Gerontology Resources for
APRN Preceptors and Students

10th Edition

GAPNA
Gerontological Advanced
Practice Nurses Association

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Preface

The goal of this latest edition of the Gerontology Resources for APRN Preceptors and Students toolkit is to make geriatric and gerontological content accessible to those caring for older adults. It is designed for advanced practice registered nurse (APRN) students, preceptors, and educators, and it provides a single portal to comprehensive resources. The toolkit is organized by primary care topics and includes links to websites and mobile device applications (apps) mostly in the public domain. The toolkit was developed by gerontological APRNs to provide an open access practice resource for integration of geriatric knowledge for APRN clinical education, with the goal of improving the quality of health care provided to older adults.

The toolkit has two sections:
1. Gerontological Resources for Primary Care
2. Preceptor Resources

The toolkit was first developed in 2012 after a national discussion on the need for APRN educators to be prepared to deliver didactic and clinical gerontological content to all APRN students, not just adult gerontology-focused students. Family, women's health, and other APRN specialties are required to include gerontological content according to national graduate program curriculum standards set by the American Association of Colleges of Nursing.

This is the tenth edition of the toolkit. The toolkit focuses on established gerontological and geriatric guidelines, algorithms, and content that have been successfully integrated

into didactic and clinical education. The resources are primarily from open sources, organizations, and universities with a mission to improve care for older adults. The toolkit does not attempt to provide resources on every possible clinical topic; instead it focuses on common clinical problems. Readers are referred to specific as well as broad resources that cover gerontological content.

Toolkit development has been a collaborative effort among members of the GAPNA Education Committee which represents a diverse group of APRNs involved in gerontological education and practice. It is organized by an assumed hierarchy of student learning needs (beginning with physical health, moving to specialty care, and then role issues) but the order does not represent any predetermined priority. Assessment resources are listed first because they are the foundation for quality care for older adults. Specialty topics are listed in alphabetical order.

In conclusion, the GAPNA Gerontology Resources for APRN Preceptors and Students toolkit is a free resource for all healthcare clinicians and educators who are educating students about the care of older adults. It has been a collaborative effort by GAPNA members who are passionate about excellent care for older adults.

For best viewing and functionality on the Web, open the toolkit using the Web browsers Google Chrome, Firefox, and Safari

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1. Gerontological and Geriatric Assessment

National Organizations

Administration for Community Living (ACL)

ACL advocates across the federal government for older adults, people with disabilities, and families and caregivers; funds services and supports provided primarily by states and networks of community-based programs; and invests in training, education, research, and innovation.

Agency for Healthcare Research & Quality (AHRQ)

AHRQ is a federal agency with the mission of improving the safety and quality of the American health care system. AHRQ's SHARE Approach is a five-step process for shared decision making that includes exploring and comparing options available to patients and guides the decision process based on what matters most to the patient.

American Association of Retired Persons (AARP)

AARP is a non-profit organization for the purpose of pro- viding resources and tools to help empower adults as they age. The Home Alone AllianceSM is a partnership of organizations working collaboratively to create guidance for healthcare professionals who engage with family caregivers and tools for family caregivers providing complex care.

American College of Surgeons

The American College of Surgeons developed the Geriatric Surgery Verification (GSV) Program with the generous support of The John A. Hartford Foundation to optimize surgical care for older adult patients. Through a program that is grounded in evidence-based standards, hospitals can confidently address the most important aspects of care and create plans to help patients achieve their care goals and hospitals to use their limited resources more effectively and efficiently. Hospitals that participate in one of their Quality Programs, including the GSV Program, earn the distinction as an ACS Surgical Quality Partner (SQP).

American Geriatrics Society (AGS)

AGS is a not-for-profit organization of healthcare profes- sionals devoted to improving the health, independence, and quality of life of all older people. Their website offers many free and low-cost assessment resources. AGS has GeriatricsCareOnline.org that provides online resources, publications, and tools to ensure healthcare professionals have the most recent research available on caring for older adults.

Enhancement of Geriatric Care for All (ENGAGE-IL)

An interprofessional community aimed at disseminating geriatric values and skills across professions to provide patient and family centered care to meet the holistic needs of older adults. Includes a variety of evidence-based training and educational material.

Geriatric Emergency Department Collaborative (GEDC)

The GEDC is a nationwide collaborative dedicated to improving the standard of emergency care for older adults in Emergency Departments. Older adults have different needs. The website has an abundance of easy to use resources available, including free online learning for ANCC and AMA credits, webinars, resource library, best practice toolkits, and research. Membership is currently free.

Gerontological Advanced Practice Nurses Association (GAPNA)

GAPNA is the premier professional organization that represents the interests of advanced practice nurses, other clinicians, educators, and researchers involved in the practice or advancement of caring for older adults. Organizational goals include promoting members' personal and professional growth, increasing the influence of APRNs caring for older adults, and modeling organizational vibrancy. The site has a Clinical Topics area with valuable information on a variety of topics pertaining to older adults. This toolkit is published by the Education Committee and is very useful as a resource for students and faculty.

Hartford Institute for Geriatric Nursing (HIGN)

Based at the New York University Rory Meyers College of Nursing, the Hartford Institute for Geriatric Nursing (HIGN) is a non-profit organization with an embedded clinical website that contains valuable geriatric assessment and educational tools designed to help interprofessional health care practitioners improve the quality of care of older adults.

e-Learning Resources: Education center with a portal to courses, podcasts, webinars, tools, and other resources related to care of older adults. Resources are available for the interprofessional healthcare team (nurses, physicians, social workers, and other members).

The 4Ms: Age-Friendly Health Systems. The HIGN Building Age-Friendly Communities | HIGN shares a brochure and poster on how to engage older adults and their caregivers to take an active role.

ConsultGeri Dementia App: free smart phone and iPad app of evidence-based dementia protocols. Step-by-step app for diagnosis and management of cognitively impaired older adults (free).

Try This:® Series: Best Practices in Nursing Care for Older Adults: Evidence-based assessment tools and best practice approaches to care for older adults.

APRN Case Studies: APRN case studies on primary care of older adults (for a fee).

Geriatric Nursing Protocols published in Evidence-Based Geriatric Nursing Protocols for Best Practice. You can explore the protocols or common geriatric symptoms to complement these protocols.

Hospice and Palliative Nurses Association

This national professional organization is dedicated to advancing expert care across the continuum of illness and across the lifespan through education, leadership development, advocacy, and research on behalf of its hospice and palliative care nurse members.

Institute for Healthcare Improvement (IHI)

The goal of IHI is that everyone has the best care and health possible by improving health and health care worldwide. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and IHI in partnership with the American Hospital Association and the Catholic Health Association of the United States. Age-Friendly Health Systems is a movement so that all care with older adults is age- friendly; follows an essential set of evidence-based practices; causes no harm; and aligns with what matters to the older adult and their family caregivers. Four evidence-based elements of high-quality care, known as the 4Ms include: What Matters, Medication, Mentation, and Mobility and are encouraged to be incorporated into daily care of older adults.

International Society of Geriatric Oncology (SIOG)

Founded in 2000, the International Society of Geriatric Oncology is an international multidisciplinary network of healthcare professionals with a focus on improving the care of older cancer patients. The network spans over 80 countries and includes geriatricians, medical oncologists, surgical oncologists, radiation oncologists, anaesthesiologists, as well as nursing and allied health professionals. SIOG uses its international consensus to guide education, clinical practice, and research.

National Council on Aging (NCOA)

This organization focuses on championing the needs of older adults to ensure that every person can age with health and economic well-being. NCOA empowers aging adults with knowledge by providing resources, tools, best practices, reviews, and advocacy.

National Hartford Center of Gerontological Nursing Excellence (NHCGNE)

NHCGNE is a 501(c)3 organization dedicated to optimal health and quality of life for older adults through faculty development, advancing gerontological nursing science, facilitating adoption of best practices, fostering leadership, and designing and shaping policy.

The Post-Acute and Long-Term Care Medical Association (PALTmed)

This organization provides resources for medical direc- tors, physicians, nurse practitioners, physician assistants, and other professionals working in various post-acute and long-term care (PALTC) settings. The organization offers a certification program for medical directors, as well as continuing education for practitioners caring for clients in the PALTC settings.

University Resources

New York University Rory Meyers College of Nursing

The Hartford Institute for Geriatric Nursing (HIGN) website contains valuable geriatric initiatives and tools de-signed to help healthcare practitioners improve the quality of care of older adults. The HIGN develops and maintains ConsultGeri Resources that include Online Education, Guides & Competencies, the Try This®: Series, and Geriatric Nursing Protocols.

Oregon Health & Science University (OHSU)

OHSU, in collaboration with the Hartford Center for Gerontological Nursing Excellence, provides learning ma-terials and resources to help educate preceptors and learners to better care for older adults.

The Pennsylvania State University

The Penn State Center for Geriatric Nursing Excellence provides multiple tools to assist professionals and family members to care for older adults. The center hosts a podcast series and resources on the significance of Geriatric Nurse Educators.

University of Alabama at Birmingham

UAB has the Integrative Center for Aging Research university-wide interdisciplinary center that provides ev-idence-based educational experiences to promote the care of complex older adults and their families through inter-professional CME modules on care of older adults.

University of Arizona

The mission of the Arizona Center of Aging is to promote healthy and functional lives for older adults through comprehensive programs in research, education, training, and clinical care. Elder Care Interprofessional Provider Sheets are single- page resources on core geriatric syndromes, conditions, and considerations in care. Care Partner Information Sheets are information and tip handouts on a variety of daily living topics for older adults and their care partners (also available in Spanish).

University of Iowa

Iowa Geriatric Education Center provides diverse and excellent resources for educators and health professionals in multiple health disciplines. The website includes free tools and resources, including GeriaLearning resources on assessment and decision making in primary care of older adults.

University of Maryland - Baltimore

UMB is designated an Age-Friendly University. The university offers an Age-Friendly Specialist Certificate of Achievement Program for those interested in expanding their knowledge on aging and older adults. The Geri-Ed platform has geriatric web-based educational materials including medication management in assisted living facilities, delirium, and valuable resources on clinical interventions. One resource, Function Focused Care, provides tools and materials for optimizing function with physical activity for residents in LTC and acute care facilities. These include video coaching and strategy series webinars.

University of Missouri

The University of Missouri College of Health Sciences offers a Geriatric Examination Toolkit from their Department of Physical Therapy that contains numerous links to instruments used in assessing topics from head-to-toe along with the scale/instrument scoring details.

University of Washington

UW hosts the online Health Sciences Library - Gerontology. This website provides educational materials through a central location including books, databases, evidence-based practice & toolkits in aging, statistics and technology, all focused on care for the aging.

Yale School of Medicine

The Connecticut Older Adult Collaboration for Health (COACH) is a partnership between Yale School of Medicine, Yale School of Public Health, Yale School of Nursing, Yale New Haven Health System, Cornell Scott-Hill Health Center, Fair Haven Community Health Center, Gateway Community College, and the VA Connecticut that supports a diverse multidisciplinary geriatric workforce. COACH provides educational resources for clinicians, trainees, patients, and caregivers.

2. Geriatric Specialty Assessments

Cardiology

Understanding the aging changes in the heart and blood vessels is essential as a healthcare provider. The National Library of Medicine highlights several essential facts including but not limited to non-modifiable and modifiable risk factors for heart disease in older adults.

Transforming cardiovascular health and improving heart health is a mission of the American College of Cardiology (ACC). This online resource provides evidence-based practice information regarding topics including "Geriatric Cardiology". In addition, ACC has a free online case based curriculum covering key features of aging impacting cardiovascular disease including but not limited to heart failure and syncope titled the "Essentials of Cardiovascular Care of Older Adults (ECCOA)."

The Merck Manual Professional Version is a free online resource providing up-to-date medical information not only on cardiovascular disorders but also geriatrics.

