

**Marianne & Ken Smith**

**Elder Care Resources Directory**

###### 250+ links to online elder care resources – caring for elderly parents, long term care (home care, assisted living and nursing home), elder law, aging issues

We are dedicated to continuous research on how to improve the lives of the elderly and the family caregivers dedicated to loving and supporting them. Solutions seldom reveal themselves. They must be sought.

As we dealt with caring for 3 elderly parents in our home at the same time, we found relevant information on elder care resources to be fragmented and very frustrating to pull together.

So we researched and aggregated 250+ resources and links organized by topic – in one convenient document. And this is just the beginning. We’ll keep updating these resources continually. We hope you find this Directory helpful. **The document is organized into 8 clickable sections *(See Table Of Contents below*) for easy navigation*.***

If you have other resources not listed in our Directory that you think should be included, submit the link(s) to: [***ksmith@everageless.com***](mailto:ksmith@everageless.com)... or complete the form submission on our ***EverAgeless.com*** [***Contact Page***](tps://everageless.com/contact)( *https://everageless.com/contact* A positive Comment would be much appreciated.

**Order our *“***[***My Elder Care Diary***](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)***”* book on Amazon.com:**

**(**[*https://www.amazon.com/Elder-Care-Diary-Marianne-*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)

[*Smith/dp/B096LRYFD6/ref=sr\_1\_1?crid=377AH3WBAV6CD&keywords=my+elder+care+diar*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)[*y&qid=1676827922&sprefix=my+elder+care+diary%2Caps%2C94&sr=8-1*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)

**Visit our** [***EverAgeless Blog***](https://everageless.com/). [*https://everageless.com*](https://everageless.com/)

**Elder Care Resources Directory**

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# Long Term Care Resources Directory

American Society on Aging - [www.asaging.org](http://www.asaging.org/) San Francisco, CA 800-537-9728

Medicare Rights Center - https://[www.medicarerights.org/](http://www.medicarerights.org/) New York 800-333-4114

Family Caregiver Alliance - https://[www.caregiver.org/](http://www.caregiver.org/) San Francisco, CA 800-556-8206 toll free

415-434-3388 local

Alliance for Aging Research - https://[www.agingresearch.org/](http://www.agingresearch.org/) Washington, DC 202-293-2856

Benefits Checkup ( Part of National Council on Aging) https://benefitscheckup.org/

National Council on Aging https://[www.ncoa.org/](http://www.ncoa.org/) Arlington, VA 800-794-6559

Eldercare - https://eldercare.com/ Toronto, ON

Care Guide - https://careguide.com/ Toronto, ON

Catholic Charities USA - https://[www.catholiccharitiesusa.org/](http://www.catholiccharitiesusa.org/) Alexandria, VA 703-549-1390

Catholic Golden Age - https://catholicgoldenage.org/ Olyphant, PA 855-586-1091

CMS - https:/[/www](http://www.cms.gov/).[cms.gov/](http://www.cms.gov/) Baltimore, MD

Medicare Service Center 800-633-4227

Community Transportation Association of America - https://ctaa.org/ Washington, DC 800-891-0590

Pet Partners - https://petpartners.org/ Bellevue, WA

Department of Justice - https://[www.justice.gov/](http://www.justice.gov/) Washington, DC 202-514-2000

Disabled American Veterans - https://[www.dav.org/](http://www.dav.org/) Washington, DC 202-554-3501

Eldercare Locator - https://eldercare.acl.gov/Public/Index.aspx Washington, DC 1-800-677-1116

Medic Alert Foundation - https://[www.medicalert.org/](http://www.medicalert.org/) Turlock, CA 1-800-432-5378

Medicare - https://[www.medicare.gov/](http://www.medicare.gov/)

Baltimore, MD – Medicare Service Center 800-633-4227

Medicare Rights Center - https://[www.medicarerights.org/](http://www.medicarerights.org/) Washington, DC - 202-637-0961 ( Helpline 800-333-4114)

Health Policy Institute - https://hpi.georgetown.edu/ Washington, DC

National Alliance for Caregiving - https://[www.caregiving.org/](http://www.caregiving.org/) Washington, DC - 202-918-1013

National Association of Social Workers - https://[www.socialworkers.org/practice/aging](http://www.socialworkers.org/practice/aging) Washington, DC

National Care Planning Council - https://longtermcarelink.net/ Centerville, UT - 801-298-8676 Toll Free 800-989-8137

Caregiver Action Network - https://caregiveraction.org/

Washington, DC - 202-454-3970 Caregiver Help Desk – 855-227-3640

Gerontological Advanced Practical Nurses Association - https:/[/www](http://www.gapna.org/).[gapna.org/](http://www.gapna.org/) Pitman, NJ - 866-355-1392

National Long-term Care/ Ombudsman Resource Center - https://ltcombudsman.org/

Washington, DC - 202-332-2275

National Institute on Aging – Long-Term Care https://[www.nia.nih.gov/site-search/bG9uZyB0ZXJtIGNhcmU%3D](http://www.nia.nih.gov/site-search/bG9uZyB0ZXJtIGNhcmU%3D)

Pennsylvania Medicare Guide – Paying for Senior Care Searchable for other states as well 855-481-6777 <https://payingforseniorcare.com/medicare/pennsylvania>

# Hospice Resources Directory

Americans for Better Care of the Dying - https:/[/www](http://www.abcd-caring.org/).[abcd-caring.org/](http://www.abcd-caring.org/) Improve end-of-life care

National Institute on Aging – Hospice Care https:/[/www](http://www.nia.nih.gov/site-search/aG9zcGljZSBjYXJl).[nia.nih.gov/site-search/aG9zcGljZSBjYXJl](http://www.nia.nih.gov/site-search/aG9zcGljZSBjYXJl) Bethesda. MD 800-222-2225

