



## **EPaD GEC**

# **Interprofessional Geriatric Oncology Toolkit**

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## Introduction and How to navigate the Toolkit

Hello and welcome to the EPaD GEC Interprofessional Geriatric Oncology Toolkit!  
This toolkit contains resources and tools for providers, patients and their caregivers.  
The toolkit is a supplement to our educational modules listed below:

1. Geriatric Oncology Risk Assessment for Treatment Options in Older Adults with Cancer
2. Decision Making for Older Adults with Cancer
3. The Older Adult Oncology Patient and Nutrition

If you have not had an opportunity to access our modules, please visit our website <http://epadgec.jefferson.edu/education1.cfm> to access them.

The toolkit is designed to help providers, patients and their caregivers access current materials and resources used throughout geriatric oncology. In other words the toolkit was made with you in mind to provide you with some useful tools and information that will help you throughout the geriatric oncology experience. As well as to promote education for providers, students, patients and their families on the best practices and resources used in this area.

The toolkit has been divided into sections and addresses the areas outlined in our curriculum. You will find information on the types of assessments conducted for oncology and geriatrics, as well as decision making tools and supports such as advance directives and other social supports and services for oncology patients.

# **Interprofessional Geriatric Oncology Toolkit**

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# ASSESSMENT

## 1. Models of Shared Care

- Shared care models have been applied in the management of a range of chronic conditions, including diabetes, cardiovascular, mental health, renal disease, arthritis, hepatitis, palliative care and cancer.
- The literature shows that shared care models can be broadly classified depending on the mode of information exchange between the participants
- **Shared Care Model: high level literature review (article):**  
[http://www.incite.cancerinstitute.org.au/articles/Shared\\_Care\\_models.aspx](http://www.incite.cancerinstitute.org.au/articles/Shared_Care_models.aspx)

## 2. Common Geriatric Co morbidities:

|                               |                      |
|-------------------------------|----------------------|
| Anemia                        | Malnutrition         |
| Arthritis                     | Osteoporosis         |
| Cardiovascular problems       | Oral Problems        |
| Dementia/Cognitive Impairment | Poly pharmacy        |
| Depression                    | Renal insufficiency  |
| Diabetes                      | Urinary Incontinence |
| Falls                         |                      |

### Tools to assist with Geriatric Oncology Screening

Every geriatric oncology patient will benefit from an initial screen to identify risks that may impact treatment outcomes. Some screening tools have been identified below.

#### 1. Vulnerable Elders Survey

- The Vulnerable Elders Survey (VES-13) is a simple function-based tool for screening community-dwelling populations to identify older persons at risk for health deterioration. The VES considers age, self-rated health, limitations in physical function, and functional disabilities.
- The VES can be administered in person or by phone. The instrument contains a scoring guide. In the national sample of elders used to test the VES-13, a score of 3+ vs. 0-2 on the screener identified 32% of individuals as vulnerable. This vulnerable group had four times the risk of death or functional decline when compared to elders scoring 3 or less.
- The VES can be used without charge by researchers, health care professionals, and provider organizations. RAND's only requirement is that proper acknowledgement be given RAND as rights owner, citing the following publication:
- **Vulnerable Elders Survey VES-13 (website):**  
<http://www.rand.org/health/projects/acove/survey.html>

## 2. Cognitive Screen (Three Item Recall)

- The Mini-Cog test is a 3-minute instrument to screen for cognitive impairment in older adults in the primary care setting. The Mini-Cog uses a three-item recall test for memory and a simple scored clock-drawing test (CDT). The latter serves as an “informative distractor,” helping to clarify scores when the memory recall score is intermediate.
- The Mini-Cog was as effective as or better than established screening tests in both an epidemiologic survey in a mainstream sample and a multi-ethnic, multilingual population comprising many individuals of low socioeconomic status and education level. In comparative tests, the Mini-Cog was at least twice as fast as the Mini-Mental State Examination. The Mini-Cog is less affected by subject ethnicity, language, and education, and can detect a variety of different dementias. Moreover, the Mini-Cog detects many people with mild cognitive impairment (cognitive impairment too mild to meet diagnostic criteria for dementia).
- **Min-Cog Test (pdf):**
- <http://geriatrics.uthscsa.edu/tools/MINICog.pdf>

## 3. Timed Get Up and Go Test

- The timed get up and go test is a measurement of mobility. It includes a number of tasks such as standing from a seating position, walking, turning, stopping, and sitting down which are all important tasks needed for a person to be independently mobile.
- For the test, the person is asked to stand up from a standard chair and walk a distance of approximately 10 feet (measure as 3 meters), turn around and walk back to the chair and sit down again. The individual uses his/her usual footwear and can use any assistive walking device they normally use, such as a cane. The person is seated with his/her back to the chair, their arms resting on the arm rests, and any walking aid they may use should be in hand. Timing, using either a wristwatch with a second hand or a stop watch, begins when the individual starts to rise from the chair and ends when he/she is once again seated in the chair.
- The normal time required to finish the test is between 7 – 10 seconds. Individuals who cannot complete the task in that time, probably have some mobility problems, especially if they take more than 20 seconds.
- This information should be documented as a baseline and repeated if any change in mobility occurs or at least yearly.
- **Time Get Up and Go Test (website):**
- <http://www.fallprevention.ri.gov/Module3/sld006.htm>

