

Finding Services for People 60 and Older: Brief Version

In most towns and cities, there are programs for older people. These programs can help you get the services you need.

It's easy to find out where to get services. Call the Eldercare Locator at 1-800-677-1116.

The Eldercare Locator can give you the phone number for your local Area Agency on Aging.

- It provides services for older people.
- It helps you find the services you need.

You can find out about help in the home.

- You may learn who can bring meals to the home.
- Rides may be offered.
- You may find out who to contact about home healthcare.

You can learn about programs and activities in your area.

- Places that offer adult daycare may be in your area.
- Senior center programs offer fun things to do and ways to meet people.

You can learn where to get help with problems like:

- Legal problems
- Housing
- Abuse

There are other things you can do to find out more.

- Visit your library. It may have a bulletin board of services. Check out books about the needs of older people.
- Go to the local senior center. Many senior centers offer hot noon meals or meals brought to the home. You can also ask about health and social services near you.
- Ask at your place of worship. It may have services for older adults. It may also have volunteers who visit people in their homes. Ask about what help they can give.

You might hire a care manager. They can help you get the services you need. You may be able to get the services through your state or county. To find a care manager:

- Ask family, friends, and neighbors. Talking to people you know is one of the best ways to find good services you can afford.
- Ask your healthcare provider.
- Call your local hospital.
- Call your local Area Agency on Aging.

- Call the National Association of Professional Geriatric Care Managers at 520-881-8008.

Developed by RelayHealth.

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