

Optimizing Physical and Mental Health and Well-Being

- Creating an Elder-Friendly Community
 - The Maturing of America: Getting Communities on Track for an Aging Population National Association of Area Agencies on Aging, in partnership with the International City/County Management Association, National Association of Counties, National League of Cities and Partners for Livable Communities released the results of a survey they conducted of 10,000 local governments to: determine their aging readiness to provide programs, policies and services that address the needs of older adults and their caregivers; to ensure that their communities are livable for persons of all ages; and to harness the talent, wisdom and experience of older adults to contribute to community at large.
<http://www.n4a.org/pdf/MOAFinalReport.pdf>
- Boulder County Data: Excerpts from Strengths and Needs Assessment of Older Adults in Boulder County 2004
http://www.co.boulder.co.us/cs/ag/docs/clc/S&N_Excerpts_Optimizes.pdf
- Targeting and Outreach
 - Common Sources of Information for Older Adults: Excerpt from Strengths and Needs Assessment of Older Adults in Boulder County 2004
http://wwwdev.co.boulder.co.us/cs/ag/docs/clc/Common_Sources.pdf
- Events
PRC-HAN Presents: Effective Community-Based Physical Activity Programs for Older Adults Wednesday, February 14, 2007 - Thursday, February 15, 2007
Shoreline Conference Center, Seattle, WA

Using the [RE-AIM framework](#) for the dissemination of intervention, this conference presents best health promotion practices for older adults. Service providers, public health professionals, researchers and others involved in the dissemination and sustainability of community- and evidence-based physical activity programs for older adults are encouraged to attend. For more information, visit the conference website at:
www.son.washington.edu/cne/secure/display4.asp?SKU=07107-C
- Register by phone: 206-543-1047
- Email UWCNE for more information: cne@u.washington.edu
- Welcoming Environment
 - Visitability
<http://www.concretechange.org/>
<http://www.ap.buffalo.edu/idea/visitability/>
- Health & Wellbeing Programs
Evidence-based programs, model programs and best practices (three separate pages) for healthy aging

<http://www.healthyagingprograms.org/content.asp?sectionid=8>

Healthy Aging - A Good Investment: Exemplary Programs for Senior Centers and Other Facilities: This booklet describes seven model programs of interest to aging network professionals.

<http://www.ncoa.org/content.cfm?sectionID=263&detail=930>

Healthy Aging: A Good Investment - Exemplary Programs for Senior Centers and other Facilities

<http://www.ncoa.org/content.cfm?sectionID=242>

Fall Prevention Center of Excellence: Our mission is to identify best practices in fall prevention and to help communities offer fall prevention programs to older people who are at risk of falling.

<http://www.stopfalls.org/>

- Mental Health

Get Connected! Linking Older Adults With Medication, Alcohol, and Mental Health Resources - A Toolkit

<http://www.ncoa.org/content.cfm?sectionID=263&detail=934>

Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems

<http://www.ncoa.org/content.cfm?sectionID=263&detail=984>

Resolutions on mental health and aging were developed for submission to the 2005 White House Conference on Aging (WHCoA) on Sept. 28, 2004, at a special meeting of the National Coalition on Mental Health and Aging (NCMHA).

<http://www.ncoa.org/content.cfm?sectionID=263&detail=978>

- Intergenerational Efforts

The purpose of this program is to provide "real world" experience for physical education students interested in learning more about aging, and how to lead enjoyable older adult physical activity.

<http://www.health-in-action.org/content.asp?contentid=50&catid=75&rootid=6>

Health-for-Two program is a knitting and quilting mentoring program by older adults for young pregnant women under the auspices of a community health center.

<http://www.health-in-action.org/content.asp?contentid=38&catid=75&rootid=6>

- Statistics and Condition-specific information

- US NATIONAL CENTER FOR HEALTH STATISTICS REPORT:

- "Prevalence of Functional Limitations Among Adults 60 Years of Age and

Over: United States, 1999-2002," (_Advance Data From Vital and Health Statistics_, No. 375, August 2006, .pdf format, 8p.).

<http://www.cdc.gov/nchs/data/ad/ad375.pdf>

- The following AARP _Prime Time Radio_ show is now available (RealPlayer plug-in or helper application required, audio transcripts run between 24 and 30 minutes): Older Americans and Depression
http://www.aarp.org/fun/radio/pt_radio/older_american_and_depression.html

- Consumer Resources

- One of the fastest growing age groups using the Internet, older Americans increasingly turn to the Internet for health information. In fact, 66 percent of "wired" seniors surf for health and medical information when they go online. IHSeniorHealth, which is based on the latest research on cognition and aging, features short, easy-to-read segments of information that can be accessed in a variety of formats, including large-print type sizes, open-captioned videos and a new audio version. Additional topics coming soon to the site include clinical trials, nutrition and falls. The site links to MedlinePlus, NLM's premier, more detailed site for consumer health information. (From NIA Listserve, NIA News, 9-21-06)
<http://nihseniorhealth.gov/listoftopics.html>