

# Aging Parents and Common Sense

A Directory of Resources  
for You and Your Parents



This booklet is part of the *AXA Consumer Insight Series*. AXA created this series to educate and help the public understand the financial issues that may impact their lives. At AXA, we are committed to giving our clients the tools to help them make the financial decisions that are right for them. If you are interested in seeing other titles in this series, please visit our Web site at [www.AXAonline.com/insights](http://www.AXAonline.com/insights).

# A Message from AXA Equitable

There are many agencies and organizations located throughout the country that can provide information and support to help you and your parents cope with the problems of aging. **AXA Equitable** has put together a list of resources that may be useful to you as you address the specific issues your family may face. Each listing includes the organization's name, address, telephone and fax numbers, Web site, a brief description of the organization, and the services and publications that are available.\*

If you haven't already, you may also be interested in reading the publication *Aging Parents and Common Sense — A Practical Guide for You and Your Parents*. This guide, published by AXA Equitable, offers suggestions and ideas for adults who are — or expect to be — providing support and care to their aging parents or other relatives. *Aging Parents and Common Sense* is part of the AXA Consumer Insight Series, a series of booklets created to educate and help the public understand the financial issues that may impact their lives. To find this guide or other titles within this series, go to [www.AXAonline.com](http://www.AXAonline.com), type "AXA Consumer Insights Series" in the Main Page "Search" Box and hit "Go."

Support for this publication is part of AXA Equitable's ongoing commitment to address social issues affecting clients, investors, employees, and financial professionals within its organization, as well as the general public. As a provider of financial planning products and services, AXA Equitable helps people and businesses plan for the future, maximize the quality of life, and manage their responsibilities toward those who depend on them. AXA Equitable is a member of the global AXA Group.

Please visit our Web site: [www.AXAonline.com](http://www.AXAonline.com).

\* All information is accurate as of April 2006. Check with each organization regarding membership fees and prices and availability of publications.

# How to Use This Directory

The resources provided in this directory are alphabetized within the following categories:

- General
- Financial
- Health
- Legal
- Housing

Many of the listings are for national associations with local affiliates. They will be able to refer you to services in your community. When contacting any of these groups, you may want to ask for suggestions for additional local or national resources to help with your specific problem or question.

Web-based resources for caregivers are expanding rapidly, with new Web sites coming online frequently. For caregivers with access to the Internet, the Web-based resources can save a lot of time and provide valuable information. Not all sites, however, contain quality information. Since new sites are emerging rapidly, check every week or so to make sure you haven't missed a Web site that meets your informational needs. Here are a few tips for finding good information and quality sites:

1. Remember that Web site addresses that end with “.com” are for-profit organizations. These sites often are established to sell a product or service and, because of this commercial aspect, may not be the most reliable source of information. However, there are a number of high-quality “.com” Web sites with good services and good information. Investigate the Web site thoroughly before you make a judgment. Sites ending with “.edu” are hosted by educational organizations, and those ending with “.org” are generally nonprofit organizations. For objective information about benefits and entitlements, look for the “.gov” Web site indicating that it is government-related.
2. When using a search engine, some key words to enter to locate caregiving Web sites include:
  - Caregiving
  - Health
  - Eldercare
  - Seniors
  - Elders

If you are seeking information about a specific disease, enter the disease name into the search engine to find disease-specific information. Often there is a nonprofit organization that provides information about the disease and services available to those who have that disease, or who are caregiving for someone who does. These Web sites may also provide up-to-date information about new and emerging treatment therapies.

3. Many Web sites request that you register to gain access to information they have available and most provide free registration. Before registering, it is a good idea to view their privacy policy to limit the amount of “junk” e-mail you receive as a result of registering.

