

News For Older Americans

Declaring Your Independence

(NAPSA)—As an older adult independence is important to you. Yet, sometimes you can use a little help. Perhaps performing household chores is not as easy as it used to be, deciding health care options is too confusing or managing finances keeps you worried.



The Eldercare Locator is a free service that connects older adults with resources by phone.

It can be tough; but you're not alone. Many people have issues just like yours. One call to the Eldercare Locator at 1-800-677-1116 puts you in contact with a trained specialist who will help you access programs that meet your needs right in your own community.

The Eldercare Locator is a free public service that connects older adults and their caregivers with resources, such as transportation to the doctor's office, nutritious home-delivered meals, and assistance with insurance and legal matters. It's free and confidential. You can access the Eldercare Locator 24 hours a day at www.eldercare.gov.

The Eldercare Locator, which works to help older adults maintain independence in their home for as long as possible, is a service of the U.S. Administration on Aging, and is administered by the National Association of Area Agencies on Aging.