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Subject: Senior's Health Information Resources & Tools
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Greetings OHLA Members,

It feels like so much has changed in the last few months. I hope you are finding the resilience to cope with whatever changing circumstances you may be encountering, whether that be changes in the way you work, employment status, back to school dynamics, etc. I hope you are making use of your skills and knowledge in the health information realm to take good care of your own health and wellbeing, and that of your loved ones. Here is our next rendition of the "Keeping Up to Date with Consumer Health Information" email series. The theme for this one is Senior's Health Information Resources & Tools. Each resource has been carefully chosen for its quality and annotated to highlight contents and noteworthiness. I hope these resources can be of service to you and your library patrons.

We also invite you to share some of your own favorites. Simply drop me a line at waddickj@ontarioshores.ca or else fill out this [Quick Survey](#) to provide feedback on resources or make suggestions.

Yours sincerely,

Julie Waddick
President-Elect, OHLA
Librarian, Ontario Shores Centre for Mental Health Sciences

Senior's Health Information Resources & Tools



**Government
of Canada**

Government of Canada COVID-19: Resources for seniors and their caregivers

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html>

A collection of resources to help Canadian seniors lower their chance of getting sick, take care of their mental and physical health. Also find information on financial support as well as resources for older Indigenous adults, veterans and caregivers.

Government of Ontario

<https://www.ontario.ca/page/seniors-stay-healthy-and-active>



Seniors who want to enhance their quality of life will find this resource, created by the Government of Ontario, extremely helpful. This is a reputable source that provides seniors with information on everyday topics such as fitness, health insurance, and fun local activities. In addition, it provides concise summaries of the many health care programs that seniors in Ontario stand to benefit from, as well as detailed instructions on how to apply to these services. The simple layout and concise information will ensure that even newcomers to browsing the Internet will be able to easily navigate this website.

Medline Plus



<https://medlineplus.gov/olderadulthealth.html>

Run by the National Library of Medicine, this website offers seniors a wide selection of professional medical advice on how to maintain their wellbeing. It provides health resources in multiple accessible formats, from downloadable PDFs and brochures to academic journal articles. For the casual reader, there are tips and tricks offered on everyday subjects such as dental hygiene and choosing a nursing home that will benefit seniors and their caretakers alike.

Public Health Agency of Canada



<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors.html>

The Public Health Agency of Canada is a government organization that promotes healthy living in people of all ages. Their webpage for seniors offers helpful statistics, infographics, and videos relating to Canada's aging population and how the public can help cater to their needs. It also provides downloadable "toolbox" guides such as "Making Your Community More Age-Friendly" that allow seniors to implement healthy living strategies into their daily routines and help them navigate the changing world around them. It also promotes several national initiatives on relevant subjects such as elder abuse, Alzheimer's awareness, and health care for seniors in rural and remote areas.



Trusted Information. Better Care.

Health in Aging

<https://www.healthinaging.org/>

Health in Aging is a not-for-profit organization dedicated to helping seniors find the best possible health care. Their website provides resources that will help seniors improve

their understanding of their own health and achieve the best possible quality of life. It is a combination of information on healthy living (such as nutrition guides, safe driving practices, and exercise suggestions) and medical information (such as the side effects of common medications, choosing a doctor, and pain management). Every article on the website has been reviewed by experts from the American Geriatric Society, and their information is fact-checked and updated frequently.



National Institute on Aging

<https://www.nia.nih.gov/health>

This database consists of the latest medical research on geriatric healthcare, but it is also accessible and informative for casual browsers. It is unique in that in addition to articles and health resources, it also provides information from recent clinical trials and medical studies. For example, in addition to the basic information on living with Alzheimer's, the site includes resources relating to clinical trials attempting to determine the cause of the disease. While perhaps best suited to medical professionals, anyone looking for resources regarding alternative treatments and medical breakthroughs will find this database extremely helpful



UpToDate.com

<https://www.uptodate.com/contents/table-of-contents/patient-education/senior-health>

This searchable database provides medical information on topics related to health problems faced by seniors. Common issues such as osteoporosis, chronic pain, and hip replacements are all covered. A unique feature of this database is that it provides brief summaries of health conditions written in plain language as well as more complex summaries that go into further detail and use medical terminology. Notably, it offers pictures and diagrams in order to provide the reader with further clarification. This resource is ideal for the families and caregivers of seniors with health problems who are looking for a more in-depth understanding of their loved one/patient's condition.



Healthline.ca

<https://www.torontocentralhealthline.ca/listCategories.aspx?id=10019>

This website is ideal for seniors living in the Greater Toronto Area who are looking for locally based organizations, programs and services to assist them in improving their lifestyle. By clicking on a topic such as "Seniors' Centers" or "Safety and Injury Prevention", viewers are taken to a list of contact information for

community-based support services. This website is perfectly suited to for seniors who are unsure in navigating the Internet and prefer older modes of communication, as phone numbers and addresses are provided in addition to website links and email addresses.

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