# Resource Listing

| RESOURCE  | DESCRIPTION   | WHAT HELP IS AVAILABLE  |
|---|---|---|
| <p><b>Name</b>, Address, Telephone, Hours:<br/>(T) = Telephone; (F) = Fax; (TDD) = Telecommunications Device for the Deaf; (800 or 888) = Toll-free service; Hours are ET (Eastern), CT (Central), MT (Mountain), or PT (Pacific); Web site</p> |   |   |
| <p><b>GENERAL INFORMATION RESOURCES</b></p>   |   |   |
| <p><b>AARP</b><br/>601 E Street NW<br/>Washington, DC 20049<br/>(T) 202-434-2277<br/>24-Hour Member Assistance<br/><i>Hotline:</i> (800) 424-3410<br/>www.aarp.org</p>  | <p>Nonprofit membership organization dedicated to the needs of people age 50 and older. Membership fee.</p>   | <p>Services include free publications, mail order pharmacy, group health insurance, reports on legislative developments, and investment programs. Bimonthly magazine, <i>Modern Maturity</i>. Publications cover a wide range of topics on aging and related subjects. Ask for Caregiver Resources. The Web site has a caregiving section and offers information on consumer issues, and local AARP chapter services.</p> |
| <p><b>Adult Day Centers</b><br/><i>Check with County Office on Aging or Area Agency on Aging for centers in your area.</i></p>  | <p>Day centers with daily, weekly, or part-time schedules planned to fit the needs of the frail, elderly adults who are physically impaired, and/or those with dementia, confusion problems, and Alzheimer's disease.</p> | <p>Provide socialization, activities, and a variety of health, rehabilitative, and social services in a protective group setting. Adult day centers are offered in a variety of settings.</p>   |
| <p><b>Alliance for Children and Families</b><br/>11700 West Lake Park Drive<br/>Milwaukee, WI 53224<br/>(T) 414-359-1040<br/>(F) 414-359-1074<br/>(800) 221-2681<br/><i>Also check local listings.</i><br/>www.alliance1.org</p>                | <p>National organization of nonprofit service agencies offering assistance to individuals and families.</p>   | <p>National toll-free service provides referrals to local Family Service Associations offering counseling, support groups, and assessments to individuals and families.</p>   |
| <p><b>American Self-Help Group Clearinghouse</b><br/>100 East Hanover Avenue, Suite 202<br/>Cedar Knolls, NJ 07297<br/>(T) 973-326-6789<br/>www.selfhelpgroups.org</p>  | <p>Lists national and online self-help support groups for any type of illness, disability, bereavement or other stressful conditions.</p>   | <p>Will advise on any local self-help clearing houses near you. Can direct you to your state or county self-help clearinghouse, if available.</p>   |