#### 4. **Comprehensive Geriatric Assessment (CGA)**

- The tool by which the geriatric team identifies functional impairments, potential adverse drug effects, and opportunities to improve function.
- Topics addressed:
  - Function (Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL))
  - Socioeconomic conditions (caregiver, transport, living conditions, income/ finances)
  - Geriatric syndromes
  - Comorbidities
  - Cognitive/ Emotional Distress (ASCO distress therm.)
  - Polypharmacy
  - Nutrition
- **Articles regarding the evidence and role of CGA**
  1. Comprehensive Geriatric Assessment Adds Information to Eastern Cooperative Oncology Group Performance Status in Elderly Cancer Patients: An Italian Group for Geriatric Oncology Study, 2002  
<http://jco.ascopubs.org/content/20/2/494.full>
  2. Chapter 2: “Comprehensive Geriatric Assessment” (T. Franklin Williams, M.D.) from the book Practice of Geriatrics by Edmund H. Duthie, Paul Richard Katz, and Michael L. Malone (2007)  
<http://medtextfree.wordpress.com/2010/09/28/chapter-2-comprehensive-geriatric-assessment/>

#### 5. **Activities of Daily Living (self-care) & Instrumental Activities of Daily Living (household management)**

- Activities of Daily Living (ADL) is a term used in healthcare to refer to daily self-care activities within an individual's place of residence, in outdoor environments, or both. ADLs are defined as the things we normally do such as feeding ourselves, bathing, dressing, grooming. Instrumental Activities of Daily Living (IADL) are signs of more independent functioning such as work, homemaking and leisure.
- Health professionals routinely refer to the ability or inability to perform ADLs as a measurement of the functional status of a person, particularly in regards to people with disabilities and the elderly.
- **Katz Basic Activities of Daily Living Scale (pdf):**
- [http://son.uth.tmc.edu/coa/FDGN\\_1/RESOURCES/ADLandIADL.pdf](http://son.uth.tmc.edu/coa/FDGN_1/RESOURCES/ADLandIADL.pdf)

## **Nutritional Assessment of Patients With Cancer**

A nutritional assessment should occur before oncology therapy is initiated. Many assessments do not need a nutritionist present.

### **1. The Short Screening Sheet (SSM)**

- SSM is used to screen for nutritional status in patients with cancer. It includes seven questions covering BMI, weight loss, anorexia, surgery, and other variables that may influence weight loss.
- Advantages of the SSM is that it is a simple tool and has been validated with high sensitivity.
- **National Status of cancer patients in chemotherapy (article):**  
<http://www.foodandnutritionresearch.net/index.php/fnr/article/viewArticle/1856/2078>

### **2. The Mini Nutritional Assessment (MNA)**

- The MNA® is a validated nutrition screening and assessment tool that can identify geriatric patients age 65 and above who are malnourished or at risk of malnutrition. The MNA® was developed nearly 20 years ago and is the most well validated nutrition screening tool for the elderly. Originally comprised of 18 questions, the current MNA® now consists of 6 questions and streamlines the screening process. The current MNA® retains the validity and accuracy of the original MNA® in identifying older adults who are malnourished or at risk of malnutrition. The revised MNA® Short Form makes the link to intervention easier and quicker and is now the preferred form of the MNA® for clinical use.
- **Mini Nutritional Assessment (website):**  
<http://www.mna-elderly.com/>
- **Mini Nutritional Assessment Tool (pdf):**  
[http://www.mna-elderly.com/forms/mini/mna\\_mini\\_english.pdf](http://www.mna-elderly.com/forms/mini/mna_mini_english.pdf)
- **The nutritional glutathione and oxidant status of elderly (article):**  
<http://www.saudijgastro.com/article.asp?issn=1319-3767;year=2011;volume=17;issue=1;spage=58;epage=63;auiast=Alhamdan>

## **Oral Assessment of Patients with Cancer**

The status of the patient's mouth and oral mucous influence a multitude of functions.

The patient's ability to eat, swallow, digest food, or even speak can be adversely affected by poor oral hygiene. Ill-fitting dentures can cause problems with eating or speaking. Problems with oral hygiene can reduce patients' quality of life. Halitosis and changes in facial appearance may alter self-esteem and contribute to social isolation.

When healthcare professionals fail to identify an existing oral problem, further debilitating problems may result in an already physically compromised person. In some patients, oral infections may even become life threatening.

- **Elder Oral Assessment and Care (article):**
- [http://findarticles.com/p/articles/mi\\_m0FSS/is\\_1\\_10/ai\\_n18611316/](http://findarticles.com/p/articles/mi_m0FSS/is_1_10/ai_n18611316/)
  
- **The Kayser-Jones Brief Oral Health Status Examination (BOHSE) (pdf):**
- [http://www.annalsoflongtermcare.com/pdfs/altc1008TryThis\\_NoCrops.pdf](http://www.annalsoflongtermcare.com/pdfs/altc1008TryThis_NoCrops.pdf)
  
- **Geriatric Oral Health Assessment Index (GOHAI) (website):**  
[http://consultgerirn.org/topics/oral\\_healthcare\\_in\\_aging/topic\\_resources/assessment\\_tools/](http://consultgerirn.org/topics/oral_healthcare_in_aging/topic_resources/assessment_tools/)
  - Provides more oral healthcare and aging tools and resources for professionals.

## **DECISION MAKING**

### **Support for Advance Directions**

Planning ahead is about preparing for the future today. Communicating end-of-life wishes to loved ones, appointing a healthcare power of attorney, and addressing financial issues such as wills and paying for long-term care are just a few of the issues to plan ahead.

