

RESOURCES

SUPPORTS AND SERVICES FOR STAYING INDEPENDENT

As we age, it's important to engage the services we need to stay well, involved, and independent in our communities. There are many federally supported resources available. This list can help you know where to start.

DEMENTIA: The Alzheimer's and related Dementias Education & Referral Center (ADEAR) has a staff of Information Specialists who can provide answers to your dementia-related questions, free publications, and referrals to local services. Visit alzheimers.gov or call 1-800-438-4380.

ELDERCARE LOCATOR: The Eldercare Locator is a nationwide service that connects older adults and their caregivers with trustworthy local resources. Whether help is needed with meals, home care, transportation, or caregiver support, it can point you in the right direction. Visit eldercare.acl.gov or call 1-800-677-1116.

HEALTH INSURANCE: State Health Insurance Assistance Programs (SHIPs) provide free, in depth, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, friends, and caregivers. Find your local SHIP at shiptacenter.org.

LONG-TERM CARE: While insurance may be part of your strategy, long-term care encompasses everything from services and finances to where you will live and how to navigate the legal, family, and social dynamics along the way. Get resources at www.nia.nih.gov/health/planning-long-term-care.

PENSION COUNSELING: Currently serving 30 states, the Pension Counseling and Information Program offers free legal assistance to individuals experiencing a problem with their pension, profit sharing, or retirement savings plans. Visit pensionrights.org/find-help for a list of projects.

PHYSICAL ACTIVITY: Go4Life is an exercise and physical activity campaign designed to help older adults fit exercise and physical activity into daily life. It offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. Learn more at go4life.nia.nih.gov.

RIGHTS PROTECTION: Always dial 9-1-1 if you or someone you know is in immediate danger. Otherwise, contact Adult Protective Services (APS). You don't need proof of abuse to report a concern. If you notice something, speak up. Go to ncea.acl.gov/resources/state.html to find your local APS.

VETERANS: The U.S. Department of Veterans Affairs offers a range of services to those who have served, including benefit support, health programs, and crisis services. It also extends support to caregivers. Visit VA.gov or call the MyVA311 line at 1-844-698-2311.

VOLUNTEERING: Senior Corps connects Americans 55+ with people that need support. Through its Foster Grandparents, Senior Companions, and RSVP programs, Senior Corps strengthens communities while providing intangible benefits to volunteers. Visit nationalservice.gov/programs/senior-corps.