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| <p><b>American Society on Aging</b><br/>           833 Market Street<br/>           Suite 511<br/>           San Francisco, CA 94103-1824<br/>           (T) 415-974-9600<br/>           (F) 415-974-0300<br/>           (800) 537-9728<br/>           8:30 a.m.–5:00 p.m. PT, M–F<br/> <a href="http://www.asaging.org">www.asaging.org</a></p> | <p>Professional membership association of individuals and organizations working with and on behalf of older people. Membership fee.</p>   | <p>Provides education and training events for professionals in aging. Publications for members and subscribers include <i>Aging Today</i>, <i>Generations</i>, and special interest newsletters. The Web site is linked to the National Alliance for Caregiving Web site and the AXA Foundation Family Care Resource Connection.</p> |
| <p><b>Catholic Charities, U.S.A.</b><br/>           1731 King Street<br/>           Alexandria, VA 22314<br/>           (T) 703-549-1390<br/> <i>Check local listings.</i><br/> <a href="http://www.catholiccharitiesusa.org">www.catholiccharitiesusa.org</a></p>   | <p>Social service organization offering assistance to people of all ages with a broad range of social problems and needs.</p>   | <p>Extensive services offered for older people include counseling, homemaker services, home health care, health clinics, emergency assistance, and shelter.</p>  |
| <p><b>Children of Aging Parents (CAPS)</b><br/>           P.O. Box 167<br/>           Richboro, PA 18954<br/>           (800) 227-7294<br/> <a href="http://www.caps4caregivers.org">www.caps4caregivers.org</a></p>   | <p>Assistance to caregivers of the elderly with reliable information and referrals, a network of support groups, and publications and programs that promote public awareness of the value and the needs of caregivers. Membership free.</p> | <p>Extensive national information resource files. Publications on a variety of caregiver issues. <i>The Capsule</i>, quarterly newsletter available on Web site for free. Telephone counseling.</p>  |
| <p><b>Department of Health and Human Services Administration on Aging</b><br/>           Washington, DC 20201<br/>           (T) 202-619-0724<br/>           (F) 202-357-3523<br/> <a href="http://www.aoa.gov">www.aoa.gov</a></p>  | <p>This Web site lists numerous sites concerned with aging and related topics.</p>  | <p><i>Because We Care: A Guide for People Who Care</i> is an online resource guide for caregivers, and provides information and suggestions to make caregiving easier.</p>   |
| <p><b>Eldercare Locator Service</b><br/>           927 15th Street NW<br/>           6th Floor<br/>           Washington, DC 20005<br/> <i>Nationwide assistance directory:</i><br/>           (800) 677-1116<br/>           9:00 a.m.–8:00 p.m., ET, M–F<br/> <a href="http://www.eldercare.gov">www.eldercare.gov</a></p>                      | <p>National guide to finding community assistance for seniors. Sponsored by the National Association of Area Agencies on Aging.</p>   | <p>May be helpful, particularly for long-distance care. Referrals are made to local organizations offering services for the elderly. Give county, city, or ZIP code to help identify the nearest resource. (Caliber and accuracy of information can vary from area to area.)</p>   |
| <p><b>Family Caregiver Alliance</b><br/>           690 Market Street<br/>           Suite 600<br/>           San Francisco, CA 94104<br/>           (T) 415-434-3388<br/>           (F) 415-434-3508<br/> <a href="http://www.caregiver.org">www.caregiver.org</a></p>   | <p>This organization helps families and caregivers of adults with brain disorders and diseases.</p>   | <p>Many of the services described are California specific, but the publication section has excellent caregiver fact sheets. The Web site links to other useful Web sites.</p>  |

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| <p><b>Jewish Family and Children's Services (JFCS)</b><br/> <i>Check local listings for JFCS offices in all major urban and suburban areas.</i><br/>           The Miriam Schultz Grunfeld Professional Building<br/>           2150 Post St., San Francisco, CA 94115, (T) 415-449-1200<br/> <a href="http://www.jfcs.org">www.jfcs.org</a></p> | <p>Comprehensive social service organizations that provide a full range of affordable services to people of all ages.</p>   | <p>Many offices have Services for Older Persons (SFOP) offering the elderly and their families individual and family counseling, visitors, volunteer grandparent program, and professional care managers.</p>                  |
| <p><b>National Alliance for Caregiving</b><br/>           4720 Montgomery Lane<br/>           5th Floor<br/>           Bethesda, MD 20814<br/> <a href="http://www.caregiving.org">www.caregiving.org</a></p>  | <p>A national resource center on family caregiving.</p>   | <p>Research, national programs to support family caregivers and increase public awareness of caregiver issues. <i>AXA Foundation Family Care Resource Connection</i> listing professionally rated resources for caregiver.</p> |
| <p><b>National Association for Home Care</b><br/>           228 7th Street SE<br/>           Washington, DC 20003<br/>           (T) 202-547-7424<br/>           (F) 202-547-3540<br/> <a href="http://www.nahc.org">www.nahc.org</a></p>  | <p>National organization representing home care agencies and aide organizations and hospice providers who provide in-home health and supportive services.</p>   | <p>Offers consumer's guide to choosing home care provider. Also hospice and home care agency national locator.</p>   |
| <p><b>National Association of Professional Geriatric Care Managers, Inc.</b><br/>           1604 North Country Club Road<br/>           Tucson, AZ 85716<br/>           (T) 520-881-8008<br/>           (F) 520-325-7925<br/>           8:00 a.m.–5:00 p.m., MT, M–F<br/> <a href="http://www.caremanager.org">www.caremanager.org</a></p>       | <p>Association of private practitioners who arrange and oversee health and social services for elderly and disabled clients. Publishes a directory of care managers, available for a fee.</p>                               | <p>Directory of care managers is available for a fee.</p>  |
| <p><b>National Committee for the Prevention of Elder Abuse</b><br/>           1612 K Street NW<br/>           Washington, DC 20006<br/>           (T) (202) 682-4140<br/>           (F) (202) 682-3984<br/> <a href="http://www.preventelderabuse.org">www.preventelderabuse.org</a></p>   | <p>Nonprofit organization promoting understanding of the problem and the development of services to protect older people and disabled adults from abuse and neglect through outreach, research, advocacy, and training.</p> | <p>Publishes the <i>Journal of Elder Abuse and Neglect</i>, assists in forming affiliate groups and developing elder abuse prevention programs, and provides information to the public and referrals to local groups.</p>      |

