

## Topic: Senior Lifestyle

### May 2006

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at [library@amputee-coalition.org](mailto:library@amputee-coalition.org).

#### Resource Types:

- Books
- First Step & inMotion Articles
- Fact Sheets
- Articles on Research including PubMed® Abstracts
- Links of Interest
- Serials
- Videos
- Web Sites

### Library OPAC



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

### Books

**101 Foot Care Tips for People With Diabetes, 2nd ed.** / Jessie H. Ahroni and Neil M. Scheffler. Alexandria, VA: American Diabetes Association, c2006. ISBN 1-580402-49-6. This book is indispensable for people with diabetes. If you have diabetes, you are susceptible to poor circulation and nerve damage. And when nerve damage hits, you lose the feeling in your feet. Foot care may sound simple, but it takes dedication and practice. This book gives you 101 detailed ways to help you get started now--good advice for all people with Type 1 and Type 2 diabetes.

**101 Tips for Aging Well With Diabetes** / David B. Kelley. Alexandria, VA: American Diabetes Association, c2001. ISBN 1580400396. Learn how to avoid diabetes complications as you age -- or as you experience the effects of aging such as loss of sight. Topics include exercise, nutrition, emotional support, mental acuity, and much more. Practical Q & A format.

**Accessible Gardening: Tips & Techniques for Seniors & the Disabled** / Joann Woy. Mechanicsburg, PA: Stackpole Books, c1997. This is a book of tips and techniques that will help seniors and those with disabilities enjoy gardening.

**Aging in Stride: Plan Ahead, Stay Connected, Keep Moving** / Christine Himes, Elizabeth N. Oettinger, Dennis E. Kenny. Seattle, WA: Caresource Healthcare Communications, c2004. ISBN 1-878866-24-9. This book discusses important aging issues and provides strategies to help you plan for the future with healthy choices. Forms are included to help develop and organize your plan.

**Caregivers and Personal Assistants: How to Find, Hire and Manage the People Who Help You (or Your Loved One!)** / Alfred H. DeGraff. 3rd, completely rev. ed. Fort Collins, CO: Saratoga Access, 2002. This book provides step-by-step strategies for recruiting, interviewing, screening, hiring, training, managing, and parting ways with paid help providers. It includes helpful information for help recipients, seniors, family caregivers, paid aides, agency staff, and counselors.

**Encyclopedia of Aging, 4th ed.** / Richard Schulz ... [et al.]. New York: Springer Pub. Co., c2006. 2 vol. ISBN 0826148433. The definitive resource for scholars and students across the increasingly interdisciplinary fields of gerontology and geriatrics. This edition contains concise, readable explorations of hundreds of terms, concepts, and issues related to the lives of older adults, as well as timely coverage of the many new programs and services for the elderly.

**The Johns Hopkins Medical Guide to Health After 50: The Latest Recommendations From the Hopkins Specialists** / medical editor, Simeon Margolis. New York: Rebus, 2002. This is a guide to health concerns of people over 50. Warning signs, diagnostic steps, and treatment options for major medical problems likely to affect the aging population are included.

**Senior Step: A Guide for Adapting to Limb Loss**/ Knoxville, TN: Amputee Coalition of America. 2004. A resource guide to support and educate older amputees, their caregivers and their healthcare and social service providers. To order your copy, please call the ACA at 888/267-5669 or e-mail [sales@amputee-coalition.org](mailto:sales@amputee-coalition.org) for further information.

**Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs** / Wayne L. Westcott, Thomas R. Baechle. Champaign, IL: Human Kinetics, c1999. ISBN 0-87322-952-5. This is a research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations who want to help older adults with strength training.

**When Hope Prevails: The Personal Triumph of a Holocaust Survivor** / Sam Offen. Livonia, MI: First Page Publications, c2005. ISBN 1-928623-58-1. Sam was born in Krakow, Poland in 1921. During the Nazi regime he survived a concentration camp, but more than fifty members of his family were killed. Sam is a story of triumph and hope and inspiration to all. He is also an amputee and was featured in the Nov/Dec 2005 issue of *inMotion*.

