

Adaptation to Aging

Physical and Behavioral Modifications

Individual Differences and Aging

- Chronological versus Biological Age
- Educational levels and adapting to Aging
- Personality differences and Coping Strategies
- Normal Aging versus Health Issues

Coping with Cognitive Changes and Aging

- Effects of Aging on Different Cognitive Abilities
- Memory and organizational strategies
- Online Cognitive Training Programs
- General health and cognitive functioning

Making your home accessible

- Getting rid of clutter
- Adapting storage areas
- Eliminating hazards in the home
- Consider keeping all your records together in one room
- Plan for home modifications such as adding bathroom on first floor
- Using adaptive devices in kitchen

Utilizing local resources

- Local Office on Aging
- Local non-profit agencies
- Hospital and medical groups
- Informal networks

Coping with Sensory and Mobility Loss

Hearing Aids and the use of other devices and techniques

Adapting to vision loss with age

Coping with loss of Mobility –Behavior Change and Devices

Local and online support groups

National non-profit organizations