Death with Dignity - https://[www.deathwithdignity.org/](http://www.deathwithdignity.org/)

Portland, OR 503-228-4415

Hospice Foundation of America https://hospicefoundation.org/Hospice-Care/Hospice-Services Washington, DC 202-457-5811

Toll Free # 800-854-3402

International Association for Hospice & Palliative Care - https://hospicecare.com/home/

Houston, TX 823-623-7650

National Association for Home Care and Hospice - https://[www.nahc.org/](http://www.nahc.org/) Washington, DC 202-547-7424

National Hospice and Palliative Care Organization - https://[www.nhpco.org/](http://www.nhpco.org/) (NHPCO)

Alexandria, VA 703-837-1500

# Nursing Home Resources Directory

Alternatives for Seniors - https://[www.alternativesforseniors.com/](http://www.alternativesforseniors.com/) Contact #: 800-350-0770

Personal Assistance: 888-904-1990

Commonwealth Fund - https://[www.commonwealthfund.org/](http://www.commonwealthfund.org/) New York, NY 212-606-3800

Long Term Care Ombudsman Resource Center - https://ltcombudsman.org/nursing-homes Washington, DC 202-332-2275

Expenditure Panel Survey - https://meps.ahrq.gov/mepsweb/data\_stats/nh\_info.jsp Rockville, MD 301-427-1364

National Consumer Voice for Long-Term Quality Care https://theconsumervoice.org/about

Washington, DC 202-332-2275

National Institute on Aging – Nursing Homes https://[www.nia.nih.gov/site-search/bnVyc2luZyBob21lcw%3D%3D](http://www.nia.nih.gov/site-search/bnVyc2luZyBob21lcw%3D%3D) Bethesda, MD 800-222-2225

Nursing Home Abuse - https:/[/www](http://www.nursinghomeabuse.org/).[nursinghomeabuse.org/](http://www.nursinghomeabuse.org/) Chestnut Hill, MA 855-910-9072

Nursing Home Abuse Center - <https://www.nursinghomeabusecenter.com/> 877-746-0994

Medicare.gov - https://[www.medicare.gov/coverage/nursing-home-care](http://www.medicare.gov/coverage/nursing-home-care)

Best Nursing Homes - https://health.usnews.com/best-nursing-homes 800-321-1245

Seniors Resource Guide - https:/[/www](http://www.seniorsresourceguide.com/).[seniorsresourceguide.com/](http://www.seniorsresourceguide.com/) Littleton, CO 303-794-0799

Pennsylvania Medicare Guide – Paying for Senior Care Searchable for other states as well 855-481-6677 <https://payingforseniorcare.com/medicare/pennsylvania>

# Alzheimers Resources Directory

Alzheimer's Association - https://[www.alz.org/](http://www.alz.org/)

Chicago, IL Helpline # 800-272-3900

Alzheimer’s Chat Room - https://[www.healthfulchat.org/alzheimers-chat-](http://www.healthfulchat.org/alzheimers-chat-) room.html

Online support network

Alzheimer’s Community Care - https://[www.alzcare.org/](http://www.alzcare.org/)

West Palm Beach, FL 561-683-2700 Crisis Line # 800-394-1771

Alzheimer’s Disease Cooperative Study - https://[www.adcs.org/](http://www.adcs.org/) La Jolla, CA 858-246-1333

Alzheimer's Foundation of America (AFA) - https://alzfdn.org/ New York, New York 866-232-8484

American Geriatrics Society (AGS) - https://[www.americangeriatrics.org/](http://www.americangeriatrics.org/) New York, NY 212-308-1414

The Hartford - Understanding Dementia & Driving - https://[www.thehartford.com/resources/mature-market-excellence/dementia-](http://www.thehartford.com/resources/mature-market-excellence/dementia-) driving

NIH National Institute on Aging /Alzheimer’s Disease Research Centers - https://[www.nia.nih.gov/health/alzheimers-disease-research-centers](http://www.nia.nih.gov/health/alzheimers-disease-research-centers)

NIH National Institute on Aging - https:/[/www](http://www.nia.nih.gov/site-).[nia.nih.gov/site-](http://www.nia.nih.gov/site-) search/YWx6aGVpbWVyJ3M%3D

Bethesda, MD 1-800-222-2225

# Home Health Care Resources Directory

Assisted Living Today - https://assistedliving.org Seattle, WA 888-307-1103

The Key - https://thekey.com

Delray Beach, FL 866-425-2082

Senior Link Blog

https://[www.seniorlink.com/blog/what-is-companion-care-companion-caregiver-](http://www.seniorlink.com/blog/what-is-companion-care-companion-caregiver-) costs-duties-and-more

Home Companion Services - https://homecompanion.com/companions Setauket, NY 800-473-4427

HomeWell Care Services - https://[www.homewellcares.com/](http://www.homewellcares.com/)

Meals On Wheels America - https://[www.mealsonwheelsamerica.org/](http://www.mealsonwheelsamerica.org/) Arlington, VA 888-998-6325

National Adult Day Services Association - https://[www.nadsa.org/](http://www.nadsa.org/) Fairfax, VA 877-745-1440

National Association for Home Care & Hospice - https://[www.nahc.org/](http://www.nahc.org/) Washington, DC 202-547-7424

Caregiver Action Network - https://caregiveraction.org/ Washington, DC 202-454-3970 Help Desk 855-227-3640

Visiting Angels - https://[www.visitingangels.com/](http://www.visitingangels.com/) Bryn Mawr, PA 800-365-4189

National Institute on Aging – Home Health Care

https://[www.nia.nih.gov/site-search/aG9tZSBoZWFsdGggY2FyZQ%3D%3D](http://www.nia.nih.gov/site-search/aG9tZSBoZWFsdGggY2FyZQ%3D%3D) Bethesda, MD 800-222-2225

