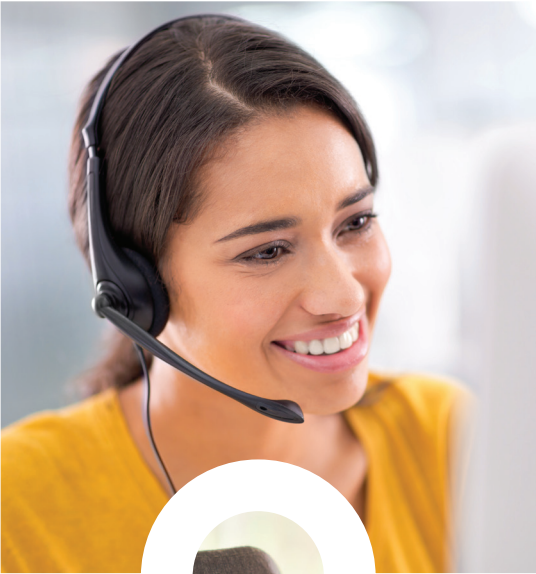


Connecting Older Adults and Their Caregivers to Local Resources



1 (800) 677-1116 • www.eldercare.acl.gov



- ➔ Do you need help finding a ride to a doctor's appointment?
- ➔ Do you need healthy meals delivered to your home?
- ➔ Do you need assistance to remain safely in your home?
- ➔ Are you a caregiver for a friend or family member and not sure where to turn for help?
- ➔ Would you like to find ways to stay engaged and active in your community?
- ➔ Do you need help with understanding Medicare?
- ➔ Are you worried that a loved one is experiencing elder abuse?
- ➔ Are you over age 55 and seeking employment?

One call or click to the Eldercare Locator connects older adults and their caregivers to local resources that can help them continue living in their homes and communities for as long as possible. By connecting callers to local resources—Area Agencies on Aging, Aging and Disability Resource Centers, Title VI Native American aging programs, State Health Insurance Assistance Programs and more—the Eldercare Locator helps older adults and their caregivers access much-needed services, locally.

Note that programs and services may vary depending on location.

**The Eldercare Locator
connects you
to local resources
that can help!**

**www.eldercare.acl.gov
1 (800) 677-1116**

Monday-Friday
9:00 am – 8:00 pm ET

The Eldercare Locator connects older adults and their caregivers to resources that can help them...

Continue Living at Home

- **Transportation:** Assistance with finding rides to medical appointments, the grocery store and other important destinations
- **Nutrition:** Programs that provide meals at home or in community settings
- **In-Home Services:** Assistance with light housework, personal care, medication management and more

Take Care of Themselves and Their Loved Ones

- **Adult Day Care:** Supervised social or medical care provided in a setting outside the home
- **Caregiver Support:** In-person support groups and training programs to support those who care for older adults
- **Respite Care:** Programs that allow caregivers to take a brief break from their caregiving duties

Ensure Their Homes Meet Their Changing Needs

- **Home Repair:** Programs to assist individuals with weatherizing their homes, plumbing and structural repairs
- **Home Modification:** Programs that assist individuals with the installation of grab bars, wheelchair ramps, stairway lifts and other age-friendly features
- **Housing Choices:** Assistance with information on local housing alternatives



Stay Involved in the Community

- **Wellness Programs:** Classes offered through community-based organizations that enhance well-being and health
- **Volunteer Services:** Programs that enable older adults to stay involved and give back to their communities while helping others
- **Senior Center Programs:** Programs that provide important social connections, including meals and recreational activities



Find Additional Resources

- **Elder Abuse:** Information on what steps to take if you suspect an older adult is being exploited, neglected or abused
- **Health Insurance Counseling:** Assistance with complicated questions related to an individual's Medicare options
- **Legal and Financial Programs:** Services that provide assistance on matters such as government program benefits, tenant rights, consumer issues and financial management
- **Employment Services:** Opportunities to explore training and employment options for older adults

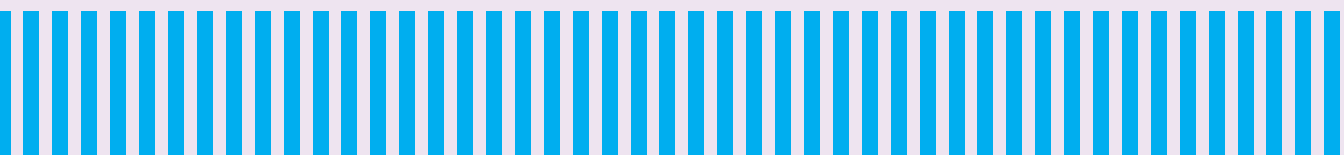


When you call the Eldercare Locator at 1 (800) 677-1116, you can:

- Speak with an Information Specialist who can connect you to the right resource, which often is a local program that can offer assistance where you need it most—in your community.
- Learn about the federal, state and local programs designed to support people as they age, including home and community-based services, caregiver supports, benefits counseling and more.
- If needed, speak with a Spanish-speaking Information Specialist (*other languages also available*).

When you visit www.eldercare.acl.gov, you can:

- Tap information about resources in your community geared toward older adults and caregivers.
- Access brochures, fact sheets and other information for older adults and caregivers.
- Chat online with an Information Specialist.





Connecting You to Community Services

Eldercare Locator
1 (800) 677-1116
(Monday-Friday, 9:00 am – 8:00 pm ET)
www.eldercare.acl.gov

 www.facebook.com/eldercarelocator  www.twitter.com/eldercareloc

Launched in 1991, the Eldercare Locator is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. The Locator was established and is funded by the U.S. Administration on Aging, part of the Administration for Community Living, and is administered by the National Association of Area Agencies on Aging (n4a).



advocacy | action | answers on aging



Administration for Community Living

This project was supported, in part, by grant number 901R0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.