

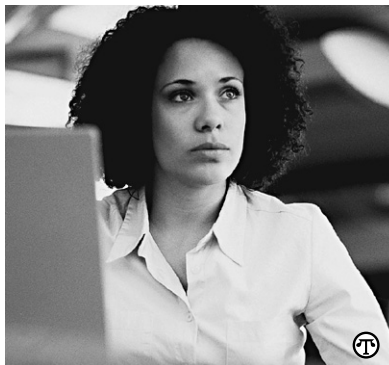
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# helpful hints

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## Long Distance Help

(NAPSA)—Millions of Americans are long distance caregivers, providing support and resources to parents in another city or state. It can be a challenging experience. Just making long-distance calls to track down information can be expensive and time consuming—especially when the calls must be made during your workday.



**A toll-free number makes it easier to provide the help aging parents need.**

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To help make long-distance caring easier, you may want to organize your efforts by contacting the Eldercare Locator at 1-800-677-1116. This nationwide toll-free public service connects you with information specialists who identify support services and solutions that work for your parents—and for you.

A service of the U.S. Administration on Aging, the Eldercare Locator is administered by the National Association of Area Agencies on Aging and works to help older adults maintain independence in their home as long as possible. You can also access the Eldercare Locator 24-hours a day at [www.eldercare.gov](http://www.eldercare.gov).