

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

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Landover, MD 20785

800/346-2742 (V); 301/459-5900 (V); 301/459-4263 (Fax)
naricinfo@heitechservices.com
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Quick Picks from the Librarians at the National Rehabilitation Information Center

Information Resources for Aging



NARIC

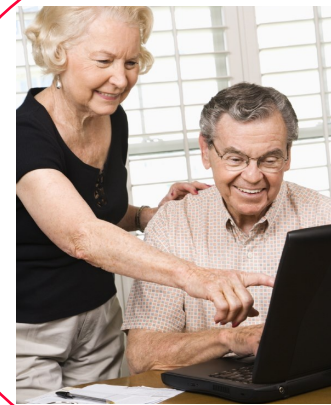
www.naric.com

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

Access America for Seniors

The National Center for Creative Aging is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging, and to developing programs that build upon this understanding. Visit their online directory of Creative Aging Programs in America here <http://www.creativeaging.org/programs-people/cad>. Provides State by state listings.

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

Toll Free: 800/677-1116
aclinfo@acl.hhs.gov
www.acl.gov/about-acl/administration-aging.

National Aging in Place Council (NAIPC)

Phone: 202/939-1770
akrapacs@ageinplace.org
ageinplace.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.

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



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

ABLEDATA

Toll Free: 800/227-0216 (V), 703/992-8313 (TTY)
abledata.com.
ABLEDATA provides objective information about assistive technology products and rehabilitation equipment available from domestic and international sources.

LeadingAge

Phone: 202/783-2242
info@LeadingAge.org
leadingage.org.
Aging Services Directory lists adult day services, home health, community services, senior housing, assisted living residences, retire-

ment communities, nursing homes, and more. 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/StopAbuse/GetHelp/State/index.aspx.

National Senior Citizens Law Center (NSCLC)

Phone: 202/887-5280
nsclc.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.

Caregiver Action Network (CAN)

Phone: 202/772-5050
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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