

VISN 8 Patient Safety Center
Of Inquiry, Tampa Florida

Preventing Falls

A VA
Educational Resource

Rev. 10.1.02



VISN 8 PATIENT Safety Center

Celinda P. Evitt, PhDc, MA, PT, GCS
Patricia Quigley, PhD, ARNP, CRRN

Acknowledgements



This project was funded by the VISN-Wide Deployment of an Evidence-Based Program to Prevent Falls: VISN 8 and VISN 22; New Clinical Program Initiative NPI-20-006-1

Patricia Quigley, PhD, ARNP, CRRN, Project Director is the Associate Director for Clinical Innovations. Dr. Quigley is a nurse researcher and rehabilitation clinical nurse specialist and has expertise in care of the disabled, falls and patient safety.

Karen Perell, PhD, RKT, Co-Director is the Director of the PM&R Gait Laboratory and is a Career Development Awardee from Rehabilitation R&D. Her area of expertise is in gait instability in elders at risk for falls and in the use of biomechanical feedback to change motor patterns in individuals with diabetic peripheral neuropathy.

Both VISN 8 and VISN 22 Healthcare Networks provide a full continuum of high quality, patient-focused healthcare to veterans, and have a strong commitment to patient safety, which now includes clinical fall teams in each VAMC.

Special Thanks is provided to **Celinda Evitt, PhDc, MA, PT, GCS**, Patient Education Coordinator, for coordinating this project.

Note:

Every attempt has been made to include as many resources as time permitted in this guide. If your favorite educational sources were inadvertently overlooked, please send them to Patricia.Quigley@med.va.gov for inclusion in future editions.

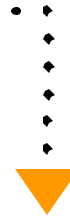


Table of Contents

Introduction	4
Section One: General Fall Education	9
Printed Materials.....	10
Films.....	32
Section Two: Reducing Environmental Risk Factors.....	37
Printed Materials.....	38
Films.....	55
Section Three: General Health.....	58
Printer Materials.....	60
Films.....	84
Section Four: Medication Safety for Seniors.....	86
Printed Materials.....	88
Films.....	105
Section Five: Exercise and Balance.....	106
Printed Materials.....	109
Films.....	122
Section Six: Resources and Organizations.....	130
Section Seven: References.....	151

Introduction

Page 5

INTRODUCTION

The geriatric population is rapidly expanding in the United States, where the elderly are expected to account for 18% of the total population by 2030 (Shuman, Standord, Harbert, Schmidt, & Roberts, 1992). In some states, this aging boom will occur faster. Florida, for example, expects to see their over-age-85 population grow by 90% over the next 15 years (Polivka, Dunlop, & Rothman, 1996).

The rapidly expanding aging of the geriatric patient population is mirrored in the Veterans Health Administration (VHA) which now serves more veterans than ever before. Nationally, over the last five years, 500,000 veterans have received some form of care from the VHA. It has been reported that the VHA patient population is aging perhaps 15 to 20 years ahead of the rest of American society. The number of veterans receiving long-term care is expected to increase by approximately 10,000, reaching 180,000 nationwide by the year 2005. (Malphurs & Striano, 2001).

Falls are the leading cause of accidental injury and the sixth leading cause of death among elderly Americans, and are the primary cause of reported adverse events in hospitals incurring expense, liability risk and personal suffering (CDC, 2002). Falls result in more than \$20 billion dollars in health care costs per year (CDC, 2002). Because of the enormous personal and economic costs of fall-related injuries, in combination with the aging of the American population, reduction of falls is a top priority for the VA, and is of the utmost importance in health care today.

A WORD ABOUT HEALTH LITERACY

Patient education is critical to quality patient care. Research findings have shown that patients and their families are often so overwhelmed by the hospital experience and medical settings that education instructions delivered verbally simply cannot be absorbed or retained (Paterson, Kieloch, & Gmiterek, 2001). A patient's inability to understand health care information can lead to serious consequences. Even if feelings of being overwhelmed are not a problem, literacy may be.

You may think that health literacy (the ability to read, understand, and act on health care information) is not a problem in your facility. Research findings suggest otherwise. A national adult literacy survey conducted in 1993 by Kirsch, Jungeblut, Jenkins and Kolstad, suggests that:

- ? 21% of American adults could not read and understand the front page of a newspaper.

- ? Of that 21%, 75% were born in America, 50% were white, 40% held full or part-time jobs, and 25% finished high school.
- ? 48% could not decipher messages with words and numbers. (This would include even the simplest of health care instructions.)
- ? Low health literacy is often overlooked for reasons which include the following:
 - ? Patients may not recognize their illiteracy.
 - ? Patients may be ashamed of their reading problem and try to hide it.
 - ? Patients who are multilingual may need information in their primary language.
 - ? Patients are unwilling to submit to reading tests for documentation in the medical record. (Opus Communications, www.accreditinfo.com, 2001)

COMBATING LOW HEALTH LITERACY

Staff can combat low health literacy using the following steps:

1. Use a language the patient can understand.
2. Create a shame-free environment. Patients may not want their intelligent physicians to know they have problems understanding the information.
3. Help patients with paperwork.
4. Speak slowly.
5. Eliminate background noise during the teaching session.
6. Read written instructions and materials out loud to the patient.
7. Use “teach-back” techniques—ask the patient to repeat back instructions and other important information.
8. Ask the patient if there is a relative or friend that also needs to be instructed in important information.
9. Make sure there is a written copy of instructions given to the patient in a font size large enough for the patient to read easily.
10. Include contact information on the instruction sheet so that patients and family may call for clarification or questions after discharge. *Encourage* patients to call.

PURPOSE

The purpose of this manual is to provide a comprehensive source of education materials on fall prevention and reduction of risk factors for falls. Various types of patient education material sources have been compiled including sources for computer printouts, pamphlets, books, videos, pictures, and other teaching materials.

Due to the multifactorial nature of falls, prevention efforts can be addressed by different approaches. For that reason, the patient education material is arranged in sections addressing different approaches to fall-prevention interventions. Educational films will be addressed as a separate subsection within each major section.

Section One: General Fall Education

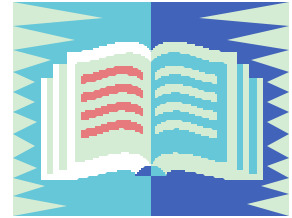
Falls are a very real danger for the elderly but most of them are preventable. Numerous factors, both intrinsic (within the person) and extrinsic (within the environment), can cause falls in older people and lead to injury. Older persons, often with multiple medical problems, move through their daily routine exposed to many environmental risk factors such as grass, curbs, steps, slippery surfaces and more. Among the intrinsic risk factors that elders face are changes in vision and hearing, use of medications, and declining strength in bones and muscles. As the number of risk factors present increases, so does the risk for falls (Tinetti, Baker, McAvay et al., 1994).

Efforts to prevent falls can therefore use many varied approaches to achieve an overall goal of reducing as many risk factors as possible. Proper fitting of a cane, household safety inspections, teaching the value of having an annual "brown bag" appointment with the family doctor to re-assess the medications used by an older person, annual vision evaluations, strengthening and balance exercises, and even learning to ask for help over rough terrain are examples of methods that can help a person eliminate some fall-related risk factors.

The resources reviewed within the General Fall Education section of this manual are those major educational material providers within the United States who provide either a comprehensive range of fall prevention materials or who offer very generalized fall prevention guidelines in their educational materials.

More focused materials from some of these major providers are revisited under subsequent sections devoted to such topics as: exercises or medication safety.

PRINTED MATERIALS



American Physical Therapy Association (APTA)



APTA is an organization of licensed physical therapists that provides referrals, funds research, and sets the standards for practice of physical therapy. The APTA Section on Geriatrics offers publications on topics such as osteoporosis, balance, fall prevention, incontinence, neck and back pain, hip, knee, or shoulder care, and what physical therapy can offer older adults.

“What You Need to Know About Balance and Falls” How balance works, which exercises may improve balance, and how physical therapy can help you keep or recapture your balance skills. Price: \$18.75 for 25 copies. \$75. for 100. Discounts available for APTA members.

Source: American Physical Therapy Association

Address: 1111 North Fairfax Street, Alexandria, VA 22314-1488

Phone: 800/999-APTA (2782) or 703/684-APTA (2782)

TDD: 703/683-6748

Fax: 703/684-7343

Web: www.apta.org

How to Order: A catalog of publication materials is available upon request. Materials may be ordered by mail, or phone.

Boston University Roybal Center Consortium

This research group, based at the Boston University Sargent College of Health and Rehabilitation Services, has a well-researched, public education program called "**A Matter of Balance.**" The "Matter of Balance" manual and video can be used together as a guide to a complete intervention that emphasizes self-assertiveness and self efficacy or the material may be used as a reference for how to conduct a series of fall-prevention classes. The video focuses on reducing fear of falling. The bulk of the manual content is aimed at decreasing fear of falling by teaching participants how to problem solve, be active, seek assistance when appropriate and reduce risk.



"A Matter of Balance": This bundled package consists of nine two-hour sessions which reduce fear of falling by increasing self-efficacy and sense of control. The manual provides a step-by-step implementation guide for practitioners and providers in clinical and community settings. Formally evaluated in field trials, this program has been successfully implemented by senior centers, senior housing sites, hospitals, and home health agencies. **Price: \$159.**

Name: Roybal Center Consortium

Address: Trustees of Boston University
Sargent College of Health and Rehabilitation Services
635 Commonwealth Ave.
Boston, Massachusetts 02215

Phone: 617-353-0550

Web Site: www.bu.edu/roybal

How to Order: Materials may be ordered by mail or phone. Inquiries may also be made through the web site for materials and course offerings.

Centers for Disease Control (CDC)

The CDC, part of the Federal Government, is the lead agency for protecting the health and safety of people at home or abroad. The mission of the CDC is to promote health and quality of life by preventing and controlling disease, injury, and disability of people at home and abroad. The National Center for Injury Prevention and Control (NCIPC) within the CDC works to prevent death and disability from non-occupational injuries, including those that are unintentional and those that result from violence.

Tool Kit to Prevent Senior Falls

The **Tool Kit** contains fact sheets, health education materials including a brochure, and a home assessment checklist designed to reduce falls and related injuries among older adults. Materials are based on research conducted and sponsored by CDC since the late 1980s. The brochure and checklist are available in both English and Spanish. **Price:** Free.

Fact Sheets

The CDC produces fact sheets that help people make informed decisions about their health and health care. The CDC is an excellent source for public information, health statistics, funding opportunities, and prevention guidelines. Many of their resources are available in Spanish. Among the fact sheets offered by the CDC is the following:

“Falls and Hip Fractures Among Older Adults”: Covers the seriousness of the problems, the costs, health outcomes, who falls, the impact of hip fractures and more. References are included. **Price:** Free.

Brochures

The CDC offers a very large list of health education topics on-line as well as many printed educational pamphlets and other materials that are free for the asking or can be printed off their website if a computer and printer are available. For some items a CD-ROM version is available to make mass printing possible for facilities that wish to feature the educational pamphlets. Two of the most frequently used fall-prevention brochures are:

“What YOU Can Do To Prevent Falls”: General guidelines for safety in fall prevention done in black and white on cream stock heavy paper. **Price:** Free. Multiple copies may be requested at one time, as available, via web site. *Also available in Spanish.* **Price:** Free.

“Check for Safety- A Home Fall Prevention Checklist for Older Adults”: A clear, illustrated home checklist for fall hazards, room by room. Printed in black and white on cream stock heavy paper. **Price:** Free. Multiple copies may be requested at one time, as available, via web site. *Also available in Spanish.* **Price:** Free.

Source: Center for Disease Control
The National Center for Injury Prevention and Control
Division of Unintentional Injury Prevention

Address: 4770 Buford Highway, NE, Mailstop K-65
Atlanta, GA. 30341-3724

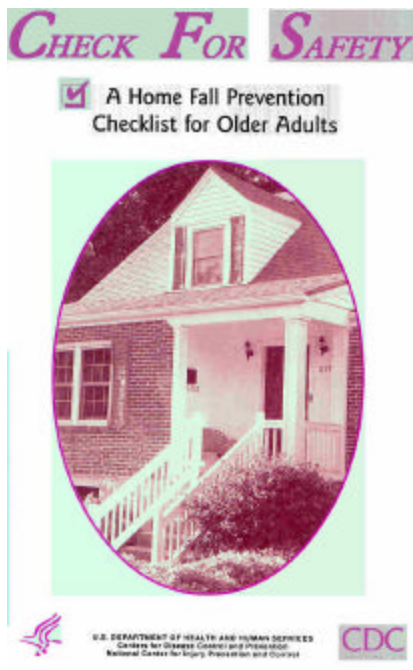
Phone: 770-488-1506

Fax: 770-488-1667

Email: OHCINFO@cdc.gov

Web Sites: www.cdc.gov/ncipc, www.cdc.gov/safeusa

How To Order: A list of publications is available upon request or may be viewed on the web site. Orders may be place by telephone, mail, or from the web site. In some cases up to 50 copies of a pamphlet may be requested at one time.



**What
YOU
Can Do
To Prevent
Falls**



Department of Health & Human Services
Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Channing Bete Company

Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. They offer a range of products from pamphlets to videos, with fifty years of service experience. Their pamphlets offer a choice of illustration styles, including line drawings and realistic styles. Some offerings are available in other languages. Examples of some of their fall prevention and safety topics include:

“About Patient Safety in the Home”

“About Injury prevention and Older People”

Name: Channing Bete Company

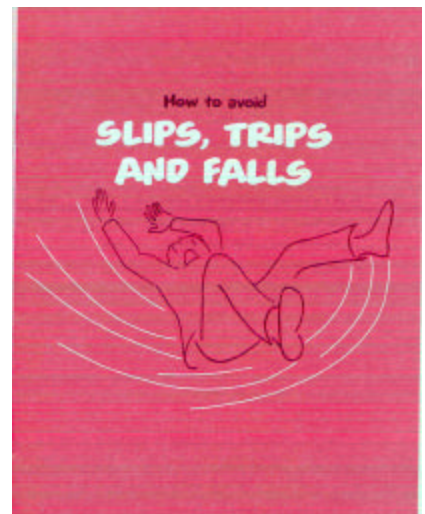
Address: One Community Place
South Deerfield, MA 01373-0200

Phone: 800-628-7733

Fax: 800-499-6464

Web Site: www.channing-bete.com

Email: custsvcs@channing-bete.com



How to Order: A catalog is available upon request as well as on-line. Orders may be placed by phone, mail, fax, or online. Discount information is available on request for quantity orders and for U.S. Government orders.

CHIPPS—Fall Prevention Literature

The CHIPPS Program (Community and Home Injury Prevention Project for Seniors) is based in San Francisco, CA. It is a broad based community program designed to reduce injuries for older persons both at home and in the community. Fall prevention literature, such as information on home assessments, is free upon request or printed from the web site.

San Francisco Department of Public Health

Name: CHIPPS (Community and Home Injury Prevention Project for Seniors)

Address: 101 Grove Street
Room 204
San Francisco, CA 94102

Phone: 415-581-2415

Web: www.dph.sf.ca.us/PHP/CHIPPS.htm

How to Order: Pamphlets may be ordered by mail, phone or web site.

Department of Veteran's Affairs (VA)

The VA, part of the Federal Government, provides benefits for eligible veterans and their families in outpatient clinics, medical centers, and nursing homes across the US. Contact the VA for information and publications on service locations, and benefits, including educational materials. Many of the VA Hospitals have excellent Fall Prevention Teams and are happy to share their knowledge and education materials. A couple of examples, out of many, are included here and other examples are discussed in subsequent sections of this manual.

PITTSBURGH VA

"Preventing Falls": developed by the Pittsburgh Healthcare System, with references. Good basic information aimed at patients and families during hospital stays. The brochure has excellent colorful graphics. **Price:** Free.

Source: VA Pittsburgh Healthcare System

Contact: Patient Care Services

Address: University Drive C
Pittsburgh, PA 15240

Phone: 800-309-8398
412-688-6000, ext. 3252

Email: Lillian.Bright@med.va.gov



Preventing Falls

Instructions for Patients and Families



SOUTHERN NEVADA VA

"Your Safety": This two-page handout is aimed at inpatient safety and describes each patient as a Very Important Person. Risk factors for falls are discussed as well as tips to prevent falls. Patients are encouraged to be part of the safety team and pointers are given on how staff and patients can maximize patient safety in the hospital setting. Colorful print and graphics make this a very appealing handout. **Price:** Free.

Source: Southern Nevada Healthcare System

Contact: Ms. Terri L. Greene, RN

Address: VISN Falls Clinical Initiative
1700 Vegas Dr.
Las Vegas, NV 89106

Phone: 702-636-3000, ext. 33709

Email: Terri.Greene@med.va.gov

How to Order: Contact by phone or email.

FLIPS-Florida Injury Prevention for Seniors

“Stay Active and Healthy”: This brochure covers lifestyle changes which help reduce falls and includes a home checklist for safety as well as some statistics on falls. **Price:** Free.

Source: Florida Injury Prevention for Seniors (FLIPS)
State of Florida Department of Elder Affairs

Address: 4040 Esplanade Way, Suite 280
Tallahassee, FL 32399-7000

Phone: 850-414-2082

Fax: 850-414-2002

Email: lehmanji@elderaffairs.org

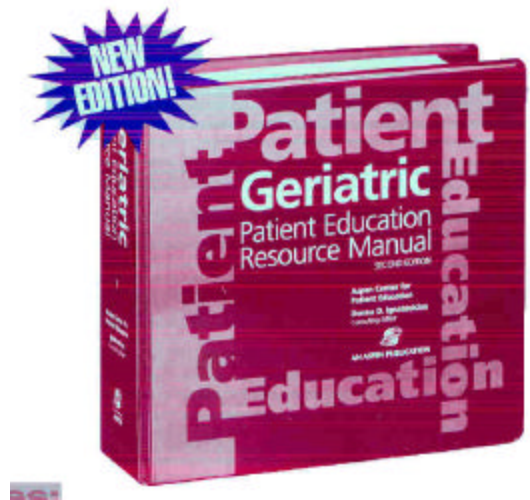
Web: www.elderaffairs.org



Geriatric Education Resource Manual (2nd Ed.)

Developed by Aspen Center for Patient Education (which is dedicated to the development of low-literacy patient education materials in both English and Spanish), this manual covers the following topics in-depth:

- ?Effective Patient Education
- ?Cardiovascular Health
- ?Neurological Health
- ?Musculoskeletal Health (includes hip replacement)
- ?Vision and Hearing
- ?Bowel/Bladder Health
- ?Pressure Ulcers
- ?Nutrition
- ?Cancer
- ?Respiratory Health
- ?Endocrine System
- ?Mental Health
- ?Sociological Aspects of Aging
- ?Functional Living (includes home safety)
- ?Medication
- ?Planning for End-of-Life Care
- ?The Patient-Provider Relationship



The topics in this manual are presented in two reading levels-3rd grade and 6th grade in both English and Spanish. The material is in large print using concise instructions and simple illustrations. Pages can be easily removed from the manual for photocopying. The manual offers a notes section at the bottom of each handout, and most chapters end with a section that offers the practitioner a bibliography of reference materials. Annual supplements are offered, at a reasonable fee, to keep practitioners up-to-date. This annual supplement service may be cancelled at any time by notifying the publisher in writing. **Price:** \$229. May be examined for 30 days, risk-free.

Source: Aspen Publishers, Inc.
Address: P.O. Box 990
Frederick, MD 21705-9782
Phone: 800-638-8437
Fax: 301-695-7931
Web: www.aspenpublishers.com

How to Order: Product may be ordered by mail, phone, or web site.

Krames



The Krames Company is one of the major health-related educational material providers in the United States. The Krames Company provides an enormous array of educational materials in pamphlet, pad, and poster format. Their aim is to answer patients' most common questions and to provide practitioners with quality patient education at competitive pricing. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats. Individual items may be requested for examination. Purchases are risk-free. If you are not satisfied with any Krames product—for any reason—it can be returned within 30 days for a full refund.

- ? Broad variety of health and safety resources: booklets, brochures, tear sheets, videos, digital and online resources in 31 specialty areas. The catalog has an excellent index of topics that includes a separate section of titles that are offered in Spanish.
- ? Award-winning artwork including medical illustration, photography, modern graphics and cartoon illustrations
- ? *Krames On-Demand* offers 3000 different HealthSheets™ in English and 1500 in Spanish. These sheets can be personalized and are available for unlimited use in CD ROM or Internet format for an annual fee
- ? Free samples of most products may be requested
- ? Frank Netter Library
- ? Teaching kits with videos and handouts
- ? Custom content modules can be developed, both on-line and printed
- ? *Krames Art* offers 15,000 images compiled from their health and safety education products

Source: Krames

Address: 780 Township Line Road
Yardley, PA 19067

Phone: 800-333-3032

Fax: 866-722-4377

Web Site: www.krames.com

How to order: A comprehensive catalog is available upon request. Orders may be placed by phone, fax, mail, or online. Discount information is available on request for quantity orders and for U.S. Government orders.

Magee Rehabilitation



Magee Rehabilitation offers a wide variety of information and educational resources for staff members, patients, families and members of the community.

Magee's *Patient Learning Resource Center* is a unique library dedicated to information about disability and rehabilitation. The library also offers internet access to explore the growing number of resources online.

Other information available online includes videos and a series of articles ranging from making your home handicap accessible to safe and healthy habits for everyone.

Magee Rehabilitation's web site offering on Fall Prevention includes a nice general printout of tips for fall prevention, safe exercise and a home safety checklist. Their web menu includes other safety topics and a Patient Learning Resource Center.

Price: Free.

Source: Magee Rehabilitation of the Jefferson Health System

Address: Six Franklin Plaza
Philadelphia, PA 19102-1177

Phone: 800-96-MAGEE (62433)

Web: www.mageerehab.org

How to Order: Materials may be downloaded from the web site.

Maryland Public Health Association



The Maryland Public Health Association has an excellent web site. Links are large and easy to follow and sidebar menus allow rapid selection of topics. Printed materials are also available in pamphlet and poster form. A search engine allows you to look for the topic of your choice if it is not in the main icon listing.

Source: Office of Injury Prevention
Maryland Department of Health and Mental Hygiene
Family Health Administration

Address: 201 West Preston Street
Baltimore, MD 21201

Phone: 410-767-5780

Web: www.mdpublichealth.org

How to Order: Materials may be downloaded from the web site.

National Fire Protection Association International (NFPA)



The NFPA has released a wonderful teaching tool for fire and fall prevention in older adults entitled *Remembering When*. This program was developed by the NFPA Center for High Risk Outreach and the CDC to help older adults live safely at home for as long as possible. The program is centered around 16 key safety messages, eight for fire prevention and eight for fall prevention. The teaching materials and lesson plans include wonderful foam board illustrations of activities planned around a theme of nostalgia with scattered fun references to music, events, and personalities. The program contains everything needed-reproducible handouts, lesson plans, checklists, fact sheets, resource lists, a trivia game, and brochures.

A newly completed Spanish version is now available. **Price:** A limited number of these program materials will be distributed, free of charge, to fire departments and organizations that work with older adults. If free copies are no longer available, the purchase price is \$52.

Source: National Fire Prevention Association International

Address: Attn. Ms. Sharon Gamache
1 Batterymarch Park
Quincy, Mass. 02269-9101

Phone: 800-344-3555
617-984-7286

Fax: 617-770-0700

Email: sgamache@nfpa.org

Web: www.nfpa.org

How to Order: Contact Ms. Sharon Gamache by phone, email or web site. Ms. Gamache will provide a special order form necessary to request one of the free copies offered to professional organizations.

National Institute on Aging (NIA) Alliance for Aging Research



Who? What? Where? Resources for Women's Health and Aging: A Resource published by the Alliance for Aging Research of the NIA: A well-written, attractive and informative 36-page booklet published by the Alliance for Aging Research and the NIA. Sections include age changes and health promotion, common disorders of later life, taking charge of safety and health, research on women's health and resources. Topics include information on fall prevention, osteoporosis, medication safety, exercise, widowhood and more. Published in 2000. **Price:** Free.

Source: Alliance for Aging Research

Address: 2021 K. Street, NW, Suite 305
Washington, DC 20006

Phone: 202-293-2856

Web: www.agingresearch.org

How to Order: Material may be requested by phone, mail or web site.

