DIRECTORY OF
AGING RESOURCES ON THE INTERNET

updated January 2012
prepared by Charlotte Nusberg

This directory lists many resources on aging that are available free of charge on the Internet. They have been selected in the belief they may be useful to decision-makers involved in policy development, program planning, and service delivery related to older persons. Many provide an international perspective; others have mainly a domestic, national audience, but contain content that is adaptable to the situation of other countries.

The directory is organized alphabetically by topic. A complete listing of the topics follows below. Within each topic, one or more of the following types of resources are provided: 1) general information; 2) evidence-based guidelines; 3) guidelines and best practices; 4) bibliographies; 5) databases; 6) clearinghouses; 7) training tools 8) electronic newsletters; and 9) electronic mailing lists.

Some resources appear under more than one topic because they are so relevant to both. In a few cases, such as health, the topic has been broken up into separate categories—e.g., falls, health promotion, HIV/AIDs, etc.—because the topic is so large.

Topics

Active aging
Advocacy
Africa
Age discrimination
Aging in general
Aging in the Arab world
Alzheimer's Disease/Dementia
The Americas
Asia/Pacific
Caregivers
Central and Eastern Europe
Community planning
Death
Demography
Design
Development
Developmental disabilities
Diseases and conditions
Education
Elder Abuse
Emergency situations
Employment
Empowerment

Ethnic and racial minorities
Europe
Falls
Gender
Health
Health promotion
HIV/AIDS
Human rights
Impact of population aging
Indicators
Institutional care
Intergenerational relations
Isolation
Latin America and the Caribbean
Living arrangements
Long-term care
Mainstreaming
Mental health
Nutrition
Palliative care
Pensions
Physical activity
Poverty
Program planning
Research
Retirement
Rural aging
Social Protection
Transportation
Urban aging

THE RESOURCES

ACTIVE AGING

Active Ageing: A Policy Framework (WHO/NMH/NPH/02.8) – whqlibdoc.who.int/hq/2002/WHO_NMH_NPH_02.8.pdf
This Policy Framework is intended to inform discussion and the formulation of action plans that promote healthy and active ageing. It was developed by WHO's Ageing and Life Course Programme in 2002.

Community Action & Volunteering – www.ncoa.org/strengthening-community-organizations/community-action-volunteering/
Provides research and program models for overcoming organizational barriers to the civic engagement of persons 55 and older, as well as maximizing their involvement. A program of the National Council on the Aging, Inc. in the USA.

Senior Corps - www.seniorcorps.gov/
Provides information about national volunteer programs for older Americans that are sponsored by the US Government. These include Foster Grandparents, Senior Companions, and RSVP. They have served as program models for other countries. A product of the Corporation for National and Community Service.

ADVOCACY

Guidelines and best practices

Advocacy with older people: Some practical suggestions – www.helpage.org/resources/publications/?ssearch=Advocacy+with+older+people%3A+Some+practical+suggestions+&adv=0&topic=0&region=0&language=0&type=0
Designed to help communities and organizations explore ways of making older persons' voices better heard in ways that are culturally appropriate and sustainable. Reissued by HelpAge International in 2007.

Older citizens monitoring – www.helpage.org/resources/practical-guidelines/rights-and-advocacy-guidelines/
This issue of the periodical *Ageways* covers older citizens' monitoring in developing nations, including how it works, learning about rights, and improving access to services. Published by HelpAge International, June 2006.

Voices of Advocacy: Older Women Speak Out – www.grannyvoices.com/about.html
Provides tools to provoke reflection and discussion about the role of older women as committed and skilled advocates for social justice. Based on the *Grandmothers To Grandmothers Campaign* that linksgrandmothers in Canada to grandmothers in Africa who are raising their grandchildren because of the impact of HIV/AIDS on the middle generation. Tools and Website developed by Peggy Edwards.

AFRICA

African Union policy framework and plan of action on ageing –
www.helpage.org/download/4c4627511f4d2
Policy document that commits African Union member states to design, implement, monitor and evaluate appropriate integrated national policies and programmes to meet the individual and collective needs of older people in Africa. Jointly published by the African Union and HelpAge International.

Building blocks: Africa-wide briefing notes – supporting older carers (available in English, French and Portuguese –
www.aidsalliance.org/includes/Publication/BBE_Older_Carers.pdf
Explains why programs designed to support orphans and vulnerable children need to pay more attention to the needs of the older people who care for them. Produced by HelpAge International and the International HIV/AIDS Alliance in 2004.

Investing in Social Protection in Africa –
www.globalaging.org/pension/world/social/socialprotection.pdf
Offers the key recommendations of a meeting led by the African Union and Help Age International focusing on "Investing in Social Protection in Africa," April 28-30, 2008.

Policy workshop on HIV/AIDS and Windhoek, Namibia –
www.un.org/esa/socdev/unyin/workshops/Windhoek-draftreport.pdf
Annex I: HIV/AIDS and family well-being in southern Africa: towards an analysis of policies and responsiveness –
www.un.org/esa/socdev/unyin/workshops/Windhoek-backgroundpaper3.pdf
Includes recommendations for the development of a strategic policy framework to assist governments in Africa to strengthen the capacity of families and family networks to cope with HIV/AIDS. Sponsored by the United Nations, 28-30 January, 2004.

Population Aging in Sub-Saharan Africa: Demographic Dimensions 2006 –
www.census.gov/prod/2007pubs/p95-07-1.pdf
Examines population aging by gender in 42 sub-Saharan countries, with a focus on the 50+, 60+ and 80+ age groups. Both tables and figures are provided with projections to 2050. A special section examines the impact of HIV/AIDS on population aging. Published by the U.S. National Institute on Aging and U.S. Census Bureau, June, 2007.

Social cash transfers for Africa: A transformative agenda for the 21st century –
www.ipc-undp.org/publications/cct/africa/CashTransfersAfrica.pdf
Reports on a three-day intergovernmental conference on social protection held in Livingstone, Zambia, 20-23 March 2006. This brought together more than a hundred ministers and senior representatives from 13 African governments with the aim of examining new ways to tackle poverty and promote the human rights of the poorest people in Africa. Published by HelpAge International in 2006.

Social security programs throughout the world: Africa, 2011 –

www.ssa.gov/policy/docs/progdesc/ssptw/2010-2011/africa/ssptw11africa.pdf
Updated on a biennial basis. Published by the US Social Security Administration.

Summary of research findings on the nutritional status and risk factors for vulnerability of older people in Africa –
www.nnopu.org/Documents/NutritionResearch.pdf
Highlights some of the key issues affecting the nutrition and health of older people. A compilation of summaries of reports and research surveys conducted by HelpAge International's Africa regional nutrition programme, in partnership with academic and training institutions in a number of African countries. Prepared by HelpAge International's Africa Regional Centre in 2004.

Electronic newsletters
Ageing in Africa –
www.helpage.org/resources/helpage-newsletters/?nl_id=4df9fa76a348a
Highlights the issues affecting older people in Africa and provides updates on HelpAge International's regional activities. Produced irregularly by HelpAge International.

AGE DISCRIMINATION

Equal treatment, equal rights: Ten actions to end age discrimination –
www.helpage.org/silo/files/equal-treatment-equal-rights-ten-actions-to-end-age-discrimination.pdf
Draws on consultations with older people from the developing world and transitional economies to set out 10 concrete actions to ensure that older people across the world benefit from the full range of internationally accepted human rights. Produced by HelpAge International.

The Rights of Older Persons: A Collection of International Documents
www.ifa-fiv.org/index.php?option=com_content&view=article&id=73&Itemid=100
Contains full text of age discrimination legislation. Produced by the International Federation on Ageing (IFA). Cost: $28 + postage.

Training tools
Combating discrimination: A Training Manual –
www.migpolgroup.com/publications_detail.php?id=192
Developed to provide training on European and national anti-discrimination law and policy to non-governmental organizations in the 10 new Member States and in Bulgaria, Romania and Turkey. Does not deal exclusively with age discrimination. Available in the languages of member states. Produced for the European Union in 2006.

Top of the Document

AGING IN GENERAL

Global aging: The challenge of success – www.prb.org/pdf05/60.1GlobalAging.pdf

Authors: Kevin Kinsella and David R. Phillips; Publisher: *Population Bulletin*, March 2005.

Databases

AgeSourceWorldwide – www.aarpinternational.org/database/
A database that provides descriptions of and links to almost 400 information resources in 25 countries, which are significant either in size or in their coverage of aging issues**.** Most have some Internet presence, and a growing number facilitate end-user searching through the Internet. The following types of resources are included: clearinghouses, databases, libraries, directories, statistical resources, bibliographies and reading lists, reports, and Web "metasites". Published by AARP.

AgeStatsWorldwide – www.aarpinternational.org/database/
Provides access to comparative statistical data that compare the situation of older adults across countries or regions around a variety of issues areas. The most recent data and projections as far ahead as 2060 are provided where available. Published by AARP.

Resource Library of AARP International –
www.aarpinternational.org/resourcelibrary/
A searchable database of links to AARP and external documents related to aging issues around the world. Economic security, health and long-term care, and livable communities are emphasized. Produced by AARP.

Evidence Database on Aging Care– www.searchedac.org/index.php
Created to help scholars, policy analysts, and advocates stay on top of the latest research and innovations in aging care, including health care, social services, and workforce issues. Brief citations are provided. Regularly updated by an advisory panel that filters, reviews, and catalogues articles published in professional journals from around the world. Produced by the Social Work Leadership Institute (SWLI) of tThe New York Academy of Medicine.

Internet Resources on Aging – www.aarp.org/internetresources/
A database that provides links to some of the best Internet sites for persons 50 and older in the United States. Also includes a number of international links. Produced by AARP. (Last updated November 2010)

Clearinghouses

Aging Everywhere: World Facts on the 50+ – www.aarp.org/international/map
An international clearinghouse of information on aging populations worldwide. Updated regularly with newly published regional and country specific research, reports, and resources. Produced by AARP.

Biblioteca Virtual – www.fiapam.org/
Provides full text of documents related to aging from throughout the Spanish-speaking world of Latin America and Spain. Topics include aging and demography, active aging, Alzheimer's and other dementias, health and nutrition, caregiving, physical activity,

social networks, and public policy and legislation. Produced by FIAPAM (Federación Iberoamericana de Asociaciones de Personas Adultas Mayores)

Eldis Ageing Populations Resource Guide – www.eldis.org/ageing/index.htm
Provides links to several hundred documents related to aging, as well as related Web sites. A resource of the Institute of Development Studies at the University of Sussex, UK.

Electronic Newsletters
AARP International News – www.aarpinternational.org/news/
Provides information from sources around the world on issues related to population aging. Produced by AARP.

Global Action on Aging – www.globalaging.org/quickgo.htm
Weekly newsletter with emphasis on pensions, health, armed conflict and emergency situations, and rural aging. Articles available in Arabic, Chinese, English, French, Russian, and Spanish.

AGING IN THE ARAB WORLD

Ageing in the Arab Countries: Regional Variations, Policies and Programmes – (E/ESCWA/SDD/2004/WG.1/2)
www.monitoringris.org/documents/strat_reg/unescwa1.pdf
Examines demographic trends in aging and its socio-economic consequences. Published by the UN Economic and Social Commission for Western Asia, February 2004.

The Arab plan of action on ageing to the year 2012 –
social.un.org/index/LinkClick.aspx?fileticket=4cLluxtdW0I%3D&tabid=330
This plan was produced in 2002 in anticipation of the upcoming UN World Assembly on Ageing.

ALZHEIMER'S DISEASE/DEMENTIA

Dementia Gateway – www.scie.org.uk/publications/dementia/index.asp
Provides a set of practical tips, tools, resources, and activities created to support people with dementia, their caregivers, and staff working in dementia services. Among the topics covered are: Getting to Know the Person with Dementia; Eating Well; Difficult Situations; Keeping Active and Occupied; and the Environment. The Learning Zone section features the Open Dementia e-Learning Program, aimed at anyone who comes into contact with someone with dementia; it provides a general introduction to the disease and the experience of living with dementia. This program is designed to be accessible to a wide audience, to make learning as enjoyable as possible, and allows users to fully interact with the content, including video, audio and graphics. SCIE, the sponsoring agency, identifies and disseminates the knowledge base for good practice in all aspects of social care throughout the United Kingdom.

Evidence-based guidelines

Dementia: Supporting people with dementia and their carers in health and social care - www.nice.org.uk/nicemedia/live/10998/30320/30320.pdf

This NICE clinical guideline makes recommendations for the identification, treatment and care of people with dementia and the support of carers. The guideline covers Alzheimer's disease, dementia with Lewy bodies (DLB), frontotemporal dementia, vascular dementia and mixed dementias. Recommendations from NICE's technology appraisal of donepezil, galantamine, rivastigmine and memantine for treating Alzheimer's Disease are also included. Published in 2006.

Implementing a Community-Based Program for Dementia Caregivers: An Action Guide using REACH OUT –

www.chronicdisease.org/files/public/HA_Reach_Out_Action_Guide_09.pdf

REACH OUT is an evidence-based caregiver support system designed to promote the health and well-being of adults caring for persons with dementia in the United States. The Action Guide based on REACH OUT is intended to facilitate expansion of caregiver interventions and promote their adoption into widespread practice. It provides a step-by-step approach to using REACH OUT in communities of varying size and composition. Developed in collaboration with the University of Michigan's Institute of Gerontology, the Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors.

Management of patients with dementia: A national clinical guideline –

www.sign.ac.uk/pdf/sign86.pdf

Examines evidence relating to all aspects of the diagnosis and management of people with dementia, including the role of complex psychological assessment, drug treatment, techniques such as reality orientation and interventions for behavioral and psychological problems which develop later in the course of the disease. The guideline also covers evidence looking at how patients and carers are best kept informed of the changes in the patient's condition. Appendices contain diagnostic and assessment tools. Developed by the Scottish Intercollegiate Guidelines Network (SIGN).

Guidelines and best practices

Living well with dementia: a National Dementia Strategy - good practice compendium –

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_123476

This good practice compendium has been brought together from all over the United Kingdom to support local delivery of the national dementia strategy and improve outcomes for people with dementia and their carers. Published by the UK's Department of Health, 2011.

Not mad, not bad: A guide to dementia and behaviours that challenge staff working in various care settings -

www.nmhdu.org.uk/silo/files/not-mad-not-bad.pdf

Guide for British nursing and care staff in the care of people with dementia and coping with the behaviors that patients can present with in care settings. Created by a collaborative group of senior nurses undertaking the Accelerated Leadership Programme for Modern Matrons working in Older People Services in London, England.

"Quality dementia care" papers -
www.alzheimers.org.au/research-publications/quality-dementia-care-papers.aspx
A series of papers designed to improve the quality of care for dementia patients living at home or in institutional forms of care. All are downloadable as PDF documents. The titles include: No time like the present: the importance of timely diagnosis; Understanding dementia care and sexuality in residential facilities; Nurturing the Heart: Creativity, Art Therapy & Dementia; Practice for Managers in Residential Aged Care Facilities; Practice in residential aged care facilities for all staff; and Understanding Younger Onset Dementia. Produced by Alzheimer's Australia.

