



# 2014 Webinar Series

State of the Science, Art and Practice in Geriatric Preparedness

Geriatric Emergency Preparedness & Response (GEPR) Collaborative  
Sponsor

Stanford Geriatric Education Center

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## Documents and Tools that Address the Aging Population (NGOs and State)

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### **Displacement and Older People: The Case of the Great East Japan Earthquake and Tsunami of 2011**

Source: HelpAge International

Date Published: 12/2013

Annotation: This 24-page document reports on the results of a survey to identify the needs and issues of older people who were affected by the earthquake and tsunami in Japan in March 2011. It discusses the gaps in the immediate relief provided as well as older people's uncertainties about the future. The study also points at the resourcefulness and resilience of older people, and the result of its research may be beneficial recommendations about the policies of cities, municipalities, and communities. The survey included a study of health care needs of older people living at shelters and temporary living accommodations.

[URL: http://www.helpage.org/download/52e13fe895af2](http://www.helpage.org/download/52e13fe895af2)

### **Whole Community Inclusion for Community Resilience: Focus on Older Adults**

Source: National Association of County and City Health Officials (NACCHO)

Date Published: 08/21/2013

Annotation: This webinar features three speakers who discuss whole community inclusion in public health preparedness planning, focusing on older adults. Topics

include the unique vulnerabilities of older adults and how different threats may affect older adults, including evacuation, shelter, and pandemics. The webinar examines practices for inclusion of older adults for catastrophic event planning.

URL:

<https://naccho.adobeconnect.com/a1053915029/p8eegrzrbca/?launcher=false&fcsContent=true&pbMode=normal>

### **American Red Cross: Disaster Preparedness for Seniors by Seniors**

Published in 2009 by a group of older adults who experienced a two-week power outage when a massive ice storm hit the Greater Rochester, New York region, the steps presented in this booklet can help you prepare for emergencies and eliminate hardships you might face. *(e.g., For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits. Assemble enough supplies to last for at least three days. Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag. You may want to consider storing supplies in a container that has wheels. Be sure your bag has an ID tag, etc.)*

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4640086\\_Disaster\\_Preparedness\\_for\\_Srs-English.revised\\_7-09.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Srs-English.revised_7-09.pdf)

### **Helping the Elderly Recover from the Emotional Aftermath of a Disaster**

Source: Texas Department of State Health Services

Date Published: 08/08/2013

Annotation: This resource provides information about how to help the elderly recover from a catastrophic event. It describes the common reactions that older adults may experience in the aftermath of a disaster, and changes that may indicate an older family member is in need of some extra help. It also lists ways to provide emotional support and practical help

URL: [http://www.dshs.state.tx.us/preparedness/factsheet\\_elderly\\_emo-rec.shtm](http://www.dshs.state.tx.us/preparedness/factsheet_elderly_emo-rec.shtm)

### **Nutrition Interventions for Older People in Emergencies**

Source: HelpAge International

Date Published: 04/2013

Annotation: This 68-page report provides general guidance for the implementation of emergency nutrition activities ensuring the inclusion of older people and addressing their specific needs. Its primary target is humanitarian workers in the field; no specific knowledge of nutrition is assumed. It can also be used to highlight and advocate for the nutrition needs of older people in humanitarian crises.

URL: <http://www.helpage.org/resources/practical-guidelines/emergency-guidelines/>

### **Protection Interventions for Older People in Emergencies**

Source: HelpAge International

Date Published: 04/2013

Annotation: This 52-page document was developed to support field teams to implement protection activities for older people in emergency and recovery contexts. Its primary targets are humanitarian workers in the field. No specific knowledge of protection is assumed, as the guidance provides a basic introduction and essential definitions in line with the accepted practice in protection programming. It also defines the main protection issues for older people in emergencies as a basis for supporting the design of an inclusive protection strategy.