#### **1. What are Advance Directives?**

- A living will allows a person to document wishes concerning medical treatments at the end of life.
  
- Before a living will can guide medical decision-making, two physicians must certify:
  - A person is unable to make medical decisions
  - A person is in the medical condition specified in the state's living will

- law (such as "terminal illness" or "permanent unconsciousness")
  - Other requirements also may apply, depending upon the state
- A medical power of attorney (or healthcare proxy) allows a person to appoint a person they trust as their healthcare agent (or surrogate decision maker), who is authorized to make medical decisions on his/her behalf.
- Before a medical power of attorney goes into effect a person's physician must conclude that they are unable to make their own medical decisions. In addition:
  - If a person regains the ability to make decisions, the agent cannot continue to act on the person's behalf.
  - Many states have additional requirements that apply only to decisions about life-sustaining medical treatments.
  - For example, before the agent can refuse a life-sustaining treatment on a person's behalf, a second physician may have to confirm your doctor's assessment that you are incapable of making treatment decisions.
- **What are Advance Directives? (website):**
- <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3285>

## 2. **POLST (Physician Order for Life Sustaining Treatment)**

- The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm program is designed to improve the quality of care people receive at the end of life. It is based on effective communication of patient wishes, documentation of medical orders on a brightly colored form and a promise by health care professionals to honor these wishes.
- **POLST (website):**
- <http://www.ohsu.edu/polst/>
- **Resources for POLST (website):**
- <http://www.aging.pitt.edu/professionals/resources-polst.htm>
- **POLST Form for PA (website):**
- <http://www.ohsu.edu/polst/programs/documents/POLSTForm2010sample.pdf>

## ETHNOGERIATRICS

- 1. The Stanford Geriatric Education Center's webinars and handouts about ethnogeriatrics**
  - This series features issues in clinical ethnogeriatrics and is targeted towards primary care providers working with elders and their families from diverse cultural backgrounds.
  - **SGEC: Webinar Series Care of Diverse Elders and their Families in Primary Care (website):**
  - <http://sgec.stanford.edu/events.html>
- 2. Ethnogeriatric Educational Resources from the Stanford Geriatric Education Center**
  - Resources for faculty who teach in academic programs, health care settings, and other educational settings.
  - **SGEC Ethnogeriatric Educational Resources (website):**
  - <http://sgec.stanford.edu/resources/>
- 3. Other websites recommended by the Stanford Geriatric Education Center**
  - Various information about the aging population and ethnogeriatrics.
  - **SGEC Websites:**
  - <http://sgec.stanford.edu/resources/web.html>
- 4. National Asian Pacific Center on Aging**
  - The National Asian Pacific Center on Aging's mission is to serve as the nation's leading advocacy organization committed to the dignity, well-being, and quality of life of Asian Pacific Americans (APA) in their senior years.
  - Their goals are to advocate on behalf of the APA aging community at the local, state, and national levels; to educate APA seniors and the general public on the unique needs of the APA aging community; and to empower APA seniors and the aging network to meet the increasing challenges facing the APA aging community.

- **National Asian Pacific Center on Aging (website):**
- [www.napca.org](http://www.napca.org)

## 5. **Cultural Context of Aging-Dr. Jay Sokolovsky's webpage**

- Web site is dedicated to promoting teaching and research of the cross-cultural, qualitative and global study of aging.
- Provides support materials for the second edition “The Cultural Context of Aging,” including on-line course syllabi, extensive supplementary resources for each section of the book and other numerous links for teachers, students and researchers.
- **Cultural Context of Aging (website):**
- <http://www.stpt.usf.edu/~jsokolov/>

## 6. **National Caucus and Center on Black Aged, Inc.**

- A not-for-profit organization dedicated to preserving the dignity and enhancing the lives of low income elderly African Americans. As one of the largest minority focused organizations in the United States, NCBA addresses the needs of its constituency in the areas of health, affordable housing and employment.
- **National Caucus and Center on Black Aged, Inc. (website):**
- <http://www.ncba-aged.org/>

## 7. **National Hispanic Council on Aging, Inc.**

- The nation’s premier constituency-based organization that advocates, celebrates, and enhances the quality of life for Hispanic older adults, their families, and their communities. Headquartered in Washington, DC, NHCOA empowers its national network of 42 community-based organizations (CBOs) in supporting a broader network of 7,000 individuals and reaching 10 million Hispanics each year.
- **National Hispanic Council on Aging, Inc. (website):**
- [www.nhcoa.org](http://www.nhcoa.org)

## 8. **National Indian Council on Aging**

- The National Indian Council On Aging, Inc. (NICOA) is a non-profit organization that was founded in 1976 by members of the National Tribal Chairmen’s Association that called for a national organization to advocate for improved, comprehensive health and social services to American Indian and Alaska Native Elders.