The American Heart Association includes up-to-date evidence based treatment guidelines for healthcare providers in the management of atrial fibrillation and heart failure to name a few.The PREVENT equations are based on contemporary data from more than 6.5 million diverse U.S. adults and are more applicable to the general U.S. population than previous tools. These equations are intended for use by clinicians to inform clinician-patient discussions and guide primary prevention-focused treatment decisions in alignment with the latest relevant clinical guidelines. The new AHA PREVENT™ calculator offers estimates for 10-year and 30-year risks for total CVD, ASCVD, and heart failure.

The CHA$_2$DS$_2$-VASc estimates stroke risk in patients with atrial fibrillation. Most guidelines suggest that scores of 0 (men) or 1 (women) do not require treatment; however, all other patients should receive anticoagulation, preferably with a direct oral anticoagulant (unless contraindicated).

Geriatric cardiology has evolved into a well-established and rapidly expanding subspecialty within cardiovascular medicine. The Journal of the American College of Cardiology presents an updated synthesis of the critical intersections between cardiovascular disease (CVD) and aging, spanning foundational science, translational research, and clinical practice. This review summarizes recent advances in the evaluation and management of older adults with CVD while emphasizing emerging challenges, knowledge gaps, and future research priorities that will continue to shape the field of geriatric cardiology.

Oncology

The Practical Geriatric Assessment is a 10-15 minute assessment that can be administered by a healthcare provider to help identify older adults who may need extra support during their cancer treatment.

Surgery

The American College of Surgeons ACS NSQIP Surgical Risk Calculator estimates the chance of an unfavorable outcome (such as a complication or death) after surgery. The risk is estimated based upon information the patient gives to the healthcare provider about prior health history. The estimates are calculated using data from a large number of patients who had a surgical procedure similar to the one the patient may have.

Caregiver Burden

AARP Resources for Caregivers and their Families includes tools to care for an older adult, making a home safe, practical approaches for splitting costs among siblings, dementia caregivers guide, basics on when caregivers should apply for Medicaid, coping strategies, and finding the right support group.

The Alzheimer's Association has a portion of their website dedicated to caregiver health. It recognizes caregiver stress as a risk for burnout. It lists 10 symptoms of caregiver stress and tips to manage stress. Respite care and care coordination calendars such as Lotsa Helping Hands are two resources recommended to alleviate some of the strain on caregivers.

ARCH National Respite Network and Resource Center is a national respite locator service.

To assess caregiver preparedness, use a pre-discharge return demonstration to determine specific skills, such as administering medication, giving injections, performing dressing changes, and providing treatments. One way to assess this is the Preparedness for Caregiving Scale, which measures caregiver readiness for physical and emotional needs, resources, and stress. This assessment is appropriate for any venue of care.

Assessment of caregiver burden is important. The Zarit Burden Interview is a widely used instrument used to assess caregiver burden. It originated as a 29 item questionnaire and has been revised to several shorter forms. Answers are on a 5-point scale. This article discusses the Optimal Short Version of the Zarit Burden Interview for Dementia Caregivers.

Another tool to assess caregiver strain is the The Modified Caregiver Strain Index.

The National Institute on Aging's page on Caregiving encourages people to be effective caregivers while still taking care of themselves. There are articles on planning for long term care, advance directives, long distance caregiving and frequently asked questions about caregiving. There is also a page about Services for Older Adults Living at Home and resources available for caregivers, including help for caregivers (i.e. respite, adult day care services, use of a Geriatric Care Manager).

Cultural Competence & Ethnogeriatrics

Cultural competence is the ability for healthcare professionals to demonstrate cultural humility, cultural intelligence, and cultural awareness in providing quality care of patients. Despite years of work in this area, there still remains a huge divide related to disparities and inequities in health care.

The American Association of Colleges of Nursing (AACN) includes Cultural Competencies in its curriculum guidelines for baccalaureate and graduate nursing; thereby highlighting the significance of cultural competency in caring for those across a lifespan.

In 2017, the American Nurses Association (ANA) published Standard 8 of the Scope and Standards of Practice which is culturally congruent practice.

Georgetown University Health Policy Institute gives insightful tips on Cultural Competence in Healthcare and how it is an important component in overall healthcare.

The Hartford Institute for Geriatric Nursing's "Ethnogeriatrics and Cultural Competence for Nursing Practice" covers key concepts in ethnogeriatrics, assess- ment, nursing care and health promotion strategies, and expected outcomes. Evidence-based screening tools are also available.

The National Institute on Aging has resources on Providing Care to a Diverse Older Adult Population.

Stanford Medicine provides Geriatrics Training Modules designed to introduce important issues in the care of older Americans from different cultural backgrounds. It offers a Cross Cultural Medicine Microlecture Series aimed to highlight key issues in cross-cultural encounters.

Diabetes

Diabetes is an important health condition for the aging population. There are special considerations that apply to this growing segment of the population.

American Association of Clinical Endocrinology published their Clinical Practice Guideline: Developing a Diabetes Mellitus Comprehensive Care Plan 2022 Update; a comprehensive resource for care of the diabetes patient including care of older adults with diabetes, assessments and screenings treatments, therapies, and technology. The 2023 AACE Consensus Statement: Comprehensive Type 2 Diabetes Management Algorithm, incorporates newer therapies that builds on the 2022 Care Plan publication.

American Diabetes Association (ADA)

The ADA has published "Older Adults: Standard of Medical Care in Diabetes-2025" that includes the ADA's current clinical practice recommendations and is intended to provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care.

"Update on the management of diabetes in long-term care facilities" provides an update on newer treatments for diabetes for older adults in long-term care (LTC) settings, describes how diabetes goals and management should be individualized based on comorbidities, delineates key issues and challenges to consider when using glucose-lowering agents in this population, and provides recommendations on treating hypoglycemia, and monitoring the effects of polypharmacy, and newer antidiabetic drugs pros and cons in the older adult population.

American GeriatricsSociety (AGS)

iGeriatrics app contains many free resources at your fingertips including the Quick Guide to Diabetes Management which provides a 5-step framework on diabetes management in older adults, and is based on the recommendations from the American Diabetes Association and the American Geriatrics Society.

Joslin Diabetes Center

"Joslin Clinic Guideline for the Care of the Older Adult with Diabetes" is designed to assist primary care physicians, specialists, and other healthcare providers address the unique challenges and issues of the older adult with diabetes.

National Institute on Aging

"Older Adult Diabetes" is a great quick resource for patient and caregiver information that providers can share.

Drug-Induced Movement Disorders

The Abnormal Involuntary Movement Scale (AIMS) is one of the most widely used assessment tools for dyskinesias. The AIMS can be readily administered in a few minutes by an experienced clinician. It is ideal for patients receiving medications that may cause tardive dyskinesias. A rating of 2 (mild) or higher on an AIMS item may be clinically significant and should prompt further assessment and follow-up for possible tardive dyskinesia.

The American Parkinson Disease Association (APDA) provides support, education, and research for those with Parkinson's disease and offers a Living with Parkinson's post regarding medication-induced parkinsonism. The Parkinson's Foundation also has a podcast episode dedicated to medication-induced parkinsonism.

Akathisia is a highly distressing neurologic condition characterized by marked inner restlessness, an inability to remain still, and observable agitation. It most commonly occurs as a side effect of medication or as part of a withdrawal syndrome. The Akathisia Alliance for Education and Research provides an online guide for clinicians and a guide for family and friends. The Barnes Akathisia Rating Scale (BARS) is a brief assessment tool that can help clinicians identify and document akathisia severity, and a BARS calculator is also available to support quick scoring in clinical practice.

Dystonia is a neurological movement disorder characterized by involuntary (unintended) muscle contractions that cause slow repetitive movements or abnormal postures that can sometimes be painful. Acquired dystonia may occur as a result of medication. The Dystonia Medical Research Foundation (DMRF) provides education on dystonia, including drug-induced movement disorders and medication-related dystonia.

The Simpson-Angus Scale (SAS) is a clinician-rated tool commonly used to assess drug-induced parkinsonism and other extrapyramidal symptoms. For clinicians who prefer a single tool that spans multiple syndromes, the Extrapyramidal Symptom Rating Scale (ESRS) assesses parkinsonism, akathisia, dystonia, and tardive dyskinesia in one instrument.

Neurocrine Biosciences offers MIND-TD, a website that houses a compendium of resources from assessment tools to real-world patient cases, to facilitate the identification of tardive dyskinesia and differentiation from other drug-induced movement disorders including akathisia, drug-induced parkinsonism, and dystonia. Through the website, healthcare professionals can access educational resources such as the MIND-TD Questionnaire to facilitate dialogue about abnormal movements with patients at risk of tardive dyskinesia, as well as AIMS-related resources to support assessment of symptom severity.

Additional educational materials are also available on Neurocrine Library of Science, including podcasts, videos, slide presentation, and interactive learning tools to assist in the recognition and appropriate differentiation of drug-induced movement disorders.

Diversity, Equity, Inclusion and Justice

Diversity, equity, inclusion, and justice (DEIJ) are the responsibility of all human beings but most important for healthcare professionals and advanced practice registered nurses (APRN). The presence of the 2020 COVID-19 pandemic and eventual quarantine in the United States brought to the forefront health inequities and disparities leading to more emphasis being placed on DEIJ. Many nursing and healthcare organizations and associations across the globe have placed DEIJ at the front of agendas and mission statements with the goal of improving how care is provided for all human beings in an equitable and just manner. The following information and links highlight some of the positive work being conducted, and the knowledge being disseminated to help APRNs provide quality care while honoring DEIJ as part of their practice and academic philosophy.

National Commission to Address Racism in Nursing

On January 25th 2021 "the Commission" (as it is known) was created to examine racism within nursing with a focus on patients, communities, health care systems, and nurses. In addition to the American Nurses Association (ANA), the National Association of Hispanic Nurses (NAHN), the National Black Nurses Association, Inc. (NBNA), and the National Coalition of Ethnic Minority Nurse Associations (NCEMNA) joined together to help motivate all nurses to confront individual and systemic racism.US Department of Health & Human Services has several resources on DEI and culturally tailored care. There are three provider-specific courses available (with CE credits) Physicians - Think Cultural Health

Several universities have developed resources that provide inclusive teaching strategies. The following list includes some of those sources.

Global Diversity Practice offers multiple DEI Toolkits using knowledge, emotional engagement, and practical skills to promote inclusion.

The University of Southern California has a Diversity Toolkit: A Guide to Discussing Identity, Power and Privilege

University of Michigan's Center for Research on Learning and Teaching offers a multitude of resources on equity-focused teaching and inclusion.

University of Denver Office of Teaching & Learning developed modules to support faculty development in skills to enact inclusive teaching practices.

Elder Abuse/Mistreatment

Elder mistreatment can take many forms from overt abuse to neglect to financial exploitation.

Definitions of elder abuse have varied across states, making it difficult to reliably measure its presence. The Centers for Disease Control and Prevention (CDC) Abuse of Older Persons establishes uniform definitions for all forms of elder abuse.

The Hartford Institute for Geriatric Nursing's Try This®: Series on Elder Mistreatment Assessment provides statistics on elder mistreatment and describes the best tool for assessment, the Elder Mistreatment Assessment instrument.

National Center on Elder Abuse (NCEA)

Directed by the U.S. Administration on Aging, NCEA is a resource for policymakers, social service and healthcare practitioners, the justice system, researchers, advocates, and families.

National Institute on Aging (NIA)

The NIA's page on Elder Abuse provides an overview of the types of abuse, signs of abuse and information about where to get help.

U.S. Department of Justice

The mission of the U.S. Department of Justice's Elder Justice Initiative is to support and coordinate the department's enforcement and programmatic efforts to combat elder abuse, neglect and financial fraud and scams that target our nation's older adults.

Disaster Preparedness

The American Nurses Association has resources on Disaster Preparedness & Response for different types of disasters, related resources such as the American Red Cross disaster relief and recovery services, position statements, and ethics, the law, and a nurse's duty to respond in a disaster.

The CDC published a brief on Addressing Emergency Preparedness. Needs of Individuals Living with Cognitive Impairment and Their Care Partners

Do1Thing is a non-profit organization focused on Emergency Preparedness for individuals and businesses. The program is designed to help people prepare for emergencies by focusing on one specific action each month. This approach makes the task of emergency preparedness less overwhelming and more achievable.

