



Resources

Independent. Engaged. Connected.

This document provides some resources to help start your team's Senior Solutions Project research. Do not limit yourselves to these websites and books, though. Remember that your library, local hospital, school, senior center, historical society, assisted living complex, and area health and social workers, physicians, working scientists, and engineers also can be great resources for your team.

WEB RESOURCES

Some of these resources are websites that were designed for adults, so don't be afraid to ask a coach or mentor for some vocabulary help.

A NEW PERSPECTIVE ON AGING FOR COACHES AND MENTORS

Jane Fonda: Life's third act

http://www.ted.com/talks/jane_fonda_life_s_third_act.html

Within this generation, an extra 30 years have been added to our life expectancy—and these years aren't just a footnote or a pathology. At TEDxWomen, Jane Fonda asks how we can think about this new phase of our lives.

INTERVIEWING SENIOR PARTNERS

The Story of My Life ~ Tapping into the Experiences of Senior Citizens

<http://bostonteachnet.org/levy/levy.htm>

When you're 82 and look back, what do you hope to have accomplished? What will make up the tapestry of your life? Middle schoolers who partner with senior citizens at the Hebrew Rehabilitation Center for Aged (HRCA) answer these and other questions. Through casual talk and structured interviews, students tap into the wealth of their senior pals' experiences.



The Gift of Age

http://www.teachervision.fen.com/tv/printables/TCR/1576900045_069.pdf

Many stories feature people of all ages—children, adults, grandparents, and even great-grandparents. One of the best ways to learn about other people and other times is to interview those people.

Developing a Relationship with Senior Citizens

<http://www.localschooldirectory.com/lesson-plans/id/85>

The purpose of this lesson is to help elementary school children develop relationships with their elders and recognize the importance of genealogy.



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HOW AGING MIGHT FEEL

Interactive Aging Simulator: Carol's Web

<http://www.immersionactive.com/carolsweb/>

Immersion Active is an Internet marketing agency for digital baby boomers and seniors. Carol's Web is a flash-based interactive program that simulates and explains some of the effects of aging.

Aging Simulation–Sensitizing People to the Process of Aging

http://fcs.tamu.edu/families/aging/aging_simulation/index.php

Activities developed to help your team experience some of the sensory changes that older adults may experience. Includes downloadable resources.

Human Kinetics: Senior athletes prove age doesn't have to be an obstacle

<http://www.humankinetics.com/excerpts/excerpts/senior-athletes-prove-age-doesnt-have-to-be-an-obstacle->

Some of the most fascinating people are athletes in their 70s and 80s. They are the fortunate few with the health and fire in their bellies to keep going.

SOME ISSUES FACED BY SENIORS



List of Daily Needs for Elderly Care

<http://www.livestrong.com/article/36889-list-daily-needs-elderly-care/>

As we age, we often face additional needs and challenges connected to getting older. If a family member, neighbor, or friend has reached a point where he needs assistance with his daily routine, you'll need to know what those daily needs are. Allow him to be as independent, while respectfully helping him with the tasks that have become difficult.

I am an Older Adult or Caregiver

<http://www.ncoa.org/get-involved/i-am-older-adult-caregiver.html>

The National Council on Aging (NCOA) is a national voice for older Americans and the community organizations that serve them. This page is a list of resources to address common needs of older adults and their caregivers.

8 Areas of Physical Age-Related Change

<http://www.nlm.nih.gov/medlineplus/magazine/issues/winter07/articles/winter07pg10-13.html>

Many physical changes happen while a person ages. Here are a few examples and some ways that scientists and doctors are trying to solve them.



Alzheimer's Disease

http://www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp

This page provides resources to help kids and teens learn about Alzheimer's disease and understand how it affects people. It's important for kids to know that they are not alone when facing these challenges. Alzheimer's changes the lives of everyone it touches.

Preventing Elder Financial Abuse

<http://www.metlife.com/assets/cao/mmi/publications/studies/2011/Tips/mmi-preventing-elder-financial-abuse-older-adults.pdf>

Men and women of any race, economic level, and health status can be a victim of elder financial abuse or exploitation. These Tips have been prepared in collaboration with the National Committee for the Prevention of Elder Abuse (NCPEA) and the Center for Gerontology at Virginia Polytechnic Institute and State University.

Senior Health

<http://nihseniorhealth.gov>

NIH Senior Health provides information on a number of health and wellness related issues for older adults including everything from medical challenges to preventing falls and understanding long-term care options. Information provided by the National Institutes of Health.



