

1. "Claiming a parent as a dependent," by Mary Diebel (Scripps Howard News Service via _Seattle Post-Intelligencer_, March 30, 2006). http://seattlepi.nwsourc.com/money/264806_taxrelief30.html

2. AARP PUBLIC POLICY INSTITUTE FACT SHEET: "Home and Community-Based Long-Term Services and Supports for Older People," by Enid Kassner (March 2006, HTML and .pdf format, 2p.). http://www.aarp.org/research/longtermcare/programfunding/fs90r_hcbltc.html

3. MEDLINE PLUS HEALTH TOPICS: "End of Life Issues". This US National Institutes of Health/National Library of Medicine meta-site links to relevant news, articles, directories, organizations, and statistics, among other features, related to the topic. <http://www.nlm.nih.gov/medlineplus/endoflifeissues.html>

4. Center for Advancement of Health Issues Briefing #2
"A New Vision of Aging: Helping Older Adults Make Healthier Choices "

It is clear that if older adults increase physical activity, improve eating habits and take some relatively simple steps to minimize the risk of falling, they could live longer and healthier lives. However, there are real environmental, organizational, social and personal barriers to adopting healthier behaviors.

It is not only the organized provision of care that maintains the health of older people but the kind of care they take themselves. As documented in this report medical care is not necessarily the only, most effective or cost efficient method of promoting health and longevity. Prevention and adoption of healthy habits, supported by resources in each local community, is essential and do-able.

By strengthening the capacity of agencies and services outside the sphere of medicine to help older adults eat better, remain active and avoid falls, support becomes more readily available and less passive than customary health care.

Supporting older adults in their efforts to maintain their independence, their functioning and their quality of life is a responsibility that should not be limited by the interest or capacity of health care institutions but should be a common goal of all Americans. The public investment in making sure this happens should reach into the neighborhoods, the senior centers, the YMCAs and local health clubs of every community, unobstructed by the interest or capacity of health care institutions. View full report in pdf form: <http://www.cfah.org/pdfs/agingreport.pdf>