell your care team right away about any sores that do not heal.
- **Brush your teeth and floss every day** to avoid gum disease.
- **Check your blood glucose.** You may want to use the card at the back of this booklet to keep a record. Be sure to take this record to your doctor visits.
- **Check your blood pressure** if your doctor advises.
- **Report any changes in your eyesight** to your doctor.

## What should I do each day to stay healthy with diabetes?



Follow the healthy eating plan that you and your doctor or dietitian have worked out.



Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.

# ABCs (+U) of Evaluation

- Accuracy
- Authority
- Bias
- Currency
- Coverage
- **Usability**



[NN/LM Evaluating Health Websites:](https://nnlm.gov/professional-development/topics/health-websites)

<https://nnlm.gov/professional-development/topics/health-websites>

# Evaluate Resources for Usability

- Font size
- Glare-free background color/paper
- Clear organization
- “White” space
- Short sentences
- Jargon-free, definitions of medical terms included
- Information in short segments
- Meaningful images

# Evaluation of Health Resources

Important Safety Information | Prescribing Information | FAQs | Contact Us | Glossary | Shop | Tell a Friend

HOME ABOUT HAVIDOL YOU AND HAVIDOL RESOURCES

## HAVIDOL® (avafynetyne HCl) 20mg tablets and suppositories

### WHEN MORE IS NOT ENOUGH

HAVIDOL IS THE FIRST AND ONLY TREATMENT FOR DYSPHORIC SOCIAL ATTENTION CONSUMPTION DEFICIT ANXIETY DISORDER (DSACDAD)

Use the ZING SELF ASSESSMENT TOOL

**Take the Quiz**

New! HAVIDOL gift ideas in the shop

**IMPORTANT SAFETY INFORMATION**  
Problems can be avoided if you take HAVIDOL only when you are able to immediately benefit from its effects. To fully benefit from HAVIDOL patients are encouraged to engage in activities requiring exceptional mental, motor, and consumptive coordination. HAVIDOL is not for you if you have abruptly stopped using alcohol or sedatives. Havidol should be taken indefinitely. Side effects may include mood changes, muscle strain, extraordinary thinking, dermal gloss, impulsivity induced consumption, excessive salivation, hair growth, markedly delayed sexual climax, inter-species communication, taste perversion, terminal smile, and oral inflammation. Very rarely users may experience a need to change physicians. Talk to your doctor about HAVIDOL

**Did you know...?**  
DSACDAD can be a progressive condition that can get worse over time.

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visitors 00746348

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**Havidol**

<http://havidol.com/>

# MedlinePlus

- Links to reliable, authoritative health websites
- Health Topics for Seniors
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia with large illustrations
- Links to local services
- English, Spanish and other languages
- No Advertisements!

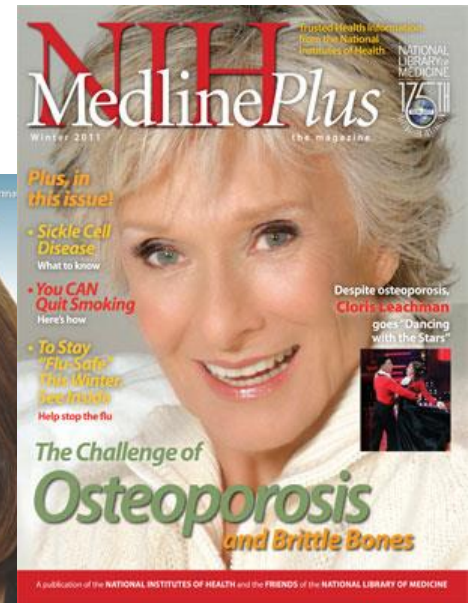
The screenshot shows the MedlinePlus website interface. At the top, it features the NIH U.S. National Library of Medicine logo and the MedlinePlus logo with the tagline "Trusted Health Information for You". A search bar is located in the top right corner. Below the header, there are navigation tabs for "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area is divided into several sections: "Health Topics" (with an apple icon), "Drugs & Supplements" (with a pill icon), "Videos & Tools" (with a play button icon), and "Medical Encyclopedia" (with a stack of books icon). There is also a "Medical Dictionary from Merriam-Webster" section with a search bar. On the right side, there is a "Share MedlinePlus" section with social media icons, a "Do you know the risks of high blood pressure?" article with a photo of a kitchen, and a "Stay Connected" section with an email sign-up form. At the bottom, there are links for "Easy-to-Read Materials", "Organizations and Directories", "Health Information in Multiple Languages", and "MedlinePlus Connect for EHRs".

[MedlinePlus](https://medlineplus.gov/)

<https://medlineplus.gov/>



# MedlinePlus Magazine



[MedlinePlus Magazine](https://medlineplus.gov/magazine/index.html)

<https://medlineplus.gov/magazine/index.html>

# NIH Senior Health

- Health information for older adults
- Partnership of National Institute on Aging and National Library of Medicine
- Information comes from National Institutes of Health
- Senior-friendly features (large text, sound, contrast)
- Information in bite-sized pieces

The screenshot shows the NIH Senior Health website homepage. At the top, there is a navigation bar with links for "Skip Navigation", "Help", "Home", "Health Topics A-Z", "Videos A-Z", "About Us", and "Contact Us". A search bar is located on the right. Below the navigation bar is a large banner image showing a group of diverse older adults, some on exercise bikes and others sitting. The text "NIH Senior Health" is prominently displayed, with the tagline "Built with You in Mind" underneath. Below the banner, there are options to "Resize Text" and "Change Contrast". A secondary navigation bar contains "Print", "Sign Up", and "Share" buttons. The main content area features a heading "Health and wellness information for older adults from the National Institutes of Health." followed by "Health Topics by First Letter" with a row of letters from A to Z. Below this, there are "Categories" listed in two columns: "Bones and Joints", "Cancer", "Diseases and Conditions", "Healthy Aging", "Heart and Lungs", "Memory and Mental Health", "Treatments and Therapies", "Vision and Hearing", and "All Topics A-Z". A "Featured Topic" section highlights "Bladder Health" with a small image of a woman. Further down, there are sections for "Exercise Stories" (with a small image of a woman exercising), "Health Videos" (with a small image of a person using a device), "Free Tips on Healthy Aging" (with a "Sign up here for free tips on healthy aging from NIH Senior Health" link and a small graphic), and "Training Tools" (with a small image of a person at a computer). At the bottom, a footer note states: "This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the".

