

Extra Resources

Check out these websites for more information on keeping your loved one safe and healthy:

Caring For Your Parents: Senior Emergency Kit® - www.SeniorEmergencyKit.com

This website contains most of the materials included in this toolkit, as well as a list of online tools for tracking your loved one's medical information. If you ever need extra copies of the toolkit materials, visit the site.

Home Instead Senior Care® - www.homeinstead.com

The Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors. Home Instead has more than 900 independently owned and operated franchises that provide in excess of 40 million hours of care. Their offices are located in 16 international markets located in 15 countries, including the United States.

The 40-70 Rule® - www.4070talk.com

The 40-70 Rule® programs and support services are offered to help families have open discussions about providing care for parents, as well as other senior topics. On this website, you'll find tips to help bridge the communication gap between adult children and their senior loved ones.

The 70-40 Rule® - www.7040talk.com

The 70-40 Rule® program is designed to help seniors start those sometimes difficult conversations, such as end of life issues, senior romance, or family feuds, with their adult children. This website and related support services offer practical guidance and suggestions to help seniors and their adult children open their lines of communication today.

CaregiverStress.com® - www.CaregiverStress.com

CaregiverStress.com is an educational resource dedicated to helping caregivers care for themselves while caring for others. On this site you'll find helpful articles, educational videos on caregiving topics, and a caregiver stress meter to help you assess your needs.

Life Legacies - www.lifelegaciesandwishes.com

Nearly half of all Boomers would like to know more about their parents' end-of-life wishes. Life Legacies provides a set of tools that can help seniors and their families make sure that their wishes are carried out.

Stages of Senior Care - www.StagesofSeniorCare.com

This book was written by Home Instead Senior Care® founders Paul and Lori Hogan to guide readers through the process of providing care for their aging parents. It includes clear and practical advice on care options, the pros and cons of each, the relative costs, what to look for and avoid, paying for services, and how to deal with complications. Stages includes checklists and diagnostics designed to help families make good, life-affecting decisions while confidently planning the best care for those they love most.

For more information, please visit
SeniorEmergencyKit.com

Aging with Dignity - www.agingwithdignity.org

Aging with Dignity is a national non-profit organization with a mission to affirm and safeguard the human dignity of individuals as they age and to promote better care for those near the end of life. The Five Wishes document, which expresses how you want to be treated if you are seriously ill and unable to speak for yourself, was created by Aging with Dignity. To order copies, call 888-5 WISHES (594-7437) or online at www.agingwithdignity.org.

American Society of Consultant Pharmacists - www.ascp.com

The American Society of Consultant Pharmacists is an organization of 7,000 members who work to improve drug therapy and the quality of life for seniors.

Canadian Society of Consultant Pharmacists - www.cscpharm.com

The Canadian Society of Consultant Pharmacists is a chapter of the American Society of Consultant Pharmacists.

Safe Medication for Seniors - www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/safe-secure-eng.php

Health Canada provides valuable information about safe use of medications for Canadian seniors.

Canadian Generic Pharmaceutical Association - www.canadiangenerics.ca

The CGPA represents the Canadian-based generic pharmaceutical industry: a dynamic group of companies which specialize in the production of high quality, affordable generic drugs, fine chemicals and new chemical entities.

Center for Medicines and Healthy Aging - www.medsandaging.org

This resource from the American Society of Consultant Pharmacists Foundation can help seniors identify what a pharmacist could do for them and locate one in their area.

“Medications and the Older Adult” -**www.metlife.com/mmi/publications/since-you-care-guides/index.html**

The MetLife Mature Market Institute publication “Medications and the Older Adult” from their “Since You Care” series of guides is produced for caregivers. This publication provides information about important considerations for older adults related to taking both prescription and over-the-counter medications.

National Alliance for Caregiving - www.caregiving.org/pubs/data.htm

National Alliance for Caregiving provides a variety of resources for older adults and their family caregivers.

Health Insurance Portability and Accountability Act - www.hipaa.org

Family caregivers may acquaint themselves with a better understanding of privacy laws as they pertain to their loved one’s medical records.

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