

# CeDIR Citings



A publication of the Center for Disability Information & Referral

Indiana Institute on Disability and Community, Indiana University-Bloomington

Volume 6, Issue 1

Spring 2012

## Alzheimer's Resources

Alzheimer's disease is the most common form of dementia, but it is not a normal part of aging. It affects not only those diagnosed, but also their families, friends and caregivers as well. While there is no cure currently, much research is being done which leads to more effective treatment. Here are some resources that may be helpful.

What is Alzheimer's

([http://www.alz.org/alzheimers\\_disease\\_what\\_is\\_alzheimers.asp](http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp))

Memory Bridge

<http://www.memorybridge.org/resources.php>

Greater Indiana Chapter of the Alzheimer's Association

<http://www.alz.org/indiana/>

*Resources for Caregivers:*

Medline Plus: Alzheimer's Caregivers

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

CareGiver's United (<http://caregiversunited.com/>)

Caregiver Support Online

<http://alzonline.phhp.ufl.edu/>

## Indiana Area Agencies on Aging

Looking for services for an older person with or without a disability? Need accessible transportation? Want to find in-home services for a child with a disability? Interested in staying up-to-date on the latest Medicare scam?

Each of the 16 Area Agencies on Aging around the state provides unique services and programs to its community and region. From nutrition to information to arranging the right in-home services, the AAAs connect the right programs and services to people in need.

<http://www.iaaaa.org/>

## Aging Indiana Blog: Phil's Adventures in Elderburbia

*Phil's Adventures in Elderburbia* is written by Philip Stafford, Ph.D., Director of the Center on Aging and Community at Indiana University's Indiana Institute on Disability and Community. Phil's 35-year interest in aging and both his B.A. and Ph.D. in cultural anthropology serve him well in writing this blog. Additionally, Phil is a leader in the "elder-friendly communities" movement, which focuses more on designing living communities that meet people's needs at every stage of life than reacting to a single individual's needs.

"This blog serves as a circuit into Phil's current state of thinking. It's grounded, so you won't get shocked." Visit Phil's blog at:

<http://agingindiana.wordpress.com/>

## Bloomington's Second Annual Creative Aging Festival

In May, the City of Bloomington and the Center for Aging and Community at the Indiana Institute on Disability and Community are sponsoring their second annual Creative Aging Festival. The primary objectives of this festival are to:

"highlight the artistic talents of older adults; promote intergenerational understanding through dialogue, sharing traditions, and storytelling; and increase awareness about the value of creative engagement to adult health and well being."

Bloomington's Commission on Aging has developed an online calendar, which will feature events and exhibits for the festival in May. To learn more about this festival and view last year's brochure, visit:

<http://www.bloomington.in.gov/coa>



## Aging Resource Guide

The following resources on aging are available to check out from the Center for Disability Information and Referral.

Elder Crimes Task Force. (2007). *Power of attorney: What you need to know* [videorecording]. Bloomington, IN: Monroe County Prosecutor's Office. (Call Number: 56 .P6)

Harrison, G. (Prod.). (2009). *When did I get old?: Reflections on aging today* [videorecording]. Indianapolis, IN: WFYI Productions. (Call Number: 20.9 .W4)

MacKinlay, E. (Ed.). (2008). *Ageing, disability, and spirituality: Addressing the challenge of disability in later life*. London; Philadelphia: Jessica Kingsley Publishers. (Call Number: 46 .M3)

Marrella, D. (2009). *The me you don't know: A gift of knowledge for my future caregivers: Providing future caregivers the most important facts about your life*. Sanford, FL: DC Press. (Call Number: 20.9 .M3)

Richards, M. (2009). *Caresharing: A reciprocal approach to caregiving and care receiving in the complexities of aging, illness or disability*. Woodstock, VT: SkyLight Paths Pub. (Call Number: 54 .R5)

Stafford, P. B. (2009). *Elderburbia: Aging with a sense of place in America*. Santa Barbara, CA: Praeger. (Call Number: 20.9 .S7)

## Websites on Aging

### Aging Indiana

<http://www.agingindiana.org/>

### American Assn. of Retired Persons

<http://www.aarp.org>

### American Society on Aging

<http://www.asaging.org/>

### Indiana FSSA, Division of Aging

<http://www.in.gov/fssa/da/3466.htm>

### National Aging in Place Council

<http://www.ageinplace.org/>

### U.S. Administration on Aging

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

## Centers for Independent Living in Indiana

Heard about Centers for Independent Living (CILs) but don't know what they are? Ask Marci Wheeler, Social Work Specialist at the Indiana Resource Center for Autism. Marci says,

Independent Living Centers are not-for-profit organizations that operate under the Indiana Family Social Services Agency (FSSA) and the Division of Disabilities and Rehabilitation Services (DDRS). They are agencies that are consumer controlled, community-based, cross-disability and non-residential.

In the state of Indiana, there are currently eight Independent Living Centers. These Centers cover multiple counties in their regions. Approximately fifty-six of Indiana's ninety-two counties are served. The Independent Living Centers have specific criteria they must meet to qualify as a Center under federal guidelines. The current agencies operating under these guidelines are listed at the end of this article.

The Centers provide services to persons with disabilities regardless of age or type of disability. Independent Living Centers are federally mandated to: promote a philosophy of independent living, including a philosophy of consumer control, peer support, self-help, self-determination, equal access, and individual and system advocacy, in order to maximize the leadership, empowerment, independence, and productivity of individuals with disabilities, and the integration and full inclusion of individuals with disabilities into the mainstream of American society (Title VII, 2003).

In general, the Centers are funding sources and program developers, not direct service agencies. However, services provided by each agency may differ depending on funding allocated.

Want to read the entire article? Visit: <http://www.iidc.indiana.edu/?pageId=544>

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