[NIH Senior Health](http://nihseniorhealth.gov)

<http://nihseniorhealth.gov>

# National Institute on Aging

- Health Topics
- Free publications
- Alzheimer's Information
- Brain health

The screenshot shows the homepage of the National Institute on Aging (NIA). At the top, the NIH logo and the text "National Institute on Aging" are displayed, along with the tagline "Turning Discovery Into Health". A search bar is located in the top right corner. Below the header, a navigation menu includes "Home", "Health and Aging", "Research and Funding", "Newsroom", "About NIA", and "Contact Us".

The main content area features a large banner with the headline "Looking for reliable health info for older adults?". Below this, it lists "Browse NIA's free publications:" with a bulleted list: "Exercise and nutrition", "Alzheimer's disease and other dementias", "Doctor-patient communication", "Caregiving", and "And more!". A "Get started now" link is provided. To the right of the banner is a "What's New" section with three news items: "A word about two-stage review of program projects" (8/8/16), "Fiscal year 2018 bypass budget for Alzheimer's and related dementias available online" (8/1/16), and "NIA pay line recovers a bit" (7/27/16). A "See More" link is at the bottom of this section.

Below the banner is a "Join Our Mailing List" section with an email input field and a "Submit" button. Underneath is a "The Leader in Aging Research" section with a sub-header "For the Public" and a paragraph: "NIA, one of the 27 Institutes and Centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary Federal agency supporting and conducting Alzheimer's disease research." Below this is a "Read more about NIA:" section with a bulleted list: "Mission", "Research Highlights", "Strategic Directions", "Budget", and "Initiatives".

On the right side, there is a "Health Information for You" section with a sub-header "For Researchers" and "For Healthcare Providers". It includes a paragraph: "Find a wide variety of research-based information and resources related to health and aging." Below this are "Featured Health Topics" with links to "Alzheimer's Information", "Aging Clinical Trials (ClinicalTrials.gov)", "Find Publications", "Contact Us", "Get Email Updates", "FAQs", "En Español", and "Other Languages".

[National Institute on Aging](https://www.nia.nih.gov/)  
<https://www.nia.nih.gov/>

# Brain Health Resource

The screenshot shows the National Institute on Aging (NIA) website. At the top, there is a navigation bar with links for Alzheimer's, Go4Life, Español, NIASeniorHealth, and Publications. The NIA logo and tagline "Turning Discovery into Health" are prominently displayed. Below the logo is a search bar and a main navigation menu with links for Home, Health and Aging, Research and Funding, Newsroom, About NIA, and Contact Us. The page title is "Brain Health Resource". A large orange banner with the text "HEALTH & AGING" and a row of lit candles is featured. The main heading is "Brain Health Resource". On the left, there is a thumbnail for a presentation titled "Brain Health As You Age: You Can Make a Difference!" with logos for ACL, CDC, and NIH. Below the thumbnail is a download link for a Zip file (7.47 MB) and a red "ONLINE ONLY" button. Social media sharing options for email, Twitter, LinkedIn, and Facebook are provided. The main content area features a large graphic with the same title and a brain illustration. The text describes the Brain Health Resource as a presentation toolkit offering current, evidence-based information and resources to facilitate conversations with older people about brain health. It mentions that the materials were designed and reviewed in 2014 by scientists and educators at three HHS agencies: ACL, CDC, and NIH. A list of components includes a PowerPoint presentation, an Educator Guide, a One-page handout, a Supplementary resource list, and Medicine, Age, and Your Brain resources. A section titled "PowerPoint Presentation" provides download links for the PowerPoint presentation (1.8MB) and the Spanish PowerPoint presentation (1.8MB). A brief description of the PowerPoint presentation is also included.

U.S. Department of Health and Human Services

Alzheimer's Go4Life Español NIASeniorHealth Publications

NIH National Institute on Aging  
Turning Discovery into Health

Home Health and Aging Research and Funding Newsroom About NIA Contact Us

Home > Brain Health Resource

HEALTH & AGING

Brain Health Resource

Brain Health As You Age:  
You Can Make a Difference!

A presentation by:

ACL CDC NIH

Zip (7.47 MB)

ONLINE ONLY

Share this:

✉ 🐦 in f

Brain Health As You Age:  
You Can Make a Difference!

Brain Health As You Age:  
You Can Make a Difference!

The Brain Health Resource is a presentation toolkit offering current, evidence-based information and resources to facilitate conversations with older people about brain health as we age. Designed for use at senior centers and in other community settings, materials are written in plain language and explain what people can do to help keep their brains functioning best.

All materials were designed and reviewed in 2014 by scientists and educators at three HHS agencies with expertise in health and aging: the Administration for Community Living (ACL); the Centers for Disease Control and Prevention (CDC); and the National Institutes of Health (NIH). At NIH, in addition to NIA, several Institutes contributed to the Brain Health Resource, including NIAAA, NHLBI, NIMH, NIDDK, and NINDS.

More information: [HHS Offers Evidence-based Materials for Conversations About Brain Health](#)

The Brain Health Resource has five components:

- PowerPoint presentation
- Educator Guide
- One-page handout
- Supplementary resource list
- Medicine, Age, and Your Brain resources

PowerPoint Presentation

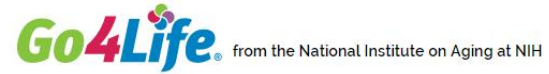
Download PowerPoint presentation (PPTX, 1.8MB)  
Download Spanish PowerPoint presentation (PPTX, 1.8MB)

This PowerPoint presentation will help older adults and their caregivers learn how to reduce risks that may be related to brain health. This presentation.

[Brain Health Resource](https://www.nia.nih.gov/health/publication/brain-health-resource)

<https://www.nia.nih.gov/health/publication/brain-health-resource>

# Go 4 Life



[Get Started](#)

[Try These Exercises](#)

[Go to My Go4Life](#)

[Get Free Stuff](#)

[Be a Partner](#)

## Be an exercise role model!

Motivate others to get excited about exercise.

[GET INSPIRED!](#)



### MOTIVATION

Are you a health professional? Your patients are listening!

[Find out how to motivate patients to be more active.](#)



### ACTIVITIES

Don't just sit at work—get moving with your co-workers!

