Aging Issues

 **2017 List of Helpful Websites**

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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.

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**Aging & Government sites**

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

[www.consumerfinance.gov](http://www.consumerfinance.gov) Federal agency Consumer Financial Protection Bureau

<http://www.ssa.gov/myaccount/> setting up your “My Social Security” portal for your specific benefits

<https://www.benefits.gov/> Benefits you may not know you are entitled to

[www.ssa.gov/retire2/index.htm](http://www.ssa.gov/retire2/index.htm) Social Security “Retirement Planner” information

[www.medicare.gov](http://www.medicare.gov) Medicare portal – enroll or change plans

<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

<https://www.medicare.gov/hospitalcompare/search.html> Medicare “Hospital Compare”

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

[www.211.org](http://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**

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

[www.aoa.gov](http://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 Community Council established by The Older American Act of the federal government

<http://www.nctcog.org/cs/aging/county_detail.asp?county=085> Collin County Committee on Aging includes Collin County Meals on Wheels

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

<http://www.n4a.org/> National listing of all Area Agencies on Aging

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

<https://agingstats.gov/> 2016 Key Indicators of Older Adult Well Being: report of 13 federal agencies on all aspects of health, housing etc for those age 65+

<http://benefits.va.gov/pension/aid_attendance_housebound.asp> Veterans Aid and Attendance benefit info

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

<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](http://www.infoaging.org" \t "_new) 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

**Caregiver & Family Support**

<http://www.aginglifecare.org/ALCA/About_Aging_Life_Care/Selecting_an_Aging_Life_Care_Professional/ALCA/About_Aging_Life_Care/Selecting_an_Aging_Life_Care_Professional.aspx> Professional Care Managers (for a fee) to handle aging issues

[www.carelinx.com](http://www.carelinx.com) Hire caregivers that are screened and match your budget

<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.sharethecare.org> How to organize a group to share the care of serious illness

<http://www.carecalendar.org> Another online tool for setting up group care and support

[www.elderweb.com](http://www.elderweb.com) extensive information on resources for older people and their caregivers

[www.caregiver.org](http://www.caregiver.org) National family caregiver alliance publishes a handbook for long distance caregivers, free on line or by mail $5.

[www.theseniorsource.org](http://www.theseniorsource.org) Dallas not for profit agency - Senior Citizens of Greater Dallas can assist older adults and families

[www.mindseyepoetry.com](http://www.mindseyepoetry.com) Creating poetry with those who have memory impairment

[www.musicandmemory.org](http://www.musicandmemory.org) Power of personal musical playlist to soothe and calm

<http://www.aoa.gov/eldfam/eldfam.aspx> National Administration on Aging Communities

<http://www.inspire.com/groups/alzheimers-foundation-of-america/> Alz Foundation Caregiver online support group

<https://www.caringbridge.org/> Caring Bridge, a website devoted to helping families set up a website to stay in touch during significant life events.

**Diseases/Health Conditions/Wellness:**

<http://www.healthspancampaign.org/> research: longer lifespans that are healthy

<https://nccih.nih.gov/> C.A.M. at NIH complementary and alternative medicine

<http://www.nih.gov> National Institute of Health general portal for medical research and finding clinical trials

<http://www.hearthealthywomen.org/index.php> Heart Healthy Women’s Organization

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov) National Institute of Health “seniors” conditions & ailments

<http://www.womenshealth.gov> National Women’s Health Information Cent

<http://www.webmd.com/> WebMD general medical information

[www.mayoclinic.com](http://www.mayoclinic.com) Mayo Clinic website for illnesses and conditions

<http://www.getpalliativecare.org/> for patients and families of those with chronic or serious or complex conditions

<https://www.medicare.gov/hospitalcompare/search.html>? Medicare portal to compare hospitals

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

[www.healthfinder.gov](http://www.healthfinder.gov) US Department of Health and Human Services A to Z info

<http://www.nlm.nih.gov/medlineplus/seniorshealth.html> Medline Plus NIH portal to search drugs and topics

<http://www.arthritis.org/> The Arthritis Foundation

<http://www.cancer.org/docroot/home/index.asp> American Cancer Society

[www.cancer.gov](http://www.cancer.gov) National Cancer Institute – clinical trials and research

[www.cancercare.org](http://www.cancercare.org) Cancer support groups, educational programs, workshops, referral service, caregiver information

<http://www.strokeassociation.org/STROKEORG/> National Stroke Association

<http://www.heart.org/HEARTORG/> American Heart Association diseases and conditions

<http://www.ninds.nih.gov/> National Institute of Neurological Disorders & Stroke

<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](http://www.PDtrials.org) locate Parkinson’s disease research trials

<http://www.good50.com> A search engine with low vision option

<https://www.macular.org/what-macular-degeneration> American Macular Degeneration Foundation

<http://labtestsonline.org> How to interpret various lab tests

<http://www.utswmedicine.org/conditions-specialties/primary-care/geriatrics/> UT-SW geriatrics department