AGING AROUND THE WORLD

Ageing and Life Course

<http://www.who.int/ageing/en>

The World Health Organization's Program on Ageing and Life Course provides information about aging programs and statistics around the world. Be sure to explore the links for WHO regional offices and WHO publications on a variety of topics such as age-friendly cities.

Ageing Data

<http://www.helpage.org/resources/ageing-data>

HelpAge International provides statistics on aging around the world. You can also find downloadable reports about different issues facing older people in their Resources section.

European Year for Active Ageing and Solidarity between Generations

<http://europa.eu/ey2012>

There is a lot to life after 60—and society is coming increasingly to appreciate the contribution older people can make. That's what active ageing is about—getting more out of life as you grow older, not less, whether at work, at home or in the community.

Research Committee 11 'Sociology of Ageing' of the International Sociological Association (ISA)

<http://www.rc11-sociology-of-aging.org/country-reports>

International Sociological Association sponsors a research committee (Research Committee 11 "Sociology of Ageing") to encourage research of high quality on ageing within and between countries. Their Country Reports highlight aging issues in countries from South America, Eastern Europe, West Africa, and South-East Asia.

Health in Aging



<http://www.healthinaging.org>

This website was created by the American Geriatrics Society Foundation for Health in Aging (FHA) to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on caring for older adults, HealthinAging.org content is based on resources that the American Geriatrics Society has developed for its professional members.

SCIENCE AND SOLUTIONS

Cynthia Kenyon: Experiments that hint of longer lives

http://www.ted.com/talks/lang/en/cynthia_kenyon_experiments_that_hint_of_longer_lives.html

What controls aging? Biochemist Cynthia Kenyon has found a simple genetic mutation that can double the lifespan of a simple worm, *C. elegans*. The lessons from that discovery, and others, are pointing to how we might one day significantly extend youthful human life.

Smart Carpet Keeps Track of Patients When Caregivers Can't

<http://www.technewsworld.com/story/71521.html>

Carpet embedded with sensors linked to a computer could help keep seniors and disabled persons safe.

Assistive Technology Information

<http://www.abledata.com>

AbleData provides information about assistive technology products and rehabilitation equipment. It is a great source to see what tools might be available for a senior with physical challenges.



LIFE 60 OR MORE YEARS AGO

Teacher Vison

<http://www.teachervision.fen.com/>

Learn some interesting facts and figures about the United States in the 1940s, 1950s, or 1960s. Type facts and the decade in the search box. 5 free downloads. Grade Levels: 5 - 8

The People History

<http://www.thepeoplehistory.com/toys.html>

The 20th century has seen the growth and advancement of just about everything we use on a daily basis. Motors, batteries, computers, and chemicals have made modern life possible and along the way toys have enjoyed something of their own evolution. If you trace the changes in children's toys you can more or less trace the overall changes in the technology of the day. They often lead the charge, bringing new features to the populace in an affordable package early.

The 1900s

<http://www.1900s.org.uk/index.htm>

A social history of everyday life in the early- and mid-20th century in Great Britain featuring recollections from the early 1900s to 1950s, particularly during World War Two.

U.S. NONPROFIT AND PROFESSIONAL ORGANIZATIONS

These websites might help your team find professionals in your area and learn more about careers in working with seniors.

The U.S. Department of Health and Human Services Administration on Aging

<http://www.aoa.gov/>

The American Geriatrics Society

http://www.americangeriatrics.org/join/meet_our_members/

Eldercare Locator

<http://eldercare.gov>

Find local organizations and agencies that work with seniors in your area.

The National Association Directors of Nursing Administration in Long Term Care (NADONA)

<http://www.nadona.org>

Includes contact information for state chapters in the U.S.A. http://www.nadona.org/state_chapters.php

Engineering in Medicine and Biology Society

<http://www.embs.org/member-communities/students/where-engineering-meets-imagination>

PRINT RESOURCES



LIFE 60 OR MORE YEARS AGO

The Decades of Twentieth-Century America series

Edmund Lindop (Author)

Twenty-First Century Books (CT) (September 1, 2009)

America in the 1930s

What were Americans doing in the 1930s? Listening to radio shows like The Lone Ranger, watching King Kong and the Marx Brothers at the movies, and dancing to swing music. But the 1930s were also years of fear and struggle. The United States was in the Great Depression, with banks and businesses shut down and millions of people unemployed. Read about this fascinating decade - its ups, downs, and ordeals - from start to finish.