[Learn how to be more active during your work day.](#)



### EXERCISE

Balance exercises can help you with activities like climbing stairs and avoiding falls.

[Read about ways to build your balance.](#)

[Go 4 Life](#)

<https://go4life.nia.nih.gov/>

# American Indian Health



## HEALTH TOPICS - ELDER'S HEALTH

### Our Health

#### Alzheimer's

- ▶ [Stories from Caregivers Video](#)

(Banner Alzheimer's Institute)

Three Native American families caring for loved ones and health professionals share their experiences with this illness. Their experiences are shared by many Native Americans, both on-and-off the Reservation. (9 minutes 22 seconds)

#### Arthritis

- ▶ [Arthritis in American Indian and Alaska Native Elders \(PDF, 54 KB\)](#)  
(NRCNAA/University of North Dakota Center for Rural Health)

#### Cancer

- ▶ [Cancer Screening Practices Among American Indian and Alaska Native Elders \(PDF, 50 KB\)](#)  
(NRCNAA/University of North Dakota Center for Rural Health)

- ▶ Native American Elders Diagnosed with Cancer  
(Native American Cancer Research)

[Access to Quality Care \(PDF, 1.13 MB\)](#)

[Decisions, Coping and Communication \(PDF, 1.4 MB\)](#)

[What Is This All About? \(PDF, 861 KB\)](#)

[Transportation and Financial Resources \(PDF, 1.65 KB\)](#)

[Spirituality \(PDF, 1.16 MB\)](#)

#### Diabetes

- ▶ [The Prevalence of Diabetes in American Indian Elders](#)  
(National Indian Council on Aging)

#### Elder Abuse

- ▶ [Elder Abuse in Indian Country](#)  
(National Center on Elder Abuse)

#### End-of-Life (Palliative Care)

- ▶ [A Look at End-of-Life Care Issues for Native Americans \(PDF, 76.1 KB\)](#)  
(National Cancer Institute, NIH)

This article takes a look at end-of-life care issues for this population as it relates to cancer as well as other diseases.

#### Exercise

- ▶ [Well-Balanced](#)

(Wise Elders Living Longer)

WELL-Balanced (Wise Elders Living Longer) is a health promotion program designed to be carried out by volunteer coaches. It provides community support for Native elders with diabetes, arthritis, and hypertension, as well as helping elders reduce their risk of falling.

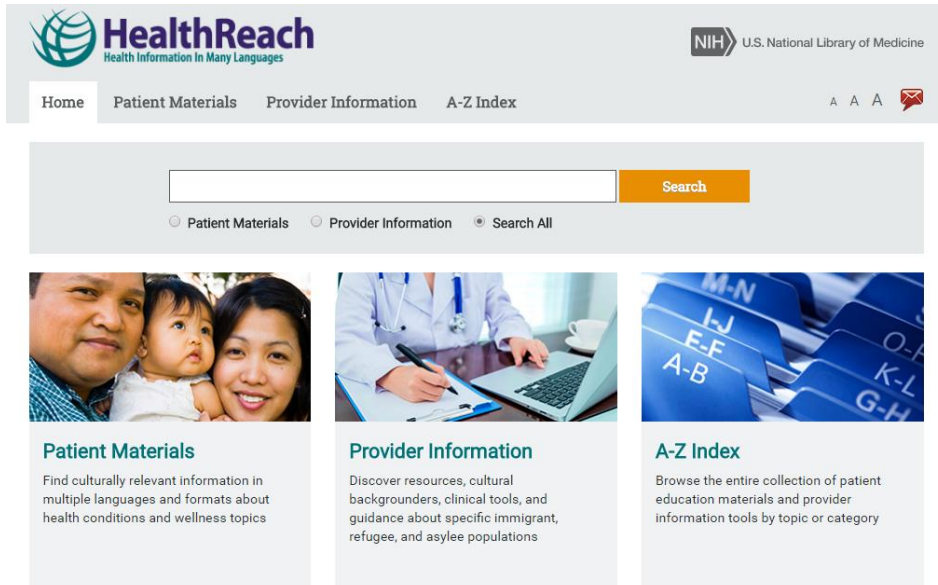
#### General

- ▶ [NativeWeb Health and Elder Resources](#)  
(NativeWeb)

[American Indian Health, Elders](https://americanindianhealth.nlm.nih.gov/elders_health.html)

[https://americanindianhealth.nlm.nih.gov/elders\\_health.html](https://americanindianhealth.nlm.nih.gov/elders_health.html)

# Health Reach



The screenshot shows the HealthReach website header with the NIH logo and navigation links. Below the header is a search bar with a 'Search' button and radio buttons for 'Patient Materials', 'Provider Information', and 'Search All'. Three main content tiles are visible: 'Patient Materials' with a photo of a family, 'Provider Information' with a photo of a doctor, and 'A-Z Index' with a photo of blue folders labeled with letters.

**HealthReach**  
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Patient Materials Provider Information A-Z Index

Search

Patient Materials  Provider Information  Search All

**Patient Materials**  
Find culturally relevant information in multiple languages and formats about health conditions and wellness topics

**Provider Information**  
Discover resources, cultural backgrounders, clinical tools, and guidance about specific immigrant, refugee, and asylee populations

**A-Z Index**  
Browse the entire collection of patient education materials and provider information tools by topic or category

[Health Reach:](https://healthreach.nlm.nih.gov/)

<https://healthreach.nlm.nih.gov/>

- Multiple language
- Health education materials in various languages and formats
- Provider information
- Special collections on women's health, substance abuse, and mental health
- National collaboration
- Submit your resources

# NLM Drug Resources

**Pillbox** rapid identification, reliable information United States National Library of Medicine National Institutes of Health NLM

Home About FAQ Developer Contact Us

**Identify or Search for a Pill**

**Imprint:**  **Drug Name or Ingredient(s):**

Pill does not have an imprint.

**Shape:**  **Inactive Ingredient(s):**

Find pills WITHOUT this ingredient.

**Color:**  **Label Author:**

**Size:**  **DEA Schedule:**

**Score:**  Unknown  1  2  3  4 **Product Code:**  -

Do not search repackaged and relabeled medications.

## Discover

There's more to a pill than how it looks. What's inside the pill other than the drug? Is it a controlled substance?

## Connect

Learn more than the pill's name. Pillbox links you to the drug label, clinical trials, breastfeeding safety, and more.

