

New Book Supports Professionals Working with Older Adults

As a care professional, you work with older adults and their families every day. A new book, ***Aging in Stride***, is a practical, easy-to-use guide to the broad range of issues associated with successful aging and effective eldercare. ***Aging in Stride*** will help you answer the questions people ask about aging, and will provide your clients and their families with the tools they need to plan and prepare on their own.

The book's 384 pages are organized into 45 separate issue discussions, each followed by a list of additional resources, plus a collection of 26 forms to help gather and organize information and plan for the future. Issues cover such topics as: What choices and factors will most contribute to my health, independence, and happiness as I age? How do Medicare and Social Security work? What types of advance planning should I be thinking about? What diet and forms of exercise will help me age well? What should I know about the network of senior services in my community? How can I reduce my risks of a fall or an accident, whether I'm at home, out and about, or driving a car? What should my family and I know about working together on the issues that concern us?

Aging in Stride also includes an online Reader Support Center at www.AgingInStride.org. Readers with Internet access can browse and select any of the online resources listed in the book. They can also print out any of the book's forms for their own use.

Aging in Stride is co-authored by three experts on aging and eldercare, each with a different focus: a physician, a minister and family counselor, and a lawyer. It has been identified by professionals in the aging community as *the* book to have on aging. ***Aging in Stride*** has co-marketing support from the American Society on Aging, and its co-publishing partners, including Easter Seals, the SPRY Foundation, the Society for Healthcare and Consumer Advocacy, and several state healthcare associations. Responses from professionals in the community includes:

"Comprehensive, well organized, and easy to use. A book older persons and their families will trust and turn to over and over again." - *T. Franklin Williams, M.D., former director of the National Institute on Aging*

"Reading ***Aging in Stride*** is like having an important conversation with a wise friend. It is an excellent book – remarkable for its range of topics, the quality of its advice, and its clarity of writing." - *Robert L. Kahn, Ph.D., Co-author, Successful Aging*

Aging in Stride is a valuable reference guide for you in your work, as well as an important resource to which you can refer your clients and their families. ***Aging in Stride*** is available at www.AgingInStride.org or via Caresource at 1-800-448-5213 for \$24.95 plus shipping and handling. You can refer ***Aging in Stride*** to those with whom you work. Ordering materials and a desk copy will be sent to you upon request.