- **National Indian Council on Aging (website):**
- [www.nicoa.org](http://www.nicoa.org)

## 9. Pioneer Network

- Pioneer Network was formed by prominent professionals in long-term care to advocate for person-directed care. The goal is for older adults to go to a nursing home or other community-based setting and thrive, not to decline. They strive for more humane consumer-driven models as opposed to institutional provider-driven models in hope to embrace flexibility and self-determination (the long-term care culture change movement) Website includes resources for providers and consumers.
- **Pioneer Network (website):**
- [www.pioneernetwork.net](http://www.pioneernetwork.net)

## 10. Working with Elderly Patients from Minority Groups

- The University of Kansas School of Medicine – Wichita has a web site on health care concerns for elders from such minority groups as African Americans and Hispanics.
- **Working with Elderly Patients from Minority Groups (website):**
- <http://wichita.kumc.edu/fcm/interp/elders.html>

## 11. Achieving Diversity in Medicine and Dentistry Project - Cultural Competency

- **Ethnogeriatric Curricular Guidelines for Medical Schools and/or Dental Schools (website):**
- <http://www.amsafoundation.org/pdf/EthnogeriatricCurriculum.pdf>

## 12. Curriculum in Ethnogeriatrics

- Stanford University has developed ethnic specific modules addressing the following populations: African Americans, American Indian, Alaskan Native, Hispanic/Latino, Asian Indian, Chinese, Pakistani, Southeast Asian, Korean, Filipino, Japanese, Native Hawaiian/ Pacific Islander.
- **Curriculum in Ethnogeriatrics (website):**
- <http://www.stanford.edu/group/ethnoger/>

### **13. Administration on Aging (AoA):**

- The AoA vision is to serve a growing senior population, and ensuring the continuation of a vibrant aging services network at State, Territory, local and Tribal levels through funding of lower-cost, non-medical services and supports that provide the means by which many more seniors can maintain their independence.
- The mission is to develop a comprehensive, coordinated and cost-effective system of home and community-based services that helps elderly individuals maintain their health and independence in their homes and communities.
- **Administration on Aging (AoA) (website):**
- <http://www.aoa.gov/AoARoot/Index.aspx>

### **14. Alzheimer's Association's Diversity Section**

- This webpage of the Alzheimer's Association website includes educational materials about issues related to dementia care in diverse communities and challenges to organizations that would like to expand their services to diverse audiences.
- Selected information for African Americans, Chinese, Hispanics/Latinos, and Koreans. Many documents available in a variety of languages (e.g., Polish, Russian, & Vietnamese)
- **Cultural/Ethnic Diversity & Alzheimer's (website):**
- [http://www.alz.org/alzwa/in\\_my\\_community\\_13902.asp](http://www.alz.org/alzwa/in_my_community_13902.asp)

### **15. American Geriatrics Society**

- A not-for-profit organization of close to 6,000 health professionals devoted to improving the health, independence and quality of life of all older people. The Society provides leadership to healthcare professionals, policy makers and the public by implementing and advocating for programs in patient care, research, professional and public education, and public policy.
- **American Geriatrics Society (website):**
- <http://www.americangeriatrics.org/>

## 16. Cultural Competencies To Serve Older Americans

- An APHA article about the Importance of Cultural Competency in Community Health Nursing written by Azella C. Collins, MSN, RN (the Second Vice-President of the National Black Nurses Association).
- **The Importance of Cultural competency in Community Health Nursing (article):**
- <http://www.apha.org/membergroups/newsletters/sectionnewsletters/health/su/mmer05/1818.htm>

## 17. Ethnic Elders Care

- Designed for people who are currently or will be caregivers to ethnic elders with Alzheimer's disease and related disorders.
- Links include topics such as research, prevention and treatment, education, support, and assistance.
- **Ethnic Elders Care (website):**
- <http://www.ethnicelderscare.net/>

## 18. GeroNurseOnline.org

- A go-to website for authoritative links, materials, and information about nursing care for older adults. The evidence-based content found here has been developed by national experts in gerontological nursing, and is meant to help promote this rapidly growing field of nursing practice.
- Includes links to 55 specialty nursing associations' offerings in geriatric care and to national geriatric websites; resource organizations and related resource materials; hospital competencies for older adults for use in nurse orientation and evaluation; and online courses to prepare for ANCC gerontological certification and much more.
- **GeroNurseOnline.org (website):**
- <http://www.geronurseonline.org/>

## 19. Ethnogeriatrics: Knowing the Difference Module by Health Management For Older Adults III

- Real audio about treating older adults.
- Includes topics such as treating Elderly African-American patients, Hispanic older adults, and rural White elderly.

- **Ethnogeriatrics: Knowing the Difference (module):**
- <http://medinfo.ufl.edu/~qec/hmoa3/mods.html>

## 20. **Cultural Competence For Health Professionals in Geriatric Care**

- Free learning module from Case Western Reserve University .
- A course in cultural competence for health professionals who are dealing with the needs of older adults.
- The purpose of this series of learning modules is to provide the clinical skills to help professionals provide better care and reduce health care disparities that persist between racial and ethnic groups in the U.S, particularly in geriatric care.
- **Cultural Competence For Health Professionals in Geriatric Care (module):**
- <http://www.nethealthinc.com/cultural/index.asp>

## **NUTRITION**

### 1. **The American Cancer Society's Nutrition for People With Cancer**

- Nutrition is an important part of cancer treatment. Eating the right kinds of foods during and after treatment can help you feel better and stay stronger. Learn more about the importance of good nutrition during and after cancer treatment here.
- Specific topics included: low fiber foods, Nutrition and Physical Activity During and After Cancer Treatment: Answers to Common Questions, and Gut-friendly Nutrition: Eating Right for GI Health.
- **Nutrition for People With Cancer (website):**
- <http://www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/NutritionforPeoplewithCancer/index>

## 2. **Emetogenic chemotherapy regimen**

- Mayo Clinic's list of chemotherapy drugs that cause nausea and vomiting
- **Chemotherapy nausea and vomiting: Prevention is best defense (article):**
- <http://www.mayoclinic.com/health/cancer/CA00030>
- **Chemotherapy side effects worksheet (pdf):**
- <http://www.cancer.org/acs/groups/content/@nho/documents/document/acsq-009502.pdf>
- **Guide to cancer drugs (website):**
- <http://www.cancer.org/Treatment/TreatmentsandSideEffects/GuidetoCancerDrugs/index>