Practice guideline for the treatment of patients with Alzheimer's Disease and other dementias of late life –
www.psychiatryonline.com/content.aspx?aid=152139
Summarizes data to inform the care of patients with dementia of the Alzheimer's type (referred to here as Alzheimer's disease) and other dementias associated with aging, including vascular dementia, Parkinson's disease, Lewy body disease, and Pick's and other frontal lobe dementias. Published by the American Psychological Association in 2007.

Bibliographies
Social & behavioral research on Alzheimer's Disease and dementia in diverse populations: A bibliography –
www.aging.unc.edu/cad/bibliography/index.html
Offers a comprehensive snapshot of the social and behavioral research related to Alzheimer's disease and other forms of dementia in all areas of the world. Produced by the University of North Carolina Institute on Aging Information Center. Updated in 2007.

Clearinghouses
Alzheimer's Disease Education & Referral Center (ADEAR) –
www.nia.nih.gov/alzheimers
Compiles, archives and disseminates information concerning Alzheimer's Disease. A bibliographic database is available at: adlib.alzheimers.org/adear/alzdb/
offering a collection of 8,500 health education and information materials related to Alzheimer's disease. Sponsored by the US National Institute on Aging.

Alzheimer Disease International (ADI) - www.alz.co.uk/
ADI is the international federation of Alzheimer associations around the world. Besides providing information about various dementias, ADI provides links to government and NGO plans from around the world that have been developed to deal with the large and growing impact of dementia worldwide. Visit: www.alz.co.uk/alzheimer-plans

In addition, ADI publishes an annual *World Alzheimer Report* that reports on the best available evidence for developing policy and practice related to some aspect of the disease. The 2011 Report, for example, had as its focus *The Benefits of Early Diagnosis and Intervention.* These Reports can be found at:
www.alz.co.uk/research/world-report

Alzheimer Europe – www.alzheimer-europe.org
Provides information about different types of dementia, tips for caregivers, and European-wide action on dementia.

Training tools
By Us For Us Guides – marep.uwaterloo.ca/products/bufu.html
A series of guides researched, designed and created by a group of Canadians with dementia and/or their partners in care. The guides are designed to equip persons with dementia and their caregivers with the necessary tools to enhance their well being and manage daily challenges. The series consists of three types of guides: 1) for Persons with Dementia; 2) written by persons with dementia and family partners (Partnership); and 3) for Family Partners (Partners in Care). Published by the Murray Alzheimer Research and Education Program, University of Waterloo, Canada.

Demystifying dementia care: Education package –
www.accreditation.org.au/education/demystifying-dementia/
Designed to equip staff in institutional/residential care with the skills and knowledge needed to provide care and support for residents who have dementia. Produced by the Aged Care Standards and Accreditation Agency Ltd. in the USA.

Geriatric Mental Health Training Series
www.nursing.uiowa.edu/hartford/nurse/core.htm
Among the training modules offered are: "Dementia, Parts I and II," which reviews various types of dementia, particularly Alzheimer's Disease, and offers specific intervention strategies and communication techniques. The "ABC" module provides a problem-solving approach for behavioral and psychological symptoms of dementia. All modules contain a detailed lecturer's script, notes for instructors, slides, handouts, and suggestions for additional reading. These modules were developed for the Hartford Center of Geriatric Nursing Excellence in order to encourage personal development and staff training activities.

Knowledge and skills needed for dementia care: a guide for direct care workers –
www.dementie.be/SiteFiles/DemCompGuide_181812_7.pdf
Identifies the special care assistance skills that are important when working with a person with dementia in order to improve the quality of care. Competency areas covered are: knowledge of dementia disorders; person-centered care; care interactions; enriching the person's life; understanding behaviors; interacting with families; direct care worker self care. Produced by the Dementia Program of the Michigan Public Health Institute in the USA.

THE AMERICAS

Aging in the Americas into the XXI Century: A Wall Chart (available in English and Spanish) –www.census.gov/population/international/files/ageame.pdf
Provides demographic data and projections for the 65+ population in the Americas for 1997 and 2025. A joint product of PAHO/WHO, the US National Institute on Aging, and the US Bureau of the Census, 1998.

Social security programs throughout the world: The Americas, 2009 –
www.socialsecurity.gov/policy/docs/progdesc/ssptw/2008-2009/americas/index.html
Updated biennially, this report provides descriptions of each nation's social security system. Published by the US Social Security Administration.

ASIA/PACIFIC

Access to social services by the poor and disadvantaged in Asia and the Pacific: Major trends and issues (ST/ESCAP/2240) –
www.unescap.org/esid/psis/publications/spps/11/SPP11.pdf
Provides an overview of social services in Asia and the Pacific, focusing on the analysis of access to social services by the poor and disadvantaged groups as target users. Discusses the need for social services, barriers to access to services, the quality, delivery and financing of services in the region. Published by the UN Economic and Social Commission for Asia and The Pacific, 2002.

The Impact of Population Aging on Asia's Future Growth –
beta.adb.org/publications/impact-population-aging-asias-future-growth
This paper examines the quantitative impact of population aging on economic growth in twelve developing Asian economies that make up the bulk of the region's population and output, making projections to 2030. Published by the Asian Development Bank, 2011.

The Macao Outcome Document –
www.unescap.org/esid/psis/meetings/ageingmipaa2007/MacaoOutcomeDocument.pdf
This document is the culmination of the regional Asia/Pacific conference that took place in Macao in October 2007 to review progress to date on the implementation of the Madrid International Plan of Action on Ageing and make recommendations for the future. Produced by the UN Economic and Social Commission for Asia and the Pacific.

Population aging in East and Southeast Asia –
asiapacific.unfpa.org/webdav/site/asiapacific/shared/Publications/2006/papers%20in%20pop%20agening%20no.%201%20(2006).pdf
Provides links to ten full-text reports on population aging in the countries of this region. Published by the UNFPA Country Technical Services Team for East and Southeast Asia.

Preparing for the Challenges of Population Aging in Asia –
nationalacademies.org/AgingInAsia.html

To aid understanding of this aging trend, science academies from China, Japan, India, Indonesia and the United States have organized two international conferences to present new research on the topic, and released a new collaborative report (2011).

Primary Healthcare for Older People: A Participatory Study in 5 Asian Countries (April 2008) - www.globalaging.org/health/world/2008/healthcare.pdf
Analyzes the health care services for older persons in Cambodia, India, Indonesia, Singapore and Vietnam. Provides recommendations for governments, as well as reports of best practices. Researchers point toward the urgent need to set up some health care system to serve older people and others, especially in rural areas.

Shanghai Implementation Strategy –
www.unescap.org/esid/psis/ageing/strategy/index.asp
The Asia/Pacific implementation strategy developed for the Madrid International Plan of Action on Ageing 2002 and the Macao Plan of Action on Ageing for Asia and the Pacific 1999. Published by the Economic and Social Commission for Asia and the Pacific, 2003.

Social cash transfers for Asia: Ensuring social protection/social pensions in old age in the context of rapid ageing –
www.helpage.org/silo/files/social-cash-transfers-for-asia-ensuring-social-protectionsocial-pensions-in-old-age-in-the-context-of-rapid-ageing.pdf
Report of a three-day intergovernmental seminar on social protection held in Bangkok, Thailand, from 29-31 January 2007. Published by HelpAge International in 2007.

Social Security Programs Throughout the World: Asia and the Pacific, 2010 –
www.socialsecurity.gov/policy/docs/progdesc/ssptw/2010-2011/asia/index.html
Updated on a biennial basis, this report provides descriptions of each nation's social security system. Published by the US Social Security Administration.

Electronic newsletters
AgeNews Asia/Pacific –
www.helpage.org/resources/helpage-newsletters/?nl_id=4c5988f1cddc8
Raises awareness of the contributions, needs and rights of older people in Asia and the Pacific, and highlights HelpAge International's activities within the region. Produced by HelpAge International.

CAREGIVERS
Building blocks: Africa-wide briefing notes – supporting older carers –
www.aidsalliance.org/includes/Publication/BBE_Older_Carers.pdf
Explains why programs designed to support orphans and vulnerable children need to pay more attention to the needs of the older people who care for them. Available in English, French and Portuguese. Produced by HelpAge International and the International HIV/AIDS Alliance in 2004.

Consumer direction and choice in long-term care for older persons, including payments for informal care – www.oecd.org/dataoecd/53/62/34897775.pdf
Reports the detailed results of research on choice carried out as part of the long-term care study under the OECD Health Project, which was later published under the title "Long-term care policies for older people." Author: J. Lundsgaard; Publisher: OECD, 2005.

The family caregiver briefcase –
www.apa.org/pi/about/publications/caregivers/index.aspx
An online resource for psychologists who work with family caregivers to help them recognize, anticipate, and reduce the stresses on family caregivers across the life span. Segments of the briefcase are also useful for family caregivers. Among the Briefcase's contents are:

- Strategies for reaching family caregivers
- Caregiving interventions
- Assessment tools
- Variations in practice for culturally diverse groups
- Practical aspects of providing services
- Research opportunities and considerations
- Teaching about Caregiving
- Advocacy on behalf of family caregivers

Produced by the American Psychological Association, 2011.

The road to recognition: International review of public policies to support family and informal caregiving –
www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1011
Authors: Anne Montgomery and Lynn Friss Feinberg; Publisher: Family Caregiver Alliance, September 2003.

Forgotten families: older people as carers for orphans and vulnerable children –
www.helpage.org/download/4c4626c438b13
Describes case studies of innovative ways of dealing with some of the difficulties faced by older-headed households that appropriate technical support minimal additional resources can have. Produced by HelpAge International and the International HIV/AIDS Alliance.

Standards for Social Work Practice with Family Caregivers –
www.naswdc.org/practice/standards/NASWFamilyCaregiverStandards.pdf
Designed to enhance social workers' awareness of the skills, knowledge, values, methods, and sensitivity needed to work effectively with family caregivers. Developed by the National Association of Social Workers in the United States, 2010.

Guidelines and best practices
Psychosocial support for older carers of orphaned and vulnerable children: Programming guidelines –
http://www.helpage.org/resources/publications/?ssearch=Psychosocial+care+and+support+for+older+carers+of+orphaned+and&adv=0&topic=0&region=0&language=0&type=0

These guidelines, directed to program managers, explain the issues facing older persons caring for orphaned children and for family members living with AIDS-related illnesses in developing countries, and set out ways to give them the emotional and social support they need to carry out their role. Published by HelpAge International, 2011.

Training tools

Caregivers count too! A toolkit help practitioners assess the needs of family caregivers – caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695
Designed for program administrators and practitioners to sharpen awareness of family caregivers as an at-risk population in need of assessment to determine their own physical, emotional and financial problems, and to provide practical tools for conducting such assessments. Developed by the Family Caregiver Alliance in the USA.

The Family Caregiver Briefcase –
www.apa.org/pi/about/publications/caregivers/index.aspx
An online resource for psychologists who work with family caregivers. The Briefcase is designed to help professionals recognize, anticipate, and reduce the stresses on family caregivers across the life span. The Briefcase organizes information around the topics of: Caregiving Facts, Practice, Research, Education, Advocacy, and Resources. Developed by the American Psychological Association in the USA.

Standards for Social Work Practice with Family Caregivers of Older Adults –
www.socialworkers.org/practice/standards/NASWFamilyCaregiverStandards.pdf
These standards are designed to enhance social workers' awareness of the skills, knowledge, values, methods, and sensitivity needed to work effectively with family caregivers. *Publisher:* National Association of Social Workers (United States); *Publication date:* 2010.

Clearinghouse

Innovations Clearinghouse on Family Caregiving -
www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2319
An online community promoting professional knowledge around families in their caregiving role. The Web site offers:

- a searchable repository of evidence-based interventions in the United States, policy efforts and emerging practices and tools with a primary focus on the support of family/informal caregivers; and
- various interactive features that offer educational and networking opportunities among professionals, and promote the flow of information and exchange of ideas on family caregiving.

A product of the National Center on Caregiving (NCC) at the Family Caregiver Alliance.

CENTRAL AND EASTERN EUROPE

A generation in transition: Older people's situation and civil society's response in East and Central Europe – www.helpage.org/download/4c46285fc583d

Draws on consultations with older people to provide principles and case studies for responding to their needs. Published in 2002 by HelpAge International.

COMMUNITY PLANNING

Aging Well in Communities: A Toolkit for Planning, Engagement & Action – civicpartnerships.org/docs/services/CHCC/aging-well-toolkit.htm
This toolkit, produced by the non-profit Center for Civic Partnerships, gives local governments the resources they need to plan for aging well in their communities. The toolkit includes: a community planning overview; step-by-step guides for important data-gathering activities; ase studies; and a resource list. Published by the Center for Civic Partnerships in the United States.

Guidelines and best practices

Age Friendly Communities: Tools for Building Strong Communities – afc.uwaterloo.ca/
A web-based planning tool designed to help guide communities towards becoming more age friendly. Developed to complement other age-friendly community initiatives such as the World Health Organisation Age Friendly Environment Program, this tool outlines guiding principles and building blocks necessary in making all communities more age-friendly, and brings a number of age-friendly community resources together in one place to guide future projects. The tool was developed in partnership with various community agencies and municipalities at the University of Waterloo in Canada.

Age-Friendly Rural and Remote Communities: A Guide – www.health.gov.nl.ca/health/publications/afrrc_en.pdf
This guide is based on discussions held with older persons in 10 rural communities in Canada. It identifies common physical and social barriers to their participation and wellbeing, and makes suggestions for overcoming them. Developed by the Public Health Agency of Canada.

Aging Well in Communities: A Toolkit for Planning, Engagement & Action – www.civicpartnerships.org/docs/services/CHCC/aging-well-toolkit.htm
Designed to help communities plan for the wellbeing of their older populations. The toolkit:

- Breaks down the aging well planning process into manageable steps and gives specific guidance for each
- Provides a structured process for gathering different types of information from different sources at different times
- Offers ways to involve residents, local government, older adult service providers, businesses, faith communities, nonprofit organizations, and other stakeholders representing the diversity of the community in the planning process
- Presents a path to a future where older residents can age in place while continuing to engage in and contribute to the community

Published by the Center for Civic Partnerships in the United States, 2008.

Best practices: Lessons for communities –
www.vnsny.org/advantage/tools/Advantage_best.pdf
Examines the experience of 17 American communities that have tried to become more "elder friendly." Summary, as well as detailed, descriptions of each project are provided. The projects address basic needs for housing and security; maintenance of physical and mental health; independence for the frail and homebound; and opportunities for social and civic engagement. Published by the Center for Home Care Policy and Research, Visiting Nurse Service of New York, 2003.

Essential Features of an Age Friendly Community - WHO Checklist –
www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf
This checklist of essential age-friendly city features is based on the results of the World Health Organisation's (WHO) Global Age-Friendly Cities project consultation in 33 cities in 22 countries. The checklist is a tool for a city's self-assessment and a map for charting progress. More detailed checklists of age-friendly city features are to be found in the WHO Global Age-Friendly Cities Guide discussed below. Published by the World Health Organization, 2007.