The National Academies of Sciences, Engineering, and Medicine; National Academy of Medicine; Committee on the Future of Nursing 2020 - 2030: Charting a Path to Achieve Health Equity devotes chapter 8 to Nurses in Disaster Preparedness and Public Health Emergency Response

The Society for the Advancement of Disaster Nursing has a website with a variety of links to resources for researchers, educators, disaster responders and special populations.

U.S. Department of Homeland Security

The Federal Emergency Management Agency (FEMA) provides a variety of resources regarding preparing for and responding to disasters. Patients, healthcare workers and healthcare students may have specific concerns during disasters. The site has information for supporting patients and healthcare workers.

The Department's Ready.gov website has a variety of resources on different Disasters and Emergencies, making a plan for individuals, special populations, children, businesses. Many of these resources are available in English, Spanish, Chinese, Korean, Tagalog, Arabic, Vietnamese and videos are available with sign language interpreters. You can also order free preparedness materials. There is also a FEMA Disaster Preparedness Guide for Older Adults

Hearing Loss

Hearing loss in older adults is often not recognized. At least two-thirds of older adults over age 70 have a hearing loss that significantly impacts their understanding of information and quality of life. Most older adults who need aids to hear do not use them. Difficulty hearing contributes to cognitive decline, falls, social isolation, anxiety, cost of care and more.

A suggested screening question for hearing loss is, "Can you tell me about any difficulties you have with hearing or understanding conversations?" A common assessment tool is the "Hearing Handicap Inventory for Elderly – Screening (HHIE-S) Questionnaire." It is a 10-item tool from the Hartford Institute for Geriatric Nursing available in multiple languages.

The National Institute on Deafness and Other Communication Disorders provides providers and patients information on "Age-Related Hearing Loss (Presbycusis)", including causes of hearing loss, prevention, treatment plans, and patient resources.

Hearing Health Foundation (HHF)

The HHF includes information on hearing loss, hearing aids, preventing hearing loss, common myths, and types and degrees of hearing loss and their causes.

Hearing Loss Association of America (HLAA)

The HLAA has multiple resources for providers, patients, caregivers and institutions on hearing loss and improving care for persons with hearing loss. It also includes a Guide for Effective Communication in Health Care For Providers to implement a realistic plan for communication across multiple health care settings.

National Institute on Aging (NIA)

The NIA, Hearing Loss: A Common Problem for Older Adults, has information on hearing loss and links to multiple additional resources.

University of Arizona, Center on Aging, Elder Care

The Elder Care series has two, two-page resources that cover Improving Communication with People Who Have Hearing Loss and What You Need to Know about Hearing Aids.

Infectious Disease

Asymptomatic Bacteriuria

Asymptomatic Bacteriuria (ASB) is the presence of bacteria in a patient's urine or a positive culture without signs or symptoms of a urinary tract infection. Bacteria colonization is found in 15% of all individuals. This is a frequently occurring health condition in older adults noted in up 50% of long term care residents. Therefore, a urine test may result with a positive culture in 50% of all specimens, even without symptoms, and is not a diagnosis of UTI (CDC; Infectious Disease Society of America). Following evidence-based antibiotic stewardship programs and not ordering antibiotics for ASB is important in reducing multidrug resistant organisms.

AHRQ has a Toolkit for Assessment and Management of the Resident With a Suspected Urinary Tract Infection. The Society for Healthcare Epidemiology of America held a consensus conference to formulate criteria for the appropriate use of antibiotics for many diagnoses. A summary of their work has been published, Development of Minimum Criteria for the Initiation of Antibiotics in Residents of Long Term–Care Facilities: Results of a Consensus Conference. The Minnesota Department of Health created a quick reference card to help providers efficiently follow the criteria, frequently referred to as the Loeb criteria, for initiation of antibiotics.

Clinical Practice Guideline for the Management of Asymptomatic Bacteriuria: 2019 Update by the Infectious Diseases Society of America outlines recommendations for management of ASB,

The Use of Clinical Decision Support in Reducing Dia- gnosis of and Treatment of Asymptomatic Bacteriuria de- scribes a successful program to address ASB. The McGeer Criteria is a helpful surveillance tool when evaluating antibiotic stewardship programs.

COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus and was declared a global pandemic by the World Health Organization (WHO) on March 11, 2020. The WHO website maintains updated information for the public, myth busters, information on the COVID-19 break- out, and questions and answers.

The Centers for Disease Control and Prevention (CDC) has information for older adults related to risks, vaccine information and other important facts.

Functional Assessment

Barthel Activities of Daily Living (ADL) Rating Scale: This index provides information using a standardized validated scale for assessment of ability to perform tasks relating to personal care. The scale has good validity and reliability.

Doctot® Geriatric App: Tools of the Trade. Offers the medical practitioner efficient and easy-to-use electronic tools that measure important functions of geriatric patients. Free.

GeriKit App: This application is a tool to help medical professionals facilitate a geriatric examination. The app includes tests for eight indicators to diagnose a patient's geriatric health - Cognition, Depression, Function, Strength, Fall Risk, Nutrition, Medications, and Advanced Care. Includes Katz ADL and Lawton IADL scales among others.

Katz Index of Independence in Activities of Daily Living (ADL): Commonly referred to as the Katz ADL, it is the most appropriate instrument to assess functional status as a measurement of a person's ability to perform ADLs independently. The index ranks performance in the six functions of bathing, dressing, toileting, transferring, continence, and feeding.

Lawton Instrumental Activities of Daily Living (IADL) Scale: This instrument is used to assess independent living skills among community-dwelling older adults. Eight domains of function are assessed such as housekeeping, meal preparation, ability to handle finances, and manage medications.

Intellectual and Developmental Disorders (I/DD)

The Alzheimer's Association's Down Syndrome and Alzheimer's Disease resource assists in understanding how those diagnosed with Down syndrome age. These individuals have a higher risk of developing a type of dementia that is similar to Alzheimer's disease.

Administration for Community Living/Administration on Disabilities: The Administration on Disabilities (AoD) collaborates with states, communities, and partners in the disability network to equip individuals with disabilities of all ages with opportunities, tools, and supports to lead lives of their choice in their community.

American Association on Health & Disability (AAHD): supports the health and wellness of people with disabilities through research, public awareness, education, and advocacy. Dedicated to ensuring health equity and inclusion for persons with disabilities through policy, research and dissemination.

American Association on Intellectual and Developmental Disabilities (AAIDD): Publishes a number of resources, including information on care and end-of-life planning. AAIDD promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities.

Autistic Self Advocacy Network (ASAN): The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism. The organization works to make sure autistic people are included in policy-making, so that laws and policies meet the community's needs. Nothing About Us, Without Us!

Gerontological Society of America (GSA) learning center has a new publication designed to address the needs of adults with intellectual and developmental disabilities (I/DD) who develop dementia and the KAER Toolkit for Brain Health.

National Down Syndrome Society (NDSS). Advocates for the value, acceptance, and inclusion of people with Down syndrome. NDSS has published a book, "Aging and Down Syndrome: A Health & Well-Being Guidebook."

National Task Group on Intellectual Disabilities and Dementia Practices: The NTG is a national organization focused on advocating for the needs of aging adults with intellectual and developmental disabilities who are at risk of or who have been affected by Alzheimer's disease and other forms of dementia.

The Arc: A national community-based organization advocating for and serving people with I/DD and their families.

Lesbian, Gay, Bisexual, Transgender, Queer + (LGBTQ+) Persons

American Geriatrics Society (AGS) Ethics Committee (2015) published the "American Geriatrics Society Care of Lesbian,Gay, Bisexual, and Transgender Older Adults Position Statement." AGS acknowledges this population is at risk for discrimination in the healthcare setting, outlines its vision for the treatment of LGBT elders, and cites specific steps that can be taken to ensure they receive needed and appropriate care.

"Lesbian, Gay, Bisexual, and Transgender Health:" Healthy People 2030 provides information that is related to the Healthy People goals for this population. Very good, basic information as well as statistics are provided.

"LGBTQIA+ Aging Project:" Non-profit organization under the direction of Fenway Health dedicated to ensuring that lesbian, gay, bisexual, and transgender older adults have equal access to the life-prolonging benefits, protections, services, and institutions that their heterosexual neighbors enjoy.

Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE) is a national organization dedicated to improving the lives of LGBT older adults. Offers supportive services and consumer resources for LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations, largely through its National Resource Center on LGBT Aging.

Mobility & Fall Risk Assessment

Centers for Disease Control and Prevention (CDC) About Older Adult Fall Prevention | Older Adult Fall Prevention | CDC includes statistics, articles, and brochures on fall prevention and education.

Community Prevention in Older Adult Fall Prevention guides to implementing a community-based fall prevention programs Community Prevention | Older Adult Fall Prevention | CDC-Resources – GEDC resources for specialized assessment and care of older adults who have fallen, skills fair, geriatric trauma triage, and other courses and podcasts and maintenance of mobility in the ED.

STEADI - Older Adult Fall Prevention | CDC has multiple resources (slide deck, brochures, free continuing education, algorithm, care plan,mobility plan for healthcare providers) to help identify and reduce fall risk and maintain mobility. Short videos demonstrating the 30-second chair stand, 4 Stage Balance Test, other assessments are included.
Patient and caregiver resources are also available. Patient & Caregiver Resources | STEADI - Older Adult Fall Prevention | CDC

Berg Balance Scale: Developed to measure balance among older people with impairment in balance function by assessing the performance of functional tasks. It is a valid instrument used for descriptions of function in clinical practice and research.

Doctot® Geriatric App: Tools of the Trade. Offers the medical practitioner efficient and easy-to-use electronic tools that measure important functions of geriatric patients (to include the Berg Balance Scale and Elderly Mobility Scale). Free

Fall Risk Assessment for Older Adults: The Hendrich II Fall Risk Model | HIGN - a useful guideline for practitioners. Falls are the leading cause of injury in adults 65 and older.

National Council on Aging (NCOA)
The NCOA provides information on "Preventing Falls: Tips for Older Adults and Caregivers". Includes listing of evidence- based community fall prevention programs.

The Assessment Timed Up & Go (TUG) (TUG) test measures the overall time to complete a series of functionally important mobility tasks, such as standing from a sitting position, walking, turning, stopping, and sitting down, which are all tasks needed for independent mobility. This video created by the CDC demonstrates how to perform the test.

Nephrology Resources
American Nephrology Nurses Association
The American Nephrology Nurses Association provides evidence-based practice education that will improve the quality of health care that patients receive. Additionally, the ANNA also focuses on Health Policy. A certification review course is offered for the Nurse Practitioner interested in obtaining a certification in nephrology (Certified Nephrology Nurse Practitioner.) Continuing education and educational resources provide information about aging and kidney health.

American Society of Nephrology
Older adults are the largest group of individuals beginning dialysis bringing attention to discussions about conservative versus dialysis treatment modalities. The American Society of Nephrology (ASN) provides a complete Geriatric Nephrology Curriculum for providers to learn more about Geriatric Nephrology free of charge. This online curriculum addresses the most significant aspects of caring for aging patients with kidney disease.

Chronic Disease Innovation Centre
The CDIC is an organization that partners with public and private sectors for research and developing real world applications for treatment of chronic diseases. The Kidney Failure Risk Equation is a clinical tool that can be used to predict a patient's risk of progressing to end-stage kidney disease requiring dialysis or transplantation within the next 2-5 years. It also provides individualized information to reduce risk.

Kidney Disease Improving Global Outcomes
The KDIGO clinical practice guidelines can be used when providing care to individuals with kidney disease that focuses on prevention or management.

National Kidney Foundation
The National Kidney Foundation is a wealth of knowledge about kidney disease and has basic information about kidney disease, CE for healthcare professionals, information about how to get involved, and patient education that can be ordered or printed and handed out in your clinic.

The National Kidney Foundation provides information on Family and Caregiver Resources. This information includes a list of resources and links that may be helpful for individuals taking care of an older adult with kidney disease.