National Institute on Aging (NIA)



Health Information 

(AGE PAGE) has produced many valuable educational resources for health and safety in keeping with their mission to conduct, support and disseminate biomedical, social and behavioral research and health information dealing with the aging process, diseases and special problems and needs of the aged. Among their products is a publication called AGE PAGE: a well-researched, series of tri-fold brochures on topics for education of elders, presented in clear, easy-to-understand terms in a font size that is easy on the eyes. **Price:** Free. Some titles are available in English and Spanish.

- ??????????Preventing Falls and Fractures
- ??????????Medicines: Use Them Safely-also in Spanish
- ??????????Osteoporosis: The Bone Thief
- ??????????Dealing With Diabetes-also in Spanish
- ??????????Foot Care-also in Spanish
- ??????????Exercise: Feeling Fit For Life

Name: Age Page(s)

Address: National Institute on Aging
Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057

Phone: 800-222-2225

Fax: 301-589-3014

Web Site: www.nih.gov/nia

How to Order: AGE PAGE, can be ordered from NIA as attractive one-page folded brochures or can be printed off the NIA web site.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center (NIH ORBD-NRC)



Osteoporosis is a major public health threat for more than 44 million Americans. Elderly men and women are at the most risk, with the disease affecting nearly half of all people over the age of 75. The NIH ORBD-NRC provides patients, health professionals, and the public with an important link to resources and information on osteoporosis, Paget's disease and other metabolic bone diseases. The Center is supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases and six other Institutes and Offices.

Source: Osteoporosis and Related Bone Diseases National Resource Center

Address: 1232 22nd Street, NW
Washington, D.C. 20037-1292

Phone: 800-624-BONE (2663)
202-223-0344

TTY: 202-466-4315

Fax: 202-293-2356

Web: www.osteoporosis.org

How to Order: A list of publications is available on request. Contact the NIH ORBD-NRC by mail, web site or phone.

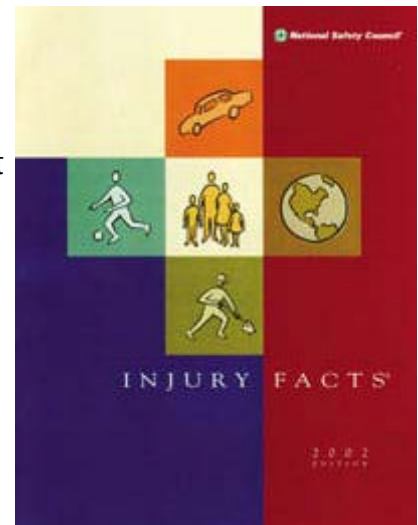
National Safety Council



The National Safety Council, founded in 1913 and chartered by the United States Congress in 1953 is the nation's leading advocate for safety and health. Their mission is "to educate and influence society to adopt safety, health and environmental policies, practices and procedures that prevent and mitigate human suffering and economic losses arising from preventable causes."

A large variety of patient (and professional) education materials can be downloaded from this web site. The materials range from educational articles to easy quizzes and fact sheets. A sampling of the topics available on general fall prevention include:

- ? Commentary: Protecting the Elderly from Falls
- ? Falls Pose a Serious Threat to the Elderly
- ? It's a Family Affair: Tips to Help You Care for Aging Parents



Source: National Safety Council

Address: 1121 Spring Lake Drive
Itasca, IL 60143-3201

Phone: 630-285-1121

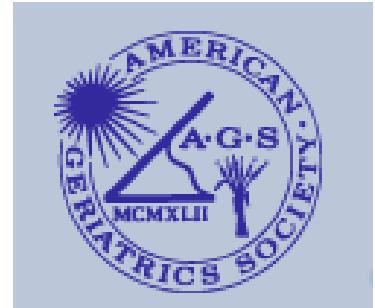
Fax: 630-285-1315

Web: www.nsc.org

www.nsc.org/library/facts.htm

How to Order: Materials are available by phone, mail or web site.

Patient Education Forum



The Patient Education Forum is provided by the American Geriatrics Society and is a web-based educational site that offers a wide selection of informative patient education materials, most of which are 2 or 3 pages long. Each topic covered provides basic information and contacts/sources for further information. Each handout is authored by a well-known specialist whose research is related to the particular topic area. Topics covered include, among others:

1. Osteoporosis
2. Falls and Balance Problems
3. Urinary Incontinence
4. Over-the-Counter and Prescription Drugs
5. Bone Health

Source: The Patient Education Forum of The American Geriatrics Society

Address: 350 5th Ave.
Suite 801
New York, New York 10021

Phone: 800-247-4779

Fax: 212-832-8646

Web: www.americangeriatrics.org
www.healthinaging.org

How to Order: Orders may be placed by phone or materials may be downloaded from the web site. **Price:** Free.

Pennsylvania State University Creating Health Project



Creating Health is a public service initiative developed by Penn State Public Broadcasting in partnership with Penn State Cooperative Extension. The mission of the multi-year Creating Health project is to build awareness of how daily lifestyle choices affect health, and by doing so help motivate Central Pennsylvanians to improve the overall health of their families and communities.

Creating Health provides health and wellness information in a variety of ways, including television programs, this website, print materials, and County Extension-led community workshops and health screenings. The long-term goal is twofold: to positively impact the health and lifestyle choices of people in communities and the development of a health education model and learning/motivation toolset that can be replicated by communities nationwide. This web site offers a wide choice of downloadable information that is linked to fall prevention. **Price:** Free to download.

Topics Include:

- ? What is Osteoporosis?
- ? Fall Prevention
- ? Are You at Risk?
- ? Vitamin D
- ? Calcium
- ? Exercise for Women
- ? Exercise for Everyone

Source: Creating Health

Address: Pennsylvania State University Outreach and Cooperative Extension
Attn. Ashear Barr
203 Wagner Bldg.
University Park, PA 16802

Phone: 814-865-3333

Fax: 814-865-3145

Web: Creatinghealth@outreach.psu.edu

How to Order: Materials may be downloaded from the web site.

Temple University Fall Prevention Project for Older Adults



Temple University School of Physical Therapy has developed a comprehensive project to inform and educate older adults, educators, health care practitioners and health care students about the causes of falls in older adults, and the assessment, rehabilitative and health promotion measures which can be taken to reduce the risk of falls in this age group. The Fall Prevention Project offers resources for each target audience group. One of the web site offerings, still in the development phase, is an on-line course entitled *Falls in Older Adults. Causes, Assessment and Prevention*. This course is currently under construction but will eventually be offered during selected semesters or summer sessions.

For the consumer, the project offers two pamphlets on home safety tips, causes of falls and prevention:

“In-Home Safety Check”

“Check It Out”

These well-prepared brochures offer evidence-based safety information. The brochures are offered in nine languages: English, French, Spanish, German, Italian, Polish, Russian, Chinese and Vietnamese. Organizations and agencies are welcome to make additional copies of these brochures for distribution to patients, their families and their caregivers, provided that the content is unchanged and complete. Space is provided on the reverse of each brochure for a stamp or label giving your local contact information. **Price:** Free (single copies) while supplies last).

Source: Fall Prevention Project, Roberta Newton, PhD
Department of Physical Therapy
Temple University
3307 North Broad Street
Philadelphia, PA 19140-5101

Phone: 215-707-4897

Email: rnewton@astro.temple.edu

Web: www.temple.edu/older_adult

How To Order: Products may be ordered by telephone, mail, or web site.

TherEd Resources



The TherEd Resource Company is a multimedia education center for the rehabilitation community. They offer information on fall prevention, exercise for seniors and more.

"How To Prevent Falls": This 97-page work by author Betty Perkins-Carpenter offers information to help older patients prevent falls and decrease the fear of falling. It is printed in large font and features the "balance system: a program of over 30 simple activities to improve seniors balance and muscle tone as well as their emotional well being. **Price:** \$8.95

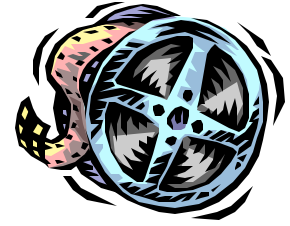
Source: TherEd Resources

Phone: 800-610-4278

Fax: 305-378-4107

How to Order: A catalog is available upon request.

FILMS



Aquarius Health Care Video Company



Aquarius Health Care Video Company is an award winning film company which specializes in films about individuals and families who are facing the challenges of healing, living with a disability, grief, loss, doctor-patient relationships and holistic health. The producer and president of the company has multiple sclerosis herself, and the challenges in her life have increased her desire to educate families and professionals who provide comfort and care to patients and families everywhere. While the catalog does not offer much yet on fall prevention it does offer many selections on wellness, depression, care-giving and hospice issues—all areas that are linked with fall prevention.

“Balancing Act: Your Fall Prevention Program”: This film is aimed more at staff but might be worth reviewing if you are planning to teach a caregiver’s course on fall prevention. It gives an overview of factors and conditions that increase an assisted living facility resident’s risk of falling and stresses the importance of assessing each resident for risk of falling. A comprehensive 16- page presenter’s guide comes with the video. **Length:** 24 minutes. **Purchase:** \$160. **Rental:** \$50.

Source: Aquarius Health Care Videos

Address: 5 Powderhouse Lane
P.O. Box 1159
Sherborn, MA 01770

Phone: 888-440-2963

Fax: 508-650-4216

Web: www.aquariusproductions.com

How to Order: A catalog is available upon request. Orders may be placed by telephone, mail or web site.

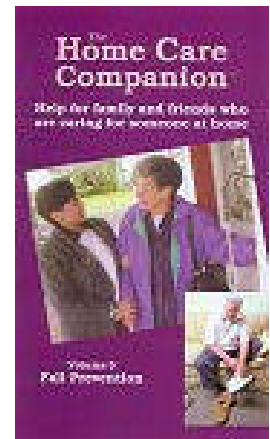
Healing Arts Communications

Healing Arts is a leading provider of caregiver training programs. Several of their films can be used for family education. The Company's goal is to provide families and health professionals with practical tools to educate family caregivers, respite volunteers, client-employed providers of care and professional caregivers.

"Fall Prevention" is shot in a home setting and aims to educate patients and caregivers about basic fall prevention. It comes with a packet of training materials that can be copied as often as desired for handouts after purchase. **Length:** 24 minutes. **Purchase:** \$89.95. No rental; free preview can be arranged.

"How To Help Someone Who Uses a Wheelchair Without Hurting Yourself" This video teaches techniques used to safely help someone in and out of a wheelchair. Although it is not specifically about falls, wheelchairs are involved in many falls each year—both by the wheelchair users, staff, and family members. The video includes how to maneuver across ramps and curbs and how to safely help someone in and out of a vehicle. **Length:** 35 minutes. **Purchase:** \$89.95. No rental; free preview can be arranged.

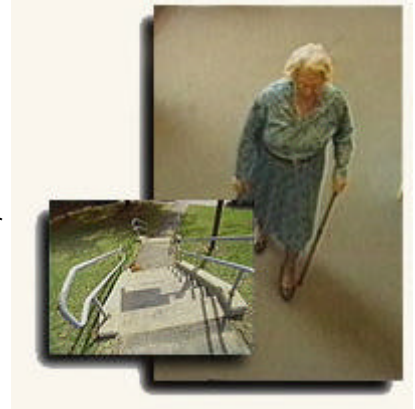
Source: Healing Arts Communications
Address: 33 North Central Ave., Suite 211
Medford, Oregon 97501
Phone: 541-858-9664
888-846-7008
Fax: 541-858-6696
Web: www.homecarecompanion.com



How To Order: Orders may be placed by mail, telephone or web site.

Roybal Center Consortium

This research group, based at the Boston University Sargent College of Health and Rehabilitation Services, has a well-researched, public education program called "A Matter of Balance." The "Matter of Balance" manual and video can be used together as a guide to a complete intervention that emphasizes self-assertiveness and self efficacy or the material may be used as a reference for how to conduct a series of fall-prevention classes. The video focuses on reducing fear of falling. The bulk of the manual content is aimed at decreasing fear of falling by teaching participants how to problem solve, be active, seek assistance when appropriate and reduce risk. Films developed by the Boston University Roybal Center Consortium include:



"Fear of Falling: A Matter of Balance": One of two award winning videotapes used in the center's "Fear of Falling" study to address fears elders have that impair their ability to remain active into old age. This video addresses common fears that elders have about falling. **Length:** 17 minutes. **Price:** \$159.

"Exercise: It's Never Too Late": The second of the award winning pair of videos from the center's "Fear of Falling" study. This video addresses common misconceptions elders have about exercise into old age and shares strategies to staying active. **Length:** 15 minutes. **Price:** \$49.95

"Strong for Life": The exercise video produced by the center for our "Strong for Life" study. This video takes the viewer through a 30-minute whole body resistance exercise routine designed for both functionally impaired as well as non-impaired elders. **Length:** 30 minutes. **Price:** \$38.35. **Name:** Roybal Center Consortium

Address: Trustees of Boston University
Sargent College of Health and Rehabilitation Services
635 Commonwealth Ave.
Boston, Massachusetts 02215

Phone: 617-353-0550

Web Site: www.bu.edu/roybal

How to Order: Materials may be ordered by mail or phone. Inquiries may also be made through the web site for materials and course offerings.

Terra Nova Films



Terra Nova Films produces and distributes films and videos exclusively about elderhood issues. Award-winning films like *My Mother*, *My Father*, *Curtain Call*, *Flowers for Charlie*, *Grandparents Raising Grandchildren*, *Complaints of a Dutiful Daughter*, and *Harvest of Age* challenge stereotypical perceptions and attitudes about older adulthood, and celebrate the creativity, resilience, knowledge, and experience of older adults.

Terra Nova also coordinates the annual Silver Images Film Festival, the only festival of its kind in the United States. The Silver Images Film Festival showcases films and videos that celebrate older adulthood. The festival is recognized both by film critics and audiences as being "a refreshing alternative" and of "high quality" (Michael Wilmington, *Chicago Tribune*). Film and video entries are accepted on an ongoing basis.

"Fear of Falling: A Matter of Balance": When elders restrict their activities to prevent falls, it can lead to physical deconditioning that can actually increase fall risk. *Fear of Falling: A Matter of Balance* video and facilitator's manual provides step-by-step strategies for helping older adults to overcome the fear of falling and take active steps to reduce the risk of falling. Detailed lesson plans, from room set-up for the class to handouts, are included in the manual. **Length:** 17 minutes; Manual: 132 pages. **Purchase of film with manual:** \$159; Rental (**Video only**): \$40.

"Head Over Heels: Falls and How to Prevent Them" This Terra Nova film covers basic fall prevention for the general public. It has good production quality and is accompanied by a short booklet covering the content material. **Length:** 14 minutes. **Film Purchase with 18-page Manual:** \$159; Rental (**video only**): \$40.

Source: Terra Nova Films, Inc.
Address: 9848 South Winchester Ave.
Chicago, Illinois 60643-1704
Phone: 733-881-8491
800-779-8491
Fax: 773-881-3368
Email: tnf@terranova.org
Web: www.terranova.org

How to Order: A catalog is available upon request. Orders may be placed by telephone, mail or web site.

SECTION TWO: REDUCING ENVIRONMENTAL RISKFACTORS

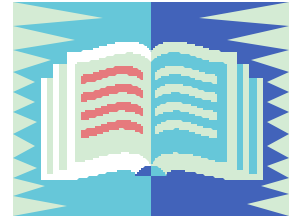
Factors in the environment (extrinsic risk factors) account for 36.9% of falls (Robbins, Rubenstein, Josephson, et al., 1989). These factors cover a wide range, from the type of floor covering to the weather to the quality of lighting. In addition to causing injury, falls are known to be the second most common cause of death in the home (CDC, 2002). Both home and public environments that foster independence and make it easier for seniors and their families to move around safely should be considered a basic need.

The American Geriatrics Society Panel on Falls in Older Persons has found that a facilitated home modification program after hospital discharge is an effective intervention for reducing falls (Kenny, Rubenstein, Martin & Tinetti, 2001). Health providers unable to make actual home assessment visits can still offer their patients copies or sources of home checklists and teach the patients to identify modifiable home changes that would reduce or eliminate safety problems in their home.

A Word About Wheelchairs

Two million or more community-dwelling Americans report using a wheelchair for mobility which puts them at increased risk for falls. Wheelchair-related falls are currently receiving considerable research attention. In one recent study, 38% of a sample of 525 wheelchair-using adults fell during a one-year period and 47% of those who fell sustained an injury (Berg, Allen & Hines, 2002). Berg, et al. found that the presence of even one indoor safety modification, such as easy to open doors, translated to fewer injurious falls among wheelchair users.

PRINTED MATERIALS



American Academy of Orthopaedic Surgeons (AAOS)



The AAOS is a nonprofit organization specializing in research, education and clinical care of patients with diseases or injuries of bones, joints, muscles, ligaments and tendons. The AAOS offers many educational materials including:

The Orthopaedic Connection: The Orthopaedic Connection is a web page devoted to topics of interest in orthopaedics. A menu provides access to topics of interest to those in safety and injury prevention for seniors. Some of the topics include:

“Climb It Safe”: How to choose the correct ladder for the job, inspecting your equipment and how to be safe when using a ladder. **Price: Free when downloaded.**

“Effects of Aging”: Discusses the normal physiological changes that accompany aging in large print and non-medical language. **Price: Free when downloaded.**

“Daily Exercise Log”: A nice grid for checking off exercises on a list, day by day. **Price: Free when downloaded.**

“Home Safety Checklist”: This room-by-room checklist may be used as a guide for staff to do home assessments or as an informative handout for patients. **Price: Free when downloaded.**

“How To Get Up From A Fall”: Clear instructions, with illustrations, to teach the correct method for getting up off the floor after a fall. **Price: Free when downloaded.**

“How to Reduce Your Risk of Falling”: Safety hints, room by room for increasing safety and reducing risk factors that might contribute to a fall. **Price: Free when downloaded.**

“Ladder Safety Tips”: Ladder-related injuries result in more than 511,000

emergency room visits each year. This handout reveals safe ways to use a ladder and prevent injuries. **Price: Free when downloaded.**

BROCHURES

“Don’t Let a Fall Be Your Last Trip”: A brochure on home safety and fall prevention gives informative statistics on who falls, where falls tend to occur and the consequences of falls. A room-by-room safety checklist is included as well as a nice discussion of risk factors for falls that patients can review with suggestions for reducing the risk factors. **Price: May be downloaded for free. Printed materials may also be purchased.**

Source: American Academy of Orthopaedic Surgeons

Address: 6300 North River Road
Rosemont, IL 60018-4262

Phone: 847-823-7186

Fax: 847-823-8125

Web: www.aaos.org

How to Order: The Orthopaedic Connection Information Pages may be downloaded free from the web site. A single free copy of the “Don’t Let a Fall Be Your Last Trip” brochure may be requested by phone or by sending a stamped, self-addressed business size envelope to:

“Don’t Let a Fall Be Your Last Trip”

American Academy of Orthopaedic Surgeons

P.O. Box 1998

Des Plaines, IL 60017.

Prices for multiple copies of printed materials are available upon request.

Brain Injury Association of Florida, Inc.



The Brain Injury Association of Florida has put together a nice one-sheet "Be Headsmart® Checklist" to identify potential fall risks indoors and out. Brain injuries are one of the most serious fall-related injuries.

Source: Brain Injury Association of Florida, Inc.

Address: 201 E. Sample Road
Pompano Beach, FL 33064

Phone: 800-992-3442

Web: www.biaf.org

How to Order: Copies may be requested by telephone, mail or web site. The Head-Smart Seniors handout is not mentioned on the web site so it is recommended that you use the 800 # to speak to a representative.

Centers for Disease Control (CDC) National Center for Injury Prevention and Control

The CDC offers a very large list of health education topics on-line as well as many educational pamphlets and other materials that are free for the asking or can be printed off their website. For some items a CD-ROM version is available to make mass printing possible for facilities that wish to feature the educational pamphlets. A very well prepared fall-prevention brochure discussing home safety is available in English and Spanish. **Price:** Up to 50 copies may be requested, free of charge, at one time.

“Check for Safety- A Home Fall Prevention Checklist for Older Adults”

Source: Center for Disease Control
The National Center for Injury Prevention and Control
Division of Unintentional Injury Prevention

Address: 4770 Buford Highway, NE, Mailstop K-65
Atlanta, GA. 30341-3724

Phone: 770-488-1506

Fax: 770-488-1667

Email: OHCINFO@cdc.gov

Web Sites: www.cdc.gov/ncipc
www.cdc.gov/safeusa



How to Order: Orders may be placed by mail or most easily, by web site.

Channing Bete

Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. One of their strengths is that they offer a variety of presentation styles from the classic cartoon-type outline to realistic drawings to photos. Channing Bete's prices vary with the amount of material ordered. If for any reason the materials are not what you expected, you may return them within 30 days for a full refund. The more you order, the less it is per copy. Channing Bete will send a free sample copy of an item for review. Materials appropriate to reducing environmental risk factors include:

"About Patient Safety in the Home" Utilizes classic illustrations. Packs a tremendous amount of practical safety advice for patients and caregivers into just a few pages. Includes tips on guarding against slips and trips, adapting rooms for special needs, emergency preparedness and more. Also available in Spanish.

"Safety Tips for Patients At Home" Utilizes realistic illustrations to illustrate the material as described in "About Patient Safety in the Home".

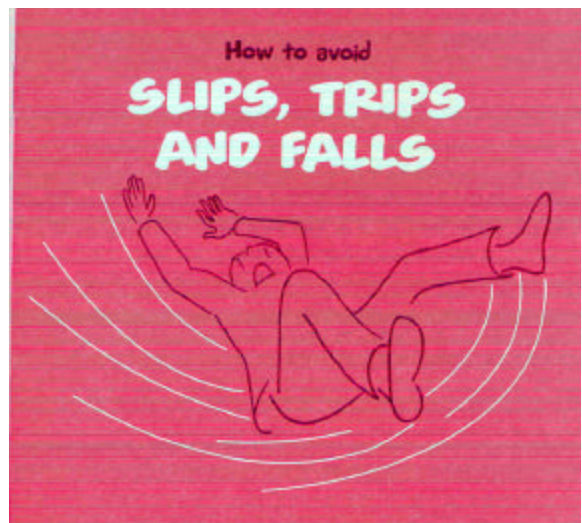
"Home Safety Tips for Patients" Utilizes photo illustrations to illustrate the material as described in "About Patient Safety in the Home".

"Preventing Slips and Falls in the Home" Utilizes classic illustrations and is filled with practical advice for "fall-proofing" one's home. Examines factors that put people at risk of falling, gives a room-by-room safety checklist, and reviews special equipment (walkers, lifts, etc.) for getting around the home. Tells what to do if a fall occurs and more.

"How to Avoid Slips, Trips, and Falls" Utilizes classic illustrations. Says "Look out!" for hazards that make you slip, trip, or fall—accidents that injure millions every year. An effective prevention guide that is applicable for wide distribution as it includes some job safety as well. *Also available in Spanish.*

Price: Each of the above booklets is 99 copies or less: \$1.10 each. 999 copies or less: \$0.81 each. Further price reductions available for bulk orders.

"Patient Safety in the Home—What You Need To Know" This helpful 8-page booklet utilizes full-color realistic illustrations of a room-by-room tour of tips on how to make a house safer. It outlines basic fire safety procedures, and provides a checklist of



emergency-preparedness measures. It also reviews infection control, medications management, home-care product safety and more. **Price:** \$1.35 each. Price reductions are available for bulk orders.

Source: Channing Bete Company

Address: One Community Place
South Deerfield, MA 01373-0200

Phone: 800-628-7733

Fax: 800-499-6464

Web Site: www.channing-bete.com

How to Order: Orders may be placed by mail, telephone or web site. Covers can be personalized with the name of the practice or facility for slightly increased cost on orders of more than 100 copies.

Department of Veterans Affairs (VA)



Many of the VA facilities have developed very nice brochures. Representative of those that are clearly presented and appealing for home and/or hospital safety include:

LOMA LINDA VA

"Fall Prevention At Home"—developed by the Jerry L. Pettis Memorial VA Medical Center, Loma Linda.