Global Age Friendly Cities: A Guide (Guide mondial des villes-amies des aînés) –
www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf
www.who.int/ageing/publications/Guide_mondial_des_villes_amies_des_aines.pdf
Examines the converging trends of population aging and urbanization, and describes the characteristics of "age-friendly" cities based on research with older persons, caregivers and service providers. Areas if particular concern are: outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community support and health services. Guidelines are provided on how to use the findings of the report to stimulate action in cities worldwide. Published by the World Health Organization, October, 2007.

More information about age-friendly cities and becoming part of WHO's global network can be found at: www.who.int/ageing/age_friendly_cities_q_and_a/en/index.html

DEATH/DYING
Canadian Virtual Hospice – www.virtualhospice.ca/
An online community that provides information and support for physical, emotional and spiritual concerns related to death and
dying. Separate sections are directed to the dying, family and friends, health care providers, and volunteers. Produced by the Canadian Virtual Hospice in Canada.

Introductory guide to end of life care –
www.endoflifecareforadults.nhs.uk/assets/downloads/pubs_intro_to_eolc_care_homes.pdf
Designed for care home managers and staff interested in improving care of residents in the final stages of life. Provides definitions of terms used in end of life care, case studies

of residents, and examples of best practices in palliative care in care homes. Published by Britain's National Health Service in cooperation with the National Council for Palliative Care.

Training tools

National End of Life Care Programme - www.endoflifecareforadults.nhs.uk/
Developed to support the implementation in England of the Department of Health's End of Life Care Strategy, this web site is aimed at health and social care staff. It provides information on a variety of aspects relating to end of life care, including more than 150 case studies that highlight good practice. New cases are constantly being added. A document covering *Common Core Competences and Principles for Health and Social Care Workers Working with Adults at the End of Life* can be found at: www.endoflifecareforadults.nhs.uk/eolc/files/NHS-EoLC_Core_competences-Guide-Jul2009.pdf
Sponsored by the National Health Service, UK.

DEMOGRAPHY

Background note on the availability of basic demographic data on the older population – www.globalaging.org/agingwatch/OEWG%20frame.pdf
While most countries are now disaggregating data into 5-year age groups into high old age, basic data related to, for example, death registration indicate a major gap in knowledge of levels and trends of mortality among the older population. Prepared by the Population Division of the Department of Economic and Social Affairs, 2011 (A/AC.278/2011/CRP.1)

Human Lifetable Database (HLD) – www.lifetable.de/
A collection of population life tables covering a multitude of countries and many years. Most of the HLD life tables are life tables for national populations, which have been officially published by national statistical offices. Some of the HLD life tables refer to certain regional or ethnic sub-populations within countries.

Human Mortality Database (HMD) – www.mortality.org/
Provides detailed mortality and population data to researchers, students, journalists, policy analysts, and others interested in the history of human longevity. HMD contains detailed data for some 30 countries or areas. HMD is limited to populations where death registration and census data are virtually complete; hence, the countries and areas included are relatively wealthy.

Population Aging in Sub-Saharan Africa: Demographic Dimensions 2006 – www.census.gov/prod/2007pubs/p95-07-1.pdf
Examines population aging by gender in 42 sub-Saharan countries, with a focus on the 50+, 60+ and 80+ age groups. Both tables and figures are provided with projections to 2050. A special section examines the impact of HIV/AIDS on population aging. Published by the U.S. National Institute on Aging and U.S. Census Bureau, June, 2007.

World population ageing: 1950-2050 –
www.un.org/esa/population/publications/worldageing19502050/
Produced by the Population Division of the Department of Economic and Social Affairs.

World Population Ageing 2009 –
www.un.org/esa/population/publications/WPA2009/WPA2009_WorkingPaper.pdf
Provides a description of global trends in population ageing and includes a series of indicators of the ageing process by development regions, major areas, regions and countries. Produced by the Population Division of the UN Department of Economic and Social Affairs.

World population monitoring, focusing on the changing age structures of populations and their implications for development: Report of the Secretary-General (E/CN.9/2007/3) (available in all UN languages) –
globalag.igc.org/elderrights/world/2007/cpdsecretaireenglish.pdf
Prepared by the Population Division of the Department of Economic and Social Affairs, 2007.

World population prospects, the 2008 revision –
www.un.org/esa/population/publications/wpp2008/wpp2008_text_tables.pdf
Provides considerable statistical data on population aging around the world. Produced by the Population Division of the UN Department of Economic and Social Affairs.

Databases
International Data Base – www.census.gov/ipc/www/idb/
Provides a variety of demographic and socioeconomic characteristics for most countries of the world plus selected territories, broken down by sex and age. Summary or detailed data is available from as early as 1950 to projections as late as 2050. In addition, static or "active" population pyramids are available. Users can aggregate selected countries into chosen regions. Countries can be ranked by population for any year from 1950-2050. Download options are available. Produced by the US Bureau of the Census, Department of Commerce)

DESIGN
Elder Friendly Design Resource Collaboration Centre –
elderfriendlydesign.pbworks.com/w/page/28028473/Elder-Friendly-Design-Resource-Collaboration
A compilation of resources intended to enable evidence-informed recommendations. Visitors are invited to add their contributions to the literature referrals made in the areas of the physical environment and design for specific settings, such as the home, outdoors, hospitals, and residential facilities. Organized by the Regional Geriatric Program Central and the Seniors Health Research Transfer Network, Ontario, Canada.

DEVELOPMENT

Ageing and Development – unp.un.org/details.aspx?pid=18126
P rovides an analysis of the social and economic implications of population ageing and development. Publisher: United Nations, Department of Economic and Social Affairs, October, 2008. Available for sale: Sales Number: 08.II.A.9.

Electronic newsletters

Ageing and Development – www.helpage.org/Resources/Regularpublications
News and analysis highlighting aging as a mainstream development issue. Published twice a year for policy makers, program planners and researchers concerned with development and poverty reduction. A publication of HelpAge International.

Ageways – www.helpage.org/Resources/Regularpublications
Exchanges practical information on aging and development, particularly good practice developed in the HelpAge International network. Published twice a year for carers, older people's groups, and staff of HelpAge International. A publication of HelpAge International.

DEVELOPMENTAL DISABILITIES

Clearinghouses

Clearinghouse on Aging with Developmental Disabilities – www.rrtcadd.org/index.html
Designed to provide information on the latest research, model programs, and policy issues pertaining to this population. Offers books/monographs, journal articles, videotapes, and CDs related to aging and developmental disabilities. Describes training and technical assistance opportunities. Sponsored by the University of Illinois' Rehabilitation Research and Training Center (RRTC) on Aging with Developmental Disabilities: Lifespan Health and Function.

DISEASES AND CONDITIONS

Stanford Health Library's Diseases and Disorders > Senior Health
healthlibrary.stanford.edu/resources/bodysystems/senior_intro.html#healthtopics
Provides scientifically-based medical information and health education that help individuals and families make informed decisions about their health and health care. The seniors' health section provides an extensive directory of resource links available on the Internet related to health concerns of older persons. A product of Stanford University in the USA.

Guidelines and best practices

Best practice, evidence-based guidelines related to older people –
www.nzgg.org.nz/library_resources
Provides evidence-based recommendations for appropriate and effective care for the conditions from which older people most suffer. They draw upon experience in New Zealand and other countries. Current titles related to aging include:

- Prevention of Hip Fracture Amongst People Aged 65 Years and Over;

- Acute Management and Immediate Rehabilitation after Hip Fracture Amongst People Aged 65 Years and Over;
- Assessment Processes for Older People;
- New Zealand Clinical Guidelines for Stroke Management;

Developed by the New Zealand Guidelines Group.

Canadian Best Practices for Stroke Care –
strokebestpractices.ca
The Canadian Best Practice Recommendations for Stroke Care (Update 2010) presents high-quality, evidence-based stroke care recommendations in a standardized framework to support healthcare professionals in all disciplines. A joint initiative of the Canadian Stroke Network and the Heart and Stroke Foundation of Canada.

Guideline on the Assessment and Treatment of Delirium in Older Adults at the End of Life – ccsmh.ca/pdf/guidelines/NatlGuideline_DeliriumEOLC.pdf
Presents evidence-based recommendations on the assessment and treatment of delirium in older adults who are at the end of their lives. Produced by the Canadian Coalition for Seniors' Mental Health.

The HIV and Aging Consensus Project: Recommended Treatment Strategies for Clinicians Managing Older Patients with HIV –
www.aahivm.org/hivandagingforum
Effective treatment now extends the lives of those with HIV so that by mid-decade half of all those living with HIV in the U.S. will be age 50 and older. These older adults, well before they can be called seniors, are developing many illnesses more typically associated with advanced age. The treatment of these co-morbidities, as well as HIV infection, presents new challenges for HIV practitioners. These treatment strategies are work in progress that began to be formulated beginning in 2009 by clinicians caring for older HIV infected persons. Produced by the HIV and Aging Consensus Project of the American Academy of HIV Medicine.

National guideline clearinghouse (NGC) – www.guidelines.gov
Provides a comprehensive database of evidence-based clinical practice guidelines and related documents from around the world. Almost 300 of the database's entries relate to the elderly. Among the topics covered are: advance directives; Alzheimer's Disease; arthritis; assessment; bereavement; breast cancer; cancer; cardiovascular diseases; clinical practice guidelines; delirium; dementia; depression; discharge planning; diseases; falls; hip injuries; hypertension; incontinence; infection; menopause; nutrition; obesity; oral health; oral hydration; osteoporosis; pain; palliative care; Parkinson's Disease; physical activity; pneumonia; prescription drugs; pressure sores; prostate disorders; rehabilitation; restraints; rheumatoid arthritis; sleep disorders; and suicide. Sponsored by the US Agency for Healthcare Research and Quality.

Osteoporosis Long-Term Care – osteoporosislongtermcare.ca/
This site was created to provide the latest research and best care practices, to improve the bone health of older adults in both long-term care and community settings. Canadian guidelines for osteoporosis diagnosis and management are available at: osteoporosislongtermcare.ca/professionals/best-practices-and-guidelines
Produced as part of the Ontario Osteoporosis Strategy in collaboration with Osteoporosis Canada and other partners.

EDUCATION

Databases

ERIC (Education Resources Information Center) – www.eric.ed.gov
Provides searchable, Internet-based bibliographic and full-text database of education research and information from around the world, dating from 1966. The collection includes thousands of citations related to older persons drawn from journal articles, books, research syntheses, conferences, technical reports, policy papers, and other education-related materials.

ELDER ABUSE

Breaking the Taboo - Empowering health and social service professionals to combat violence against older women within families. European Report – www.roteskreuz.at/fileadmin/user_upload/PDF/GSD/European_report.pdf
Addresses staff members of health and social services at different levels and aims to offer tools to help raise their awareness of abuse against older women within the family, help recognize these situations and support them to deal with such abuse. Countries examined are Austria, Belgium, Finland, France, Italy, and Poland. *Authors:* Charlotte Strümpel and Cornelia Hackl.

Missing voices: views of older persons on elder abuse – whqlibdoc.who.int/hq/2002/WHO_NMH_VIP_02.1.pdf
Drawn from a series of focus groups held in Argentina, Austria, Brazil, Canada, India, Kenya, Lebanon and Sweden. Prepared for the World Health Organization, 2002.

Clearinghouses

Clearinghouse on Abuse & Neglect of the Elderly (CANE) – www.cane.udel.edu
Probably the largest computerized collection of elder abuse resources and materials in the world. Database can be searched database to obtain references pertaining to the many aspects of elder abuse and neglect, and the conditions that impact upon elder mistreatment. Maintained at the Department of Consumer Studies at the University of Delaware in the USA.

Training tools

Abuse education, prevention and response: A community training manual for those who want to address the issue of the abuse of older adults in their community –

www.acelaw.ca/elder_abuse_-_publications.php
Provides a framework to focus thinking on how members of a community can come together to prevent the abuse of older adults and how to respond when abuse occurs. *Authors*: Joanne Preston and Judith Wahl; *Publisher:* Advocacy Centre for the Elderly in Canada.

NCEA Training Library for Adult Protective Services and Elder Abuse – www.apsnetwork.org/Resources/training_library.htm
An ongoing project of the National Center on Elder Abuse (NCEA) n which training materials from around the United States are collected and organized for loan and referral to trainers. The Library was developed to address the needs of state adult protective service programs which reported a wide range of unmet training needs, from basic interviewing skills to ethical dilemmas and decision-making.

EMERGENCY SITUATIONS

Older Persons in Emergencies: An Active Ageing Perspective – www.globalaging.org/armedconflict/countryreports/general/older_in_%20emergencies.pdf
Provides case studies of how older persons fared in conflict-related and naturally caused emergencies in both developed and developing countries - war, drought, heat wave, floods, hurricanes, earthquakes, tsunami, ice storm, wild fires and a nuclear power plant explosion. A publication of the World Health Organization, 2008.

Guidelines and best practices

Addressing the nutritional needs of older people in emergency situations in Africa: Ideas for action – repository.forcedmigration.org/pdf/?pid=fmo:3661
Highlights some of the key issues affecting the nutrition of older people in emergencies and suggests ways in which their rights and needs can be more effectively addressed. Published by HelpAge International in 2001.

Guidance on including older people in emergency shelter programmes – www.helpage.org/search/?keywords=emergency shelter&filter=&daterange=&p=1
These guidelines recommend five key action points for including older people in emergency shelter programmes, so that their vulnerabilities are properly addressed. Available in English, French, Russian and Spanish. Produced by HelpAge International in collaboration with the International Federation of the Red Cross.

Older people in disasters and humanitarian crises: Guidelines for best practice participatory research with older people (available in English and Spanish) – www.helpage.org/download/4c4c9487cd176
Aims to help relief agencies meet the special needs of older people in emergencies in developing countries. Produced by HelpAge International.

Older people's associations in community disaster risk reduction – www.helpage.org/Resources/Manuals

Highlights good practice in utilizing Older People's Associations for community-based disaster risk reduction. Produced by HelpAge International in 2007.

Older People in Emergencies: Considerations for Action and Policy Development – www.who.int/ageing/publications/Hutton_report_small.pdf
Highlights problems that particularly affect older people in emergencies, especially health-related concerns; proposes a strategy to raise awareness about older people in emergencies; and recommends policies and practices to address these considerations. A publication of the World Health Organization, 2008.

Operation Emergency Prepare –
assets.aarp.org/www.aarp.org_/articles/ctg/ARPCOR9011OEPindividual050109.pdf
Provides easily understood instructions for helping older persons to prepare for any emergencies or disasters that might demand evacuation or confinement to the home. Produced by AARP.

Preparedness Resources for Long-Term, Acute, and Chronic-Care Facilities –
emergency.cdc.gov/healthcare/longterm.asp
A directory of resources targeted to health facilities, including long-term care facilities, for preparing and dealing with disasters. Also contains a number of resources for responding to the unique needs of the elderly during a crisis, and includes tools such as emergency planning checklists. Prepared by the U.S. Centers for Disease Control.

EMPLOYMENT

Ageing and labour markets for older workers –
www.ilo.org/wcmsp5/groups/public/---ed_emp/documents/publication/wcms_120333.pdf
Discusses age discrimination in the labour force against older persons and reviews sound practices for promoting their employment. Author: Alexander Samorodov; Publisher: ILO, 1999.