Care Decisions is another resource offered by the National Kidney Foundation. This resource provides information for providers about assisting older adults with decision making when making treatment decisions about kidney disease.

Optum Kidney Solutions
Optum Kidney Solutions provides value based care solutions, care coordination, and promotes early identification of kidney disease.

United States Renal Data System
The USRDS is a national data system that provides information about kidney disease in the United States. Annual Reports are published about the incidence, prevalence and other relevant data for acute kidney injury, chronic kidney disease, end stage kidney disease, and transplantation among children/adolescents, and older adults.

Nutrition
AARP
Caregiver video series on "Special Diets" managing nutrition, low appetite, and nutrition for persons living with dementia. Resources for Meal Planning for Loved Ones and Personalized Nutrition Plan for Older Adults.

American Geriatrics Society
The "American Geriatrics Society Feeding Tubes in Advanced Dementia Position Statement" is updated and revised because of the publication of several sentinel studies further detailing the natural history of eating difficulties and burdens associated with tube feeding use in persons with advanced dementia.

Hartford Institute for Geriatric Nursing
"Assessing Nutrition in Older Adults" highlights the Mini-Nutritional Assessment Short-Form, a screening tool used to identify older adults at risk for malnutrition.
"Nutrition in Aging:" Clinical Practice Protocol: Nutrition in Aging, provides tools for malnutrition risk assessment. Select the "details" tab on the left for the protocol.

Melissa Batchelor, PhD, RN, FNP, FAAN
This site contains over a dozen modules that provide instruction in managing persons with dementia at mealtimes and guidance in feeding techniques, like Tips for Eating and Drinking at Home and Alzheimer's Care Swallowing Problems.

National Council on Aging
"Healthy Eating Tips for Seniors" gives information on ways to eat well as you get older and contains videos on topics such as how to eat healthy on a budget and making healthy food choices. Also includes links to specific topics on Diet and Nutrition for Older Adults.

National Institute on Aging
Health Meal Planning: Tips for Older Adults includes how to build a healthier eating pattern with information on and links to common roadblocks, meal planning, sample menu and more. It is available in English and Spanish.

Nestle Nutrition Institute
The Nestle Nutrition Institute provides Mini Nutritional Assessment Forms to promote nutrition screening in older adults. Nutrition assessment forms are available for healthcare professionals and self-assessment by older adults available in multiple languages.

University of Illinois at Chicago (UIC)
UIC's Enhancement of Geriatric Care for All offers an Interprofessional Geriatrics Training Program that includes topics, such as Nutrition for the Older Adult, for professional credit. The program provides healthcare professionals with knowledge on nutritional needs of older adults, weight loss parameters to assess nutritional status, and strategies to manage nutrition in the older adult.

Obesity
American Association of Nurse Practitioners (AANP)
AANP includes Obesity and Weight Management as a therapeutic area in its clinical resources for nurse practitioners. The resources include continuing education, clinical and practice briefs, and even an Obesity Specialty Practice Group for connection among colleagues with interest in this clinical area.

One of the AANP resources is a thorough guide, although not focused on the older adult, "Obesity Management Fundamentals: Essential Clinical Tools" This free booklet provides essential information for clinicians who manage patients who are overweight or who are diagnosed with obesity. It covers topics such as conducting a weight history, eating and meal plans, weight-related complications and medications. It also provides the Binge Eating Disorder Screener-7 (BEDS-7) and a description of physical assessment tools for use in clinical practice, in addition to a patient handout.

Gerontological Society of America (GSA)
GSA has the KAER Toolkit that is focused on the management of obesity in older adults:
Obesity Medicine Association
"Obesity Algorithm®: Clinical Guidelines for Obesity Treatment" is a set of obesity treatment guidelines available for purchase in digital or print format. The PowerPoint of the algorithm is free.

Oral Health
American Dental Association
Useful information and tips on oral health and older adults. Also has publications and resource links for additional reading.

Harvard's Center for Integration of Primary Care and Oral Health (CIPCOH) serves as a national resource for systems-level research on oral health integration into primary care training with special emphasis on training enhancements that will train primary care providers to deliver high quality, cost-effective, patient-centered care that promotes oral health, addresses oral health disparities and meets the unique needs of all communities.

National Institute for Health and Care Excellence
Oral Health Nursing Education and Practice (OHNEP) A national initiative led by New York University Rory Meyers College of Nursing in partnership with the National Interprofessional Initiative on Oral Health. The website serves as a knowledge center and portal for best practices. OHNEP's National Interprofessional Initiative on Oral Health Resources provides videos, presentations, reports, and case studies.

The OHNEP interprofessional tool kit and Oral Health Faculty Toolkits are organized by nurse practitioner programs and describe how to integrate evidence-based oral-systemic health content, teaching-learning strategies, and clinical experiences into undergraduate, nurse practitioner, and midwifery programs. Interprofessional Oral Health Case Studies are available. The relationship between oral health and overall health are provided as well.

"Smiles for Life: A National Oral Health Curriculum" produces free educational resources to ensure the integration of oral health and primary care across the lifespan.

Pressure Injuries
National Pressure Injury Advisory Panel (NPIAP) Educational and clinical resources such as an image library, continuing education programs, and slide sets developed by NPIAP, the authoritative voice for improved patient outcomes in pressure injury prevention and treatment. Pressure Injury Prevention is a great resource for pressure injury prevention points.

Woundsource
A great online resource covering pressure injury prevention to treatment. Product information and continuing education can also be found at this website. Some of the CE is free.

WHS guidelines for the treatment of pressure ulcers—2023 update A 2023 publication, provides evidence-based, interdisciplinary recommendations for managing pressure ulcers—including new guidance on palliative wound care for seriously ill patients—based on literature published since 2015.

Pressure Injury Risk Assessment
Ten top tips: honing your pressure injury risk assessment This article discusses 10 different populations in which the current formal risk assessment scales are often not sensitive enough to accurately determine the patient's risk for developing pressure injuries and what the additional risk factor(s) is/are.

Braden Scale-For Predicting Pressure Sore Risk
Use this tool in conjunction with clinical assessment to determine if a patient is at risk for pressure injury. (Many EMR systems in the US have Braden Scale incorporated in their systems.) Other scales available are the Norton Scale and Waterlow Scale.

Documentation tips for all wound care documentation - A great resource to make your wound documentation capture all that is needed in the note.

Cross-Setting Pressure Ulcer Measurement & Quality Improvement. A CMS resource with links for quality improvement concerning pressure injuries.

The 2024 Update on Pressure Injuries: A Review of Selected Literature A great publication that reviews updated articles and information about new data and insights into Pressure Injuries.

Updated International Guidelines with NPIAP Shared updated information of international guidelines of PIs with NPIAP

Sexual Assessment
Healthcare providers often do a poor job eliciting and documenting a sexual history including older adults. A framework which offers assessment of sexuality among older adults is the PLISSIT Model. This model, recognized by the Hartford Institute for Geriatric Nursing, offers questions which can be used to initiate and discuss sexuality among older adults. Overall, this model provides guidance for further work-up or referral. It is not a diagnostic tool.

The National League for Nursing (2021) offers additional resources. They offer teaching resources specific for Advancing Care Excellence for Seniors which integrates gerontological nursing education. They note a need to raise student awareness of sexuality issues among older adults and offer a teaching strategy titled Sexuality and the Older Adult. Furthermore, this teaching strategy may increase a student's comfort level of discussing this topic, in addition to increasing awareness of integrating sexuality assessment in an older adults' plan of care.

An additional resource, completed by Glenn and col- leagues, from the University of Arizona College of Medicine Center of Aging is available. The title of the resource for interprofessional providers is Sexual Health: Tips for Taking Sexual History in Older Adults.

Sleep
Hartford Institute for Geriatric Nursing
The Epworth Sleepiness Scale (ESS) is an instrument used to assess daytime sleepiness.
Pittsburg Sleep Quality Index Respondents are asked to indicate how frequently they have experienced certain sleep difficulties over the past month and to rate their overall sleep quality.

National Institute on Aging
"A Good Night's Sleep." A consumer-oriented resource on a variety of topics on sleep including sleep and aging, insomnia, diagnoses affecting sleep, safe sleep, and tips on falling asleep.

National Sleep Foundation
A resource on Aging and Sleep.

University of Arizona Center on Aging
Elder Care series geared toward interprofessional pro- viders on various topics, two of which are on sleep: "Sleep in Older Adults" and "Steps to a Good Night's Sleep."

Urinary Incontinence
Hartford Institute for Geriatric Nursing
"Urinary Incontinence Assessment in Older Adults Part I: Transient Urinary Incontinence" highlights the Bladder Diary as a tool to collect information during the assessment and treatment of urinary incontinence (UI) and outlines possible causes of transient UI in helpful mnemonics.

"Urinary Incontinence Assessment in Older Adults Part II: Established Urinary Incontinence" highlights two scales to discern the type of UI and assess the impact of UI on quality of life.

National Institute on Aging
"Urinary Incontinence in Older Adults" provides helpful information on UI geared toward the patient and also has videos on age-related changes affecting the bladder and seeking help for bladder problems.

UI Assessment Tools
Bladder Diary patient handout from The Urology Foundation.
Urinary Distress Inventory, Short Form-6 (UDI-6) and
Incontinence Impact Questionnaire, Short Form (IIQ-7) examples from Oregon Health & Science University.

3. Geriatric Mental Health

The American Psychiatry Association provides a fact sheet of the updated Diagnostic And Statistical Mental Disorder (DSM-5 -TR).

The Geropsychiatric Nursing Initiative (GPNI) is a partnership between the Hartford Institute for Geriatric Nursing, American Association of Colleges of Nursing, and National Hartford Center of Gerontological Nursing Excellence. For a nominal fee, the GPNI provides online resources on geriatric mental health for advanced practice registered nurses and other graduate nurses and nursing students. The GPNI online learning includes continuing education that is specific to older adults. The continuing education topics include an overview of geropsychiatric nursing, delirium, depression, serious and persistent mental illnesses, post-traumatic stress disorder, bipolar disorder, mental health disparities, and cultural competency. Classroom licensing is available. The Geropsychiatric Nursing Competency Enhancements were developed in 2012 by the Geropsychiatric Nursing Collaborative to enhance existing undergraduate and graduate nursing competencies. Recommended Geropsychiatric Nursing Competency Enhancements for Psychiatric Nurse Practitioners can be found on the International Society of Psychiatric-Mental Health Nurses website.

The GAPNA Geropsychiatric Nursing Position Statement is a position statement that supports evidence for geropsychiatric nursing as a subspecialty. The position statement is supported by geriatric/gerontological organizations.
VA Research on Mental Health PDF link addresses some veteran services research on mental health topics.

Alcohol and Substance Abuse in Older Adults
Hartford Institute for Geriatric Nursing
"Alcohol Use Screening and Assessment for Older Adults" is a reference that includes a narrative and download for two screening tools, AUDIT-C and Short Michigan Alcoholism Screening Test – Geriatric Version (SMAST-G)

The National Institute on Alcohol Abuse and Alcoholism based at the National Institutes of Health has many resources available for older adults including drinking guidelines for adults and interactions with medications.

[Substance Use] Screening and Assessment Tools Chart is a link from the NIH's National Institute on Drug Abuse. It has links to screening and assessment tool charts for screening for different abused substances. Some tools have an associated fee.

Resources addressing substance abuse issues among older adults are included in multiple publications available from the Substance Abuse and Mental Health Services Administration (SAMHSA). This resource includes a link to "Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health—2019 Edition." Another resource from SAMHSA is A Day in the Life of Older Adults: Substance Use Facts and an article on substance use and misuse in older adults.

Delirium

The American Delirium Society is a community of professionals dedicated to improving delirium care. The goals are to foster research, education, quality improvement, advocacy, and implementation science to minimize the impact of delirium on short and long-term health and well-being of patients. The online resource is for healthcare professionals, patients, and families. One of the resources is Delirium Awareness. This resource discusses the differences between delirium and dementia. AARP and the Geriatric Emergency Department Collaborative (GEDC) have teamed up to release two short educational videos about dementia care and the risks of delirium in the emergency room Dementia and delirium in the ER: Providing better care for older patients.

