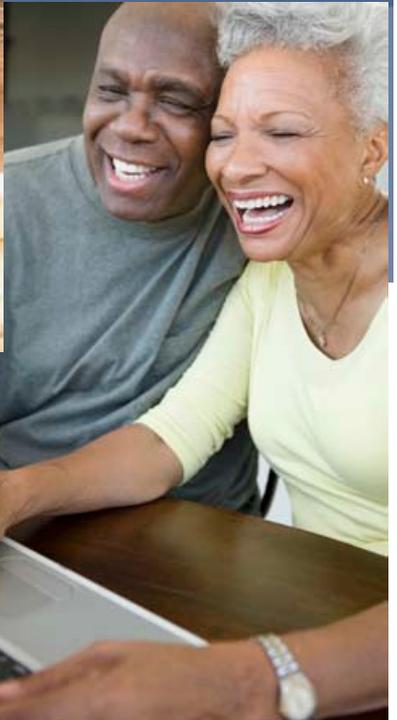


Internet Resources for Seniors

compiled by the
Akron-Summit County
Public Library



Internet Resources for Seniors

TABLE OF CONTENTS

GENEALOGY	page 3
GOVERNMENT AGENCIES AND SERVICES ...	page 4
GRANDPARENTING	page 7
HEALTH, SAFETY & FITNESS	page 8
LEGAL AND FINANCIAL	page 11
LIFELONG LEARNING	page 13
LOCAL RESOURCES	page 14
PARTING THOUGHTS	page 18
STAYING IN YOUR HOME	page 19
WANT TO HELP?	page 22

GENEALOGY

- **Akron-Summit County Public Library – Special Collections Division**

www.akronlibrary.org/main-sc.html

Our Special Collections Division houses the library's collection of genealogy and local history materials. Our goal is to collect, preserve, and provide access to the history of Summit County, and to continue to maintain one of the area's most extensive genealogy collections.

- **FamilySearch**

www.familysearch.org

The largest collection of free family history, family tree and genealogy records in the world.



- **HeritageQuest Online**

www.akronlibrary.org/databases

Heritage Quest Online is available through the Akron-Summit County Public Library Web site. Remote access is available for searching the Census, Books, PERSI, Revolutionary War Era, and the Freedman's Bank.

- **Ohio Genealogical Society – Summit County Chapter**

<http://spot.acorn.net/gen>

This site is devoted to researching your family history. The chapter offers informative programs in 10 monthly meetings a year.

- **The USGenWeb Project**

www.usgenweb.com

A group of volunteers working together to provide free genealogy Web sites for genealogical research in every county and every state of the United States.

GOVERNMENT AGENCIES & SERVICES

- **Centers for Disease Control and Prevention: Healthy Aging**

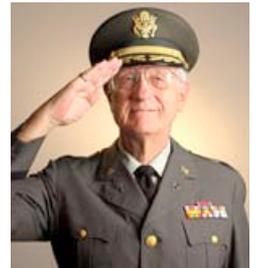
www.cdc.gov/aging

Font-size-adjustable page with links to information specifically about older adults. Includes areas on health information, health statistics, public and private organizations, and a listserv on public health and aging.

- **Department of Veteran Affairs**

www.va.gov

Provides a wide range of benefits for Veterans including options for health care, job assistance, education support through the GI Bill, and home loans.



- **Eldercare Locator**

www.eldercare.gov

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

- **Equal Employment Opportunity Commission (EEOC)**

www.eeoc.gov

Enforces Title VII of the Civil Rights Act which prohibits employment discrimination.

- **Federal Trade Commission**

www.ftccomplaintassistant.gov/

The nation's consumer protection agency collects complaints about companies, business practices, and identity theft, but does not resolve individual consumer complaints.

- **FirstGov Senior Citizens' Resources**

www.usa.gov/Topics/Seniors.shtml

Government resource featuring information on Social Security, volunteerism and jobs for mature citizens.

- **National Center for Assisted Living**

www.ahcancal.org/ncal/resources/Pages/ConsumerResources.aspx

Provides ordering information on assisted living materials for families and residents.

- **National Center on Elder Abuse**

www.ncea.aoa.gov/ncearoot/Main_Site/index.aspx

Includes resources on neglect, exploitation, abuse, laws, legal issues, and more.

- **National Council on Aging**

www.ncoa.org

Includes information on legislation that helps older adults live healthier longer, find benefits and jobs to improve their lives, and age with dignity in their own homes.