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| <p><b>National Consumer League</b><br/>           1701 K Street NW<br/>           Suite 1200<br/>           Washington, DC 20006<br/>           (T) 202-835-3323<br/>           (F) 202-835-0747<br/> <i>National Fraud Information Center:</i><br/>           (800) 876-7060<br/>           www.NCLnet.org</p> | <p>Private nonprofit group that promotes consumer education and government and industry awareness of consumer issues.</p>  | <p>Offers publications on subjects such as energy, food and drug safety, cost of medical care, and consumer and telecommunications fraud. Ask for publication list, with prices and ordering information.</p>   |
| <p><b>National Council on the Aging, Inc.</b><br/>           300 D Street SW, Suite 801<br/>           Washington, DC 20024<br/>           (T) 202-479-1200<br/>           (F) 202-479-0735<br/>           9:00 a.m.–5:00 p.m., ET, M–F<br/>           www.ncoa.org</p>   | <p>A private, nonprofit organization made up of professionals, volunteers, and organizations that work to make life better for older Americans and their families. The mission is to enhance opportunities for older persons and their families.</p> | <p>The Council's affiliate, The National Institute of Senior Centers and National Adult Day Services Association, has information about senior centers and adult day programs on a national basis. A list of publications and resources on health, caregiving, employment and aging is available.</p> |
| <p><b>National Family Caregivers Association</b><br/>           10400 Connecticut Avenue<br/>           Suite 500<br/>           Kensington, MD 20895-3944<br/>           (800) 896-3650<br/>           (F) 301-942-2302<br/>           www.NFCACARES.org</p>   | <p>A national organization that provides information, education, and advocacy for the caregiver community. Membership fee for organizations. No fee for family caregivers.</p>   | <p>Offers a toll-free caregiver Helpline and quarterly membership newsletter.</p>   |
| <p><b>Older Women's League (OWL)</b><br/>           1750 New York Ave. NW<br/>           Suite 350<br/>           Washington, DC 20006<br/>           (T) 202-783-6686<br/>           (800) 825-3695<br/>           (F) 202-628-0458<br/>           www.owl-national.org</p>                                    | <p>Advocacy and educational association of individuals and organizations focusing on issues of concern to midlife and older women, including health care, Social Security, violence, and housing. Membership fee.</p>                                | <p>Provides legislative advocacy, model state bills, research and reports, publications, and tapes on older women's issues, and a quarterly newsletter, <i>The OWL Observer</i>. Publication list available.</p>  |
| <p><b>Senior Centers</b><br/> <i>County Office on Aging or Area Agency on Aging can provide a list of senior centers in your area.</i></p>  | <p>Neighborhood centers that offer a variety of services and programs. Senior centers are for healthy seniors.</p>   | <p>Offers companionship, recreational, and educational activities. Some offer a hot lunch, social services, and other activities and services.</p>  |
| <p><b>State Department of Aging</b><br/> <i>Located in each state capital. Listed in the telephone book in Human Services section under Social Services or County Services. The social service department of a local hospital may also have the telephone number.</i></p>                                       | <p>Offers information on state and county services as well as state entitlements for the elderly.</p>  | <p>Area Agency on Aging or County Office on Aging Services (name varies by county) administer all government services for the elderly, including case management, counseling, chore services, transportation, and referrals to meals-on-wheels, telephone reassurance.</p>                            |



