

AGE-FRIENDLY SUMMER INTERNSHIP RESOURCES PACK



Fall 2023

Resources

General Sources

- [AARP.org](#)
- [Association of Healthcare Journalists](#)
- [GeriPal](#)
- [Health Affairs](#)
- [Kaiser Health News](#)
- The New York Times' [The New Old Age column](#)
- [NextAvenue](#)

Overview of Aging & Ageism

- Deloitte - [The Future of Aging](#)
- KFF Health News - [Why So Many Older Americans Rate Their Health As Good Or Even Excellent](#) - Some counter-intuitive findings about why older people feel good about their health, despite a variety of issues they contend with.
- University of California - [Life After the Diagnosis: Expert Advice on Living Well with Serious Illness](#) (video)
- KFF Health News - [A Doctor Speaks Out About Ageism In Medicine](#)
- NPR - [A Clearer Map For Aging: 'Elderhood' Shows How Geriatricians Help Seniors Thrive](#)

Technology & Care

- CAPC - [How Video Technology Can Support People With Serious Illness](#)
- Association of Healthcare Journalists - [The importance of telemedicine](#)
- Geriatric Emergency Department Accreditation - [What do elderly-friendly emergency rooms look like, and how are they different?](#)
- National Institute of Aging - [Caring for people with Alzheimer's](#)
- CAPC - [Improving Health Equity for People with Serious Illness](#)

Resources

Articles

- *The New York Times*, [What Happened to America? We Asked 12 People in Their 70s and 80s.](#) - Although some of this has to do with politics, it's a good example about how individualistic people in their 70s and 80s are and how different they are from one another in their attitudes about life.
- *The New York Times*, [Finding Meaning and Happiness in Old Age](#) - Jane Brody, columnist for the Science section of the New York Times, talks about two books about finding meaning and happiness in old age.
- *The New York Times*, [Want to Be Happy? Think Like an Old Person](#) - John Leland, writer for the New York Times, spent a year meeting with a variety of the "oldest old" people living in New York City. This article sums up lessons learned during that time.

Websites

- [AARP Livable Communities](#) - AARP's weekly AARP Livable Communities e-Newsletter provides local leaders with information & inspiration for making their city or neighborhood more livable for older adults and people of all ages.
- [Research Institute for Home Care](#) - Lots of useful info, case studies, graphics about the future of home health care.
- [National Social Life, Health, and Aging Project](#)
- **STUDY:** [Empirical redefinition of comprehensive health and well-being in the older adults of the United States](#) - How social factors and mobility contribute to overall health.
- [Hospice of the Valley](#) - Hospice of the Valley in Scottsdale, Arizona, offers outstanding information and short and effective educational videos for caregivers about communicating with loved ones with dementia and understanding behaviors and the different stages of the disease
- [Jeanette Leardi](#) - Leardi is a gerontologist who is devoted to combating aging stereotypes and misinformation, particularly in the media.
- [National Center to Reframe Aging](#)
- [Changing the Narrative](#)

Resources (Cont.)

Websites

- [Grantmakers in Aging](#) - Is offering a free – yes, free! – video series on Reframing Aging and Ageism.
- **American Geriatrics Society** – This [editorial](#) on why it is changing its style guide and its language about how to refer to older adults is a great resource and example to share with those in your organization who might not be convinced that change is necessary.
- **American Society on Aging (ASA)** – ASA is hosting a [four-part webinar series](#) on topics related to reframing aging. Especially helpful is its special issue of Generations, focused on [The Pernicious Problem of Ageism](#).
- **National Council on Aging (NCOA)** and **National Hispanic Council on Aging (NHCOA)** – This [blog](#) shares the perspectives of reframing aging for Latino older adults. The [NHCOA blog](#) is a great resource as well on public policy issues from a Latino perspective.
- AARP's [Disrupt Aging campaign](#) has lots of resources, stories and video examples to use in advancing a new story of aging.

Videos

What does “culture change” mean in long-term care facilities? It means more focus on “home,” rather than “nursing” in a nursing home. A 22-minute video from Perham Health has been divided into four parts, and shows what a difference it can make for residents. Interviews with managers, staff, residents and residents’ families.

- Chapter 1 - [“Inspiration for Change”](#)
- Chapter 2 - [“Deciding Together”](#)
- Chapter 3 - [“Life in Bloom”](#)
- Chapter 4 - [“No Going Back”](#)