- **National Do-Not-Call**

www.ftc.gov/donotcall

Gives consumers control of telemarketing calls received at home.

- **National Institute on Aging**

www.nia.nih.gov

Under the “Health Information” section see a link to NIHSeniorHealth.gov – or use the search box in the upper right to find NIA online pages on the senior health subject of your choice. A Web site which provides free publications on various topics such as the safe use of medicines and care giving.



- **Ohio Attorney General**

www.ag.state.oh.us

Includes important information concerning identity theft and elder abuse.

- **Ohio Civil Rights Commission**

<http://crc.ohio.gov>

Investigates job and housing discrimination. See “Regional Offices.”



- **Ohio Department of Aging**

www.goldenbuckeye.com

The Ohio Department of Aging provides choice, independence and quality of life for all aging Ohioans. Includes information about the Golden Buckeye program, one of many programs offered for older adults, their families and caregivers.

- **Medline Plus: Seniors' Health**

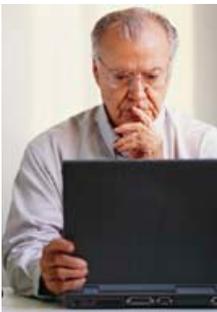
www.nlm.gov/medlineplus/seniorshealthissues.html

A well-organized set of frequently-updated links. From the latest news up top to connections to organizations and more specialized topics as you move down the page, you will find much helpful information here.

- **Social Security Administration**

www.ssa.gov

A wealth of information on retirement, disability and SSI benefits, and your social security records.



- **U.S. Administration on Aging**

www.aoa.gov/

Provides topics such as elder abuse, legal assistance, money, housing, and health.

GRANDPARENTING

- **AARP – Grandparenting**

www.aarp.org/families/grandparents

Information on Healthy Living, Visitation, State Fact Sheets for Grandparents raising children, grand parenting resources in your community, and a free newsletter from AARP for grandparents who are raising grandchildren.



- **Consumer Product Safety Commission – A Grandparent’s Guide**

www.cpsc.gov/cpscpub/pubs/grand/704.html

This is a Grandparent’s Guide for family nurturing and safety, which includes “The Wonder Years,” “Bridging the Generations and Building the Bonds,” “Making it Work,” and “First Things First - Safety.”

- **FirstGov.gov – Grandparents Raising Grandchildren**

www.firstgov.gov/Topics/Grandparents.shtml

This site includes Benefits and Assistance, Health and Safety Resources, Reports and Publications, and State Resources information.

- **The Foundation for Grand parenting**

www.grandparenting.org

The Foundation for Grand parenting is dedicated to raising grandparent consciousness to better the lives of grandchildren, parents, and grandparents through education, research, programs, communication, and networking.



HEALTH, SAFETY, & FITNESS

- **AGS Foundation for Health in Aging**

www.healthinaging.org/

Much practical information here, as the aim of the site from the American Geriatrics Society Foundation for Health in Aging is to provide links that bridge the gap between research and practice in geriatrics. Click on Public Education to find links to a series of “What to Ask Your Doctor” questions,” Eldercare at Home (a comprehensive online guide for family caregivers), plus an online newsletter with health/safety tips and Medicare updates.

- **APA HealthyMinds.org**

www.healthyminds.org/More-Info-For/Seniors.aspx

This page from the American Psychiatric Association presents an overview of mental health issues that may affect seniors.

- **Centers for Disease Control and Prevention: Healthy Aging**

www.cdc.gov/aging

Font-size-adjustable page with links to information specifically about older adults. Includes areas on health information, health statistics, public and private organizations, and a listserv on public health and aging.

- **Mayo Clinic: Senior Health**

www.mayoclinic.com/health/senior-health/HA99999

With basic information about just what aging is and specific tips on actively pursuing a healthy lifestyle plus



help on how to make health care decisions like finding a new doctor, this site is chock full of good information nuggets. Slide shows about assistive devices and an Ask a Specialist area are other strong points.

- **Medline Plus: Falls**

www.nlm.nih.gov/medlineplus/falls.html

A well-developed set of links about falls and falling in general, with many directed to seniors. Preventive pages discuss smart choices in footwear, how Tai Chi can help, and a slide show of balance exercises. Read the latest news about falls here too.



- **MedlinePlus: Seniors' Health**

www.nlm.nih.gov/medlineplus/seniorshealthissues.html

A well-organized set of frequently-updated links. From the latest news up top to connections to organizations and more specialized topics as you move down the page, you will find much helpful information here.

