

SENIOR news¬es

A Timely Resource

(NAPSA)—Increasingly, men are becoming primary caregivers for older adults who need care. For some men, this means taking on tasks for which they have never been responsible—such as cleaning, cooking, laundering, or daily personal care and supervision.



A nationwide resource helps caregivers identify community programs that meet their needs.

The role of caregiver can be especially overwhelming for men who are unaccustomed to asking for assistance and may not know where to look for help.

One place caregivers can access resources such as transportation for their loved one to the doctor's office, nutritious meals delivered to the home bound, assistance with legal matters, and adult day care is by contacting the Eldercare Locator at 1-800-677-1116 or www.eldercare.gov.

A service of the U.S. Administration on Aging, the Eldercare Locator is administered by the National Association of Area Agencies on Aging and helps older adults maintain independence at home as long as possible.