Forgotten Workforce: older people and their right to decent work –
www.helpage.org/what-we-do/blogs/asma-akbar-48/one-year-on-from-pakistan-floods-older-people-are-still-struggling-311/
This report shows that most people in low- and middle-income countries work in old age, often in appalling conditions. It calls for their right to decent work to be protected. Publisher: HelpAge International, 2010

Live longer, work longer: A synthesis report –
www.oecd.org/document/42/0,3343,en_2649_34747_36104426_1_1_1_1,00.html
A synthesis of the findings of country reports from 21 OECD member countries, analyzing incentives and disincentives to older worker employment, and measures that need to be taken to improve their employability. Executive summaries for each country available on line free of charge. Entire report must be purchased. Published by the OECD, February 2006.

The new agenda for an older workforce and older worker recruiting: Survey results and white paper –
Survey results:
candidate.manpower.com/wps/wcm/connect/ae964c804ec2f582b82df9ee16aecd97/Older+Worker+Recruiting+%26+Retention+Survey.pdf?MOD=AJPERES
White paper:
candidate.manpower.com/wps/wcm/connect/800c77804ec2f56ab7bff7ee16aecd97/The+New+Agenda+for+an+Older+Workforce.pdf?MOD=AJPERES
Reports findings of a survey of 28,000 employers across 25 countries and territories. Published in April 2007 by Manpower, Inc.

Older workers: policies of other nations to increase labor force participation – www.gao.gov/new.items/d03307.pdf
Examines policies in Japan, Sweden, the United Kingdom, and the United States. Produced by the US General Accounting Office in 2003**.**

Promoting longer working lives through better social protection systems – ec.europa.eu/employment_social/social_protection/docs/working_longer_en.pdf
Discusses the adaptations that are required in many social protection systems within the European Union (EU) to make it worthwhile for older workers to stay on the labor market. Produced by the EU.

Guidelines and best practices
AARP Workforce Assessment Tool – www.aarpworkforceassessment.org/
Free tool designed to help organizations assess their current and future workforce needs, as well as any impact population ageing may have. A report that is generated will provide recommendations on how to create an "age-friendly" workplace that appeals to all workers. Produced by AARP in the USA.

Age positive publications – www.dwp.gov.uk/age-positive/
Provides guidance and case studies to help employers recognize the business benefits of an age-diverse workforce, and how to deal with the elimination of mandatory retirement. Provided by Britain's Department for Work and Pensions.

A guide to good practice in age management – www.eurofound.europa.eu/pubdocs/2005/137/en/1/ef05137en.pdf
Reviews case studies from a range of organizations across the European Union that have instituted good practices in recruiting, supporting and retaining older workers. *Authors:* Gerhard Naegele and Alan Walker; *Publisher:* European Foundation for the Improvement of Living and Working Conditions. Published May, 2006.

Combating age barriers in employment: a European portfolio of good practice – www.eurofound.europa.eu/pubdocs/1997/19/en/1/ef9719en.pdf
Provides illustration and analysis of more than 150 initiatives in Europe in favor of the retention, retraining and reintegration of older workers. Authors: Alan Walker and Philip

Taylor; Publisher: European Foundation for the Improvement of Living and Working Conditions.

Clearinghouse
Aging & Work Literature Database –
www.bc.edu/content/bc/research/agingandwork/archive_news/2011/2011-11-02.html
A searchable database for locating reports and journal articles about the multi-generational workplace in the US and around the world. To search the database, go to: capricorn.bc.edu/agingandwork/database/search/literature
Developed and maintained by the Sloan Center on Aging and Work at Boston College.

Training tools
Employer resource center – www.aarp.org/employerresourcecenter/
Offers practical information to employers on many issues concerning the hiring and retention of older workers in the United States so that they are and prepared to face the aging of their labor force. Topics addressed include: age discrimination, recruitment and retention strategies, benefits for working caregivers, phased or flexible retirement, workforce trends, workplace law, and brief program descriptions of employers who have implemented successful older worker programs. Publications can be ordered free of charge or are downloadable. Produced by AARP in the USA.

EMPOWERMENT
A generation in transition: Older people's situation and civil society's response in East and Central Europe – www.helpage.org/download/4c46285fc583d
Draws on consultations with older people to provide principles and case studies for responding to their needs. Published in 2002 by HelpAge International.

Guidelines and best practices
Participatory research with older people: A sourcebook –
www.helpage.org/resources/publications/?ssearch=Participatory+research+&adv=0&topic=0&region=0&language=0&type=0
Provides comprehensive guidelines for older people's participation in planning, carrying out and disseminating research. Published by HelpAge International in 2002. Includes case studies, participatory exercises, examples of materials and sources of further information.

ETHNIC AND RACIAL MINORITIES
Toolkit for Serving Diverse Communities –
www.aoa.gov/AoAroot/Press_Room/For_The_Press/pr/archive/2010/June/DiversityToolkit.aspx
This Toolkit is designed to improve outreach to older adults of diverse ethnic or racial backgrounds. It consists of a four-step process and a questionnaire that assists professionals, volunteers and grassroots advocates with every stage of program planning, implementation and service delivery for older adult communities, their families and caregivers. The core principles of the toolkit include respect, inclusion and sensitivity s

the hallmarks of quality service. *Publisher:* US Administration on Aging; *Publication date:* June 2010.

EUROPE

Healthy ageing: keystone for a sustainable Europe –
ec.europa.eu/health/ph_information/indicators/docs/healthy_ageing_en.pdf
Examines current trends in life expectancy, how they relate to healthy life years, and what this could mean for European Union (EU) now and in the future Member States. Produced by the EU, 2007.

Regional implementation strategy for the Madrid International Plan of Action of Ageing –
english.minvws.nl/includes/dl/openbestand.asp?File=/images/2343047D_tcm20-107931.pdf
Text of European strategy developed in 2002 to implement the Madrid International Plan of Action of Ageing. Published by the UN Economic Commission for Europe.

Report of the UNECE Ministerial Conference on Ageing (ECE/AC.30/2007/2) –
www.unece.org/fileadmin/DAM/pau/_docs/ece/2007/ECE_AC30_2007_2.e.pdf
Includes the European Ministers' Declaration and a summary of the conference that was held in Leon, Spain in early November, 2007 to review progress on implementing the Madrid International Plan of Action on Ageing. Produced by the Economic Commission for Europe.

Social security programs throughout the world: Europe, 2010 –
www.socialsecurity.gov/policy/docs/progdesc/ssptw/2010-2011/europe/index.html
Updated on a biennial basis, this report provides summaries of each country's social security system. Published by the US Social Security Administration.

Electronic newsletters

CoverAge – www.age-platform.org/EN/spip.php?article99
The monthly newsletter of AGE, the European Older People's Platform, a coalition of European NGOs who lobby actively with the European Union. The newsletter provides updates on EU policy initiatives and actions. The newsletter is available in English, French, German, Italian, Spanish, and Polish.

Electronic discussion lists

Ageing in Europe – www.jiscmail.ac.uk/cgi-bin/webadmin?SUBED1=ageing&A=1
An electronic mailing list that announces research programs and results and announces conferences and training programs.

FALLS

Evidence-based guidelines

Assessment and prevention of falls in older people: Clinical guideline 21 –

www.nice.org.uk/page.aspx?o=CG021NICEGuideline
Guideline identifies older people at risk of falls, addresses multifactoral falls risk assessments and interventions, and discusses the participation of older people in prevention programs. Developed by the UK's National Institute for Clinical Excellence.

Guidelines and best practices

Queensland Stay On Your Feet® Community Good Practice Toolkit
www.health.qld.gov.au/stayonyourfeet/toolkit/default.asp
Provides easy access to current evidence-based information about falls prevention and healthy active aging strategies for health professionals and community organizations to use in their workplace, organization and the community. The Toolkit is designed for anyone who works with older people, including individuals, organisations, health professionals and government departments. A CD version of the Toolkit is also available for people who work with older people in the community, but have limited or no access to the Internet. Produced by the Queensland Health department.

Preventing Falls Through Physical Activity: A Guide for People Working with Older Adults – www.centre4activeliving.ca/older-adults/rural/guides/booklet-falls.pdf
A resource for people who are helping older adults to be more physically active while reducing the risk of falls. It contains information on safety, planning, and exercise, with a compendium of resources. Produced by the Alberta Centre for Active Living in Canada, 2009.

WHO Global Report on Falls Prevention in Old Age –
www.who.int/ageing/publications/Falls_prevention7March.pdf
Published in 2007, this global report is the product of the conclusions reached and recommendations made at the WHO Technical Meeting on Falls Prevention in Older Age which took place in Victoria, Canada in February 2007. It includes international and regional perspectives on falls prevention issues and strategies and is based on a series of background papers that were prepared by worldwide recognized experts. Published in 2007 by the World Health Organization.

Clearinghouses

Stopfalls.org – www.stopfalls.org
Identifies best practices in fall prevention and helps communities offer fall prevention programs to older persons who are at risk of falling. Targeted audiences are service providers, individuals and families, and researchers and educators. Maintained by the Fall Prevention Center of Excellence of the University of Southern California Andrus Gerontology Center in the USA.

Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults - www.cdc.gov/ncipc/preventingfalls/
Provides guidelines on program planning, development, implementation, and evaluation of falls prevention programs. Program components described in the guide include the following: education; exercise programs; medication management; vision checking and improvement; and home hazard assessment and modification.

A publication of the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention in the United States; published in 2008.

Preventing Falls: What Works A CDC Compendium of Effective Community-based Interventions from Around the World
www.cdc.gov/ncipc/preventingfalls/
Describes 14 scientifically tested and proven interventions, and provides relevant details about these interventions for organizations who want to implement fall prevention programs. The interventions are grouped into three categories: 1) exercise-based, 2) home modification, and 3) multifaceted. A publication of the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention in the United States; published in 2008.

GENDER
Gender and Ageing –
www.eldis.org/go/topics/resource-guides/ageing-populations/gender-and-ageing
Provides links to papers, reports and briefings related to older women around the world. Produced by ELDIS, a program of the University of Sussex, UK.

Gender dimensions of ageing – www.un.org/womenwatch/daw/public/ageing-final.pdf
Published in 2002 by the UN Division for the Advancement of Women.

Men, ageing and health: achieving health across the life span –
(01WHO/NMH/ NPH 01.2) **–** whqlibdoc.who.int/hq/2001/WHO_NMH_NPH_01.2.pdf
Examines the determinants of older men's health and proposes a framework and strategies for action. Published in 1999 by the World Health Organization (WHO).

The Future of Retirement: A Gender Perspective –
www.hsbc.com/1/PA_1_1_S5/content/assets/retirement/gender_perspective_full_report_1.pdf
An international survey of gender differences towards work and retirement, support extended to family and community, and attitudes towards health. Separate regional reports are provided for the Eurasia/Africa region at:
www.hsbc.com/1/PA_1_1_S5/content/assets/retirement/gender_perspective_eurasia_africa_1.pdf
for Europe at:
www.hsbc.com/1/PA_1_1_S5/content/assets/retirement/gender_perspective_europe_1.pdf
and for Asia at:
www.hsbc.com/1/PA_1_1_S5/content/assets/retirement/gender_perspective_asia_1.pdf
Published in December 2007 by the HSBC in cooperation with the Oxford Institute of Ageing.

The Situation of Elderly Women: Available Statistics and Indicators –
www.un-instraw.org/en/docs/ageing/Elderly_Women.pdf

Describes the changing status and role of elderly women in countries around the world. Developed in the early 1990s, but includes projections for the future. Published by the United Nations International Research and Training Institute for the Advancement of Women (INSTRAW)

Women, ageing and health: achieving health across the life span (WHO/HPR/AHE/HPD/96.1**) –**
whqlibdoc.who.int/hq/1996/WHO_HPR_AHE_HPD_96.1_2nd_ed.pdf
Examines the determinants of older women's health and proposes a framework and strategies for action. Published in 1998 by the World Health Organization (WHO).

Women, Ageing and Health: A Framework for Action –
www.unfpa.org/webdav/site/global/shared/documents/publications/2007/women_ageing.pdf
Provides guidance on how policy-makers, practitioners, nongovernmental organizations and civil society can improve the health and wellbeing of aging women by simultaneously applying both a gender and an aging lens in their policies, programs and practices, as well as in research. A full review of the evidence is available in a longer complementary document entitled *Women, Ageing and Health: A Review*, available in hard copy and online at http://www.who.int/ageing/en/
Published by WHO and UNFPA in 2007.

Women's Life Cycle and Ageing – INSTRAW News 29 –
www.un-instraw.org/download-document/445-instraw-news-29.html.
This special issue of the INSTRAW newsletter is devoted to examining aging within the total life cycle. Published by the United Nations International Research and Training Institute for the Advancement of Women (INSTRAW) as a contribution to the 1999 International Year of Older Persons.

HEALTH

Age-friendly Primary Health Care (PHC) Centres Toolkit –
www.who.int/ageing/publications/upcoming_publications/en/index.html
The toolkit comprises a number of instruments (evaluation forms, slides, figures, graphs, diagrams, scale tables, country guidelines, exam sheets, screening tools, cards, checklists, etc.) that can be used by primary health care workers to assess and address older persons' health. These resources are meant to supplement and not to replace local and national materials and guidelines. Published by the World Health Organization, 2008.

Health financing revisited: a practitioner's guide –
web.worldbank.org/WBSITE/EXTERNAL/TOPICS/EXTHEALTHNUTRITIONANDPOPULATION/EXTHSD/0,,contentMDK:20200211~menuPK:376811~pagePK:148956~piPK:216618~theSitePK:376793,00.html

Addresses the major changes in global health and financing policy that have occurred over the past 10 years. Published by the World Bank in 2006. Authors: Pablo Gottret and George Schieber.

Integrated chronic disease prevention and control –
www.who.int/chp/about/integrated_cd/en/
Argues for the development of integrated chronic disease prevention and control programs and provides case studies. Produced by the World Health Organization, 2006.

National Institute on Aging's Age Pages –
www.niapublications.org/shopdisplayproducts.asp?id=45&cat=All+Age+Pages
Provides full text of almost 40 consumer-friendly briefings on various aspects of health in old age, including chronic illnesses, long term care, sexuality, smoking, and many more. Published and updated by the US National Institute on Aging in English and Spanish.
.
Public Policy and the Challenge of Chronic Non-Communicable Diseases –
http://siteresources.worldbank.org/INTPH/Resources/PublicPolicyandNCDsWorldBank2007FullReport.pdf
Contains an agenda for action in response to the growing economic, social, and health problems posed by chronic non-communicable diseases. Produced by the World Bank, 2007.

Strategic Options for Pensions and Healthcare: Opportunities and Collaborative Strategies - www.weforum.org/pdf/scenarios/Transforming-Pensions-Healthcare.pdf
The strategic options presented in this report by the World Economic Forum were selected and elaborated through a two-year process of engaging leading minds and key decision-makers - from the private and public sectors, academic institutions and civil society - in envisioning the future and exploring solutions. Over 50 strategic options are summarized in Appendix B, of which 11 are described in detail. While each strategic option can stand alone, overarching themes give them synergy and make them relevant to countries at different stages of economic development. They are intended to serve as a starting point for further discussion and exploration of action by decision-makers.

