3.3: Websites

**Center for Disease Control and Prevention**

The Center for the Disease Control is one of the major components of the US Department of Health and Human Services focused on public health and on promoting health and health security. Explore information on Chronic Disease Prevention.

**Cleveland Clinic**

Cleveland Clinic is a non-profit academic center that integrates clinical care with research and education. Through its health education department patients, students and educators can access nearly 5,000 health articles, videos, and tools to help manage your health, including fact sheets on specific diseases, as well as diseases of aging.


The Stanford Chronic Disease Self-Management Program is an evidenced-based 6-week workshop, offered in community settings, such as senior center, churches, libraries and hospitals. People with different chronic health problems attend together. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

**Chronic Disease Self-Management Program Washington State**

Information about the Chronic Disease Self-Management Program in Washington State.

**National Institute on Aging, National Institute of Health**

https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Care_Navigation_of_Older_Adults/03%3A_Aging_and_Chronic_Co…

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NIA is at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people. The Health and Aging section of this site include information on specific topics related to aging, health, chronic disease and caregiving.

National Caregivers Library

The National Caregivers Library is an extensive resource of article, forms, checklists and topic-specific resources related to aging, chronic disease and caregiving. It includes a comprehensive section on end of life care, including palliative and hospice options.