## 3. **Foundation for Cancer Research & Wellness: Vitamin and Mineral Supplements**

- Nutritional supplement guidelines, along with the whole foods, low fat/salt/sugar, fresh vegetable and fresh fruit dietary strategy, form the basis for Foundation for Cancer Research & Wellness's (FCRW) approach to nutritional therapy. They are designed to guide and support people in ways that maximize strengthening the body and promoting an optimally functioning immune system as well as cancer patients in the use of vitamin and mineral supplements.
- **Foundation for Cancer Research & Wellness: Vitamin and Mineral Supplements (website):**
- [http://crf.convio.net/site/News2?page=NewsArticle&id=7075&news\\_iv\\_ctrl=0](http://crf.convio.net/site/News2?page=NewsArticle&id=7075&news_iv_ctrl=0)

# **HOME & COMMUNITY SUPPORTS**

## **Alzheimer's Support**

### 1. **Alzheimer's Disease Education and Referral Center**

- This website will help you find current, comprehensive Alzheimer's disease (AD) information and resources from the National Institute on Aging (NIA).

- **Alzheimer's Disease Education and Referral Center (website):**
- <http://www.nia.nih.gov/alzheimers>

## 2. **Alzheimer's Store**

- Dedicated to providing unique products and information for those caring for someone with Alzheimer's disease. Every product in the store has been carefully selected to make living with Alzheimer's disease as easy as possible.

- **Alzheimer's Store (website):**
- <http://www.alzstore.com/>

### **24/7 Helpline**

- 1.800.272.3900
- TDD: 1.866.403.3073

## 3. **Professional Training**

- The Alzheimer's Association is committed to helping professionals improve their knowledge and skills, build stronger teams and deliver better care for people with dementia and their families. Training and education programs are geared towards professionals working in both community-based and residential care settings.

- Programs and meetings are being attended by professionals, administrators, nurses, occupational therapists, physical therapists, social workers and staff trainers.

- **Professional Training (website):**
- [http://www.alz.org/oregon/in\\_my\\_community\\_professionals.asp](http://www.alz.org/oregon/in_my_community_professionals.asp)

## 4. **Safety Services: MedicAlert® + Alzheimer's Association Safe Return®**

- A 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia that wander or have a medical emergency. We provide 24-hour, nationwide assistance, no matter when or where the person is reported missing.

- **Safety Center: Enrollment in the MedicAlert +Safe Program Return (website):**
- [http://www.alz.org/safetycenter/we\\_can\\_help\\_safety\\_medicalert\\_safereturn.asp](http://www.alz.org/safetycenter/we_can_help_safety_medicalert_safereturn.asp)

## 5. **Alzheimer's Association: Comfort Zone**

- A comprehensive web-based location management service. Families can remotely monitor a person with Alzheimer's by receiving automated alerts throughout the day and night when a person has traveled beyond a preset zone.
- **Alzheimer's Association: Comfort Zone (website):**
- <http://www.alz.org/comfortzone/index.asp>

## 6. **Alzheimer's Association Online Community**

- The Alzheimer's Association message boards and chat rooms are your online communication forum. Share your thoughts and experiences, query your colleagues and make new friends.
- **ALZ Message Boards (website):**
- [http://www.alz.org/living\\_with\\_alzheimers\\_message\\_boards\\_lwa.asp](http://www.alz.org/living_with_alzheimers_message_boards_lwa.asp)

## 7. **American Medical Association: Caregiver Assessment Tool**

- The Caregiver Health Self-assessment Questionnaire helps caregivers analyze their own behavior and health risks and with their physician's help, make decisions that will benefit both the caregiver and the patient.
- The Caregiver Self-assessment Questionnaire enables physicians to identify and provide preventive services to an at-risk but hidden population and improve communication and enhance the physician-family caregiver health partnership.
- Download copies of the Caregiver Health Self-Assessment Questionnaires in English or Spanish.
- **Caregiver Self-Assessment (website):**
- <http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/geriatric-health/caregiver-health/caregiver-self-assessment.page>

## 8. **Alzheimer's Association Offices**

- **ALZ In My Community (website):**
- <http://www.alz.org/apps/findus.asp>

## 9. **National Institute of Health, National Institute on Aging: Caregiver guide- tips for caregivers of people with Alzheimer's disease**

- Caring for a person with Alzheimer's disease at home is a difficult task and can become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behavior. Research has shown that caregivers themselves often are at increased risk for depression and illness, especially if they do not receive adequate support from family, friends, and the community.
- **NIH: Caregiver Guide (website):**
- <http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm>

## **CANCER CAREGIVER SUPPORT**

### 1. **Cancer Care**

- Counseling, support groups (online, face-to-face, telephone), education workshops, publications and financial assistance.
- **Cancer Care (website):**
- <http://www.cancercare.org/>

### 2. **Presto Services Inc.**

- Has been connecting families since 2006 with its award-winning computer less email service that makes long-distance caregiving easier. Presto has now teamed with Doctor Marion to create a suite of mobile applications that provide proven guidance and solutions to families providing care for their elder loved ones.
- Marion Somers, Ph.D. (Doctor Marion) is an award-winning, nationally recognized geriatric care manager who has provided care for more than 2,000 elderly clients. Her unique methodology has made her a renowned and respected visionary leader in elder care.
- **Elder 911: Personal crisis management guide from Doctor Marion (website):**
- A tool to help you and your elder loved one get through it. Elder 911 takes Doctor Marion's 35+ years of experience and puts it in the palm of your hand as you navigate the complexities of transfer trauma, what to ask the doctor, planning hospital discharge and life after the event, plus much more.
- <http://www.elder411.net/>

