

FOR IMMEDIATE RELEASE

Institute for Healthcare Advancement Publishes Updated Senior Health Book

La Habra, CA – 10/1/2015 – *Senior Health Care Book Now Includes Senior Living Options and Safety Information*

Children born today in the United States can expect to live nearly 78 years. But living longer also increases the burden of diseases such as heart disease, stroke, cancer, arthritis, osteoporosis, macular degeneration, and other conditions that tend to affect older adults. Many such chronic diseases can be avoided by living a healthier lifestyle. And if you do have one or more of these chronic illnesses, taking charge of your health may lessen these diseases' effects. This book shows you how.

The Institute for Healthcare Advancement's (IHA) book, "What To Do For Senior Health," shows people age 50 and over how to manage age-related conditions and transitions with greater ease. The book reviews normal changes with aging, problems you may face while aging, and encouraging active and independent living to stay healthy. The book is written at a 5th grade reading level to make it easy for more seniors and their caregivers to read. The book features large type and lots of illustrations in an easy-to-use format.

Safety and Falls

Falls are the leading cause of death, injury and hospital admissions among the elderly population. In fact, one out of every three seniors falls every year. "What To Do For Senior Health" has information about falls and what to do if you fall. The book also includes a checklist and safety tips to create a senior-friendly home environment to enable aging adults to grow old safely in their own homes.

Housing Decisions

During this transition time, older adults will need to make a choice in housing based on lifestyle, health needs, and financial factors. It's never too early to start thinking about these choices. This book reviews the different senior living options available to those that may need help with the activities of daily living (ADLs), additional social support, specialized disease needs, or financial hurdles. The book reviews the different housing options such as aging in place, accessory dwelling units, assisted living, nursing homes and continuing care communities.

Healthcare Costs

In an aging population, one of the most important aspects of financial readiness is attention to healthcare costs. Being savvy about the basics of Medicare can save seniors and their families a great deal of money and stress. To understand the system, and other insurances available, the book prepares seniors for this next step in healthcare insurance with easy to read definitions of Medicare, Medicare Advantage Plans, MediGap insurance and Medicaid.

Other topics in the book include

- Elder abuse
- Frauds and scams
- How to choose a doctor and get the most from checkups
- Taking charge of medicines
- Making final wishes known
- Hospice care
- Sleep changes
- Skin changes
- Alzheimer's Disease and dementia-related memory loss
- Depression
- Heart attacks and strokes
- Eating right and staying active
- Palliative care

Research is currently being conducted about the efficacy of the "What To Do For Senior Health" book. A study in Indiana, in collaboration with the Boone County Council on Aging, is undergoing a 2-phased project studying the effects that the book has regarding knowledge of Medicare insurance and fall prevention safety. A southern California study, a collaboration between IHA and the La Habra Move More, Eat Healthy Collaborative, is currently in development on home safety strategies learned from reading the book and participating in a health information focus group. Both projects include people from English- and Spanish-speaking communities.

Books in IHA's "What To Do For Health" series have been distributed to more than 4 million readers. This book series offers a solution to the research that shows that 88% of American adults do not have the ability to use health information effectively. Each of the titles – *What To Do When Your Child Gets Sick*, *What To Do When You're Having A Baby*, *What To Do For Teen Health*, *What To Do For Senior Health*, *What To Do for Healthy Teeth*, *What To Do When Your Child Has Asthma* and *What To Do When Your Child is Heavy* – is written at a 3rd to 5th grade reading level. The books are organized in an easy-to-read, easy-to-use format that is liberally illustrated and does not use medical jargon.

The Institute for Healthcare Advancement (IHA) is a nonprofit, 501 (c)(3) healthcare public charity, with the mission of empowering people to better health. IHA accomplishes its mission by hosting a national continuing education Health Literacy Conference each year for healthcare professionals; publishing the easy-to-read, easy-to-use What To Do For Health book series; and providing health literacy communication solutions consulting services. Locally, IHA administers the La Habra Family Resource Center, and is a leader of Covered OC, a collaborative of agencies advocating for and enrolling consumers in healthcare coverage in Orange County, California. For more information about IHA's products and services, please visit www.iha4health.org.

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