- **Merck Manual of Geriatrics**

www.merck.com/mrkshared/mmg/search.jsp

This is the search page for a book, written for health practitioners, on the health problems of the elderly, but a motivated lay reader can find much good information as well.

- **National Institute on Aging**

www.nia.nih.gov/

Promotes healthy aging by conducting and supporting biomedical, social, behavioral research, and public education. Use the search box in the upper right to find NIA online pages on the senior health subject of your choice.

- **National Institute on Aging: Older Drivers**

www.nia.nih.gov/HealthInformation/Publications/drivers.htm

A page for anyone concerned about how age has



affected their driving or the driving of someone close to them. Includes smart driving tips for seniors, how to decide when it's time to use other means of transportation, and links to more information from other agencies.

- **NetWellness: Senior Health Center**

www.netwellness.org/healthtopics/aging/default.cfm

Well-organized links under helpful headings put together by medical school faculty from 3 Ohio universities. Pose questions to local experts or search answers they wrote previously specifically about senior's health.

- **NIH SeniorHealth**

<http://nihseniorhealth.gov/>

A site especially designed for the eyes of seniors; you can change text size, adjust contrast and have pages read to you on topics from Alzheimer's disease to stroke. Online access to a comprehensive list of videos is also provided.

- **Ohio Senior Olympics**

www.ohioseniorolympics.org

A member of the National Senior Games Association, the Ohio Senior Olympics hosts a yearly athletic competition.



- **Senior Drivers**

www.seniordrivers.org

From driving safely to giving up the keys to research on aging, mobility and independence – all topics that hit close to home. An offshoot of the AAA Foundation for Traffic Safety

- **Substance Abuse and Mental Health Services Administration: Good Mental Health is Ageless**



www.kap.samhsa.gov/products/brochures/pdfs/Agingmh.pdf

Designed for older adults, this color brochure identifies signs of depression and other emotional problems and offers suggestions of what to do to overcome depression or other changes in behavior

LEGAL AND FINANCIAL

- **AARP**

www.aarp.org

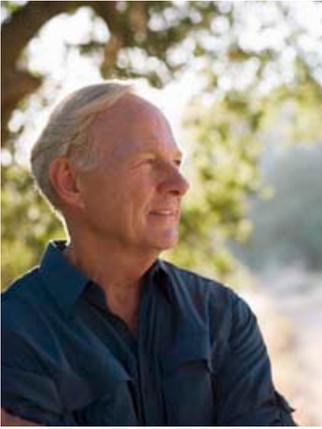
A wealth of information for those aged 50 and over including topics covering Medicare, advocacy, insurance and retirement planning.



- **Akron Bar Association Lawyer Referral Service**

www.akronbar.org

The lawyer referral service provides a pre-screen lawyer for almost any legal situation.



- **American Bar Association Commission on Law and Aging**

www.abanet.org/aging

A compilation of experts including lawyers, judges, social service professionals, and advocates experienced in the issues of aging and the law, whose mission is to strengthen the legal rights of elders.

- **Area Agency on Aging**

www.services4aging.org

Provides information on the duties of the elder rights attorney; includes brochures concerning legal issues that affect the mature citizen.

- **Community Legal Aid Services**

www.communitylegalaid.org

Provides a legal hotline and services for senior and low-income residents.

- **Free Credit Report**

www.annualcreditreport.com

Receive your free credit report from one, two, or all three credit reporting agencies.

- **Pro Seniors**

www.proseniors.org

Helps older adults with legal problems and provides a toll free legal hotline.

- **Tax Assistance with AARP**

www.aarp.org/money/taxaide

Get tax help from the largest volunteer tax counseling service in the nation.

LIFELONG LEARNING

- **AARP**

www.aarp.org

Senior news online magazine includes information on personal growth, politics and society, food, travel and much more.

- **Garden Forever**

www.gardenforever.com

Garden Forever is for people of all ages, abilities and lifestyles. Lifestyle changes, age, infirmity, work, financial circumstances all have an impact on how much or how well we can garden. Garden Forever is a place to read about how other people manage to continue to garden.



- **Road Scholar: Adventures in Lifelong Learning**

www.road scholar.org/

Discover more than 8,000 learning adventures in all 50 states and more than 90 countries abroad. Formerly known as Elderhostel, Road Scholar offers in-depth and behind-the-scenes learning experiences for almost every interest and ability.



- **SeniorNet**

www.seniornet.org

Nonprofit organization with the goal to enhance the lives of older adults through computer learning technology.

