

Internet resources for Eldercare

National Council on Aging. www.ncoa.org

Known as both a respected national leader and trusted association dedicated to helping people aged 60+, the National Council on Aging works with nonprofit organizations, governments, and businesses in order to provide community programs and services. This is a great place to find what senior programs are available to assist with healthy aging and financial security.

PACE Programs for All Inclusive Care <https://tinyurl.com/4t2aanrd>

PACE provides comprehensive medical and social services to certain frail, elderly people (participants) still living in the community. Most of the participants who are in PACE are dually eligible for both Medicare and Medicaid.

Eldercare Locator <https://eldercare.acl.gov/Public/Index.aspx>

The Eldercare Locator is a great resource for seniors. As a free national service of the US Administration on Aging (AoA) and an initiative of National Association of Area Agencies on Aging (n4a), it helps find local resources available to seniors such as legal and financial support, caregiving services, home repair and modification, transportation and more.

Area Agency on Aging. <https://tinyurl.com/uw5vuajs>

An Area Agency on Aging (AAA) is a public or private non-profit agency, designated by the state to address the needs and concerns of all older persons at the regional and local levels. “Area Agency on Aging” is a generic term—specific names of local AAAs may vary. AAAs are primarily responsible for a geographic area, also known as a PSA, that is either a city, a single county, or a multi-county district. AAAs may be categorized as: county, city, regional planning council or council of governments, private, or non-profit.

AAAs coordinate and offer services that help older adults remain in their homes - if that is their preference - aided by services such as Meals-on-Wheels, homemaker assistance, and whatever else it may take to make independent living a viable option. By making a range of options available, AAAs make it possible for older individuals to choose the services and living arrangements that suit them best.

Benefits Checkup <http://www.benefitscheckup.org/>

Find private or government programs that help pay for prescription drugs, health care, utilities, and other needs.

Guide to Long Term Care for Veterans <https://www.va.gov/GERIATRICS/>

National Directory of Home Modifications and Repair Resources

www.homemods.org

finding qualified local services and professionals that can help you modify and renovate your home

Advance Health Care Directives

California <https://tinyurl.com/3z66k75h>

Five Wishes (good in 46 states) www.fivewishes.org

Dementia /Alzheimer's

www.alz.org

Humor

www.humorproject.com

www.humormatters.com/aging.htm

Legal

www.help4srs.org

Medicare

www.Medicare.gov

Medicare Part D (Prescription Drug Benefit)

www.aarp.org/bulletin/medicarerx/worksheet.html

Medication Information

www.webmd.com

www.epocrates.com

www.rxlist.com

www.drugs.com

Moving

www.nasmm.org

Personal Medical Alert Systems <https://tinyurl.com/4nuaejzt>

Medical alert systems, also known as personal emergency response systems, offer a fast and easy way to get help during an emergency, whether for a medical issue, a fall, a fire, or something else. Broadly, these systems all have a help button that dials up an emergency response center and connects you to a live agent.

Medical Guardian 2.0 www.medicalguardian.com
Mobile Help www.mobilehelp.com
ADT Health www.adt.com
Bay Alarm Medical www.bayalarmmedical.com
American Medical Alarms www.americanmedicalalarms.com
Life Line www.lifeline.com

Frequently asked for numbers

- AA, Alcoholics Anonymous 310-618-1180
- Adult Protective Services (APS) 888-202-4248:
After hours abuse 877-477-3646
- Alzheimers Association 800-272-3900 24 hour
- American Red Cross 800-540-2008
- American Cancer Society 213-386-6102
- Cancer Information Service 800-4-CANCER
- Dept. of Aging – L.A. County 800-243-8081
- Medicare 800-633-4227
- National Hospice Organization 800-658-8898
- Social Security Admin. 800-772-1213
- Veterans- U.S. Dept of Veterans Affairs 800-827-1000

Dr Cheryl Mathieu website www.MyAgeSage.com