URL: <http://www.helpage.org/resources/practical-guidelines/emergency-guidelines/>

### **Ensuring Inclusion of Older People in Initial Emergency Needs Assessments**

Source: HelpAge International

Date Published: 12/2012

Annotation: This 32-page document seeks to ensure that the specific vulnerabilities and capacities of older people in emergencies are fully taken into account as part of a thorough gender and age analysis of humanitarian needs. It analyzes demographic and needs assessment data with a framework of the vulnerabilities, roles, responsibilities, and positions of older people within families and communities as context. URL: <http://www.helpage.org/resources/practical-guidelines/emergency-guidelines/>

### **Food Security and Livelihoods Interventions for Older People in Emergencies**

Source: HelpAge International

Date Published: 12/2012

Annotation: This 32-page document provides general guidance on implementing food security and livelihood programs for older people and other vulnerable groups in emergency situations. Its primary target is humanitarian workers in the field, specifically in the design and implementation of food security and livelihood programs. At both global and field levels, it can also be used in advocacy to highlight the livelihood needs of older people in humanitarian crises. It is also available in French.

URL: <http://www.helpage.org/resources/practical-guidelines/emergency-guidelines/>

### **Vulnerable Populations: Defining, Locating, and Reaching Older At-Risk Populations in an Emergency**

Source: TECS-PERLC. Training and Education Collaborative System - Preparedness and Emergency Response Learning Center (TECS-PERLC)

Date Published: 09/21/2012

Annotation: This self-guided course describes how to create an emergency plan that incorporates older at-risk population outreach through the development of a Community Outreach Information Network. It details how to identify vulnerable populations in a community as part of an emergency preparedness plan. It describes characteristics that place older adults at risk, and identifies strategies, resources, and tools to locate and reach older at-risk populations.

URL: <http://tecsperlc.org/trainings/defining-locating-and-reaching-older-at-risk-populations-in-an-emergency/>

### **Community Management of Geriatric Patients during Disaster**

Source: Alabama Department of Public Health

Date Published: 05/30/2012

Annotation: This 1 hour 30 minute webinar provides an analysis of demographics and vulnerabilities impacting actual capabilities to support geriatric patients during disasters. It describes the use of the tools of doctrine, analysis, and planning to sustain and augment effective community capability for crisis management. It identifies the evolution in perils and vulnerabilities which threaten to impact future consequence management for elderly patients.

URL: <http://adph.org/ALPHTN/index.asp?id=5819>

### **Domestic Violence and Violence in Temporary Shelters**

Source: World Health Organization, Pan American Health Organization (PAHO)

Date Published: 02/28/2012

Annotation: People's behavior changes during emergencies and disasters, as do the ways in which they express their emotions. Acts of violence among families often occur, chiefly against women, children, the elderly and handicapped persons. Furthermore, during emergencies the application of customary measures of law and order is usually irregular, a fact which helps foster incidents and increases the risk of sexual violence,

especially against women and children, with a particular increase in the vulnerability of teenage girls. Rape, sexual abuse, involuntary prostitution, and other physical attacks are among the problems that appear or increase during emergencies. This web page provides activities to consider when preparing responses to violence in shelters, public spaces, and the home.

URL:

[http://new.paho.org/disasters/index.php?option=com\\_content&task=view&id=743&Itemid=800](http://new.paho.org/disasters/index.php?option=com_content&task=view&id=743&Itemid=800)

### **Recommendations for the Care of Mentally or Physically Challenged Persons and the Elderly**

Source: World Health Organization, Pan American Health Organization (PAHO)

Date Published: 02/28/2012

Annotation: In emergencies and disasters, the limited mobility of pregnant women, children, mentally or physically challenged persons, and the elderly mean that they face unique risks. However, specific disaster preparations can be made to ensure the appropriate and timely protection of these groups before, during, and after such events. This web page provides recommended strategies for protecting the health and well-being of these populations.

URL: [http://www1.paho.org/english/ped/te\\_snreto.htm](http://www1.paho.org/english/ped/te_snreto.htm)

### **Enhancing Public Health Emergency Preparedness for Special Needs Populations: A Toolkit for State and Local Planning and Response**

Source: RAND Corporation

Date Published: 06/01/2010

Annotation: This Toolkit from the Rand Corporation was developed to assist state and local health agencies in developing plans for special needs populations, such as individuals with disabilities, the elderly, and children. Besides having special needs during the emergency, these groups are often difficult to contact in advance of the emergency, making it difficult to involve them in the planning process. The toolkit explains the importance of establishing specific criteria for special needs populations into emergency plans, presents potential strategies for this population, offers examples of strategies that have worked for other communities, makes suggestions of how to select a particular plan and how to determine if it is working, provides links to the RAND Geographic Information Systems tool, which helps to identify and enumerate special

needs in communities across the United States, and to a listing of resources assembled by Rand. The toolkit is divided into three sections – an overview that describes the toolkit itself, an analysis of special needs populations and the strategies that prove effective for each distinct group, and the tools needed to create overall workable strategies and to evaluate their usefulness.

