

**caring**  
*for those  
you care about*

## Resources

**AARP Driver Safety Program**  
888-227-7669

[www.aarp.org/drive](http://www.aarp.org/drive)  
(To locate a refresher driving program in your area)

**AARP Legal Services Network**  
888-687-2277

[www.aarp.org/lsn/locations.html](http://www.aarp.org/lsn/locations.html)

**AARP Web Site**  
[www.aarp.org](http://www.aarp.org)

**Care and Family**  
[www.aarp.org/life](http://www.aarp.org/life)

**Health and Wellness**  
[www.aarp.org/health](http://www.aarp.org/health)

**Long-Term Care Insurance**  
[www.aarp.org/financial-insurance/Articles/a2002-08-13-InsuranceLongTerm.html](http://www.aarp.org/financial-insurance/Articles/a2002-08-13-InsuranceLongTerm.html)

**Medicare**  
[www.aarp.org/healthcoverage/medicare/](http://www.aarp.org/healthcoverage/medicare/)

**Medicare and Prescription Drugs**  
[www.aarp.org/legislative/prescriptiondrugs](http://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](http://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](http://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](http://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](http://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](http://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.nfcares.org](http://www.nfcares.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.alfa.org)

Consumer information on assisted

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](http://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](http://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](http://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](http://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](http://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 that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. We produce *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *AARP Segunda Juventud*, our bimonthly magazine in Spanish and English; *NRTA Live & Learn*, our quarterly newsletter for 50+ educators; and our website, [AARP.org](http://AARP.org). AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.



601 E Street, NW  
Washington, DC 20049  
[www.aarp.org](http://www.aarp.org)