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Healthy Aging and Dementia Resources for Health Care Professionals

The National Institute on Aging (NIA), part of the National Institutes of Health, provides a wide range of health information articles and resources on aging and conditions associated with growing older. NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. The materials listed below are intended for health care professionals to use in their practices and to share with their patients and communities.



Resources to enhance your practice

The pages below provide information and resources for health care providers caring for older adults.

Doctor-patient communication

Learn how to talk effectively with older patients, including how to discuss cognitive impairment and other sensitive subjects, break bad news, and work with families and caregivers.

- [Talking With Your Older Patient](#)

Diagnosing and managing Alzheimer's and related dementias

Access free clinical practice tools, training materials and more resources for physicians, nurses, social workers, and other professionals working with patients and families affected by Alzheimer's and related dementias.

- [Alzheimer's and Related Dementia Resources for Professionals](#)
- [Alzheimer's Disease Diagnostic Guidelines](#)
- [Assessing Cognitive Impairment in Older Patients](#)
- [Diagnosing Lewy Body Dementia: For Professionals](#)
- [Managing Older Patients With Cognitive Impairment](#)
- [Progress and Potential: Alzheimer's and Related Dementias Research](#)
- [Resources for Health Care Providers: Alzheimers.gov](#)

Talking to your patients about clinical trials and studies

Find information to help you discuss clinical trial participation with your patients and encourage them to consider participating in research.

- [*Alzheimer's & Dementia Outreach, Recruitment & Engagement Resources \(ADORE\)*](#)
- [*Alzheimers.gov Clinical Trials Finder*](#)
- [*Clinical Trials and Studies: NIA Health Topic*](#)
- [*Clinical Trials Information: Alzheimers.gov*](#)
- [*Talking With Your Patients About Alzheimer's and Related Dementias Clinical Trials*](#)
- [*"Why I Participate in Alzheimer's Research" Videos*](#)

Getting involved in research

Learn about the research resources available for clinicians who are interested in participating in aging research.

- [*Clin-STAR*](#)
- [*GEMSSTAR*](#)
- [*NIA Practice-Based Research Network*](#)
- [*NIH Toolbox*](#)

Resources to share with your older patients

Providing information resources to older adults can help them better understand steps they can take to improve their health. Good communication can positively affect overall health outcomes for older adults, as well as for their families and caregivers. Share the fact sheets, articles, booklets, videos, and posters listed below with your patients. Many can be ordered for free in bulk on our [*Publications Ordering Site*](#).

Healthy aging

- [*5 Tips to Help You Stay Motivated to Exercise Poster*](#)
- [*Depression and Older Adults*](#)
- [*High Blood Pressure*](#)
- [*Participating in Activities You Enjoy As You Age*](#)
- [*Smart Food Choices for Healthy Aging*](#)
- [*What Do We Know About Healthy Aging?*](#)

Alzheimer's and related dementias

- [*11 Myths About Alzheimer's Disease*](#)
- [*Alzheimer's Disease Fact Sheet*](#)
- [*Biomarkers and How They Help Diagnose Dementia*](#)
- [*End-of-Life Care for People With Dementia*](#)
- [*Frequently Asked Questions About Alzheimer's Disease*](#)
- [*Next Steps After an Alzheimer's Diagnosis*](#)
- [*Reducing Your Risk of Dementia*](#)
- [*Video: How Alzheimer's Changes the Brain*](#)

Caregiving and advance care planning

- [*Advance Care Planning*](#)
- [*Mourning the Death of a Spouse*](#)
- [*Taking Care of Yourself: Tips for Caregivers*](#)
- [*Understanding Health Care Decisions at the End of Life*](#)

The links below provide a complete list of the more than 90 health topics that NIA covers regarding older adults, healthy aging, and diseases and conditions associated with aging.

- [*Order publications or download PDFs in English and Spanish*](#)

- [View all health topics](#)
- [View all health topics available in Spanish](#)

Resources to share with your communities

Use NIA's toolkits to raise awareness in your community about aging-related health topics and conditions. Share the social media posts, infographics, flyers, and animated graphics at the links below to help spread this important information.

- [Brain Donation Social Media Toolkit](#)
- [Exercise and Older Adults Toolkit](#)
- [Infographics](#)
- [Science of Sleep Resources](#)
- [Social Isolation and Loneliness Outreach Toolkit](#)
- [Talking With Your Doctor Toolkit](#)

Connect your patients with NIA!

NIA's information specialists are available to help support older adults, including those living with Alzheimer's disease or a related dementia, and their caregivers. Contact the NIA Information Centers at the numbers or email addresses below. Phones and emails are answered Monday through Friday, 8:30 a.m. — 5 p.m. EST.

NIA Information Center

niaic@nia.nih.gov

Phone: 800-222-2225

Alzheimer's and related Dementias Education and Referral Center

adear@nia.nih.gov

Phone: 800-438-4380

Sign up for email updates

Receive weekly tips and resources on Alzheimer's disease and related dementias from NIA's [Alzheimers.gov](https://www.alzheimers.gov)

*Email Address

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This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

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