Women and health: today's evidence, tomorrow's agenda -
whqlibdoc.who.int/publications/2009/9789241563857_eng.pdf
Explores women's health status across the lifespan. Chapter 6 is devoted to the health profile of older women. Data, such as disease burden and causes of death, is usually disaggregated by country income group. Produced by the World Health Organization, November 2009.

Evidence-based guidelines
A guide to resources on evidence-based geriatrics –
myuminfo.umanitoba.ca/Documents/713/evidencebasedgeriatrics.pdf
An introduction to resources on evidence-based geriatrics practice freely available on the Internet. Provides reading lists, descriptions of databases, and links to relevant Internet sites. Compiled by Laurie Blanchard at the J.W. Crane Memorial Library in Canada.

ConsultGeriRN.org – ConsultGeriRN.org
A comprehensive Web site providing current best practice information on care of older adults. Among the resources provided are evidence-based protocols for managing 27 common geriatric syndromes and conditions, a series of nursing assessment tools; information about best practice models in hospitals; and links to recommended baccalaureate competencies and curriculum guidelines for geriatric nursing care. Hosted by the Hartford Institute for Geriatric Nursing.

Evidence-based practice guidelines –
www.nursing.uiowa.edu/consumers_patients/evidence_based.htm
The University of Iowa's Gerontological Nursing Interventions Research Center (GNIRC) provides about 40 evidence-based nursing practice protocols at nominal cost. Among the topics covered are: Advance directives; Alzheimer's Disease; bereavement; constipation; delirium; dementia; depression; drug abuse; elder abuse; exercise; falls prevention; incontinence; long term care; nursing; oral health; oral hydration; pain management; pets; pressure sores; spiritual well being; and suicide.

Evidence reports from the European region of the World Health Organization –
www.euro.who.int/en/what-we-do/data-and-evidence/health-evidence-network-hen/publications/evidence-reports/evidence-reports
WHO's Health Evidence Network (HEN) provides answers to policy questions in the form of evidence-based reports and summaries, and easy access to evidence and information from a number of Web sites, databases and documents that focus on older persons. Those dealing with aging are:

. What evidence is there for the prevention and screening of osteoporosis?
· Are disease management programmes (DMPs) effective in improving quality of care for people with chronic conditions?
· Do current discharge arrangements from inpatient hospital care for the elderly reduce readmission rates, the length of inpatient stay or mortality, or improve health status?
· How can injuries in children and older people be prevented?
· What are the palliative care needs of older people and how might they be met?
· What is the effectiveness of old-age mental health services?
· What is the effectiveness of home visiting or home-based support for older people?
· What are the main risk factors for falls amongst older people and what are the most effective interventions to prevent these falls?
· What are the main risk factors for disability in old age and how can disability be prevented?
· What evidence is there for the prevention and screening of osteoporosis?

The Senior Friendly Hospital Toolkit – seniorfriendlyhospitals.ca/frontpage
A compilation of resources developed by members of the Regional Geriatric Program of Toronto (RGP) Network. The five-domain Senior Friendly Hospital (SFH) Framework presented includes: Organizational support; Processes of care; Emotional and behavioural environment; Ethics in care and research; and the Physical environment. Published by Senior Friendly Hospitals, Ontario, Canada.

Working with dependent older people to achieve good oral health – healthcareimprovementscotland.org/his/idoc.ashx?docid=bde9a0cf-6f75-4a2f-8d7c-095f6435f25f&version=-1
Offers evidence-based nursing guidance for oral health care of dependent older people admitted to hospitals or living in residential care. Developed by the NHS Quality Improvement Scotland.

Guidelines and best practices
Healthy ageing profiles. Guidance for producing local health profiles for older people - www.euro.who.int/InformationSources/Publications/Catalogue/20081104_2
Demonstrates how a positive and dynamic profile of older people in cities can be produced using a mere 22 easily collected indicators. For each indicator, guidance is provided on the rationale and technique, with examples drown from the local profiles of member cities of the WHO European Healthy Cities Subnetwork on Healthy Ageing. Editors: Lena Kanstrom, Gianna Zamaro, Claes Sjostedt and Geoff Green Published by the WHO Regional Office for Europe, 2008.

Nursing best practice guidelines – www.rnao.org/Page.asp?PageID=861&SiteNodeID=133
Provides several clinical practice guidelines and related material of use by the nursing profession in working with older persons. Topics include constipation; delirium; dementia; depression; diabetes; falls; foot care; incontinence; nursing; pain; and pressure sores. Produced by the Registered Nurses' Association of Ontario.

Oral Health Promotion Fact Sheets for Long-term Care – umanitoba.ca/faculties/dentistry/ccoh/ccoh_longTermCareFacts.html#PDF
A collection of long-term care fact sheets developed as an integral component to mouth care training for caregivers. The factsheets are updated & revised on a regular basis, Developed by the University of Manitoba's Centre for Community Oral Health (CCOH).

Training tools
Borun Center for Gerontological Research – borun.medsch.ucla.edu/
Provides six training modules developed by Center researchers on the topics of weight loss prevention, mobility decline prevention; pressure ulcer prevention; incontinence management; pain screening, and quality of life assessment. Modules are designed to provide easy-to-follow step by step instructions for assessment and interventions. They provide learning objectives, a discussion of the issues, and an overview of the solution. Assessment tools, bibliographies and lists of relevant links are provided in each training module. This American site also provides online discussion forums for each of the topics.

Geriatric Resource Information Program (GRIP) – www.hpm.umn.edu/coa/Center on Aging GRIP links.htm
P rovides links to some 15 video lectures recently developed by experts on key health care topics pertinent to the care of older individuals. Among the topics included are:

End of Life Care; Nursing Home Care; Dementia; Drug Therapy; Incontinence; Elder Abuse; Falls; Geriatric Rehabilitation; Informal Care; and Assessment. A program of the University of Minnestota Center on Aging in the United States.

Portal of Geriatric Online Education – www.pogoe.org/
A free public repository of a growing collection of geriatric educational materials in various e-learning formats, including lectures, exercises, virtual patients, case-based discussions, simulations, as well as links to other resources. POGOe's mission is to promote geriatric education through the provision and encouragement of free exchange of teaching and assessment materials that support the fields of geriatrics and gerontology. One feature offers LitLinks, a service providing topic-based summaries of recent scholarly literature in different areas of geriatrics and gerontology. Organized by a consortium of American health institutions.

The practicing physician education (PPE) in geriatrics project – www.gericareonline.net/
Offers materials to help physicians and other health professionals integrate evidence-based medicine (EBM) into their treatment of older patients. Tool kits on memory loss, urinary incontinence, depression, heart failure, persistent pain, falls and prevention can be downloaded to help physicians and other health care providers better understand geriatric syndromes and other chronic conditions common in older adults. Developed in the USA.

Bibliographies
Current perspective series – www.deerlodge.mb.ca/crane_library/publication.asp
Provides a number of bibliographies on key geriatric topics that are updated on an ongoing basis. They are composed of selected articles from the current journal literature, focusing on systematic reviews, best practice models, and innovative approaches. Current topics deal with: challenging behavior; communication and dementia; continence; depression in long-term care; end of life; environmental design; falls; family involvement in long-term care; institutional elder abuse; pressure ulcers; restraints in long-term care; sexuality in long-term care; and transitioning to long-term care. Produced by the J.W. Crane Memorial Library of Gerontology and Geriatrics in Canada.

Databases
Effective Older People Care
www.knowledge.scot.nhs.uk/effectiveolderpeoplecare.aspx
A fully indexed, searchable, Web-enabled database of evidence for the management of older people's care and rehabilitation. It provides the current best evidence in the health care of older people in a concise fashion, focusing on common health problems in old age and different models of service organization for older people. All the practices are based on a critical appraisal of Cochrane systematic reviews. Produced at the University of Glasgow Academic Section of Geriatric Medicine.

Successful Aging Edition (S@Edition) and Successful Aging Database (S@Database) (French only) – www.saging.com

S@Edition provides weekly news of the latest published research findings related to biomedicine and preventive medicine. It also provides, on a subscription basis, more in-depth information about health-related topics and offers an online, searchable database (S@Database) with some 10,000 articles drawn from 2,500 international journals. S@Database, in turn provides access to "Highlights," a review of the most important articles on aging synthesized by Successful Aging experts.

Electronic Newsletters
GERINET –
listserv.buffalo.edu/cgi-bin/wa?SUBED1=gerinet&A=1
An electronic discussion list that deals with health care issues and aging; most participants are American

Geronurse –
An electronic discussion list that promotes geriatric nursing dialogue and activities, posts updates in best nursing practice and innovations, and is open to all practitioners, researchers, educators, and students with an interest in the field.
How to subscribe:
Send an email to: gero-nurse-request@list.uiowa.edu
Leave the subject box blank
In the body of the message, type: subscribe

HEALTH PROMOTION
Active Ageing: A Policy Framework (WHO/NMH/NPH/02.8) –
whqlibdoc.who.int/hq/2002/WHO_NMH_NPH_02.8.pdf
This Policy Framework is intended to inform discussion and the formulation of action plans that promote healthy and active ageing. It was developed by WHO's Ageing and Life Programme in 2002.

Healthy ageing: keystone for a sustainable Europe –
ec.europa.eu/health/ph_information/indicators/docs/healthy_ageing_en.pdf
Examines current trends in life expectancy, how they relate to healthy life years, and what this could mean for European Union (EU) now and in the future Member States. Produced by the EU, 2007.

Men, ageing and health: achieving health across the life span
(01WHO/NMH/ NPH 01.2) **–**
whqlibdoc.who.int/hq/2001/WHO_NMH_NPH_01.2.pdf
Examines the determinants of older men's health and proposes a framework and strategies for action. Published in 1999 by the World Health Organization (WHO).

Women, ageing and health: achieving health across the life span
(WHO/HPR/AHE/HPD/96.1**) –**
whqlibdoc.who.int/hq/1996/WHO_HPR_AHE_HPD_96.1_2nd_ed.pdf

Examines the determinants of older women's health and proposes a framework and strategies for action. Published in 1998 by the World Health Organization (WHO).

Evidence-based guidelines

A new vision of aging: Helping older adults make healthier choices – www.cfah.org/pdfs/agingreport.pdf
Summarizes the evidence on the benefits of health promotion in older adults in the United States. Also identifies programs that effectively help older people to live longer and healthier lives by increasing physical activity, improving eating habits and minimizing the risk of falling. Developed by the Center for the Advancement of Health in the USA.

Extreme Heat Events Guidelines: Technical Guide for Health Care Workers – www.chnig.org/documents/News%20Attachments/Extreme%20Heat%20Event%20Guidelines_Technical%20Guide.pdf
This Canadian resource provides guidance to health care providers on techniques and strategies for addressing and preventing heat stress in the elderly, using national and international evidence. Published by Health Canada, 2011 in English and French.

Best practices

Promoting Preventive Services for Adults 50–64: Community and Clinical Partnerships - www.cdc.gov/aging/pdf/promoting-preventive-services.pdf
Identifies a set of recommended preventive services for adults age 50-64 in the United States, provides indicators and baseline data at national and state levels to monitor progress, and promotes successful strategies to facilitate their adoption and use. A joint publication of the Centers for Disease Control and Prevention, AARP, and the American Medical Association, 2009.

Training tools

First step to active health – www.firststeptoactivehealth.com/
Provides several important tools to promote physical activity among sedentary elders, including the Active Aging Toolkit and an evidence-based, progressive activity program directed to both consumers and health care providers. Developed by the Hygenic Corporation and Thera-Band Products in the USA.

Online Training Modules - Introduction to Health Promotion Programs for Older Adults – www.healthyagingprograms.org/content.asp?sectionid=156
Interactive basic training modules on evidence-based health promotion for older adults. These modules are designed primarily for aging services providers, staff of a public health or human services agency, volunteers or students in different health disciplines. Three series are available: 1) Introduction to Health Promotion Programs for Older Adults ; 2) Making Effective Presentations; and 3) Advanced Tools (creating a business plan for evidence-based health promotion programs.) Developed by the US National Council on Aging, 2007-2011.

See Well for a Lifetime Program -
www.nei.nih.gov/nehep/programs/visionandaging/index.asp

This toolkit is designed for persons who work with older adults. It aims to convey science-based, easy-to-understand information about general eye health, age-related eye diseases and conditions, and the importance of comprehensive dilated eye exams that they can transmit to older persons. Developed by the U.S .National Eye Institute.

HIV/AIDS

Building blocks: Africa-wide briefing notes – supporting older carers (available in English, French and Portuguese – www.aidsalliance.org/includes/Publication/BBE_Older_Carers.pdf
Explains why programs designed to support orphans and vulnerable children need to pay more attention to the needs of the older people who care for them. Produced by HelpAge International and the International HIV/AIDS Alliance in 2004.

The elderly, HIV/AIDS and sustainable rural development –
www.fao.org/sd/2002/PE0101_en.htm (English)
www.fao.org/sd/2002/PE0101_fr.htm (French)
www.fao.org/sd/2002/PE0101_es.htm (Spanish)
Discusses the impact of rural aging and HIV/AIDS on the sustainability of rural areas and food production. Produced by the Food and Health Organization (FAO) of the United Nations in 2002.

Forgotten families: older people as carers for orphans and vulnerable children –
www.helpage.org/download/4c4626c438b13
Describes case studies of innovative ways of dealing with some of the difficulties faced by older-headed households that appropriate technical support minimal additional resources can have. Produced by HelpAge International and the International HIV/AIDS Alliance.

Policy workshop on HIV/AIDS and Windhoek, Namibia –
www.un.org/esa/socdev/family/Meetings/hiv2830jan04.pdf
Annex I: HIV/AIDS and family well-being in southern Africa: towards an analysis of policies and responsiveness –
www.un.org/esa/socdev/family/Meetings/hiv2830jan04a1.pdf
Includes recommendations for the development of a strategic policy framework to assist governments in Africa to strengthen the capacity of families and family networks to cope with HIV/AIDS. Sponsored by the United Nations, 28-30 January, 2004.

Guidelines and best practices

Building bridges: home based care model for supporting older carers of people living with HIVand AIDS in Tanzania –
www.helpage.org/resources/publications/?ssearch=building+bridges&adv=0&topic=0&region=0&language=0&type=0
Describes a model for supporting older home-based carers of people with HIV in Tanzania. Published by HelpAge International.