URL:

[http://www.rand.org/content/dam/rand/pubs/technical\\_reports/2009/RAND\\_TR681.pdf](http://www.rand.org/content/dam/rand/pubs/technical_reports/2009/RAND_TR681.pdf)

### **Elderly Populations in Disasters: Hospital Guidelines for Geriatric Preparedness**

Source: City of New York, Department of Health and Mental Hygiene

Date Published: 11/01/2009

Annotation: This November 2009 toolkit from the New York City Department of Health and Mental Hygiene is currently in draft form and is available for comments from appropriate agencies. It is aimed at preparing hospital personnel to manage elderly patients, many of whom are mentally, physically or developmentally disabled, during a disaster. The focus of the document is to assist hospitals in finding and filling gaps in their emergency plans regarding elderly populations. Among the many problems facing hospitals are difficulties in locating and tracking seniors, seniors limited access to shelters, the small number of geriatricians and other health professionals with expertise in their area available to facilitate their treatment, the tendency of frail elderly to find their condition exacerbated during traumatic incidences, and the fact that many elderly live alone, which increases their risk in a disaster. General guidelines include determining that the elderly are a component of any hospital's disaster plan, identifying specialists in geriatric services available within the hospital, providing training to staff on care of the elderly, obtaining sufficient supplies to serve the special needs of the elderly, identifying frail elderly and vulnerable individuals prior to a disaster, creating a soft care (a holding space for medically stable, but frail elderly) area, finding alternate care sites, and creating partnerships with community based organizations. The toolkit is divided into seven sections: Triage and Ongoing Risk Assessment, Soft Care Area, Clinical Care of Acutely Ill Elderly Individuals, Medications: Prescribing and Dispensing, Mental Health Issues, Ethical and Legal, and Palliative Care.

URL: <http://www.nyc.gov/html/doh/downloads/pdf/bhpp/hepp-geriatrictoolkit-nov2009.pdf>

### **Psychological First Aid: Building Resiliency for "Us" and "Them"**

Source: South Central Preparedness and Emergency Response Learning Center (SCPERLC)

Date Published: 01/22/2009

Annotation: The mental impacts of disasters often have far reaching and lasting effects. This 2 hour course is designed to help users recognize and manage the basic symptoms of psychological distress. It provides tools to apply basic psychological first aid to children, the elderly, and the general population. This course was originally delivered as a satellite broadcast:

URL: [http://lms.southcentralpartnership.org/scphp/mycourse\\_desc.php?id=97](http://lms.southcentralpartnership.org/scphp/mycourse_desc.php?id=97)

### **Long-Term Care Facilities: Emergency Preparedness Plans**

Source: University at Albany, State University of New York, School of Public Health, Center for Public Health Preparedness

Date Published: 08/27/2008

Annotation: Caring for the frail older adult or medically-fragile resident can become especially difficult in a time of crisis. This 2 hour course reviews the reasons for planning in long-term care facilities and who should be involved in planning. The all-hazards model of emergency management planning is explained, as well as the critical issues involved in preparedness planning.

URL:

<http://www.ualbanycphp.org/learning/registration/tab.cfm?course=longtermcare&s=Overview>

### **Preparedness Resources for Long-Term, Acute, and Chronic-Care Facilities**

Source: Centers for Disease Control and Prevention (CDC)

Date Published: 01/01/2008

Annotation: This website contains reports, tools and resources concerning emergency preparedness for older adults and long-term care providers.

URL: <http://emergency.cdc.gov/healthcare/longterm.asp>

## Department of Homeland Security

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### Ready.gov

Source: U.S. Department of Homeland Security (DHS)

Date Published: 06/01/2007

Annotation: This Ready America webpage contains four short instructional videos on disaster preparedness aimed at older Americans, pet owners, and Americans with disabilities. (*Translated into Arabic, Chinese, French, Haitian, Hindi, Japanese, Korean, Russian, Spanish, Tagalog, Urdu, and Vietnamese*).