Source: Falls Prevention Screening Clinic

Contact: Diana Su-Erickson, OTR Site Coordinator

Address: Jerry L. Pettis Memorial Loma Linda VA Medical Center
112201 Benton St., 117B
Loma Linda, CA 92354

Phone: 800-741-8387, ext. 2258

Email: Diana.Su-Erickson@med.va.gov

How to Order: Contact by email or telephone.

PITTSBURGH VA

"Preventing Falls"—developed by the Pittsburgh Healthcare System, with references. Good basic information aimed at patients and families during hospital stays. The brochure has excellent colorful graphics.

Source: VA Pittsburgh Healthcare System

Contact: Patient Care Services

Address: University Drive C
Pittsburgh, PA 15240

Phone: 800-309-8398

412-688-6000, ext. 3252

Email: Lillian.Bright@med.va.gov

How to Order: Contact by email or telephone.

TAMPA VA

"Hip Protectors"— A brochure developed by the James A. Haley VA Patient Safety Center of Inquiry, Tampa, FL.

"What to Do If you Fall At Home"—A brochure developed by the James A. Haley VA Patient Safety Center of Inquiry, Tampa, FL.

"Footsteps for Foot Care"—A brochure developed by the James A. Haley VA Patient Safety Center of Inquiry, Tampa, FL.

"Tips for Safety for Persons in Wheelchairs"—Tips to prevent falls and other injuries for those who accompany those in wheelchairs. This would be useful for families as well as staff.

Source: Patient Safety Center of Inquiry

Contact: Dr. Patricia A. Quigley

Address: James A. Haley VA Medical Center
Patient Safety Center of Inquiry (118M)
11605 North Nebraska Ave.
Tampa, FL. 33612

Phone: 813-558-3900

Email: Patricia.Quigley@med.va.gov

How to Order: Contact Dr. Quigley through mail, email or phone.

FLIPS-Florida Injury Prevention for Seniors

“Stay Active and Healthy”: This brochure covers lifestyle changes which help reduce falls and includes a home checklist for safety as well as some statistics on falls. **Price:** Free.

“Your Bone Health and Fall Prevention”: Tips on making your home safe and what to do if you fall. Based on material from the National Osteoporosis Foundation. **Price:** Free.

Source: Florida Injury Prevention for Seniors (FLIPS)
State of Florida Department of Elder Affairs

Address: 4040 Esplanade Way, Suite 280
Tallahassee, FL 32399-7000

Phone: 850-414-2082

Fax: 850-414-2002

Email: lehmanji@elderaffairs.org

Web: www.elderaffairs.org

How to Order: Contact the FLIPS by mail, phone or email.



Krames

The Krames Company provides a very large array of educational materials in pamphlet, pad, and poster format. Their aim is to answer patients' most common questions and to provide practitioners with quality patient education at competitive pricing. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats. Individual items may be requested for examination. Purchases are risk-free. If you are not satisfied with any Krames product—for any reason—it can be returned within 30 days for a full refund. Free samples may be requested for review.

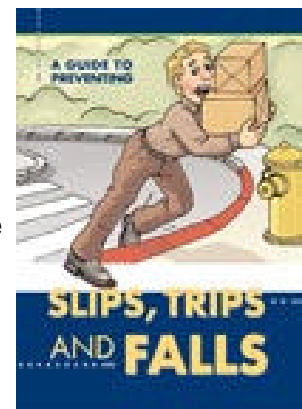
“Is Your Home Safe For You?”: Tips and guidelines for preventing home accidents, home safety checklist, pointers on falls, fires, electrical hazards, burns and scalds, and poisonings. Discusses safety resources. **\$20/package of 50.**

“Safety and Comfort in Your Home”: Realistically illustrated safety tips and instructions, planning for emergencies, hazard checklists for every area of the home. **\$1.50 each.** *Also available in Spanish.*

“Preventing Falls”: Illustrated, single-page handout covers home safety tips for floors, bathrooms, and lighting and discusses self-care including protecting oneself with exercise and lifestyle changes. **\$12.50/pad of 50.**

“Preventing Slips and Trips”: Managing hazards, how to limit clutter, slips and trips prevention quiz, choosing the right shoes and what to do if you slip and fall. This selection may be more worker oriented but still makes valuable points. **\$17.95 per package of 50.** *Also available in Spanish.*

“A Guide To Preventing Slips, Trips, and Falls”: Popular cartoon style booklet that covers recognizing, avoiding, and controlling nine common hazards (including ladders), types of resistant shoes, and a self-quiz. **\$1.30 each.**



“Wearing Proper Shoes”: Why good shoes matter, an illustrated guide to proper shoe selection, finding the right fit for foot shape, shopping tips and the recommendations for various foot problems. **\$19.95/package of 50.**

“Using a Cane”: Illustrated single-page handout shows how to fit a cane properly, step-by-step instructions in cane use, and tips for walking, managing steps, curbs, sitting, using the shower or tub. **\$12.50/pad of 50.**

“Crutches, Walkers, and Canes”: Illustrated steps to fit and use the appropriate ambulatory aid during walking, sitting, using stairs. Includes safety tips, precautions and how to simplify daily routine. (This booklet is a little busy for the older reader. A request for a sample copy to review is recommended.) **\$1.35 each.** *Also available in Spanish.*

Source: Krames

Address: 780 Township Line Road
Yardley, PA 19067

Phone: 800-333-3032

Fax: 866-722-4377

Web Site : www.krames.com

How to order: A catalog is available upon request. Orders may be placed by phone, fax, mail, or online. Discount information is available on request for quantity orders and for U.S. Government orders.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center

“Falls and Related Fractures”: This 10-page offering from the National Institutes of Health –Osteoporosis and Related Bone Diseases National Resource Center is quite comprehensive. In clear, easy to understand language, it delivers facts about osteoporosis, the fall triangle (the fall itself, the force and the fragility of the bone), improving balance, the part medications play in bone health and falls, safety tips to prevent falls in the home and outdoors, reducing the force of a fall and finally, decreasing bone fragility. **Price:** Free



“**Your Bone Health and Fall Prevention**”: Tips on making your home safe and what to do if you fall. **Price:** Free

Many more titles are available on their publications list, many of them in Spanish.

Source: National Institutes of Health
Osteoporosis and Related Bone Diseases-National Resource Center

Address: 1232 22nd Street, NW,
Washington, D.C. 20037-1292

Phone: Tel: 202-223-0344 or
800-624-BONE (2663)

Fax: 202-293-2356

TTY: 202-466-4315

Web: www.osteoporosis.org

How to Order: Materials may be ordered by phone, web site or mail. Single copies are free. Materials are in the public domain and more copies may be reproduced without copyright infringement.

National Osteoporosis Foundation (NOF)



The National Osteoporosis Foundation provides general information on osteoporosis as well as other educational materials about the treatment and diagnosis of osteoporosis. Among the materials relevant to fall prevention is:

“Strategies for Bone Health: HIP PROTECTORS” This is a one page summary of the rationale behind hip protectors accompanied by some of the statistics on hip fractures. **Price:** Free on request or to download.

“Living With Osteoporosis” A booklet of helpful information on safe living, nutrition and safety for those with osteoporosis. **Price:** Free on request or to download.

Name: National Osteoporosis Foundation

Address: Attention Hip Protectors & Living With Osteoporosis
1232 22nd Street, NW
Washington, DC 20037-1292

Phone: 202-223-2226

Fax: 202-223-2237

Web: www.nof.org

How to Order: Send a large, self-addressed, stamped envelope requesting the materials.

National Resource Center on Supportive Housing and Home Modifications



homemods.org

The Center is funded in association with The Archstone Foundation and the California Endowment. Contact the Center for information on government-assisted housing, assisted living policies, home modifications for older people, training and educational materials and courses and technical assistance. Publications and fact sheets are available. Two of the National Resource Center on Supportive Housing's publications of interest in fall prevention are:

"Home Modifications Resource Guide (3rd Edition, 2001)": Information on the contents of the Guide, and ordering information are provided on the web site. **Price:** Free. This 83-page document may be downloaded from the web site.

"Safety Checklist and Assessment Instrument": This checklist is provided on the web site. **Price:** Free.

"Checklist for Stairways at Home"

"Catalogs on Home Modification"

Source: USC Andrus Gerontology Center

Address: 3715 McClintock Avenue
Los Angeles, CA 90089-0191

Phone: 213-740-1364

Fax: 213-740-7069

Web: www.homemods.org

How to Order: Materials may be downloaded or ordered through the web site or by telephone.

National Safety Council



**National
Safety
Council®**

The National Safety Council, founded in 1913 and chartered by the United States Congress in 1953, is the nation's leading advocate for safety and health. Their mission is "to educate and influence society to adopt safety, health and environmental policies, practices and procedures that prevent and mitigate human suffering and economic losses arising from preventable causes."

A large variety of patient (and professional) education materials can be downloaded from this web site. The materials range from educational articles to easy quizzes and fact sheets. A sampling of the topics available on environmental hazards include:

?????????Guard Against Slips & Trips with this Fall Prevention Quiz

?????????It's a Family Affair: Tips to Help You Care for Aging Parents

?????????Preventing the Fall: Designs on Building Safe Homes for the Elderly

?????????Prevention of Same Level Falls

?????????Home Falls

?????????When Slips Get Serious: The Basics on Fall-Proofing Your Home

Source: National Safety Council

Address: 1121 Spring Lake Drive
Itasca, IL 60143-3201

Phone: 630-285-1121

Fax: 630-285-1315

Web: www.nsc.org

www.nsc.org/library/facts.htm

How to Order: Free. These materials may be printed from the web page.

Temple University

Temple University Fall Prevention Project has produced some wonderful materials. Check on the web site for full listing of products and accomplishments by the Project Team. One of the impressive accomplishments is their Home Safety Checklist:



“In Home Safety Check—Things You Can Do To Reduce Your Risk of Falling”:

These pamphlets, offered in nine languages (English, French, Spanish, German, Italian, Polish, Russian, Chinese and Vietnamese) were developed by the Fall Prevention Project for Older Adults at Temple University. The content is clear and easy to understand with content on home safety tips, causes of falls and prevention. Organizations and agencies are welcome to make additional copies of these brochures for distribution to patients, their families and their caregivers, provided that the content is unchanged and complete. Space is provided on the reverse of each brochure for a stamp or label giving your local contact information. **Price:** Single copy-free while supplies last.

Source: Fall Prevention Project
Roberta Newton, PhD
Department of Physical Therapy
Temple University
3307 North Broad Street
Philadelphia, PA 19140-5101

Phone: 215-707-4897

Email: rnewton@astro.temple.edu

Web: www.temple.edu/older_adult

How to Order: Forward your request to Dr. Roberta Newton via email or by regular mail. Be sure to include your name, full street address, city, state and zip code.

University of California-
San Francisco

UCSF Medical Center

“Prevention of Falls: Some Practical Suggestions”: Starting with how to safely get out of bed or get up from a chair, this list of suggestions includes safety on stairs, hilly terrain, getting up from the floor and use of assistive devices. Besides being available from the original source, this handout is included in the patient materials from “A Matter of Balance” by the Roybal Institute.

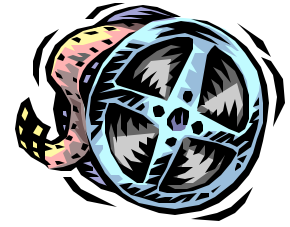
Source: Department of Rehabilitation, Physical Therapy
The Medical Centers at University of California-San Francisco

Address: 505 Parnassus Ave.
Room L119A
San Francisco, CA 94143

Phone: 415-353-1756 (Receptionist)
415-353-1984 (Asst. Director)

How to Order: Contact the Rehabilitation Department by phone or mail.

FILMS



Department of Veterans Affairs (VA)

The VA, part of the Federal Government, is committed to providing the very best evidence-based care and health information for eligible veterans and their families. As part of this commitment the James A. Haley VA Patient Safety Center of Inquiry has developed the following film:



“Hip Protectors”: This professionally-produced film explains the development of hip protector technology, the rationale for using hip protectors, how to care for the product and contact information for the current major sources of hip protectors. Excellent production quality. Length: 10 minutes.

Source: Patient Safety Center of Inquiry

Contact: Dr. Patricia A. Quigley

Address: James A. Haley VA Medical Center
Patient Safety Center of Inquiry (118M)
11605 North Nebraska Ave.
Tampa, FL. 33612

Phone: 813-558-3900

Email: Patricia.Quigley@med.va.gov

How to Order: Contact Dr. Quigley by phone, mail or email for price and postage.

Long Island Jewish Hospital



Long Island Jewish Hospital has produced a Home Safety film available for purchase. It is considered to be well done and covers nearly every room in the average home.

“Home Safety and the Elderly”: This film reviews the home, room by room, with safety tips for preventing injury to the elderly. Length: 17 minutes. **Purchase Price:** \$110. Free previews are permitted with a request on company letterhead.

Source: Long Island Jewish Hospital
Attn: Department of Social Services

Address: 270-05 76th Ave.
New Hyde Park, NY 11040

Phone: 718-470-7540

How to Order: Requests to order may be made by mail or phone.

Terra Nova Films



Terra Nova Films produces and distributes films and videos exclusively about elderhood issues. Award-winning films like *My Mother*, *My Father*, *Curtain Call*, *Flowers for Charlie*, *Grandparents Raising Grandchildren*, *Complaints of a Dutiful Daughter*, and *Harvest of Age* challenge stereotypical perceptions and attitudes about older adulthood, and celebrate the creativity, resilience, knowledge, and experience of older adults. Films offered by Terra Nova appropriate to safety in the environment include:

“Barrier-free Environments for People Who are Aging and Physically Disabled”: Presents the problems that older adults with physical disabilities have in navigating the world around them. Through actual scenes of older adults and interviews with professionals, the video goes on to offer solutions to the variety of difficulties encountered by older adults who have physical disabilities. Produced by the Oneida County Aging and MRAD Coalition. Length: 15 minutes. **Purchase:** \$89. **Rental:** \$35.

“Designing the Physical Environment for Persons with Dementia”: This program teaches how a carefully designed physical environment can offer support and help to compensate for deficits of persons with Alzheimer’s Disease or related disorders. Developed as part of the Wesley Hall Pilot Project, the program will be helpful to designers and administrators who are responsible for design decision, and to families caring for persons with dementia. User’s guide included. Produced by the Institute of Gerontology, University of Michigan. Length: 22 minutes. **Purchase:** \$110. **Rental:** \$45.

Source: Terra Nova Films, Inc.
Address: 9848 South Winchester Ave.
Chicago, Illinois 60643-1704
Phone: 733-881-8491
800-779-8491
Fax: 773-881-3368
Email: tnf@terranova.org
Web: www.terranova.org

How to Order: A catalog is available upon request. Orders may be placed by telephone, mail or web site.

SECTION THREE: GENERAL HEALTH

Many of the illnesses and normal, physical changes that accompany aging can make elders more prone to falls and injuries: poor eyesight and hearing can reduce awareness of hazards, changes in the body's ability to absorb calcium and vitamin D increase the risk of osteoporosis and bone fractures; less efficient kidneys require night-time trips to the bathroom to urinate. Stiffness from arthritis, neurological diseases and impaired coordination can increase unsteadiness. Preoccupation with personal problems, as experienced by a depressed person, may distract a person from hazards or cause them to reduce their activity level leading to deconditioning and increased risk of falls. These intrinsic risk factors, (those related to the body or one's health), account for over 60% of falls among seniors (Kenny, et al., 2001; Cutson, 1994).

Fall-prevention educational materials are available from many sources that address various health problems that increase risk for falls. In addition to commercial providers of quality patient educational materials, the Internet has become a goldmine of wonderful sources of free material. Sites devoted to major diseases and conditions associated with aging and fall prevention in general are excellent places to look for free patient education materials.

If computer access is not available in the home or in your clinic for patients and their family, the public library system is a wonderful place to start looking for information. Most public libraries now offer computers for their patrons to use. A list of topics of interest, such as fall prevention or balance, will help the librarian direct the person to the best resources, both printed and on-line.

A Word About the World Wide Web

Much of the easiest patient education material to access is free off the worldwide web. It is important to remember, however, that not all consumer health information on the web is of equal quality. Lots of information available on the web comes from websites that have paid advertising and/or shopping options.

The National Institute on Aging and the National Institutes of Health recommend you ask the following questions to decide if a website is accurate and reliable (especially before recommending it to patients):

1. Is the original source for the information clear? Is there a review date?
2. Has the medical information been reviewed by an advisory board? Are their names and affiliations clearly noted?
3. Is the confidentiality of the site user assured? If you must register for information, do you know how your personal information will be used?

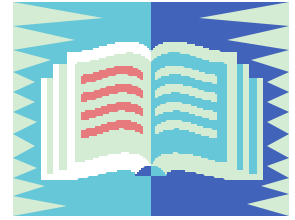
4. Do the results cited on the web site sound too good to be true? Scientific studies rarely use words like “breakthrough”, “secret ingredient”, or “miracle cure.”
5. Is the information promotional? Are advertisements separated from content? Editorial content should be separated from advertisements or shopping zones.

Medical Risk Factors for Falls

<p>Poor vision</p> <ul style="list-style-type: none"> Cataracts Macular Degeneration Glaucoma 	<p>Bladder Dysfunction</p> <ul style="list-style-type: none"> Nocturia Incontinence Frequency
<p>Cardiovascular</p> <ul style="list-style-type: none"> Postural hypotension Syncope Arrhythmia Drop attacks 	<p>Cognitive Dysfunction</p> <ul style="list-style-type: none"> Dementia Delerium Depression Anxiety
<p>Lower Extremity Dysfunction</p> <ul style="list-style-type: none"> Arthritis Muscle Weakness Foot Problems Peripheral Neuropathy Wounds 	<p>Medications</p> <ul style="list-style-type: none"> Diuretics Antihypertensives Sedatives Psychotropics
<p>Gait and Balance Disorders</p> <ul style="list-style-type: none"> Stroke Parkinson’s Disease Myelopathy Cerebellar Disorders Hypothyroidism 	

Source: Tideiksaar, R. (1996). Preventing Falls: How to identify risk factors, reduce complications. *Geriatrics*, 51, 43-53.

PRINTED MATERIALS



Agency for Healthcare Research and Quality (AHRQ)



The AHRQ is the lead agency charged with supporting research designed to improve the quality of health care, reduce its cost, address patient safety and medical errors, and broaden access to essential services.

“Twenty Tips to Help Prevent Medical Errors”: This patient fact sheet is attractively designed and stresses the prime importance of being an active member in one’s own health care and other tips for staying safe and healthy while using medications and health care facilities. **Price:** Free downloaded from the web site.

Source: Agency for Healthcare Research and Quality

Address: 2101 East Jefferson Street
Rockville, MD 20852

Phone: 800-358-9295

Web: www.ahrq.gov

How to Order: This free fact “sheet” may be ordered by phone (ask for AHRQ publication number 00-P038), by mail or web site. On the AHRQ Home Page, go to [search](#) and ask for the item by title or go to the Consumer page in the sidebar menu, which will take you to an entire list of fact sheets.

American Council of the Blind

ACB is a national organization that advocates for blind and visually impaired people. Toll free information, referrals and free educational materials are available



Address: 1155 15th Street, NW, Suite 1004
Washington, DC 20005

Tel: 800-424-8666
202-467-5081

Fax: 202-467-5085

Email: info@acb.org

Web: www.acb.org

How to Order: A list of publications may be requested by mail, email or phone. Materials may be ordered from the web site or by mail.

American Optometric Association (AOA)

AOA, a national association of optometrists, evaluates ophthalmic products and sponsors continuing education programs. One of its' programs, VISION USA offers free eye-care for uninsured or low-income older people and their families. Publications include: *Driving Tips for Older Adults*, *Contact Lenses After 40*, and fact sheets on floaters, macular degeneration, and glaucoma.

VisionFax is a fully automated, free, information-on-demand service, available 24 hours a day, seven days a week. More than 100 different documents on the system can be faxed to you just by using your touch-tone telephone.

How it Works

To use the system from your touch-tone telephone, call 800/365-2219, press extension 329. Then:

- ? If you want a Document Directory that lists ALL documents available on the system, press 1, OR
- ? If you know the number of the document you want, press 2
- ? When prompted, press the entire document number (including the zeros), followed by the # key
- ? If you want another document, press 1
- ? If you do not want any more documents, press 2
- ? When prompted, enter your fax number followed by the # key
- ? Listen as the number is read back to you. If it is correct, press 1, followed by the # key.
- ? If incorrect, press 2 and re-enter your number, followed by the # key
- ? When prompted, enter your voice telephone number, and press the # key

AOA VisionFax Information-on-Demand

The following is an up-to-date listing (as of 11/01) of VisionFax documents. New documents are added frequently, so be sure to call VisionFax regularly.

0069-News Release: Glaucoma Can't Be Prevented, But It Can Be Controlled

0127-News Release: Help Yourself to Better Vision

0137-News Release: What to Do When You Are Dissatisfied with Your New Eye-glasses

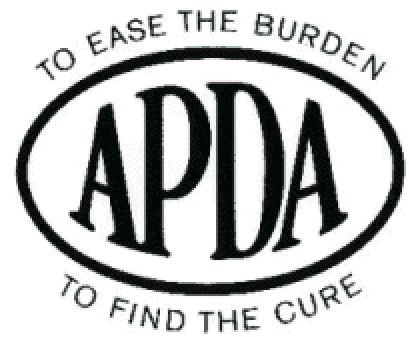
0155-Quick Reference to Ocular Manifestations of Commonly Prescribed Systemic Medications
8005-Fact Sheet: Excitotoxicity and Neuroprotection in Glaucoma
0036-News Release: Golf is a Game Of Vision
0125-News Release: Eyewear and Eye Care Tips for Joggers and Walkers
0013-News Release: Lasers Won't Help Everyone with Macular Degeneration
0021-News Release: What Drugs Can Do to a Driver's Eyes
0042-Fact Sheet: Plaquenil and the Eye
0044-Fact Sheet: Ankylosing Spondylitis and the Eye
0045-Fact Sheet: Guidelines for Optometric Care of Patients With Diabetes Mellitus
0136-News Release: Consumer Guide To An Eye Exam
0011-News Release: Frequency of Eye Exams Varies with Age
0012-News Release: Here's How to Keep Driving After Age 65
0022-News Release: Choosing Multifocals to Meet Your Multi-Purpose Needs
0039-News Release: Presbyopia: The Vision Problem of the Middle-Aged
0049-News Release: Lighting Tips for the Over 60 Crowd
0069-News Release: Glaucoma Can't Be Prevented, But It Can Be Controlled
0071-News Release: Don't Rush Into Cataract Surgery
0072-News Release: What to Do About Dry Eye
0013-News Release: Lasers Won't Help Everyone with Macular Degeneration
0052-News Release: How the Visually Impaired Are Learning to See Again
0095-News Release: Vision Rehab Can Help People with Vision Loss
0163-News Release: To Drive or Not to Drive is a Question Facing the Visually Impaired
0129-News Release: Menopause May Pose Problems for Contact Lens Wearer
0021-News Release: What Drugs Can Do to a Driver's Eyes
0031-News Release: Consumer Guide to Sunglasses
0047-News Release: Sunglasses Are a Daytime Driving Aid
0050-News Release: Home Gardeners Need to Protect Their Eyes
0075-News Release: How To Make Computer Use Easier on Your Eyes

Source: American Optometric Association
Address: 243 North Lindbergh Blvd.
St. Louis, MO 63141
Tel: 800-365-2219
314-991-4100
Fax: 314-991-4101
Web: www.aoanet.org

How to Order: VISION FAX sheets may be ordered by phone (your request will be sent to whatever fax machine you list).

American Parkinson's Disease Association (APDA)

A nonprofit organization, APDA funds research to find a cure for Parkinson's disease. APDA has a toll-free line for referrals. Publications and educational materials are available on Parkinson's disease, speech therapy, exercise, diet, and aids for daily living. Among the publications offered are:



????????? Good Nutrition in Parkinson's Disease

????????? Be Independent

????????? Let's Communicate

????????? Be Active

????????? The Parkinson's Disease Handbook

Price: free to download from the web site.

