

NEWS

FOR SENIOR CITIZENS

Helping Seniors Find The Services They Need

(NAPSA)—Older Americans may have more choices than they realize when it comes to getting the care they need.

When an older relative or spouse faces challenges living at home, many Americans think that nursing homes are their only alternative.



There are a growing number of community-based services designed to help seniors remain independent and active.

Many caregivers and seniors are typically not aware of the many home- and community-based services that are available around the country for both active elders as well as those who need assistance to maintain independence.

Services such as home health care, home-delivered meals, and adult day care can extend an older person's ability to stay in their own home. And, home is where seniors prefer to be.

To find out about community services for senior citizens anywhere in the nation, call the Eldercare Locator at 1 (800) 677-1116 or visit the Web site at www.eldercare.gov.

This service can help locate the best source of free, unbiased information about services for seniors and family caregivers.

The Eldercare Locator is a free public service of the U.S. Administration on Aging administered by the National Association of Area Agencies on Aging.

For more information, contact; n4a, 927 15th Street, NW, Washington, DC 20005; (202) 296-8130; www.n4a.org.