URL: <http://www.ready.gov/psa-multimedia>

### **Federal Emergency Management Agency: Prepare for Emergencies Now: Information for Older Americans**

This guide outlines common-sense measures older adults can take to start preparing for emergencies before they happen. Steps include getting a kit of basic supplies, making a plan for what you will do in an emergency, and staying informed and connected.

[http://www.ready.gov/sites/default/files/documents/files/olderamericans\\_quadfold.pdf](http://www.ready.gov/sites/default/files/documents/files/olderamericans_quadfold.pdf)

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## Instructional Materials

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Format: Video or Multimedia

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hazards model of emergency management planning is explained, as well as the critical issues involved in preparedness planning.

URL:<http://www.ualbanycphp.org/learning/default.cfm>

### **Older Adults: Vulnerable During Disasters**

Source: Pacific Emergency Management, Preparedness and Response Information Network and Training Services (Pacific EMPRINTS)

Date Published: 01/16/2008

Format: Video or Multimedia

Annotation: This presentation discusses key concerns that may arise for older adults caught in disasters, such as sensory deprivation, the multiple loss effect, and chronic health issues. It then examines what healthcare workers can do to make older adults less vulnerable in disaster situations. URL:

<http://www.emprints.hawaii.edu/training/course.aspx?ID=70&cat=1>

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## **Health and Human Services**

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### **Psychosocial Issues for Older Adults in Disasters**

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Date Published: 01/01/1999

Annotation: Guide focuses on elderly issues for primary care practitioners URL:

<http://store.samhsa.gov/shin/content//SMA11-DISASTER/SMA11-DISASTER-03.pdf>

### **Public Health Emergency**

<http://www.phe.gov/Preparedness/planning/abc/Pages/default.aspx>

### **At Risk Individuals**

Some individuals may have greater difficulty accessing the public health and medical services they require following a disaster or emergency. At-risk individuals have needs in one or more of the following functional areas: communication, medical care, maintaining independence, supervision, and transportation.

<http://www.phe.gov/Preparedness/planning/abc/Pages/atrisk.aspx>

### **Behavioral Health**

Disaster behavioral health is the provision of mental health, substance abuse, and stress management services to disaster survivors and responders. Following an emergency event it is common for individuals and families, as well as disaster responders, to experience distress and anxiety about safety, health, and recovery.

<http://www.phe.gov/Preparedness/planning/abc/Pages/behavioralhealth.aspx>

### **Community Resilience**

Resilient communities include healthy individuals, families, and communities with access to health care, both physical and psychological, and with the knowledge and resources to know what to do to care for themselves and others in both routine and emergency situations.

<http://www.phe.gov/Preparedness/planning/abc/Pages/phediscussion.aspx>

### **Administration for Community Living – Administration on Aging: Emergency Preparedness and Response**

This website is intended to provide planning and response information, checklists, and strategies that can assist individuals, families, caregivers, the Aging Services Network, and other professionals to better prepare for and respond to all types of emergencies and disasters. The National Family Caregiver Support Program developed [Just In Case: Emergency Readiness for Older Adults and Caregivers](#), a fact sheet that provides step-by-step information on how older adults can prepare for a disaster. It includes a helpful, three-step checklist, emergency contacts list, and current medications list that can be completed. (Also available in [Spanish](#).) [http://acl.gov/Get\\_Help/Help\\_Older\\_Adults/Index.aspx](http://acl.gov/Get_Help/Help_Older_Adults/Index.aspx)

### **Older Adults**

**Alzheimers.gov** – This site is the government's resource for Alzheimer's and related dementias.

**Eldercare Locator** – The ACL Eldercare Locator is a website and call center that links you to state and local agencies on aging and community-based organizations that serve older adults and their caregivers.

**Check for Benefits**  – The BenefitsCheckUp Website helps consumers find benefits programs that help them pay for prescription drugs, health care, rent, utilities, and other needs. The BenefitsCheckUp Website includes information from more than 1,650 public and private benefits programs from all 50 states and DC.

**Find Helpful Publications and Website Resources** – A part of the Eldercare Locator Website, here you will find useful topic-specific resources for older adults, caregivers and aging professionals.