- **Elder 411 (website):**
  - Elder 411 takes Doctor Marion's 35+ years of experience as a geriatric care manager and makes it accessible when and where you need it most. Over 500 pieces of expert advice are organized into 11 eldercare topics providing you with proven solutions to caregiving problems as you encounter them. If you are one of the more than 40 million family caregivers in the U.S. helping take care of an elderly relative, you will undoubtedly benefit from Doctor Marion's insightful and tested solutions which help you face daily challenges with an expert at your side.
  - <http://www.drmarion.org/>
- 3. Eldercare Online: Stress reduction and management techniques for caregivers**
- Methods to help a person handle the stress associated with being a caregiver
  - **Elder Journal: Stress Reduction Techniques for Caregiver (article):**
  - <http://www.ec-online.net/knowledge/columns/elderjournal0403.html>
  - **Strategies for Managing Stress (article):**
  - <http://www.ec-online.net/knowledge/SB/SBstress.html>
- 4. Books and websites for caregivers (Philadelphia Corporation for Aging)**
- **PCA:Books for Caregivers (website):**
  - [http://www.pca cares.org/pca\\_care\\_Publications\\_and\\_Resources.aspx](http://www.pca cares.org/pca_care_Publications_and_Resources.aspx)
- 5. How to help an older adult prepare for a screening for a clinical trial**
- Prepares caregivers for questions they should ask and what they should be prepared for.
  - **How to help an older adult prepare for a screening for a clinical trial (article):**
  - <http://www.caring.com/articles/screening-for-a-clinical-trial>
- 6. ARCH National Respite Network**
- Mission is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

- **ARCH National Respite Network (website):**
- <http://archrespite.org/>

## 7. **CAPS - Children of Aging Parents**

- A nonprofit, charitable organization whose mission is to assist the nation's nearly 54 million caregivers of the elderly or chronically ill with reliable information, referrals and support, and to heighten public awareness about the health of the family caregivers.
- **CAPS - Children of Aging Parents (website):**
- <http://www.caps4caregivers.org/>

## 8. **Caregiving.com**

- Provides a space for caregivers to listen to podcasts, find support groups, read blogs, and find other resources specific to their needs as caregiver. Website is very user friendly.
- **Caregiving.com (website):**
- <http://www.caregiving.com/>

## 9. **CARIE**

- A non-profit organization, based in Philadelphia, dedicated to improving the quality of life for vulnerable older people.
- **CARIE (websites):**
- <http://www.carie.org/>
- <http://www.caregivergps.org/>

## 10. **State of Delaware - Assisted Living**

- Provides information about Assisted Living, which is a care option that provides support to residents in a homelike setting. Support usually includes personal services and light medical or nursing care. Assisted living allows a resident more independence than nursing home care. In Delaware, a Medicaid home and community-based waiver pays part of the cost of assisted living care for those who qualify.
- **State of Delaware - Assisted Living (website):**
- <http://www.dhss.delaware.gov/dhss/dsaapd/assistliv.html>

## OTHER RESOURCES

### 1. **The Foundation for Cancer Research and Wellness**

- Mission is to advance least-toxic, minimally-invasive cancer prevention and survival practices that will eliminate cancer as a life-threatening condition. We accomplish this through research, advocacy, education, and support. After years of carefully analyzing why cancer patients get well, this is our conclusion: Survivors change. They create a state of body, mind and spirit where they are well and they live from that state. Survivors heal the whole person.
- **The Foundation for Cancer Research and Wellness (website):**
- <http://cancerresearchandwellness.org/>

### 2. **Eastern Pennsylvania-Delaware Geriatric Education Center's links to resources for healthcare professionals and the community related to geriatric care.**

- **EPaD GEC Resources healthcare professionals and the community (website):**
- <http://epadgec.jefferson.edu/resources2.cfm#1>

## AHECs

AHECs' goal is to enhance access to health care through education and provides community experiences for health professions students, promotes health careers, has preceptor / health practitioner support, and provides support to community partners.

### 1. **NEPA AHEC**

- **Northeast region of Pennsylvania AHEC (website):**
- <http://www.nepaahec.org/>

### 2. **SEPA AHEC**

- **Southeast region of Pennsylvania AHEC (website):**
- <http://www.sepaahec.org/>

## CLINICAL SERVICES – DELAWARE

### 1. **Christiana Care Health System**

- Website for providers, patients, and visitors helping to navigate the health care system.
- **Christiana Care Health System (website):**
- <http://www.christianacare.org/>

## CLINICAL SERVICES – PENNSYLVANIA

### 1. **Albert Einstein (Philadelphia) Healthcare Network Geriatric Services**

- Albert Einstein Medical Center's network of primary care doctors and medical specialists can help older adults stay healthy. Our primary care doctors include **geriatricians** and **internists** who specialize in caring for older adults.
- Links about geriatric services, “Premier Years” program, and choosing a doctor.
- **Albert Einstein (Philadelphia) Healthcare Network Geriatric Services (website):**
- <http://www.einstein.edu/yourhealth/geriatrics/index.html>

