

Aging and Public Health Links: National

CDC (Centers for Disease Control and Prevention)-funded http://www.cdc.gov/aging/orglinks_cdc.htm

- [American Association of Active Lifestyles and Fitness \(AAALF\)](#)
In partnership with the National Senior Games Association (NSGA), AAALF is developing the TESA Project: Training and Encouragement for Senior Activity. Together NSGA and AAALF will use their networks to encourage and support sedentary seniors across the nation to maintain health through physical activity. A panel of experts has created a series of workshops that will address motivation, goal setting, cardiovascular health and fitness, safety, nutrition, and physical activity instruction covering aerobic, resistance, and flexibility exercises. State and local coordinators from NSGA will evaluate changes in knowledge, attitudes, and behaviors in the months following the workshops.
- [American Society on Aging \(ASA\)](#)
ASA is currently in the third year of a five-year project funded by CDC to develop and disseminate "A Health Promotion/Disease Prevention Model for Older Adults." Several web-based modules (which may be found at <http://www.asaging.org/cdc>) will allow health promotion professionals to create a cafeteria-style, customized manual that addresses local community health needs. Topics range from general principles of health promotion and disease prevention to specific conditions that impact older adults, such as medication management. ASA is collaborating with the Roybal Institute for Applied Gerontology at the California State University, Los Angeles, which is providing expertise related to elderly minorities.

ASA has also worked in collaboration with CDC over the past two years to identify significant health topics of interest to journalists who write about aging-related issues. This media project initiative has combined CDC's expertise in public health science and health promotion interventions for older adults and ASA's ability to present scientific information in a manner that journalists from the Journalists Exchange on Aging (JEoA) can readily use for writing stories about key public health topics. Media backgrounders on eleven topics (physical activity, adult immunizations particularly influenza and pneumonia, diabetes, disability issues, DES or diethylstilbesterol, falls related injury, West Nile virus, arthritis, hospital-based infections, cardiovascular health, and oral health) are available at <http://www.asaging.org/media/cdc.cfm>. Materials and media background pieces will be disseminated so that local, regional, and national journalists can write about the current activities in healthy aging occurring at CDC for their hometown audiences. This project has culminated with annual presentations made by CDC scientists on the various background topics at the National Council on the Aging/American Society on Aging joint national conference since 2002.

- [Institute for the Future of Aging Services \(IFAS\)](#)
IFAS is a policy research center within the American Association of Homes and Services for the Aging (AAHSA). IFAS is conducting focus groups with older adults to evaluate the quality of existing health promotion and disease prevention materials that deal with Medicare preventive services benefits. Based on focus group results, recommendations will be made to improve materials for older adults in the later years of the project.
- [National Center for Chronic Disease Prevention and Health Promotion Healthy Aging](#)
- [National Council on the Aging \(NCOA\)](#)
In this project, NCOA is establishing a partnership with CDC to establish a National Program to Promote Healthy Aging Through Community Programs. NCOA will examine and evaluate 630 innovative, high-quality health and supportive programs for older adults to identify examples of promising programs. NCOA will also establish a National Program Advisory Committee to guide the development and implementation of this project.
- [National Safety Council \(NSC\)](#)
In order to evaluate educational materials related to health and safety issues for older adults, NSC will be conducting focus groups with seniors through its local chapters. NSC will evaluate the effectiveness of

existing consumer education materials as well as assess knowledge, attitudes, and perceptions on health and safety issues among older adults. Recommendations will be made suggesting ways to improve material content and accessibility of information for this population.