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## ***First Step and inMotion Articles***

– When available, these include links for English, Spanish, and Easy Read versions in either HTML or PDF format.

**“Are You Suffering in Silence? If So, It Could be Hazardous to Your Health”** / Terrence P. Sheehan. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, March / April 2006. Many people with limb loss suffer from both emotional pain and physical pain without voicing their feelings and needs. Suffering in silence is often a result of not knowing how to express one's self or feeling that suffering is normal. This is especially true for senior populations who were raised in a time when self-expression was not accepted or encouraged. This article talks about dealing with your emotions and pain head-on, and how to get help.

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_06/suffering\\_in\\_silence.html](http://www.amputee-coalition.org/inmotion/mar_apr_06/suffering_in_silence.html)

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_06/suffering\\_in\\_silence.pdf](http://www.amputee-coalition.org/inmotion/mar_apr_06/suffering_in_silence.pdf)

**“Being a Proactive Patient: What Does It Take?”** / Kevin Carroll. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, November / December 2005. Take the leading role in your prosthetic care and rehabilitation by being proactive. Learn how to be your own advocate and start asking questions, do your own research, stand up for what you deserve and expect great care from your healthcare providers.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/proactive\\_patient.html](http://www.amputee-coalition.org/inmotion/nov_dec_05/proactive_patient.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/proactive\\_patient.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_05/proactive_patient.pdf)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/proactive\\_patient.html](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/proactive_patient.html)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/proactive\\_patient.pdf](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/proactive_patient.pdf)

[http://www.amputee-coalition.org/easyread/inmotion/nov\\_dec\\_05/proactive\\_patient-ez.html](http://www.amputee-coalition.org/easyread/inmotion/nov_dec_05/proactive_patient-ez.html)

**“Coping With Aging and Amputation”** / Omal Bani Saberi. Knoxville, TN:

Amputee Coalition of America, 2004. Article from *inMotion*, March / April 2004. The author discusses the phases of loss as aging and limb loss occur simultaneously, as well as coping skills.

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_04/aging.html](http://www.amputee-coalition.org/inmotion/mar_apr_04/aging.html)

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_04/aging.pdf](http://www.amputee-coalition.org/inmotion/mar_apr_04/aging.pdf)

**“Doing It All: Finding a Way to Balance Exercise and Energy Conservation” /**

Anne F. Street. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, November / December 2005. Many adults lose significant amounts of flexibility and strength as they age due to inactivity. Stretching and exercising regularly is a great way for seniors to regain flexibility and strength. This article recommends certain techniques to evaluate improvement and also explores why conserving energy is equally important.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/exercise\\_and\\_energy\\_conserv.html](http://www.amputee-coalition.org/inmotion/nov_dec_05/exercise_and_energy_conserv.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/exercise\\_and\\_energy\\_conserv.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_05/exercise_and_energy_conserv.pdf)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/exercise\\_and\\_energy\\_conserv.html](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/exercise_and_energy_conserv.html)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/exercise\\_and\\_energy\\_conserv.pdf](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/exercise_and_energy_conserv.pdf)

**“Learning to Walk Again at 85” /** Casey Patrick; with Ruth Casto. Knoxville, TN: Amputee Coalition of America, 1999. Article from *inMotion*, January / February 1999.