### 2. **Geisinger Life Program**

- LIFE Geisinger provides additional independence for older individuals and their caregivers. The program can help individuals stay in their homes while taking advantage of comprehensive daily living and health services.
- Links for participants and providers.
- **LIFE Geisinger (website):**
- <http://www.lifegeisinger.org/>

### **3. Jefferson University Hospitals Geriatric Psychiatry Program**

- Recognized as a Top Hospital for Aging by Philadelphia magazine, the Geriatric Psychiatry Program at Jefferson offers inpatient services that are dedicated exclusively to caring for the unique psychiatric and neurological disorders of older adults. Our Program physicians will provide expert diagnosis and individualized, state-of-the-art treatment for chronic age-related psychiatric, medical and neurological conditions such as depression, dementia, Parkinson's disease or stroke.
- Links to find a doctor and make an appointment.
- **Jefferson Geriatric Psychiatry Program (website):**
- <http://www.jeffersonhospital.org/departments-and-services/geriatric-psychiatry-program.aspx>

### **4. Mercy LIFE**

- An approved PACE (Program of All-inclusive Care for the Elderly) program that helps older adults continue to be independent at home and in the community.
- Serves South Philadelphia residents.
- **Mercy LIFE (website):**
- <http://www.mercyhealth.org/mercy LIFE/>

### **5. University of Pennsylvania Life Program**

- LIFE is a Program of All-Inclusive Care for the Elderly (PACE). This model of care is centered around the belief that it is better for older adults and for their families if their chronic care needs are provided in the community whenever possible.
- Specific to the University of Pennsylvania
- **LIFE UPENN (website):**
- <http://www.lifeupenn.org/>

## COMMUNITY SERVICES

### 1. Center in the Park

- A non-profit community center in Northwest Philadelphia primarily focused on the needs of older people. The Center fosters respect, independence, and personal growth for each individual. As a community resource, it provides access to supportive services and activities.
- **Center in the Park (website):**
- <http://www.centerinthepark.org/>

### 2. Delaware Aging Network

- A consortium of over 50 agencies across the state of Delaware committed to improving the quality of services older adults receive in the state. Through initial funding from the Delaware Community Foundation and now through support from AstraZeneca and the United Way of Delaware, DAN is working to create coordinated services for seniors, specifically in the areas of transportation, health care, and housing. DAN also advocates for statewide policy changes that benefit the aging population.
- Many links, including services, transportation, senior centers.
- **Delaware Aging Network (website):**
- <http://www.delawareagingnetwork.org/>

### 3. Wilmington Senior Center

- Located in the Wilmington's Brandywine -Village, the Center is the premiere local resource for people 50+, their families and communities. They help support a balanced and independent lifestyle by offering programs to stretch the mind, energize the body and lift spirits.
- **Wilmington Senior Center(website):**
- <http://www.wilmingtonseniorcenter.org/>

## DELAWARE AGENCIES ON AGING

### 1. Delaware Division of Services for Aging and Adults with Physical Disabilities

- Provides a broad range of programs and services in Delaware. Some of these programs and services are operated directly by DSAAPD staff. Others are funded through DSAAPD and operated under contract by outside organizations.
- Website includes a list of the services and programs, including a description, eligibility information, and other important facts.
- **Delaware Division of Services for Aging and Adults with Physical Disabilities (website):**
- <http://www.dhss.delaware.gov/dhss/dsaapd/services.html>

## FEDERAL AGENCIES

### 1. Federal Interagency Forum on Aging-Related Statistics

- Website of federal statistics related to the aging population of the US.
- **Aging Stats.Gov (website):**
- [http://www.agingstats.gov/agingstatsdotnet/main\\_site/default.aspx](http://www.agingstats.gov/agingstatsdotnet/main_site/default.aspx)

### 2. National Institute on Aging (NIA)

- The federal agency leading a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.
- **National Institute on Aging (NIA) (website):**
- <http://www.nia.nih.gov/>

### 3. The United States Senate Special Committee on Aging

- The Senate Special Committee on Aging was first established in 1961 as a temporary committee and granted permanent status on February 1, 1977. While special committees have no legislative authority, they can study issues, conduct oversight of programs, and investigate reports of fraud and waste.
- Some specific issues include health care for seniors, long term care, elder fraud and abuse, etc.
- **The United States Senate Special Committee on Aging (website):**

- <http://aging.senate.gov/>

## GENERAL

### 1. **AARP Webplace**

- AARP is a nonprofit, nonpartisan organization with a membership that helps people age 50 and over have independence, choice and control in ways that are beneficial and affordable to them and society as a whole, ways that help people 50 and over improve their lives.
- Website available in Spanish.
- **AARP (website):**
- <http://www.aarp.org/>

### 2. **Friends' Health Connection**

- Enhances mind, body and soul through personalized support network and dynamic educational and motivational programs. They work with hospitals and other nonprofit organizations to complement program offerings and connect people with resources and support that can enrich their lives.
- **Friends' Health Connection (website):**
- <http://friendshealthconnection.org/>

## HEALTH

### 1. **Center for Gerontology, Spirituality and Faith**

- Founded on the belief that issues of spirituality and faith are highly important to older adults and those who serve and care for them.
- The Center serves human service professionals, older adults, counselors, clergy and lay people, caregivers and families, and anyone who works with older adults.
- **Center for Aging and Spirituality (website):**
- <http://www.spirituality4aging.org/>

## 2. **Center for Healthy Aging**

- The website is dedicated to providing resources about strategies and initiatives for advancing and sustaining a state falls prevention program, depression, physical activity, chronic disease self management program and more.
- **Center for Healthy Aging (website):**
- <http://www.healthyagingprograms.org/index.asp>

