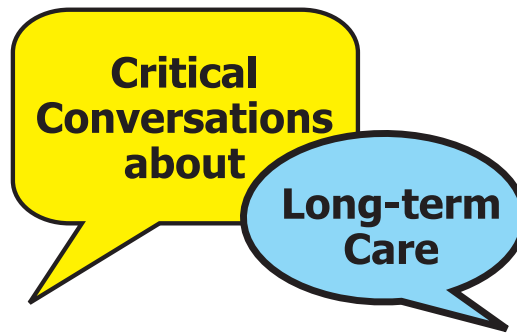


Long-term Care Web Sites and Resources



Education

American Association of Retired Persons (AARP):
<http://research.aarp.org/health>

Information, research results and policy insights about access to health care and long-term care. Includes most recent research about health and long-term care

- *Adult day services/fact sheet.*
http://assets.aarp.org/rgcenter/il/fs98_service.pdf
- *Assisted-living facility evaluation checklist*
www.aarp.org/families/housing_choices (click on "Assisted Living" under Housing Choices)
- *Community services that help with caregiving*
www.aarp.org/families/caregiving (click on "Finding Help" under Caregiving)
- *Family caregiving and long-term care/fact sheet.*
www.aarp.org/research/ppi (type in "family caregiving and long-term care" under Search)
- *ECHO cottage housing helps families stay closer*
www.aarp.org/families/housing_choices (click on "Other Options" under Housing Choices)
- *Involving the whole family in caregiving*
www.aarp.org/families/caregiving (click on "Finding Help" under Caregiving)
- *Long-distance caregiving*
www.aarp.org/families/caregiving (click on "Caring for Parents" under Caregiving)
- *My parents – how do I know if they need help?*
www.aarp.org/families/caregiving (click on "Caring for Parents" under Caregiving)
- *Nursing homes/fact sheet.*
www.aarp.org/research/longtermcare/nursinghomes/Articles/aresearch-import-669-FS10R.html
- *Nursing home evaluation checklist:*
www.aarp.org/families/housing_choices (click on "Nursing Homes" under Housing Choices)
- *Starting the nursing home search*
www.aarp.org/families/housing_choices (click on "Nursing Homes" under Housing Choices)

- *Talking to older parents about independence*
www.aarp.org/families/caregiving (click on "Caring for Parents" under Caregiving)
- *What is assisted-living housing?*
www.aarp.org/families/housing_choices (click on "Assisted Living" under Housing Choices)

Consumer Reports:

- *Shopping for a nursing home.* (September 2004)
www.consumerreports.org/static/NursingHomeWatchList.html
- *Do you need long-term care insurance?*
(November 2003), 68(7), 20-24
- *When a parent moves in.* (October 2002), 67(10), 56-57

Financing Long Term Care:

A Resource Center for Families

www.financinglongtermcare.umn.edu

Long-term care resource center for families includes complete teaching curriculum on long-term care, as well as an online self-study, developed by Marlene S. Stum, Ph.D., family social science, University of Minnesota Extension Service

Kiplinger's Personal Finance.

(February 2004).
If your parents need HELP, 58(2), 76-79

Long Term Care Link: www.longtermcarelink.net

Comprehensive long-term care information on the Internet with about 280 Web pages, including numerous articles

LongTermCareLiving.com: www.longtermcareliving.com

Consumer information on long-term care and assisted living, including:

- *A guide for families: Having the conversation about long-term care*
www.longtermcareliving.com/pdf/conversation.pdf
- *Planning ahead: A consumers guide to nursing facilities*
www.longtermcareliving.com/pdf/nf_guide.pdf
- *Paying for long-term care*
www.longtermcareliving.com/pdf/how_to_pay.pdf
- *Financial information: Understanding long-term care insurance*
www.longtermcareliving.com/pdf/ltc_insurance.pdf
- *Guide to assisted living* (not available in pdf format)
www.longtermcareliving.com/planning_ahead/index.htm

NDSU
Extension Service

North Dakota State University, Fargo, North Dakota 58105

JULY 2005

Government

U.S. Administration on Aging: www.aoa.dhhs.gov
Factors affecting the growth of assisted living

American Society on Aging:
www.asaging.org/at/at-19-4/fha.html
Assisted-living trends

Centers for Medicare & Medicaid Services:
<http://cms.hhs.gov>
Centers for Medicare & Medicaid Services is the federal agency that administers the Medicare and Medicaid programs. Information is available on regulations, meetings and statistics.

Department of Housing and Urban Affairs:
www.hud.gov
This site contains data on the use of the Section 232 Mortgage Finance Program, which funds the building of and rehabilitation of assisted-living facilities.

U.S. Department of Health and Human Services:

- National Study of Assisted Living for the Frail Elderly, In-Depth Interviews with Developers:
<http://aspe.os.dhhs.gov/daltcp/reports/indepth.htm>
- National Study of Assisted Living for the Frail Elderly, Literature Update:
<http://aspe.os.dhhs.gov/daltcp/reports/ablitrev.htm>

Medical

Healthfinder: www.healthfinder.gov
Healthfinder is a gateway consumer health and human services information site from the U.S. government. Information available on the topic of long-term care includes brochures and associations.

Organizations

American Association of Retired Persons (AARP):
www.aarp.org
Information, advocacy and benefits for people age 50 and older

North Dakota Long Term Care Association,
(701) 222-0660: www.ndltca.org
NDLTCA is a professional association of community and long-term care providers who enhance the lives of people they serve through collaboration, education and advocacy. NDLTCA prepares an annual *Issue and Data Book*, which you can request free of charge.

The National Center for Assisted Living (NCAL):
www.ncal.org
NCAL is the assisted-living voice of the American Health Care Association (AHCA), the nation's largest organization representing long-term care. NCAL offers publications, educational programs, public policy advocacy and professional membership.

Places Seniors Go for Information

SeniorCom: www.senior.com
Started 10 years ago as a personal challenge for Chief Executive Officer Tom Poole, SeniorCom provides a place for seniors to find information, read online magazines dedicated to seniors and participate in chat sessions.

SeniorNet: www.seniornet.org
SeniorNet's mission is to build a community of seniors who are computer literate. SeniorNet has message boards and chat rooms. Conducts research on the uses of technology by older adults.

seniorresource.com: www.seniorresource.com
This provides information on housing choices, aging, finance, insurance, law information, resources by state, aging in place and senior day care.

Yahoo Seniors Guide: <http://seniors.yahoo.com>
This guide offers seniors an opportunity to participate in discussion groups and community bulletin boards, give links to sites of interest and offers information on health and finance.

North Dakota Links

Senior Citizen Resources:
<http://ndsl.lib.state.nd.us/subject/senior.htm>
North Dakota link to Aging Services from the North Dakota Department of Human Services, links to aging resources, guide to care providers, Social Security Administration online, etc.

ND Family Caregiver Resources:
www.ndsu.nodak.edu/ndsu/caregiver/resources/
Information on caregiver support services and North Dakota senior information and resources