



Your 1st Step to Finding Resources for Older Adults



www.eldercare.gov 1.800.677.1116



Connecting You to Community Services

Are you interested in home-delivered meals?



**Do you need
a ride to a doctor's appointment?**

**Are you taking care of yourself while
taking care of an aging friend or relative?**



**Do you need assistance
with light chores around the house?**

**Want to find out about opportunities to
stay involved in your community?**



The Eldercare Locator can help!

www.eldercare.gov

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When you call the Eldercare Locator you will be connected with local aging resources, such as, your Area Agency on Aging (AAA), Aging and Disability Resource Center (ADRC), Title VI Native American aging program, State Health Insurance Assistance Program (SHIP), Long-term Care Ombudsman or Elder Abuse Prevention. These agencies are familiar with programs and services for older adults and caregivers. The following are some examples of services and supports commonly available to you through these resources:

Staying at Home

- **Nutrition Programs** – Home-delivered meals or group meal programs
- **Transportation** – Rides to the doctor, store and for other errands
- **In-home Services** – Light housework, personal care, medication management, meal preparation

Meeting Your Housing Needs

- **Home Repair** – Programs to help keep your home in good repair
- **Home Modification** – Grab bars, wheelchair ramps or other modifications to your home
- **Housing Choices** – Housing alternatives in your community

Assisting Caregivers

- **Adult Day Care** – A protective setting for older adults in need of assistance during the day
- **Caregiver Support** – Programs to support those taking care of older adults
- **Respite Care** – Opportunities to relieve caregivers of daily duties



Getting Involved

- **Employment Services** – Opportunities to explore training and employment options
- **Senior Center Programs** – Meals, recreation and socialization
- **Volunteer Services** – Opportunities to stay involved and give back

Finding Additional Resources

- **Legal Assistance** – Advice and representation for legal matters, such as government program benefits, tenant rights, consumer issues
- **Financial Assistance** – Counseling and assistance on financial management and benefits
- **Case Management** – Help identifying needs and coordinating services
- **Elder Abuse** – What to do if yourself or a loved one is being exploited, neglected or abused
- **Health Insurance Counseling** – Assistance with health insurance related questions, including Medicare Part D prescription drug options

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When you call 1.800.677.1116

- Speak with an Information Specialist from 9 a.m. to 8 p.m. Eastern Time, who can help connect you to a trusted resource about programs and services for older adults and caregivers in your community.
- Learn about long-term care services and supports, transportation options, caregiver issues and government benefits eligibility.
- Speak with a Spanish-speaking Information Specialist (other languages also available).



When you visit www.eldercare.gov

- Locate information about resources in your area for older adults and caregivers.
- Access an extensive listing of publications, information, links and resources for older adults and caregivers.
- Chat online with an Information Specialist.



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Advocacy. Action. Answers on Aging.

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