- **University of Akron – Sixty Plus Program**

www.uakron.edu/

Buchtel Common, Akron, OH 44325

330-972-7111

The University of Akron Sixty Plus program has been designed to allow persons over sixty years of age to attend university courses without having to pay tuition or the general service fee. To request an application, call 1-800-655-4884 or 330-972-7100.

LOCAL RESOURCES

- **Akron Metropolitan Housing Authority (AMHA)**

www.akronhousing.org

100 West Cedar Street, Akron, OH 44307

330-762-9631

AMHA provides quality housing options and professional services, including the high-rise, senior apartment buildings of Hilltop, Allen Dickson, etc.

- **Area Agency on Aging 10B**

www.services4aging.org

1550 Corporate Woods Parkway, Suite 100

Uniontown, OH 44685

330-896-9172, 800-421-7277

The Ohio Association of Area Agencies on Aging (OAAAA), a nonprofit organization, is a statewide network of agencies that provide services for the elderly, as well as advocate on behalf of older Ohioans. Region 10B includes Summit, Stark, Wayne and Portage Counties. Services range from assisting with options for in-home care to providing information on housing as well as family caregiver support.

- **City of Akron Recreation Bureau, Older Adult Division**

www.ci.akron.oh.us/Recreation/Older%20Adult%20Division.html

Or dial 311 for Senior Recreation Programs



Contact information for a dozen older adult clubs around the Akron area – activities vary from baseball games to yoga and everything in between!

- **Community Legal Aid Services**

www.communitylegalaid.org

Provides a legal hotline and services for senior and low-income residents

- **Fair Housing Contact Service**

www.fairhousingakron.org

A local agency that helps residents with landlord-tenant problems, the service also offers free reviews of home loan documents.

- **Goodwill Industries**

www.goodwillakron.org

Get assistance with job placement and training with Goodwill's Job-Seeker Services.



- **Hospitals – Summit County**

Akron Children's Hospital

www.akronchildrens.org

One Perkins Square, Akron, OH 44308

330-543-1000

Akron General Medical Center

www.akrongeneral.org

400 Wabash Avenue, Akron, OH 44307

330-344-6000

Barberton Citizens Hospital

www.barbertonhospital.com

155 Fifth Street, NE, Barberton, OH 44203

330-615-3000

Summa Health System:

Akron City Hospital

www.summahealth.org

525 East Market Street, Akron, OH 44304

330-375-3000

Cuyahoga Falls General Hospital

www.summahealth.org

1900 Twenty Third Street, Cuyahoga Falls, OH

44223

330-971-7000

St. Thomas Hospital

www.summahealth.org

444 N. Main Street,

Akron, OH 44310

330-375-3000



- **Hospitals – Cleveland**

Cleveland Clinic

www.clevelandclinic.org

9500 Euclid Avenue, Cleveland, OH 44195

216-444-2200

800-223-2273



University Hospitals

www.uhhospitals.org

11100 Euclid Avenue, Cleveland, OH 44106

216-844-8447

888-844-8447

- **InfoLine**

www.infoline.org

Summit County's 24 hour community information and referral service.

- **Mature Services (Akron)**

www.matureservices.org

Showcases the Senior Employment Center which helps with job search skills and job placement assistance for older citizens.



- **METRO SCAT**

www.akronmetro.org/METRO%20SCAT.htm

330-376-5353

800-654-7537

A personalized, pre-arranged transportation service for older adults in Summit County. Passengers must meet specific qualifications for this service.

- **Mobile Meals**

<http://mobilemealsinc.org>

1063 South Broadway Street, Akron, Oh 44311

330-376-7717

800-852-6325

A nonprofit organization that has been bringing food and friendship to support independent living since 1971.



PARTING THOUGHTS



- **AARP**

www.aarp.org/families/grief_loss

End of life issues are hard to talk about or even think about – here the AARP offers information ranging from estate planning to power of attorney to hospice.

- **Ethical Wills**

www.ethicalwill.com

Ethical wills are a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness. They may be one of the most cherished and meaningful gifts you can leave to your family, friends and community.

- **Familydoctor.org**

<http://familydoctor.org>

An award-winning site of the American Academy of Family Physicians, this is a matter-of-fact discussion of various advance directives and decisions.



- **LifeBanc**

www.lifebanc.org

For more than 15 years, LifeBanc has served as the federally designated, nonprofit organ procurement organization (OPO) for Northeast Ohio.