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| <p><b>U.S. Department of Veterans' Affairs (Veterans' Administration, VA)</b><br/> <i>Check local listings, VA office.</i><br/>           (TDD) (800) 829-4833, for hearing-impaired, based in the Chicago VA Regional Office, available 8:00 a.m.–4:00 p.m., CT, M–F<br/>           (800) 827-1000<br/> <a href="http://www.va.gov">www.va.gov</a></p> | <p>The VA has a comprehensive system of veterans' assistance and care. It provides benefits through three VA departments: Veterans Benefits, Memorial Affairs, and Medicine and Surgery.</p> | <p>Benefits for eligible veterans include nursing home care; outpatient services such as dental, prosthetic appliances and eyeglasses, and alcohol and drug dependency treatment; burial and death benefits; disability benefits; and pensions. VA hospitals offer extensive care and treatment, pharmacies, and social services.</p>   |
| <p><b>Visiting Nurse Association of America (VNAA)</b><br/>           99 Summer Street<br/>           Suite 1700<br/>           Boston, MA 02110<br/>           (T) 617-737-3200<br/>           (F) 617-737-1144<br/>           (e-mail) <a href="mailto:vnaa@vnaa.org">vnaa@vnaa.org</a><br/> <a href="http://www.vnaa.org">www.vnaa.org</a></p>       | <p>The national organization of local VNAs, community-based nonprofit home health-care providers.</p>  | <p>National toll-free referral line provides callers with information about the nearest Visiting Nurse Agency in their area. VNA services include nursing, physical, occupational and speech therapy, medical social services, high-tech home interventions, case management, personal care, adult day services, respite care, hospice, nutritional counseling and meals on wheels.</p> |

*In addition to the organizations listed above, the following general caregiving resources are available solely on the Internet.*

|   |   |   |
|---|---|---|
| <p><a href="http://www.caregiver.org">www.caregiver.org</a></p> | <p>This Web site is sponsored by the Family Caregiver Alliance.</p>                                     | <p>Contains general caregiving information and specific information important to families and caregivers of adults with Alzheimer's disease and other brain disorders.</p>  |
| <p><a href="http://www.careguide.com">www.careguide.com</a></p> | <p>Careguide offers an Elder Care Resource Center to assist caregivers with decision-making.</p>        | <p>Visitors will find a directory of resources as well as an online bookstore.</p>  |
| <p><a href="http://www.carescout.com">www.carescout.com</a></p> | <p>Designed specifically for those seeking information about available services and long-term care.</p> | <p>There is a database of services that have been reviewed for quality. Information on quality ratings and vacancies in nursing homes is available on this Web site. Includes an assessment inventory to help identify the needs of an elder.</p> |

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| <a href="http://www.elderweb.com">www.elderweb.com</a>                 | Through a well-organized directory, this Web site provides access to a large variety of eldercare resources available on the Web.  | Although this Web site contains a good deal of information about caregiving, it has a special niche in the area of financial planning and financing care, as well as a range of practical information helpful to caregivers and elders themselves. |
| <a href="http://www.extendedcare.com">www.extendedcare.com</a>         | This Web site contains an archive of data about aging, health and wellness (Senior Health Library and Informed Living), and an opportunity to e-mail questions to a geriatric physician. | Visitors can also take a “virtual” tour of facilities and search for providers of services online.   |
| <a href="http://www.livingstrategies.com">www.livingstrategies.com</a> | The Living Strategies Web site provides an opportunity for enhanced online case management services.   | Provides a network of geriatric case management professionals for a fee.   |
| <a href="http://www.thirdage.com">www.thirdage.com</a>                 | This is an award-winning Web site that is designed to serve seniors and those who care about them.   | The caregiving section includes guides for making decisions, fact sheets on services, eldercare resources and helpful links.   |

| HEALTH INFORMATION RESOURCES  |  |  |
|---|--|--|
| <p><b>Alzheimer’s Association</b><br/>           225 North Michigan Avenue<br/>           Suite 1700, Chicago, IL 60601-7633<br/>           (T) 312-335-8700<br/>           (F) 312-335-1110<br/>           (TDD) 312-335-8882<br/> <i>Information Helpline:</i> (800) 272-3900<br/>           8:30 a.m.–5:00 p.m., CT, M–F<br/> <a href="http://www.alz.org">www.alz.org</a></p> | <p>Voluntary organization offering supportive services to patients and families who are coping with Alzheimer’s disease (AD) or related disorders.</p> | <p>24-hour toll-free hotline for information on local support groups, community resources, and practical suggestions. Educational materials on patient care, research updates, diagnosis, and social services. Ask for the brochure, <i>Just the Facts</i>. The Web site includes a listing of local chapters, and online versions of brochures.</p> |