Source: American Parkinson's Disease Association (APDA)

Address: 1250 Hylan Blvd., Suite 4B
Staten Island, NY 10305

Phone: 800-223-2732

Fax: 718-981-4399

Email: info@apdaparkinson.org

Web: www.apdaparkinson.org

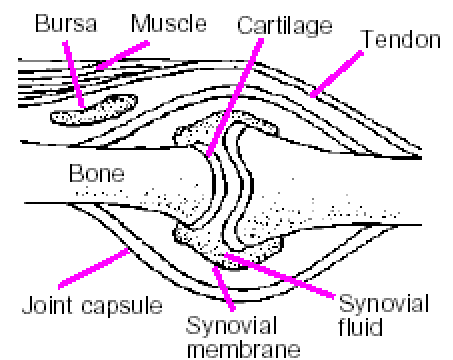
How to Order: Materials may be ordered by mail, phone or web site.

American Physical Therapy Association (APTA)

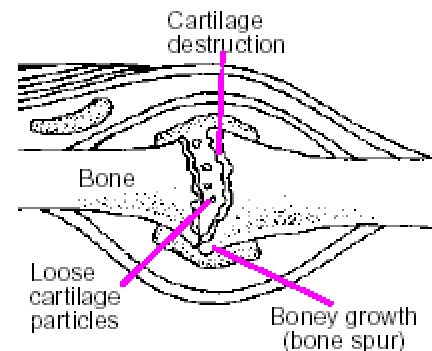
The APTA is an organization of licensed physical therapists that provides referrals, funds research, and sets the standards for practice of physical therapy. The APTA Section on Geriatrics offers publications on topics such as osteoporosis, balance, fall prevention, incontinence, neck and back pain, hip, knee, or shoulder care, and what physical therapy can offer older adults.

“What You Need To Know About Arthritis” Readers learn about rheumatoid arthritis and osteoarthritis and the importance of early physical intervention. Includes information on how physical therapy can help strengthen and restore range of motion to arthritic joints, making surgery less likely and how physical therapy helps improve ambulatory ability post-surgery. Length: 16 pages. **Price:** \$18.75 for 25 copies, \$75. for 100 copies. Substantial discounts for APTA members.

“For Women of All Ages” Tips on maintaining health in the bladder, bones, and other body systems over the life span. **Price:** \$18.75 for 25 copies, \$75 for 100 copies. Substantial discounts for APTA members.



A healthy joint



A joint with osteoarthritis

Source: American Physical Therapy Association

Address: 1111 North Fairfax Street
Alexandria, VA 22314-1488

Phone: 800/999-APTA (2782)
703/684-APTA (2782)

TDD: 703/683-6748

Fax: 703/684-7343

Web: www.apta.org

How to Order: A catalog of publication materials is available upon request. Materials may be ordered by mail, or phone.

American Podiatric Medical Association (APMA)

e-Foot FAQs

APMA is an association of podiatrists providing services and information on foot problems and foot health. Publications on proper foot care and effect of arthritis and diabetes on feet are available. The web site is easy to navigate and offers information that may be downloaded free of charge. Interesting features include a view of the skeleton of the foot, always helpful in explaining to patients what is happening in their feet. The site also offers Foot Facts and Foot Health information.

Source: American Podiatric Medical Association

Address: 9312 Old Georgetown Road
Bethesda, MD 20814

Phone: 800-FOOT CARE (366-8227)
301-571-9200

Fax: 301-530-2752

Email: askapma@apma.org

Web: www.apma.org

How to Order: Materials may be requested from the web site or by mail.

Better Vision Institute (BVI)



BVI provides news and information on vision health and care. Contact the Institute for facts on the detection, treatment, and prevention of eye disease. Publications include fact sheets on cataracts, nutrition, care of eyeglasses, diabetes, and vision care. One of the interesting features of the BVI Website is the *Check Yearly; See Clearly* page designed for consumer education. **Price:** Free downloaded from the web.

Source: Better Vision Institute

Address: 1655 North Fort Myer Drive
Arlington, VA 22209

Phone: 800-424-8422
703-243-1508

Fax: 703-243-1537

Web: www.visionsite.org

How to Order: Materials may be obtained by mail, phone or web site.

Channing Bete



Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. One of their strengths is that they offer a variety of presentation styles from the classic cartoon-type outline to realistic drawings to photos. Channing Bete's prices vary with the amount of material ordered. If for any reason the materials are not what you expected, you may return them within 30 days for a full refund. The more you order, the less it is per copy. Materials that are appropriate to reducing environmental risk factors include:

Osteoarthritis Topics:

“Living Well With Osteoarthritis: A Self-Care Handbook”: Designed for people recently diagnosed with osteoarthritis. Offers a variety of strategies for coping with pain and protecting their joints. Helps readers determine self-care strategies. \$2.87 each. Price reductions with bulk orders.

“An Inside Look At Osteoarthritis”: Full color illustrations illuminate how joints work and how arthritis affects them. Explains medication options for relieving OA pain, use of heat and cold, massage, exercise, good body mechanics, pacing and more. Lists local and national sources of support. \$1.68 each. Price reductions with bulk orders.

“Living With Arthritis”: Classic illustrations explain how arthritis affects joints, discusses symptoms, their management and medications. Uses a positive tone to encourage people to seek treatment, exercise appropriately and get plenty of rest. Gives suggestions for protecting joints and continuing to lead an active life. \$1.10 each. Price reductions with bulk orders.

“Managing Pain: A Self-Care Handbook”: Uses a workbook format to promote effective pain management through a combination of approaches such as exercise, medication and relaxation. An excellent tool for increasing patients' quality of life by decreasing their discomfort. \$2.87 each. Price reductions with bulk orders.

“Diabetic Foot Care”: Comes in a Patient Care Skills Sheet form in pads of 50 two-sided 8 ½" x 11" sheets which provide step by step instruction on why foot care is so important to the person with diabetes. Information includes illustrated steps on how to prevent foot problems, instructions on how to check your feet, and more. \$17.21 per pad. Price reductions with bulk orders.

Source: Channing Bete Company

Address: One Community Place

South Deerfield, MA 01373-0200

Phone: 800-628-7733

Fax: 800-499-6464

Web Site: www.channing-bete.com

How to Order: A catalog may be requested. Orders may be made by mail, telephone or web site. Government discounts may be available.

Department of Veteran's Affairs

TAMPA VA

"Medications That Increase a Patient's Risk for Falling"
This one page handout from the James A. Haley Patient Safety Center of Inquiry lists examples of nine categories of common medications (sedatives, cardiac, etc.) that are known to increase fall risk. The medications are listed by both their commercial name and the generic pharmaceutical name. Although it is not an all-inclusive list, it is helpful for educational purposes. **Price:** Free.



Source: Patient Safety Center of Inquiry

Contact: Dr. Patricia A. Quigley

Address: James A. Haley VA Medical Center
Patient Safety Center of Inquiry (118M)
11605 North Nebraska Ave.
Tampa, FL. 33612

Phone: 813-558-3900

Email: Patricia.Quigley@med.va.gov

How to Order: Please request by email.

Epilepsy Foundation (EF)



The Epilepsy Foundation is a national volunteer health organization supporting research, education, advocacy, and services for people with seizure disorders. Videos and a catalog of publications are available.

Source: Epilepsy Foundation

Address: 4351 Garden City Drive
Landover, MD 20785

Phone: 800-332-1000
800-332-4050(Library)
301-459-3700

Fax: 301-577-2684

Email: postmaster@epilepsyfoundation.org

Web: www.epilepsyfoundation.org

How to Order: A catalog is available upon request. Requests may be made by phone, mail, email or web site.

Food and Drug Association (FDA)



FDA's mission is to promote and protect the public health by helping safe and effective products reach the market in a timely way, and monitoring products for continued safety after they are in use. The work blends law and science aimed at protecting consumers. The FDA provides easy-to-read health brochures in both English and Spanish, in both PDF and HTML formats. Brochures listed as "Internet Only" are not available in printed form but may be downloaded free of charge.

"Coping With Bladder Problems" (FDA 00-2327): The problem of incontinence, its causes and various treatments are discussed in this brochure. **Price:** Free upon request.

"Straight Talk from FDA About Hearing Loss and Hearing Aids" (FDA 00-4270) (Internet Only): More than 25 million Americans have hearing loss. Possible reasons for hearing loss, hearing tests, symptoms that might warrant a hearing aid or other treatment, types of hearing aids and cochlear implants are topics included in this brochure. **Price:** Free upon request.

Name: Food and Drug Administration

Source: Office for Consumer Affairs

5600 Fishers Lane, HFE1

Rockville, MD 20857

Phone: 301-443-5006

Web Site: www.fda.gov

How To Order: A catalog of publications is available by mail or on-line. Brochures are available by web site or mail. Up to 50 copies of a brochure may be requested. If you wish to print bulk copies of the publications, write to FDA and ask for the Easy-to-Read Publications CD-ROM. All titles, both English and Spanish, are available on the CD-ROM. Both the printed copies and CD-ROM versions are free.

Krames



The Krames Company provides a very large array of educational materials in pamphlet, pad, and poster format. Their goals are to answer patients' most common questions and to provide practitioners with quality patient education at competitive pricing. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats. Individual items may be requested for examination. Purchases are risk-free. If you are not satisfied with any Krames product—for any reason—it can be returned within 30 days for a full refund. Single copies of sample items may be requested for review, free of charge.

Osteoporosis-Related Subjects

- ? **“A Woman’s Guide To Osteoporosis”**: Includes a risk self-quiz, discusses bone-density tests, hormone replacement medications, nutrition and calcium intake, and the importance of physical activity and lifestyle adjustments. **\$1.50 each**. Also available in Spanish.
- ? **“Wellness Maps: Osteoporosis”**: Signs and symptoms of osteoporosis, how menopause affects bones, risk factors for osteoporosis, question checklist for your doctor (by age), working with your doctor, using medication, and step-by-step-map of osteoporosis prevention tips. **\$17/package of 25**.
- ? **“Controlling Osteoporosis”**: Single-page handout covers calcium requirements for men and women, high-calcium food choices, foods to avoid, an illustrated guide to reading food labels and how to stay active and prevent falls. **\$12.50/pad of 50**.

Podiatry-Related Subjects

Everything changes when your feet hurt or are injured due to trauma or illness. Foot problems are an independent risk factor for falls. Krames has an extensive podiatric selection of booklets and brochures. Some of the relevant ones for fall prevention are:

- ? **“The Foot Book”**: This booklet discusses proper shoe selection, foot problems and appropriate treatments for pediatric, young adult and geriatric patients, sports injuries with treatments and a section on geriatric problems with notes for diabetics. **\$1.50 each**.

- ? **“Diabetes and Your Feet”**: This booklet uses anatomical views of the foot to show patients how diabetes affects the feet to encourage routine care. Topics covered include podiatric care for preventing and treating foot infections, self care including inspection of the feet, and keeping feet healthy. **\$1.50 each.**
- ? **“Foot Care and Diabetes”**: Illustrated, single-page handout discusses how to keep the feet healthy, signs to watch out for, exercising your feet and the importance of comfortable shoes and socks. **\$12.50/pad of 50.**
- ? **“Diabetes and Foot Care”**: A comprehensive booklet covering self-inspection of feet, hygiene, fitting shoes, professional care: maintenance, infections, orthoses, the diabetes health care team, post-treatment care: topical medications and the importance of keeping weight off the treated foot. **\$1.50 each.** *Also available in Spanish.*
- ? **“Heel Pain”**: A comprehensive booklet illustrates the anatomy of a footstep, the components of a podiatric evaluation, plantar fasciitis, tendonitis, heel spurs, tarsal tunnel syndrome, and describes common treatment options such as orthoses, medication, strapping and surgery. **\$1.50 each.**
- ? **“Common Nail Problems”**: Causes and symptoms of ingrown, thickened and black and blue nails, evaluation and treatment for each condition and nail problem prevention techniques. **\$19.95/package of 50.**
- ? **“Peripheral Vascular Disease”**: Causes of peripheral vascular disease (PVD) and intermittent claudication, anatomy of healthy, narrowed and blocked blood vessels, diagnostic tests used in PVD, PVD management and foot care tips. **\$19.95/package of 50.**
- ? **“Peripheral Neuropathy”**: Causes and symptoms of nerve disease, evaluation and foot care treatment, how to inspect and protect feet and fill-in prescription blanks. **\$19.95/package of 50.**
- ? **“Cracks and Fissures”**: Symptoms of cracks and fissures, dry and moist skin problems, types of treatment, self-care for dry and moist skin types and shoe selection tips. **\$19.95 package of 50.**
- ? **“Charcot Foot”**: Understanding Charcot foot disease and peripheral neuropathy, developmental anatomy, treatment including nonweight-bearing, special devices, custom footwear, testing and follow-up, and self-care including daily self-inspection. **\$19.95/package of 50.**
- ? **“Taking Care of Your Feet”**: Single-page handout covers how to buy shoes that fit well, step-by-step foot exercises, foot protection tips and problem symptoms. **\$12.50/pad of 50.**

Miscellaneous Subjects

- ? **“Aging and Vision”**: Getting your vision tested, how to cut out glare, tips for home safety, using proper lighting and low-vision aids. **\$17/package of 50.**
- ? **“Dizziness or Vertigo?”**: Definitions and symptoms of vertigo and dizziness, evaluation and diagnostics, causes, follow-up care and home safety tips. **\$1.35 each.**
- ? **“Living With Arthritis”**: Explains arthritis (including osteoarthritis and rheumatoid arthritis), discusses healthy lifestyle changes, physical therapy, medical treatment, medications, injections, surgery and adjusting your home. **\$17/package of 50.**

Source: Krames

Address: 780 Township Line Road
Yardley, PA 19067

Phone: 800-333-3032

Fax: 866-722-4377

Web Site www.krames.com

How To Order: A catalog is available upon request. Orders may be made by mail, telephone or web site.

Merck

Merck is considered a leading research-driven pharmaceutical products and services company. Merck discovers, develops, manufactures and markets a broad range of innovative products to improve human and animal health and quality of life.

Merck Manual. For more than a century Merck has produced a superb health reference entitled the *Merck Manual*, as a service from Merck & Co., Inc., a non-profit organization. In 1997 Merck began publishing a home version.

The Merck Manual of Medical Information--Home Edition. This publication is based on *The Merck Manual of Diagnosis and Therapy*, commonly referred to as *The Merck Manual*, the textbook of medicine most widely used by health care professionals in the U.S. and worldwide. The Home Edition transforms the language of the professionals' version into commonly used English while retaining the vital information about diseases, diagnosis, prevention, and treatment that can be used for education of patients and families. Although this is aimed at the general public, the writing is not appropriate to those with literacy difficulties. The Home Edition of the *Merck Manual* version is available for purchase in print and on CD-ROM or may be accessed free on-line. The on-line version is up-dated more frequently than the written version, as you would expect.

The *Merck Manual* is also available in the professional edition format (ask for the 17th Edition, also available in CD-Rom format) and a superb Geriatric (professional) edition in which nearly 200 leading medical experts offer comprehensive information on the health issues that matter most in geriatrics. The Geriatric version has an entire chapter on fall prevention. The professional versions of the *Merck Manual* are printed in a fairly small font, tabulated by body system and are compact enough to use even on a small desk.

Price: Home Edition: \$29.95 plus shipping; Professional Edition: \$35; Geriatric Edition: \$32.50. On-line versions are free to use.

Source: Merck & Company, Inc.

Address: P.O. Box 2000 (WBD-120)
Rahway, New Jersey 07065

Phone: 732-726-2990

Web: www.merckhomeedition.com



How to Order: Merck Manuals can be ordered by local bookstores, purchased at book stores serving universities with medical or other health professional programs, or ordered at the web site.

National Association for Continence (NAFC)

This nonprofit organization provides advocacy, education, and support to people with incontinence and their families. Incontinence is a very personal issue that affects as many as 25 million Americans -- young and old, male and female. Incontinence is a known risk factor for falls. Contact NAFC for information about the causes, prevention, diagnosis, treatments, and management alternatives for incontinence. Publications are available such as:

“Your Personal Guide to Bladder Health”

Source: National Association for Continence (NAFC)

Address: P.O. Box 8310
Spartanburg, S.C. 29305-8310

Phone: 800-252-3337

Fax: 864-579-7902

Email: memberservices@nafc.org

Web: www.nafc.org



How to Order: Contact NAFC by phone, mail, email or web site for a list of publications and ordering information.

National Institute on Aging (NIA) (AGE PAGE)

THE NIA has produced many valuable educational resources for health and safety in keeping with their mission to conduct, support and disseminate biomedical, social and behavioral research and health information dealing with the aging process, diseases and special problems and needs of the aged. Among their products is a publication called **AGE PAGE**: a well-researched, series of tri-fold brochures on topics for education of elders, presented in clear, easy-to-understand terms in a large, clear font size that is easy on the eyes. Single copies of *AGE PAGE* can be ordered, free, from the NIA or copies can be printed off the NIA web site.

Recently available topics include some titles in both English and Spanish. Topics related to falls that are available at this time include:

????????? Preventing Falls and Fractures

????????? Osteoporosis: The Bone Thief

????????? Dealing With Diabetes-also in Spanish

????????? Foot Care-also in Spanish

National Institute on Aging

AgePage

Health Information 

Source: National Institute on Aging
Name: Age Page(s)
Address: National Institute on Aging
Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057
Phone: 800-222-2225
Fax: 301-589-3014
Web Site: www.nih.gov/nia

How to Order: AGE PAGE, can be ordered from NIA as one-page folded brochures or can be printed off the NIA web site.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center (NIH ORBD-NRC)



Osteoporosis is a major public health threat for more than 44 million Americans. Elderly men and women are at the most risk, with the disease affecting nearly half of all people over the age of 75. The NIH ORBD-NRC provides patients, health professionals, and the public with an important link to resources and information on osteoporosis, Paget's disease and other metabolic bone diseases.

“Falls and Related Fractures”: This 10-page offering from the National Institutes of Health – Osteoporosis and Related Bone Diseases National Resource Center is quite comprehensive. In clear, easy to understand language, it covers facts about osteoporosis, the fall triangle (the fall itself, the force and the fragility of the bone), improving balance, the part medications play in bone health and falls, safety tips to prevent falls in the home and outdoors, reducing the force of a fall and finally, decreasing bone fragility. **Price:** Free.

“Your Bone Health and Fall Prevention”: Tips on a safe home, fall prevention and healthy bones. **Price:** Free.

Large Print Titles:

????????Fast Facts on Osteoporosis

????????Calcium and Vitamin D

????????Bone Basics for Older Women and Men

????????Bone Basics for Men of All Ages

????????Falls and Related Fractures: The Risk of Undiagnosed Osteoporosis

????????Strategies for Safer Living-Fall Prevention for Older Adults

????????Talking with Your Doctor About Osteoporosis

????????Tiene sus huesos sanos? Lo que mujer latina debe saber sobre la osteoporosis (Are your bones healthy? What Latino women should know about osteoporosis) (Note: Other Spanish Language Osteoporosis Materials are available on the Publications List)

????????Exercise for Your Bone Health

????????How to Find a Doctor

Source: National Institutes of Health
Osteoporosis and Related Bone Diseases-National Resource Center
(NIH-ORBD-NRC)

Address: 1232 22nd Street, NW,
Washington, D.C. 20037-1292

Phone: 800-624-BONE (2663)
202-223-0344

Fax: 202-293-2356

TTY: 202-466-4315

Web: www.osteoporosis.gov

How to Order: Single copies of any of the materials listed here may be requested by mail, web site or phone, free of charge. The NIH ORBD-NRC materials are in the public domain and extra copies may be reproduced without copyright concerns. Several titles are available in large print and some are available in Spanish. Many of their materials and all of the bibliographies may be downloaded, free of charge, from the web site.

National Safety Council



The National Safety Council, founded in 1913 and chartered by the United States Congress in 1953, is the nation's leading advocate for safety and health. Their mission is "to educate and influence society to adopt safety, health and environmental policies, practices and procedures that prevent and mitigate human suffering and economic losses arising from preventable causes."

A large variety of patient (and professional) education materials can be downloaded from this web site. The materials range from educational articles to easy quizzes to fact sheets. One of the topics available on health issues is:

"Bone Up on Osteoporosis"

Source: National Safety Council

Address: 1121 Spring Lake Drive
Itasca, IL 60143-3201

Phone: 630-285-1121

Fax: 630-285-1315

Web: www.nsc.org

www.nsc.org/library/facts.htm

How to Order: Information may be downloaded, free of charge, from the web site.

Patient Education Forum



The Patient Education Forum, provided by the American Geriatrics Society is a web-based educational site that offers a wide selection of informative patient education materials, most of which are 2 or 3 pages long. Each topic covered provides basic information and contacts where further information may be obtained. Each handout is written by a well-known specialist whose work is related to the particular topic area. Topics covered include, among others:

????????Osteoporosis

????????Falls and Balance Problems

????????Urinary Incontinence

Source: The Patient Education Forum of
The American Geriatrics Society

Address: 350 5th Ave.
Suite 801
New York, New York 10021

Phone: 800-247-4779

Fax: 212-832-8646

How to Order: Orders may be placed by telephone or using the web site.

University of California and VHA

The Dept. of Veterans Affairs and the Geriatric Medicine and Gerontology Dept. of the University of California, Los Angeles Healthcare System have created a handout called Bone Health that uses a question and answer format to educate about osteoporosis and problems with bone structure that occur with aging.

? **"Bone Health"**

UCLA



Source: Cathy A. Alessi, M.D.

Geriatric Research, Education and Clinical Center (11E)

VA Greater Los Angeles Healthcare System-Sepulveda

Address: 16111 Plummer St.

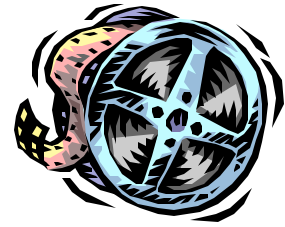
North Hill, CA 91343

Phone: 818-895-9311

Email: Cathy.Alessi@med.va.gov

How to Order: Contact by mail or email.

FILMS



Aquarius Health Care Videos



Aquarius Health Care Video Company is an award winning film company which specializes in films about individuals and families who are facing the challenges of healing, living with a disability, grief, loss, doctor-patient relationships and holistic health. The producer and president of the company has multiple sclerosis, herself, and the challenges in her life have increased her desire to educate families and professionals who provide comfort and care to patients and families everywhere. While the catalog does not offer much yet on fall prevention it does offer many selections on wellness, depression care giving and hospice issues—all areas that are linked with fall prevention.

“Depression” Crossing all barriers, depression affects 17 million Americans every year and increases risk of falls. This film teaches about various treatments for depression including psychotherapy, medication and support groups. It received rave ratings from physicians at Harvard Medical School. **Length:** 26 minutes. **Purchase:** \$149.

“Optimal Aging: Slowing Down the Clock”: Visit the Cosello Center of Complementary and Integrative Medicine to learn about optimal aging using stress reduction, diagnostic techniques and dietary changes. The film also introduces the Bates Vision Method, a holistic method of eye exercises designed to improve your vision at any age. **Length:** 27 minutes. **Purchase:** \$99.

Source: Aquarius Health Care Videos
Address: 5 Powderhouse Lane
 P.O. Box 1159
 Sherborn, MA 01770
Phone: 888-440-2963
Fax: 508-650-4216
Web: www.aquariusproductions.com

How to Order: Orders may be placed by telephone, mail or web site.

Terra Nova Films



Terra Nova Films produces and distributes films and videos exclusively about elderhood issues. Films like *My Mother, My Father*, *Curtain Call*, *Flowers for Charlie*, *Grandparents Raising Grandchildren*, *Complaints of a Dutiful Daughter*, and *Harvest of Age* challenge stereotypical perceptions and attitudes about older adulthood, and celebrate the creativity, resilience, knowledge, and experience of older adults.

“Alzheimer’s 101: The Basics of Caregiving”: A comprehensive educational package especially structured for training professional AND family caregivers of people with Alzheimer’s Disease and related disorders. The 85-minute video is divided up into 18 segments and is accompanied by a trainer’s manual and a learner’s guide. **Length:** 85 minutes. **Purchase:** \$295. **Rental:** \$55.

Source: Terra Nova Films, Inc.
Address: 9848 South Winchester Ave.
Chicago, Illinois 60643-1704
Phone: 733-881-8491
800-779-8491
Fax: 773-881-3368
Email: tnf@terranoval.org
Web: www.terranoval.org

How to Order: Orders may be placed by telephone, mail or web site.