- [State-Based Examples of Network Innovation, Opportunity, and Replication \(SENIOR\) Grants](#)
Initiated in 2003 as a result of the recommendations made in the [Aging States Report](#) (PDF- 294) CDC and the Administration on Aging through the Chronic Disease Directors and the National Association of State Units on Aging are supporting partnerships between state health departments and state units on aging to implement health promotion and disease prevention activities for older adults. Funded states are drawing on evidence-based prevention program in one of three areas: physical activity, preventive services, and disease-self management. In addition, oral health assessment and promotion has been added as an area of focus. The projects, focused in selected communities within each state, are funded as one year demonstration projects.
- [Sickness Prevention Achieved through Regional Collaboration \(SPARC\)](#)
SPARC is a locally based collaboration dedicated to helping all residents of the region extend and improve the quality of their lives through disease prevention. The program is active throughout Berkshire County, Massachusetts; Columbia and Dutchess counties, New York; and Litchfield County, Connecticut. SPARC brings together medical and public health practitioners to create local strategies to increase the availability and use of preventive care services. These efforts are strengthened by the participation of community associations, businesses, and local, state, and federal agencies.

Aging and Public Health: Other National Links <http://www.cdc.gov/aging/orglinks.htm>

Other Federal Agencies

- [Administration on Aging](#)
- [Agency for Healthcare Research and Quality](#)
- Centers for Medicare & Medicaid Services (formerly the Health Care Financing Administration)
 - [Beneficiary Information](#)
 - [Partner/Provider Information](#)
- [The Environmental Alliance for Senior Involvement \(EASI\)](#) a partnership between EPA and AARP.
- [Environmental Protection Agency \(EPA\) Aging Initiative: Protecting the Health of Older Americans](#)
- [Environmental Protection Agency Human Health Topics](#)
- [Health Resources and Services Administration Bureau of Primary Health Care – Healthy Aging Initiative](#)
- [National Institute on Aging](#)
- [National Institutes of Health \(NIH\) Senior Health.gov](#)
- [Veteran's Administration](#)

General Nonfederal Organizations

- [AARP](#)
- [Alzheimer's Association](#)
- [American Society on Aging](#)
- [Chronic Disease Directors \(CDD\)](#)
- [Gerontological Society of America](#)
- [Leadership Council of Aging Organizations](#)
- [National Association of State Units on Aging \(NASUA\)](#)
- [National Council on the Aging](#)
- [National Indian Council on Aging](#)

Maine Aging Resources-General <http://www.umaine.edu/mainecenteronaging/resources.htm>

AccessMaine.org

AccessMaine.org contains a wide variety of resources and links to useful information for children, adults, and seniors with disabilities. Find information on community organizations, parent and family resources, transition planning, state-based services, health information, and national resources. There is also a dictionary of terms and a guide to using the internet.

Area Agencies on Aging (AAAs)

Offer older adult home-based care services, support for caregivers, senior information counselors, meals on wheels, adult day care, child care, plus many other services. Maine has five AAAs.

o [Aroostook Area Agency on Aging](#)

Serving Aroostook County.

o [Eastern Area Agency on Aging](#)

Serving Penobscot, Piscataquis, Washington, and Hancock Counties.

o [Senior Spectrum](#)

Serving Somerset, Kennebec, Waldo, Knox, Lincoln, and Sagadahoc Counties.

o [Seniors Plus](#)

Serving Androscoggin, Franklin and Oxford Counties.

o [Southern Maine Area Agency on Aging](#)

Serving York and Cumberland Counties.

[Bureau of Elder and Adult Services](#)

Serves elders and adults with disabilities. Included on this page are links to information on the many programs the Bureau is responsible for, policy information, and information of interest to service providers in the state.

[Dirigo Pines](#)

Dirigo Pines is a University of Maine affiliated, comprehensive Retirement Community in Orono, Maine, with one story cottages and an Inn that includes apartments and assisted living suites.

[HealthWeb of Maine](#)

Provides direct access to a searchable database of health data and statistics for the State of Maine and links to other health-related information at the state and national level.

[Legal Services for the Elderly](#)

Provides free, legal assistance to socially and economically needy Maine residents age 60 and older.

[Maine Alzheimer's Association](#)

Raises public awareness and serves as the statewide resource on Alzheimer's disease and related disorders by providing information, education, referral, and support services to families and professionals.