America in the 1940s

What were Americans doing in the 1940s? Buying war bonds, working in shipyards, and donating blood for soldiers overseas. The 1940s were a serious time in the United States, dominated by World War II. Everyone pitched in to help win the war. Millions of men and women served in the U.S. military. Children collected scrap metal to be made into guns and ammunition. But Americans also took time to have fun. They watched Humphrey Bogart at the movies and listened to big band music on the radio. When the war ended, the United States became a world superpower. From Pearl Harbor to the Pentagon, from film noir to Frank Sinatra, read about this fascinating decade from start to finish.

America in the 1950s

What were Americans doing in the 1950s? Dancing the stroll, listening to Elvis Presley, gathering around the television, watching satellites orbit Earth, and much more. From the Korean War to the Cold War, Americans also were concerned about serious national and international events. They feared nuclear annihilation and communist spies in the U.S. government. From abstract art to desegregation, from rock and roll to poodle skirts, read about this fascinating decade from start to finish.

America in the 1960s

What were Americans doing in the 1960s? Dancing the Twist, listening to the Beatles, watching astronauts land on the moon, and much more. From civil rights to women's liberation, Americans also took a stand in the 1960s. They tried to stop the war in Vietnam, clean up government, and protect the environment. Even athletes made political protests. From Black Power to flower power, from Motown to miniskirts, read about this fascinating decade from start to finish.

SCIENCE AND SOLUTIONS

From Fail to Win: Learning from Bad Ideas. Gadgets and Inventions

Raintree Freestyle: From Fail to Win: Learning from Bad Ideas series

Neil Morris (Author)

Raintree (2011)

Have you ever wondered what went wrong when inventions, structures, and technology failed spectacularly? This title provides cross-curricular reads into ideas and projects from around the world that did not work as planned.

Aging, the Individual, and Society

Susan M. Hillier, Georgia M. Barrow (Authors)

Wadsworth Publishing (2010)

In the coming years, understanding senior citizens will be more important than it's ever been. Are you ready?

Aging, the Individual, and Society introduces you to gerontology in a compassionate way that helps you understand them and know how to work with them.

Growing Older (Science Mysteries)

Lesley Newson (Author)

A & C Black (Childrens books) (1996)

This is one of a series which looks at the quest for scientific solutions to the mysterious, unanswered questions which surround us in our everyday lives. This book questions how babies are formed, why we grow up and grow old, and why we die. It looks at how people have sought to explain the mystery of growing older, throughout history and across different cultures. It shows how scientists have traced the development of a human being from embryo to old age, and explains how these changes are programmed to happen.

INTERACTING WITH SENIORS



Ways to Help the Elderly (How to Help: A Guide to Giving Back)

Tamra Orr

Mitchell Lane Publishers (May 11, 2010)

For many years, you have had someone older looking out for you, making sure you are safe, fed, and taken care of. Now it's your chance to return the favor! This book will show you the many ways you can help the elderly in your community. It will give you ideas to consider, as well as stories of others who have made a difference in older adults' lives. You can find resources for every state, plus suggestions of simple, easy ways that you can make an older person's day brighter, safer and happier!

Love You Forever

Robert Munsch (Author), Sheila McGraw (Illustrator)

Publisher: Firefly Books Ltd. (September 1, 1995)

The mother sings to her sleeping baby: "I'll love you forever / I'll love you for always / As long as I'm living / My baby you'll be." She still sings the same song when her baby has turned into a fractious 2-year-old, a slovenly 9-year-old, and then a raucous teen. So far so ordinary—but this is one persistent lady. When her son grows up and leaves home, she takes to driving across town with a ladder on the car roof, climbing through her grown son's window, and rocking the sleeping man in the same way. Then, inevitably, the day comes when she's too old and sick to hold him, and the roles are at last reversed.

Waiting for May

Thyrza Davey (Author)

Publisher: Doubleday Books for Young Readers (September 1, 1989)

A social worker wants Old Alec, who lives with his dog on a houseboat on the coast of Queensland, to move to a pensioners' home; but to escape such a fate, the old man decides to sail his broken-down old boat up the Barrier Reef, until a fierce storm and the friendship of a young boy change his plans.

Annie and the Old One

Miska Miles (Author), Peter Parnall (Illustrator)

Publisher: Lectorum Publications, Inc. (May 30, 1985)

Annie is a young Navajo girl who refuses to believe that her grandmother, the Old One, will die. Sadly, Annie learns that she cannot change the course of life.