## Elder Care Health Information Resources Directory

Agency for Healthcare Research & Quality - <https://www.ahrq.gov/>

Rockville, MD 301-427-1364

HIVinfo - https://hivinfo.nih.gov/

Rockville, MD 800-HIV-0440 (800-448-0440) 1pm to 4pm ET

Alcoholics Anonymous (AA) - https://[www.aa.org/](http://www.aa.org/) New York, NY 212-870-3400

Alliance for Aging Research - https://[www.agingresearch.org/](http://www.agingresearch.org/) Washington, DC 202-293-2856

American Academy of Dermatology (AAD) - [http://www.aad.org](http://www.aad.org/) Rosemont, IL 888-462-DERM (3776)

American Academy Family Physicians (AAFP) - https://[www.aafp.org](http://www.aafp.org/) Leawood, KS 800-274-2237

American Academy of Neurology (AAN) - https://[www.aan.com/](http://www.aan.com/) Minneapolis, MN 800-879-1960

American Academy of Ophthalmology (AAO) - [http://www.aao.org](http://www.aao.org/) San Francisco, CA 415-561-8500

American Academy of Orthpaedic Surgeons (AAOS) - https://[www.aaos.org/](http://www.aaos.org/) Rosemont, IL 847-823-7186

American Academy of Otolaryngology Head and Neck Surgery, Inc. (AAO) - https://[www.entnet.org/](http://www.entnet.org/)

Alexandria, VA 703-836-4444

American Academy of Physical Medicine and Rehabilitation (AAPMR) - https://[www.aapmr.org/](http://www.aapmr.org/)

Rosemont, IL 847-737-6000

American Association for Geriatric Psychiatry (AAGP) - https://[www.aagponline.org/](http://www.aagponline.org/)

McLean, VA 703-718-6023

American Association for Marriage and Family Therapy (AAMFT) - https://[www.aamft.org//](http://www.aamft.org//)

Alexandria, VA 703-838-9808

American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) - https:/[/www](http://www.aacvpr.org/).[aacvpr.org/](http://www.aacvpr.org/)

Chicago, IL 312-321-5146

American Brain Tumor Association (ABTA) - https://[www.abta.org/](http://www.abta.org/)

Chicago, IL 773-577-8750 Toll Free # 800-866-ABTA (2282)

American Cancer Society (ACS) - https:/[/www](http://www.cancer.org/).[cancer.org/](http://www.cancer.org/) Atlanta, GA 800-227-2345

American Chiropractic Association (ACA) - https://[www.acatoday.org/](http://www.acatoday.org/) Arlington, VA 703-276-8800

American College of Health Care Administrators (ACHCA) - https://[www.achca.org](http://www.achca.org/)

Washington, DC 800-561-3148

American College of Obstetricians and Gynecologists (ACOG) - https://[www.acog.org](http://www.acog.org/)

Washington, DC 202-638-5577 800-673-8444

American College of Physicians (ACP) - https:/[/www](http://www.acponline.org/).[acponline.org/](http://www.acponline.org/) Philadelphia, PA 215-351-2600 800-ACP-1915 (800-227-1915)

American College of Rheumatology - https://[www.rheumatology.org/](http://www.rheumatology.org/) Atlanta, GA 404-633-3777

American College of Sports Medicine (ACSM) - https://[www.acsm.org/](http://www.acsm.org/) Indianapolis, IN 317-637-9200

American College of Surgeons (ACS) - https://[www.facs.org/](http://www.facs.org/)

Chicago, IL 312-202-5000 Toll Free # 800-621-4111

American Council of the Blind (ACB) - https:/[/www](http://www.acb.org/).[acb.org](http://www.acb.org/) Alexandria, VA 202-467-5081 800-424-8666

American Counseling Association (ACA) - https://[www.counseling.org/](http://www.counseling.org/) Alexandria, VA 800-347-6647

American Dental Association (ADA) - https:/[/www](http://www.ada.org/).[ada.org](http://www.ada.org/) Chicago, IL 312-440-2500

American Diabetes Association (ADA) - https:/[/www](http://www.diabetes.org/).[diabetes.org/](http://www.diabetes.org/) Arlington, VA 800-342-2383

Academy of Nutrition and Dietetics - https://[www.eatright.org/](http://www.eatright.org/) Chicago, IL 312-899-0040 800-877-1600

American Foundation for the Blind (AFB) - https:/[/www](http://www.afb.org/).[afb.org/](http://www.afb.org/) Arlington, VA 212-502-7600

BrightFocus Foundation - https:/[/www](http://www.brightfocus.org/).[brightfocus.org/](http://www.brightfocus.org/) Clarksburg, MD 800-437-2423

American Health Care Association (AHCA) - https:/[/www](http://www.ahcancal.org/).[ahcancal.org](http://www.ahcancal.org/) Washington, DC 202-842-4444

American Heart Association (AHA) - https://[www.heart.org/](http://www.heart.org/) Dallas, TX 800-AHA-USA-1 (800-242-8721)

American Horticultural Therapy Association (AHTA) - https:/[/www](http://www.ahta.org/).[ahta.org/](http://www.ahta.org/) Seattle, WA 206-209-5296

American Hospital Association (AHA) - https://[www.aha.org/](http://www.aha.org/) Washington, DC 202-638-1100

American Liver Foundation - https://liverfoundation.org/ West Orange, NJ Helpline # 800-465-4837

American Lung Association (ALA) - https://[www.lung.org/](http://www.lung.org/) Chicago, IL 800-LUNGUSA (800-586-4872)

American Medical Association (AMA) - https://[www.ama-assn.org/](http://www.ama-assn.org/) Chicago, IL 800-262-3211

American Medical Directors Association – AMDA (The Society for Post-Acute and Long-Term Care Medicine) - https://paltc.org/

