

living and a directory of assisted living providers.

National Association of Professional Geriatric Care Managers

1604 North Country Club Road
Tucson, AZ 85716-3102
520-881-8008

www.caremanager.org

Information on locating a geriatric care manager who specializes in helping older people and their families make long-term care arrangements.

The National Center for Assisted Living

1201 L Street, NW
Washington, DC 20005
202-842-4444

www.ncal.org

Consumer information regarding all aspects of assisted living and residential care facilities.

National Citizens' Coalition for Nursing Home Reform

1424 16th Street NW, Suite 202
Washington, DC 20036
202-332-2275

www.nccnhr.org

Information, educational materials, training, and strategies for family

members, consumer advocates, ombudsmen, and others who work to assure quality care for people in nursing homes and other long-term care settings.

Mental Health

National Institute of Mental Health

6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663
301-443-4513 (local)
866-615-6464

www.nimh.nih.gov/nimhhome/index.cfm

Information on mental health and depression and suicide in older adults.

Transportation

AAA Foundation for Traffic Safety

607 14th Street, NW, Suite 201
Washington, DC 20005
202-638-5944

www.seniordrivers.org/home/toppage.cfm

This senior driver Web site has tips and information on how to keep your driving skills sharp and information on community-based transportation programs for those who no longer wish to drive.

AARP is a nonprofit, nonpartisan membership organization dedicated to making life better for people 50 and over. We provide information and resources; engage in legislative, regulatory and legal advocacy; assist members in serving their communities; and offer a wide range of unique benefits, special products, and services for our members. These include *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *AARP Segunda Juventud*, our quarterly newspaper in Spanish; *NRTA Live & Learn*, our quarterly newsletter for 50+ educators; and our Web site, www.aarp.org. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.



The power to make it better.™

601 E Street, NW
Washington, DC 20049
www.aarp.org

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caring
for those
you care about

Resources

AARP Driver Safety Program

888-227-7669

www.aarp.org/drive

(To locate a refresher driving program in your area)

AARP Legal Services Network

888-687-2277

www.aarp.org/lisn/locations.html

AARP Web Site

www.aarp.org

Care and Family

www.aarp.org/life

Health and Wellness

www.aarp.org/health

Long-Term Care Insurance

www.aarp.org/financial-insurance/Articles/a2002-08-13-InsuranceLongTerm.html

Medicare

www.aarp.org/healthcoverage/medicare/

Medicare and Prescription Drugs

www.aarp.org/legislative/prescriptiondrugs

National Organizations

National Association of Home Builders

1201 15th Street, NW
Washington, DC 20005
800-368-5242

www.nahb.org

Consumer information on aging in place and universal design; building, remodeling, and maintaining your home; and hiring builders.

Universal Designers and Consultants

6 Grant Avenue
Takoma Park, MD 20912-4324
301-270-2470

www.universaldesign.com

Sign up for a universal design newsletter, participate in discussions with industry experts, and check out the universal store.

Aging Organizations

Alliance for Aging Research

2021 K Street, NW, Suite 305
Washington, DC 20006
202-293-2856

Information related to aging research, including articles, brochures, and reports.



Resources

The National Council on the Aging

300 D Street, SW, Suite 801
Washington, DC 20024
202-479-1200
www.ncoa.org

News, publications, and free online service, BenefitsCheckUP, that helps older adults and their families identify federal and state assistance programs for which they might be eligible.

Caregiving

Alzheimer's Association

225 North Michigan Avenue, Fl. 17
Chicago, IL 60601-7633
800-272-3900
www.alz.org

Information about Alzheimer's disease and help finding a local chapter.

Family Caregiver Alliance

180 Montgomery Street, Suite 1100
San Francisco, CA 94104
800-445-8106
www.caregiver.org

Information, education, and support for family caregivers, including fact sheets, online discussion groups, and personal stories.

National Family Caregivers Association

10400 Connecticut Ave, #500
Kensington, MD 20895-3944
www.nfcacares.org

News, tips and other information for family caregivers.

Community Services

Eldercare Locator

800-677-1116
Monday-Friday 9 am-8 pm (EST)
www.eldercare.gov/Eldercare/Public/Home.asp

A nationwide directory assistance

service to help older people and their caregivers locate local support resources.

National Association of Area Agencies on Aging

1730 Rhode Island Avenue, NW
Suite 1200
Washington, DC 20036
202-872-0888
www.n4a.org

Find information on the Eldercare Locator, Meals-on-Wheels Program, and other community services for older people, as well as help finding an area agency on aging in your area.

National Respite Locator Service

800 Eastowne Drive, Suite 105
Chapel Hill, NC 27514
919-490-5577
www.respitelocator.org

Get help finding state and local respite services.

Federal Agencies

Administration on Aging

Washington, DC 20201
202-619-0724
www.aoa.gov

Information on Older Americans Act programs and caregiving, long-term care, home health care, housing, and elder abuse.

Medicare

800-633-4227
(800-MEDICAR)
www.medicare.gov

Information on Medicare, prescription drugs, nursing homes, and home health agencies.

National Institute on Aging

Building 31, Room 5C27
31 Center Drive, MSC 2292

Bethesda, MD 20892
301-496-1752
www.nia.nih.gov

View online fact sheets and booklets or order them free on a range of topics including caregiving, Alzheimer's disease, and long-term care. You also can visit the Alzheimer's Disease Education and Referral Center online.

Social Security Administration

Office of Public Inquiries
Windsor Park Building
6401 Security Boulevard
Baltimore, MD 21235-6401
800-772-1213
TTY 1-800-325-0778
www.ssa.gov

Information about Social Security benefits, retirement and Medicare, disability, and finding your nearest Social Security office.

Financial Planning

Financial Planning Association

4100 E. Mississippi Ave., Suite 400
Denver, CO 80246-3053
800-322-4237
www.fpanet.org

Find articles and brochures on retirement planning, planning for long-term care, and choosing a financial planner. The association's National Planning Support Center offers a guide to financial planning and help finding a certified financial planner in your area.

National Association of Personal Financial Advisors

3250 North Arlington Heights Road
Suite 109
Arlington Heights, IL 60004
800-366-2732
www.napfa.org

Information on how to choose a

financial planner, making smart money decisions, and consumer tips for planning your future.

Hospice Care

National Association for Home Care and Hospice

228 Seventh Street, SE
Washington, DC 20003
202-547-7424
www.nahc.org

Information on how to choose a home care or hospice provider and help locating local agencies.

National Hospice and Palliative Care Organization

1700 Diagonal Road, Suite 625
Alexandria, VA 22314
703-837-1500
www.nhpco.org

Information on hospice care, help finding local hospice programs, and helpline with free consumer information.

Long-Term Care

American Association of Homes and Services for the Aging

2519 Connecticut Avenue, NW
Washington, DC 20008-1520
202-783-2242
www.aahsa.org

Consumer information on nursing homes, housing options, and home and community-based services, as well as a directory of member providers.

Assisted Living Federation of America

11200 Waples Mill Road, Suite 150
Fairfax, VA 22030
703-691-8100
www.alfa.org

Consumer information on assisted