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_99/walk85.html](http://www.amputee-coalition.org/inmotion/jan_feb_99/walk85.html)

**“Prosthetic Rehabilitation and Technology: Options and Advances for Seniors” /**

Douglas G. Smith. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion* November / December 2005. Seniors face greater challenges when recovering from an amputation. This article explores three aspects of rehabilitation with prosthetics for seniors. Preprosthetic rehabilitation is the key to success. This includes learning to transfer, standing independently and walking in parallel bars or with a walker. Realistic expectations for rehabilitation are presented and it is discussed that the willingness and ability to use new high-tech prosthetic devices may provide more confidence in physical activities for senior amputees.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/pros\\_rehab\\_tech\\_seniors.html](http://www.amputee-coalition.org/inmotion/nov_dec_05/pros_rehab_tech_seniors.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/pros\\_rehab\\_tech\\_seniors.html](http://www.amputee-coalition.org/inmotion/nov_dec_05/pros_rehab_tech_seniors.html)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/pros\\_rehab\\_tech\\_seniors.html](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/pros_rehab_tech_seniors.html)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/pros\\_rehab\\_tech\\_seniors.pdf](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/pros_rehab_tech_seniors.pdf)

[http://www.amputee-coalition.org/easyread/inmotion/nov\\_dec\\_05/pros\\_rehab\\_tech\\_seniors-ez.html](http://www.amputee-coalition.org/easyread/inmotion/nov_dec_05/pros_rehab_tech_seniors-ez.html)

**“Resources for Seniors With Limb Differences and Their Caregivers”**/ Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, January / February 2003. This article discusses caregiving needs of seniors with limb differences. A resource list of agencies and organizations that can provide information for caregivers and those with care needs is included.

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_03/seniors.html](http://www.amputee-coalition.org/inmotion/jan_feb_03/seniors.html)

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_03/seniors.pdf](http://www.amputee-coalition.org/inmotion/jan_feb_03/seniors.pdf)

**“What Happened to Your Leg, Grandma?”** / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, November / December 2003. This article looks at how to talk to a child when a grandparent or other loved one needs to have an amputation or has had an amputation.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_03/grandma.html](http://www.amputee-coalition.org/inmotion/nov_dec_03/grandma.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_03/grandma.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_03/grandma.pdf)

**“When Are Prostheses the Right Choice for Older Amputees - and When Are They Not?”** / Terrence P. Sheehan. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, November / December 2005. This article includes several inspiring stories about seniors who thrive with prostheses, much to the surprise of others. Motivation and the ability to learn new skills are two very important factors to consider when determining whether elderly persons should choose prosthetic devices. Each case must be looked at individually and health risks and concerns must be weighed along with the potential success of using prosthetics.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/prosth\\_right\\_choice\\_seniors.html](http://www.amputee-coalition.org/inmotion/nov_dec_05/prosth_right_choice_seniors.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_05/prosth\\_right\\_choice\\_seniors.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_05/prosth_right_choice_seniors.pdf)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/prosth\\_right\\_choice\\_seniors.html](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/prosth_right_choice_seniors.html)

[http://www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_05/prosth\\_right\\_choice\\_seniors.pdf](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_05/prosth_right_choice_seniors.pdf)

[http://www.amputee-coalition.org/easyread/inmotion/nov\\_dec\\_05/prosth\\_right\\_choice\\_seniors-ez.html](http://www.amputee-coalition.org/easyread/inmotion/nov_dec_05/prosth_right_choice_seniors-ez.html)

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## ***Fact Sheets & inMotion Articles***

**NLLIC/ACA Fact Sheet: Diabetes and Lower-Extremity Amputations** / by NLLIC Staff. Revised 2005 ed. Knoxville, TN: Amputee Coalition of America, 2004. Statistical information is provided related to lower-extremity amputations due to diabetes.

[http://www.amputee-coalition.org/fact\\_sheets/diabetes\\_leamp.html](http://www.amputee-coalition.org/fact_sheets/diabetes_leamp.html)

[http://www.amputee-coalition.org/fact\\_sheets/diabetes\\_leamp.pdf](http://www.amputee-coalition.org/fact_sheets/diabetes_leamp.pdf)

**NLLIC/ACA Fact Sheet: Peripheral Arterial Disease (PAD) and Limb Loss.**

Revised 2004 ed. Knoxville, TN: Amputee Coalition of America, 2002. Peripheral arterial disease (PAD) is a form of atherosclerosis or hardening of the arteries in which fatty substances build up inside the artery walls over time and create an obstruction that restricts proper blood flow. It can result in blockages in arteries of the brain, arms, kidneys, and legs. Diabetes is a major cause of PAD. This fact sheet looks at frequency, risks and prevention of PAD.