Columbia, MD 410-740-9743 800-876-2632

American Music Therapy Association (AMTA) - https://[www.musictherapy.org/](http://www.musictherapy.org/) Silver Spring, MD 301-589-3300

American Nurses Association (ANA)- https://[www.nursingworld.org/](http://www.nursingworld.org/) Silver Spring, MD 800-284-2378

American Occupational Therapy Association (AOTA) - https:/[/www](http://www.aota.org/).[aota.org/](http://www.aota.org/) North Bethesda, MD 301-652-6611

American Optometric Association (AOA) - https:/[/www](http://www.aoa.org/).[aoa.org](http://www.aoa.org/) St. Louis, MO 314-991-4100 800-365-2219

American Orthopaedic Foot and Ankle Society - https://[www.aofas.org/](http://www.aofas.org/) Rosemont, IL 800-235-4855

American Osteopathic Association - https://osteopathic.org/ Chicago, IL 312-202-8000

American Parkinson's Disease Association (APDA) - https://[www.apdaparkinson.org/](http://www.apdaparkinson.org/)

Staten Island, NY 800-223-2732

American Pharmacists Association (APhA) - https://[www.pharmacist.com/](http://www.pharmacist.com/) Washington, DC 202-628-4410 800-237-APhA (2742)

American Physical Therapy Association (APTA) - https:/[/www](http://www.apta.org/).[apta.org/](http://www.apta.org/) Alexandria, VA 800-999-2782

American Podiatric Medical Association (APMA) - https://[www.apma.org/](http://www.apma.org/) Bethesda, MD 301-581-9200

American Psychiatric Association (APA) - https://[www.psychiatry.org/](http://www.psychiatry.org/) Washington, DC 202-559-3900

American Psychological Association (APA) - https://[www.apa.org/](http://www.apa.org/) Washington, DC 202-336-5500 800-374-2721

American Red Cross - https://[www.redcross.org/](http://www.redcross.org/) Washington, DC 800-RED CROSS (800-733-2767)

National Mental Health Consumer’s Self-help Clearinghouse - https://[www.mhselfhelp.org/](http://www.mhselfhelp.org/)

Philadelphia, PA

American Sleep Apnea Association - https://[www.sleepapnea.org/](http://www.sleepapnea.org/) Seattle, WA

American Speech-Language-Hearing Association (ASHA) - https://[www.asha.org/](http://www.asha.org/)

Rockville, MD 301-296-5700

American Stroke Association - https:/[/www.](http://www.stroke.org/)s[troke.org/](http://www.stroke.org/) Dallas, TX 800-242-8721

American Tinnitus Association (ATA) - https://[www.ata.org/](http://www.ata.org/) Washington, DC 800-634-8978

Urology Care Foundation - https://[www.urologyhealth.org/](http://www.urologyhealth.org/) Linthicum, MD 410-689-3700 800-828-7866

Aplastic Anemia And MDS International Foundation (AAMDS) - https://[www.aamds.org/](http://www.aamds.org/)

Bethesda, MD 301-279-7202 800-747-2820

ARCH National Respite Network and Resource Center - https://archrespite.org Chapel Hill, NC 919-490-5577

Arthritis Foundation - https://[www.arthritis.org/](http://www.arthritis.org/)

Atlanta, GA 404-872-7100 Helpline # 800-283-7800

Asthma and Allergy Foundation of America (AAFA) - https://[www.aafa.org/](http://www.aafa.org/) Arlington, VA 800-7-ASTHMA (800-727-8462)

Centers for Disease Control and Prevention (CDC) - https://[www.cdc.gov/](http://www.cdc.gov/) Atlanta, GA Hotline # 800-232-4636

Dana Alliance for Brain Initiatives - https://[www.dana.org](http://www.dana.org/) New York, NY 212-223-4040

Depression and Bipolar Support Alliance - https://[www.dbsalliance.org/](http://www.dbsalliance.org/) Chicago, IL 800-826-3632

DES Action - https://desaction.org/

New York, NY 800-337-9288

Epilepsy Foundation - https://[www.epilepsy.com/](http://www.epilepsy.com/) Bowie, MD 800-332-1000 Helpline

Food and Drug Administration (FDA) - https://[www.fda.gov](http://www.fda.gov/) Silver Spring, MD 888-INFO-FDA (888-463-6332)

Food and Nutrition Information Center (FNIC), Department of Agriculture - https://[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

Beltsville, MD 301-504-5414

Glaucoma Research Foundation - https://[www.glaucoma.org/](http://www.glaucoma.org/) San Francisco, CA 415-986-3162 800-862-6693

Huntington's Disease Society of America - https://hdsa.org/ New York, NY 212-242-1968

Helpline # 800-345-HDSA (4372)

Indian Health Service (IHS) - https:/[/www.ih](http://www.ihs.gov/)s[.gov/](http://www.ihs.gov/)

Rockville, MD 301-225-0241 301-443-3593

International Essential Tremor Foundation (IETF) - https://essentialtremor.org/ Lenexa, KS 913-341-3880 Toll Free # 888-387-3667

Leukemia and Lymphoma Society - https://[www.lls.org/](http://www.lls.org/) Rye Brook, NY 800-955-4572

Lighthouse Guild - https:/[/www](http://www.lighthouseguild.org/).[lighthouseguild.org/](http://www.lighthouseguild.org/) New York, NY 800-284-4422

Lupus Foundation of America - https:/[/www](http://www.lupus.org/).[lupus.org/](http://www.lupus.org/) Washington, DC 202-349-1155

Medline Plus - https://medlineplus.gov/ Bethesda, MD

Narcolepsy Network, Inc. - https://narcolepsynetwork.org/ Camas, WA 401-667-2523 Toll Free # 888-292-6522

National Alliance for Hispanic Health - https:/[/www](http://www.healthyamericas.org/).[healthyamericas.org/](http://www.healthyamericas.org/) Washington, DC 866-783-2645

