

# VIRTUAL APPENDIX A

Welcome to the unique virtual Appendix A. The materials referenced in this appendix were created by the National Institute on Aging (NIA), which is one of the 27 Institutes and Centers of the National Institutes of Health (NIH). Since the concept for this virtual appendix was introduced in 2008 (in the second edition of the SrFit program manual and the older version of the Cancer and the Older Adult program manual) there have been many changes and updates to the materials offered thru the NIA. For this reason, you will no longer find direct links to each of the materials listed if you have an older manual. Instead, we recommend you visit the website of the NIA directly to review the multitude of great resources currently available to you. Becoming familiar with the materials you will be introduced to should become a valuable and much used resource for years to come as you work with mature adults. You will also be able to download free pdf copies of most of these resources and request up to 25 free printed copies from the NIA. [Click here to view/print/order resources from the NIA.](#)

**U.S. NATIONAL INSTITUTES OF HEALTH  
LEADING THE FEDERAL EFFORT ON AGING RESEARCH**



## **About NIA**

NIA, one of the 27 Institutes and Centers of the National Institutes of Health, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. In 1974, Congress granted authority to form NIA to provide leadership in aging research, training, health information dissemination, and other programs relevant to aging and older people. Subsequent amendments to this legislation designated the NIA as the primary Federal agency on Alzheimer's disease research.

## **Mission**

NIA's mission is to improve the health and well-being of older Americans through research, and specifically, to:

- Support and conduct high-quality research on:
  - Aging processes
  - Age-related diseases
  - Special problems and needs of the aged
- Train and develop highly skilled research scientists from all population groups
- Develop and maintain state-of-the-art resources to accelerate research progress
- Disseminate information and communicate with the public and interested groups on health and research advances and on new directions for research.

The National Institute on Aging offers a variety of information about health and aging.