

Gateway to Eldercare Information on the Internet

Nursing Homes

Question	Comparison of nursing homes
Search Tool	Alta Vista search engine
Search URL	http://www.altavista.com
Search Term	(comparison or comparing) nursing homes
Results URL	http://www.medicare.gov/NHCompare/home.asp
Site Name	“Nursing Home Compare”
Summary	The official U.S. government site in Spanish, Chinese, English for people with Medicare. Select the state, county, city for results of a survey that compares nursing homes.

Question	Safety and standards for nursing homes
Search Tool	Google search engine
Search URL	http://www.google.com
Search Term	Advanced Search: eldercare “safety standards” “nursing homes”
Results URL	http://www.osha.gov/ergonomics/guidelines/nursinghome/final_nh_guidelines.html
Site Name	“Safety and Health Topics: Ergonomics Guidelines for Nursing Homes”
Summary	U.S. Dept of Labor presents this lengthy guideline for nursing home employees to help reduce the number and severity of work-related disorders. Complete OSHA regulations and guidelines.

Question	How to choose a nursing home
Search Tool	Library reference page: Mel: Reference Desk
Search URL	http://mel.lib.mi.us/reference/REF-index.html
Search Term	Drilled down to “Eldercare”
Results URL	http://www.careguide.net/Careguide/livingalternativescontentview.jsp?ContentKey=1145
Site Name	“Living Alternatives—evaluating & selecting a care provider or facility:”
Summary	Site gives a 3-step procedure for selecting a provider: locating, evaluating, and selecting.

Independent Living & Assisted Living Facilities

Question	What is independent and assisted living?
Search Tool	Proprietary database: Santa Clara County Library System
Search URL	http://www.santaclaracountylib.org/database/RPA_databases.html
Directions	Go to “Databases” and then scroll down to <i>Wall Street Journal</i> Enter your library card number
Search Term	costs elderly care facilities
Results URL	http://www.careguide.net/Careguide/livingalternativescontentview.jsp?ContentKey=1145
Site Name	“Assisted living facilities let elderly keep independence, privacy and, if they like it, a pet—Perking up at Rackliff House” Dec. 4, 1992
Summary	Explains this new style of housing for frail elderly people who don’t have serious medical problems. Provides hope for all.

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Question	How to choose?
Search Tool	Yahoo subject directory
Search URL	http://www.yahoo.com
Search Term	Drill down: Health>Senior health>aging parents and elder care
Results URL	http://www.aging-parents-and-elder-care.com/Pages/Checklists/Assisted_Living.html
Site Name	“Assisted Living—choosing the right facility”
Summary	Gives 3-step process for someone looking for assisted living facility for parent or spouse. Includes determining the kind of help needed, living arrangements, assisted living expenses.

Question	Costs to expect
Search Tool	Gateway: Argus Clearinghouse
Search URL	http://www.clearinghouse.net
Search Term	Main page>health & medicine>general health>aging
Results URL	http://www.seniorwomen.com/articlesSoldzOption.html
Site Name	“Options for financing long term care”
Summary	Describes annuities, insurance, your home equity, reverse mortgages, long term care insurance, but does not give actual costs nor possible ranges of costs to expect. More from the standpoint of how you finance your future care needs.

Continuing Care or Life Care Communities

Question	What are continuing care communities?
Search Tool	Invisible web: The Humor Café
Search URL	http://www.3oddballz.com/
Search Term	Drilled down in subject directory way at bottom Health>Senior Health>Assisted Living
Results URL	http://www.senior-alternatives.net/continuingCare.php
Site Name	“Senior Alternatives for Living—Continuing Care Retirement Communities”
Summary	Briefly explains the concept of continuing care and offers many links to other alternative living options from senior apartments to nursing centers.

Question	History of their development
Search Tool	Invisible web: Complete Planet
Search URL	www.completeplanet.com
Search Term	Drill down to Health & Medicine > Age groups > Elderly
Results URL	http://www.cahf.org/public/consumer/lcguide.php
Site Name	“California Association of Health Facilities”
Summary	A guide to long-term care that answers questions such as: what is long term care, who needs LTC, what types of care are available.

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Search Tool	Invisible web: Complete Planet
Search URL	www.completeplanet.com
Search Term	Drill down to Health & Medicine > Age groups > Elderly
Results URL	http://www.thirdage.com
Search Term	Drill down Topics>Health>Elder care or Search “continuing care communities”
Site Name	“Third Age Factsheets—Continuing Care Retirement Communities”
Summary	Gives information about what to expect in costs when buying into continuing care communities. Also links to other factsheets, such as paying for care.

Home Care

Question	Help for people providing home care for the elderly
Search Tool	Invisible web: The Big Hub
Search URL	www.thebighub.com
Search Term	“home health care”
Results URL	http://www.medicare.gov/HHCompare/Home.asp
Site Name	“Home Health Compare”
Summary	Information on home health agencies in your area. You can search by state such questions as: Medicare coverage.

Contacts

Question	Support group
Search Tool	Google search
Search URL	http://www.google.com
Search Term	Advanced Search “eldercare givers” support groups
Results URL	http://www.aflcio.org/familyfunresources/elders/links.cfm
Site Name	“Online Help for Elder Caregivers”
Summary	AFL-CIO sponsored web site that gives links to useful information for elder caregivers, such as caregiver survivor resources.