National Alliance for the Mentally Ill (NAMI) - https://[www.nami.org](http://www.nami.org/) Arlington, VA 703-524-7600 Helpline # 800-950-6264

National Association of Community Health Centers (NACHC) - https://[www.nachc.org/](http://www.nachc.org/)

Bethesda, MD 301-347-0400

National Association of Nutrition and Aging Services Programs (NANASP) - https://[www.nanasp.org/](http://www.nanasp.org/)

Washington, DC 202-682-6899

Aging Life Care Association - https://[www.aginglifecare.org/](http://www.aginglifecare.org/) Tucson, AZ 520-881-8008

National Association of the Deaf (NAD) - https:/[/www](http://www.nad.org/).[nad.org/](http://www.nad.org/) Silver Spring, MD 301-587-1788

National Cancer Institute (NCI) - https://[www.cancer.gov/](http://www.cancer.gov/) Bethesda, MD 800-422-6237

National Center for Complementary and Integrative Health (NCCIH) - https://[www.nccih.nih.gov/](http://www.nccih.nih.gov/)

Bethesda, MD 888-644-6226

National Center for Health Statistics (NCHS) - https://[www.cdc.gov/nchs/index.htm](http://www.cdc.gov/nchs/index.htm)

Atlanta, GA 800-232-4636

National Center on Minority Health and Health Disparities - https://[www.nimhd.nih.gov/](http://www.nimhd.nih.gov/)

Bethesda, MD 301-402-1366

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - https://[www.niddk.nih.gov/health-information/digestive-diseases?dkrd=lgdmn0027](http://www.niddk.nih.gov/health-information/digestive-diseases?dkrd=lgdmn0027) Bethesda, MD 800-860-8747

National Eye Health Education Program (NEHEP) - https://[www.nei.nih.gov/learn-about-eye-health/resources-for-health-](http://www.nei.nih.gov/learn-about-eye-health/resources-for-health-) educators/national-eye-health-education-program

Bethesda, MD 301-496-5248

The National Eye Institute - https:/[/www.](http://www.nei.nih.gov/)n[ei.nih.gov/](http://www.nei.nih.gov/) Bethesda, MD 301-496-5248

National Health Information Center (NHIC) - [https://health.gov/our-](https://health.gov/our-work/health-literacy/resources/national-health-information-center) [work/health-literacy/resources/national-health-information-center](https://health.gov/our-work/health-literacy/resources/national-health-information-center) Rockville, MD

National Heart, Lung, and Blood Institute (NHLBI) - https:/[/www](http://www.nhlbi.nih.gov/).[nhlbi.nih.gov/](http://www.nhlbi.nih.gov/) Bethesda, MD 877-645-2448

National Institute Arthritis and Musculoskeletal and Skin Diseases - https://[www.niams.nih.gov/](http://www.niams.nih.gov/)

Bethesda, MD 301-495-4484 Toll Free # 877-226-4267

National Institute of Allergy and Infectious Diseases - https://[www.niaid.nih.gov/](http://www.niaid.nih.gov/)

Bethesda, MD 301-496-5717 Toll Free # 866-284-4107

Eunice Kennedy Shriver National Institute of Child Health and Human Development - https:/[/www](http://www.nichd.nih.gov/).[nichd.nih.gov/](http://www.nichd.nih.gov/)

Rockville, MD 800-370-2943

National Institute of Dental and Craniofacial Research - https://[www.nidcr.nih.gov/](http://www.nidcr.nih.gov/)

Bethesda, MD 866-232-4528

National Institute of General Medical Sciences (NIGMS) - https://[www.nigms.nih.gov/](http://www.nigms.nih.gov/)

Bethesda, MD 301-496-7301

National Institute of Mental Health (NIMH) - https://[www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml) Bethesda, MD 1-866-615-6464

National Institute of Neurological Disorders and Stroke (NINDS) - https://[www.ninds.nih.gov/](http://www.ninds.nih.gov/)

Bethesda, MD 800-352-9424

National Institute on Alcohol Abuse and Alcoholism (NIAAA) - https://[www.niaaa.nih.gov/](http://www.niaaa.nih.gov/)

Bethesda, MD 301-443-3860

National Institute on Deafness and Other Communication Disorders (NIDCD) - https://[www.nidcd.nih.gov/](http://www.nidcd.nih.gov/)

Bethesda, MD 800-241-1044

National Institute on Drug Abuse (NIDA) - https://[www.drugabuse.gov/](http://www.drugabuse.gov/) Gaithersburg, MD 301-443-6441

National Kidney Foundation (NKF) - https://[www.kidney.org/](http://www.kidney.org/) New York, NY 855-653-2273

National Library of Medicine (NLM) - https:/[/www](http://www.nlm.nih.gov/).[nlm.nih.gov/](http://www.nlm.nih.gov/) Bethesda, MD

National Library Service for the Blind and Print Disabled - https://[www.loc.gov/nls/](http://www.loc.gov/nls/)

Washington, DC 1-888-657-7323

National Medical Association (NMA) - https:/[/www](http://www.nmanet.org/).[nmanet.org/](http://www.nmanet.org/) Silver Spring, MD 202-347-1895

National Mental Health Association (NMHA) - https://[www.nami.org](http://www.nami.org/) Arlington, VA 703-524-7600

Helpline # 800-950-NAMI (6264)

National Multiple Sclerosis Society (NMSS) - https://[www.nationalmssociety.org/](http://www.nationalmssociety.org/)

New York, NY 1-800-344-4867

National Organization for Rare Disorders (NORD) - https://rarediseases.org/ Quincy, CT 617-249-7300

National Osteoporosis Foundation (NOF) - https://[www.nof.org/](http://www.nof.org/) Arlington, VA 1-800-231-4222

National Resource Center on Nutrition and Aging - https://nutritionandaging.org Arlington, VA 703-548-5558

