



# Good Ideas On Aging Well

(NAPS)—May is Older Americans Month! Staying connected to the community is a key ingredient to healthy and successful aging. But for many older adults, staying connected can be difficult. Fortunately, older adults and their caregivers can contact the Eldercare Locator to learn about local programs and resources that can help them stay engaged and active in their communities.

Programs funded through the Older Americans Act provide older adults with many ways to stay active and involved



**Older Americans and the people who care for them can get help and advice from experts.**

in the community. For example, exercise classes, educational programs, volunteer opportunities and other health and wellness activities are available to older adults in communities around the country.

Need more help than that? The Eldercare Locator can also connect you to local resources designed to help older adults maintain their independence at home, such as transportation, in-home assistance with daily needs, home modifications and assistance with healthy meals.

The Eldercare Locator is a free service of the U.S. Administration for Community Living that is administered through the National Association of Area Agencies on Aging.

Contact the Eldercare Locator at (800) 677-1116, 9 a.m. to 8 p.m. ET, Monday through Friday and online at [eldercare.acl.gov](http://eldercare.acl.gov).