SECTION FOUR: MEDICATION SAFETY FOR SENIORS

Older adults are at special risk of medication-related problems. They take more medicine per capita than other age group, and their abilities to absorb and eliminate medication change as they age (AARP, 1991). Changes in the aging liver, stomach, bowel and kidney function may cause the aging person to react differently to medications or have problems with over or underdosing (Timeras, 1994). Older adults also have the highest rate of chronic or long-term illness (such as arthritis or diabetes) (Hwang, Weller, Ireys, and Anderson, 2001). Millions of Americans cannot afford the cost of their medications. They may not take them as prescribed in order to make their funds and/or medicine last longer (Cohen, J.W., Machlin, S.R., Zuvekas, S.H., et al., 1996). All of these factors can create medication-related problems and may increase fall risk.

Medication-related problems kill more than 200,000 people per year and another 2.2 million are injured, with seniors being the most susceptible (Ernst and Grizzle, 2001; Lazarou, Pomeranz and Corey, 1998).

In the words of Gurwitz, Monane, Monane, and colleagues, (1995) "every new symptom should be considered a drug side effect until proven otherwise." Any chemical agent strong enough to cure an illness or alleviate a symptom is also strong enough to cause harm if not used wisely.

If a prescribed or over the counter medication seems to be doing more harm than good, it is important that the patient be taught to contact the doctor and/or pharmacist, as soon as possible. Eliminating the problem may simply be a matter of altering the dosage, changing the dose schedule or substituting a different medication.

Medication-Related Problems Fact Sheet

???? Medication-related problems can lead to: injury (such as hip fractures), loss of functional ability, loss of independence, reduced quality of life, increased use of medical services and death (CDC, 2002)

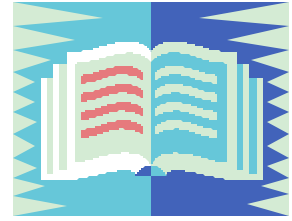
???? More than 200,000 people die each year from medication-related problems. Adverse drug reactions alone are between the 4th and 6th leading cause of death (Ernst & Grizzle, 2001; Lazarou, Pomeranz, & Corey, 1998).

???? Half of the illness, disability, and premature deaths caused by medication-related problems are preventable (Gurwitz, Field, Avorn, et al., 2000).

???? Medication-related problems can actually cause, worsen or contribute to the following geriatric problems: falls, confusion, dizziness, delirium, depression, drowsiness, dehydration, malnutrition, incontinence, loss of sensory integrity in the hands and/or feet, loss of coordination, difficulty concentrating, poor sleep quality, nervousness, irritability, memory loss and more.

Any symptom in an elderly patient should be considered a drug side effect until proven otherwise (Gurwitz, Monane, Monane, et al., 1995).

PRINTED MATERIALS



Agency for Healthcare Research and Quality (AHRQ)



The AHRQ is the lead agency charged with supporting research designed to improve the quality of health care, reduce its cost, address patient safety and medical errors, and broaden access to essential services.

“Twenty Tips to Help Prevent Medical Errors”: This patient fact sheet is attractively designed and stresses the prime importance of being an active member in one’s own health care and other tips for staying safe and healthy while using medications and health care facilities. **Price:** This 3-page handout can be downloaded from the web site for free.

Source: Agency for Healthcare Research and Quality

Address: 2101 East Jefferson Street
Rockville, MD 20852

Phone: 800-358-9295

Web: www.ahrq.gov

How to Order: This free fact “sheet” may be ordered by phone (ask for AHRQ publication number 00-P038), mail or web site. On the AHRQ Home Page, go to search and ask for the item by title or go to the Consumer page in the sidebar menu take will take you to an entire list of fact sheets.

American Society for Consultant Pharmacists



The mission of the American Society of Consultant Pharmacists Research and Education Foundation is to improve the health and well-being of older persons through appropriate, effective, and safe medication use. The ASCP Foundation provides leadership, innovation, and expertise in medicines and aging to seniors and those who care for them. The unique focus of the ASCP Foundation is the development, integration, and application of knowledge regarding medication use in the senior population and the practice of senior care pharmacy to optimize health care outcomes.

“Seniors at Risk” This 22-page report is packed with fact sheets as they relate to medication safety among seniors. Topics include: Fall Fact page, scope of the public health problem, the human toll of medication-related problems and more (each fact section comes with references). **Price:** Free to download.

Source: American Society of Consultant Pharmacists

Address: 1321 Duke St.
Alexandria, VA. 22314

Phone: 703-739-1300

Fax: 703—739-1321

Email: infor@ascp.com

Web: www.ascp.com

How to Order: Material may be downloaded free from the web site.

Channing Bete

Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. One of their strengths is that they offer a variety of presentation styles from the classic cartoon-type outline to realistic drawings to photos. Channing Bete's prices vary with the amount of material ordered. If for any reason the materials are not what you expected, you may return them within 30 days for a full refund. The more you order, the less it is per copy. Materials that are appropriate to reducing medicine-related risk factors include:

“Prescription Medications for Mental Health”: Authoritative explanation of the four general categories of medication and possible side effects. Urges clients to communicate problems they are having with their medications to their care provider and advocates proper use of medications. Includes information on serotonin inhibitors, clozapines, and resperidone. **\$1.10 each.** Price reductions with bulk orders.

“About Antidepressants”: Discusses tricyclics, MAOIs, SSRIs and other antidepressants, citing their role in the treatment of depression, explaining how they work and discussing possible side effects. Explores common concerns, emphasized the importance of following prescription instructions to the letter, and answers common questions. **\$1.10 each.** Price reductions with bulk orders.

“Antianxiety Drugs”: A clear, layman's explanation of antianxiety drugs—their positive and negative aspects, and special risks. Discusses how to use these drugs safely; lists sources of professional help for those with an antianxiety drug problem. **\$1.10 each.** Price reductions with bulk orders.

“How To Manage Your Medications”: Utilizes classic illustrations to offer vital information on the safe use of medications: keeping track of medications, avoiding the wrong dose, drug interactions, and reactions with food and/or alcohol. Encourages communications with the health care team. **\$1.10 each.** Price reductions with bulk orders. Also comes in Spanish.

“Managing Your Medications”: Utilizes realistic illustrations to cover the same information listed under How to Manage Your Medications. **\$1.10 each.** English only. Price reductions with bulk orders.

“Food and Drug Interactions”: Utilizes classic illustrations to warn readers about the ways food and prescriptions drugs can affect one another. Examines different classes of drugs and the interaction dangers they present. Looks at special risks of alcohol, tobacco, and caffeine; answers common questions, urges consultation with health-care providers and more. **\$1.10 each.** Price reductions with bulk orders.

“Understanding Your Prescription”: Utilizes realistic illustrations to show readers how and why to better understand their prescriptions. Emphasizes communicating with one’s health-care provider and pharmacist, and the crucial need to follow instructions accurately. Includes a chart for recording medications, dosages, and care providers’ phone numbers. **\$1.10 each.** Price reductions with bulk orders.

“Medications Record Book: A Guide To Managing Your Medications” Large print, wide spaces and realistic illustrations to write in, helping patients learn to track vital information about their prescription drugs—schedules, special instructions, side effects, names and numbers of prescribing physicians and more. **\$1.68 each.** Price reductions with bulk orders.



“Medications: Learn To Manage Them”: Utilizes full-color, realistic illustrations to stress the importance of taking medications as prescribed. How to minimize side effects, prevent food and drug interactions, and avoid drug dependence. Illustrates how to understand a medication label and lists the questions to ask pharmacists and health-care providers. 8 pages. **\$1.35 each.** Price reductions with bulk orders.

Name: Channing Bete Company

Address: One Community Place
South Deerfield, MA 01373-0200

Phone: 800-628-7733

Fax: 800-499-6464

Web Site: www.channing-bete.com

How to order: Orders may be placed by telephone, web site or mail.

Florida Injury Prevention for Seniors (FLIPS)

FLIPS is a program under the direction of the Florida Department of Elder Affairs that works tirelessly to prevent falls, poisonings and fire-related injuries in seniors. One example of their publication selection is:

“Nutrition and Falls Prevention: Can Eating Right Prevent Falls?”

This brochure briefly explains the rationale and benefits of a balanced diet, high in bone-protective nutrients and tips for avoiding dehydration and malnutrition in a colorful, large-print brochure. **Price:** Free.



Source: Florida Injury Prevention for Seniors
State of Florida Department of Elder Affairs

Address: 4040 Esplanade Way, Suite 280
Tallahassee, FL 32399-7000

Phone: 850-414-2082

Fax: 850-414-2002

Email: lehmanji@elderaffairs.org

How to Order: A copy may be requested by phone, mail or email, free of charge. For multiple copies please contact Ms. Janet Lehman by phone or the email address listed above.

Food and Drug Administration (FDA)



FDA's mission is to promote and protect the public health by helping safe and effective products reach the market in a timely way, and monitoring products for continued safety after they are in use. The work blends law and science aimed at protecting consumers. The FDA provides easy-to-read health brochures in both English and Spanish, in both PDF and HTML formats. Brochures listed as "Internet Only" are not available in printed form but may be downloaded **free** of charge.

Up to 50 copies of a brochure may be requested. If you wish to print bulk copies of the publications, write to FDA and ask for the Easy-to-Read Publications CD-ROM. All titles, both English and Spanish, are available on the CD-ROM. Both printed and the CD-ROM are free.

"Medicines and Older Adults" (FDA 00-3237)(Internet Only): Older people take more medications and may react differently to them than younger people. Shows easy ways to take medicine, how to prevent drug side effects, questions to ask the doctor or pharmacist and how to save money on medicine.

"Use Medicine Safely"(FDA 00-3201): Covers drug facts and labels, the importance of talking about prescriptions with doctors and pharmacists and the questions to ask, what to avoid when taking certain medications, and safety tips.

"Helping Your Arthritis Treatment Work" (FDA 00-1270) (Internet Only): A basic description of arthritis and the importance of treatment form the basis of this brochure. How to help the treatment work, talking to a doctor, caution using OTC (over the counter) medications, the significance of rest and exercise and knowing all the facts.

"Coping With Bladder Problems" (FDA 00-2327): The problem of incontinence, its causes and various treatments are discussed in this brochure.

"Straight Talk from FDA About Hearing Loss and Hearing Aids" (FDA 00-4270) (Internet Only): More than 25 million Americans have hearing loss. Possible reasons for this loss, hearing tests, symptoms that might warrant a hearing aid or other treatment, types of hearing aids and cochlear implants are included in this brochure.

"Herbal Medicine Use: Key Points to Remember": A fact-filled handout for major safety points that consumers should know about herbal medicines.

Name: Food and Drug Administration

Source: Office for Consumer Affairs

5600 Fishers Lane, HFE1

Rockville, MD 20857

Phone: 301-443-5006

Web Site: www.fda.gov

How To Order: A list of publications is available upon request and on the web site. The brochures listed are available by web site. Both the printed copies and CD-ROM versions are free.

Institute for Safe Medication Practices



A wonderful web site with excellent information on being an informed consumer. The information offered includes recent articles, hazard alerts identifies key questions to ask the doctor and/or pharmacist and what the consumer can do to reduce medication errors at home, in the hospital, and in the doctor's office.

Source: Institute for Safe Medication Practices

Address: 1800 Byberry Road, Suite 810
Huntington Valley, PA 19006

Phone: 215-947-7797

Fax: 215-915-1492

Email: ismpinfo@ismp.org

Web: www.ismp.org

How to Order: Materials may be downloaded from the web site.

Krames



The Krames Company provides a very large array of educational materials in pamphlet, pad, and poster format.

Their aim is to answer patients' most common questions and to provide practitioners with quality patient education at competitive pricing. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats. Individual items may be requested for examination. Purchases are risk-free. If you are not satisfied with any Krames product—for any reason—it can be returned within 30 days for a full refund.

"Smart Use of Medications": Covers knowing the name and features of each medication, taking medications as directed, the roles of the doctor, pharmacist and patient in treatment, as well as generic and over the counter medications. **Price: \$17.95/ packet of 50.**

"Wise Use of Medications": How to use medications wisely, how to keep medication costs down, a glossary of common medication terms, the importance of working with your doctor and pharmacist, a medication worksheet and dosage list, and an illustrated step by step "map" for safe medication use. **\$16.25/package of 25.**

"Safe Use of Medications": Establishing clear communication with doctor, how to read prescription labels, organizing and monitoring medications and tips for using the pharmacist effectively. **\$16.25/package of 25.**

Be an Active Patient Series: "Learn How to Take Your Medicine": Discusses what you need to know about your medication, understanding drug safety precautions, watching for side effects, includes a tear-out medical contact list and questions to ask your doctor. **\$15.00/package of 50. Also available in Spanish.**

Source: Krames

Address: 780 Township Line Road
Yardley, PA 19067

Phone: 800-333-3032

Fax: 866-722-4377

Web Site: www.krames.com

How to order: A catalog is available upon request. Orders may be placed by phone, fax, mail, or online. Discount information is available on request for quantity orders and for U.S. Government orders.

National Council on Patient Information and Education



For over two decades the National Council on Patient Information and Education (NCPIE) has been producing "Talk About Prescriptions" produced by a coalition effort to improve communication about appropriate medication use. Their wonderful web site offers sections on:

- ? ?????? For All Consumers
- ? ?????? For Parents
- ? ?????? For Women
- ? ?????? Safe Antibiotic Use
- ? ?????? Dietary Supplements and Herbal Medications
- ? ?????? Flu and Immunizations
- ? ?????? How to Talk About Prescriptions
- ? ?????? On-Line Purchasing of Prescription Medications
- ? ?????? Prescription Medication Abuse and Addiction
- ? ?????? Questions to Ask About Prescriptions
- ? ?????? Resources for Information About Your Specific Medication

Source: National Council on Patient Information and Education

Address: 4915 St. Elmo Ave., Suite 505
Bethesda, MD 20814-6082

Phone: 301-656-8565

Fax: 301-656-4464

Email: ncpie@erols.com

Web: www.talkaboutrx.org

How to Order: Materials may be downloaded for free from the web site or requested by phone or mail.

National Institute on Aging (NIA) (AGE PAGE)



Has produced many valuable educational resources for health and safety in keeping with their mission to conduct, support and disseminate biomedical, social and behavioral research and health information dealing with the aging process, diseases and special problems and needs of the aged. Among their products is a publication called *AGE PAGE*: a well-researched, series of tri-fold brochures on topics for education of elders, presented in clear, easy-to-understand terms in a font size that is easy on the eyes. Single copies of *AGE PAGE* can be ordered, free, from the NIA or copies can be printed off the NIA web site. Recently available topics include some titles in both English and Spanish. Topics related to falls and medications that are available at this time include:

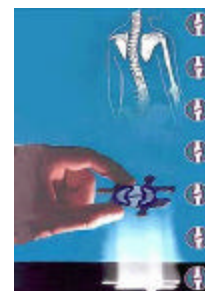
?

???????? Medicines: Use Them Safely -also in Spanish

Name: Age Page(s)
Address: National Institute on Aging
Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057
Phone: 800-222-2225
Fax: 301-589-3014
Web Site: www.nih.gov/nia

How to Order: A list of topics is available on the web page. *AGE PAGE*, can be ordered from NIA as one-page folded brochures or can be printed off the NIA web site.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center (NIH ORBD-NRC)



Osteoporosis is a major public health threat for more than 44 million Americans. Elderly men and women are at the most risk, with the disease affecting nearly half of all people over the age of 75. The NIH ORBD-NRC provides patients, health professionals, and the public with an important link to resources and information on osteoporosis, Paget's disease and other metabolic bone diseases.

Large Print Titles (Many other titles are available in regular print are listed on the publication list.):

????????Fast Facts on Osteoporosis

????????Calcium and Vitamin D

????????Talking with Your Doctor About Osteoporosis

????????¿Tiene sus huesos sanos? Lo que mujer latina debe saber sobre la osteoporosis (Are your bones healthy? What Latino women should know about osteoporosis) (Note: Other Spanish Language Osteoporosis Materials are available on the Publications List)

????????How to Find a Doctor

Source: National Institutes of Health
Osteoporosis and Related Bone Diseases-National Resource Center
(NIH-ORBD-NRC)

Address: 1232 22nd Street, NW,
Washington, D.C. 20037-1292

Phone: 800-624-BONE (2663)
202-223-0344

Fax: 202-293-2356

TTY: 202-466-4315

Web: www.osteoporosis.nih.gov

How to Order: Order by phone, web site or mail. Single copies are free and are in the public domain allowing them to be reproduced as desired without Copyright infringement.

Patient Education Forum



The Patient Education Forum, provided by the American Geriatrics Society is a web-based educational site that offers a wide selection of informative patient education materials, most of which are 2 or 3 pages long. Each topic covered provides basic information and contacts where further information may be obtained. Each handout is written by a well-known specialist related to the particular topic area. Topics discussing medications include, among others:

????????Urinary Incontinence

????????Over-the-Counter and Prescription Drugs

Source: The Patient Education Forum of
The American Geriatrics Society

Address: 350 5th Ave.
Suite 801
New York, New York 10021

Phone: 800-247-4779

Fax: 212-832-8646

How to Order: Orders may be placed by telephone or downloaded for free, using the web site.

Peter Lamy Center on Drug Therapy and Aging



This professional center, which focuses on geriatric research, education and service is housed at the University of Maryland Baltimore, School of Pharmacy and sponsors research, education and service programs in geriatric pharmacy. It has the support of the University as well as other various sources including state and federal government agencies, private health care organizations, foundations and pharmaceutical industries. The center presents an annual conference for pharmacists and other health care professional, policy makers and representatives of the pharmaceutical industry and provides continuing education opportunities. A newsletter is available upon request. The Peter Lamy Center website offers a long list of related links for consumers to explore for free information.

"Elder Care Brochure Series": The Peter Lamy Center also offers a long list of informative consumer brochures. Funds for the ElderCare Brochure Series are administered by the University of Maryland Baltimore Foundation. **Price:** Single copies of brochures may be requested free of charge but multiple copies run between 30-40 cents each.

Topics Available:

- ? Aging And Your Response To Medicines
- ? Alcohol: Friend or Foe?
- ? Consumer's Quick Reference to Using Medicines
- ? Eye Medications
- ? Home Safety Issues: Poison Prevention for Older Adults
- ? How to Select A Pharmacy & Pharmacist
- ? Medicines & Travel
- ? OTCs Over-the-Counter Medicines
- ? Personal Medication Records
- ? Questions About Generic Medicines
- ? The Caregiver's Guide to Using Medicines
- ? Vitamins Aren't Enough -- A Nutritional and Vitamin Guide for Older Adults
- ? Know Your Medicines: Cholesterol

- ? Know Your Medicines: Congestive Heart Failure
- ? Know Your Medicines: Depression
- ? Know Your Medicines: Diabetes
- ? Know Your Medicines: Hypertension
- ? Know Your Medicines: Osteoporosis

Name: Peter Lamy Center on Drug Therapy and Aging

Source: University of Maryland
School of Pharmacy

Address: 506 W. Fayette St., Suite 101
Baltimore, MD 21201

Phone: 877-706-2434
410-706-2434

Web Site: www.pharmacy.umaryland.edu/lamy

How to Order: Orders may be placed by phone or mail. An order blank is available on the web site but must be printed and mailed to the Center.

The San Francisco Study Center SRx Program



San Francisco Study Center was founded in 1972 as a resource for the nascent neighborhood movement. Its first project was publishing a newsletter for community organizers.

The Study Center now focuses its work in three areas: graphic design and editorial services; publishing and distribution of books, curriculum materials, audio tapes and videos; and fiscal sponsorship of programs in health, mental health, children, youth and family services, education and the arts.

The Medication Education for Seniors Program developed by the San Francisco Study Center offers many interesting multi-lingual publications on medication safety. Many fact sheets are listed on their web site and the Center also offers some more in-depth publications for purchase. Some of the titles offered include:

“For Seniors Only: A Guide to Using Drugs in the Later Years”: This is available in English and Spanish. **Price:** \$1.25 each.

“Over-The-Counter Medications and Chinese Remedies”: This pamphlet is available as a bilingual tool in English and Chinese. **Price:** \$1.95 each.

“Over-The-Counter Medications”: This pamphlet is available in English only or Bilingual English/Spanish. **Price:** \$1.95 each.

“Personal Medication Record”: Available in English or Spanish. Instructions are included. **Price:** \$1.00 each.

“Medication Summary”: English only. **Price:** 20 cents each.

“Medication Schedule”: English only. **Price:** 20 cents each.

Medication Fact Sheets: The following fact sheets are available in English, Chinese, Spanish, and Vietnamese unless otherwise noted. **Price:** 20 cents each:

????????Anti-depressants

????????Arthritis Medications

????????Anti-hypertensives—ACE Inhibitors-English only.

????????Anti-hypertensives—Centrally Acting

????????Diabetes—Oral Medications

????????Diuretics

????????Diuretics—Combination –English only.

????????Heart Medications- Beta Blockers

????????Heart Medications—Calcium Channel Blockers

????????Heart Medications—Digoxin (Lanoxin)

????????Heart Medications—Nitroglycerine

????????Potassium Supplements

????????Tranquilizers

????????Neuroleptics (English only)

????????Ulcer Medications

????????Alcohol and the Older Person: A True and False Quiz (English only)

????????How Alcohol Reacts with Medications Commonly Used by the Elderly
(English only)

????????Sleeping Hints (English only)

Source: San Francisco Study Center
Attn. Medication Education for Seniors

Address: 1095 Market St., Suite 602
San Francisco, CA 94103

Phone: 888-281-3757

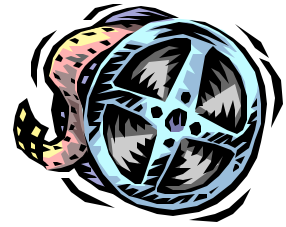
Fax: 415-626-7276

Email: phil@studycenter.org

Web: www.studycenter.org

How to Order: Materials may be purchased by phone, web site or mail. Discounts are available for bulk purchases.

FILMS



Healing Arts Communications

Health Arts Communications is a leading provider of caregiver training programs. Several of their films can be used for family education. The Company's goal is to provide families and health professionals with practical tools to educate family caregivers, respite volunteers, client-employed providers and professional caregivers.

"How To Manage Medications": This video teaches caregivers safe practices for dispensing and giving a variety of medications. It also covers adverse reactions, side effects, drugs and the elderly, use of over-the-counter drugs and medication storage. **Length:** 27 minutes. **Purchase:** \$89.95. No rental but free preview may be arranged.



Source: Healing Arts Communications
Address: 33 North Central Ave., Suite 211
Medford, Oregon 97501
Phone: 541-858-9664
888-846-7008
Fax: 541-858-6696
Web: www.homecarecompanion.com

How To Order: Orders may be placed by mail, telephone or web site.

SECTION FIVE: EXERCISE AND BALANCE

A sedentary lifestyle is second only to smoking as a cause of death in the United States (Elrod, 2002). Regular exercise helps guard against a host of health problems: obesity, diabetes, high blood pressure and heart disease. Inactivity due to age, injury, illness or bedrest results in an immediate change in our metabolism that results in increased absorption of calcium from the bones and atrophy of muscle tissue. As these changes occur, the bones become more fragile and strength and flexibility are lost. Loss of strength and flexibility are independent risk factors for falls.

Exercise, if approached correctly, is known to improve muscle tone and strength even past the ninth decade of life (CDC, 2002). In addition, exercise is known to improve flexibility, boost the immune system by enhancing the production of T cells, and stimulating the secretion of serotonin and growth hormone. Although the benefits of exercise by older adults are well-documented, regional and national surveys reveal that 70% or more of older adults do not participate in regular exercise (Jette, Lachman, Giorgetti, et al., 1999; Clark, 1995).

Getting Started with Exercise

Exercises that can be continued at home are particularly attractive to older people, especially those with disabilities. Disabilities create problems with access, psychological barriers and difficulties with transportation that can discourage attempts at exercise participation (King, Blair, Bild, et al., 1994; Robison & Rogers, 1994).

Common sense and moderation are always the rules when beginning an exercise program. Physician approval should always precede beginning a new program of exercises. Exercise physiologists, physical therapists, occupational therapists and kinesiologists can all assist with tailoring an exercise program to an older patient's particular needs and limitations.