Counting Carers: How to improve data collection and information on households affected by AIDS and reduce the poverty of carers, people living with HIV and vulnerable children –
www.helpage.org/silo/files/counting-carers-how-to-improve-data-collection-and-information-on-households-affected-by-aids-and-reduce-the-poverty-of-carers-people-living-with-hiv-and-vulnerable-children.pdf
Aims to guide governments, NGOs and others working to improve data collection and analysis on households affected by AIDS. It identifies the limits of existing data and suggests how this may be further analysed to produce better information and what future surveys might include. Published by HelpAge International, 2006)

The HIV and Aging Consensus Project: Recommended Treatment Strategies for Clinicians Managing Older Patients with HIV –
www.aahivm.org/hivandagingforum
Effective treatment now extends the lives of those with HIV so that by mid-decade half of all those living with HIV in the U.S. will be age 50 and older. These older adults, well before they can be called seniors, are developing many illnesses more typically associated with advanced age. The treatment of these co-morbidities, as well as HIV infection, presents new challenges for HIV practitioners. These treatment strategies are work in progress that began to be formulated beginning in 2009 by clinicians caring for older HIV infected persons. Produced by the HIV and Aging Consensus Project of the American Academy of HIV Medicine.

Psychosocial support for older carers of orphaned and vulnerable children: Programming guidelines –
http://www.helpage.org/resources/publications/?ssearch=Psychosocial+care+and+support+for+older+carers+of+orphaned+and&adv=0&topic=0&region=0&language=0&type=0
These guidelines, directed to program managers, explain the issues facing older persons caring for orphaned children and for family members living with AIDS-related illnesses in developing countries, and set out ways to give them the emotional and social support they need to carry out their role. Published by HelpAge International, 2011.

HUMAN RIGHTS

Current status of the social situation, wellbeing, participation in development and rights of older persons worldwide –
www.un.org/esa/socdev/ageing/whatsnew%20PDF/Ageing%20Comprehensive%20report%202010%202%20September.pdf
This UN draft report provides an overview of ageing-related issues at the national and regional levels. It discusses the social and economic wellbeing of older persons and specifically looks at: the demographics of older age; economic status and participation in the labour force; the health of older persons; the societal perceptions and social integration of older persons; and the human rights of older persons.

European Charter of rights and responsibilities of older people in need of long-term care and assistance – www.age-platform.eu/en/daphne

Working with the European Commission and 11 partner organizations, the European non-governmental organization, AGE, developed this Charter and accompanying guide on the rights of older people, and women in particular, who are dependent on a family member or carer, or are need of long-term care or assistance. The guide addresses each of the rights expressed in the Charter, explains what they mean, and how they can upheld and translated into practice. The guide is illustrated with examples of effective practice in the European Union.

The Charter is available in 13 languages--Catalan, Czech, Dutch, English, French, German, Greek, Italian, Polish, Romanian, Slovenian, Spanish, and Swedish; the accompanying guide in 9 languages--Czech, Dutch, English, French, German, Greek, Italian, Slovenian, and Swedish/

International & National Principles, Rights and Responsibilities of Older Persons – www.aoa.gov/AoARoot/AoA_Programs/Special_Projects/Global_Aging/resources_rights.aspx
A directory of numerous declarations of rights and responsibilities of older persons designed for both community-dwelling elders and those living in institutional care that have been developed by different groups around the world. Languages: English, French, and Spanish. Published by the US Administration on Aging.

Legislation in place on age discrimination – www.ifa-fiv.org/index.php?option=com_content&view=article&id=424%3Aage-discrimination-policy-table&catid=77%3Apolicy-documents&Itemid=202
Contains full text of age discrimination legislation. Produced by the International Federation on Ageing (IFA)

The Rights of Older Persons: A Collection of International Documents – www.ifa-fiv.org/index.php?option=com_content&view=article&id=73&Itemid=100
Pulls together full text of age discrimination legislation and many diverse documents concerning the rights and status of the aged that have been prepared at the international level. *Authors:* Israel Doron and Kate Mewhinney. Available for sale as a book or CD-ROM from the International Federation on Ageing (IFA), 2008.

Guidelines and best practices
Addressing older people's rights in Africa: Good practice guidelines – www.helpage.org/Resources/Manuals
Designed to provide guidance for people working with older people and those involved in human rights issues. Produced by HelpAge International.

Equal treatment, equal rights: Ten actions to end age discrimination – www.helpage.org/Resources/Policyreports
Draws on consultations with older people from the developing world and transitional economies to set out 10 concrete actions to ensure that older people across the world benefit from the full range of internationally accepted human rights. Produced by HelpAge International.

Strengthening Older People's Rights: Towards a UN Convention –
www.ngocoa-ny.org/resources/documents/strengthening-rights-resource.pdf
Created to provide the arguments and tools for engaging people across the globe in debate about older people's rights and the role of a convention and special rapporteur. It also suggests ways in which individuals and civil society organisations can promote these new human rights instruments in their countries. Produced collaboratively by nine international NGOs, 2010.

UN Principles for Older Persons
social.un.org/index/Ageing/Resources/UNReportsandResolutions/GeneralAssembly/GA16December1991Resolution4691.aspx
The Principles focus on independence, participation, care, self-fulfillment and dignity. Adopted by the UN General Assembly in 1991.

Training tools
Combating discrimination: A Training Manual –
ec.europa.eu/social/BlobServlet?docId=95&langId=en
Developed to provide training on European and national anti-discrimination law and policy (for all groups) to non-governmental organizations in the 10 new Member States and in Bulgaria, Romania and Turkey. Available in the languages of member states. Produced for the European Union.

IMPACT OF POPULATION AGING
Why Population Aging Matters: A Global Perspective –
www.nia.nih.gov/NR/rdonlyres/9E91407E-CFE8-4903-9875-D5AA75BD1D50/0/WPAM.pdf
Describes the impact of population aging on nations and the population trends that are transforming the world in fundamental ways. Produced for the US Department of State in 2007.

World Economic and Social Survey 2007: Development in an Ageing World –
www.un.org/esa/policy/wess/index.html
Analyses the implications of population ageing for social and economic development around the world, while recognizing that it offers both challenges and opportunities. Prepared by the Development Policy and Analysis Division (DPAD) of the UN Department of Economic and Social Affairs (DESA).

INDICATORS
Mainstreaming Ageing: Indicators to Monitor Implementation –
www.euro.centre.org/data/1192809590_39180.pdf
Edited by Bernd Marin and Asghar Zaidi, this book includes contributions by many renowned international experts on ageing on the indicators of achievement available to monitor effective policy-making in ageing societies, to review sustainable progress in

mainstreaming ageing, and to assess the impact of the United Nations global Madrid International Plan of Action on Ageing and its Regional Implementation Strategy. Evidence is drawn from the 56 countries of the UN-European Region across Europe, North America and Central Asia. Complete table of contents available on the Web. The book is available for sale for Euro 54.00.

Manual sobre indicadores de calidad de vida en la vejez (Manual of indicators of the quality of life of older persons) (Spanish only) – www.eclac.org/cgi-bin/getProd.asp?xml=/publicaciones/xml/0/28240/P28240.xml&xsl=/celade/tpl/p9f.xsl&base=/celade/tpl/top-bottom_env.xsl
Proposes a series of indicators for the design of policies and programs to improve the quality of life of older persons in the following areas: health, economic security, the physical environment, support networks, and social integration. Developed by the Population Division (CEPAL) of the regional office of the UN for Latin America and the Caribbean (CELADE).

The Situation of Elderly Women Available Statistics and Indicators –
www.un-instraw.org/en/docs/ageing/Elderly_Women.pdf
Describes the changing status and role of elderly women in countries around the world. Developed in the early 1990s, but includes projections for the future. Published by the United Nations International Research and Training Institute for the Advancement of Women (INSTRAW)

INSTITUTIONAL CARE
Guidelines and best practices
Activity Provision: Benchmarking Good Practice in Care Homes –
www.mentalhealthpromotion.net/resources/activity-provision.pdf
The Guide is directed care home providers in the United Kingdom, and offers a framework of person-centered quality indicators and outcome measures to improve the level of activities for residents. A benchmark tool is provided to permit care home providers to assess their current level of service provision and to identify areas for improvement in an action plan. Published in 2007 by the College of Occupational Therapists

Quality Management by Result-oriented Indicators–Towards Benchmarking in

Residential Care for Older People –
www.euro.centre.org/data/progress/PROGRESS_ENGLISH.pdf

A handbook providing a validated list of 94 result-oriented quality indicators for

improving the quality of life of older persons living in institutional forms of care and advice on how to use the indicators in practice. Directed to all persons who live, visit and work in and with care homes: management, staff, residents and their relatives, public

authorities, inspection agencies and policy-makers. Published by the European Centre for

Social Welfare Policy and Research, 2010.

Best practice guidelines for least restraint utilization –
www.shannex.com/files/File/Best-Practice-Guidelines-Restraints.pdf
Provides a comprehensive interdisciplinary approach to reduce the use of restraints--one which was based on research and best practice. Developed by Shannex, a private health care provider in Nova Scotia, Canada.

Best practices related to aging from the Joanna Briggs Institute –
www.joannabriggs.edu.au/
Directed to health professionals in acute or long-term care settings, the Institute provides a wealth of evidence-based resources from around the world related to the care of older persons. Click on the *Advanced search* button and enter *ageing.* Developed by the Joanna Briggs Institute in Australia.

Introductory guide to end of life care in care homes–
www.endoflifecareforadults.nhs.uk/assets/downloads/pubs_intro_to_eolc_care_homes.pdf
Designed for care home managers and staff interested in improving care of residents in the final stages of life. Provides definitions of terms used in end of life care, case studies of residents, and examples of best practices in palliative care in care homes. Published by Britain's National Health Service in cooperation with the National Council for Palliative Care, 2006.

Training tools
Hydration and older people – www.water.org.uk/home/water-for-health/older-people
For use by care managers, caterers and others involved in the delivery of care to older people in care homes. Developed through an alliance of care sector stakeholders in the UK, along with Water UK, 2005.

Infection control guidance for care homes –
www.dh.gov.uk/assetRoot/04/13/63/84/04136384.pdf

Offers best practice guidance on the prevention of infection in care homes. Produced by Britain's Department of Health in collaboration with the Chartered Institute of Environmental Health, 2006.

My Home Life – www.myhomelife.org.uk/
Offers a range of resources and practice development initiatives to improve the life of older persons in care homes, based on the British experience. An initiative of Help the Aged.

INTERGENERATIONAL RELATIONS

The State of Intergenerational Relations Today -
www.ilcuk.org.uk/files/pdf_pdf_66.pdf
A research and discussion paper that explores the importance of intergenerational relations in society and related challenges and opportunities, including the role of public policy in promoting positive intergenerational relations. Author: David Lloyd. Published by the International Longevity Centre – UK, 2008.

Guidelines and best practices:
Guide of Ideas for Planning and Implementing Intergerational Projects -
www.eric.ed.gov/PDFS/ED507349.pdf
The full text of the *Guide* is downloadable in 22 languages. Produced by the European Union project, MATES - Mainstreaming Intergenerational Solidarity.

Training tools:
Experience after school - www.experiencecorps.org/images/pdf/toolkit.pdf
As part of its mission to promote volunteer opportunities for older Americans, Experience Corps, together with Civic Ventures, has developed this manual for starting after-school programs. Guidelines have been drawn from the actual experience of successful programs that have tapped older volunteers.

National Academy for Teaching and Learning about Aging (NATLA) –
www.cps.unt.edu/natla/index.html
NATLA promotes education in the United States about aging-related issues in teacher preparation universities and kindergarten through high schools. Has developed a collection of six interrelated guides that promote education for, with, and about older adults that are for sale. Provides the full text of "AGE SHARE Research and Education Briefs" on its Web site for educators interested in promoting gerontology education in kindergarten and grades 1-12. Also featured are downloadable lesson plans for elementary grades and curriculum guides for purchase.

ISOLATION

Isolation to Exclusion – www.i2i-project.net/
Describes initiatives that have taken place in place in Austria, the Czech Republic, Germany, Italy, Lithuania and the UK to overcome isolation and social exclusion among

vulnerable elders. Project coordinated by Hessische Staatskanzlei Wiesbaden, Department office Landesehrenamtsagentur Hessen (LEAH), Germany.

Unlocking the Community – www.ilcuk.org.uk/files/pdf_pdf_29.pdf
Describes the interest among older persons to create self-organizing groups in the community that promote active ageing and social participation, and two successful British approaches to organizing activities and groups at the local level for isolated older persons. Produced by the International Longevity Center, UK.

LATIN AMERICA AND THE CARIBBEAN

Aging in the Americas into the XXI Century: A Wall Chart (available in English and Spanish) – www.census.gov/population/international/files/ageame.pdf
Provides demographic data and projections for the 65+ population in the Americas for 1997 and 2025. A joint product of PAHO/WHO, the US National Institute on Aging, and the US Bureau of the Census, 1998.

Bibliografía Digital Científica del RAM (Digital Scientific Library of RAM) – www.redadultosmayores.com.ar
An online bibliographic database on aging with a focus on gerontological research in the Spanish-speaking countries of the Americas. Full text is available in PDF files. Research related to aging is organized by topic and by regions and countries. Sponsored by RAM, a Latin American network that promotes the "actualization" of older persons.

Brasilia Declaration – www.un.org/esa/socdev/ageing/documents/regional_review/Declaracion_Brasilia.pdf
This declaration was the culmination of the Second Regional Intergovernmental Conference on Ageing in Latin America and the Caribbean held 4-6 December 2007. The meeting was held to review progress on implementing the Madrid International Plan of Action on Ageing and make recommendations for the future. Produced by the Economic Commission for Latin America and the Caribbean.

El envejecimiento y las personas de edad. Indicadores sociodemográficos para América Latina y el Caribe (Latin America and the Caribbean: Aging and Older Persons. Socio-demographic Indicators for Latin America and the Caribbean (March 2009) (Spanish only) – www.globalaging.org/elderrights/world/2009/socio.pdf
Offers statistical information about the aging process of the Latin American and Caribbean population and the socio-economic characteristics of older people, including their living situation. A joint publication of CELADE and the UNFPA.

Manual sobre indicadores de calidad de vida en la vejez (Manual on indicators of quality of life in old age) (Spanish only) – www.eclac.org/cgi-bin/getProd.asp?xml=/publicaciones/xml/0/28240/P28240.xml&xsl=/celade/tpl/p9f.xsl&base=/celade/tpl/top-bottom_env.xsl
Proposes a series of indicators for the design of policies and programs to improve the quality of life of older persons in the following areas: health, economic security, the

physical environment, support networks, and social integration. Developed by the Population Division (CEPAL) of the regional office of the UN for Latin America and the Caribbean (CELADE). Only available in Spanish.

Population Aging: Is Latin America Ready? – go.worldbank.org/3B2N6NB7M0
Discusses three groups of issues related to population aging in Latin America and the Caribbean: 1) the support of the aging and poverty in the life cycle; 2) health status and health care; and 3) the fiscal pressures that are likely to accompany population aging. *Editor:* Daniel Cotlear; *Publisher:* World Bank; *Publication date:* 01/01/2011.

Population ageing in the Caribbean – A four country study
www.cepal.cl/celade/noticias/paginas/2/28632/LC_CAR_L128.pdf
This study is the first comprehensive attempt to analyze national census data with a specific view at the elderly population, their health and well-being, living arrangements and economic security in Antigua and Barbuda, St. Lucia, St. Vincent and the Grenadines, and Trinidad and Tobago. Produced for the Population Division (CEPAL) of the regional office of the UN for Latin America and the Caribbean (CELADE).