## 3. **The AGS Foundation for Health in Aging**

- A national non-profit organization established in 1999 by The American Geriatrics Society, to build a bridge between the research and practice of Geriatrics and the Public, and to advocate on behalf of older adults and their special health care needs.
- **The AGS Foundation for Health in Aging (website):**
- <http://www.healthinaging.org/>

## 4. **Third Age**

- A website dedicated to female Baby Boomers with links about health and wellness, aging well, beauty and style, relationships and love, and entertainment.
- **Third Age (website):**
- <http://www.thirdage.com/>

## **LONG-TERM CARE**

### 1. **Adult Day Care Group Consultants**

- Organization that offers state-of-the art how to start adult day care information manuals.
- Senior adult day care aids the adult caregiver by allowing them to send their parent to a safe adult day care facility that promotes senior health. Adult day care facilities promote senior health by helping them with the daily tasks of living, medication reminders, adult day care activities which are designed to help with cognitive function, memory care, social activities for making friends and physical activities for keeping the body active.
- **Adult Day Care Group (website):**
- <http://aduldaycaregroup.com/>

## 2. Long Term Living in PA

- Website that provides quick access to information about the many long term living services and planning resources available for people over the age of sixty and adults with physical disabilities throughout Pennsylvania.
- For advocates, providers, and consumers.
- **Long Term Living in PA (website):**
- [http://www.longtermcare.state.pa.us/portal/server.pt/community/long\\_term\\_living\\_home/3950](http://www.longtermcare.state.pa.us/portal/server.pt/community/long_term_living_home/3950)

## 3. National Association for Home Care and Hospice

- The nation's largest trade association representing the interests and concerns of home care agencies, hospices, and home care aide organizations.
- **National Association for Home Care and Hospice (website):**
- <http://www.nahc.org/>

## 4. Pennsylvania Association of Nonprofit Homes for the Aging (PANPHA)

- Provides their membership with the techniques, data, information and education necessary to assist in adapting and modifying their programs in response to ongoing changes in long term care. In an effort to assist members in growth and development as a result of industry challenges, members are provided with educational programming on a wide range of relevant topics, valuable information about the latest trends and events, networking opportunities, and representation within the legislative processes at both the national and local levels.
- **Pennsylvania Association of Nonprofit Homes for the Aging (PANPHA) (website):**
- <http://www.panpha.org/>

## PENNSYLVANIA AGENCIES ON AGING

### 1. **Chester County Department of Aging Services**

- Website dedicated to resources specific to the aging population of Chester County.
- Links such as community resources, aging departments, and printable directories.
- **Chester County Department of Aging Services (website):**
- <http://dsf.chesco.org/aging/site/default.asp>

### 2. **Montgomery County Office on Aging and Adult Services**

- Touches the lives of over 45,000 residents each year through a network of services and programs available for older county residents to help them remain as independent as possible while they age.
- **Montgomery County Office on Aging and Adult Services (website):**
- <http://mcaas.montcopa.org/mcaas/site/default.asp>

### 3. **Pennsylvania Department of Aging**

- Agency that strives to enhance the quality of life of all older Pennsylvanians by empowering diverse communities, the family and the individual.
- Links such as local resources, prescription assistance, abuse or crime, and advocacy.
- **Pennsylvania Department of Aging (website):**
- [http://www.aging.state.pa.us/portal/server.pt/community/department\\_of\\_aging\\_home/18206](http://www.aging.state.pa.us/portal/server.pt/community/department_of_aging_home/18206)

## PUBLIC BENEFITS PROGRAMS

### 1. Medicare

- **Medicare.gov (website):**
- <http://www.medicare.gov/Default.aspx>
- Non-government resource to help connect and navigate:  
(Includes quick guide to Medicare Part A, B, C, and D)
  
- **Medicare.com (website):**
- <http://www.medicare.com/>
  
- **Medicare Part D: Things People With Cancer May Want to Know (website):**
- <http://www.cancer.org/Treatment/FindingandPayingforTreatment/ManagingInsuranceIssues/Medicare/MedicarePartD/index>

### 2. Medicaid

- **Centers for Medicare and Medicaid Service (website):**
- <http://www.cms.gov/home/medicaid.asp>
  
- Search tool to find specific organizations or help get answers to Medicare related questions for a given state.
  
- **Medicare Helpful Contacts (website):**
- <http://www.medicare.gov/contacts/>
  
- **Health Insurance and Financial Assistance for the Cancer Patient (website):**
- <http://www.cancer.org/Treatment/FindingandPayingforTreatment/ManagingInsuranceIssues/HealthInsuranceandFinancialAssistancefortheCancerPatient/index>
  
- **Prescription Drug Assistance Program (website):**
- <http://www.cancer.org/Treatment/FindingandPayingforTreatment/ManagingInsuranceIssues/PrescriptionDrugAssistancePrograms/index>

### **3. Veteran's Services**

- **US Department of Veteran Affairs (website):**
- <http://www.va.gov/>
  
- **Federal Benefits for Veterans, Dependents and Survivors (website):**
- [http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp)
  
- **State Veteran Affairs Offices (website):**
- <http://www.va.gov/statedva.htm>

### **4. Social Security**

- **Social security administration (website) (online applications, descriptions of benefits):**
- <http://www.ssa.gov/>
  
- **Benefit Eligibility Screening Tool (website):**
- <http://www.benefits.gov/ssa>