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| <p><b>American Academy of Ophthalmology, National Eye Care Project</b><br/>           P.O. Box 7424<br/>           San Francisco, CA 94120<br/>           (T) 415-561-8500<br/> <i>National Eye Care Project Helpline:</i><br/>           (800) 222-3937<br/>           8:00 a.m.–5:00 p.m., PT, M–F</p>                                     | <p>Professional organization supporting research on diseases of the eye. Offers continuing education programs for its members and information to the general public on the prevention and treatment of eye problems.</p> | <p>Project offers referrals (by mail) for medical eye care from a practicing ophthalmologist at no cost to U.S. citizens and legal residents, 65 or older, who have no access to a personal eye doctor, are on fixed incomes, and have difficulty paying for eye care. (Program does not pay for glasses.)</p>                       |
| <p><b>American Cancer Society (ACS)</b><br/>           1599 Clifton Road NE<br/>           Atlanta, GA 30329<br/>           (T) 404-320-3333<br/> <i>Information Service:</i><br/>           (800) 227-2345<br/>           24 hours/7 days a week<br/>           www.cancer.org</p>  | <p>National voluntary health organization. Local ACS units sponsor a wide range of services for patients and their families.</p>   | <p>Offers referrals to state and local groups for information on self-help groups, transportation programs, and limited financial aid. Programs for specific cancers offer help such as a registry of professionals, educational materials, and rehabilitation services. Free publications and general information about cancer.</p> |
| <p><b>American Dental Association (Division of Communications)</b><br/>           211 East Chicago Ave.<br/>           Chicago, IL 60611<br/>           (T) 312-440-2500<br/>           (F) 312-440-7494<br/>           www.ada.org</p>  | <p>Professional organization that works to improve the dental health of the public. Its members are encouraged to participate in community outreach programs.</p>  | <p>Gives referrals to state dental associations and dental schools which offer a number of free or low-cost services for older people who meet economic criteria. Free publications on tooth decay, dentures, smoking, diet, and mouth care.</p>   |
| <p><b>American Diabetes Association (ADA)</b><br/>           Attn: National Call Center<br/>           1701 North Beauregard Street<br/>           Alexandria, VA 22311<br/>           (T) 703-549-1500<br/> <i>Patient Information Line:</i> (800) 342-2383<br/>           8:30 a.m.–5:00 p.m., ET, M–F<br/>           www.diabetes.org</p> | <p>Voluntary organization established to prevent and cure diabetes and improve the lives of all people affected with diabetes.</p>   | <p>Toll-free service offers information on diabetes. Local ADA chapters offer information, support, and referral to community agencies. Monthly publication, <i>Diabetes Forecasts</i> to members free of charge. Request the <i>Healthy Living Catalog</i> (membership — \$28 per year).</p>  |
| <p><b>American Foundation for the Blind</b><br/>           11 Penn Plaza<br/>           Suite 300<br/>           New York, NY 10001<br/>           (T) 212-502-7600<br/> <i>Information Hotline:</i> (800) 232-5463<br/>           10:00 a.m.–12:00 p.m., 2:00–4:00 p.m., ET, M–F, www.afb.org</p>   | <p>National nonprofit organization that advocates, develops, and provides programs and services to help people who are blind or visually impaired achieve independence.</p>  | <p>Toll-free hotline offers information on visual impairment and blindness and answers questions about the services of the Foundation. Publications available for a charge.</p>  |

