# **Connecting Older Adults to Health Information**

## **Population Exercise**

The link below will open an Excel spreadsheet from the Administration for Community Living (ACL), which is a government site.

## [Persons Age 65 and Older as a Percentage of Total Population, 2022](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Facl.gov%2Fsites%2Fdefault%2Ffiles%2FProfile%2520of%2520OA%2FACL_ProfileOlderAmericans2023_DataTables.xlsx&wdOrigin=BROWSELINK)

* Look at the tab labelled State % 65+ along the bottom

## **Resources**

[County Health Rankings](https://www.countyhealthrankings.org/)

[Congressional District Health Dashboard](https://www.congressionaldistricthealthdashboard.org/)

[Exploring Age Groups in the 2020 Census](https://www.census.gov/library/visualizations/interactive/exploring-age-groups-in-the-2020-census.html)

[MedlinePlus](https://medlineplus.gov/)

[PubMed](https://pubmed.ncbi.nlm.nih.gov/)

[ClinicalTrials.gov](https://clinicaltrials.gov/)

[Alzheimer's Foundation of America Facts & Tips](https://alzfdn.org/caregiving-resources/facts-tips/)

[Eldercare Locator from the U.S. Administration for Community Living](https://eldercare.acl.gov/)

[Library Services for Patrons with Dementia/Alzheimer’s](https://www.ala.org/advocacy/diversity/services-alzheimers#:~:text=Libraries%20can%20design%20programming%20and,be%20found%20below%20under%20resources.)

[Guidelines for Library Services with 60+ Audience from ALA (PDF)](https://www.ala.org/sites/default/files/rusa/content/resources/guidelines/60plusGuidelines2017.pdf)

[Best Practices for Engaging Seniors at the Library from Public Libraries Online](https://publiclibrariesonline.org/2024/12/best-practices-for-engaging-seniors-at-the-library/)

[Resources for Assisting Older Adults from ALA](https://www.ala.org/tools/atoz/older-adults)

[Keys to Engaging Older Adults (PDF)](https://www.ala.org/sites/default/files/aboutala/content/Keys%20to%20Engaging%20Older%20Adults-8-19-2019.pdf)

[Older Americans Month 2025 from U.S. Administration for Community Living](https://acl.gov/oam/2025/older-americans-month-2025)

[Support Older Americans Month with Resources from the Office of Disease Prevention and Health Promotion](https://odphp.health.gov/news/202505/support-older-americans-month-our-resources)

[Vision and Aging Resources from the National Eye Institute](https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-and-aging-resources)

[Myhealthfinder](https://odphp.health.gov/myhealthfinder)

[Eldercare.acl.gov](http://eldercare.acl.gov)

[Library Partnerships with Departments of Health](https://youtu.be/_3SXJmcAWQA?si=1tN9fi3AAWIaFKIk)

[Disaster Planning and Older Adults from ready.gov](https://www.ready.gov/older-adults)

[Disaster Preparedness Guide for Older Adults (PDF)](https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf)

[Healthy People 2030](https://odphp.health.gov/healthypeople)

[Let’s Move in Libraries](https://letsmovelibraries.org/)

[ALA: Programming Librarian](https://programminglibrarian.org/)

[WebJunction: Health Happens in Libraries](https://www.webjunction.org/news/webjunction/health-happens-in-libraries.html)

[Rural Health Literacy Toolkit](https://www.ruralhealthinfo.org/toolkits/health-literacy)

[ALA Resources for Library Services to Older Adults](https://www.ala.org/srrt/ejtf/library-services-older-adults)

[NNLM Past Funded Projects](https://www.nnlm.gov/funding/funded)

## **National Institute on Aging**

[National Institute on Aging](https://www.nia.nih.gov/)

[NIA Health Topics A-Z](https://www.nia.nih.gov/health)

[Download or Order Free Publications from the NIA](https://order.nia.nih.gov/view-all-publications)

[Health care professionals information](https://www.nia.nih.gov/health/health-care-professionals-information)

[Caregiving Topic](https://www.nia.nih.gov/health/caregiving)

[Order the free Caregiver’s Handbook from NIA](https://order.nia.nih.gov/publication/caregivers-handbook)

[Healthy Aging and Dementia: Educational Resources and Toolkits](https://www.nia.nih.gov/toolkits)

[Caregiving Toolkit](https://www.nia.nih.gov/toolkits/caregiving)

[Infographic: Take Care of Yourself as a Caregiver](https://www.nia.nih.gov/health/caregiving/take-care-yourself-caregiver)

[Health Information for Older Adults in Multiple Languages](https://www.nia.nih.gov/health/healthy-aging/looking-health-information-older-adults-multiple-languages)

## **7 Key Questions about Programming**

1. **Who?**
   1. Will you reach?
   2. Can assist you?
   3. Can partner?
2. **What?**
   1. Type of activity?
   2. Resources to include?
3. **When**?
   1. Are staff available?
   2. Is your primary audience available?
   3. Pair with health observance month or local event?
4. **Where?**
   1. Do you have the space?
   2. Senior center or school?
   3. Accessible to participants?
5. **Why**?
   1. Is your organization the right one to offer this?
   2. Will it benefit your audience?
6. **How**?
   1. How will you market the program?
   2. How will you conduct the activity?
   3. How will you know if it was successful?
7. **How Much?**
   1. Time?
   2. Money?

## **NNLM Classes**

[How PubMed Works (webinar)](https://www.nnlm.gov/training/class-catalog/how-pubmed-works)

[How PubMed Works On-Demand](https://www.nnlm.gov/training/class-catalog/how-pubmedr-works-demand)

[Phrase Searching in PubMed](https://www.nnlm.gov/training/class-catalog/phrase-searching-pubmed)

[PubMed Essentials On-Demand](https://www.nnlm.gov/training/class-catalog/pubmed-essentials-demand)

[Topic Searching in PubMed: Using the Medical Subject Headings](https://www.nnlm.gov/training/class-catalog/topic-searching-pubmed-using-medical-subject-headings)

[Using PubMed in Evidence-Based Practice On-Demand](https://www.nnlm.gov/training/class-catalog/using-pubmed-evidence-based-practice-demand)

[ClinicalTrials.gov for Librarians July 30, 2025](https://www.nnlm.gov/training/class/clinicaltrialsgov-librarians-6)

[An Introduction to ClinicalTrials.gov On-Demand](https://www.nnlm.gov/training/class-catalog/introduction-clinicaltrialsgov-demand)

[Health Programming at your Library](https://www.nnlm.gov/training/class-catalog/health-programming-your-library)

[MedlinePlus Tutorial for Librarians and Health Educators](https://www.nnlm.gov/training/class-catalog/medlineplus-tutorial-librarians-and-health-educators)

[1-Minute Video: How to Claim CE from the Medical Library Association](https://youtu.be/PkPb9xfAYBM?si=_DwwVG_Im8WZEQee)

## **Sources Cited**

## [2023 Profile of Older Americans from the Administration on Aging (PDF)](https://acl.gov/sites/default/files/Profile%20of%20OA/ACL_ProfileOlderAmericans2023_508.pdf)

## [Health Literacy: How Well Can Older Adults Find, Understand, and Use Health Information?](https://www.healthyagingpoll.org/reports-more/report/health-literacy-how-well-can-older-adults-find-understand-and-use-health)