ATrain Education

This is a continuing education website providing content on a myriad of topics for healthcare professionals. An in-depth learning module titled "Dementia Special: Delirium, Alzheimer's, Dementia Care, and Supporting Caregivers" is available for a cost of $29. It is a 15 contact hours (AOTA CEUs: 1.5 Expiration date: July 1, 2027) course which covers understanding delirium along with causes, risk factors, screening tools, differential diagnosis, and strategies for addressing delirium.

The Ultra-Brief Confusion Assessment Method (UB-CAM) is a two step delirium screening protocol designed for rapid and accurate identification of delirium in hospitalized older adults. This website UB-CAM Delirium Screening has information on the tool along with FREE training resources.

Articles

Optimizing Delirium Care in the Era of Age-Friendly Health System (AFHS) - PMC - article demonstrating a cross-walk with the Hospital Elder Life Program (HELP) Core Interventions and the 4Ms of the AHFS that demonstrates alignment with delirium management.

Differentiating Delirium Versus Dementia in Older Adults - StatPearls - NCBI Bookshelf

Hartford Institute for Geriatric Nursing

"Clinical Practice Protocol: Delirium" is an in-depth look at delirium from protocols to symptoms.

The AGS CoCare-Help Hospital Elder Life Program (HELP) is a comprehensive, evidence-based, program designed to prevent delirium and functional decline for hospitalized older patients, providing institutions the tools and resources to support implementation.. This site requires establishing an account to access the materials.
Tools include:
- Confusion Assessment Method (long & short CAM)
- CAM-S Delirium Severity Scoring
- FAM-CAM (Family assessment of delirium)
- 3D-CAM (3 minute diagnostic assessment)
- UB-CAM (Ultra Brief CAM)
- Delirium Burden Instruments (DEL-B)
- CHART-DEL

The ICU Delirium website is an online resource that is housed at Vanderbilt University Medical Center. The Critical Illness, Brain Dysfunction, and Survivorship (CIBS) center website includes assessment tools, videos, handouts, testimonials, the latest research, and other resources on delirium for healthcare professionals, patients, and families.

Network for Investigating Delirium: Unifying Scientists, NIDUS is a collaborative, multidisciplinary network dedicated to the acceleration of scientific discovery in delirium research. NIDUS was created in response to a call from the National Institutes on Aging to support a collaborative network to advance scientific research on the causes, mechanisms, outcomes, diagnosis, prevention, and treatment of delirium in older adults.. The site includes a blog, newsletters, delirium instruments, information about grant opportunities, research studies, bootcamp applications and resources.

The U.S. Department of Veteran Affairs website offers information on Delirium Screening, Prevention, and Diagnosis.

ED Delirium!— What To Do if a Patient is Delirious   Resources developed by the Emergency Department Delirium Study group.

Depression and Anxiety

Anxiety is very common among older adults. The National Council on Aging offers a guide for causes and management of anxiety: Anxiety and Older Adults: A Guide to Getting the Relief You Need.

Information for screening older adults with anxiety can be found on the USPSTF website Anxiety Disorders in Adults: Screening. The GAD-7 is used to screen for anxiety.

Rating of Anxiety in Dementia (RAID) is a 20-item screening tool for patients with dementia that combines patient interviews with caregivers and behavioral observations of changes/somatic symptoms.

Depression and Anxiety: Screening and Intervention

Depression in the older adult can be assessed using the Geriatric Depression Scale. The short form consists of 15 questions highly correlated with depressive symptoms.

Depression and Suicide in Older Adults

The American Psychological Association reviewed the latest criteria for management of depression and prevention of suicide in this vulnerable population: "Depression and Suicide in Older Adults Resource Guide."

American Psychological Association – Psychotherapy & older adults: Resource guide.
Friendship Line (1-800-971-0016) is sponsored by the Institute on Aging. It is the only 24-hour toll-free hotline specifically for older and disabled adults who are either in crisis or just in need of a friend.

Suicide Prevention

The SAMHSA toolkit "Promoting Emotional Health and Preventing Suicide" includes resources, fact sheets, and other useful information for senior center staff.

Loneliness

Loneliness has been recognized by the U.S. Surgeon General, as well as internationally, as a major public health issue impacting the health and well-being of older adults. Loneliness is a subjective measure of an individual's perceived social and emotional isolation.

A 2020 report from the National Academies of Science, Engineering, and Medicine, Social Isolation and Loneliness in Older Adults, summarizes the evidence on this topic with recommendations that include a focus on low income, underserved, and vulnerable populations.

Loneliness Assessment Tools Commonly Used.
The UCLA Loneliness Scale, originally developed in 1978 and updated with several revisions over the years, has been the most widely used instrument for measuring loneliness due to its high validity and reliability testing. The 20-item scale is used to assess an individual's feelings of loneliness and feelings of social isolation. A shorter 3-item scale is also available to assess relational connectedness, social connectedness, and self-perceived isolation. The DeJong Gierveld Loneliness Scale is a 6-item scale focused on identifying levels of social and emotional loneliness.

Provider Training and Information.

The National Council on Aging offers resources for providers to help older adults stay connected. The Campaign to End Loneliness based out of the United Kingdom provides Training on Loneliness with tools for measuring and evaluating loneliness. CareMore Health provides information on Senior Loneliness and CareMore's Togetherness Program.

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The National Institute on Aging has developed a social isolation and loneliness outreach toolkit including educational flyers, social media images, and videos.

Social Isolation is a significant contributor to loneliness and declining mental health in older adults. There are three versions of the Lubben Social Network Scale that measure social connections. There is an 18-item (LSNS-18), 12-item (LSNS-R), and 6-item (LSNS-6) Lubben Social Network Scale.

Resources to Connect Older Adults.

Canary Peers partners with health plans, healthcare providers, and companies to offer Better Choices, Better Health digital peer support groups for older adults with chronic health conditions at no cost to the participants. The Foundation for Art & Healing has launched the "Aging Unlonely" initiative to partner with organizations to use arts as a public health tool for older adults to create connections and improve health and well-being. The Foundation for Social Connection Action Network shares resources to connect older adults across multiple venues and areas of need. The U.S. Administration on Aging has developed the "Eldercare Locator" as a public service to connect older adults and their families to local services. Commit to Connect has a website sharing activities and resources that help people connect through volunteering, technology, and talk lines.

4. Cognitive Assessment

Cognitive Assessment

Alzheimer's Association - Cognitive Assessment Tools

This website from the Alzheimer's Association offers multiple free downloadable pdf files with guidelines for initial and annual assessment of cognitive function in the older adult: "Cognitive Assessment Toolkit" for annual wellness visits and an algorithm for the annual wellness visit.There are also videos demonstrating screenings for cognitive impairment including the following: AD8 =Informant Interview to Differentiate Aging and Dementia; AWV = Annual Wellness Visit; GPCOG = General Practitioner Assessment of Cognition; HRA = Health Risk Assessment; MoCA = Montreal Cognitive Assessment; SLUMS = St. Louis University Mental Status Exam; and the Short IQCODE = Short Informant Questionnaire on Cognitive Decline in the Elderly.

McKnight Brain Research Foundation

Resources and information for primary care providers to learn more about cognitive aging and age-related cognitive decline in order to to help patients take action to maintain their brain health.

National Institute on Aging (NIA)

The NIA provides clinical practice tools, training materials, and more resources (infographic) for assessment, treatment, and management of older adults with cognitive impairment.

Older Driver Assessment

The American Geriatrics Society, through a cooperative agreement with the National Highway Traffic Safety Administration, published The Clinician's Guide to Assessing and Counseling Older Drivers, a free online guide on assessment and counseling of older drivers for healthcare professionals (app also available). The website contains comprehensive information for identifying older adults at increased risk for unsafe driving and provides practical tips for management.

The Alzheimer's Association has resources for family members and individuals with cognitive impairment that address dementia and driving. The resources include information on having the conversation, planning ahead, signs of unsafe driving, and videos showing examples of family members dealing with issues related to dementia and driving.

5. Dementia Assessment and Management

General Dementia Resources

Assessment and Care Planning

The Alzheimer's Association offers a Cognitive Assessment Toolkit and a Cognitive Impairment Care Planning Toolkit which can aid in the assessment of individuals with dementia.

The Alzheimer's Association Dementia Care Practice Recommendations summarize what good dementia care should look like across the course of illness and in different settings, with guidance on assessment, person-centered care planning, caregiver support, behavioral symptoms, and transitions of care.

The National Institute for Medical Respite Care provides resources for evaluating co-occurring conditions that impact cognition. It also includes dementia assessment tools such as Pain Assessment in Advanced Dementia Scale, Informant Questionnaire, Quick Dementia Rating System, Functional Assessment Staging Tool and Impact on Daily Function.

Behavioral Symptoms and Safety

The National Institute on Aging provides up-to-date, practical strategies for managing agitation, aggression, and sundowning that can be shared with families and caregivers.

The American Psychiatric Association's Patient and Caregiver Guide: Antipsychotic Medications to Treat Agitation or Psychosis in Adults with Dementia explains when antipsychotics may be considered, expected benefits and risks (including stroke and mortality risk), monitoring needs, and questions patients and families can use for shared decision-making.

Caregiver and Community Support

Alzheimer's Foundation of America (AFA) provides support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and funds research for better treatment and a cure. AFA offers a helpline and a guide to creating a dementia friendly home. National Memory Screening Program is one of the highlights of AFA's ongoing national effort to promote early detection of memory problems.

Caregiver Action Network is the nation's leading family caregiver organization which provides education, peer support, and practical resources for family caregivers, including guidance on navigating health systems, self-care, and caregiving challenges.

Dementia Friendly America includes tools and resources to help communities work toward dementia friendliness.

Glorious Opportunity is inspired by a general practitioner from the United Kingdom who has been diagnosed with dementia. This website includes videos, modules, information for caregivers and children, and other resources.

Federal and National Information Portals

Alzheimer's Disease Education & Referral Center (NIH/National Institute on Aging) is a U.S. government–funded resource that provides current, comprehensive, unbiased information on Alzheimer's disease and related dementias.

Alzheimers.gov is a federal portal with info, resources, and links to resources from across the government.

Health Systems and Quality Improvement

CMS GUIDE Model (Guiding an Improved Dementia Experience) describes a coordinated approach to dementia care that includes care navigation and structured caregiver support services, helping clinicians understand emerging care models and available support for patients and families. There is a GUIDE Model Overview Fact Sheet available for clinicians and care teams that summarizes the model's goals, core services (care navigation and caregiver support), and basic participation details.

The National Council of Certified Dementia Practitioners (NCCDP) was formed to promote standards of excellence in dementia and Alzheimer's disease education to professionals and other caregivers who provide services to clients with dementia. The goal of the NCCDP is to promote national standards for Alzheimer's disease and dementia care education.

Foundational References

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias is a book written by experts with decades of experience caring for individuals with memory loss, Alzheimer's disease, and other dementias. The book is widely known for its authoritative and compassionate approach to care. Featuring everything from the causes of dementia to managing its early stages to advice on caring for those in the later stages of the disease, it is widely considered to be the most detailed and trusted book available.

The Handbook of Alzheimer's Disease and Other Dementias, edited by Andrew E. Budson & Neil W. Kowal (2014), is an excellent resource for scientific foundations of dementia.

The American Psychological Association Handbook of Dementia (Glenn E. Smith & Sara Tomaszewski Farias, editors 2018) provides a comprehensive discussion of diagnosis, epidemiology, neurobiology, assessment, and most importantly interventions (primary, secondary, and tertiary prevention strategies).

Prevention and Risk Reduction

CDC Healthy Brain Initiative (HBI) provides U.S. focused resources and Road Maps to support brain health, reduce dementia risk, and strengthen caregiver support efforts that can be shared with patients, families, and communities.

