

ELDER-CARE RESOURCES

Dealing with the physical, emotional, legal, and financial issues of aging and elder-care can be confusing and perplexing endeavor. Fortunately, there are many resources available to guide you through this maze. Here is a list to get you started.

FEDERAL

Medicare (www.medicare.gov) The Medicare Web site includes a helpful comparison of nursing homes. You can select by zip code, city, state, etc.

Administration on Aging (www.aoa.gov) This is the Federal focal point and advocate agency for the concerns of older people and contains information on Alzheimer's, elder rights, money matters, services for seniors, etc.

Eldercare Locator (www.eldercare.gov) This is a service of the Administration on Aging and is the first step for finding resources for older adults in any U.S. community.

FirstGov for Seniors (www.usa.gov/Topics/Seniors.shtml) This is the federal government's portal to all sorts of information for seniors.

STATE & LOCAL

NC Division of Aging (www.dhhs.state.nc.us/aging/home.htm) The NC Division of Aging is under the

NC Dept. of Health & Human Services. Information is available on services for older adults, long-term-care, care-giver support, etc.

NC Dept of Insurance (www.ncdoi.com) Information on insurance and long-term-care planning. It also contains a link to the **Seniors Health Insurance**

Information Program (SHIIP), a volunteer-staffed initiative providing information and counseling on Medicare, Medicaid and long-term-care.

NC Division of Health Service Regulation (www.ncdhhs.gov/dhsr/index.html) Formerly called the Division of Facility Services, the Division of Health Service Regulation is part of the NC Dept. of Health & Human Services and regulates various medical facilities. If a particular facility has been fined for any violations, this website provides the information.

Wake County (www.wakegov.com) Under Wake County's website is a link to Health & Human Services, which has information on adult services, Medicare, Medicaid, and many other topics.

OTHER

Resources for Seniors (www.resourcesforseniors.com) This is a non-profit United Way agency that serves seniors and caregivers in Wake County. It is a sponsor of the Golden Jubilee Expo (www.goldenjubileexpo.com) May 7, at the NC State Fairgrounds

AARP (www.aarp.org) The American Association of Retired Persons is a great resource for information on aging.

ElderWeb (www.elderweb.com) This site discusses many aging and elder-care issues.

National Alzheimer's Association (www.alz.org) Information about this progressive and fatal brain disease.

These resources are a good starting point for researching both general and specific information on issues and challenges faced by older adults.