



# **The Coming of Age Reference Guide**

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## Preface

Aging affects all dimensions of our society, but none so much as health. Because of this, St. Luke's Health Initiatives asked Arizona State University's School of Public Affairs and Morrison Institute for Public Policy to explore Arizona's capacity to meet the demands likely from an aging population.

This complex topic called for analysis from a variety of disciplines. Hence, as a key part of The Coming of Age research effort, we invited experts from different fields to explore and write about the topics essential to understanding public policy choices for an aging future. *The Coming of Age Technical Series* is the result. These papers provide in-depth, objective analyses of important trends and facts at the heart of the coming of age.

These technical papers provided the foundation for *The Coming of Age: Aging, Health and Arizona's Capacity to Care*, as well as *Four Scenarios of Arizona's Future*. All of the products from The Coming of Age project are available at [www.slhi.org](http://www.slhi.org).

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## The Coming of Age Reference Guide

The sources listed here were used in developing *The Coming of Age: Aging, Health and Arizona's Capacity to Care*. This reference guide presents materials and web sites that offer both the expert and layperson general sources of information on many aspects of aging, as well as starting places for research on particular topics. The web sites are described briefly so that readers have an idea of the content and scope of the site before devoting time to it.

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## **Aging, Health, and Policy**

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## Web Sites

### *Public Policy, Research, and Information*

**Administration on Aging**—[www.aoa.gov](http://www.aoa.gov)

Comprehensive site sponsored by the U.S. Department of Health and Human Services providing current updates, reports, and statistics.

**Alliance for Aging Research**—[www.agingresearch.org](http://www.agingresearch.org)

Nonprofit organization dedicated to medical research and geriatric education.

**American Association of Homes and Services for the Aging**—[www.aahsa.org](http://www.aahsa.org)

Site representing nonprofit nursing homes and elder residences that promotes healthy affordable long-term care living for the elderly.

**American Society on Aging**—[www.asaging.org](http://www.asaging.org)

Educational and information site designed for those who work with older adults.

**Arizona Center on Aging**—[www.aging.arizona.edu](http://www.aging.arizona.edu)

Site designed to provide education and training of health and social service personnel, promoting research and information regarding issues of care.

**Arizona Health Care Cost Containment System**—[www.ahcccs.state.az.us/](http://www.ahcccs.state.az.us/)

The state agency site offers many types of information on health care for low-income Arizonans.

**Duke University Center for the Study of Aging and Human Development**—[www.geri.duke.edu](http://www.geri.duke.edu)

**Gerontological Society of America**—[www.geron.org](http://www.geron.org)

Research and education driven, this site provides numerous links to Institute for the Future of Aging Services—[www.aahsa.org/ifas](http://www.aahsa.org/ifas)

**Kaiser Consulting**—[www.kaiser.net](http://www.kaiser.net)

Health forecasters/futurists offering state-of-the-art thinking.

**Kaiser Family Foundation**—[www.kff.org](http://www.kff.org)

Philanthropy involved in research in many areas of health policy, media and public education and health and development. The site is home to State Health Facts, an easy-to-use comparison tool for all fifty states.

**National Aging Information Center**—[www.aoa.dhhs.gov/NAIC](http://www.aoa.dhhs.gov/NAIC)

Arm of the federal Administration of Aging providing data and reports.

**National Council on the Aging**—[www.ncoa.org](http://www.ncoa.org)

Nonprofit organization dedicated to the promotion of the dignity, self-determination and well-being of the older adult. This information and educational site has much to offer consumers.

**National Center for Health Statistics**—[www.cdc.gov/nchs](http://www.cdc.gov/nchs)

Reports and list of publications available through the Center for Disease Control.

**Robert Wood Johnson Foundation**—[www.rwjf.org](http://www.rwjf.org)

Nationally renowned philanthropy which provides extensive grants and funding for research in health and health care.

**Urban Institute**—[www.urban.org](http://www.urban.org)

Nonpartisan organization dedicated to research on social and economic policy issues. Sites provide access to hundreds of the institute's reports, including recent reports on health workforce issues.

**U.S. Census Bureau**—[www.census.gov](http://www.census.gov)

Branch of the U.S. Department of Commerce which provides the most current data on the economy and people of the United States and an excellent starting place for any data question.

**U.S. Department of Health and Human Services**—[www.hhs.gov](http://www.hhs.gov)

Principal federal government agency devoted to the health of all Americans.

**U.S. Department of Veteran Affairs**—[www.va.gov](http://www.va.gov)

Principal federal information site for veterans which provides information about veterans' benefits and health-care opportunities.

**U.S. General Accounting Office**—[www.gao.gov](http://www.gao.gov)

The investigative arm of the U.S. Congress, this site provides access to reports completed on many issues related to government operations.

**U.S. Social Security Administration**—[www.ssa.gov](http://www.ssa.gov)

This site provides a significant amount of information related to retirement benefits, disability benefits and Medicare.

*Medical and Clinical*

**Agency for Health Care Policy and Research**—[www.ahrp.gov](http://www.ahrp.gov)

Site promotes research on health care outcomes to improve the quality of health care. Reports available on line.

**American Federation for Aging Research**—[www.afar.org](http://www.afar.org)

Private organization which supports biomedical aging research.

**American Geriatrics Society**—[www.americangeriatrics.org](http://www.americangeriatrics.org)

Organization represents professionals in the field of geriatrics.

**National Arthritis Foundation**—[www.arthritis.org](http://www.arthritis.org)

Nonprofit organization supporting advocacy, programs, services, and research on more than 100 types of arthritis and related conditions.

**National Institute on Aging**—[www.nih.gov/nia](http://www.nih.gov/nia)

One of the institute arms of the National Institute of Health (the primary biomedical research site for the U.S. government), this site offers information promoting healthy aging. News releases and reports available on line.

**National Osteoporosis Foundation**—[www.nof.org](http://www.nof.org)

Promoting health in bones and providing resources on this important health topic.

*Aging Advocacy*

**Alliance for Retired Americans**—[www.retiredamericans.org](http://www.retiredamericans.org)

Organization sponsored by the AFL-CIO and community-based organizations to protect the health and economic security of seniors.

**Alzheimer's Association**—[www.alz.org](http://www.alz.org)

Resource site for medical information about Alzheimer's disease and caregiver information

**American Association of Retired Persons**—[www.aarp.org](http://www.aarp.org)

Advocacy organization for aging adults providing general information as well as research generation information. Consumer oriented with tips from nutrition to retirement.

**ElderWeb**—[www.elderweb.com](http://www.elderweb.com)

Information on all aspects of eldercare and long-term care with many links to long-term care organizations.

**Gray Panthers**—[www.graypanthers.org](http://www.graypanthers.org)

Advocacy organization which works towards social and economic justice, this informational site gives local chapter information.

**National Association of Area Agencies on Aging**—[www.n4a.org](http://www.n4a.org)

This national organization (representing the 655 area agencies on aging) advocates on resources and support services to individual agencies.

**National Committee to Preserve Social Security and Medicare**—[www.ncpssm.org](http://www.ncpssm.org)

Grassroots citizens' organization which advocates the preservation of Social Security and Medicare for all citizens. Site provides information and educational material.

**National Family Caregivers Association**—[www.nfcacares.org](http://www.nfcacares.org)

Nonprofit organization which supports family caregivers and advocates caregivers' needs. Site offers extensive caregiver information.