Population Ageing in the Caribbean: An Inventory of Policies, Programs and Future Challenges (LC/CAR/G.772/Corr.1) –
www.monitoringris.org/documents/strat_reg/uneclac1.pdf
Offers a demographic analysis of the ageing process in the Caribbean by presenting the development of selected indicators from the past to the present and projections into the future covering a time-span of 100 years from 1950 until 2050. The second part of the study provides an inventory of national and subregional policies and programs in the areas of social security, pension schemes and welfare programs, as well as labor force participation and health. Published by the UN Economic Commission for Latin America and the Caribbean, 2004.

Regional strategy for the implementation in Latin America and the Caribbean of the Madrid International Plan of Action on Ageing –
www.eclac.org/celade/noticias/paginas/1/13611/FINAL-DSC-1-Ingles.pdf
Published in November 2003 by the Economic Commission for Latin America and the Caribbean.

Report of the Caribbean Symposium on Population Ageing –
www.eclac.org/celade/noticias/paginas/2/28632/reportL041.pdf
Report of a meeting that took place 8-10 November, 2004. Published by the UN Economic Commission for Latin America and the Caribbean, 2005.

Social security programs throughout the world: The Americas, 2009–
www.ssa.gov/policy/docs/progdesc/ssptw/2008-2009/americas/index.html
Updated on a biennial basis, this directory provides descriptions of each nation's social security system. Published by the US Social Security Administration.

Clearinghouses

CELADE: Envejecimiento y Desarrollo (Spanish only) **–** www.eclac.cl/cgi-bin/getprod.asp?xml=/celade/noticias/paginas/1/36641/P36641.xml&xsl=/celade/tpl/p18f.xsl&base=/celade/tpl/top-bottom_env.xsl
CELADE is the population division of the UN Economic Commission for Latin American and the Caribbean (CEPAL) and sponsors considerable activity--research and conferences--in aging. This includes providing an online clearinghouse of information about its activities and that of others in the region in various aspects of aging. Its Web site offers links to demographic databases around the world, full text documents produced in different parts of Latin America and the Caribbean, abstracts of articles about aging that have appeared in CELADE's journal, statistical data and a calendar of events.

LIVING ARRANGEMENTS

Living arrangements of older persons around the world – un.org/esa/population/publications/livingarrangement/report.htm
Presents the first global survey and analysis of the patterns and trends in the living arrangements of older persons. Comparable data are presented for more than 130 countries. Produced by the UN Population Division, November 2005.

LONG-TERM CARE

Community home-based care in resource limited settings. A framework for action
www.who.int/hiv/pub/prev_care/isbn9241562137.pdf
The first section poses questions to guide policy formation. The second section raises issues that reflect the overall management and administration of community home-based care **(**CHBC). The final section raises questions to guide community groups in planning, implementing and evaluating CHBC programs. Targeted to policy-makers and senior administrators, middle managers and those who develop and run CHBC programs. Published by the World Health Organization, 2002.

Community Partnerships for Older Adults: Local Solutions for National Long Term Care Challenges
www.partnershipsforolderadults.org/content/public/news/CPFOAPublication091021.pdf
Describes the innovative work of 15 "community partnerships for older Americans" around the United States to meet the long-term care needs of elders within the community. Partnerships bring together various public and private organizations, which then collaborate to accomplish this common goal. Published by the Community Partnerships for Older Adults, 2009.

Consumer direction and choice in long-term care for older persons, including payments for informal care – www.oecd.org/dataoecd/53/62/34897775.pdf
Reports the detailed results of research on choice carried out as part of the long-term care study under the OECD Health Project, which was later published under the title “Long-term care policies for older people.” Author: J. Lundsgaard; Publisher: OECD, 2005.

Current and future long-term care needs (WHO/NMH/CCL/02.2) –

whqlibdoc.who.int/hq/2002/WHO_NMH_CCL_02.2.pdf
Makes projections for long-term care needs over the next 50 years. Concludes that the absolute number of functionally dependent people, and the number in proportion to the working population, will increase greatly – particularly in developing countries. Produced by the World Health Organization, 2002.

Current Perspectives Series on Aging-Related Topics –
libguides.lib.umanitoba.ca/content.php?pid=234222&sid=1937868
The online version of a print series of the same name. It highlights current articles, books and Internet resources on specific topics of interest to long-term care professionals. Clicking on any of the topics listed leads to a Web page with a featured book and video, as well as selected internet resources, practice guidelines, and information for residents and families from the more comprehensive print series. Among the topics now available are continence, pressure ulcers, falls, communications and dementia, challenging behavior, family involvement, end of life, institutional elderly abuse, and brain injury rehabilitation. Produced by the J.W. Crane Memorial Library, Manitoba, Canada.

The Role of Migrant Care Workers in Ageing Societies: Report on Research Findings in the United Kingdom, Ireland, Canada and the United States -
publications.iom.int/bookstore/free/MRS41.pdf
This report from the International Organization for Migration presents the comparative results of a research project on the role of migrants in the workforce of caregivers for the elderly in the United Kingdom, Ireland, Canada and the United States. Publication date: 2010.

"We shall travel on:" Quality of care, economic development, and the international migration of long-term care workers –
assets.aarp.org/rgcenter/il/2005_14_intl_ltc.pdf
The increasing international migration of workers from developing countries to provide long-term care services in developed countries is examined in this AARP Public Policy Institute Issue Paper. Authors: Don Redfoot and Ari Houser. Published by AARP, October 2005.

Guidelines and best practices
Dignity in care – http://www.scie.org.uk/publications/guides/guide15/index.asp
Designed to help workers, practitioners, and managers ensure that dignity and respect are integral to the services they provide, this online guide provides information on what service users can expect from their health and social services, and includes resources and practical advice like downloadable training packages and audit tools to help providers and practitioners develop their practice.

Topics include: choice and control, communication, eating and nutritional care, pain management, personal hygiene, practical assistance, privacy, and social inclusion. Published November 2006; much new content has been added since by the Social Work Institute of Excellence.

Clearinghouses

Collaboration for Homecare Advances in Management and Practice (CHAMP) – www.champ-program.org/

CHAMP provides many resources to practioners interested in improving the quality of home care, including the *Framework Initiative.* The Initiative represents an American consensus on key values, critical practice areas, and core strategies for achieving optimal home health care for older persons. In conjunction with this Framework, CHAMP has published six Evidence Briefs, the first nationwide set of best practices for geriatric home care. Briefs include: Care Coordination, Management & Transitions; Medication Management; Cognitive Function; Chronic Pain Management; Palliative Care & Advanced Illness Management; and Physical function. Under CHAMP's Resources tab, one can find many other tools useful to practitioners. CHAMP is based at the Center for Home Care Policy & Research of the Visiting Nurse Service of New York.

National Clearinghouse on the Direct Care Workforce – www.directcareclearinghouse.org

Provides a large array of published materials dealing with issues such as recruitment, retention, training, peer support and career advancement. Also provides a "Practice Profile Database" that describes model programs addressing these issues in the USA.

Training tools

Teaching and Learning to Care: Training for Caregivers in Long Term Care (TLC for LTC)

www.nursing.upenn.edu/cisa/geroTIPS/tlcltc/Pages/default.aspx

TLC for LTC is a series of instructional modules directed to meeting the needs of staff development educators and instructors. The individual modules are available to download free of charge. Topics covered include, falls, pressure ulcers, adverse drug risks, cognitive decline and dementia, communication in dementia through behavior, palliative care, continence, pain assessment and management, and oral health. For some modules a streaming video is also available online. The electronic version of TLC for LTC contains all text files, Power Point slides, and video clips needed to teach the module. Produced by the Delaware Valley Geriatric Education Center of the University of Pennsylvania in the USA.

Electronic Newsletters

Info-LTC – lists.umanitoba.ca/mailman/listinfo/info-ltc

An electronic newsletter that provides information on geriatric, gerontological, and long-term care resources available through the University of Manitoba's J.W. Crane Library at the Deer Lodge Centre. Subscribers will receive Web Pick of the Week, Agelit, Current Perspectives, and news from the Library.

How to subscribe: Go to the Web site and fill in the requested information.

MAINSTREAMING

Inclusive and effective poverty reduction: The case for targeting all age groups in European Union development – www.savethechildren.net/alliance/europegroup/europubs/InclusivepovertyreductionEU.pdf
Demonstrates the scale and depth of child and old-age poverty, explores how poverty is transferred between generations, and emphasizes the interdependence of young and old. Produced by HelpAge International and the International Save the Children Alliance in 2005.

Mainstreaming ageing indicators to monitor sustainable progress and policies – www.euro.centre.org/detail.php?xml_id=1025
This 2007 book makes make concrete suggestions towards quantitative indicators, with an aim to assist national governments in Europe to mainstream aging in their policies and monitor the progress made. The chapters are organized into six parts: changing demographic contexts; income and wealth indicators; assessing quality of life considerations; labor force participation and early retirement issues; social protection sustainability issues; and economic growth and financial sustainability. Available for purchase from Aldershot.

Mainstreaming the concerns of older persons into the social development agenda – www.un.org/esa/socdev/ageing/documents/positionpaper.pdf
Position paper prepared by Robert Venne for the United Nations, 5 Sept. 2006.

Non-discrimination mainstreaming– instruments, case studies and way forwards – ec.europa.eu/social/BlobServlet?docId=1426&langId=en
The document addresses:
· How to go about undertaking an equality screening procedure of a new or existing policy;
· How to carry out an equality impact assessment;
· The role of consultation processes in promoting non-discrimination mainstreaming;
· Developing an equality plan for a public authority setting out an institutional commitment to embed equality throughout the policy making process; and
· Data collection as part of a systematic monitoring and evaluation framework.
Produced by Centre for Strategy & Evaluation Services in the U.K under commission to the EU, 2007.

MENTAL HEALTH
Guidelines and best practices
Aging Resources for Psychologists – www.apa.org/pi/aging/resources/index.aspx
Offers a number of resources on mental health and aging issues for practicing psychologists, including fact sheets, resource guides, practice guidelines and policy statements. Key publications include: *Guidelines for Psychological Practice with Older Adults; What Practitioners Should Know About Working with Older Adult; Guidelines for the Evaluation of Dementia and Age-Related Cognitive Decline; Older Adults and*

Insomnia Resource Guide; Aging and Human Sexuality Resource Guide, Psychotherapy and Older Adult; Psychological Services for Long Term Care Resource Guide and *Depression and Suicide in Older Adults.* Produced by the American Psychological Association.

Guidelines for Comprehensive Mental Health Services for Older Adults in Canada – www.mentalhealthcommission.ca/English/Pages/MHCC_Seniors_Guidelines.aspx
Developed with input from seniors, families, service planners, and service providers from across the country, the Guidelines were designed to support individuals and groups working to ensure that the diverse mental health needs of Canadian seniors are met. The Guidelines cover *Key Factors to Consider in Planning a Comprehensive Integrated Mental Health System for Seniors, An Integrated Model for Mental Health Services in Late Life,* and *Facilitators of a Comprehensive Mental Health Service System.* Produced by the Mental Health Commission of Canada and the Canadian Coalition for Senior's Mental Health, 2011.

Practice guide on assessing the mental health needs of older people – www.scie.org.uk/publications/practiceguides/practiceguide02/index.asp
Provides an overview of information and current practice for persons involved in assessing the social care needs of older people with mental health needs in the United Kingdom. It is aimed particularly at front-line staff, who may be the first professionals in contact with older persons or their families and friends. Produced by Britain's Social Care Institute for Excellence (SCIE) in 2006.

Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities – store.samhsa.gov/product/SMA10-4515
A Toolkit containing resources to help staff in senior living communities promote emotional health and prevent suicide among their residents. It provides guidelines for integrating suicide prevention into ongoing programs and procedures, as well as hands-on tools and training manuals. Published by the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration, 2011.

Seniors' mental health guidelines – www.ccsmh.ca/en/guidelinesUsers.cfm
Provides guidelines in four key areas of seniors' mental health, including: 1) the assessment and treatment of delirium; 2) the assessment and treatment of depression; 3) the assessment of suicide risk and prevention of suicide; and 4) the assessment and treatment of mental health issues in long-term care homes, with a focus on mood & behavior. Developed by the Canadian Coalition for Senior's Mental Health (CCSMH), 2006.

Training tools
Geriatric Mental Health Training Series
www.nursing.uiowa.edu/hartford/nurse/core.htm
Among the topics offered to long-term care staff are: 1)"Whose Problem Is It?" which takes a look at common care challenges resulting from mental illness and threats to mental health. 2) A module on depression, which emphasizes how depression can be

masked in late life, and offers specific strategies for daily caregivers. 3) "Getting the Facts--Effective Communication With Elders," reviewing general principles of the communication process with older persons, emphasizing problems created by sensory changes, staff attitudes and beliefs, and various types of dementia that may affect residents. Strategies to promote more effective communication are offered. All modules contain a detailed lecturer's script, notes for instructors, slides, handouts, and suggestions for additional reading. These modules were developed for the Hartford Center of Geriatric Nursing Excellence in the USA in order to encourage personal development and staff training activities.

NUTRITION

Keep fit for life: meeting the nutritional needs of older persons –
whqlibdoc.who.int/publications/9241562102.pdf
Examines changing nutritional needs with aging in both healthy and chronically ill older persons, and makes recommendations regarding essential nutrients. Published in 2002 by the World Health Organization (WHO).

Summary of research findings on the nutritional status and risk factors for vulnerability of older people in Africa –
www.helpage.org/download/4c4a1362b392f
Highlights some of the key issues affecting the nutrition and health of older people. A compilation of summaries of reports and research surveys conducted by HelpAge International's Africa regional nutrition programme, in partnership with academic and training institutions in a number of African countries. Prepared by HelpAge International's Africa Regional Centre in 2004.

Guidelines and best practices

Food and nutrition guidelines for healthy older people: A background paper –
www.moh.govt.nz/moh.nsf/indexmh/food-nutrition-guidelines-for-healthy-older-people-background-paper
Seeks to provide sound and practical advice for health practitioners in New Zealand, including dietitians, nutritionists, doctors, nurses, primary health care providers, health promoters, and others working with older people in the practice of healthy nutrition. Published by the Ministry of Health, New Zealand, 2010.

Good nutrition in later life –
www.helpage.org/resources/practical-guidelines/health-and-care-guidelines/
These guidelines, aimed at program managers and people working with older people—particularly in developing countries, discuss older people's nutritional needs, why they may not be eating well, and what can be done to help. Published by HelpAge International.

Clearinghouses

National resource center on nutrition, physical activity & aging
nutritionandaging.fiu.edu/index.asp

Provides a number of resources, including manuals, dietary guidelines and resource links related to promoting good nutrition and physical activity among older Americans. The Center forms part of Florida International University.

PALLIATIVE CARE

The following three publications are all published by the Regional Office for Europe of the World Health Organization, 2004.

Palliative care–the solid facts –
www.euro.who.int/__data/assets/pdf_file/0003/98418/E82931.pdf
Builds a comprehensive picture of the complex nature of palliative care, describing key trends and principles and discussing their policy implications.

Better palliative care for older people –
www.euro.who.int/__data/assets/pdf_file/0009/98235/E82933.pdf
Focuses on the special needs of older people and the major public health challenge they represent.