[Maine Benzodiazepine Study](#)

A group of clinicians in Maine and elsewhere in the US and other countries who are focusing on identifying evidenced based best practices in place of chronic benzodiazepine dependence. NOE also provides a benzodiazepine treatment group.

[Maine For ME Senior Directory](#)

The most comprehensive listing of Maine-based senior links as well as businesses, news, search, chat and more.

[Maine Health Access Foundation](#)

The Maine Health Access Foundation (MeHAF), created in 2000, is the state's largest health care foundation. MeHAF promotes affordable and timely access to comprehensive, quality health care and seeks to improve the health of every Maine resident. In particular, MeHAF targets projects that serve the medically uninsured and underserved.

[Maine Long Term Care Ombudsman Program](#)

A Swedish word, Ombudsman (pronounced om-budz-man) is a specially trained advocate who is given authority under federal and Maine law to investigate and resolve complaints made by, or on behalf of, long-term care consumers.

[Maine State Housing Authority](#)

Oversees public housing, services to the homeless, and programs for home buyers. Offers data and reports on Maine housing.

[Osher Lifelong Learning Institute \(OLLI\)](#)

Opened in the fall of 1997 as the first program for Maine people, 55 and older. Members devise the curriculum and enroll in non-credit classes taught by peers, primarily retired faculty from USM and other institutions. OLLI provides support for the Maine Lifelong Learning Network which includes senior college programs around the state of Maine offering education opportunities for Mainers over 55.

[Senior Community Service Employment Program](#)

Provides part-time community service employment assignments for persons with low incomes who are 55 years old or older and provides community services while promoting transition to unsubsidized employment.

[Surry Music Therapy](#)

Individuals with physical, emotional, and cognitive difficulties find that music therapy opens new channels of communication and contact. Music as therapy brings joy, beauty, a smile and laughter as well as a calming and nurturing effect to some clients, while providing an outlet for frustrations for others. It helps to activate and enhance the memory and quality of life for elderly clients.

[University of Maine Cooperative Extension](#)

The major educational outreach program of the University of Maine, with offices statewide. UMCE provides Maine people with research-based educational programs to help them live fuller, more productive lives. Offers two documents on aging-related issues in Maine: A Coalition for a Maine Aging Initiative Policy Report entitled Getting Old in Maine. The report identifies the issues affecting Maine's elders and the areas where policy action is needed. Also available: Situation Statement—Aging in Maine.

[UNE Geriatric Education Center](#)

UNE Geriatric Education is a center that deals with geriatric and gerontology issues. Its focus is on healthy aging and how education, training, resources, and research can promote the healthy aging process.

Other National Aging Resources-General <http://www.umaine.edu/mainecenteronaging/resources.htm>

[Access America for Seniors](#)

U.S. government web site for older adults.

[Alliance for Retired Americans](#)

National organization launched in January 2001 by a national coalition of AFL-CIO affiliated unions and community-based organizations.

[Alzheimer's Association](#)

Chicago-based volunteer group providing caregiver resources, chapter locations, and treatment and research information.

[American Association of Homes and Services for the Aging](#)

Association representing represents 5,600 mission-driven, not-for-profit nursing homes, continuing care retirement communities, assisted living and senior housing facilities, and community service organizations.

[American Association of Retired Persons \(AARP\)](#)

Nonprofit association dedicated to shaping and enriching the experience of aging for all its members and for all Americans.

[American Society on Aging](#)

National network of professionals in the field of aging.

[Association for Gerontology Education in Social Work, AGE-SW](#)

Provides leadership and assistance to social work educational programs and professionals in order to advocate for the integration of gerontological content in undergraduate and graduate social work education.

[Association for Gerontology in Higher Education](#)

National membership organization devoted primarily to gerontological and geriatrics education.

