

# Great Resources for Elders

## National Council on Aging

E-mail: [www.ncoa.org](http://www.ncoa.org)

NCOA Headquarters, 1901 L Street NW, 4<sup>th</sup> Floor, Washington D.C. 20036

Telephone: 202-479-1200

Mission: To improve the lives of older Americans

Local Area Agency on aging – find one near you.

## AARP – American Association of Retired Persons

Email: [www.arp.org](http://www.arp.org)

AARP, 601 E. Street, NW, Washington D.C. 20049

1-888-687-2277

## Alzheimer's Association

Email: [www.alz.org](http://www.alz.org)

Many local offices

National 24 hour helpline: 1-800-272-3900

## Caring Connections

Email: [www.caringinfo.org](http://www.caringinfo.org)

Helpline: 1-800-658-8898

A program of the National Hospice and Palliative Care Organization

\*Free\* A great site to download state specific Living Wills and Health Care Power of Attorney forms and instructions.

## Ombudsman

National Long Term Care Ombudsman Resource Center

An Ombudsman is an advocate for residents of nursing homes, board and care homes and assisted living. All states are required to have an

Ombudsman Program. [www.ltombudsman.org](http://www.ltombudsman.org) 202-332-2275

Eldercare Locator – Nationwide directory assistance service to help locate resources for aging Americans. 1-800-677-1116

Medline Plus – Look up information on health, diseases, treatments, medications with information provided by the National Institutes of Health and the U.S. Library of Medicine. [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)