- **Living Wills and Healthcare Power of Attorney**

<http://estate.findlaw.com/estate-planning/living-wills>

What's the difference? How do they work? Should you consider one? Here is a depth of clear comprehensible information about healthcare directives that you can study in the privacy of your own home.

- **Religious Tolerance.org**

www.religioustolerance.org/crematio.htm

This thoughtful site discusses Jewish and Christian beliefs concerning cremation vs. burial. Included are biblical citations about cremation and burial as well as factors that favor one or the other.

STAYING IN YOUR HOME

- **AbleData.com**

www.abledata.com/

AbleData is a federally funded project whose primary mission is to provide information on assistive technology and rehabilitation equipment available from domestic and international sources to consumers... within the United States. Big words to say that they do not sell products, but will help you find companies that do. Also included are fact sheets, consumer reports and news items concerning assistive technology – practical and comprehensive.



- **Administration on Aging: Assistive Devices**

www.aoa.gov/aoaroot/Press_Room/Products_Materials/fact/pdf/Assistive_Technology.pdf

If a senior citizen is asked to give a preference for housing, most will say that it represents security and



independence, and that “What I would really like to do is to stay right here.” On this page are facts to help you consider the best assistive technology (e.g. wheel chairs, walkers, or chair lifts) to meet your needs in your current housing.

- **Administration on Aging: Home Design**

www.aoa.gov/aoaroot/Press_Room/Products_Materials/fact/pdf/Home_Modification.pdf

Get the facts on home modifications, why they are needed and how to tell which modifications are right for you.

- **AGS Foundation for Health in Aging**

www.healthinaging.org/

Much practical information here, as the aim of the site from the American Geriatrics Society Foundation for Health in Aging is to provide links that bridge the gap between research and practice in geriatrics. Includes a series of “What to Ask Your Doctor” questions, and “Eldercare at Home,” a comprehensive online guide for family caregivers.

- **Ball State University: Alzhome**

www.bsu.edu/web/nursing/alzhome/

From a floor plan with specific rooms in a typical home, you can access both an assessment tool and recommendations for modifications for Alzheimer’s patients.



- **Medline Plus: Falls**

www.nlm.nih.gov/medlineplus/falls.html

A well-developed set of links about falls and falling in general, with many directed to seniors. Preventive pages discuss smart choices in footwear, how Tai Chi can help, and a slide show of balance exercises. Read the latest news about falls here too.



- **National Institute on Aging: Older Drivers**

www.niapublications.org/agepages/drivers.asp

A page for anyone concerned about how age has



affected their driving or the driving of someone close to them. Includes smart driving tips for seniors, how to decide when it's time to use other means of transportation, and links to more information from other agencies.

- **North Carolina State**

University: Center for Universal Design

www.ncsu.edu/ncsu/design/cud/pubs_p/ppubpdflist.htm

Documents that can be looked at on your computer that gives construction details for many home modifications. From the Center for Universal Design, national information, technical assistance, and research center that evaluates, develops, and promotes accessible and universal design in housing and products as well as public spaces.



- **Senior Drivers**

www.seniordrivers.org

From driving safely to giving up the keys to research on aging, mobility and independence – all topics that hit close to home. An offshoot of the AAA Foundation for Traffic Safety.

WANT TO HELP?

- **Get Involved!**

www.getinvolved.gov/

Be a positive influence on young lives, clean up the environment, and offer your professional skills to local nonprofit groups – in short, lend your talent and experience to strengthen your community in countless ways.



- **Score**

www.score.org

Give back. Be a mentor. Help a small business owner succeed. SCORE's 10,500 volunteers give free, confidential advice to help hundreds of thousands of entrepreneurs each year. SCORE business coaches—men and women, working and retired—counsel hundreds of thousands of small business owners from nearly 400 offices nationwide.

- **Senior Corps**

www.seniorcorps.gov

Senior Corps connects today's over 55's with the people and organizations that need them most. Created during the Kennedy administration, the organization offers several ways to get involved. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests, and availability.

- **U.S. Department of Housing and Urban Development: Volunteering**

www.hud.gov/volunteering/index.cfm

Healthy communities depend on volunteers - like you! Maybe one of these volunteer opportunities fits your interests.

- **VolunteerMatch**

www.volunteermatch.org

There are hundreds of ways to help out. With VolunteerMatch, it's never been easier to find a rewarding way to give back and make a difference. The organization makes it easy for you to find a volunteer opportunity that fits your interests, skills and schedule.





330-643-9040

Akron-Summit County Public Library

**History & Humanities Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org**