[http://www.amputee-coalition.org/fact\\_sheets/dysvascular.html](http://www.amputee-coalition.org/fact_sheets/dysvascular.html)

[http://www.amputee-coalition.org/fact\\_sheets/dysvascular.pdf](http://www.amputee-coalition.org/fact_sheets/dysvascular.pdf)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/dysvascular.html](http://www.amputee-coalition.org/spanish/fact_sheets/dysvascular.html)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/dysvascular.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/dysvascular.pdf)

**NLLIC/ACA Fact Sheet: Preventing Further Limb Loss Among People With Diabetes** / by NLLIC staff. Revised 2005 ed. Knoxville, TN: Amputee Coalition of America, 2002. Diabetes is the leading cause of nontraumatic lower-extremity amputations (LEAs) in the United States. Modification of certain risk factors by patients and health professionals may reduce the risk for amputation and thus decrease the human and dollar costs that accompany limb loss in this prevalent chronic disease.

[http://www.amputee-coalition.org/fact\\_sheets/preventingamp.html](http://www.amputee-coalition.org/fact_sheets/preventingamp.html)

[http://www.amputee-coalition.org/fact\\_sheets/preventingamp.pdf](http://www.amputee-coalition.org/fact_sheets/preventingamp.pdf)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/preventingamp-ez-spa.html](http://www.amputee-coalition.org/spanish/fact_sheets/preventingamp-ez-spa.html)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/preventingamp-ez-spa.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/preventingamp-ez-spa.pdf)

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## **Articles on Research Including PubMed® Abstracts**

**“Care of the Elderly Patient With Lower-Extremity Amputation”** / EM Coletta. Citation to article: Journal of the American Board of Family Practice 2000 Jan-Feb;13(1):23-34.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10682882](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10682882).

**“Infrapopliteal Bypass Reduces Amputation Incidence in Elderly Patients: A Population-Based Study”** / E. Eskelinen ... [et al.]. Citation to article: European Journal of Vascular and Endovascular Surgery: the Official Journal of the European Society for Vascular Surgery 2003 Jul;26(1):65-8.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=12819650&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12819650&dopt=Abstract).

**“Trends in Rehabilitation After Amputation for Geriatric Patients With Vascular Disease: Implications for Future Health Resource Allocation”** / DD Fletcher ... [et al.]. Citation to article: Archives of Physical Medicine and Rehabilitation 2002 Oct;83(10):1389-93.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=12370874&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12370874&dopt=Abstract).

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## Links of Interest

The following Internet sites will be of interest to amputees and associated individuals. The contents of these sites are solely the responsibility of the authors and do not necessarily represent the official views of the ACA/NLLIC. The use of trade names is for identification only and does not constitute endorsement by the ACA/NLLIC. The following links of interest ( [http://www.amputee-coalition.org/nllc\\_links.asp](http://www.amputee-coalition.org/nllc_links.asp)) can be found under the category **Seniors**.

### **AARP**

AARP provides a wealth of information on a variety of topics, including health and wellness, specifically for seniors.

<http://www.aarp.org>

### **FirstGov for Seniors**

This government site, maintained by the Social Security Administration, has information for seniors on a variety of topics including health and general services for seniors.

<http://www.seniors.gov>

### **CDC: Healthy Aging for Older Adults**

A site from the CDC that has general health information and statistics pertinent to older adults.

[http://www.cdc.gov/aging/health\\_issues.htm](http://www.cdc.gov/aging/health_issues.htm)

### **healthfinder: Seniors**

Developed by the U.S. Department of Health and Human Services together with other federal agencies, healthfinder is a source for finding government and nonprofit health and human service information.

