

Internet Sites for Seniors “How Would I...?”

See what kinds of federal and state government assistance I’m eligible for

Benefits Checkup – a service of National Council on Aging <http://www.benefitscheckup.org>

Find accurate medical & health information

- Evaluate any information found on the web as carefully as you would a brochure found at a bus stop. Note who the author is and if the organization is reputable. There is terrific information on the Internet, and there is also garbage. You need to be careful.
- Never make a health decision solely on information found on a website. Always check it out with your doctor.

Medline Plus <http://medlineplus.gov>
A service of National Library of Medicine and NIH

healthfinder® <http://www.healthfinder.gov>
Sponsored by the Department of Health and Human Services.

The Combined Health Information Database <http://chid.aerie.com>
Produced by health-related agencies of the federal government

Mayo Clinic <http://www.mayoclinic.com>

Reuter’s Health Information <http://www.reutershealth.com>

Learn about the latest frauds that target seniors

Senior Fraud Fighter Bureau <http://www.fightseniorfraud.org>

Chat via a computer with people all over the world

- This is a little complicated – try this after you’ve had success with easier Internet tasks.
- Realize that while typing can feel like work, you are not paying any long-distance charges, even if you are “talking” to someone in China.

Learn more about clinical trials and research studies

ClinicalTrials.gov <http://www.clinicaltrials.gov>
from the National Institute of Health and National Library of Medicine

Increase my political impact

- Some legislators read their own email, though they don't open or read their own US mail.
- When you've written a careful letter on a policy issue, it's easy to send it to all the relevant people without any retyping.
- You can track legislative bills much more easily via your computer.
- Participate in email petitions. They're easy and travel quickly.

Emailing legislators

Network of Care site

<http://alameda.networkofcare.org>

Tracking bills and policy issues

Network of Care site

<http://alameda.networkofcare.org>

Project Vote Smart

<http://www.vote-smart.org>

AARP

<http://www.aarp.org/legislativeguide>

Find an online support group

- Online support groups, while not as healing as meeting in person, are still quite valuable. It's different and often less intense than in-person support groups.
- They're particularly helpful for people who cannot (or would rather not) leave their home. They're great for homebound seniors, new parents, people with mobility disabilities or limited transportation, people in very remote areas, people who cannot devote an entire hour, and people who are initially embarrassed to attend information-sharing sessions.

Family Caregiver Alliance's directory http://www.caregiver.org/CRC_support_groups_pdf.html

New York Online Access to Health <http://www.noah-health.org/english/support.html>

Share my health information with family members wherever they live

- This is always a voluntary decision, and your information is safeguarded by passwords. No one can share any health information about you without your express permission.
- You can determine how much detail of your information is available to different people. You actually have a lot of control about this.

Network of Care site

<http://alameda.networkofcare.org>

Find a free or low-cost lawyer for legal issues

Alameda County Bar Association

<http://www.acbanet.org>

Bay Area Legal Aid, Alameda County Office

<http://www.baylegal.org/main>

California Advocates for Nursing Home Reform

<http://www.canhr.org>

Legal Services of Northern California

<http://www.lsnr.net>