## Explore



Pillbox's image explorer is a photo album for pills. Sort by color, shape, size, scoring, and the text printed on the pill.

(requires Adobe Flash and will not run on some mobile devices)

## Pillbox

<https://pillbox.nlm.nih.gov/pillimage/search.php>

**Drug Information Portal**  
Quick Access to Quality Drug Information

United States National Library of Medicine National Institutes of Health

Home News and Features NLM Resources NLM Research Resources Resources by Audience / Class Other Resources

Mobile Site

**Search**  
DRUG INFORMATION PORTAL

Information available for 63,203 drugs.

By Name  By Category

- Show examples.
- Show drug category descriptions.
- Show top "By Name" searches (previous seven days).
- Show top "By Category" searches (previous seven days).
- Show top dispensed prescriptions in the US Market, 2010.
- Show common drug names list.
- Show category names list.
- Show generic name stems list.
- Show list of resources searched.

Site Map, Contact Us, Copyright, Privacy, Accessibility  
U.S. National Library of Medicine, 9600 Rockville Pike, Bethesda, MD 20894  
National Institutes of Health, Health & Human Services  
Freedom of Information Act  
Drug Information Portal Mobile Site  
Last updated: Mar 2016

USA.gov

## Drug Information Portal

<https://druginfo.nlm.nih.gov/drugportal/>



# National Center for Complementary and Integrative Health

U.S. Department of Health and Human Services National Institutes of Health



Search NCCIH

NIH...Turning Discovery Into Health

Información en Español

Health Info	Research	Grants & Funding	Training	News & Events	About NCCIH
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## Health

### All Health Topics from A-Z

Research-based info from acupuncture to zinc.

### Complementary, Alternative, or Integrative Health

What do these terms mean?

### Be Informed

Learn how to make wise health decisions.

### Herbs at a Glance

Uses and side effects of herbs and botanicals.

### How To Find a Practitioner

Information on seeking treatment.

### Information for Health Care Providers

Evidence-based medicine, continuing education, clinical practice guidelines, and more.

### Featured Health Topics

Skin Conditions (August 2016)

Musculoskeletal Inflammation and Natural Products (July 2016)

Men's Health (June 2016)



## Pain: U.S. Military and Veterans

Veterans endure higher pain severity than nonveterans. View the data from the 2010-2014 National Health Interview Survey.

Learn more

[NCCIH](https://nccih.nih.gov/)

<https://nccih.nih.gov/>

# Gay, Lesbian, Bisexual and Transgender Elders

- Specific issues for LGBT older adults:
- HIV and Aging
- Medicaid & Medicare
- Coming Out Later in Life

National Resource Center  
ON LGBT AGING

HOME HELP | EMAIL UPDATES | READING

RESOURCES | LOCAL RESOURCES | TRAINING | NEWS & EVENTS | ABOUT US | DONATE

**New Section on NRC Guides!**  
Check out five of our special guides designed to help serve LGBT older adults  
[Learn More >](#)

Resources | Local Resources  
In Your State  
National Organizations

Training  
Our Trainings  
Search Trained Agencies  
Certified Trainers  
Upcoming Trainings  
Request a Training  
Volunteer Education Ambassadors  
Testimonials and Results  
On-Demand Presentation on LGBT Aging  
ACL/AoA's Building Respect Learning Tool

News & Events  
In the News  
Press Releases  
Upcoming Trainings

About Us  
Background  
Staff & Partners  
Our Supporters  
Get Involved  
Contact Us

sage  
Services & Advocacy  
for Gay, Lesbian, Bisexual  
& Transgender Elders


© 2010-2016 SERVICES & ADVOCACY FOR GLBT ELDERS (SAGE) | TRANSLATE TO: [Select Language](#)

[National Resource Center on LGBT Aging](http://www.lgbtagingcenter.org/)  
<http://www.lgbtagingcenter.org/>


# Eldercare Locator

Department of Health and Human Services

Search



**eldercare locator**  
*Celebrating 20 Years*  
Connecting You to Community Services



1-800-677-1116

[Home](#) [About](#) [Resources](#)

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

**Find Help in your Community**  
You can start your search by selecting zip code OR city/state OR topic.

**Search by Location** *or* **Search by Topic**

Zip Code:

*or*

City:  State:


- Adult Day Program
- Alzheimer's Disease
- Behavioral Health
- Caregiver
- Elder Abuse Prevention
- Financial Assistance
- Food & Nutrition
- Health Insurance
- Healthy Aging
- Home Repair & Modification
- Housing Options
- In-Home Services
- Legal Assistance
- Long Term Care
- Nursing Home & LTC Facilities

[A](#) Resize Text    [✉](#) Email Page  
[🖨](#) Printer Friendly

[f](#) Find us on Facebook

**Online Chat**

Have a question? Speak with an Information Specialist Monday-Friday 9am-8pm ET. [Start Online Chat.](#)



**Media Spotlight**

**Before You Give Up the Keys**  
Create a Roadmap for Transportation Independence

[Eldercare Locator](http://eldercare.gov/Eldercare.NET/Public/Index.aspx)

<http://eldercare.gov/Eldercare.NET/Public/Index.aspx>

# Nursing Home Compare

Español | A A A | Print About Us | Glossary | CMS.gov | Medicare.gov | MyMedicare.gov Login

## Medicare.gov | Nursing Home Compare

The Official U.S. Government Site for Medicare

[Nursing Home Compare Home](#) [About Nursing Home Compare](#) [About the data](#) [Resources](#) [Help](#)

Home + Share

### Find a nursing home

A field with an asterisk (\*) is required.

\* **Location**  
Example: 45802 or Lima, OH or Ohio

  
**Nursing home name (optional)**



Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. [States may collect and post](#) additional information that isn't collected by the federal government. Before you get started, you or your family might also consider [Alternatives to Nursing Homes](#).

[Nursing Home Compare](https://www.medicare.gov/nursinghomecompare/search.html)

<https://www.medicare.gov/nursinghomecompare/search.html>

# Talking to Doctors: The New World Order

- Before 1972, doctors told patients what they wanted patients to know, and what they wanted patients to do.
- 1972 – AHA Patient Bill of Rights
  - “The patient has the right and is encouraged to obtain from physicians and other direct caregivers relevant, current, and understandable information about his or her diagnosis, treatment, and prognosis.”