Guidelines and best practices

Clinical practice guidelines for quality palliative care –
www.nationalconsensusproject.org/Guideline.pdf
Developed by five major US palliative care organizations, the Guidelines describe core precepts and structures of clinical palliative care programs. The following aspects are included: structure and process of care; physical; psychological and psychiatric; social; spiritual, religious, and existential; cultural; care of the imminently dying person; and ethics and law.

Palliative Care for Older People: Better Practices –
www.euro.who.int/__data/assets/pdf_file/0017/143153/e95052.pdf
Gives specific examples of promising or better practices in palliative care for older people along with evidence of their effectiveness when this is available.

Clearinghouses

Palliative Dementia Care Resources –www.pdcronline.com/index.php
Seeks to raise public and professional awareness around palliative care needs facing individuals with advanced dementia and their caregivers. It guides family caregivers and professionals to relevant news and information on topics such as managing life's changes, preparing for life's end, and coping with grief and loss. Links are provided to topics such as end stage dementia care, end of life care in the nursing home, ethical issues, family caregivers' support, pain management tools, and advance care planning. Created by Polisher Research Institute at the Madlyn and Leonard Abramson Center for Jewish Life.

PENSIONS

Age and security: How social pensions can deliver effective aid to poor older people and their families – www.helpage.org/download/4c46213549d51
Describes how social pensions effectively target aid in developing countries, reducing the poverty of older people. Published by HelpAge International in 2004.

Ageing Societies and the Looming Pension Crisis –
www.oecd.org/document/59/0,3343,en_2649_201185_2512699_1_1_1_1,00.html
Provides a summary of the public pension crisis that faces most developed nations and links to a number of OECD studies relating to this issue. Publisher: OECD

Extending Social Security: Policies for developing countries (ESS Paper no. 13) –
www.ilo.org/wcmsp5/groups/public/---dgreports/---dcomm/documents/publication/kd00061.pdf
Reviews the main trends and policy issues with regard to the extension of social security in developing countries and the four main social security programs, i.e. health insurance, pensions, unemployment protection and tax-based social benefits. Author: Wouter van Ginneken. Social Security Policy and development Branch, ILO, 2003

Global aging and the sustainability of public pension systems –
csis.org/files/media/csis/pubs/pension_profile.pdf
Chronicles the efforts of twelve developed countries to prepare for population aging by reforming their public pension systems.
Author: James C. Capretta; Publisher: Center for Strategic and International Studies, 2007.

Social cash transfers for Africa: A transformative agenda for the 21st century –
www.helpage.org/Resources/Policyreports
Reports on a three-day intergovernmental conference on social protection held in Livingstone, Zambia, 20-23 March 2006. This brought together more than a hundred ministers and senior representatives from 13 African governments with the aim of examining new ways to tackle poverty and promote the human rights of the poorest people in Africa. Published by HelpAge International in 2006.

Pension Crediting for Caregivers: Policies in Finland, France, Germany, Sweden, the United Kingdom, Canada, and Japan –
www.iwpr.org/publications/pubs/pension-crediting-for-caregivers-policies-in-finland-france-germany-sweden-the-united-kingdom-canada-and-japan
Explores the policies of Finland, France, Germany, Sweden, the United Kingdom, Canada, and Japan in providing pension credits for female caregivers and its implications for the United States. *Author:* Elaine Fultz; *Publication date:* June 2011

Social security for all: Investing in global social and economic development –
www3.ilo.org/public/english/protection/secsoc/downloads/1519sp1.pdf
Published by the ILO, August 2006.

Social security programs throughout the world: Europe, 2010
www.ssa.gov/policy/docs/progdesc/ssptw/2010-2011/europe/index.html
Social security programs throughout the world: Asia and the Pacific, 2010 –
www.ssa.gov/policy/docs/progdesc/ssptw/2010-2011/asia/index.html
Social security programs throughout the world: Africa, 2009
www.socialsecurity.gov/policy/docs/progdesc/ssptw/2008-2009/africa/index.html
Social security programs throughout the world: The Americas, 2009 –
www.socialsecurity.gov/policy/docs/progdesc/ssptw/2008-2009/americas/index.html
Provides country descriptions of social security programs for each of these regions. Updated biennially. Published by the US Social Security Administration.

World social security report 2010/2011: Providing coverage in the time of crisis and beyond – www.ilo.org/wcmsp5/groups/public/---dgreports/---dcomm/---publ/documents/publication/wcms_146566.pdf
The first of a series whose chief aim is to present the results of regular statistical monitoring of the state and developments of social security in the world. The series will look at:

- the scope, extent, levels and quality of coverage by various social security branches;
- the scale of countries' investments in social security measured by size and structure of social security expenditure and sources of its financing; and
- the effectiveness and efficiency of social security systems in reaching various national social policy objectives as well as other impacts of the policies which may be of special interest.

Published by the International Labor Office, 2010.

Clearinghouses
Social Security Observatory –www.issa.int/Observatory/Social-Security-Observatory
The Observatory for the International Social Security Association (ISSA) monitors social security programs worldwide, and provides information on key issues and analysis of major developments in social security. *Country Profiles* provide a comprehensive overview of social security programmes in the Americas, Africa, Asia and the Pacific, and Europe. The *Social Security Monitor* allows access to a range of social security news items and information from external sources and publications. A *Good Practices* section focuses on topics related to the priorities of ISSA and are selected from the work of member institutions.

The *Topics* section offers a summary analysis of selected themes, such as managing reform and old age/survivors, with recommended resources for further reading and research. Additional information is available in the *Resources* section, and through the list of recommended social protection and partner Web sites.

Users can also access ISSA's social security databases from this site. See the AgeSource entry for *Social Security Worldwide* for more information about these databases.

The World Bank on Pensions –
web.worldbank.org/WBSITE/EXTERNAL/TOPICS/EXTSOCIALPROTECTION/EXTPENSIONS/0,,menuPK:396259~pagePK:149018~piPK:149093~theSitePK:396253,00.html
Features downloadable publications prepared for the World Bank, recent developments in pension legislation, and descriptions of current World Bank projects in this area.

Electronic newsletters
International Update – www.socialsecurity.gov/policy/docs/progdesc/intl_update/
A monthly newsletter providing updates on social security policy and legislation around the world. Produced by the Office of Policy, US Social Security Administration.

Electronic discussion lists
Economics of Ageing Interest Group –
An electronic mailing list that announces research programs and results and announces conferences
How to subscribe:
Send an email to: listserv@listserv.syr.edu
Leave the subject box blank
In the body of the message, type: SUB ECNAGING plus your full name

PHYSICAL ACTIVITY

Growing older staying well: ageing and physical activity in everyday life (WHO/HPR/AHE/98.1) – whqlibdoc.who.int/hq/1998/WHO_HPR_AHE_98.1.pdf
Describes the benefits of physical activity on the health of older persons and summarizes the research evidence. Published by the World Health Organization (WHO) in 1998.

Clearinghouses
National Blueprint: Increasing Physical Activity Among Adults Age 50 and Older – www.agingblueprint.org/
Offers a clearinghouse of information about physical activity and older adults, both for professionals and older persons themselves. The site was created by the National Blueprint Initiative, a partnership of more than 50 American organizations interested in promoting physical activity among older persons. The publication *Promoting Physical Activity: A Guide for Community Action* can be downloaded. Maintained by the Department of Kinesiology at the University of Illinois at Urbana-Champaign in the USA

Tools and resources related to physical activity and aging –
www.ncoa.org/improve-health/center-for-healthy-aging/physical-activity/tools-and-resources-1.html
Provides many downloadable documents for encouraging older persons in the United States to engage in physical exercise and maintain their levels of activity. Produced by the US National Council on Aging.

Training tools

International curriculum guidelines for preparing physical activity instructors of older adults –
www.isapa.org/guidelines/index.cfm
Provides standards for physical activity instructors and programs for older adults to ensure safe, effective, and accessible fitness programs for older persons and to develop competency and consistency among instructors. Developed by the International Society for Aging and Physical Activity in collaboration with the World Health Organization's Aging and the Life Course program.

POVERTY

How poor are the old? A survey of evidence from 44 countries
siteresources.worldbank.org/SOCIALPROTECTION/Resources/SP-Discussion-papers/Pensions-DP/0017.pdf
Surveys 11 international comparative studies of poverty, income distribution and the elderly. Although it focuses on OECD economies, some 44 countries are covered.
Author: Edward Whitehouse; Publisher: World Bank, 2002.

Inclusive and effective poverty reduction: The case for targeting all age groups in European Union development –
www.savethechildren.net/alliance/europegroup/europubs/InclusivepovertyreductionEU.pdf
Demonstrates the scale and depth of child and old-age poverty in developing countries, explores how poverty is transferred between generations, and emphasizes the interdependence of young and old. Produced by HelpAge International and the International Save the Children Alliance in 2005.

PROGRAM PLANNING

Guidelines and best practices

Seniors Policy Handbook: A Guide for Developing and Evaluating Policies and Programs for Seniors –
www.seniors.gov.ab.ca/seniors/docs/SeniorsPolicyHandbook.pdf
The purpose of this Canadian Handbook is to help policy analysts and program planners consider the perspective of seniors, the diversity of the seniors' population, and the needs and issues facing seniors today and in the future. Prepared by Canada's Federal/Provincial/Territorial Committee of Officials for the Federal/Provincial/Territorial Ministers Responsible for Seniors, June 2009.

Toolkit for Serving Diverse Communities –
www.aoa.gov/AoARoot/AoA_Programs/Tools_Resources/DOCS/AoA_DiversityToolkit_full.pdf
Although designed for an American audience, this toolkit provides a replicable, adaptable, and easy-to-use method for providing services for any diverse community of elders. The Toolkit consists of a four-step process and a questionnaire that assists

professionals, volunteers and grassroots advocates with every stage of program planning, implementation and service delivery for older adult communities, their families and caregivers. The core principles of the toolkit include respect, inclusion and sensitivity as the hallmarks of quality service. Published by the US Administration on Aging, 2010.

How can local authorities with less money support better outcomes for older people?
www.jrf.org.uk/publications/local-authorities-better-outcomes-older-people
Argues that even small, low-cost interventions by local authorities to improve the lives of older persons can have significant impacts. Brief program descriptions from the UK are provided. *Author:* Centre for Policy on Ageing. Published by the Joseph Rowntree Foundation, 2011.

RESEARCH

Research Agenda on Ageing for the 21st Century. 2007 Update –
www.un.org/esa/socdev/ageing/documents/AgeingResearchAgenda-6.pdf
Designed to support the implementation of the Madrid International Plan for Action on Ageing by prioritizing research areas that should be of key concern to policy-makers around the world. A joint project of the United Nations Program on Ageing and the International Association of Gerontology and Geriatrics.

Electronic newsletters

Current Awareness in Aging Research (CAAR)
CAAR is a weekly email report produced by the Center for Demography of Health and Aging at the University of Wisconsin-Madison that helps researchers keep up to date with the latest developments in the field. To subscribe, complete the form at:
www.ssc.wisc.edu/cdha/pubs/caar/subscribe.html

RETIREMENT

A comparative review of international approaches to mandatory retirement –
research.dwp.gov.uk/asd/asd5/rports2009-2010/rrep674.pdf
Designed to inform the United Kingdom's discussion about eliminating manadatory retirement policies, this research was designed to examine existing, published evidence on international approaches to mandatory retirement. Eight country case studies were selected to represent a broad spectrum of approaches and a range of experiences of age legislation. Publisher: Department for Work and Pensions, United Kingdom, 2010.

The future of retirement: What the world wants –
www.hsbc.com/1/PA_1_1_S5/content/assets/retirement/2006_for_report_world.pdf
An international survey of attitudes aging and retirement in 20 countries and territories. An executive summary, as well as two reports with consumer and employer findings, are downloadable. Sponsored by HSBC Insurance in cooperation with the Oxford Institute of Ageing, 2007.

RURAL AGING

Age-Friendly Rural and Remote Communities: A Guide –
www.health.gov.nl.ca/health/publications/afrrc_en.pdf
This guide is based on discussions held with older persons in 10 rural communities in Canada. It identifies common physical and social barriers to their participation and wellbeing, and makes suggestions for overcoming them. Developed by the Public Health Agency of Canada.

SOCIAL PROTECTION

Social cash transfers for Asia: Ensuring social protection/social pensions in old age in the context of rapid ageing –
www.helpage.org/silo/files/social-cash-transfers-for-asia-ensuring-social-protectionsocial-pensions-in-old-age-in-the-context-of-rapid-ageing.pdf
Report of a three-day intergovernmental seminar on social protection held in Bangkok, Thailand, from 29-31 January 2007. Published by HelpAge International in 2007.

Strategic Options for Pensions and Healthcare: Opportunities and Collaborative Strategies - www.weforum.org/pdf/scenarios/Transforming-Pensions-Healthcare.pdf
The strategic options presented in this report by the World Economic Forum were selected and elaborated through a two-year process of engaging leading minds and key decision-makers - from the private and public sectors, academic institutions and civil society - in envisioning the future and exploring solutions. Over 50 strategic options are summarized in Appendix B, of which 11 are described in detail. While each strategic option can stand alone, overarching themes give them synergy and make them relevant to countries at different stages of economic development. They are intended to serve as a starting point for further discussion and exploration of action by decision-makers.

Social Protection Floor for a Fair and Inclusive Globalization –
www.ilo.org/wcmsp5/groups/public/---dgreports/---dcomm/---publ/documents/publication/wcms_165750.pdf
This UN reports indicates that that two thirds of the world's population live without social security protection. Meanwhile, many western countries are cutting back on benefits, prompting former Chilean president Michele Bachelet to call on the Group of 20 nations to extend welfare protection. Published by the International Labour Organization, 2011.

The Welfare Fund Model of Social Security for Informal Sector Workers: The Kerala Experience -
esocialsciences.com/data/articles/Document125102010420.2349665.pdf
This paper examines the evolution of the institution of Welfare Funds for informal sector workers in the State of Kerala in India. The Kerala experience, now thirty years old, reflects what the workers in the informal sector could achieve in countries like India given the contemporary political context and the democratic political framework of the state. Author: K. P. Kanna. Published in *The Indian Journal of Labour Economics*, Vol. 45, No.2. April-June 2002.

TRANSPORTATION

Seniordrivers.org – www.seniordrivers.org
Provides information to older drivers and their families on safe driving and when best to give up driving, to providers wishing to set up supplemental transportation systems, and to researchers interested in the latest research and for facilitating senior transportation. A product of the American Automobile Association in the USA.

URBAN AGING

Global Age Friendly Cities: A Guide (Guide mondial des villes-amies des aînés) – www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf
www.who.int/ageing/publications/Guide_mondial_des_villes_amies_des_aines.pdf (French version)
Examines the converging trends of population aging and urbanization, and describes the characteristics of "age-friendly" cities based on research with older persons, caregivers and service providers. Areas if particular concern are: outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community support and health services. Guidelines are provided on how to use the findings of the report to stimulate action in cities worldwide. Published by the World Health Organization, October, 2007.

For comments and suggestions, contact cnusberg@aol.com