Walking

Walking is one of the best and easiest ways to exercise, not to mention one of the most enjoyable. It burns calories and fat, tones and strengthens muscles, boosts energy and improves total health and wellbeing. Walking helps eliminate morning stiffness and is the ideal way to warm up for an exercise session of stretching. Patients can start with a few yards and increase from there. If possible, try to encourage walking with a friend or relative so that the social interaction can add to the pleasure and increase safety. If ambulatory aids are necessary for a patient to walk, walking may need to be in a supervised, safe area such as in the house, at the mall or other location with few obstacles, opportunities to sit and even temperature control.

A Word About Tai Chi

T'ai Chi is an ancient, Chinese, wellness-related form of martial arts that enhances balance and body awareness through slow, graceful, and precise body movements and can significantly cut the risk of falls among older people. Tai Chi may be beneficial in maintaining balance and strength gains made by people age 70 and older who undergo other types of balance and strength training (Wolf, et al., 1996; Wolfson et al., 1996; Kenny et al., 2001).

General Rules for Anyone Beginning Exercise:

1. Listen to your body. If you feel dizzy, become nauseated, experience an undue shortness of breath or feel any pain in the body, especially the chest, then always stop your exercise immediately. Notify your physician.
2. DON'T HOLD YOUR BREATH. Breathe normally. Holding your breath while straining can cause changes in blood pressure. This is especially true for people with cardiovascular disease. Exercising muscles need oxygen.
3. Always warm up carefully, taking time to create blood flow and increased body heat in the muscle fiber. Walking is the ideal warm-up. Stretching asks too much of a cold muscle. A proper warm-up will insure a comfortable, safe workout.
4. At the beginning, ALWAYS go easy: START LOW AND GO SLOW. Work at your comfort level, building gradually. You can generally increase repetitions &/or weight slowly after a week of sessions without increased pain or symptoms. By adapting slowly your body will improve more readily.
5. Be sure that you avoid doing too much too soon. This will help avoid injury. There is a marked difference between doing a little more to improve and pushing yourself to the point of injury. Learn the difference between the two.
6. Learn to establish the difference between slight soreness and aggravation of symptoms.
7. If you have had a hip repair or replacement, check with your surgeon before doing lower-body exercises.
8. If you have had a hip replacement, don't cross your legs, and don't bend your hips farther than a 90-degree angle.
9. Avoid jerking or thrusting weights into position. Use smooth, steady movements to avoid injury.
10. Avoid "locking" the joints of your arms and legs in a tightly straightened position.

11. Cool down gradually. Your body responds better if you cool down gradually and let your pulse and respirations slow down naturally rather than abruptly. A good method for cooling down is to walk easily, do a little gentle stretching and shake out your arms and legs to assist in dissipating lactic acid. This will decrease soreness and you will recover faster and be more refreshed for exercise sessions that follow.
12. If you are sore after an initial (or any) session, you may have done too much. Next session, slow down by half. If you are still sore by the third session, be sure to notify your doctor or therapist before you continue.

(Source:Elrod, 2002)

Cautions: For some conditions, such as abdominal aortic aneurysm and critical aortic stenosis, vigorous exercise is dangerous and should not be done, even in the absence of symptoms. Most older adults, however, will do fine in exercising as long as the increases are in slow increments. There are some other notes of caution, however, that should at least be mentioned to patients. They should NOT exercise until checking with a doctor if they have any:

? Chest pain

? Irregular, rapid, or fluttery heart beat

? Severe shortness of breath

? Significant, ongoing weight loss that hasn't been diagnosed by a physician

? Infections, such as pneumonia, accompanied by fever

? Fever, which can cause dehydration and rapid heart beat

? Acute deep-vein thrombosis (blood clot)

? Hernia symptoms

? Foot or ankle sores that won't heal

? Joint swelling, especially if there is fever at the joint

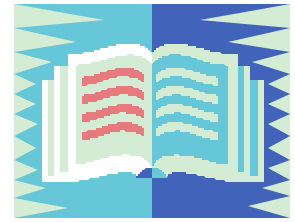
? Persistent pain or a problem walking AFTER suffering a fall

? Certain eye conditions, such as a detached retina or bleeding into the retina.

(Before exercising after a cataract or lens implant, or after laser treatment or other eye surgery, get the physician's permission.)

(Source: Exercise: A Guide from the National Institute on Aging, 2001).

PRINTED MATERIALS



AARP Andrus Foundation

The AARP Andrus Foundation offers a wonderful booklet entitled:

“Footwear, Walking and Balance”: This comprehensive booklet discusses factors in balance, how to avoid a fall, taking responsibility for safety, information on walking safely, the benefits of walking, correct posture when walking, safe footwear, foot awareness and the results of a study of women walkers done by the AARP Andrus Foundation. The 20-page booklet is on high quality paper with appealing silhouette and line illustrations. **Price:** Self-addressed envelope with return postage (see below).



Source: Dr. Marlene J. Adrian
Director of Biomechanics Research

Address: Freer Hall
906 South Goodwin Ave.
University of Illinois
Urbana, IL 61801

How to Order: A copy of this booklet may be obtained by writing Dr. Adrian and enclosing a stamped (requires two 37 CENT STAMPS) self-addressed long envelope that will handle a 5"x7" booklet.

American Academy of Orthopaedic Surgeons (AAOS)

The AAOS is a nonprofit organization specializing in disorders of bones, joints, muscles, ligaments and tendons. They offer many educational materials including:

Orthopaedic Connection: This excellent web page is devoted to topics of interest in orthopedics. Topics related to exercise include:

“Daily Exercise Log”

“Effects of Aging”: Discusses the normal physiological changes that accompany aging in large print and non-medical language.

Source: American Academy of Orthopaedic Surgeons

Address: 6300 North River Road
Rosemont, IL 60018-4262

Phone: 847-823-7186

Fax: 847-823-8125

Web: www.aaos.org

How to Order: The materials listed may be downloaded from the web site.



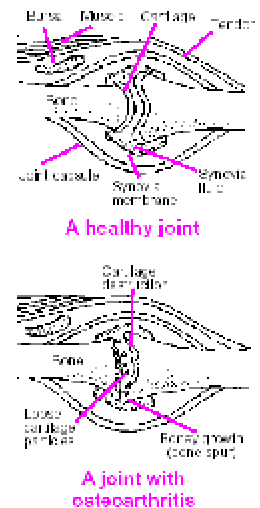
American Physical Therapy Association (APTA)

APTA is an organization of licensed physical therapists that provides referrals, funds research, and sets the standards for practice of physical therapy. The APTA Section on Geriatrics offers publications on topics such as osteoporosis, balance, fall prevention, incontinence, neck and back pain, hip, knee, or shoulder care, and what physical therapy can offer older adults.

“What You Need to Know About Balance and Falls” How balance works, which exercises may improve balance, and how physical therapy can help you keep or recapture your balance skills. **Price:** \$18.75 for 25 copies. \$75. for 100. Discounts available for APTA members.

“Taking Care of Your Hip” Discusses the anatomy of the hip, how to take care of the hip during activities of daily living and sports, and stretching and strengthening exercises, special care for the older hip, what can go wrong with the hip, what to do when problems occur and how a physical therapist can help. **Price:** \$18.75 for 25 copies, \$75. for 100 copies. Also available in Spanish.

“Taking Care of Your Knees” Offers insight into the anatomy of the knee joint, how to care for the knees, strengthening exercises, the older knee, what to do when problems occur and how a physical therapist can help. **Price:** \$18.75 for 25 copies, \$75 for 100 copies. Also available in Spanish.



Source: American Physical Therapy Association

Address: 1111 North Fairfax Street
Alexandria, VA 22314-1488

Phone: 800/999-APTA (2782)
703/684-APTA (2782)

TDD: 703/683-6748
Fax: 703/684-7343

Web: www.apta.org

How to Order: A catalog of publication materials is available upon request. Materials may be ordered by mail, or phone. Discounts are available for APTA members.

Channing Bete



Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. One of their strengths is that they offer a variety of presentation styles from the classic cartoon-type outline to realistic drawings to photos. Channing Bete's prices vary with the amount of material ordered. If for any reason the materials are not what you expected, you may return them within 30 days for a full refund. The more you order, the less it is per copy. Materials that are appropriate to reducing environmental risk factors include:

"Diabetes and Exercise": Provides step-by-step instruction on why exercise is so important to the person with diabetes. Information includes the benefits of exercise, the importance of a check-up before starting an exercise program, how to develop a personal exercise plan, the importance of consistency and more. **Price:** \$17.21/pad of 50. Price reductions for bulk orders.

"Starting An Exercise Program": Provides information on getting a check-up before beginning an exercise program, keeping the exercises simple and appropriate, warming up and cooling down and more. **Price:** \$17.21/pad of 50. Price reductions for bulk orders.

"Hip Replacement: A Self-Care Handbook": How the hip works, how to prepare for hip replacement and what happens during and after surgery. This is a valuable resource during rehabilitation. Includes checklists and note pages to help patients make home-safety improvements prior to surgery to prevent falls. Length: 32 pages. **Price:** \$2.87 each. Price reductions available for bulk orders.

"Relaxation Techniques": An overview of deep-breathing techniques, massage, meditation, and yoga and their value in reducing stress and promoting wellness. Gives guidance on including these strategies in an effective stress-management program and strongly encourages readers to set aside time every day for relaxation. **Price:** \$1.10 each. Price reductions available for bulk orders.

Source: Channing Bete Company
Address: One Community Place
 South Deerfield, MA 01373-0200
Phone: 800-628-7733
Fax: 800-499-6464
Web Site: www.channing-bete.com

How to Order: A catalog is available upon request. Material may be ordered by mail, phone or web site. Discounts are available for bulk orders and government orders.

Florida Injury Prevention for Seniors (FLIPS)



FLIPS is a program under the direction of the Florida Department of Elder Affairs that works tirelessly to prevent falls, poisonings and fire-related injuries in seniors. Among their publications are:

“Active and Healthy”: This brochure discusses lifestyle changes to help prevent falls and includes a home checklist. **Price:** Free.

“Are You Afraid of Falling Down? Let’s Try TAI CHI.” This brochure briefly explains the rationale and benefits of Tai Chi in a colorful, large-print brochure. **Price:** Free.

Source: Florida Injury Prevention for Seniors
State of Florida Department of Elder Affairs

Address: 4040 Esplanade Way, Suite 280
Tallahassee, FL 32399-7000

Phone: 850-414-2082

Fax: 850-414-2002

Email: lehmanji@elderaffairs.org

How to Order: Copies may be requested by phone, mail or email, free of charge. For multiple copies please contact Ms. Janet Lehman by phone or the email address listed above.

Krames



The Krames Company provides a very large array of educational materials in pamphlet, pad, and poster format.

Their aim is to answer patients' most common questions and to provide practitioners with quality patient education at competitive pricing. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats. Individual items may be requested for examination. Purchases are risk-free. If you are not satisfied with any Krames product—for any reason—it can be returned within 30 days for a full refund.

"After Hip Fracture": Hip anatomy, types of corrective surgery, recovery and rehabilitation, home safety and planning for long-term recovery. **\$1.65 each.**

"After Total Hip Replacement": Promotes realistic recovery goals, discusses circulation and safety during strengthening exercises, standing, walking, sitting, bathing, dressing and housekeeping as well as starting a walking program. **\$1.65 each. Also available in Spanish.**

"After Total Knee Replacement": Discusses the first two to six months of recovery and rehabilitation including support equipment, strength and mobility exercises and home safety. **\$1.65 each. Also available in Spanish.**

"Foot and Ankle Exercises": Illustrated, single-page handout of seven exercises to stretch and strengthen feet and ankles with step-by-step instructions to illustrate correct technique and cautionary tips to prevent injury. Space provided for notes, repetitions and holds. **\$12.50/pad of 50.**

"Lifestyle Changes for a Healthier Heart": Created for persons at-risk or in the early stages of heart disease. Features interactive planning and tracking tools for diet, increasing activity safely, reducing stress, and relaxing. **\$1.50 each.**

"Protect Your New Hip": One-page, illustrated guide to safe sitting, risky movements to avoid, safe alternative movements, getting into and out of a car, getting out of bed. **\$12.50/pad of 50.**

Hip Safety Series: Illustrated, one-page handouts in pads of 50, each pad covering a single topic of concern in post-hip repair safety. Choice of individual topics includes:

- ? Protect Your New Hip
- ? Getting In And Out Of Bed
- ? Using The Bathroom,
- ? Getting In And Out Of A Chair

- ? Traveling In A Car
- ? Protect Your New Hip While Dressing

Each topic includes illustrated steps on how to safely approach the activity, helpful tools as necessary, hip precaution reminders and safe positions. **\$12.50/pad of 50.**

“Staying Active With Arthritis”: Single sheet handout discusses common arthritis symptoms and tips for staying active, diet recommendations. **\$12.50/pad of 50.**

“Staying Active To Stay Healthy”: Options for exercise including aerobic, stretching, and strengthening, guidelines for each type of activity, safety precautions, and tips for staying active. **\$12.50/pad of 50.**

For Cardiac Patients: Illustrated, one-page handouts, in pads of 50 discuss one cardiac related topic per pad. Topics appropriate to activity include:

- ? Being Active
- ? Staying Active in Winter
- ? Staying Active in Summer

Each topic discusses the health benefits of staying active, tips to get started and keep going and staying safe while staying active. The Winter and Summer topics include activities appropriate for those seasons and staying safe in cold and hot weather. **\$12.50/pad of 50.**

“How Much Do You Know About Walking” (Poster): Appealingly illustrated full-color poster with sections on choosing the correct shoes, warming up, cooling down, walking tall, making walking a habit, the benefits of walking, making walking fun and safety do’s and don’t’s to remember while walking. Size: 18”x24”. **Price: \$20.**

Source: Krames

Address: 780 Township Line Road
Yardley, PA 19067

Phone: 800-333-3032

Fax: 866-722-4377

Web Site : www.krames.com

How to order: Orders may be placed by phone, fax, mail, or online. Discount information is available on request for quantity orders and for U.S. Government orders.

National Institute on Aging (NIA) (AGE PAGE)

National Institute on Aging

AgePage

Health Information 

The NIA has produced many valuable educational resources for health and safety in keeping with their mission to conduct, support and disseminate biomedical, social and behavioral research and health information dealing with the aging process, diseases and special problems and needs of the aged. Among their products is a publication called AGE PAGE: a well-researched, series of tri-fold brochures on topics for education of elders, presented in clear, easy-to-understand terms in a font size that is easy on the eyes. Single copies of AGE PAGE can be ordered, free, from the NIA or copies can be printed off the NIA web site. Recently available topics include some titles in both English and Spanish. Topics related to falls that are available at this time include:

????????? Preventing Falls and Fractures

????????? Exercise: Feeling Fit For Life

Name: Age Page(s)

Address: National Institute on Aging
Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057

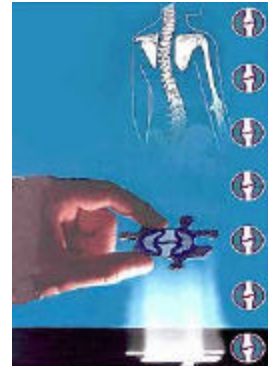
Phone: 800-222-2225

Fax: 301-589-3014

Web Site: www.nih.gov/nia

How to Order: AGE PAGE, can be ordered from NIA as one-page folded brochures or can be printed off the NIA web site.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center (NIH ORBD-NRC)



Osteoporosis is a major public health threat for more than 44 million Americans. Elderly men and women are at the most risk, with the disease affecting nearly half of all people over the age of 75. The NIH ORBD-NRC provides patients, health professionals, and the public with an important link to resources and information on osteoporosis, Paget's disease and other metabolic bone diseases.

Large Print Titles:

????????Strategies for Safer Living-Fall Prevention for Older Adults

????????Exercise for Your Bone Health

????????Tiene sus huesos sanos? Lo que mujer latina debe saber sobre la osteoporosis
(Are your bones healthy? What Latino women should know about osteoporosis)

(Note: Other Spanish Language Osteoporosis Materials are available on the Publications List)

Source: National Institutes of Health
Osteoporosis and Related Bone Diseases-National Resource Center
(NIH-ORBD-NRC)

Address: 1232 22nd Street, NW,
Washington, D.C. 20037-1292

Phone: 800-624-BONE (2663)
202-223-0344

Fax: 202-293-2356

TTY: 202-466-4315

Web: www.osteoporosis.org

How to Order: Materials may be ordered by phone, web site or mail. Single copies are free and are in the public domain. They may be copied as desired without copyright infringement.

National Institutes of Health Senior Health Web-Based Education

NIH SeniorHealth



Featuring Health Information for Older Adults

The NIH SeniorHealth web site grew out of National Institute on Aging's research on older adults, cognitive aging, and computer usage and was developed by the National Institute on Aging (NIA), the National Library of Medicine (NLM) and some of the National Institutes on Health (NIH). Their research showed that, while older adults do experience gradual declines in cognitive abilities as a part of the normal aging process, they can use computers successfully if the online information is provided in an age-appropriate manner.

Some of the web site's senior-friendly features include large print and short, easy-to-read segments of information. Older users will find it easy to move from one place to another on the web site without feeling "lost" or overwhelmed. The material on the site is presented in a way that increases the likelihood it will be retained in memory. NIH SeniorHealth.gov makes every effort to comply with Section 508 of the Rehabilitation Act of 1973, which aims to make federal electronic technology accessible for persons with disabilities.

Of particular interest for this collection is the segment on **Exercises for Older Adults** that includes segments on the benefits of exercise, exercise safety, exercises to try, charting progress, frequently asked questions and related web links.

Source: National Institutes of Health Senior Health Web-Based Education

Phone: 800-222-2225

Web: www.nihseniorhealth.gov

How to Order: This material may be downloaded for free from the web site.

Roybal Center Consortium



This research group, based at the Boston University Sargent College of Health and Rehabilitation Services, has a well-researched, public education program called "A Matter of Balance." The "Matter of Balance" manual and video can be used together as a guide to a complete intervention that emphasizes self-assertiveness and self efficacy or the material may be used as a reference for how to conduct a series of fall-prevention classes. The video focuses on reducing fear of falling. The bulk of the manual content is aimed at decreasing fear of falling by teaching participants how to problem solve, be active, seek assistance when appropriate and reduce risk. Excellent patient handouts are included in the manual covering diverse topics as:

- ? ?????? Challenge Your Concerns About Falling
- ? ?????? Concerns About Falling Log
- ? ?????? Evaluating Thoughts About Falling
- ? ?????? Fear of Falling Fact Sheet
- ? ?????? Group Meeting Schedule Form
- ? ?????? Warm Up and Cool Down Exercises (rather high level)
- ? ?????? Fall-Related Attitudes Survey

Although the program was designed, researched and validated by the Roybal Center Consortium of Boston University, the manual and accompanying video can also be purchased from Terra Nova Films. The Roybal Institute periodically offers short in-depth courses for those who would like to provide the Matter of Balance program in their communities.

Name: A Matter of Balance
Roybal Center Consortium, Trustees of Boston University
Sargent College of Health and Rehabilitation Services
635 Commonwealth Ave.
Boston, Massachusetts 02215

Phone: 617-353-0550

Web Site: www.bu.edu/roybal ...OR

Source: Terra Nova Films

Address: 9848 South Winchester Avenue
Chicago, Ill. 60643-1704

Phone: 800-779-8491
773-881-8491

Fax: 773-881-3368

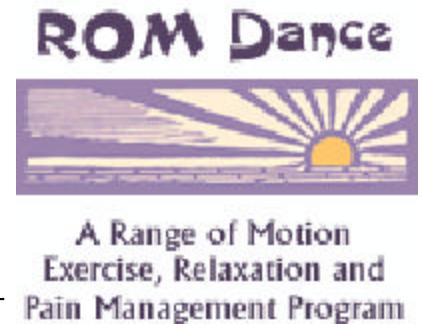
Email: tnf@terranova.org

Web: www.terranova.org

How to Order: Orders may be placed by mail, telephone or web site.

Uncharted Country

“The ROM Dance”: This innovative and gentle exercise program has been enthusiastically used by rehabilitative professionals for more than a decade. It is designed for use with patients suffering from arthritis, lupus and other painful conditions that involve joint stiffness. The ROM Dance takes only seven minutes to perform and is based on an unusual blend of medically-recommended joint exercises and gentle motions inspired by T'ai Chi Chuan, an ancient Chinese health exercise. The exercises are pleasant and easy to do and can be done in a seated or standing position. **Length** (of Manual): 126 pages. **Price**: \$24.95. Related film and audiotape products are listed separately in the film section at the end of this chapter.



The Uncharted Country Newsletter offers an informative source about the ROM Dance and T'ai Chi and wellness. This is published periodically and is available for the asking.

Source: Uncharted Country
Address: 408 S. Baldwin St.
Madison, WI 53703-4805
Phone: 800-488-4940
608-280-9730
Fax: 608-280-9736
Web: www.romdance.com

Visual Health Information (VHI)



VHI provides a comprehensive collection of professionally illustrated exercises arranged in 13 different database collections ranging from sports medicine, Pilates, and Yoga to more standard collections of pediatric, geriatric, balance and vestibular exercises. The kits can be viewed before purchase at the VHI website. The material is offered in reproducible exercise cards or CD-ROM format.

The CD-ROM versions system requirements include IBM-PC with Intel Pentium 60 MHz processor or other compatible computer, CD-ROM drive, Windows 95, 98, 2000, or NT, minimum 16MB RAM (recommended) 40-200 MB free hard disk space and minimum 256 color display (recommended).

The CD-ROM version is offered in French, Spanish, and English captions depending on the collection desired. The PC-Kits require one program module which may then be combined with as many exercise database collections as desired by the purchaser. Each CD-ROM set is licensed for installation on one computer only. Using the PC-kits allows for creation of professional looking exercise routines ranging from 1-9 exercises per page and even allows pictures to be flipped from right to left orientation. **Price:** Depends on collection & type of version selected.

Name: VHI (Visual Health Information)

Address: P.O. Box 44646
Tacoma, WA. 98444

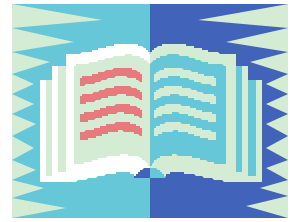
Phone: 800-356-0709

Fax: 253-536-4944

Web Site: www.vhikits.com

How to Order: Orders may be placed by mail, telephone or web site. Government discounts are available.

FILMS



Aquarius Health Care Videos



Aquarius Health Care Video Company is an award winning film company which specializes in films about individuals and families who are facing the challenges of healing, living with a disability, grief, loss, doctor-patient relationships and holistic health. The producer and president of the company has multiple sclerosis, herself and the challenges in her life have increased her desire to educate families and professionals who provide comfort and care to patients and families everywhere. While the catalog does not offer much yet on fall prevention it does offer many selections on wellness, depression care giving and hospice issues—all areas that are linked with **fall prevention**.

“Healing Exercises for Body, Mind, and Spirit: Part I”: This video features a unique blend of several sought-after popular trends in fall prevention: exercise, health and holistic healing. This video demonstrates easy-to-follow Tai Chi, Body-Mind Exercises, Chakra Healing and Healing Meditation by experts in those areas. **Length:** 53 minutes. **Price:** \$99.

“Healing Places”: This video features a unique blend of exercise, health and holistic health. The exercise portion includes Tai Chi with Chungliang Al Huang; Body-Mind Exercise with Dr. Ilana Rubinfeld, PhD; and Chakra Healing with Dr. Alberto Villoldo, PhD. **Length:** 53 minutes. **Purchase:** \$99.

Source: Aquarius Health Care Videos

Address: 5 Powderhouse Lane
P.O. Box 1159
Sherborn, MA 01770

Phone: 888-440-2963

Fax: 508-650-4216

Web: www.aquariusproductions.com

How to Order: Orders may be placed by telephone, mail or web site.