National Prevention Information Network (NPIN) - https://npin.cdc.gov/

National Psoriasis Foundation (NPF) - https:/[/www](http://www.psoriasis.org/).[psoriasis.org/](http://www.psoriasis.org/) Alexandria, VA 503-244-7404 Helpline # 800-723-9166

National Rehabilitation Information Center (NARIC) - https:/[/www](http://www.naric.com/).[naric.com/](http://www.naric.com/) Landover, MD 800-346-2742

National Rural Health Association (NRHA) - https://[www.ruralhealthweb.org/](http://www.ruralhealthweb.org/) Washington, DC 202-639-0550

National Sleep Foundation (NSF) - https:/[/www](http://www.thensf.org/).[thensf.org/](http://www.thensf.org/) Washington, DC 703-243-1697

National STD and AIDS Hotlines - [https://www.usa.gov/federal-agencies/cdc-](https://www.usa.gov/federal-agencies/cdc-national-std-hotline) [national-std-hotline](https://www.usa.gov/federal-agencies/cdc-national-std-hotline) 1-800-232-4636

National Women's Health Network (NWHN) - https://nwhn.org Washington, DC 202-682-2640

Native Elder Health Care - https://[www.ihs.gov/eldercare/](http://www.ihs.gov/eldercare/) Rockville, MD

NIH Osteoporosis and Related Bone Diseases National Resource Center - https://[www.bones.nih.gov/](http://www.bones.nih.gov/)

Bethesda, MD 202-223-0344 800-624-BONE (2663)

North American Menopause Society (NAMS) - https:/[/www](http://www.menopause.org/).[menopause.org/](http://www.menopause.org/) Pepper Pike, OH 440-442-7550

Office of Dietary Supplements - https://ods.od.nih.gov/ Bethesda, MD 301-435-2920

Office of Minority Health, part of the U.S Department of Health and Human Services - https:/[/www](http://www.minorityhealth.hhs.gov/).[minorityhealth.hhs.gov/](http://www.minorityhealth.hhs.gov/)

Rockville, MD 1-800-444-6472

Office of Research on Women’s Health - https://orwh.od.nih.gov/ Bethesda, MD 301-402-1770

Office on Smoking and Health (OSH) - https://[www.cdc.gov/tobacco/about/osh/index.htm](http://www.cdc.gov/tobacco/about/osh/index.htm) Atlanta, GA 800-232-4636

Opticians Association of America (OAA) - https://oaa.org/

Parkinson’s Foundation - https:/[/www](http://www.parkinson.org/).[parkinson.org/](http://www.parkinson.org/)

New York, NY 1-800-4PD-INFO (473-4636)

President's Council on Physical Fitness and Sports (PCPFS) - https://[www.hhs.gov/fitness/index.html](http://www.hhs.gov/fitness/index.html)

Rockville, MD 240-276-9567

Prevent Blindness America (PBA) - https://preventblindness.org/ Chicago, IL 1-800-331-2020

Pulmonary Fibrosis Foundation (PFF) - https://[www.pulmonaryfibrosis.org/](http://www.pulmonaryfibrosis.org/) Chicago, IL 844-825-5733

Restless Legs Syndrome Foundation (RLS) - https://[www.rls.org/](http://www.rls.org/) Austin, TX 512-366-9109

Robert Wood Johnson Foundation (RWJF) - https://[www.rwjf.org/](http://www.rwjf.org/) Princeton, NJ 877-843-7953

SAMHSA’s National Clearinghouse for Alcohol & Drug Information - https://[www.samhsa.gov/](http://www.samhsa.gov/)

Rockville, MD 800-662-4357

Hearing Loss Association of America (HLAA) - https:/[/www](http://www.hearingloss.org/).[hearingloss.org/](http://www.hearingloss.org/) Rockville, MD 301-657-2248

Skin Cancer Foundation - https://[www.skincancer.org/](http://www.skincancer.org/) New York, NY 212-725-5176

Society for Neuroscience - https://[www.sfn.org/Washington,](http://www.sfn.org/Washington) DC 202-961-4000

# Aging Issues Resources Directory

AARP - https://[www.aarp.org/](http://www.aarp.org/)

Washington, DC 1-888-OUR-AARP (687-2277)

AARP – Transportation – What Caregivers Need To Know https://[www.aarp.org/caregiving/home-care/info-2020/transportation-services.html](http://www.aarp.org/caregiving/home-care/info-2020/transportation-services.html) Washington, DC 1-888-OUR-AARP (687-2277)

Administration for Community Living (ACL) - https://acl.gov/ Washington, DC 202-401-4634 Eldercare Locator #800-677-1116

Alliance for Aging Research - https:/[/www.](http://www.agingresearch.org/)a[gingresearch.org/](http://www.agingresearch.org/) Washington, DC 202-293-2856

Alliance for Retired Americans - https://retiredamericans.org/ Washington, DC 202-637-5399

American Bar Association – Commission on Law and Aging https://[www.americanbar.org/groups/law\_aging/](http://www.americanbar.org/groups/law_aging/) Washington, DC 202-662-8690

American Federation for Aging Research (AFAR) - https://[www.afar.org/](http://www.afar.org/)

New York, NY 212-703-9977 Toll Free # 888-582-2327

American Society on Aging (ASA) - https://[www.asaging.org/](http://www.asaging.org/) San Francisco, CA 800-537-9728

Association for Gerontology in Higher Education (AGHE) <https://www.geron.org/programs-services>

Washington, DC 202-842-1275

B’nai B’rith - https://[www.bnaibrith.org/](http://www.bnaibrith.org/) Washington, DC 202-587-6600

Brookdale Center for Healthy Aging (BCOA) - https://brookdale.org/ New York, NY 212-396-7835

United States Census Bureau - https:/[/www](http://www.census.gov/).[census.gov/](http://www.census.gov/) Washington, DC 301-763-INFO (4636)