<http://www.healthfinder.gov/justforyou/justforyou.asp?KeywordID=172&branch=1>

### **Mayo Clinic: Senior Health Center**

This site has articles on staying healthy and happy as you age. Specific information on various diseases and conditions is provided, as well as a drug search tool to find out more about particular medications.

<http://www.mayoclinic.com/health/senior-health/HA99999>

### **MedlinePlus: Seniors' Health Topics**

MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health has compiled links to health information for seniors.

<http://www.nlm.nih.gov/medlineplus/seniorshealth.html>

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## **Serials**

***Innovations***. Washington, DC: National Council on the Aging. *Innovations* is a quarterly publication sent to members of the National Council on the Aging.

***Journal of Aging and Physical Activity***. Champaign, IL: Human Kinetics Publishers, Inc. The official journal of the International Society for Aging and Physical Activity. This multidisciplinary journal examines the dynamic relationship between physical activity and the aging process.

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## **Videos**

**Carol Dickman's Bed Top Yoga**. New York, NY: Yoga Enterprises, c1999. Carol Dickman's Bed Top Yoga guides listeners through a series of simple stretches and yoga postures, ending with a brief relaxation. Use this beginner's program either on the bed or on the floor. Ideal for anyone who wants a gentle form of exercise but needs a little encouragement and guidance. Well suited for seniors, the physically challenged, the blind - even lazybones.

**Exercise: A Video From the National Institute on Aging.** [ United States]: National Institute on Aging, National Institutes of Health, [2001]. ISBN 0-9704596-1-0. Exercise is for people of all ages. In fact, you're never too old to get in shape. This video was created to show you how to start our research-based exercise program. 6 min. introduction, 42 min. of stretching, balance, and strength-building exercises.

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## Web Sites

**Bathing Safety Equipment.** New York: Weill Medical College of Cornell University, 200u-. This page, produced by Weill Medical College of Cornell University, tested many bathing products for ease of use and safety, including bath benches and chairs, shower hoses, grab bars, and anti-scald devices. Based on their findings, the tip sheets on this site were created to help in choosing an appropriate bathing product for those who need it.

[http://www.cornellaging.org/gem/product\\_bathing\\_index.html](http://www.cornellaging.org/gem/product_bathing_index.html)

**Eldercare Locator.** U.S. Administration on Aging. Washington, DC: U.S. Administration on Aging, [199-]-. Produced by the U.S. Administration on Aging, this Locator service helps identify local services for seniors and their caregivers. Searchable by state and zip code, results generally include a local Information and Referral agency, the Area Agency on Aging, and State Unit on Aging. These agencies can provide further information about local services available.

<http://www.eldercare.gov/Eldercare/Public/Home.asp>

**ElderWeb.** Normal, IL: Karen Stevenson, 1994-. This site provides professionals and family members information on long term care. Links are provided to information on medical, housing, legal, and financial issues.

<http://www.elderweb.com/home>

**Resource Directory for Older People.** Bethesda, MD: National Institute on Aging and the Administration on Aging, [200u]-. A collaborative effort of the National Institute on Aging and the Administration on Aging, this directory is a database of national and state-level agencies, resource centers, professional societies, private groups, and volunteer programs for older adults and geriatric professionals.

<http://www.nia.nih.gov/HealthInformation/ResourceDirectory.htm>

**Senior Housing: Assisted Living Facilities, Nursing Homes and Independent**

**Living.** [S.l., s.n.]: Homestore.com, Inc., 1997-. Search over 55,000 listings of senior housing including independent living, assisted living & equivalents, nursing homes, continuing care and Alzheimer's care. Searching for new homes in senior communities is also available.

<http://www.seniorhousingnet.com/seniors>

**The U.S. Administration on Aging.** U.S. Administration on Aging. Washington, DC: U.S. Administration on Aging, [200-]-. The Administration on Aging, part of the U.S. Department of Health & Human Services, offers an overview of topics, programs and services related to aging.

<http://www.aoa.dhhs.gov>

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