# Video encourages questions

- Think about it
- Ask about it
- Talk about it



[10 – SecMedSchool videos](https://www.youtube.com/watch?v=IJOYjpwtIBQ&list=PLFP44u_0PAFfXQeT3Mh7fX7RBZRJZInuQ)

[https://www.youtube.com/watch?v=IJOYjpwtIBQ&list=PLFP44u\\_0PAFfXQeT3Mh7fX7RBZRJZInuQ](https://www.youtube.com/watch?v=IJOYjpwtIBQ&list=PLFP44u_0PAFfXQeT3Mh7fX7RBZRJZInuQ)

# Prepare for Next Doctor Visit

- Write down questions and concerns
- Don't be afraid to ask for information to be repeated or to clarify
- Bring a friend or family member along
- Bring paper and pencil along
- Bring a recording device (phone)
- Have the doctor write the information down (legibly)
- Review information before leaving
- Ask about Personal Health Record availability
- Ask if there is someone to help with information such as a librarian at the hospital, university or a public health librarian



# NIH Senior Health Talking with Your Doctor

Skip Navigation Help Search  Go

Home Health Topics A-Z Videos A-Z About Us Customer Support

## NIH Senior Health

Built with You in Mind

Resize Text: A A A Change Contrast

Print Sign Up Share

Home > Health Topics A-Z > Talking With Your Doctor: Planning Your Doctor Visit

### In This Topic

- Planning Your Doctor Visit
- Your Visit To The Doctor
- Discussing Sensitive Topics
- Hospital Stays And ER Visits
- Asking Questions
- After A Diagnosis
- Treatments And Surgery
- Discussing Prevention
- Talking With A Specialist
- In Case Of A Serious Illness
- Frequently Asked Questions

### Talking with Your Doctor

#### Planning Your Doctor Visit

##### A Partnership

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, talking with your doctor isn't always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good doctor relationship is a partnership. You and your doctor can work as a team.

Creating a basic plan before you go to the doctor can help you make the most of your visit. The tips in this chapter will make it easier for you and your doctor to cover everything you need to talk about.

(Watch the video to get tips on planning for your doctor visit. To enlarge the video, click the brackets in the lower right-hand corner. To reduce the video, press the Escape (Esc) button on your keyboard.)

Make a List (Talking with Your Doctor)



### Tips for Talking With Your Doctor

#### Keeping Track of Your Medicines

This chart can help you keep track of the different medicines, vitamins and over-the-counter drugs you take. Because your medications may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.

Date: \_\_\_\_\_

Name of Drug	What It's For	Date Started	Doctor	Color/ Shape	Dose (How Much/ How Often)	Instructions

NIH National Institute on Aging

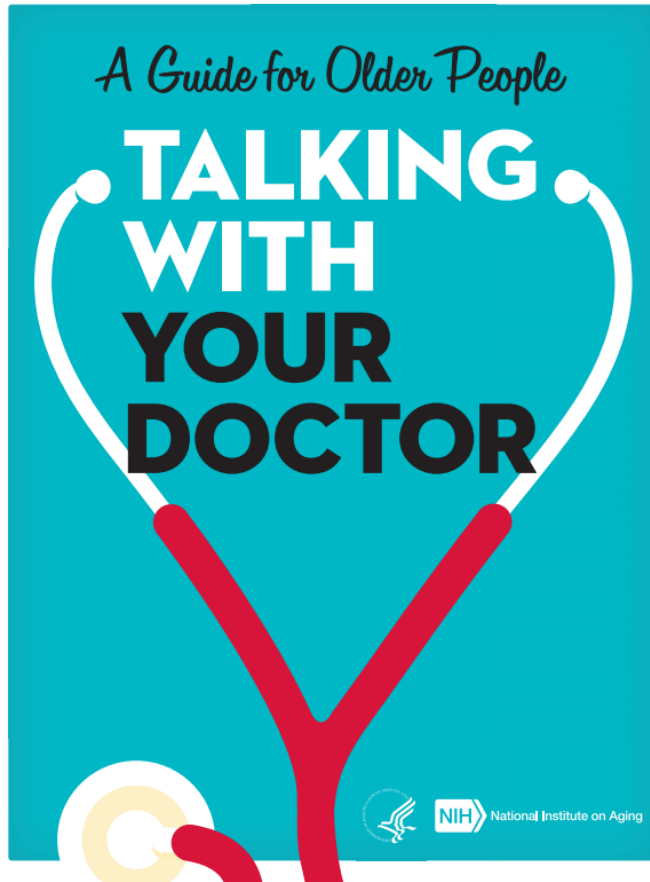
For more resources on health and aging, visit: [www.nia.nih.gov/health](http://www.nia.nih.gov/health)  
May 2014



[NIH Senior Health Talking with your doctor:  
https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html](https://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html)



# Talking with Your Doctor



## Table of Contents

Opening Thoughts: Why Does It Matter?

Getting Started: Choosing a Doctor You Can Talk To

How Should I Prepare? Getting Ready for an Appointment

What Can I Say? Giving Information

What Can I Ask? Getting Information

How Can I Be Involved? Making Decisions With Your Doctor

Asking More Questions: Talking to Doctors in Special Situations

Changing the Subject: Practical Matters

Can I Really Talk About That? Discussing Sensitive Subjects

Who Else Will Help? Involving Your Family and Friends

Additional Resources: For More Information

For Your Convenience: Worksheets

[Guide to Talking with Your Doctor](https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter)

<https://www.nia.nih.gov/health/publication/talking-your-doctor/opening-thoughts-why-does-it-matter>

# Consumer Health Choices

The screenshot shows the Consumer Health Choices website. At the top, there is a navigation bar with the logo "CR ConsumerReports" on the left, "CONTACT US" in the center, and a search icon on the right. Below this is a green banner with the text "ConsumerHealthChoices". Underneath the banner is a secondary navigation menu with links for HOME, ABOUT, PARTNERSHIPS, CAMPAIGNS, CATALOG, IN DEPTH, NEWS AND NOTES, and PATIENTS' STORIES. The main content area is titled "The Choosing Wisely Campaign" and features the "Choosing Wisely" logo, which includes the text "An initiative of the AHA Foundation". To the right of the logo is the text "Educating consumers about appropriate care" and a small note: "To distribute campaign information to consumers, please [contact us](#)." Below this is a sidebar with a list of links: "About the campaign", "Campaign brochures" (which is highlighted), "Campaign videos", "Physician partners", "Choosing Wisely grantees", and "Methods". The main content area is titled "Choosing Wisely campaign brochures" and contains a paragraph: "Consumer Reports creates consumer resources based on many of the Choosing Wisely topics. The titles below connect to our growing catalog of brochures." Below this paragraph are five links, each with a right-pointing arrow: "Advice for Caregivers: Treatments and Tests for Seniors", "Allergy Tests (AAAAI)", "Alzheimer's Disease Testing (SNMMI)", "Antibiotic Treatment in the Hospital (SHEA)", and "Antibiotics for Ear Infections in Children (AAFP)". Each link is followed by a short summary of the brochure's content.