[CyberSeniors.org](#)

An organization dedicated to connecting older adults to the world at their fingertips. Teaches older adults how to use computers and access the Internet through hands-on curriculum specifically to meet the physical needs and learning capabilities of older students.

[Elderhostel](#)

The nation's first and the world's largest educational and travel organization for adults 55 and over.

[Gerontological Society of America](#)

Established in 1945 to promote the scientific study of aging, to encourage exchanges among researchers and practitioners from various disciplines related to gerontology, and to foster the use of gerontological research in forming public policy.

[Generations United](#)

The only national membership organization focused solely on promoting intergenerational strategies, programs, and public policies.

[Family Caregiver Alliance](#)

This national organization provides resources to help those who care for disabled or frail elders. Includes information on managing Alzheimer's disease, tax issues, work and eldercare, an online support group, and much more.

[Medicare Rights Center](#)

Not-for-profit organization dedicated to ensuring that older adults and people with disabilities get good, affordable health care. Offers Medicare information for consumers and professionals.

[National Aging Information Center](#)

This service of the U.S. Administration on Aging offers searchable databases on AoA supported materials and reports, publications, a calendar of events, statistical resources on the aging, GAO reports related to aging issues, and weblinks.

[National Association of Area Agencies on Aging \(NAAAA\)](#)

The umbrella organization for the 655 area agencies on aging (AAAs) and more than 230 Title VI Native American aging programs in the U.S. Advocates on behalf of the local aging agencies to ensure that needed resources and support services are available to older Americans.

[National Association of Professional Geriatric Care Practitioners \(NAPGCM\)](#)

Non-profit, professional organization of practitioners whose purpose is the development, advancement, and promotion of humane and dignified social, psychological, and health care for the elderly and their families through counseling, treatment, and the delivery of concrete services by qualified, certified providers.

[National Association of Social Workers - Section on Aging](#)

A special membership section of the National Association of Social Workers that advocates for public policies that affect the well-being of older people, their families, and their communities; develops collaborations with consumers and organizations in the field of aging; encourages research to advance knowledge and enhance practice in aging increases awareness of issues on aging; and promotes education and training.

[National Caucus and Center on Black Aged, Inc.](#)

National organization working to improve the quality of life for elderly African Americans and low income minorities.

[National Citizens' Coalition for Nursing Home Reform](#)

Provides information and leadership on federal and state regulatory and legislative policy development and models and strategies to improve care and life for residents of nursing homes and other long term care facilities.

[National Council on the Aging](#)

The nation's first association of organizations and professionals dedicated to promoting the dignity, self-determination, well being, and contributions of older persons.

[National Hispanic Council on Aging](#)

National membership-based organization dedicated to improving the quality of life for Latino elderly, families, and communities through advocacy, capacity and institution building, development of educational materials, technical assistance, demonstration projects, policy analysis and research.

[National Indian Council on Aging \(NICOA\)](#)

The nation's nonprofit advocate for the nation's (est.) 296,000 American Indian and Alaska Native elders. Strives to better the lives of the nation's indigenous seniors through advocacy, employment training, dissemination of information, and data support.

[National Institute on Aging](#)

The Federal Government's principal agency for conducting and supporting biomedical, social, and behavioral research on the aging process and the diseases and special problems of older people.

[Older Women's League](#)

The only national grassroots membership organization to focus solely on issues unique to women as they age. OWL strives to improve the status and quality of life of midlife and older women. OWL is a nonprofit, nonpartisan organization that accomplishes its work through research, education, and advocacy activities conducted through a chapter network.

[Strengthening Aging and Gerontology Education in Social Work \(SAGE-SW\)](#)

Provides gerontology training to social work educators with the ultimate goal of increasing the gerontology competency of all social workers in order to meet the needs of a growing aging population.

[U.S. Administration on Aging](#)

Federal agency providing home and community-based services to millions of the nation's vulnerable and hard-to-reach older persons through the programs funded under the Older Americans Act.