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|---|---|---|
| <p><b>American Heart Association</b><br/>7272 Greenville Avenue<br/>Dallas, TX 75231-4596<br/><i>24-Hour Information Service:</i><br/>(800) AHA-USA1<br/>www.americanheart.org</p>  | <p>National voluntary health organization dedicated to reduction of disability and death due to cardiovascular disease and stroke. State and local affiliates in the U.S. and Puerto Rico.</p>  | <p>Public education programs teach about the risk of heart disease and stroke. Toll-free service connects caller with state affiliate for local information and to order educational materials.</p>   |
| <p><b>American Parkinson Disease Association, Inc.</b><br/>135 Parkinson Avenue<br/>Staten Island, NY 10305<br/>(T) 718-981-8001<br/>(F) 718-981-4399<br/><i>Information Hotline:</i> (800) 223-2732<br/>9:00 a.m.–5:00 p.m., ET, M–F<br/>www.apdaparkinson.org</p> | <p>Voluntary organization that funds research, educates the public, and offers assistance to patients and their families.</p>   | <p>Toll-free number refers people to local chapters around the country that provide information about community services, doctors experienced in treating Parkinson's disease, and up-to-date treatment methods. Request a list of their publications.</p>                |
| <p><b>American Podiatric Medical Association</b><br/>9312 Old Georgetown Road<br/>Bethesda, MD 20814-1621<br/>(T) 301-571-9200, (F) 301-530-2752<br/><i>24-Hour Information Service:</i><br/>(800) 366-8227, www.apma.org</p>                                       | <p>Professional society of podiatrists that offers continuing education to its members and works to create a greater public awareness of the benefits of good foot care.</p>  | <p>Toll-free service offers information on foot care and catalog of publications. Single brochure copies free to individuals.</p>   |
| <p><b>American Psychiatric Association</b><br/>1000 Wilson Blvd.<br/>Suite 1825<br/>Arlington, VA 22209-3901<br/>(T) 703-907-7300<br/>(888) 357-7924<br/>www.psych.org</p>  | <p>A professional society of psychiatrists that supports research to improve the diagnosis, treatment, and rehabilitation of people with mental or emotional illness, and offers continuing education programs for psychiatrists.</p> | <p>The Association's Council on Aging evaluates psychiatric care for older patients and offers training programs in geriatric psychiatry. Individuals may contact the association to locate a district office in proximity to caller, which can make local referrals.</p> |
| <p><b>American Stroke Association</b><br/>7272 Greenville Avenue<br/>Dallas, TX 75231-4596<br/>(T) 214-706-5231<br/><i>24-Hour Information Service:</i><br/>(888) 4-STROKE<br/>www.strokeassociation.org</p>  | <p>Links stroke survivors, their families, and the professionals who serve them by providing a forum for sharing knowledge and experiences related to living with a stroke.</p>   | <p>Provides information on strokes, referrals to stroke support groups, and assistance to those who wish to start one. Publishes the <i>Stroke Connection</i> magazine. Information service staffed by stroke survivors.</p>  |