**Dementia & Brain Health:**

<http://www.utsouthwestern.edu/education/medical-school/departments/neurology/programs/alzheimers-disease-center/>

UT Southwestern Medical School Neurology Department Dementia of the Alzheimer’s Type, Mild Cognitive Impairment, etc; source for extensive patient testing

<http://www.baylorhealth.com/physicianslocations/dallas/specialtiesservices/neuroscience/pages/memorycenter.aspx> Baylor Memory Care Center (Hwy 75 and Park Lane)

<https://wexnermedical.osu.edu/brain-spine-neuro/memory-disorders/sage> SAGE self-administered gero-cognitive examination from Ohio State University

<http://www.inspire.com/groups/alzheimers-foundation-of-america/> Alz Foundation Caregiver online support group

[www.musicandmemory.org](http://www.musicandmemory.org) Personalized playlist on iPod for persons with dementia

<http://www.braingle.com/mind/home.php> Fun “maintain your brain” exercises

<http://www.texercise.com/> Texas Wellness exercise program “age well; live well”

<http://www.dfamerica.org/> Dementia Friendly America initiative

[www.nlm.nih.gov/medlineplus/dementia.html](http://www.nlm.nih.gov/medlineplus/dementia.html) Latest news from National Institute of Health on dementia

<http://www.pbs.org/theforgetting> PBS series on dementia and forgetting

<http://www.vfvalidation.org/> Naomi Feil’s website for the validation technique of interacting with dementia patients

<http://www.theaftd.org> Frontal Temporal Dementia and Pick’s Disease

<http://adrc.usc.edu/> USC memory and aging center w/research

[www.mindseyepoetry.com](http://www.mindseyepoetry.com) Creating poetry with those of mid to late stage dementia

[www.friendsplaceads.com](http://www.friendsplaceads.com) Memory Care Adult Day Services “Friends Place” in Richardson

<https://www.alzstore.com/> Products for those with memory impairments, games, puzzles & more

**Driving and Transportation:**

<http://www.txdmv.gov/motorists/disabled-parking-placards-plates> application for Texas handicap parking permit

<http://seniordriving.aaa.com/maintain-mobility-independence/driver-improvement-courses-seniors/> AAA online version of Roadwise Review for Older Adult Driving

<http://www.aarp.org/home-garden/transportation/driver_safety/> AARP Driving Improvement Course – classroom or online

<http://www.dart.org> DART – Dallas Area Rapid Transit System

<https://www.bubbl-dallas.com/> Dallas Bubbl for hire transportation $14 within LBJ to downtown ; drivers are off duty or retired police offices

<https://www.thehartford.com/resources/mature-market-excellence/family-conversations-with-older-drivers> older drivers and “having the talk”

**Drugs:**

<http://www.medicare.gov/part-d/index.html> Medicare Part D RX plans

[www.needymeds.com](http://www.needymeds.com) patient assistance with the cost of medicines

[www.rxlist.com](http://www.rxlist.com) FDA website for prescription drug information & link to report complications/side effects

<https://www.medicare.gov/part-d/> Medicare Part D drug plans

<https://medlineplus.gov/druginformation.html> Medline Plus pharmacy info from NIH

<http://www.mayoclinic.org/drugs-supplements/drug-list> Mayo Clinic complete index of prescription and over the counter medications

<http://www.phrma.org/advocacy/access/patient-assistance> Prescription drug association (lobbyists) information - Patience Assistance Programs

**Employment**

<http://www.theseniorsource.org/> Senior Source: resume writing for age 50+

[www.seniorjobbank.org](http://www.seniorjobbank.org) national web listing for over 50 job seekers

[www.nowcc.org](http://www.nowcc.org) National Older Workers Career Center

[www.twc.state.tx.us/](http://www.twc.state.tx.us/) Texas Workforce Commission

<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 50+Boomers

**End of Life:**

[www.northtexasrespectingchoices.com](http://www.northtexasrespectingchoices.com) MOST Medical Orders for Scope of Treatment which is more detailed that advanced directive and must be signed by physician

<http://www.getpalliativecare.org> locate palliative care for chronic or terminal conditions

[www.hospicenet.org](http://www.hospicenet.org) for patients and families facing life-threatening illness

[www.tahc.org](http://www.tahc.org) Texas Association for Home Care and Hospice, search feature to find licensed local providers

<http://livingwillforms.org/tx/> Texas specific Advanced Directive forms including HIPAA release and “my end of life wishes”

<http://tfsc.texas.gov/files/Forms/Appointment%20to%20Control%20Disposition.pdf> Texas Form “Appointment of Agent for Disposition of Body”

[www.agingwithdignity.org](http://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](http://www.aahpm.org) American Academy of Palliative and Hospice Medicine

<http://irabyock.org/books/> Ira Byock, MD, former president of the American Academy of Hospice and Palliative Medicine, well known writer

<https://www.consumer.ftc.gov/blog/ftc-works-get-you-funeral-price-information> FTC funeral home regulations

