

National Institute on Aging Publications List

The National Institute on Aging (NIA) Information Center offers a wide variety of free publications in English and Spanish about health, aging, Alzheimer's disease, and other dementias. NIA publications may be ordered online, by phone, or by email/mail. Many, but not all, publications are available in print.

**Indicates the publication is available in English and Spanish.*

Order online

View and order publications at: <https://order.nia.nih.gov/>

Order by Telephone, Email, or Postal Mail

NIA Information Center

Phone: 800-222-2225

Phones are answered Monday through Friday, 8:30 a.m. — 5:00 p.m., (Eastern time)

Email: niaic@nia.nih.gov

Alzheimer's and Related Dementias Education and Referral Center

Phone: 800-438-4380 (toll free), TTY 800-222-4225 (toll free)

Phones are answered Monday through Friday, 8:30 a.m. — 5:00 p.m., (Eastern time)

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Aging and Health

- 5 Things You Need To Know About Shingles (available as a poster and handout)
- Clinical Trials and Older Adults
- Depression and Older Adults
- Five Tips to Help You Stay Motivated to Exercise (Poster)
- Get Fit for Life: Exercise & Physical Activity for Healthy Aging*
- Menopause: Treatment for Symptoms
- Older Adults and Alcohol
- Participating in Activities You Enjoy – More Than Just Fun and Games
- Safe Use of Medicines
- Sleep and Older Adults: How to Get a Good Night's Sleep
- Stay Safe in Cold Weather
- Talking With Your Doctor: a Guide for Older People
- Talking With Your Older Patient: a Clinician's Handbook
- Understanding Loneliness and Social Isolation: How to Stay Connected
- What's on Your Plate?

Caregiving and Planning

- Advance Care Planning
- Caring for a Person With Alzheimer's Disease: Your Easy-to-Use Guide*
- End of Life: Helping With Comfort and Care
- Legal and Financial Planning for People Living With Dementia
- Long-Distance Caregiving: Twenty Questions and Answers

AgePage Brochures

Diseases/Conditions

- Diabetes in Older People*
- Fatigue: More Than Being Tired*
- Forgetfulness: Knowing When to Ask for Help
- High Blood Pressure
- HIV, AIDS, and Older People
- Menopause
- Prostate Problems
- Shingles*

Planning for Later Years, Safety, and Medical Care

- Choosing a Doctor
- Elder Abuse*
- Getting Your Affairs in Order*
- Older Drivers*
- Online Health Information: Can You Trust It?*

Health Promotion and Disease Prevention

- A Good Night's Sleep
- Aging and Your Eyes*
- Dietary Supplements*
- Exercise and Physical Activity: Getting Fit for Life
- Healthy Eating After 50
- How Smell and Taste Change as You Age
- Hyperthermia: Too Hot for Your Health*
- Mourning the Death of a Spouse*
- Pain: You Can Get Help
- Sexuality in Later Life
- Shots for Safety
- Skin Care and Aging*
- Smoking: It's Never too Late to Stop*
- Taking Care of Your Teeth and Mouth*

Alzheimer's Disease and Other Dementias

- Alzheimer's Disease Fact Sheet*
- Alzheimer's Disease Medications Fact Sheet*
- Alzheimer's Disease in People With Down Syndrome
- Biomarkers for Dementia Detection and Research
- Forgetfulness: Normal or Not? (Available as a poster and handout)
- Frontotemporal Disorders: Information for Patients, Families, and Caregivers
- Lewy Body Dementia: Information for Patients, Families, and Professionals
- Next Steps After an Alzheimer's Diagnosis*
- Participating in Alzheimer's Research: for Yourself and Future Generations
- The Dementias: Hope Through Research*
- Understanding Alzheimer's Disease: What You Need to Know
- Understanding Alzheimer's Genes: Know Your Family History
- Understanding Memory Loss: What to Do When You Have Trouble Remembering