**Long-Term Care Planning** – Long-term care includes a variety of services and supports to meet health or personal care needs over an extended period of time. The National Clearinghouse for Long-Term Care Information Website provides information and resources to help individuals plan for future long-term care.

## **Centers for Disease Control and Prevention: Emergency Preparedness for Older Adults**

This portal provides links to information, tools, and resources to assist with multi-sector planning for older adults in all-hazard emergencies. Examples include: a page on older adult health and medical considerations (general health, mental health, and chronic conditions) in disasters; training resources (e.g., workforce readiness, templates for senior-living and long-term care); and [Identifying Vulnerable Older Adults and Legal Options for Increasing Their Protection During All-Hazards Emergencies: A Cross-Sector Guide for States and Communities](#). In addition, CDC's page on [Extreme Heat](#) offers information on heat stress in people aged 65 years and older and outlines signs and symptoms of heat exhaustion, steps you can take to prevent heat-related stress, and how you can help protect your older relatives and neighbors.

<http://www.cdc.gov/aging/emergency/>

### **Identifying Vulnerable Older Adults and Legal Options for Increasing Their Protection during All-Hazards Emergencies: A Cross-Sector Guide for States and Communities**

Source: Centers for Disease Control and Prevention (CDC)

Date Published: 2012

Annotation: This guide aims to equip public health officials, the aging services network, emergency management, and essential partners from other sectors and at all jurisdictional levels with critical information, strategies, and resources to improve the planning for and protection of vulnerable community-dwelling older adults during all-hazards public health emergencies. The guide covers topic areas such as developing plans, partnering and collaboration, using data for action, building registries, using law-based solutions, sheltering, and caregiver preparedness. URL:

[http://www.cdc.gov/aging/emergency/planning\\_tools/guide.htm](http://www.cdc.gov/aging/emergency/planning_tools/guide.htm)

## **Emergency Preparedness for Older Adults**

Planning Tools for State & Communities

- [Legal Information](#)
- [Older Adult Health & Medical Considerations](#)
- [Personal Preparedness for Older Adults & their Caregivers](#)
- [Training Resources](#)
- [General Information about the Older Adult Population](#)

<http://www.cdc.gov/aging/emergency/>

**National Institutes of Health – National Institute on Aging – Alzheimer’s Disease Education and Referral Center**

<http://www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease/natural-disaster-safety>

Home Safety for People with Alzheimer’s Disease: Natural Disaster Safety. If there is a person with Alzheimer’s in your home, the precautions outlined on this page may be helpful to consider. This page also offers a specific [tip sheet](#).

**Substance Abuse and Mental Health Services Administration: Psychosocial Issues for Older Adults in Disasters**

This publication gives mental health professionals, emergency response workers, and caregivers the tools to provide disaster mental health and recovery support to older adults. SAMHSA’s Disaster Technical Assistance Center (DTAC) has also compiled an [Older Adults Resource Collection](#), categorized by phases of disaster and by audience.

<http://store.samhsa.gov/product/Psychosocial-Issues-for-Older-Adults-in-Disasters/SMA99-3323>

**Flu.gov: Who’s At Risk – Seniors**

This site is a one-stop shop for information about influenza (flu) prevention, vaccination, symptoms, treatment, and preparedness; this page describes why being older than 65 can put you at higher risk of getting the flu.

<http://www.flu.gov/at-risk/seniors/index.html>

**Alzheimer’s Association: Disaster Preparedness: Home and Community-Based Services for People with Dementia and Their Caregivers: A Toolkit for the Aging Network (supported by the Administration on Aging)**

This toolkit describes how preparedness plays a critical role in decreasing institutional care, provides examples of model programs, and summarizes key actions states and caregivers can take when preparing for emergencies or disasters.