The World Health Organization provides evidence-based guidelines on risk reduction strategies and behaviors for prevention of cognitive decline and dementia that can be shared with patients and families.

Alzheimer's Disease

The Alzheimer's Association provides information for patients and clinicians on its website, including education on Alzheimer's disease and other dementias. The Alzheimer's Association Research Center highlights current research priorities and advances, including updates on new approaches to diagnosis and treatment and opportunities to participate in research. The Alzheimer's Association TrialMatch is a free clinical trials matching service that helps people living with dementia, caregivers, and healthy volunteers find dementia-related studies.

In 2025, the Alzheimer's Association published clinical practice guidelines for the diagnosis, treatment and care of Alzheimer's disease and other dementias, with an initial focus on the use of blood-based biomarker tests by specialists to assess Alzheimer's disease pathology in individuals with cognitive impairment.

Alzheimers.gov also offers a Clinical Trials Finder that helps patients, caregivers, and healthy volunteers locate dementia-related studies.

The Alzheimer's Disease Cooperative Study was formed to advance research in the development of drugs that might be useful for treating patients with Alzheimer's disease, particularly drugs that might not be developed by industry.

The National Institute on Aging provides valuable information on diagnosis, symptoms, and treatment of Alzheimer's Disease.

NIA-supported Alzheimer's Disease Research Centers (ADRCs) provide evaluation, research participation opportunities, and expert resources; the NIA site includes a directory to help clinicians and families locate an ADRC.

The Alzheimer's Research UK provides great resources to understand the various types of dementia.

Frontotemporal Degeneration
The Association for Frontotemporal Degeneration works to improve the quality of life of people affected by frontotemporal degeneration and drive research to a cure.

The National Institute of Aging provides information on frontotemporal disorders for patients, families, and caregivers.

Lewy Body Dementia
The Lewy Body Dementia Association is dedicated to raising awareness of Lewy body dementia (LBD); supporting people living with LBD, their families, and caregivers; and promoting scientific advances. The association's purposes are charitable, educational, and scientific.

The Lewy Body Composite Risk Score (LBCRS), developed by James E. Galvin, is a clinical screening tool that helps clinicians assess whether Lewy body pathology may be contributing to a person's cognitive decline.
"Lewy Body Dementia: Causes, Symptoms, and Diagnosis" by the National Institute on Aging provides clear, evidence-based information for patients, families, and health care professionals.

Vascular Dementia
The National Institute on Aging and Alzheimer's Association provide resources on vascular dementia, including diagnosis, symptoms, and management considerations. For risk-factor modification and vascular brain health strategies, AHA/Stroke resources summarize evidence linking hypertension and vascular risk treatment to cognitive outcomes.

Caregiver Planning and Support
The AARP Dementia Resource Guide helps individuals and families find support services, community programs, memory-care options, planning tools, and resources for home safety and long-term care.

6. Gerontological Pharmacology

The American Geriatrics Society (AGS) Beers Criteria® for Inappropriate Medication Use in Older Patients

The AGS updated the Beer's Criteria in 2023 (2023 AGS Beers Criteria) to identify medications that may be inappropriate or harmful to older adults due to a higher incidence of complications, such as falls, confusion, and constipation. There is a Beers Pocket Guide 2023 available for quicker referencing. AGS also updated their Alternative Treatments to Selected Medications in 2025. A shorter summary of this can be found at Guideline Central: AGS Alternative Treatments Guideline.

Deprescribing
The Canadian website Deprescribing provides evidence-based algorithms and other information on deprescribing.

US Deprescribing Research Network (USDeN) provides U.S. focused deprescribing education, tools, and evidence updates to support clinicians in reducing potentially unnecessary or harmful medications in older adults.

Another tool to assist in deprescribing is Medstopper.com. This tool helps determine if a medication can be stopped or needs to be tapered. The tool uses the Beers Criteria, START/STOPP, and other resources to support deprescribing decisions.

Anticholinergic load is strongly tied to delirium, falls, constipation, urinary retention, and cognitive impairment risk in older adults. The Anticholinergic Burden Score Calculator is an easy tool that can be used for medication review to identify medications that place older patients at increased risk while offering safer alternative options.
The overuse of medication for older adults is described in the Lown Institute's Medication Overload and Older Americans. It includes resources to address this problem.

Medication Prescription Resources

Epocrates provides reliable clinical information. The free drug reference includes brand, generic, and over-the-counter (OTC) medicines; it reviews drug interactions and also provides pill identification.

iGeriatrics combines all the American Geriatrics Society's clinical information offerings into one easy-to-use application. It is aimed at healthcare providers and covers a wide range of topics relating to older adults, from medication safety to cross-cultural assistance. The app can be downloaded for free for Android and Apple devices.

Medscape's Drug Interaction Checker is a free online tool used to search and identify potential interactions between medications, supplements and even common foods.

DailyMed (National Library of Medicine) offers the most current FDA drug labeling, including indications, dosing, contraindications, and warnings, and is a useful reference when evaluating medication safety in older adults.

FDA MedWatch provides drug safety communications and a pathway for reporting adverse drug events, which supports ongoing pharmacovigilance and safer prescribing.

Older adults have a higher baseline risk for QT prolongation due to electrolyte abnormalities, polypharmacy, and chronic conditions such as chronic kidney disease (CKD). Providers should evaluate medications that may further prolong the QT and increase the risk of developing torsades de pointe. CredibleMeds provides a QTdrugs list that categorizes torsades risk.

Opioid prescription guidelines: Chronic pain is common, multidimensional, and individualized, and treatment can be challenging for healthcare providers as well as older adults. The CDC Clinical Practice Guideline for Prescribing Opioids for Pain – United States, 2022 includes resources for providers and patients.

The 2023 STOPP/START Toolkit Supporting Medication Review, arranged by physiologic systems, assists in the review of older adults' prescriptions (STOPP) and includes guidelines to alert the practitioner to the right treatment (START). It also references drug class duplication and drug-drug and drug-disease interactions. The START tool highlights under-prescription or omission of clinically indicated, evidence-based medications.

7. End-of-Life Issues

NP Resources

In 2014, the IOM was charged with writing Dying in America to produce a comprehensive report on the current state of care for people of all ages who may be approaching death.

The Dartmouth Atlas Project End of Life Care is a helpful resource for understanding how often intensive, technology-driven care is used near the end of life and how that varies across regions and health systems. It also highlights an important gap between what many patients say they want near the end of life and what often happens in practice.

Center to Advance Palliative Care (CAPC) offers clinician-focused tools, training, and implementation resources to strengthen serious illness and palliative care across settings.

The Palliative Care Network of Wisconsin (PCNOW) has multiple resources to support palliative and end of life care including FAST FACTS which provides concise "practical, peer-reviewed, and evidence-based summaries on key palliative care topics important to clinicians and trainees caring for patients facing serious illness." PCNOW also has available training guides and resource materials to guide palliative care education.

The End-of-Life Nursing Education Consortium (ELNEC) project is a national education initiative to improve palliative care. The project provides training in palliative care to nurses, faculty, CE providers, and staff development educators so they can teach this essential information to practicing nurses or nursing students.

Medical Aid in Dying (MAID) is available in 13 jurisdictions (12 states and DC) currently. If practicing in a state where this is legal (CA, CO, DE, DC, HI, IL, ME, MT, NJ, NM, OR, VT, WA), Compassion & Choices provides links to each state's legislation as a resource for NPs regarding the laws and criteria for their respective state.

Medical Aid in Dying: The Role of the Nurse Practitioner is a helpful article that reviews the NP's role and key considerations, supporting NPs in being prepared to discuss MAID with patients and families.

Family/Caregiver/Patient Resources

The Conversation Project is an initiative of the IHI with free guides for patients and family members on how to have difficult conversations.

GetPalliativeCare.org is a patient- and caregiver-facing resource explaining palliative care in plain language and helping families locate palliative care services.

CaringInfo (a program of the National Alliance for Care at Home) provides free information on topics related to end of life in both English and Spanish.

The National Institute on Aging provides information for caregivers and loved ones related to end of life. The articles assist individuals in understanding what to expect prior to, during, and after the death of a loved one. It also explains the difference between hospice and palliative care.

Advance Directive Resources

Five Wishes Online, available through Aging with Dignity, covers personal, spiritual, medical and legal wishes in one document. Five Wishes for Myself is an interactive option that assists users to create and customize their advance directive online. The document can be saved, printed, or emailed. Current fees are $5.00 for the paper version and $7.50 for the digital version.

CaringInfo (a program of the National Alliance for Care at Home) provides downloadable, state-specific advance directive forms and instructions.

Advance Directive for Dementia is a free, downloadable tool that helps individuals document what medical care they would want if they developed Alzheimer's disease or another dementia, with brief stage descriptions and checkbox preferences that can be shared with loved ones and clinicians.

Compassion & Choices offers a Dementia Values and Priorities Tool that generates a document families can attach to an advance directive to clarify goals and boundaries as dementia progresses.

Serious Illness Conversations and Patient Centered Care

Ariadne Labs – Patient-Centered Serious Illness Care provides tools, resources, and implementation support to help clinicians and health systems conduct consistent, patient-centered conversations with people living with serious illness, focused on goals, worries, tradeoffs, and what matters most. The Serious Illness Conversation Guide is a practical, evidence-based tool from Ariadne Labs that helps clinicians structure these discussions and includes implementation support and online learning resources.

VitalTalk Quick Guides provide concise, practical language and frameworks clinicians can use for difficult serious-illness conversations.

Respecting Choices is a systems- and community-based approach to person-centered advance care planning. It offers an evidence-based, standardized curriculum along with practical resources and forms to support consistent advance care planning conversations across settings.

CMS Advance Care Planning Billing Guidance

CMS provides an Advance Care Planning Medicare Learning Network (MLN) fact sheet summarizing eligible services, documentation expectations, and billing guidance for CPT 99497 and 99498.

Physician Orders for Life Sustaining Treatment (POLST)

The POLST Paradigm is an approach to making medical and end of life decisions for those with serious illness and/or frailty, encouraging conversations between patients, loved ones, and medical providers. The National POLST website includes a 'Programs in Your State' map to help clinicians and families locate state-specific POLST program information and forms.

8. Nursing Home Information and Regulation

Nursing Home Information and Regulation

Centers for Medicare & Medicaid Services (CMS)

The Nursing Home Resource Center provides information about being certified as a Medicare and/or Medicaid nursing home provider, including links to applicable laws, regulations, and compliance information as well as the Quality Indicator Survey, Nursing Home Action Plan, and Data Compendium.

Minimum Data Set (MDS)

The MDS 3.0 Resident Assessment Instrument (RAI) Manual offers guidance for completing standardized resident assessments based on patient and staff interviews, observation, physical assessment, and chart review. The MDS supports comprehensive care planning and, for skilled residents, Medicare payment. CMS maintains the current MDS RAI Manual and associated training and reference materials.

Federal and State Regulations Affecting Nursing Homes

Nursing homes are strictly regulated and surveyed to maintain licensure and to participate in Medicare and Medicaid programs. Regulations are both federal and state specific, and care providers in this setting need to be familiar with them. The Electronic Code of Federal Regulations provides the official regulatory text, including long-term care requirements (for example, 42 CFR Part 483).

Nursing Home Compare

Care Compare provides public, detailed information for comparing Medicare-certified nursing homes, including quality measures and staffing information. CMS also publishes information about the Five-Star Quality Rating System displayed on Care Compare.

INTERACT® (Interventions to Reduce Acute Care Transfers)

INTERACT is a quality improvement program designed to improve early identification, assessment, documentation, and communication about acute changes in nursing home residents' conditions, with the goal of reducing potentially avoidable transfers to the acute hospital. Tools include structured communication and change-in-condition resources (for example, STOP and WATCH).

9. Role Issues

ABCDs of Medicare

This resource published by the Arizona Center on Aging distinguishes between "original Medicare" and "Medicare Advantage Plans" and outlines services covered by Plans A, B, C, and D.