[Consumer Health Choices](http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials)

<http://consumerhealthchoices.org/campaigns/choosing-wisely/#materials>

# Buying Health Products/Services Online

The screenshot shows the Federal Trade Commission's website. At the top, it says "FEDERAL TRADE COMMISSION" and "ESPAÑOL". Below that is "CONSUMER INFORMATION" with a search bar. A left sidebar lists categories: MONEY & CREDIT, HOMES & MORTGAGES, HEALTH & FITNESS (highlighted), Healthy Living, Treatments & Cures, Weight Loss & Fitness, JOBS & MAKING MONEY, PRIVACY, IDENTITY & ONLINE SECURITY, BLOG, and VIDEO & MEDIA. The main content area is titled "Health & Fitness" and includes an introductory paragraph, a "MIRACLE CURES?" banner with a leaf and pills, and sub-sections for "Healthy Living", "Treatments & Cures", and "Weight Loss & Fitness". A "Related Items" sidebar on the right lists articles like "Free Trials Can Cost You", "Weighing the Claims in Diet Ads", "Cancer Treatment Scams", "Online Reviews and Recommendations", "Indoor Tanning", and "Dietary Supplements".

FEDERAL TRADE COMMISSION

ESPAÑOL

CONSUMER INFORMATION

Search

MONEY & CREDIT

HOMES & MORTGAGES

HEALTH & FITNESS

Healthy Living

Treatments & Cures

Weight Loss & Fitness

JOBS & MAKING MONEY

PRIVACY, IDENTITY & ONLINE SECURITY

BLOG

VIDEO & MEDIA

## Health & Fitness

Vea esta página en español

The market is swimming in products and services for fitness and health, making the competition for your business more fierce than ever. Learn how to decode ads for products that promise to cure everything from baldness and cancer to diabetes and dementia, and for services that say they will shape you up, restore your youthful glow, and turn those abs into a well-defined six pack.

### MIRACLE CURES?

Get tips for evaluating health claims.

### Healthy Living

When you're shopping for health insurance, beauty products, or other health-related goods, it pays to do some research before you spend any money.

### Treatments & Cures

When it comes to treatments for health conditions, it can be tough to tell useful products and services from those that don't work or aren't safe. It's unlikely that a supposed 'cure-all' can cure anything.

### Weight Loss & Fitness

### Related Items

Free Trials Can Cost You

- Weighing the Claims in Diet Ads
- Cancer Treatment Scams
- Online Reviews and Recommendations
- Indoor Tanning
- Dietary Supplements

Recent Blog Posts

[OnGuardOnline.gov buying health products:](https://www.consumer.ftc.gov/topics/health-fitness)  
<https://www.consumer.ftc.gov/topics/health-fitness>

# Caregivers



- Almost half are over age 50
  - 1/3 fair to poor health
- Caregiving causes heavy emotional, physical and financial toll
- Experience conflicting emotions
- 22% caregivers taking care of 2
- 8% caregivers taking care of 3 or more

# Caregivers MedlinePlus topic page

U.S. National Library of Medicine

**MedlinePlus**  
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Contact Us

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Caregivers

## Caregivers

On this page		
<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Latest News</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Related Issues</li> <li>Specifics</li> </ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"> <li>No links available</li> </ul>
<b>Research</b> <ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<b>Resources</b> <ul style="list-style-type: none"> <li>Find an Expert</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Seniors</li> <li>Patient Handouts</li> </ul>



**Get Caregivers updates by email**

**MEDICAL ENCYCLOPEDIA**

[Bathing a patient in bed](#)  
Moving a patient from bed to a wheelchair

[Pulling a patient up in bed](#)  
[Turning patients over in bed](#)

Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Some caregivers are family members. Others are paid. They do many things:

- Shop for food and cook
- Clean the house
- Pay bills
- Give medicine
- Help the person go to the toilet, bathe and dress
- Help the person eat
- Provide company and emotional support

Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week. If you're caring for someone with mental problems like *Alzheimer's disease* it can

U.S. National Library of Medicine

**MedlinePlus**  
Trusted Health Information for You

Search MedlinePlus


About MedlinePlus Site Map FAQs Contact Us

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Alzheimer's Caregivers

## Alzheimer's Caregivers

On this page		
<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Related Issues</li> <li>Specifics</li> </ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"> <li>Videos and Tutorials</li> </ul>
<b>Research</b> <ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Journal Articles</li> </ul>	<b>Resources</b> <ul style="list-style-type: none"> <li>Reference Desk</li> <li>Find an Expert</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Patient Handouts</li> </ul>



**Get Alzheimer's Caregivers updates by email**

**MEDICAL ENCYCLOPEDIA**

[Dementia - home care](#)

[Alzheimer's Disease](#)

**Summary**

Caring for someone who has *Alzheimer's disease* (AD) can be stressful and overwhelming. It's important to take care of yourself. Ask for and accept help.

Talk to the doctor. Find out what treatments might help control symptoms or address behavior problems. Find a support group. Others who have "been there" may be able to help and will understand.