Channing Bete



Channing Bete is one of the largest and best-known providers of patient education materials covering an extensive selection of topics related to health and safety. One of their strengths is that they offer a variety of presentation styles from the classic cartoon-type outline to realistic drawings to photos. Channing Bete's prices vary with the amount of material ordered. If for any reason the materials are not what you expected, you may return them within 30 days for a full refund. The more you order, the less it is per copy. Materials that are appropriate to reducing environmental risk factors include:

"Diabetes: Diet, Exercise and Self-Care": This film shows how diabetics can use diet, aerobic activity, and weight management to control their condition. Suggests how to start an exercise program along with nutritional planning. Explains the how and why of skin, foot, and gum care. Produced by Medcom. **Length:** 16 minutes. Copyright Date: 1986. **Price:** \$99

Name: Channing Bete Company

Address: One Community Place
South Deerfield, MA 01373-0200

Phone: 800-628-7733

Fax: 800-499-6464

Web Site: www.channing-bete.com

How to Order: Orders may be placed by phone, mail or web site.

National Institute on Aging

“Exercise: A Video from the National Institute on Aging”: This video was designed to dispel the myth that exercises are just for the young. It shows the viewer how to start the NIA research-based exercise program of low-impact, graded stretching, balance and strength-building exercises aimed at improving the health of older people. The video is accompanied by a free 100-page exercise book. The free book may be requested without the video. Both are extremely well done. The video starts with a six-minute introduction followed by 42 minutes of low-impact stretching, balance, and strength-building exercises. **Length:** 48 minutes. **Price:** \$7.00 (for the video) The book is free upon request.



“Exercise: Web Based version of the NIA Exercise book”: The NIA has put the chapters on exercise from their book onto their web site and animated many of the illustrations of the exercises. The chapters start with explanations of how, why, and how often to do stretching or strengthening or endurance exercises safely. A sidebar menu allows the user to select the exercise they would like to see within the chosen chapter. Half or more of the exercises have animation. The site is quite appealing.

Source: U.S. Dept. of Health and Human Services

National Institutes of Health

National Institute on Aging

P.O. Box 8057

Gaithersburg, MD 20898-8057

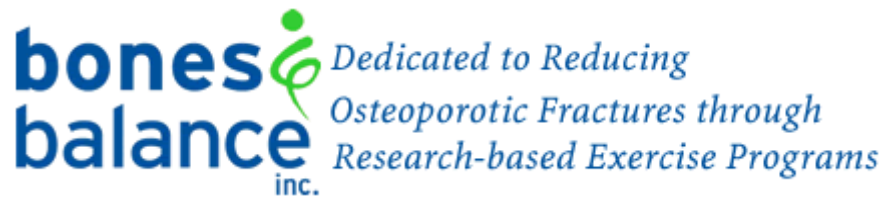
Phone: 800-222-2225

Web: www.nih.gov/nia

To Order: Please request NIA publication #01-4258 (Revised 6/2001)

www.nia.nih.gov/exercisebook/

Oregon State
University



“Better Bones and Balance: An Exercise Guide to Reducing Your Risk of Osteoporosis and Falling”: This two-tape set discusses the research (all of which has been printed in the *Journals of Gerontology*), and has a complete workout video that is suitable for in-home use by independent older adults, or for use in retirement facilities, and assisted living facilities, or as a resource for health practitioners. The work has been based on 7 years of research, by Dr. Christine M. Snow, at the Oregon State University Bone Research Laboratory. The exercises involve gradually increasing weight on the trunk through the practice of wearing a cotton vest that has pockets to hold custom-designed weights during specific low-impact activities. The web site offers purchase and size information for the weighted vest used in this preventative exercise program. **Price:** Film set: \$69.95. Weighted Vest: \$99.90-\$108.90 (includes shipping) price varies depending on the size ordered. Sizes range from extra small to extra large. The weights provided range from 16.5 lbs. to 20 lbs., depending on the size of the vest requested.

Source: Bones and Balance, Inc.

Attention: Christine M. Snow, PhD, FACSM

Address: 301 S.W. 4th Street, Suite 160

Corvallis, OR 97333

Phone: 888-431-9455

541-740-5391

Email: info@bonesandbalance.com

Christine.snow@bonesandbalance.com

Web: www.bonesandbalance.com

How to Order: Materials may be ordered by mail, phone or web site.

Roybal Center Consortium



This research group, based at the Boston University Sargent College of Health and Rehabilitation Services, has a well-researched, public education program called "A Matter of Balance." The "Matter of Balance" manual and video can be used together as a guide to a complete intervention that emphasizes self-assertiveness and self efficacy or the material may be used as a reference for how to conduct a series of fall-prevention classes. The video focuses on reducing fear of falling. The bulk of the manual content is aimed at decreasing fear of falling by teaching participants how to problem solve, be active, seek assistance when appropriate and reduce risk. Excellent and award-winning films developed by the Boston University Roybal Center Consortium include:

"Fear of Falling: A Matter of Balance": One of two award winning videotapes used in the center's "Fear of Falling" study to address fears elders have that impair their ability to remain active into old age. This video addresses common fears that elders have about falling. **Length:** 17 minutes. **Price:** \$159.

"Exercise: It's Never Too Late": The second of the award winning pair of videos from the center's "Fear of Falling" study. This video addresses common misconceptions elders have about exercise into old age and shares strategies to staying active. **Length:** 15 minutes. **Price:** \$49.95

"Strong for Life": The exercise video produced by the center for our "Strong for Life" study. This video takes the viewer through a 30-minute whole body resistance exercise routine designed for both functionally impaired as well as non-impaired elders. **Length:** 30 minutes. **Price:** \$38.35.

Name: Roybal Center Consortium

Address: Trustees of Boston University
Sargent College of Health and Rehabilitation Services
635 Commonwealth Ave.
Boston, Massachusetts 02215

Phone: 617-353-0550

Web Site: www.bu.edu/roybal

How to Order: Materials may be ordered by mail or phone. Inquiries may also be made through the web site for materials and course offerings.

The Tai Chi for Health Institute

"Tai Chi for Seniors": This well-known video focuses on ten easy Tai Chi movements arranged for seniors in a form that takes about four minutes to perform. Tai Chi Master Mark Johnson has included some wellness information on exercise as it is related to easing arthritis, boosting the immune system, lowering blood pressure and helping to prevent osteoporosis. This video is one of a set of three Tai Chi instructional videos provided by the Tai Chi Institute. **Length:** approx. 35 minutes. **Price:** \$25 each or \$60 for the entire set of three.



"Tai Chi for Healing": The next in the series is a brief introduction to the style of Chi Kung/Tai Chi called "The Pearl of Immortality" and is accompanied by an instructional segment for easier learning. This style was chosen because it most effectively clears out the specific meridians of the body that are used in healing. **Length:** approx. 35 minutes. **Price** \$25 each or \$60 for the set of three.

"Tai Chi for Women": The Tai Chi for Women video features Tai Chi Champion Claire Hage, and completes the set. This video address the physical and psychological needs of women and features over 20 acupressure points for conditions of fatigue, PMS, hot flashes, bone health, water retention, etc. There are warm up exercises (Chi Kung) to relax and energize the body and special exercises for breast health. There is also a segment that stimulates and detoxes the meridian system of acupuncture. All moves of this easy 5-minute style issue from and return to the heart. **Length:** approx. 35 minutes. **Price:** \$25 for each video or \$60 for the set of three.

Source: The Tai Chi for Health Institute

Address: 30 Elaine Avenue
Mill Valley, CA 94941

Phone: 800-497-4244

Web site: www.chi-kung.com

Email: chigung@mindspring.com

How to Order: Films may be ordered by mail, by telephone or on the web site. Shipping and handling is free. A thirty-day, free trial can be arranged and the company guarantees satisfaction.

Terra Nova Films



"Tai Chi For Elders": Terra Nova Films' *Tai Chi for Elders* shows 76 year-old Shizu Lofton demonstrating the art and exercise of Tai Chi. The exercises in this film have been specially adapted for the older adult. The basic movements are simple and performed repeatedly for each segment in a very coherent and user-friendly flow. Included is information on the health benefits of Tai Chi, safety guidelines for elders exercising, and detailed descriptions of the movements. **Length:** 45 minutes. **Price:** \$89.85; **Rental:** \$45.00.

Source: Terra Nova Films

Address: 9848 South Winchester Avenue
Chicago, Ill. 60643-1704

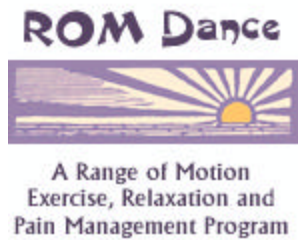
Phone: 800-779-8491
773-881-8491

Fax: 773-881-3368

Web site: www.terranova.org

How to Order: Orders may be placed by mail, telephone or web site.

Uncharted Country



"The ROM Dance": This innovative, gentle, exercise program has been enthusiastically used by rehabilitative professionals for more than a decade. It is designed for use with patients suffering from arthritis, lupus and other painful conditions that involve joint stiffness. The ROM Dance takes only seven minutes to do and is based on an unusual blend of medically recommended joint exercises and gentle motions inspired by T'ai Chi Chuan, an ancient Chinese health exercise. The films for the ROM Dance are longer than seven minutes as they review the rationale for each exercise once and then progress straight through the ROM Dance once again with only music and guided instruction. The exercises themselves are pleasant and easy to do and can be done seated or standing. Guided imagery and soft, relaxing music are incorporated into the exercises which make the ROM Dance actually soothing. Different versions of the Rom Dance are available-one refers to sunlight imagery, one utilizes moonlight imagery (for lupus patients) and there is also a seated version. Audio tapes can be used to promote guided exercise sessions where video is not possible or desired. **Length:** varies from 21 minutes to 55 minutes depending on the version selected. **Price:** \$24.95 each for video and \$9.95 for each audiocassette tapes.

Source: Uncharted Country

Address: 408 S. Baldwin St.
Madison, WI 53703-4805

Phone: 608-280-9730 (voice)
800-488-4940
608-280-9736 (fax)

Web: www.romdance.com

How to Order: A catalog is available upon request. Materials may be ordered by phone, mail or web site.

SECTION SIX: RESOURCES AND ORGANIZATIONS

AARP (Formerly known as the American Association of Retired Persons)

601 E St., NW
Washington, DC 20049
Tel: 800-424-3410
www.aarp.org

AARP is a nonprofit membership organization dedicated to addressing the needs and interests of persons 50 and older. AARP advocates for older Americans' health, rights, and life choices. AARP offers the AgeLine database, available on CD-ROM which contains extensive resources on issues of concern to older people. Publications are available on housing, health, exercise, retirement planning, money management, leisure, and travel. Other services are available such as income tax preparation and a discount mail-order pharmacy.

Administration on Aging (AoA) (Directory of Web Sites on Aging)

330 Independence Avenue, SW
Washington, DC 20201
Tel: 800-677-1116 or 202-619-7501
Fax: 202-260-1012
Web site: www.aoa.gov

The AoA works through the national aging network of State and Area Agencies on Aging, Tribal and native organizations, and thousands of service providers, adult care centers, caregivers, and volunteers to develop, plan and deliver supportive home and community-based services to elders and their caregivers.

AgeLine (Bibliographic Database from AARP)

www.silverplatter.com/catalog/agel.htm

American Academy of Family Physicians (AAFP)

11400 Tomahawk Creek Parkway
Leawood, KS 66211-2672
Tel: 800-274-2237 or 913-906-6000
Fax: 913-906-6094
Web: www.familydoctor.org (information for the public)

The website offers free fact sheets on specific diseases, questions and answers about common health issues, self-care flow charts, and databases on drugs and drug reactions.

American Academy of Neurology (AAN)

1080 Montreal Ave.
St. Paul, MN 55116
Tel: 651-695-1940
Fax: 651-695-2791
Web: www.aan.com

The Academy is an association of doctors specializing in disorders of the brain and central nervous system and can offer referral information on accredited neurologists. The AAN publishes a *Patient Information Guide* on neurological disorders and treatment.

American Academy of Orthopaedic Surgeons (AAOS)

6300 North River Road
Rosemont, IL 60018-4262
Tel: 847-823-7186
Fax: 847-823-8125
Web: www.aaos.org

The AAOS is a nonprofit organization of doctors who specialize in disorders of the bones, joints, muscles, ligaments, and tendons. Publications on orthopaedic medicine, many specifically for older persons, are available.

American Council of the Blind

1155 15th Street, NW, Suite 1004
Washington, DC 20005
Tel: 800-424-8666 or 202-467-5081
Fax: 202-467-5085
Email: info@acb.org
Web: www.acb.org

ACB is a national organization that advocates for blind and visually impaired people. Toll-free information, referrals and free educational materials are available.

American Federation for Aging Research (AFAR)

1414 Sixth Ave., 18th Floor
New York, New York 10019
Tel: 212-752-2327
Fax: 212-832-2298
Email: amfedaging@aol.com
Web: www.infoaging.org

www.afar.org

AFAR is a nonprofit organization dedicated to supporting basic aging research.

AFAR funds a wide variety of cutting-edge research on the aging process and age-related diseases. Visit the website for a list of free publications.

American Foundation for the Blind (AFB)

11 Penn Plaza, Suite 300
New York, New York 10001
Tel: 800-AFB-LINE (232-5463)
TTY: 212-502-7662
Fax: 212-502-7777
Email: afbinfo@afb.net
Web: www.afb.org

This national, nonprofit organization provides services and support for people who are blind or visually impaired. AFB supports the Talking Books program. Books, pamphlets, videos, and periodicals about blindness are available.

American Geriatrics Society (AGS)

Patient Education Forum

350 5th Ave., Suite 801
New York, New York 10021
Phone: 800-247-4779
Fax: 212-832-8646
Email: info.amger@americangeriatrics.org
Web: www.americangeriatrics.org

AGS is a nonprofit organization of physicians and health care professionals supporting the study of geriatrics. Information is available on geriatrics, long-term care, acute and chronic illnesses, rehabilitation, and nursing home care. Publications include the *AGS Complete Guide to Aging and Health* and the *AGS Medical Reference Guide*. The web-based *Patient Education Forum* offers excellent free educational material for seniors concerned about health-care issues.

American Medical Association (AMA)

515 North State Street
Chicago, IL 60610
Tel: 800-262-3211 or 312-464-5000
Fax: 312-464-5600
Web: www.ama-assn.org

The AMA is an organization of licensed doctors that distributes scientific information on health and sets standards on medical law and practice. Local AMA associations can provide referrals to qualified doctors. The AMA publishes the *Journal of the American Medical Association*, other subscription medical journals, and books for sale, including an encyclopedia of medicine.

American Nurses Association (ANA)

600 Maryland Avenue, SW
Suite 100 West
Washington, DC 20024
Tel: 800-274-4ANA (4262) or 202/651-7000
Fax: 202/651-7001
Email: via Web site
Web: www.nursingworld.org

ANA is a national association of registered nurses and serves as an advocate for nursing practitioners as well as sponsoring research and continuing education. The ANA sets the standards for the practice of gerontological nursing.

American Occupational Therapy Association

4720 Montgomery Lane
P.O. Box 31220
Bethesda, MD 20824-1220
Tel: 800-729-2682 or 301-652-2682
TTY 800-377-8555
Fax: 301-652-7711
Web site: www.aota.org

AOTA offers information on the role of occupational therapy in promoting functional independence, preventing disability, and maintaining health. Contact AOTA for publications including materials on home assessment, specialized ergonomic tools, referrals to local practitioners and therapy programs.

American Optometric Association (AOA)

243 North Lindbergh Blvd.
St. Louis, MO 63141
Tel: 800-365-2219 or 314-991-4100
Fax: 314-991-4101
Web: www.aonet.org

AOA, a national association of optometrists, evaluates ophthalmic products and sponsors continuing-education programs. One of its' programs, VISION USA offers free eye-care for uninsured or low-income older people and their families. Publications include: *Driving Tips for Older Adults*, *Contact Lenses After 40*, and fact sheets on floaters, macular degeneration, and glaucoma.

American Osteopathic Association

142 East Ontario Street
Chicago, IL 60611
Tel: 800-621-1773

Fax: 312-202-8200
Email: info@aoa-net.org
Web: www.aoa-net.org

The American Osteopathic Association represents osteopathic physicians (D.O.'s, doctors of osteopathic medicine), promotes public health, encourages scientific research, and is the accrediting agency for all osteopathic medical schools and health care facilities.

American Parkinson's Disease Association (APDA)

1250 Hylan Blvd., Suite 4B
Staten Island, NY 10305
Tel: 800-223-2732
Fax: 718-981-4399
Email: info@apdaparkinson.org
Web: www.apdaparkinson.org

A nonprofit organization, APDA funds research to find a cure for Parkinson's disease. APDA has a toll-free line for referrals. Publications and educational materials are available on Parkinson's disease, speech therapy, exercise, diet, and aids for daily living.

American Physical Therapy Association (APTA)

1111 North Fairfax Street
Alexandria, VA 22314-1488703/684-APTA (2782)
Tel: 800/999-APTA (2782)
TDD: 703/683-6748
Fax: 703/684-7343
Web: www.apta.org

APTA is an organization of licensed physical therapists which provides referrals, funds research and sets the standards for practice of physical therapy. The APTA Section on Geriatrics offers publications on topics such as osteoporosis, balance, fall prevention, incontinence, neck and back pain, hip, knee, or shoulder care, and what physical therapy can offer older adults.

American Podiatric Medical Association (APMA)

9312 Old Georgetown Road
Bethesda, MD 20814
Tel: 800-FOOT CARE (366-8227) or 301-571-9200
Fax: 301-530-2752
Email: askapma@apma.org
Web: www.apma.org

APMA is an association of podiatrists providing services and information on foot problems and foot health. Publications on proper foot care and effect of arthritis and diabetes on feet are available.

American Society on Aging (ASA)

833 Market Street, Suite 511
San Francisco, CA 94103
Tel: 800-537-9728 or 415-974-9600
Fax: 415-974-0300
Email: info@asaging.org
Web: www.asaging.org

The ASA is a nonprofit organization providing information about medical and social practice, research, and policy pertinent to the health of older people. The organization publishes two fine journals: *Generations*, and *Aging Today*. A catalog of books for sale and other educational materials is available on the website.

Aquarius Health Care Videos

5 Powderhouse Lane
P.O. Box 1159
Sherborn, MA 01770
Tel. 888-440-2963
Fax: 508-650-4216
Web: www.aquariusproductions.com

An award winning film company which specializes in films about individuals and families who are facing the challenges of healing, living with a disability, grief, loss, doctor-patient relationships and holistic health.

Arthritis Foundation (AF)

1330 West Peachtree Street
Atlanta, GA. 30309
Tel: 800-283-7800 or 404-965-7537
Fax: 404-872-0457
Web: www.arthritis.com

AF is a nonprofit, volunteer organization focusing on research and information to cure, prevent, or better treat arthritis and related diseases. Publications and videos are available on topics such as self-help and exercise therapy.

Better Vision Institute (BVI)

1655 North Fort Myer Drive
Arlington, VA 22209
Tel: 800-424-8422 or 703-243-1508
Fax: 703-243-1537
Web: www.visionsite.org

BVI provides news and information on vision health and care. Contact the Institute for facts on the detection, treatment, and prevention of eye disease. Publications include fact sheets on cataracts, nutrition, care of eyeglasses, diabetes, and vision care.

Brain Injury Association of Florida, Inc.

201 E. Sample Road
Pompano Beach, FL 33064
Tel: 800-992-3442
Web: www.biaf.org

The Brain Injury Association of Florida, Inc. offers many wonderful educational materials and is active in speaking to community groups to promote safety that will reduce brain injuries.

Centers for Disease Control (CDC)

1600 Clifton Road
Atlanta, GA 30333
Tel: 800-311-3435 or 404-639-3311
TTY: 800-255-0135
Fax: 404-639-7392
Email: netinfo@cdc.gov
Web: www.cdc.gov

The CDC, part of the Federal Government, is the lead agency for protecting the health and safety of people at home or abroad. The CDC produces a wealth of educational material including fact sheets that help people make informed decisions about their health care. Spanish language resources are available.

Centers for Disease Control-National Center for Injury Prevention and Control

Division of Unintentional Injury Prevention(NCIP)

4770 Buford Highway, NE, Mailstop K-65
Atlanta, GA. 30341-3724
Tel: 770-488-1506
Fax: 770-488-1667
Email: OHCINFO@cdc.gov
Web: www.cdc.gov/ncipc or www.cdc.gov/safeusa

The NCIP branch of the CDC offers many wonderful educational materials.

Channing Bete Company

One Community Place
South Deerfield, MA 01373-0200
Tel: 800-628-7733
Fax: 800-499-6464
Web: www.channing-bete.com

Founded in the 1930's, this well known Health Educational Resource company offers a vast selection of materials. They are also responsive to cooperative efforts of design to customize materials, offer government and bulk discounts and have excellent content in their offerings.

Department of Veterans Affairs

Office of Public Affairs
810 Vermont Avenue, NW
Washington, DC 20420
Tel: 800-827-1000
TTY: 800-829-4833
Web: www.va.gov

The VA, part of the Federal Government, provides benefits for eligible veterans and their families in outpatient clinics, medical centers, and nursing homes across the US. Contact the VA for information and publications on service locations, and benefits, including educational materials. Many of the VA Hospitals have excellent Fall Prevention Teams and are happy to share their knowledge.

Directory of State and Area Agencies on Aging

www.aoa.gov/eldfam/How_To_Find/Agencies/Agencies.asp

Division of Unintentional Injury Prevention

4770 Buford Highway, NE, Mailstop K-65
Atlanta, GA. 30341-3724
Tel: 770-488-1506
Fax: 770-488-1667
Email: OHCINFO@cdc.gov
Web: www.cdc.gov/ncipc and www.cdc.gov/safeusa

This branch of the CDC offers wonderful fall prevention educational materials.

Epilepsy Foundation

4351 Garden City Drive
Landover, MD 20785
Tel: 800-332-1000 or 301-459-3700; 800-332-4050 (Library)
Fax: 301-577-2684
Email: postmaster@epilepsyfoundation.org
Web: www.epilepsyfoundation.org

The Epilepsy Foundation is a national volunteer health organization supporting research, education, advocacy, and services for people with seizure disorders. Videos and a catalog of publications are available.

Florida Arthritis Prevention and Education

4052 Bald Cypress Way, HSFC, BIN A-18
Tallahassee, FL 32399-1744
Tel: 850-245-4330
Fax: 850-414-6625
Email: Heather_Murphy@doh.state.fl.us

Food and Drug Administration (FDA)

Mail Stop HFE 88
5600 Fishers Lane
Rockville, MD 20857
Tel: 888-463-6332
888-723-3366(Food Info)
800-822-7967 (Vaccine Adverse Reaction Reporting)
Web: www.fda.gov

Gerontological Society of America(GSA)

1030 15th Street, NW, Suite 250
Washington, DC 20005-1503
Tel: 202-842-1275
Web: www.geron.org

The Gerontological Society of America is a non-profit professional organization devoted to research, advocacy and education in the field of aging. GSA provides researchers, educators, practitioners, and policy makers with opportunities to understand, advance, integrate, and use basic and applied research on aging to improve the quality of life as one ages.

Indian Health Service (IHS)

Parklawn Building, Room 6-35
5600 Fishers Lane
Rockville, MD 20857
Tel: 301-443-3593
Fax: 301-443-0507
Web: www.ihs.gov

The IHS part of the Federal Government operates a comprehensive health service program for American Indians and Alaska Natives. Services include hospital and community-based medical care, rehabilitation, and disease prevention.

Institute on Aging, Temple University

1601 North Broad Street
Philadelphia, PA 19130

Tel: 215-204-6834
Fax: 215-204-6733
Web: www.temple.edu/aging/

Temple's Fall Prevention Project addresses matters of research and education on fall prevention in great depth. Some of their materials are available in nine languages.

James A. Haley VA Patient Safety Center of Inquiry

11605 North Nebraska Ave.
Mail Stop 118M
Tampa, Florida 33612-5738
Tel: 813-558-3900
Fax: 813-558-3992
Email: Patricia.Quigley@med.va.gov
Web: www.patientsafetycenter.com

The Patient Safety Center of Inquiry of the James A. Haley VA Medical Center provides services, patient education, training, research, product development and consultation in matters of fall prevention and all matters of patient safety to veterans.

Krames, Inc.

780 Township Line Road
Yardley, PA 19067
Tel.: 800-333-3032
Fax: 866-722-4377
Web Site: www.krames.com

The Krames Company is one of the major health-related educational material providers in the United States. The Krames Company provides an enormous array of educational materials in pamphlet, pad, and poster format. The artwork is done in colorful appealing style, using both line drawing and naturalistic formats.