Toll Free # 800-923-8282

National Association for State Community Services Program (NASUA) https://nascsp.org/

Washington, DC 202-370-3657

International Council on Active Aging (ICAA) - https://[www.icaa.cc/](http://www.icaa.cc/) Vancouver, BC 604-734-4466 Toll Free # 866-335-9777

AmeriCorps Seniors - https:/[/www](http://www.nationalservice.gov/programs/senior-corps).[nationalservice.gov/programs/senior-corps](http://www.nationalservice.gov/programs/senior-corps) 800-942-2677

U.S. Department of Veterans Affairs - https:/[/www](http://www.va.gov/).[va.gov/](http://www.va.gov/) Washington, DC 800-698-2411

Eldercare Locator - https://eldercare.acl.gov/Public/Index.aspx 800-677-1116

Road Scholar - https:/[/www](http://www.roadscholar.org/).[roadscholar.org/](http://www.roadscholar.org/) Boston, MA Toll Free # 800-454-5768

Seniorliving.org - https://[www.seniorliving.org/](http://www.seniorliving.org/) Ft. Lauderdale, FL 954-691-9500

Generations On Line - https://[www.generationsonline.com/](http://www.generationsonline.com/) Philadelphia, PA 215-222-6400

Generations Together - https:/[/www](http://www.generations-together.org/).[generations-together.org/](http://www.generations-together.org/) Foster City, CA 650-356-2902

Gerontological Society of America (GSA) - https:/[/www](http://www.geron.org/).[geron.org/](http://www.geron.org/) Washington, DC 202-842-1275

Legal Counsel for the Elderly (LCE)

https://[www.aarp.org/legal-counsel-for-elderly/?migration=rdrct](http://www.aarp.org/legal-counsel-for-elderly/?migration=rdrct) Washington, DC 202-434-2120

Little Brothers – Friends of the Elderly - https://littlebrothers.org/ Chapters in: Boston, Chicago, Cincinnati, New York, San Francisco, Upper Michigan

National Academy of Elder Law Attorneys (NAELA) - https://[www.naela.org/](http://www.naela.org/)

Vienna, VA 703-942-5711

US Aging - https:/[/www](http://www.usaging.org/).[usaging.org](http://www.usaging.org/) Washington, DC 202-872-0888

National Asian Pacific Center of Aging (NAPCA) - https://[www.napca.org/](http://www.napca.org/)

Seattle, WA 206-624-1221

National Association for Hispanic Elderly (Asociación Nacional Pro Personas Mayores)

https://[www.aginginmotion.org/members/national-association-for-hispanic-elderly/](http://www.aginginmotion.org/members/national-association-for-hispanic-elderly/) Washington, DC

Aging Life Care Association - https://[www.aginglifecare.org/](http://www.aginglifecare.org/) Tucson, AZ 520-881-8008

National Resource Center on Nutrition & Aging - https://nutritionandaging.org Washington, DC 201-401-4634

National Bar Association - https://nationalbar.org/ Washington, DC 202-842-3900

National Caucus and Center on Black Aged, Inc. (NCBA) - https://ncba- aging.org/

Washington, DC 202-637-8400

National Center on Poverty Law, Inc. (NCPL) - https://[www.povertylaw.org/](http://www.povertylaw.org/) Chicago, IL 312-263-3830

National Committee to Preserve Social Security and Medicare (NCPSSM) https://[www.ncpssm.org/](http://www.ncpssm.org/)

Washington, DC 202-216-0420 Senior Hotline # 800-998-0180

National Consumers League (NCL) - https://nclnet.org/ Washington, DC 202-835-3323

National Hispanic Council on Aging (NHCOA) - https:/[/www](http://www.nhcoa.org/).[nhcoa.org/](http://www.nhcoa.org/) Washington, DC 202-347-9733

National Indian Council on Aging (NICOA) - https://[www.nicoa.org/](http://www.nicoa.org/) Albuquerque, NM 505-292-2001

National Institute of Environmental Health Sciences (NIEHS) - https://[www.niehs.nih.gov/](http://www.niehs.nih.gov/)

Research Triangle Park, NC 919-541-3345

National Institute on Aging (NIA) - https:/[/www](http://www.nia.nih.gov/).[nia.nih.gov/](http://www.nia.nih.gov/) Bethesda, MD 800-222-2225

National Resource Center on Native American Aging (NRCNAA) - https://[www.nrcnaa.org/](http://www.nrcnaa.org/)

Grand Forks, ND 800-896-7628

National Resource Center on Supportive Housing & Home Modifications - https://homemods.org

Los Angeles, CA 213-740-1364

Justice in Aging - https://justiceinaging.org/ Washington, DC 202-289-6976

National Senior Games Association (NSGA) - https://nsga.com/ Clearwater, FL 727-475-1187

National Urban League, Inc. - https://nul.org/ New York, NY 212-558-5300

Older Womens League (OWL) - https://[www.owlsf.org/](http://www.owlsf.org/) San Francisco, CA 415-712-1695

Organization of Chinese Americans (OCA) - https:/[/www](http://www.ocanational.org/).[ocanational.org](http://www.ocanational.org/) Washington, DC 202-223-5500

National Resource Center on LGBT Aging - https://[www.sageusa.org](http://www.sageusa.org/) New York, NY 212-741-2247

SeniorNet (SN) - https://seniornet.org Pleasanton, CA

Social Security Administration - https://[www.ssa.gov/](http://www.ssa.gov/) Baltimore, MD 800-772-1213 Toll Free

# Assisted Living Resource Directory

National Institute on Aging

<https://www.nia.nih.gov/site-search/YXNzaXN0ZWQgbGl2aW5n> Bethesda, MD 800-222-2225

Alternatives for Seniors - <https://www.alternativesforseniors.com/> Contact # 800-350-0770 Personal Assistance # 888-904-1990

