3.1: Course Materials

“Chronic Disease and the Healthcare Delivery System”


An article that looks at how care has been delivered for persons with chronic conditions with information about it can be improved with better system and payment reforms.

“Chronic Conditions – A Challenge for the 21st century”


Chronic conditions are the major cause of illness, disability, and death in the United States. Almost 100 million Americans have chronic conditions and millions more will develop them as America ages. The continued growth in the number of elderly—as baby boomers age and as people live longer—will cause an increase in the number of people who are most vulnerable to and most affected by chronic conditions. Projections indicate that by 2040, almost 160 million people will have chronic conditions.

[embeddoc url="http://www.civicengagement.org/aging...df/chronic.pdf" download="all"]

“The State of Aging and Health in America 2013”

Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion. 2013.

Twentieth-century advances in protecting and promoting health among older adults have provided many opportunities for overcoming the challenges of an aging society. The health indicators presented in The State of Aging and Health in America 2013 highlight these opportunities. By working to meet the goals for each of these key indicators, our nation...
can help to ensure that all of its citizens can look forward to living longer and living well.

“Chronic Conditions Among Older Americans”

American Association of Retired Persons (AARP).

Changes in medical science, combined with shifts in lifestyle and demographics have resulted in a rapid rise in the number and proportion of individuals living with one or more chronic illnesses. Older Americans are especially vulnerable to chronic disease. This AARP article provides an overview of chronic conditions and their effect on older adults.

Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis and other Conditions


People with chronic health conditions live most of their lives outside of hospitals and clinics. This book is designed to help them learn the information and skills to manage chronic conditions on a daily basis while doing the things they need and want to do.

*This is a preview of Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others provided by Google Books.

Being Mortal


How we can better live with age-related frailty, serious illness and approaching death.

*This is a preview of Being Mortal provided by Google Books.

Mindfulness-Based Interventions for Older Adults: Evidence and Practice.


This book sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as an effective complementary intervention, identifying specific ways in which MBSR programs can be adapted and fine-tuned to meet the needs of this population.

*This is a preview of Mindfulness-Based Interventions for Older Adults: Evidence and Practice provided by Google Books. More information about the book and/or author can be found here.

Mental Health and Aging: “Depression is Not a Normal Part of Growing Older”

https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Care_Navigation_of_Older_Adults/03%3A_Aging_and_Chronic_Co...
Centers for Disease Control, 2015.

An Overview of Depression in later life and resource links.

“Evidence-based Practices for Preventing Substance Abuse and Mental Health Problems in Older Adults”

Older Americans Substance Abuse and Mental Health Technical Assistance Center.

A leading resource for prevention and early intervention in late-life substance use and mental health problems, including alcohol misuse, medication misuse, depression and anxiety, suicide, co-occurring disorders. Includes a list of evidence-based programs.