Basic Medicare Resources for Healthcare

Professionals, Suppliers, and Providers

This resource is designed to provide Medicare enrollment information for APRNs and other suppliers. Review the downloadable fact sheets to learn about Medicare provider enrollment. Free educational materials for healthcare professionals on CMS programs, policies, and initiatives can be found at CMS Services Medicare Learning Network.

Drug Enforcement Agency (DEA)

Pursuant to Title 21, Code of Federal Regulations, a mid-level practitioner who is licensed, registered, or otherwise permitted by the United States or the jurisdiction in which he/she practices, may dispense a controlled substance in the course of professional practice. Drugs and other substances that are considered controlled substances under the Controlled Substances Act (CSA) are divided into schedules. Substances are placed in their respective schedules based on whether they have a currently accepted med- ical use in treatment in the United States, their relative abuse potential, and likelihood of causing dependence when abused. Authorization to dispense controlled substances based on Schedule Categories is determined by the state practice regulations. Application for registration is done online.

National Provider Identifier (NPI)

The NPI is a unique identification number required for healthcare providers delivering Medicare services. This website provides information about the NPI, including the application process.

Rural Health Care (RHC)

This page provides basic information about being certified as a Medicare participating RHC supplier and includes links to laws, regulations, and compliance information. The curriculum is open to all healthcare professionals and disciplines.

AANP Advocacy Center

This page provides information on advocacy efforts such as Removal of Barriers to Practice NP Legislation: Advocating to Remove Federal Barriers.

10. Legal Issues

American Bar Association (ABA)

"Assessment of Older Adults with Diminished Capacity" (2nd Edition, 2021) was created by the ABA Commission on Law and Aging, in conjunction with the American Psychological Association. Tests for Evaluating Specific Capacities or Abilities start on page 62 - 71. Appendix 1 (page 71) lists numerous cognitive screenings. Appendix 2 lists case examples. Appendix 3 describes medical conditions affecting capacity. Appendix 4 describes the Brain in Aging and Disease.

ABA Commission on Law and Aging: Resources on topics such as elder abuse, ethics and counseling older adults, guardianship law, healthcare decision making, and long-term care services. Many are free. A nice resource for caregivers is Commission on Law and Aging Resource (Ten Legal Tips for Caregivers)

Assessing Decisional Capacity

The Department of Justice published an Elder Justice Decision Making Capacity Resource Guide. It is a compilation of relevant materials from numerous sources to provide a broad spectrum of information for clinicians in the context of decision-making capacity.

National Academy of Elder Law Attorneys, Inc. (NAELA)

This organization is a professional association of attorneys dedicated to improving the quality of legal services provided to older adults and people with disabilities. NAELA provides free educational resources that include finding a lawyer and elder law topics. There is a nice resource, "Five Myths about Elder Law" - and How an Elder Law Attorney Can Help You."

11. Social Determinants of Health

The Social Determinants of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Resources listed here are available from international and national organizations and universities.

International Organizations

World Health Organization Commission reports on how countries can establish frameworks and programs that influence social determinants of health and improve health equity.

WHO Health Equity

Link to the WHO document World Health Day 2021: It's time to build a fairer, healthier world for everyone, everywhere.

National Organizations

American Academy of Home Care Medicine

AAHCM Learning Management System

The Educator's Toolkit contains links to screening tools that can be used to assess the SDOH. A learning module on the Social Drivers of Health is available to complete for a certificate of participation. If not a member of the American Academy of Home Care Medicine, the user will need to register for free access to information on this website

Center for Disease Control

Social Determinants of Health: Know What Affects Health
CDC resources for SDOH data, research, tools for action, programs, and policy

Center for Health Care Strategies

This resource examines how organizations participating in Transforming Complex Care (TCC), a multi-site national initiative funded by the Robert Wood Johnson Foundation, are assessing, and addressing social determinants of health for populations with complex needs. Included in this link is the downloadable brief Screening for Social Determinants of Health in Populations with Complex Needs: Implementation Considerations

Center for Medicare and Medicaid Services

CMS suggests guidelines for creating written material including readability, graphics, and design. The Toolkit for Making Written Material Clear and Effective is a health literacy resource.

A Guide to Using the Accountable Health Communities Health-Related Social Needs Screening Tool: Promising Practices and Key Insights (cms.gov) A proxy version has been developed in which a proxy will complete the screening on behalf of the patient.

U.S. Department of Health and Human Services
Healthy People 2030: Social Determinants of Health
Linkages to targets set forth in Healthy People 2030 that pertain directly to the social determinants of health delineated in five domains: Economic stability, education access and quality, health care access and quality, neighborhood and built environments, and social and community context

Health Disparity and Minority Health Resources
Minority health and disparity definitions with visual data and interactive graphics.

Office of Minority Health: Knowledge Center
Collection of journal articles, media, and books related to health of minority populations.

Office of the National Coordinator for Health Information Technology

The Social Determinants of Health Information Exchange Toolkit provides approaches for advancing information exchange goals, examples of common challenges and opportunities in information exchange and questions and resources to inform information exchange implementation.

University Resources

University of Kansas provides a community toolkit in- cluding "Addressing Social Determinants of Health and Development", an overview of SDOH with a checklist, video examples, and a power point summary.

Social Determinants of Health Assessment Tools

Find Help

A repository of resources listed by zip code financial assistance, food pantries, medical care, and other free or reduced-cost help

The Clear Toolkit

Helps health care providers address social factors that cause barriers to care and delineates strategies for profes- sionals to provide more equitable care. It is available in over 10 languages.

The EveryONE project

Tool used to assess and address a patient's social needs to identify helpful resources in the community.

THRIVE

An assessment that is used to understand the social determinants of health within a given community, and ways in which those determinants can be addressed to provide safety, and more equitable health care.

12. Telehealth

Telehealth, also called telemedicine, is delivery of health care by a provider without an in-person office visit, most often using secure audio-video platforms, patient portals, or remote monitoring technology. Common modalities include live phone or video visits, secure messaging and image sharing, and remote patient monitoring that transmits physiological data (for example, vital signs or symptoms) to the care team. Why Use Telehealth explains common benefits, what to expect, and situations where telehealth may be a good option.

Telehealth Competencies for Nursing Education and Practice: The Four P's of Telehealth outlines standardized competencies that can guide education and practice development.

Center for Connected Health Policy

The Center for Connected Health Policy (CCHP) provides up-to-date summaries and tracking of telehealth pol-icy by state, which is useful when navigating licensure, coverage, and regulatory difference across jurisdictions.

Center for Medicare & Medicaid Services

The CMS Medicare Telehealth Trends Report summarizes how Medicare telehealth use has changed over time and can support discussions of access, modality (audio-only vs video), and utilization patterns. Older adults may be more likely to rely on audio-only telehealth, which can limit elements of assessment compared with video-based visits. This article reviews Medicare telehealth modality use and highlights age-related differences in telehealth ac-cess and utilization.

Center for Telehealth Innovation Education Research (C-TIER)

The National Telehealth Toolkit for Educators/Faculty provides a comprehensive set of resources, curricula, and teaching strategies to support the integration of telehealth education into nursing and health professions programs, helping faculty prepare students for telehealth practice.

The Old Dominion University (ODU) C-TIER Telehealth Physical Exam Playlist provides clear examples of how to adapt the physical examination for virtual visits.

Health Resources & Services Administration

Telehealth policy updates from Telehealth.HHS.gov summarize which Medicare telehealth flexibilities are temporary versus permanent and note that several post-COVID-19 Medicare access flexibilities are currently extended through January 30, 2026 (policies may change after that date unless further federal action extends them).

National Consortium of Telehealth Resource Centers

The National Consortium of Telehealth Resource Centers (12 regional and 2 national centers) provides up-to-date technical assistance, training, and policy guidance across states and regions.

Northeast Telehealth Resource Center

The Northeast Telehealth Resource Center and MaineHealth developed a video highlighting best practices for conducting telehealth physical exams.

Preceptor Resources

1. Suggested Preceptor Preparation for Role

Before making the commitment to serve as a preceptor for an APRN student, the following information will be useful in planning student learning experiences.

Information on the APRN Program and Course

Obtain a copy of course objectives and clinical practice guidelines so that you clearly understand preceptor expec- tations for clinical practice with older adults.
- Determine the current level of the student's clinical expertise. Is this experience his/her first clinical rotation or one nearing graduation?
- Determine the criteria for student evaluations.
- Ask about the frequency, methods, and length of faculty clinical visits to evaluate the student's performance.
- Know the name of the faculty responsible for the stu- dent, how to contact him/her, and decide how faculty is to contact you.
- Determine the time commitment; with specific start and end dates and number of hours weekly .
- Clarify the patient population/characteristics for which the student is expected to do clinical visits and in what amount of time. For example, is the student expected to have experience with approximately 50% adults and 50% older adults, or other characteristics such as "under- served"?

Practice Site Questions and Factors to Consider Before Precepting APRN Students
- Will your patient population be receptive to an APRN student?
- Can you realistically provide students the type of pa- tients needed to meet course objectives?
- Do you have a collaborating physician or supervisor who needs to be included in the decision to precept an APRN student?
- Will a student impact your productivity or clinical site productivity?
- Are the examination rooms large enough to accommodate the patient, family, you, and a student?
- Are there enough examination rooms to provide extra time for a student to spend with a patient?
- Is a contract required between the clinical site and school of nursing?
- Are there issues relevant to malpractice, worker's compensation, OSHA, TB skin test, etc.?
- Will the student have access to and document in electronic health records?
- Will the student be required to attend an orientation session?
- Is there enough office or clinic space to accommodate the student?
- What clinical resources are available for student use?

2. Suggested Teaching Guidelines for Preceptors
When Precepting an APRN Student, These Guidelines Will Be Useful in Planning Student Experiences

- Establish your expectations with the student at the out-set of the clinical experience and as needed.
- Attempt to match patients' healthcare problems with the student's level of competence.
- Establish a collaborative learning environment and provide ongoing feedback.
- Clearly explain how the student is to contact you to discuss difficult patients throughout the day.
- If possible, set a predetermined time for case discussions.
- Ask direct and critical questions in a non-threatening manner and away from patients.
- Adjust your expectations based on patients' complexity.
- Identify student's weaknesses and seek opportunities to assist students in mastery of skills.
- Be willing to assign outside readings relative to clinical experiences.
- Be flexible in your teaching style as the student progresses through the rotation.
- Recognize students do not progress at the same pace in clinical practice.
- Ask the student for a commitment to diagnosis/problem, probe for supporting evidence/rationale, teach general principles, reinforce what was right, and correct mistakes.

These Guidelines May Be Useful When Addressing Concerns About a Student's Clinical Performance

- Clarify expectations of student performance (is the student beginning, intermediate, or advanced?).
- First, ask the student about their perception of the identified problem.
- Be as specific as possible, including examples of your concerns.
- Ask the student if there are competence issues or barriers preventing satisfactory performance.
- Try different teaching strategies. Does the student need more time shadowing you?
- Assign the student only specific portions of the history, physical examination, or management plan to complete until skill level increases.
- Does the student need exposure to different types of patients?
- Is there a problem between the student and staff that is impacting the situation?
- Have the student set daily objectives to work on and mutually evaluate progress toward objectives.
- Review the upcoming schedule and assign the student additional background reading to prepare for specific cases.
- Contact APRN faculty and request a telephone call, review of care, or site visit.
- If problems persist, document observations, corrective measures, and send them to faculty.
- Document concerns in writing if a student is unsafe, not progressing, or unprofessional.

These Are Suggestions for Recognizing Excellent Student Performance

- For a student who demonstrates exemplary clinical practice, document their performance and ask faculty if there are any awards to recognize such behaviors
- Consider writing a letter of recommendation for the student's portfolio.
- Consider inviting him/her to apply for student awards in GAPNA, regional, or state APRN groups.
- Consider inviting the student to participate in developing a professional presentation or developing a manuscript for publication.