If there are times of day that the person is less confused or more cooperative, take advantage of that in daily routines. Consider using adult day care or respite services. These offer a break with the peace of mind that the patient is being taken care of. Begin to plan for the future. This may include

- Getting financial and legal documents in order
- Looking into assisted living or nursing homes
- Finding out what your health insurance and Medicare will cover

*NIH: National Institute on Aging*

**Start Here**

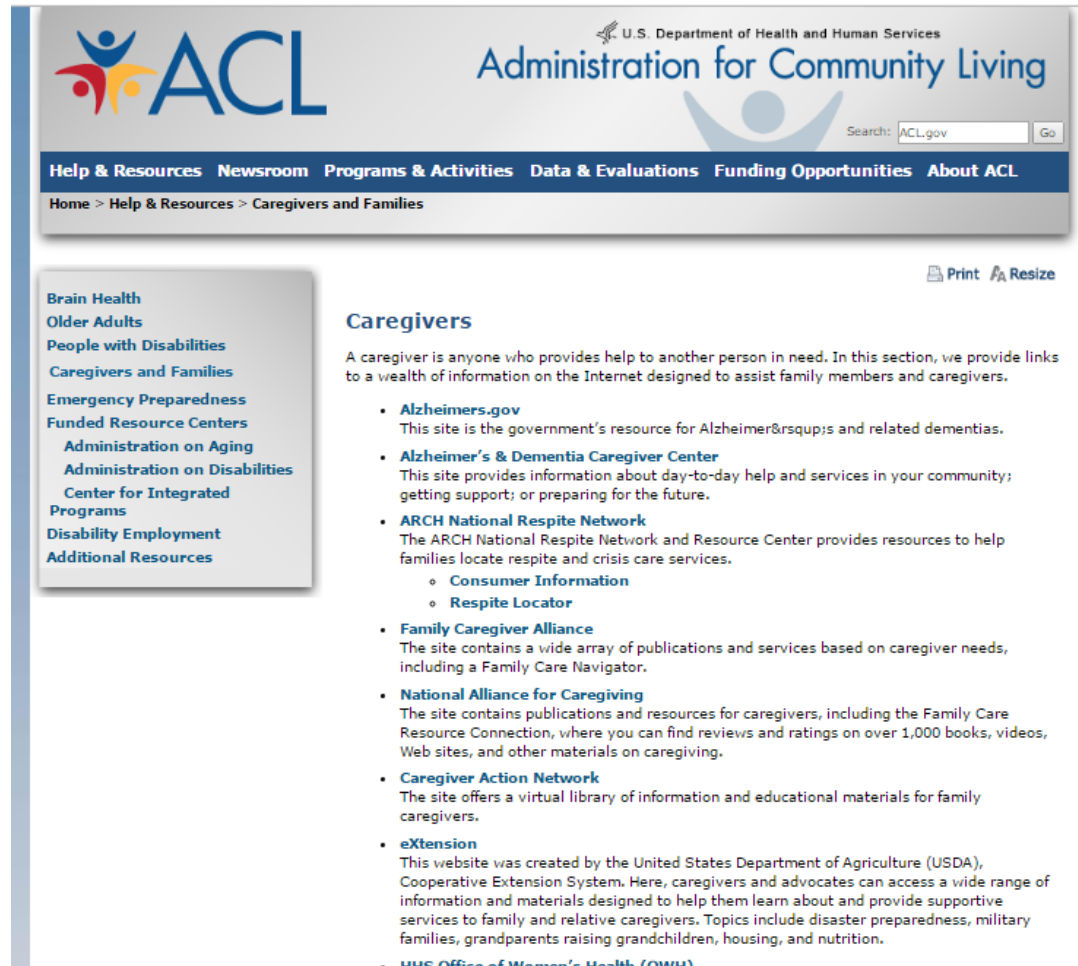
# NLM 4 Caregivers

The screenshot shows the NLM 4 Caregivers website. At the top, it features the U.S. Department of Health & Human Services logo and the URL www.hhs.gov. The main header includes the title "Outreach Activities & Resources" with the subtitle "SPECIALIZED INFORMATION SERVICES" and the National Library of Medicine logo. A navigation bar contains links for "SIS Home", "About Us", "A-Z Index", "SIS News", and "Contact Us". A search bar is located on the right side of the navigation bar. Below the navigation bar, the breadcrumb trail reads "SIS Home > Outreach Activities & Resources > Family Caregivers". The main content area is titled "NLM 4 Caregivers" and contains three expandable sections: "About NLM 4 Caregivers", "NLM Resources for Caregivers", and "Other Health Resources for Caregivers". A note states "PDF documents can be viewed with the free Adobe® Reader". The left sidebar contains several categories: "Outreach Projects" (Disaster Health, Environmental Health, Health Professionals, HIV/AIDS, Library Science, Minority and Ethnic Populations, Specific Populations, Students/Educators), "Resource & Tools" (Funding Opportunities, Training Resources, Promotional Materials), "About Us" (Outreach & Special Populations Branch, NLM Outreach Programs, Specialized Information Services Division, Staff Publications), and "Announcements" (See the Outreach Blog for the latest news!). At the bottom of the sidebar, there is a "Connect with NLM" section with social media icons.

[NLM4Caregivers](https://sis.nlm.nih.gov/outreach/caregivers.html)

<https://sis.nlm.nih.gov/outreach/caregivers.html>

# Administration for Community Living



The screenshot shows the ACL website header with the logo and the text "U.S. Department of Health and Human Services Administration for Community Living". Below the header is a navigation menu with links for "Help & Resources", "Newsroom", "Programs & Activities", "Data & Evaluations", "Funding Opportunities", and "About ACL". The current page is "Home > Help & Resources > Caregivers and Families".

Brain Health  
Older Adults  
People with Disabilities  
Caregivers and Families  
Emergency Preparedness  
Funded Resource Centers  
Administration on Aging  
Administration on Disabilities  
Center for Integrated Programs  
Disability Employment  
Additional Resources

## Caregivers

A caregiver is anyone who provides help to another person in need. In this section, we provide links to a wealth of information on the Internet designed to assist family members and caregivers.