A Place for Mom - <https://www.aplaceformom.com/> New York, NY 866-368-7916

Silver Connections - <https://silverconnections.com/>

Rolling Meadows, IL - 866-421-8266 Senior Care Consultant # 847-303-9602

Assisted Living Online - <https://www.assistedlivingonline.com/> Finding Homes Near You

Medline Plus [https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-](https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=assisted%2Bliving&_ga=2.78754065.485574882.1603387493-1922992411.1603387493)

[meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-](https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=assisted%2Bliving&_ga=2.78754065.485574882.1603387493-1922992411.1603387493) [bundle&query=assisted+living&\_ga=2.78754065.485574882.1603387493-](https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=assisted%2Bliving&_ga=2.78754065.485574882.1603387493-1922992411.1603387493) [1922992411.1603387493](https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=assisted%2Bliving&_ga=2.78754065.485574882.1603387493-1922992411.1603387493)

Bethesda, MD Health Information Resource on Assisted Living

National Center for Assisted Living <https://www.ahcancal.org/Assisted-Living/Pages/default.aspx> Washington, DC 202-824-4444

New Lifestyles - <https://www.newlifestyles.com/> Euless, TX 800-869-9549

Paxem - <https://www.paxem.com/> Lake Zurich, IL 847-829-4437 Senior relocation experts

Senior Directory - <https://seniordirectory.com/> Resource Guide for seniors

Senior Housing - <https://www.seniorhousingnet.com/> Local Advisor # 800-304-7152 Options for senior living

Senior Outlook Today - <https://www.senioroutlooktoday.com/> National online lifestyle magazine, credible resource for seniors South Bend, IN

Senior Resource - <https://www.seniorresource.com/> Articles, expert advice, local resources

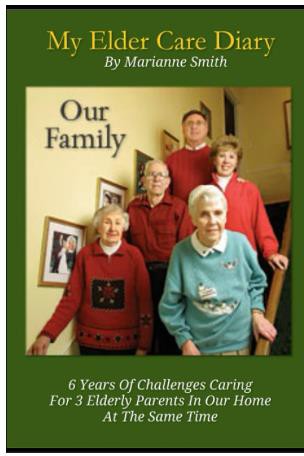
Washington, DC - 888-219-4747

Senior Resources Guide - <https://www.seniorsresourceguide.com/> Littleton, CO 303-794-0799

Senior resources and services for healthy aging

#### Be sure to order Marianne’s book

**“*My Elder Care Diary*” available on Amazon.com**

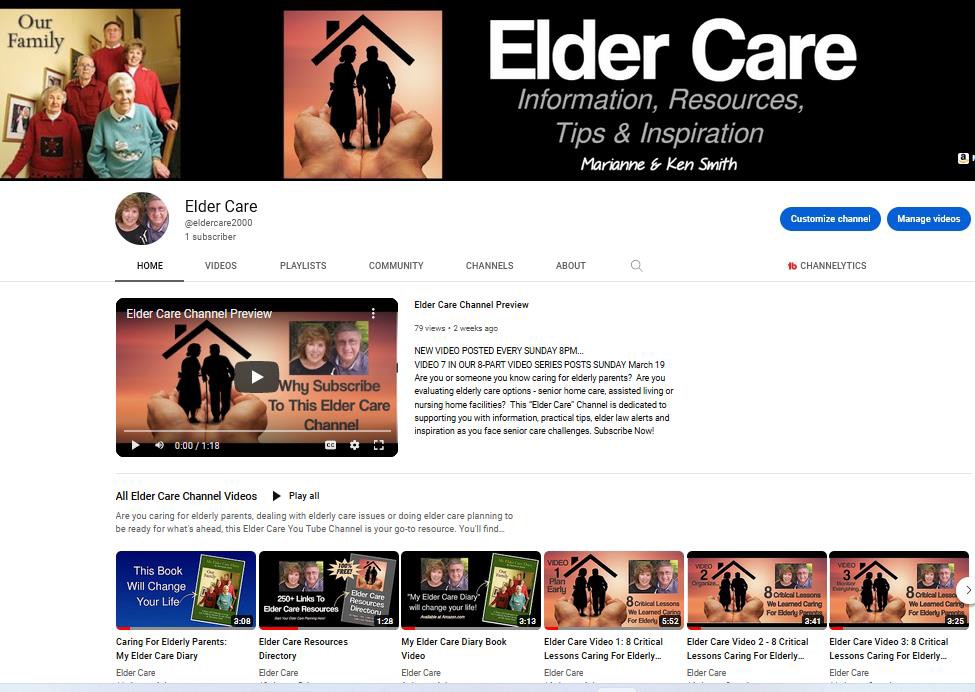


**Click This Link:**

[*https://www.amazon.com/Elder-Care-Diary-Marianne-*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)[*Smith/dp/B096LRYFD6/ref=sr\_1\_1?crid=377AH3WBAV6CD&keywords=my+elder+care+diar*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)[*y&qid=1676827922&sprefix=my+elder+care+diary%2Caps%2C94&sr=8-1*](https://www.amazon.com/Elder-Care-Diary-Marianne-Smith/dp/B096LRYFD6/ref%3Dsr_1_1?crid=377AH3WBAV6CD&keywords=my%2Belder%2Bcare%2Bdiary&qid=1676827922&sprefix=my%2Belder%2Bcare%2Bdiary%2Caps%2C94&sr=8-1)

**Also visit our EverAgeless website and blog** [**https://everageless.com**](https://everageless.com/)

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##### To go to the Elder Care You Tube Channel, Click on this link:

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[**https://youtube.com/@eldercare2000**](https://youtube.com/%40eldercare2000)

*Mobile Devices:*

[***https://m.youtube.com/eldercare2000***](https://m.youtube.com/eldercare2000)