

Savings For Older Adults

Coping With High Energy Cost

(NAPSA)—Escalating energy costs can be particularly challenging for older Americans. Many on fixed incomes find their budgets are already stretched by daily living expenses and health care costs.

The good news is that there are ways to help ease this burden. The Eldercare Locator and the Environmental Protection Agency (EPA) offer some economical ways to stay warm and safe at home. Here are some tips:



If you are having trouble with energy costs, find out about assistance programs for older adults.

- Find out about financial energy assistance programs. Contact your local Area Agency on Aging or the Eldercare Locator at 800-677-1116 or www.eldercare.gov.

- Take advantage of any monthly budget plans and “no cut-off” eligibility programs available through local utility providers.

- Find out how to make your home more energy efficient. Contact the ENERGY STAR program at 888-782-7937 or www.energystar.gov.

Get more tips and information in the free booklet, “Winter Warmth and Safety: Home Energy Tips for Older Adults,” by contacting the Eldercare Locator at 800-677-1116 or www.eldercare.gov.