3. Teleprecepting

The National Organization of Nurse Practitioner Faculties (NONPF) reaffirmed support for telehealth in NP education in a March 2025 statement, emphasizing intentional curriculum integration, appropriate oversight, and learner support in virtual clinical experiences. In addition, AACN Essentials Domain 8 (Informatics and Healthcare technologies) reinforces the expectation that NP programs prepare graduates to deliver care using digital health tools and technology-enabled workflows. DeClerk and colleagues also highlight that teleprecepting may be best suited for learners who have a stronger clinical foundation (often later in the program) and that success depends on clear workflows, technology readiness, and structured preceptor support.

The UCSF Telehealth Preceptor Portal provides practical resources for clinical preceptors (orientation materials and teaching tools) that can support preceptors supervising students in evolving models of care, including virtual care. The Telehealth Tools is a curated hub for telehealth teaching in clinical rotations and includes teleprecepting-oriented tools (for example, training links and checklists) to help preceptors and faculty integrate learners into telehealth visits.

           Gerontological Advanced Practice Nurses Association (GAPNA)

Tips for Transitioning from In-Person Precepting to Teleprecepting (UCSF video) provides practical guidance for adapting precepting workflows and expectations to virtual visits.

The National Telehealth Toolkit for Educators/Faculty includes structured teaching resources for telehealth education and clinical rotations with a "Clinical Rotations" section that is useful for teleprecepting preparation and learner integration.

Johnson and colleagues provide a practical "how-to" approach and a checklist for preparing for teleprecepting in the article Teleprecepting: A Timely Approach to Clinical Education During COVID-19.

Thinking Outside the Box: Are We Ready for Teleprecepting to Expand Training and Practice Venues? Discusses teleprecepting as a way to expand clinical training opportunities (noting access and potential benefits), though it may be subscription based depending on access.

Virtual Precepting: Incorporating Learners into Telehealth Patient Care is a practical slide-based resource with strategies for setting expectations, supervision, and feedback when learners join telehealth visits.

4. Suggested Readings and Resources for Clinical Preceptors

American Association of Nurse Practitioners (AANP). has developed Clinical Resources by Therapeutic Area designed to keep NPs informed on important health issues and to assist them in educating their patients.

AANP released their NP Preceptor Knowledge Center in December 2025. The knowledge center has several preceptor modules, tools, and other resources for NP preceptors which is accessible to AANP members and non-members

The American Association of Colleges of Nursing Essentials The Essentials: Competencies for Professional Nursing Education

Agency for Healthcare Research and Quality (AHRQ) Assertive Communication On the CUSP: Stop BSI Conflict Resolution Strategies for Nurse Leaders. Conflict Resolution Strategies in Nursing | ANA

National Organization of Nurse Practitioner Faculties (NONPF) Preceptor Portal Preceptor Portal - NONPF
The NONPF has developed a checklist to assist in the establishment of a new clinical rotation and orienting your new learner checklistforfacultypreceptor.pdf

Top ten tips for Precepting in a Busy Clinic Microsoft Word - Tips for Precepting in a Busy Clinic.docx

The National League of Nursing has produced this two-page guide on "teaching thinking" that includes guided questions for learner precepting. critical conversation postcard-8.5x11

The following free book chapter covers core concepts central to nurse precepting. Topics such as the development of competency, cultivating critical thinking and clinical judgement in the learner, and aligning nursing practice with precepting: core-precepting-concepts—-ulrich.pdf

Several universities have created preceptor training materials. These resources were created with funding from HRSA and are available free of charge.

The Clinical Faculty and Preceptor Academy CFPA Course Modules | Geisinger School of Nursing

Emory's Academy of Clinical Instructor and Preceptor Excellence in the Southeast (CAPES Academy) CAPES Academy

Louisiana State University Health Sciences Center, New Orleans Clinical Nurse Educator Academy Clinical Nurse Educator Academy Curriculum

Loyola University Chicago, Marcella Niehoff School of Nursing, preceptor learning program. Precepting Graduate Nursing Students: eLearning Lessons Precepting Graduate Nursing Students: eLearning Lessons - **Welcome!** | Rise 360

Pittsburg State University Graduate Clinical Training Modules   Graduate Clinical Preceptors

University of Arizona College of Nursing. Preceptor Toolkit Preceptor Toolkit | University of Arizona College of Nursing

The New England Nursing Preceptor Academy has compiled scheduling strategies for integrating learners into patient care into a tipsheet from various sources. integrating-new-learners-tipsheet.pdf

Framework for Learner Assessment in Medicine Frameworks for learner assessment in medicine: AMEE Guide No. 78

Creating Psychologically safe Learning Environment Key tips to providing a psychologically safe learning environment in the clinical setting

Cayley, W.E. (2011). Effective clinical education: Strategies for teaching medical students and residents in the office. Wisconsin Medical Journal, 110(4), 178-181.

Lazarus, J. (2016). Precepting 101: Teaching Strategies and Tips for Success for Preceptors. Journal of Midwifery & Women's Health, 61, 11–21. DOI 10.1111/jmwh.12520

Neher, J.O., Gordon, K.C., Meyer, B., & Stevens, N. (1992). A five-step "microskills" model of clinical teaching. Journal of- American Board of Family Practice, 5(4), 419-424.

Hartford Institute for Geriatric Nursing (HIGN)
HIGN eLearning Catalog provides the list of available courses, case studies, webinars, and other resources in Gerontology. The resources include courses and case studies in primary care, long-term care, home health, behavioral care, and geriatric surgery verification pro- gram with the 4 Ms. Additionally, there are sessions titled APRN Case Studies, Foundations of Nursing Care of Older Adults, and Leadership series. A gerontological certification review course is also available. Several case studies target interprofessional learners.

Podcasts
A Geriatrics and Palliative Care Podcast for Every Healthcare Professional
GeriPal: A Geriatrics and Palliative Care Podcast for Every Healthcare Professional was created with the support of the Division of Geriatrics at the University of California, San Francisco. GeriPal is a free resource of podcasts on several topics in geriatrics. New topics are added almost weekly. The site has videos on several topics in geriatrics and palliative care. The site also provides prognostic calculators and decision-making aids for health maintenance and screenings, goals of care conversation training videos

British Geriatrics Society
The British Geriatrics Society hosts MDTea Podcast: a free open access series of podcasts for interprofessional healthcare workers managing the care of older adults.

GAPNA Chat
GAPNA Chat, the official podcast of the Gerontological Advanced Practice Nurses Association, provides interviews and discussions with GAPNA leaders and members of the gerontological health care community. It focuses on advocacy, policy, education, professional development, research, and clinical care for older adults.

GEMcast
GEMCast, a Geriatric Emergency Medicine Podcast, is a series of lectures on clinical topics for interprofessional learners managing older adults' care in acute care settings. The site has several on-demand webinars also. All resources are free to access.

S2D: The Symptom to Diagnosis Podcast on Apple Podcasts
Symptom to Diagnosis (S2D) Podcast: This podcast has 38 episodes. Each episode presents case-based discussions of signs, symptoms, and diagnostic tests to identify the cause of the patient's symptoms.

5. Mobile Device Applications
ConsultGeri: Dementia
ConsultGeri:Dementia provides cognitive impairment-related evidence-based resources, including HIGN "Try This" assessment tools, "How To Try This" videos, and patient/ family FAQs. **Free** app for iOS devices.

Dementia Guide Expert for Families
Resource and guide for persons with dementia, families, and caregivers. Offers helpful advice and support through each stage of the dementia experience. Available for iOS devices **Free.**
Doctot® Geriatric App: Tools of the Trade. Offers the medical practitioner efficient and easy-to-use electronic tools that measure important functions of geriatric patients (to include the Berg Balance Scale and Elderly Mobility Scale). **Free**

Epocrates - The app provides drug reference including brand, generic, and over-the-counter (OTC) medicines, drug interaction check, and pill identification. Free version is sufficient. The app provides calculators, clinical news and alerts.
ePrognosis – Calculator tool to evaluate prognostic index (free website)

Frailty Tool -frailty and 1-year mortality risk calculator **Free**

Geriatrics At Your Fingertips - Mobile App
Geriatrics At Your Fingertips® (GAYF) is created by American Geriatrics Society. The app contains assessment tools, medication tables, calculators for commonly used formulas and equations, algorithms, and links to useful resources and websites. One year subscription costs $20

GeriKit App: This application is a tool to help medical professionals facilitate a geriatric examination. The app includes tests for eight indicators to diagnose a patient's geriatric health - Cognition, Depression, Function, Strength, Fall Risk, Nutrition, Medications, and Advanced Care. Includes Katz ADL and Lawton IADL scales among others. **Free**

Guideline Central - The free version of 'Guideline Central' app provides guideline summaries, drug information, decision-making tools such as calculators, management algorithms, etc.

MDCalc - Medical calculators, equations, scores, and guidelines - clinical calculators in a practical, easy-to-use format while providing concise, targeted, expert-written content to support decision-making. **Free**

The Medscape Drug Interaction Checker is an online tool used to search medications or OTC drugs and herbal supplements for potential drug-drug interactions. There are also calculators, laboratory tests, disease and procedure data- bases. **Free**

6. National Standards and Competencies for Nurse Practitioners
The American Association of Colleges of Nursing (AACN), in collaboration with the National Organization of Nurse Practitioner Faculties, released the 2016 Adult-Gerontology Acute Care, and Primary Care NP Competencies. Acute Care and Primary Care Adult-Gerontology competencies are listed and paired with curriculum content to support each competency.

In 2021, AACN published The Essentials: Core Competencies for Professional Nursing Education, establishing 10 domains for competency-based education. Sub-competencies delineate entry-level (RN) and advanced-level nursing education.

In 2022, the American Association of Nurse Practitioners published, Standards of practice for nurse practitioners, delineating the qualifications, process of care, care priorities, interprofessional and collaborative responsibilities, accurate documentation of patient status and care, responsibility as patient advocate, quality assurance and continued competence, integral roles of NPs, and research as a basis for practice.

The National Task Force on Quality Nurse Practitioner Education (6th edition), was released in 2022. This document defines standards to ensure program quality and ongoing quality improvement through quality assessment, maintenance, and planning. The National Organization of Nurse Practitioner Faculties (NONPF) released the revised Nurse Practitioner Role Competencies in July 2022, replacing the prior NP Core Competencies (later updated in 2024).

More recently, the National Organization of Nurse Practitioner Faculties (NONPF) has distributed the NONPF Competency Implementation Guide for Nurse Practitioner Faculty

AACN, in collaboration with The Hartford Institute for Geriatric Nursing at New York University Rory Meyers College of Nursing, and the National Association of Clinical Nurse Specialists, released the Adult-Gerontology Clinical Nurse Specialist Competencies in 2010. To date, no revised CNS competencies have been published.

The GAPNA Consensus Statement on Proficiencies for the APRN Gerontological Specialist (2015) describes 12 clinical proficiencies of an APRN gerontological specialty pra tice. The APRN Gerontological Specialist acquires ongoing education and clinical experience, distinctive expertise, fluency, and advanced clinical decision-making proficiencies for managing the complexities of older adults and their families /caregivers with multifaceted, multilayered healthcare needs.

7. Suggested Student Geriatric Clinical Sites
Adult-Gerontology Primary Care NP Program
Primary Care
• Interprofessional Geriatric Clinic
• Internal Medicine Clinic
• Family Medicine Clinic
• Outpatient Palliative Care/Hospice Services
• Long-Term Care Facilities/Skilled Rehabilitation Centers
• Assisted-Living Facilities
• Home-Based Primary Care
• PACE (Program of All-Inclusive Care for the Elderly)

Specialty Care
• Geriatric Psychiatry Clinic Neurology/Memory Disorder
• Clinic Urology/Continence Clinic
• Fall Prevention Clinic Cardiology/Heart Failure Clinic Rheumatology/Osteoporosis Clinic Orthopedic Clinic
  Endocrinology Clinic

Adult-Gerontology Acute Care NP Program
• Geriatric Consult Service
• Palliative Care/Hospice
• ACE (Acute Care for Elders) Subacute
• Long-Term Care Facilities Internal Medicine Service
• Orthopedics Service
• Surgical and Medical ICU Services Geriatric
• Cardiology Service Geriatric Neurology Service Geriatric
• Emergency Department