

## 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](http://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](http://go4life.nia.nih.gov)

[millionhearts.hhs.gov/index.html](http://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](http://heitechservices.com) or call 301/918-9500.

NARIC

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*Quick Picks from the Librarians at the National Rehabilitation Information Center*

## Information Resources for Aging



NARIC

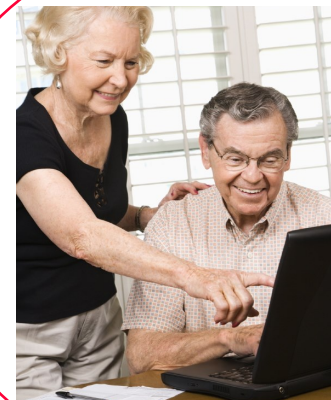
[www.naric.com](http://www.naric.com)

## 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

### Administration for Community Living (ACL)

#### Administration on Aging (AoA)

Toll Free: 800/677-1116 (Eldercare Locator)

[aclinfo@acl.hhs.gov](mailto:aclinfo@acl.hhs.gov)

[www.acl.gov/about-acl/administration-aging](http://www.acl.gov/about-acl/administration-aging).

### American Association of Retired Persons (AARP)

Toll Free: 888/OUR-AARP (687-2277)

[member@aarp.org](mailto:member@aarp.org)

[aarp.org](http://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](mailto:niaic@nia.nih.gov)

[nia.nih.gov](http://nia.nih.gov).

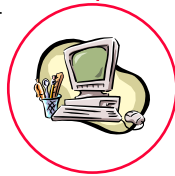
NIA is at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.

### ABLEDATA

Toll Free: 800/227-0216 (V), 703/992-8313 (TTY)

[abledata.acl.gov](http://abledata.acl.gov)

ABLEDATA provides objective information about assistive technology products and rehabilitation equipment available from domestic and international sources.



## Health and Wellness

### American Occupational Therapy Association (AOTA)

Older Driver Rehabilitation for Consumers and Professionals:

[www.aota.org/practice/productive-aging/driving.aspx](http://www.aota.org/practice/productive-aging/driving.aspx).

Find A Driving Specialist: [myaota.aota.org/driver\\_search/index.aspx](http://myaota.aota.org/driver_search/index.aspx).

### Medicare.gov

Toll Free: 800/633-4227

[medicare.gov](http://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](http://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](mailto:akrapacs@dworbell.com)

[ageinginplace.org](http://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](http://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](http://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](http://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](http://ncea.aoa.gov/StopAbuse/GetHelp/State/index.aspx).

### National Senior Citizens Law Center (NSCLC)

Phone: 202/887-5280

[nsclc.org](http://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](http://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](http://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](mailto:info@caregiveraction.org)

[caregiveraction.org](http://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](http://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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