- **Alzheimers.gov**  
This site is the government's resource for Alzheimer's and related dementias.
- **Alzheimer's & Dementia Caregiver Center**  
This site provides information about day-to-day help and services in your community; getting support; or preparing for the future.
- **ARCH National Respite Network**  
The ARCH National Respite Network and Resource Center provides resources to help families locate respite and crisis care services.
  - **Consumer Information**
  - **Respite Locator**
- **Family Caregiver Alliance**  
The site contains a wide array of publications and services based on caregiver needs, including a Family Care Navigator.
- **National Alliance for Caregiving**  
The site contains publications and resources for caregivers, including the Family Care Resource Connection, where you can find reviews and ratings on over 1,000 books, videos, Web sites, and other materials on caregiving.
- **Caregiver Action Network**  
The site offers a virtual library of information and educational materials for family caregivers.
- **eXtension**  
This website was created by the United States Department of Agriculture (USDA), Cooperative Extension System. Here, caregivers and advocates can access a wide range of information and materials designed to help them learn about and provide supportive services to family and relative caregivers. Topics include disaster preparedness, military families, grandparents raising grandchildren, housing, and nutrition.
- **HHS Office of Women's Health (OWH)**

[ACL Caregiver Resources](https://acl.gov/Get_Help/Help_Caregivers/Index.aspx)

[https://acl.gov/Get\\_Help/Help\\_Caregivers/Index.aspx](https://acl.gov/Get_Help/Help_Caregivers/Index.aspx)

---

# Library Programs / Services





# Technology Barriers

- Physical challenges to using technology
  - 2 in 5 seniors report physical or health condition makes daily life difficult
- Skeptical attitudes about the benefits of technology
  - 35% felt they were not missing out on important information versus 18% who do
- Difficulties learning to use new technologies
  - Significant number felt they needed assistance, 77% who felt uncomfortable versus 18% who felt comfortable
  - However, once adapted, seniors comfortable 71% use technology everyday

[2014 Pew report on Older Adults and Technology Use](http://www.pewinternet.org/files/2014/04/PIP_Seniors-and-Tech-Use_040314.pdf)

[http://www.pewinternet.org/files/2014/04/PIP\\_Seniors-and-Tech-Use\\_040314.pdf](http://www.pewinternet.org/files/2014/04/PIP_Seniors-and-Tech-Use_040314.pdf)

# Why Teach Health on the Internet to Older Adults

- Bridge Digital Divide
- Increase confidence
- Increase knowledge of health conditions and healthy lifestyles
- Help people know how to talk to doctors
- Increase skills in evaluating health information resources
- Seniors are eager to learn



# Teaching Tips

- Provide hands-on practice and repetition
- Use health topics they are interested in
- Provide regular access to computers
- Teach small groups, low teacher/student ratio

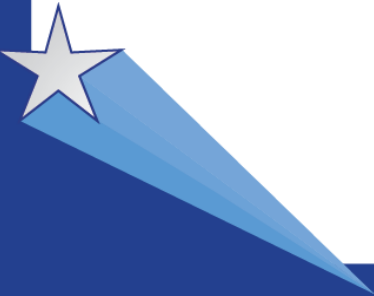


# Teaching Resources

- Beanworks: Computers, Older Adults, and Libraries
  - Carol Bean, Palm Beach County Library
  - Includes mousing tutorials
  - Helpful articles
  - Other training materials

[Beanworks](http://beanworks.clbean.com/computers-older-adults-and-libraries/)

<http://beanworks.clbean.com/computers-older-adults-and-libraries/>



# More Teaching Resources

- NIHSeniorHealth: Helping Older Adults Search for Health Information Online:



Featuring Health Information from the National Institutes of Health

[A Toolkit for Trainers](http://nihseniorhealth.gov/toolkit/toolkit.html)

<http://nihseniorhealth.gov/toolkit/toolkit.html>

# Program Ideas

- Fitness classes
- Relationships/sexual health
- Specific health conditions
- Managing medications
- Medicare
- Choosing nursing homes/assisted living
- Brain health
- Health website evaluation
- Caregiving
- End of Life planning
- Creating a safe home
- Hospice
- Health fraud
- Alternative medicines
- Health tools
- Talking to your doctor
- Story Corp model

# Older Americans Month



**OLDER AMERICANS MONTH**

Home History Materials Activity Ideas Stories Resources

KNOW YOUR RIGHTS

STAY ENGAGED

STRIVE FOR WELLNESS

EXPLORE NEW THINGS

[Home](#) | Older Americans Month 2017

## Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

Quick Links: [Materials](#) | [Activity Ideas](#) | [Resources](#)

**Site Support**  
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Accessibility  
Viewers & Players  
Disclaimers

**Points of Interest**  
FOIA  
Plain Writing  
No Fear Act

**Partner Sites**  
ACL.gov  
HHS.gov  
USA.gov

**AoA**  
Administration on Aging

**ACL**  
Administration for Community Living

#OAM17  
#AgeOutLoud

Older Americans Month:  
<https://oam.acl.gov/>

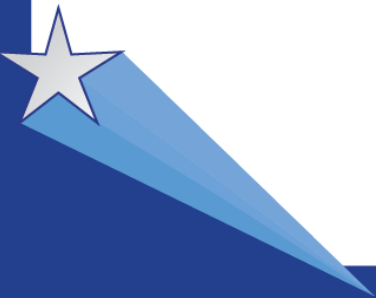
# Collaborate!

- You can't do it alone.
- Senior organizations:
  - Area Agencies on Aging
  - Disease specific organizations (Alzheimer's Assoc.)
  - Neighborhood senior centers
  - Faith Communities
  - Hospitals and Clinics
  - University Health Science Libraries
  - Social Service agencies / Public Health
  - American Society on Aging / National Council on Aging
  - Government agencies (city, county, state, federal)



# How do I find partners?

- [NNLM Membership Directory](#)
  - <https://nnlm.gov/members/directory>
- [2-1-1](#) a free service to help locate local resources
  - <http://www.211.org/>



# The Consumer Health Reference Interview and Ethical Issues

- Provide welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Provide referrals

# NNLM PNR

- Free membership
- Free classes/webinars
- Free brochures and tools
- Funding
- Customized training
- Opportunities for input
- Gateway to NLM and NIH

The screenshot shows the NNLM PNR website for the Pacific Northwest Region. The header includes the NIH NLM NNLM logo and navigation links for REGIONS | OFFICES | HELP. The main content area features a 'Members' section with a call to action 'Join the Network Today!' and a network diagram of people icons. Below this is a 'Pacific Northwest Region' section with three columns: 'News & Announcements' listing items like 'Dragonfly (PNR blog)', 'Regional Partners' listing 'Idaho State University', 'Pacific University', and 'University of Alaska Anchorage', and 'Webinars' with a graphic of colorful hands.

[NNLM PNR](https://nnlm.gov/pnr): <https://nnlm.gov/pnr>

# Questions?



Carolyn Martin, MLS, AHIP  
Consumer Health Coordinator  
[martinc4@uw.edu](mailto:martinc4@uw.edu)



National Network of Libraries of Medicine  
Pacific Northwest Region (NNLM PNR)

## [Presentation Resources](#)

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>