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Hot Topics in Aging

Providing you with quick information on the latest in aging issues

GOOD BLOGS ON AGING

Blogging isn't just for political junkies. There are some great blogs in aging, including the following:

AGING AS EXILE, from Steve Dahlberg,
at:

<http://news.aarp.org/UM/T.asp?A910.52852.5064.5.903737> and

CHANGING AGING, from Bill Thomas:
Eden Alternative Founder, at:

<http://news.aarp.org/UM/T.asp?A910.52852.5064.6.903737>.

The results of the translation of *A Matter of Balance* to a volunteer lay leader model are published in the *Journal of Applied Gerontology*. Titled, *The Feasibility and Effectiveness of Translating A Matter of Balance into a Volunteer Lay Leader Model* documents that: Significant improvement compared to participant baseline at 6 weeks, 6 months, and 12 months with regard to falls efficacy, falls management, falls control and social activity. Significant improvement in exercise level as measured by the modified PACE improved at 6 weeks and 6 months. In addition, there were significant reductions in self-reported monthly fall at 6 months and 12 months. The article is accessed at: <http://jag.sagepub.com/cgi/reprint/27/1/34> The article is authorized by Maine individuals including; Margaret (Peggy) Haynes, Laurence Gross, Tara C. Healy, Cheng Peng, Elaine M. McMahon and Joel L. Botler.

A new Advanced Directive form is available from The Maine Hospital Association website. You can access it at <http://www.themha.org/>

The Institute of Medicine provides information on a variety of topics. One of the latest reports entitled *The Retooling of an Aging American: Building the HealthCare Workforce*, is a timely article. It is available at: <http://www.iom.edu>. Once on the page, just click on the article name.