Lighthouse National Center for Vision and Aging (LNCVA)

111 East 59th Street
New York, NY 10022
Tel: 800-829-0500 or 212-821-9495
TTY: 212-821-9713
Fax: 212-821-9705
Email: info@lighthouse.org
Web: www.lighthouse.org

LNCVA provides advocacy, support, and information, and resources on vision impairment and blindness. Publications and audiovisual materials are available on topics including vision disorders, treatment options, and rehabilitation strategies.

National Alliance for Hispanic Health

1501 16th Street, NW
Washington, DC 20036
Tel: 202-387-5000
Email: alliance@hispanichealth.org
Web: www.hispanichealth.org

The Alliance is a network of health and human service providers fostering the health, well-being, and prosperity of Hispanics. They support health research into specific health concerns facing Hispanics, and promote appropriate use of technology. Spanish language resources are available.

National Arthritis and Musculoskeletal and Skin

Diseases Information Clearinghouse (NIAMS of NIH)

P.O. Box AMS
Bethesda, MD 20892
Tel.: 301/495-4484 or 877-226-4267
Web: www.niams.nih.gov

This non-profit part of the NIH is an excellent place to search for fact sheets on diseases of skin, bones, joints such as lupus, arthritis, fibromyalgia and other conditions which may cause stiffness and pain in their sufferers.

National Asian Pacific Center on Aging (NAPCA)

1511 3rd Avenue, Suite 914
Seattle, WA 98101-1626
Tel: 206-624-1221
Fax: 206-624-1023
Email: info@napca.org
Web: www.napca.org

NAPCA is a nonprofit agency dedicated to serving aging Asian and Pacific Islanders. It offers employment programs, multilingual community forums and health education. The Center works with elders, policy makers, program administrators, and community leaders. Publications include a newsletter and translated health care materials.

National Association for Continence (NAFC)

P.O. Box 8310
Spartanburg, S.C. 29305-8310
Tel: 800-252-3337
Fax: 864-579-7902
Email: memberservices@nafc.org
Web: www.nafc.org

This nonprofit organization provides advocacy, education, and support to people with incontinence and their families. Contact NAFC for information about the causes, prevention, diagnosis, treatments, and management alternatives for incontinence.

National Association for Health and Fitness (NAHF)

201 South Capital Avenue, Suite 560
Indianapolis, IN 46225
Tel: 317-237-5630
Fax: 317-237-5632
Web: www.physicalfitness.org

NAHF is a nonprofit organization promoting physical fitness, sports, and healthy lifestyles. The Association supports State Governor's Councils on Physical Fitness and Sports. They also support the Let's Get Physical program, an interactive education program based on the Surgeon General's 1996 report recommending moderate physical activity most days of the week.

National Indian Council on Aging (NICOA)

10501 Montgomery Boulevard, NE, Suite 210
Albuquerque, NM 87111-3846
Tel: 505-292-2001
Fax: 505-292-1922
Email: dave@nicoa.org
Web: www.nicoa.org

NICOA provides services, advocacy, and information on aging issues for older American Indian and Alaska Native people. Contact the NICOA for information about its resources and support groups serving the national Indian community, and NICOA's clearinghouse for issues affecting older Indian people. Publications are available, including the newsletter *Elder Voices*.

National Center for Injury Prevention and Control (Fact Sheets)

Division of Unintentional Injury Prevention

4770 Buford Highway, NE, Mailstop K-65
Atlanta, GA. 30341-3724
Phone: 770-488-1506
Fax: 770-488-1667
Email: OHCINFO@cdc.gov
Web : www.cdc.gov/ncipc/duip/facts.htm
www.cdc.gov/ncipc
www.cdc.gov/safeusa

The NCIPC is a part of CDC. Excellent patient educational materials are available through the SAFEUSA website.

National Council of La Raza (NCLR)

1111 19th Street, NW, Suite 1000

Washington, DC 20036

Tel: 202-785-1670

Fax: 202-776-1794

Web: www.nclr.org

NCLR is a private, nonprofit organization established to reduce poverty and discrimination and improve opportunities for Hispanics. Culturally-relevant, bilingual, health education and promotional materials are available. The Hispanic Health Project works to lower the incidence of a variety of preventable conditions.

National Council on Aging, Inc. (NCOA)

409 3rd Street, SW, Suite 200

Washington, DC 20024

Tel: 202-479-1200

Fax: 202-479-0735

Email: info@ncoa.org

Web: www.ncoa.org

NCOA is a private, nonprofit organization providing information, training, technical assistance, advocacy, and leadership in all aspects of aging services and issues. Contact NCOA for information on training programs and in-home services for older people. NCOA publications are available on topics such as lifelong learning, senior center services, adult day care, long-term care, financial issues, senior housing, rural issues, intergenerational programs, and volunteers in aging.

National Council on Patient Information and Education (NCPIE)

4915 Saint Elmo Avenue, Suite 505

Bethesda, MD 20814-6053

Tel: 301-656-8565

Fax: 301-656-4464

Email: ncpie@erols.com

Web: www.talkaboutrx.org

NCPIE is a nonprofit coalition providing advocacy, information, and services to educate and empower consumers to make sound decisions about the use of prescription and over-the-counter medicines. The web site and publications offered provide information on medications, side effects, and manufacturers' recalls.

National Diabetes Information Clearinghouse (NDIC)

1 Information Way
Bethesda, MD 20892-3560
Tel: 800-860-8747 or 301-654-3327
Fax: 301-907-8906
Email: ndic@info.niddk.nih.gov
Web: www.niddk.nih.gov

The National Diabetes Clearinghouse, funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) provides referrals to diabetes specialists and organizations, and searches from its database of patient and professional education materials. Materials are available on such topics as alternative therapies, controlling diabetes, complications of diabetes and information on the course of diabetes in other cultures such as Asian, Hispanic, American Indians and other ethnic groups. Spanish-language resources are available.

National Eye Health Education Program (NEHEP)

National Eye Institute (NEI)
National Institutes of Health (NIH)
2020 Vision Place
Bethesda, MD 20892-3655
Tel: 301-496-5248
Fax: 301-402-1065
Email: 2020@nei.nih.gov
Web: www.nei.nih.gov

NEHEP, funded by NEI, part of NIH, is a partnership of professional, civic, and voluntary organizations and Federal agencies. NEHEP provides referrals and other health resources. The Program offers free materials to educate the public about how to protect eye health and prevent vision loss and distributes information on such topics as preventing diabetic eye disease, glaucoma, and low vision.

National Fire Prevention Association (NFPA):

1 Batterymarch Park
P.O. Box 9101
Quincy, Mass. 02269-9101
Tel: 800-344-3555
Fax: 617-770-0700
Email: sgamache@nfpa.org
Web: www.nfpa.org

The NFPA mission is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating scientifically-based consensus codes and standards, research, training, and education

National Health Information Center (NHIC)

Department of Health and Human Services
P.O. Box 1133
Washington, DC 20013-1133
Tel: 800-336-4797 or 301—565-4167
Fax: 301-984-4256
Email: nhicinfo@health.org
Web: www.health.gov/NHIC

The NHIC, a service of the Federal Government, links consumers and health professionals with resources and information. The Center provides health information, contacts for Federally-supported health information centers, lists of national health observances, and toll-free numbers sponsored by the Federal Government.

National Heart, Lung and Blood Institute

Education Programs Information Center

P.O. Box 30105
Bethesda, MD 20824-0105
Tel.: 301/951-3260
Fax: 301-592-8563
Web: www.nhbi.hih.gov

This Information Center provides printed materials, referrals and publications, including *HeartMemo* and *AsthmaMemo*.

National Hispanic Council on Aging (NHCoA)

2713 Ontario Road, NW
Washington, DC 20009
Tel: 202-265-1288
Fax: 202-745-2522
Web: www.nhcoa.org

The NHCoA is a national organization providing advocacy, education, and information for older Hispanic people. Publications in English and Spanish are available.

National Hospice and Palliative Care Organization (NHPCO)

1700 Diagonal Road, Suite 300
Alexandria, VA 22314
Tel: 800-658-8898 or 703-837-1500
Email: info@nhpco.org
Web: www.nhcpo.org

NHPCO is a nonprofit, membership organization working to enhance the quality of life for individuals who are terminally ill and advocating for people in the final stage of life. Information, resources, and referrals to local hospice services are available. Publications, fact sheets, and website resources are available.

National Hospice Foundation (NHF)

1700 Diagonal Road, Suite 300
Alexandria, VA 22314
Tel: 800-338-8619 or 703-516-4928
Fax: 703-525-5762
Email: info@nhpco.org
Web: www.hospiceinfo.org

NHF is a nonprofit, charitable organization affiliated with the National Hospice and Palliative Care Organization. It provides support and information about hospice care options.

National Institute on Aging (NIA)

NIA Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057
Tel.: 800/222-2225
Fax: 301-589-3014
Web: www.nih.gov/nia

NIA, part of NIH, conducts and supports biomedical, social, and behavioral research on aging. The Institute produces the *Age Pages*, a series of fact sheets for consumers. Many other excellent resources are available through the NIA.

National Institutes of Health Osteoporosis and Related Bone Diseases-National Resource Center(NIH-ORBD-NRC)

1232 22nd Street, NW,
Washington, D.C. 20037-1292
Tel: 202-223-0344 or 800-624-BONE (2663)
Fax: 202-293-2356
TTY: 202-466-4315
Web: www.osteoporosis.nih.gov

The Resource Center provides patients, health professionals, and the public with resources and information on bone diseases and disorders. The Center is supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases and six other Institutes and Offices.

National Library of Medicine (NLM) (for MEDLINE, HSTAT, MeSH).

National Institutes of Health
Bethesda, MD 20894
Tel: 888-FIND-NLM (346-3656) or 301-496-6308
Fax: 301-496-4450
Web: www.ncbi.nlm.nih.gov/pubmed/
www.nlm.nih.gov

The National Library of Medicine, part of NIH, is the world's largest medical library. The collection can be consulted in person or requested on interlibrary loan. NLM offers nationwide access through a National Network of Libraries of Medicine. The database, MEDLINE, is available via the worldwide web.

National Library for the Blind and Physically Handicapped (NLSBPH)

Library of Congress Reference Section
1291 Taylor Street, NW
Tel: 800-424-8567 or 202-707-5100
Fax: 202-707-0712
Email: nls@loc.gov
Web: www.locweb.loc.gov/nls/

The NLSBPH, founded by the Library of Congress, is a network of regional and local libraries that provide free library services to blind and physically disabled people. Programs include: postage-free delivery and return-mailing of audio-books and books and magazines in Braille. Specially designed Talking Books and cassette players also are lent to the public, free of charge. This library also provides information on blindness and physical disabilities.

National Osteoporosis Foundation (NOF)

1232 22nd Street, NW
Washington, DC 20037-1292
Tel: 202-223-2226
Fax: 202-223-2237
Web: www.nof.org

NOF is a nonprofit, voluntary health organization dedicated to promoting lifelong bone health to reduce the widespread prevalence of osteoporosis and related fractures. NOF works to find a cure for osteoporosis through research, education and advocacy. The Foundation provides general information on osteoporosis, a quarterly newsletter and printed information through membership.

National Center for Patient Safety (NCPS)

Department of Veterans Affairs
National Center for Patient Safety (10X)
24 Frank Lloyd Wright Drive

Lobby M
PO Box 486
Ann Arbor, MI 48106-0486
Tel: 734-930-5890
Email: NCPS@med.va.gov
Web: www.patientsafety.gov

The National Center for Patient Safety (NCPS) embodies the Department of Veterans Affairs' (VA) uncompromising commitment to reducing and preventing adverse medical events while enhancing the care given to veterans.

National Safety Council

1121 Spring Lake Drive
Itasca, IL 60143-3201
Tel: 630-285-1121
Fax: 630-285-1315
Web: www.nsc.org
www.nsc.org/library/facts.htm
www.nsc.org/issues/fallstop.htm

The National Safety Council, founded in 1913 and chartered by the United States Congress in 1953, is the nation's leading advocate for safety and health. Their mission is "to educate and influence society to adopt safety, health and environmental policies, practices and procedures that prevent and mitigate human suffering and economic losses arising from preventable causes." A large variety of patient (and professional) education materials can be downloaded from this web site. The materials range from educational articles to easy quizzes to fact sheets. A sampling of the topics available on health issues includes

National Resource Center on Native American Aging (NRCNAA)

P.O. Box 9037
Grand Forks, ND 58202-9037
Tel: 800-896-7628 or 701-777-3437
Fax: 701-777-2389
Web: www.med.und.nodak.edu/depts/rural//nrcnaa/

The Resource Center, funded by the Administration on Aging, provides support, advocacy, and information for older Native Americans, including American Indians, Alaska Natives, and Native Hawaiians. Contact the Center for legal information, references, geriatric leadership training, cultural awareness, and a variety of publications.

National Resource Center on Supportive Housing and Home Modifications

USC Andrus Gerontology Center
3715 McClintock Avenue
Los Angeles, CA 90089-0191
Tel: 213-740-1364

Fax: 213-740-7069

Web: www.homemods.org

The Center is funded in association with The Archstone Foundation and the California Endowment. Contact the Center for information on government-assisted housing, assisted living policies, home modifications for older people, training and educational materials and courses and technical assistance. Publications and fact sheets are available.

President's Council on Physical Fitness and Sports

Suite 250
701 Pennsylvania Avenue NW
Washington, DC 20004
Tel.: 202/272-3430

RN+ Patient Safety and Fall Prevention

www.rnplus.com/

Roybal Center Consortium,

Trustees of Boston University
Sargent College of Health and Rehabilitation Services
635 Commonwealth Ave.
Boston, Massachusetts 02215
Tel: 617-353-0550
Web site www.bu.edu/roybal

The Roybal Center Consortium for the Enhancement of Late Life Function is one of five Centers of Research in Applied Gerontology funded by the National Institute on Aging (NIA) within the National Institutes of Health. The Matter of Balance Program is part of the Boston University Roybal Center.

Terra Nova Films

9848 South Winchester Avenue
Chicago, Ill. 60643-1704
Phone: 800-779-8491, or 773-881-8491
Fax: 773-881-3368
Email: tnf@terranoval.org
WebSite: www.terranoval.org

Terra Nova Films produces and distributes films and videos exclusively about elderhood issues. Award-winning films like *My Mother, My Father*, *Curtain Call*, *Flowers for Charlie*, *Grandparents Raising Grandchildren*, *Complaints of a Dutiful Daughter*, and *Harvest of Age* challenge stereotypical perceptions and attitudes about older adulthood, and celebrate the creativity, resilience, knowledge, and experience of older adults.

Tai Chi for Arthritis

Web: www.taichiforarthritis.com

U.S. Census Bureau (includes Federal Statistics)

U.S. Census Bureau
Washington, DC 20233
Tel: 301-763-INFO (4636)
Email: webmaster@census.gov
Web: www.census.gov

United States Public Health Service (USPHS)

United States Department of Health and Human Services
200 Independence Ave., SW
Washington, DC 20201
Tel: 877-696-6775 or 202-619-0257
Web: www.hhs.gov or www.healthfinder.gov

The USPHS, a service of the Federal Government, originated over 100 years ago, as a branch of the United States Services (which include the USPHS, the Armed Forces and the National Oceanic and Atmospheric Association -NOAA). The USPHS mission was originally to provide medical care for the United States Merchant Marine. It has evolved into a Corps that provides care for many groups in addition to the Merchant Marine: Native Americans, the prison system, the Coast Guard and other Armed Forces personnel as necessary, and assistance during periods of national crisis.

Vestibular Disorders Association (VEDA)

P.O. Box 4467
Portland, OR 97208-4467
Tel: 800-837-8428 or 503-229-7705
Fax: 503-229-8064
Email: veda@vestibular.org
Web: www.vestibular.org

VEDA is a nonprofit organization providing information and support for people with disorders such as Meniere's disease, BPPV, and labyrinthitis. Lists of clinics and vestibular specialists are offered and information on disorders of the inner ear and management and diagnosis of dizzy spells. Publications are available on recent advances, rehabilitation, and support therapy.

VHI (Visual Health Information)

P.O. Box 44646
Tacoma, WA. 98444
Tel: 800-356-0709
Fax: 253-536-4944
Web Site: www.vhikits.com

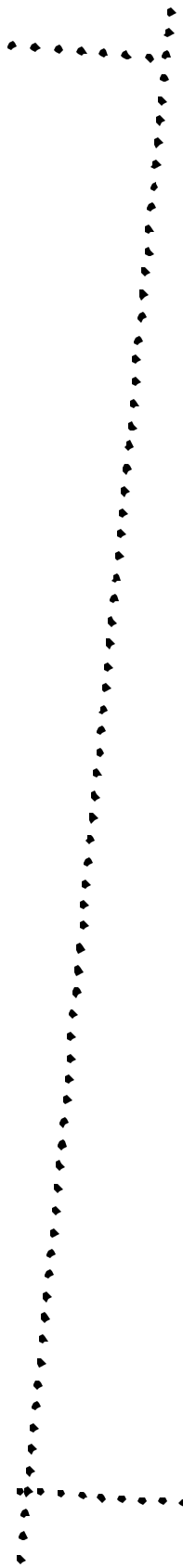
Gratitude is expressed for the content included in the descriptions of agencies from the invaluable Resource Directory for Older People published by the National Institute on Aging, the National Institutes of Health, the U.S. Department of Health and Human Services and the Administration on Aging.

Every effort was made to insure the accuracy of the information in this manual.

SECTION SEVEN: REFERENCES

- American Association of Retired Persons (AARP) (1991). Issue brief.
- American Society of Consultant Pharmacists,(2002). *Seniors At Risk: Designing the System to Protect American's Most Vulnerable Citizens From Medication-Related Problems*. <http://www.ascp.com>
- Berg,K., Hines, M., & Allen S. (2002). Wheelchair Users at home: few home modifications and many Injurious falls. *American Journal of Public Health, 92*(1): 48.
- CDC Centers for Disease Control (2001). National Center for Injury Prevention and Control Home Page: Falls in Nursing Homes. <http://www.cdc.gov>.
- The Costs of Fall Injuries Among Older Adults. <http://www.cdc.gov/ncipc/factsheet> Physical Activity and Health At A Glance. <http://www.cdc.gov>
- Campbell, A.J., Borrie, M.J., & Spears, G.F. (1989). Risk factors for falls in a community-based prospective study of people 70 years old and older. *Journal of Gerontology, 44A*(4), M112-M117.
- Clark, D.O. (1995). Racial and educational differences in physical activity among older adults. *Gerontologist, 35*, 472-480.
- Cohen, J.W., Machlin, S.R., Zuvekas, S.H., et al. (1996). MEPS Research Findings 12. Rockville, Maryland: U.S. agency for Healthcare Research and Quality Publ No. 01-0009.
- Cutson, T.M. (1994). Falls in the elderly. *American Family Physician, 49*(1), 149-156.
- Elrod, J.M. (2002). *Reversing Fibromyalgia*. Pleasant Grove, Utah: Woodland Publishing.
- Ernst, F.R., Grizzle, A.J. (2001). Drug-related morbidity and mortality: updating the cost-of-illness model. *Journal of the American Pharmacists Association, 41*, 192-199.
- Gurwitz, J.H., Field, T.S., Avorn, J. et al. (2000). Incidence and preventability of adverse drug events in nursing homes. *American Journal of Medicine, 109*, 87-94.
- Gurwitz, J. H., Monane, M., Monane, S., & Avorn, J. (1995). *Long-Term Care Quality Letter*. Providence, R.I. :Brown University.
- Hwang, W., Weller, W., Ireys, H., & Anderson, G. (2001). Out of pocket medical spending for care of chronic conditions. *Health Affairs, 6*, 267-278.
- Jette, A.M., Lachman, M., Georgetti, M.M., Assmann, S.F., Harris, B.A., Levenson, C., Wernick, M., & Krebs, D. (1999). Exercise: It's never too late: The strong for life program. *American Journal of Public Health, 89*, 66-72.
- Kenny, R.A., Rubenstein, L.Z., Martin, F.C., & Tinetti, M.E. (2001). Guideline for the prevention of falls in older persons. *Journal of the American Geriatrics Society, 49*, 664-672.
- King, A.C., Blair, S.N., Bild, D.E., et al.(1994). Determinants of physical activity and interventions in adults. *Medical Science of Sports Exercise, 24*, S221-S236.
- Kirsch, I., Jungeblut, A., Jenkins, L., Kolstad, A. (1993). *Adult Literacy in America*. Washington, DC: National Center for Education Statistics.
- Lazarou, J., Pomeranz, B.H., & Corey, P.W. (1998). Incidence of adverse drug reactions in hospitalized patients: A meta-analysis of prospective studies. *Journal of the American Medical Association, 279*, 1200-1205.

- Malphurs, F.L. & Striano, J.A. (2001). Gaze into the long-term care crystal ball: The Veterans Health Administration and aging. *Journal of Gerontology Medical Sciences*, 56A (11), M666-673.
- National Center for Injury Prevention and Control. *Injury Fact Book 2001-2002*. Atlanta, GA: Centers for Disease control and Prevention, 2001.
- National Institute on Aging, National Institutes of Health, U.S. Dept. of Health and Human Services & Administration on Aging (2001). *Resource Directory for Older People*. NIH Printing Office.
- Opus Communications (2001). www.accreditinfo.com
- Paterson, B., Kieloch, B., & Gmiterek, J. (2001). "They never told us anything": discharge teaching of families of brain injured persons. *Rehabilitation Nursing*, 26(2), 48-53.
- Polivka, L., Dunlop, B., & Rothman, M. (1996). *Long-Term Care for the Frail Elderly in Florida: Expanding Choices, Containing Costs*. Tampa, FL.: The Florida Policy Exchange Center in Aging.
- Robbins, A.S., Rubenstein, L.Z., Josephson, K.R., Schulman, B.L., Osterweil, D., & Fine, G. (1989). Predictors of falls among elderly people: Results of two population-based studies. *Archives of Internal Medicine*, 149, 1628-1633.
- Robison, J.I., & Rogers, M.A. (1994). Adherence to exercise programmes. Recommendations. *Sports Medicine*, 17, 39-52.
- Rubenstein, L.Z. & Josephson, K.R. (2002). The epidemiology of falls and syncope. Ed. By R.A. Kenny, D. O'Shea. *Falls and syncope in elderly patients. Clinics in geriatric medicine*. Philadelphia: W.B. Saunders Co.
- Sattin, R.W. (1992). Falls among older persons: A public health perspective. *Annual Review of Public Health*, 13,489-508.
- Schuman, T.M., Standard, E., Harbert, A.S., Schmidt, M.G., & Roberts, J.L. (1992). (Eds.) *Demographic Transition and Ageing*. San Diego, CA.: San Diego State University Press.
- Tideiksaar, Rein (1996). Preventing falls: How to identify risk factors, reduce complications. *Geriatrics*, 51(2), 43-53.
- Timeras, P.S. (1994). *Physiological basis of aging and geriatrics*. Boca, Raton: CRC Press.
- Tinetti, M.E., Baker, D.I., McAvay, G., Claus, C.B., Garrett, P., Gottschalk, M., Koch, M.L., Trainor, K., & Horwitz, R.I. (1994). A multifactorial intervention to reduce the risk of falling among elderly people living in the community. *The New England Journal of Medicine*, 331(13), 821-7.
- Tinetti, M.E., Speechley, M., & Ginter, S.F. (1988). Risk factors for falls among elderly persons living in the community. *The New England Journal of Medicine*, 319,26,1701-1707.
- Wolf, S.L., Barnhart, H.X., Kutner, N.G., McNeely, E., Coogler, C., Xu, T., & the Atlanta FICSIT Group (1996). Reducing frailty and falls in older persons: An investigation of Tai Chi and computerized balance training. Atlanta FICSIT Group Frailty and injuries: Cooperative studies of intervention techniques. *Journal of the American Geriatric Society*, 44(5), 489-497.
- Wolfson, L., Whipple, R. et al. (1996). Balance and strength training in older adults: intervention gains and Tai Chi maintenance. *Journal of the American Geriatric Society*, 44(5), 498-506.



VISN 8 Patient Safety Center
Of Inquiry, Tampa Florida

VHA Patient Safety Center
11605 N. Nebraska Avenue (118M)
Tampa, FL 33612-5738
Phone: 813-558-3900
Fax: 813-558-3990