

Resources for Staying Active and Healthy as you age

National Center on Health, Physical Activity and Disability (NCHPAD)

Toll Free: 800/900-8086

nchpad.org

NCHPAD is a public health practice and resource center on health promotion for persons with disabilities. They provide disability specific information regarding physical activity, nutrition, and lifestyle weight management along with web-based health promotion programs inclusive to users of all abilities.

National Institute on Aging at NIH

go4life.nia.nih.gov

millionhearts.hhs.gov/index.html



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HeiTech Services, Inc., is a woman- and service-disabled veteran-owned business. For corporate qualifications and references, visit us at heitechservices.com or call 301/918-9500.

NARIC

8400 Corporate Drive, Suite 500
Landover, MD 20785

800/346-2742 (V); 301/459-5900 (V); 301/459-4263 (Fax)

naricinfo@heitechservices.com

www.naric.com

Quick Picks from the Librarians at the National Rehabilitation Information Center

Information Resources for Aging



NARIC

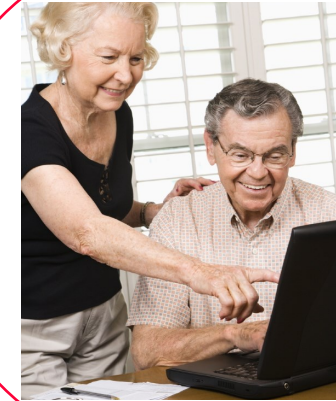
www.naric.com

Living Longer and Living Well

Today individuals with and without disabilities are living far longer than previous generations thanks to advances in medicine, rehabilitation, technology, and disability policy. With longer life comes more age-related disabilities.

In addition, people with disabilities are living longer and are just as vulnerable to age-related conditions such as arthritis, heart disease, diabetes, and more.

The resources collected in this brochure are designed to help older Americans and their families identify benefit programs, technology, and community services so they can choose how to spend their senior years.



Information and Support

National Assistive Technology Act Technical Assistance and Training (AT3) Center

at3center.net

Provides information about the Assistive Technology Act, State Assistive Technology Programs, and general assistive technology. Find your state AT program here at3center.net/state_program, including information about financing AT devices and device loans, demos, and reutilization. The Explore AT section of the website is a clearinghouse for information and resources on a variety of assistive technologies. It provides links to reputable information sources on AT devices and services in the areas of education, employment, and community living.

Administration for Community Living (ACL) Administration on Aging (AoA)

Toll Free: 800/677-1116 (Eldercare Locator)
aclinfo@acl.hhs.gov

www.acl.gov/about-acl/administration-aging.

American Association of Retired Persons (AARP)

Toll Free: 888/OUR-AARP (687-2277)
member@aarp.org

aarp.org

Information, advocacy, and benefits for people over 50, empowering them to choose how they live as they age.

National Institute on Aging (NIA)

Toll Free: 800/222-2225, 800/222-4225 (TTY)
niaic@nia.nih.gov

nia.nih.gov

NIA is at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.



Health and Wellness

American Occupational Therapy Association (AOTA)

Older Driver Rehabilitation for Consumers and Professionals: www.aota.org/practice/productive-aging/driving.aspx. Find A Driving Specialist: myaota.aota.org/driver_search/index.aspx.

Medicare.gov

Toll Free: 800/633-4227

medicare.gov

All information pertaining to Medicare Centers for Medicare & Medicaid Services. For forms, help, and resources for yourself or taking care of someone with Medicare visit <https://www.medicare.gov/forms-help-and-resources/index.html>.

Medicare Rights Center

Toll Free: 800/333-4114

medicarerights.org

Independent source of health care information and assistance in the U.S. for people with Medicare

Aging in Place

National Aging in Place Council (NAIPC)

Phone: 202/939-1770

akrapacs@dworbell.com

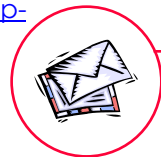
ageinginplace.org

The National Aging in Place Council is a senior support network working to solve issues related to aging by raising awareness of home and community-based services that make independent living possible.

LeadingAge

LeadingAge.org

LeadingAge members are dedicated to ensuring that high-quality, affordable long-term care and supports for daily living are available to all individuals according to their unique needs, values, and preferences. Website provides searchable listings of adult day services, senior housing, senior centers, home



health and care, community services, senior housing, assisted living residences, continuing care retirement communities, and nursing homes here <https://www.leadingage.org/find-member>. Search within a radius by zip code, city, or state.

Advocacy, Protection, and Legal

Eldercare Locator

Toll Free: 800/677-1116

eldercare.acl.gov

Nationwide service that connects older Americans and their caregivers with information on senior services. Search for providers and/or resources by zip code, city, or state.

National Center on Elder Abuse

Toll Free: 855/500-3537

ncea.aoa.gov

The NCEA serves as a national resource center dedicated to the prevention of elder mistreatment. First established by the AoA in the 1992 amendments made to Title II of the Older Americans Act. State reporting numbers, government agencies, state laws, state-specific data and statistics, and other resources: ncea.aoa.gov/Stop_Abuse/Get_Help/State/index.aspx.

National Senior Citizens Law Center (NSCLC)

Phone: 202/887-5280

nslc.org

NSCLC is a nationwide advocacy organization that provides education, counseling, and publications to legal services advocates nationwide who help low-income seniors.

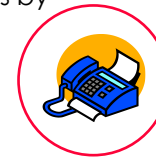
Caregiving and Home Care

Family Caregiver Alliance (FCA)

Toll Free: 800/445-8106

caregiver.org

Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so



desperately need and deserve, and championing their cause through education, services, research, and advocacy.

Family Caregiver Navigator from the Family Caregiver Alliance (FCA)

caregiver.org/family-care-navigator

A clickable map helps family caregivers locate public, nonprofit, and private programs and services nearest their loved one, living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease specific Organizations, and more.

Caregiver Action Network (CAN)

Phone: 855/227-3640

info@caregiveraction.org

caregiveraction.org

Non-profit organization providing education, peer support, and resources to family caregivers nationwide. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease.

National Association for Home Care & Hospice (NAHC)

Phone: 202/547-7424

nahc.org

NAHC is the nation's largest trade association representing the interests and concerns of home care agencies, hospices, home care aide organizations, and medical equipment suppliers; and is dedicated to making home care and hospice providers lives easier.

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