[http://www.aoa.gov/aoaroot/Preparedness/Resources\\_Network/pdf/Toolkit\\_2\\_Disaster\\_Preparedness.pdf](http://www.aoa.gov/aoaroot/Preparedness/Resources_Network/pdf/Toolkit_2_Disaster_Preparedness.pdf)

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## Other Web Resources

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Active Living Coalition for Older Adults (ALCOA):  
[www.alcoa.ca](http://www.alcoa.ca)

Alcohol and Seniors:  
[www.agingincanada.ca](http://www.agingincanada.ca)

American Geriatrics Society:  
[healthinaging.org](http://healthinaging.org)

American Psychological Association:  
[www.apa.org/topics/aging/index.aspx](http://www.apa.org/topics/aging/index.aspx)

Canadian Coalition for Seniors' Mental Health:  
[www.ccsmh.ca](http://www.ccsmh.ca)

Canadian Mental Health Association publication *Supporting Senior's Mental Health: A Guide for Home Care Staff*:  
[www.marketingisland.com/CMHA/pages/product.asp?id=2504](http://www.marketingisland.com/CMHA/pages/product.asp?id=2504)

Culture Counts: A Roadmap to Health Promotion:  
[www.camh.net/About\\_CAMH/Health\\_Promotion/Community\\_Health\\_Promotion/Culture\\_Counts\\_Guide/](http://www.camh.net/About_CAMH/Health_Promotion/Community_Health_Promotion/Culture_Counts_Guide/)

Eldercare Locator  
[Eldercare.gov](http://Eldercare.gov)

Elder Law Answers  
[Alderlawanswers.com](http://Alderlawanswers.com)

European Public Health Alliance Page on Aging and Older People:  
[www.eph.org/r/37](http://www.eph.org/r/37)

European Network for Mental Health Promotion and Mental Disorder Prevention:  
[www.gencat.cat/salut/imhpa/Du32/html/en/Du32/index.html](http://www.gencat.cat/salut/imhpa/Du32/html/en/Du32/index.html)

Geriatric Mental Health Foundation:

[Gmhfonline.org](http://Gmhfonline.org)

Mental Health: A Report of the Surgeon General (U.S.):  
[www.surgeongeneral.gov/library/mentalhealth/home.html](http://www.surgeongeneral.gov/library/mentalhealth/home.html)

Mental Health Foundation (U.K.):  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mental Health Foundation of New Zealand:  
[www.mentalhealth.org.nz/](http://www.mentalhealth.org.nz/)

National Academy of Elder Law Attorneys:  
[Naela.org](http://Naela.org)

National Caucus and Center on Black Aging:  
[ncba-aged.org](http://ncba-aged.org)

National Center for Complementary and Alternative Medicine:  
[Nccam.nih.gov](http://Nccam.nih.gov)

National Council on the Aging:  
[ncoa.org](http://ncoa.org)

National Hispanic Council on Aging:  
[nhcoa.org](http://nhcoa.org)

National Indian Council:  
[Nicoa.org](http://Nicoa.org)

National Institute on Aging:  
[nia.nih.gov](http://nia.nih.gov)

National Programme for Improving Mental Health and Well-Being: Addressing  
Mental Health Inequalities in Scotland—Equal Minds:  
[www.scotland.gov.uk/Publications/2005/11/04145113/51135](http://www.scotland.gov.uk/Publications/2005/11/04145113/51135)

National Institute of Mental Health (U.S.):  
[www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml](http://www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml)

National Resource Center on LGBT Aging  
[lgbtagingcenter.org](http://lgbtagingcenter.org)

National Network for Mental Health:  
[www.nnmh.ca](http://www.nnmh.ca)

National Suicide Prevention Lifeline

[Suicidepreventionlifeline.org](http://Suicidepreventionlifeline.org)

Health Scotland: Health Ageing:  
[www.healthscotland.com/topics/stages/healthy-ageing/index.aspx](http://www.healthscotland.com/topics/stages/healthy-ageing/index.aspx)

Project Seagull—Seniors Education and Alcohol:  
[www.projectseagull.ca](http://www.projectseagull.ca)

Public Health Agency of Canada:  
[www.phac-aspc.gc.ca/publicat/mh-sm/mhp02-psm02/2\\_e.html](http://www.phac-aspc.gc.ca/publicat/mh-sm/mhp02-psm02/2_e.html)

Seniors Mental Health:  
[www.seniorsmentalhealth.ca/](http://www.seniorsmentalhealth.ca/)

Spry Foundation—Setting Priorities for Retirement Years:  
[www.spry.org](http://www.spry.org)

World Health Organization Page on Aging and Mental Health:  
[www.who.int/mental\\_health/resources/ageing/en/index.html](http://www.who.int/mental_health/resources/ageing/en/index.html)



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