[www.lots-for-less.com](http://www.lots-for-less.com) Dallas area cemetery plot buy or sell at discounts

<http://www.utsouthwestern.edu/research/programs/willed-body/> **UT Southwestern** Medical School willed body program

<http://www.sciencecare.com/body-donation-overview/> **Science Care** anatomical donations to a not for profit – a willed body option

<http://www.medcure.org/> **MedCure.Org,** another NFP anatomical donation option

<http://business.ftc.gov/documents/bus05-complying-funeral-rule> FTC rules for funeral providers

 <http://www.remembranceprocess.com/capturing-a-life-in-words/guide-to-writing-an-obituary/> Writing an obituary

<http://www.dallascounty.org/department/courts/probate.php> Dallas County Probate Ct

**Grief and Loss**:

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

<https://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

<https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support.aspx> Hospice Foundation of America’s grief and loss resource links.

[www.webhealing.com](http://www.webhealing.com) Easy to read website describes the grief process and invites you to write about your own grief

<http://www.aarp.org/family/lifeafterloss>

<http://mygriefandloss.org/> Grief and Loss Center of North Texas

<https://www.modernwidowsclub.com/chapter/the-widows-journey-dallas-chapter/> Dallas chapter of Modern Widows Club

**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/qrs/public/qrs.do>

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

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

<http://www.plain-o-helpers.org/> Plano TX free handyman service for grab bars etc <https://www.aging.senate.gov/imo/media/doc/7212010.pdf> US Senate Committee on Aging CCRC Investigation July 21, 2010

<http://www.theconsumervoice.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.eldercare.gov/Eldercare.NET/Public/Index.aspx> National Elder care locator from US Government

<http://www.homemods.org/resources/library.shtml> Home modification resources

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

<https://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens> HUD website on senior affordable housing & reverse mortgages

<http://www.dads.state.tx.us/news_info/ombudsman/rights.html> Nursing home resident rights

<https://hoarding.iocdf.org/> hoarding disorder and what to do about it

**Impairments and chronic conditions – helps:**

<http://www.reachcils.org/home/dallas.php4> REACH of Dallas resource center for independent living; source for equipment

[www.assistedlivingstore.com](http://www.assistedlivingstore.com) Devices and aids for staying independent

<http://www.utdallas.edu/calliercenter/evaluation-and-treatment/> hearing loss center

<http://www.epill.com> Medication reminders: pill boxes, timers, and dispensers

<https://www.diabeteswellness.net/diabetes-brochures> diabetes type 1 and 2 care and self-management skills

[www.audiology.org](http://www.audiology.org) American Academy of Audiology to locate a certified audiologist

[www.betterhearing.org](http://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/txdoteforms/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 and Financial Issues**

<https://www.aging.senate.gov/resources> Resource links from US Senate Committee on Aging

<http://www.dallascounty.org/department/courts/probate/elder_financial/elderfinancial_index.php> Dallas County Elder Financial Safety Center

<https://eforms.org/living-will/texas-living-will-form/> Texas specific Advanced Directive forms including HIPAA release and “my end of life wishes”

[www.northtexasrespectingchoices.com](http://www.northtexasrespectingchoices.com) MOST=Medical Orders for Scope of Treatment signed by physician; more detailed than advanced directives; appropriate for those with advanced illness who may be at risk of dying within a year

<http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm> Federal Trade Commission website to access all three credit bureau files *free*

<http://files.consumerfinance.gov/f/201310_cfpb_lay_fiduciary_guides_agents.pdf> Managing Someone Else’s Money=Power of Attorney info from cfpd.gov

<http://texasguardianship.org/guardianship-information/guardianship-basics/guardianship-process-2/> Texas Guardianship information

[www.preventelderabuse.org](http://www.preventelderabuse.org) National Committee for Prevention of Elder Abuse

<http://www.elderlawanswers.com> legal information site – search by state

[www.caringinfo.org](http://www.caringinfo.org) downloads state specific advanced directives

<https://www.texasattorneygeneral.gov/files/agency/hb300_auth_form.pdf> Texas HIPAA form

[www.aarp.org/research](http://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

<https://yourtexasbenefits.hhsc.texas.gov/programs/health> Texas Medicaid program for long term care facilities

[www.consumerfinance.gov](http://www.consumerfinance.gov) Consumer Financial Protection Bureau – older adults

**Lifelong Learning and life enrichment:**

<http://contemplageing.com> Spirituality and Fulfillment in the Aging Process

<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

[www.seniornet.org](http://www.seniornet.org) national website for computer training for older adults

<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](http://www.letsmove.gov) Promotes wellness and physical activity

<https://www.khanacademy.org/> Free online education for a variety of topics

<http://www.thesavvyboomer.com> The Savvy Boomer blog Canada and USA

<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.spiritualityandpractice.com> Online resources for spirituality and practice in daily life

<http://www.authentichappiness.sas.upenn.edu/Default.aspx> Signature Strengths Test & other online surveys – from University of Penn, Martin Seligman, PhD