

Provider's Guide to Using Aging Well with a Physical Disability Factsheets

<http://agerrtc.washington.edu/info/factsheets>

Aging Well with a Physical Disability Factsheets provide practical and evidence-based information to strengthen your patients' understanding of, and ability to prevent or manage secondary health conditions associated with aging with a physical disability.

Factsheet information focuses primarily on people aging with the following disabilities:

- ◆ multiple sclerosis
- ◆ muscular dystrophy
- ◆ spinal cord injury
- ◆ post-polio syndrome

How were these factsheets developed?

Researchers from the Rehabilitation Research and Training Center (RRTC) on Aging with a Physical Disability guide the development of all factsheets to ensure content is **accurate, meaningful, and useful** for professionals who serve people aging with a physical disability, their family, friends and caregivers.

All factsheets are developed through a peer-review process that involves content experts and consumers to make sure they are up-to-date, evidence-based, and easy to read.

Tips on using factsheets in a clinical setting

Factsheets have the most benefit when reviewed and discussed between you the provider (physicians, nurse practitioners, nurses, social workers, psychologists, physical therapists, occupational therapists, etc.) and your patients.

- Identify which factsheet(s) would be most applicable for your patient and hand them out to your patient while they are in the waiting room or during the appointment.
- Talk about the information on the factsheet while the patient is in your office to increase your patient's likelihood of using them at home.
- Highlight or circle important information or action steps on each factsheet to draw attention to the most relevant content for your patient.
 - ◆ Highlighting important information can increase your patient's adherence to the actions you'd like him or her to take.
- Answer any questions your patient or their family members may have. Assist in directing them to additional resources or referrals, if necessary.

- Consider a team approach for your clinic, where factsheets could be distributed by not only the providers, but also by other key staff including front desk staff, medical assistants, nurses, social workers, or nurse practitioners.
- Factsheets may also be made available in the waiting room.

List of Aging Well with a Physical Disability Factsheets:

- How to Stay Physically Active
- How to Cope with Depression
- How to Get the Most Out of Your Health Care Visits
- How to Sleep Better
- How to Find Trustworthy Health Information from the Internet
- Tips for Improving Memory & Thinking
- Employment Concerns
- How to Prevent Falls
- How to do a Lot with a Little: Managing Your Energy

All of our factsheets are available at:
<http://agerrtc.washington.edu/info/factsheets>

References & Resources

Rudd RE and Comings JP (1994). Learner developed materials: an empowering product, *Health Education Quarterly*, 21(3): 313-327.

Participatory Materials Development: <http://www.hsph.harvard.edu/healthliteracy/practice/participatory-materials-development/>

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Disclaimer: This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

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