Question	Support group
Search Tool	Google search
Search URL	http://www.google.com
Search Term	“eldercare givers” support groups
Results URL	http://www.aoa.gov/NAIC/Notes/caregiverresource.html
Site Name	“The Center for Communication and Consumer Services”
Summary	Caregiver resources linking to caregiver web sites, including government, nonprofit, and commercial sites, that provide general information for family caregivers.

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Question	Support group
Search Tool	Google search
Search URL	http://www.google.com
Search Term	“eldercare givers” support groups
Results URL	http://www.ec-online.net/Community/Activists/canmain.htm
Site Name	“Welcome to ElderCare Online's Caregiver Support Network”
Summary	Eldercare Online gives links that are useful for working out care giving situations, such as making decisions, insurance, bookstore, legal and financial information.

Question	Support group
Search Tool	Library reference page: Librarians Index to the Internet
Search URL	http://lii.org
Search Term	“eldercare”
Results URL	http://www.eldercare.gov/
Site Name	“Elder care online: an internet community of eldercare givers”
Summary	The U.S. Administration on Aging site that provides an eldercare locator for community assistance for seniors and many other appropriate links.

Question	Support group
Search Tool	Google search
Search URL	http://www.google.com
Search Term	intitle: eldercare “support groups”
Results URL	http://blink.ucsd.edu/Blink/External/Topics/Policy/0,1162,323,00.html
Site Name	“Eldercare”
Summary	An ongoing eldercare support group, as well as individual eldercare referrals and resources, is offered through UC San Diego's Faculty and Staff Assistance Program

Question	Finding a certified doctor
Search Tool	Invisible Web: The Big Hub
Search URL	http://www.thebighub.com
Search Term	CA Sunnyvale/Mountain View
Results URL	http://www.ama-assn.org/aps/amahg.htm
Site Name	“Welcome to AMA Physician Select”
Summary	American Medical Association web site that provides a search for physicians by specialty, by state, and by name. Follow the commands for physician search.
Results	Ellen Melnick Brown, MD, Geriatric Medicine-Internal Medicine, Mountain View, CA 94040

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Question	Electronic discussion group to join
Search Tool	Invisible web: Complete Planet
Search URL	www.completeplanet.com
Search Term	Drill down to Health & Medicine > Age groups > Elderly
Results URL	http://www.care-givers.com/community/chat/chat.htm
Site Name	“Empowering Caregivers”
Summary	Message board, newsletter, resources, articles, experts, news, community support, and links to chat rooms for people with elder care interests.

Question	Electronic discussion group to join
Search Tool	Discussion group: Google Groups
Search URL	http://www.google.com
Search Term	“life care communities”
Results URL	Link to sci.med.nursing group discussions.
Site Name	“Re: Starting a nursing home for healthy seniors”
Summary	Discussion was about the idea behind life-care communities, why would seniors want to segregate themselves, benefits, drawbacks.

Question	Electronic discussion group to join
Search Tool	Discussion group: Topica
Search URL	http://topica.com/lists/elderlyman/
Search Term	Drill down: Health & Fitness>Healthcare>Eldercare
Site Name	“List Name: Adventures of elderly-man (adv. elderly-man)”
Summary	Purpose of discussion: There is life after retirement, indeed life as you dreamed about begins when you hang up your tool belt and become what you really are.

Informational Links

Question	Site of interest
Search Tool	Gateway: Argus Clearing House
Search URL	http://www.clearinghouse.net
Search Term	alternative housing costs
Results URL	http://www.seniorwomen.com/articlesSoldzStage.html
Site Name	“Planning for another stage of our lives”
Summary	Designed for women to assess the help they might need in future and gives background information about how to assess your resources to pay for the kind of help you need. But does not give hard figures for costs of alternative housing.

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Question	Site of interest
Search Tool	Gateway: Senior Women
Search URL	http://www.seniorwomen.com
Site Name	“Home is where the heart is”
Summary	Describes options to institutional care, how to stay in your own home by making other changes, alternative housing and the costs.

Question	Site of interest
Search Tool	Gateway: Third Age
Search URL	http://www.thirdage.com
Search Term	Drill down Topics>Health>Elder care for many interesting links.

Current News

Question	News database
Search Tool	Proprietary database: Santa Clara County Library System
Search URL	http://www.santaclaracountylib.org/database/RPA_databases.html
Directions	Go to “Databases” and then scroll down to “Infotrac One File” Enter your library card number
Search Term	Keyword search: eldercare in full text article
Site Name	“Comforting Words, Via E-Mails, For Family Caregivers” <i>PR Newswire</i> , June 23, 2003
Summary	This article explains a weekly e-mail message that this group sends to people caring for aging relatives hoping to keep them on track emotionally.

Question	TV News
Search Tool	News Service: Altavista
Search URL	http://www.altavista.com/news/default
Search Term	eldercare
Results URL	http://www.kxan.com/Global/story.asp?S=1334620&nav=2WVsGZIO
Site Name	“Getting care to the elderly” KXAN-TV 36 NEWS, June 25, 2002
Summary	Talks about the services available for people caring for elderly and has links to Adult Protective Services and Family Eldercare.