

NEWS

OF OLDER AMERICANS

Resources For Caregivers

(NAPSA)—If you're an older person who could use a little help or a caregiver helping an older person, knowing where to turn for assistance can make all the difference.

It's easy to find out what local services are available to assist you. Just contact the Eldercare Locator at (800) 677-1116 or www.eldercare.gov. This free ser-



Connecting You to Community Services

(800) 677-1116

www.eldercare.gov ®

A national service helps direct seniors and caregivers to local programs and resources.

vice is the first step to finding resources for older adults in any U.S. community. Home repair, transportation, nutritional meals and employment services are just a few of the many resources that can help older persons live independently for as long as possible.

The Eldercare Locator also offers brochures that provide information on warning signs that an older relative may need help; topics to discuss with aging parents; staying in touch during crisis situations; and energy tips to help older adults save money and live safely.

The Eldercare Locator is a public service of the Administration on Aging, U.S. Department of Health and Human Services, and is administered by the National Association of Area Agencies on Aging.