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| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE  |
|---|--|---|
| <p><b>Arthritis Foundation</b><br/>           1330 West Peach Tree Street<br/>           Atlanta, GA 30309<br/> <i>24-Hour Information Service:</i><br/>           (800) 283-7800<br/> <a href="http://www.arthritis.org">www.arthritis.org</a></p>   | <p>Nationwide nonprofit, voluntary organization whose mission is to prevent, control and cure arthritis.</p>   | <p>Toll-free service offers referrals to local chapters, which provide general information and referral services for help, programs, and support groups. More than 100 brochures and other resources are available free or at minimal cost. The Arthritis Answers Line promotes events and training.</p>                              |
| <p><b>Better Hearing Institute</b><br/>           515 King Street<br/>           Suite 420<br/>           Alexandria, VA 22314<br/>           (T) 703-684-3391<br/>           (TDD) 703-684-3391<br/> <i>Hearing Helpline:</i> (800) 327-9355<br/>           9:00 a.m.–5:00 p.m., ET, M–F<br/> <a href="http://www.betterhearing.org">www.betterhearing.org</a></p> | <p>Nonprofit educational organization that provides the public with information on hearing loss and encourages the use of available resources and assistance.</p>                  | <p>Toll-free helpline provides information on hearing loss and hearing help. Offers national public educational programs on hearing loss and available medical, surgical, hearing aid, and rehabilitative assistance.</p>   |
| <p><b>Cancer Care, Inc.</b><br/>           National Office<br/>           275 7th Avenue<br/>           New York, NY 10001<br/>           (800) 813-HOPE (4673)<br/> <a href="http://www.cancercare.org">www.cancercare.org</a></p>   | <p>Nonprofit organization provides free professional help to people with all cancers through counseling, education, information and referral, and direct financial assistance.</p> | <p>Online services include <i>The Helping Hand: A Resource Guide for People with Cancer</i> as well as online support groups and a referral service to find resources in your community.</p>  |
| <p><b>Lighthouse International</b><br/>           111 East 59th Street<br/>           New York, NY 10022-1202<br/>           (T) 212-821-9200<br/>           (800) 829-0500<br/>           (TDD) 212-821-9713<br/> <a href="http://www.lighthouse.org">www.lighthouse.org</a></p>   | <p>A leading resource worldwide on vision impairment and vision rehabilitation.</p>  | <p>Programs for the visually impaired. Newsletter available on Web site.</p>  |
| <p><b>Medic Alert Foundation</b><br/>           2323 Colorado Avenue<br/>           Turlock, CA 95382<br/>           (888) 633-4298<br/> <i>24-Hour Information Service:</i><br/>           (800) 432-5378<br/> <a href="http://www.medicalert.org">www.medicalert.org</a></p>  | <p>Worldwide nonprofit organization dedicated to providing personal medical information to protect and save lives.</p>   | <p>Provides information and publications about emergency medical identification (ID) systems for persons with medical problems not readily apparent, such as allergies, diabetes, or epilepsy. Provides ID bracelet or necklace, wallet card, and a 24-hour collect answering service (to be called only by emergency personnel).</p> |

# Resource Listing

| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE   |
|---|--|--|
| <p><b>Medicare</b><br/> <i>Offices located nationwide. Check white or blue pages of local telephone directory.</i><br/> <i>Automated Information Service:</i><br/>           (800) 633-2273<br/>           (800) MEDICARE<br/>           7:30 a.m.–4:30 p.m., ET, M–F<br/> <a href="http://www.medicare.gov">www.medicare.gov</a></p>                         | <p>This agency, under the Health Care Financing Administration of the United States Department of Health and Human Services, operates the national health care system for older and disabled citizens.</p> | <p>Information service provides general information, answers to questions on eligibility and enrollment, and referrals to local offices. (<i>See also</i>, Social Security Administration.)</p>  |
| <p><b>Medicare Rights Center</b><br/>           1460 Broadway<br/>           New York, NY 10036<br/>           (T) 212-869-3850<br/> <i>National Medicare HMO Appeals Hotline:</i><br/>           (888) HMO-9050<br/>           12:00 p.m.–2:00 p.m., ET, M–Th<br/> <a href="http://www.medicarerights.org">www.medicarerights.org</a></p>                    | <p>Helps caregivers understand health care coverage and options.</p>   | <p>Numerous publications available for a fee, including <i>Medicare Basics</i>.</p>  |
| <p><b>National Association for Continence (NAFC)</b><br/>           P.O. Box 1019<br/>           Charleston, SC 29402-1019<br/>           (T) 843-377-0900<br/>           (F) 843-377-0905<br/> <i>Information Service:</i><br/>           (800) 252-3337<br/>           8:00 a.m.–5:00 p.m., ET, M–F<br/> <a href="http://www.nafc.org">www.nafc.org</a></p> | <p>A patient advocacy group that works to educate the public and health professionals about the prevalence, diagnosis, and treatment of urinary incontinence.</p>  | <p>Clearinghouse for information and resources for people with bladder and bowel control problems. Provides listings of specialized physicians, makes referrals to other sources of information, and distributes publications. List of information available. List of health professionals by state available.</p> |
| <p><b>National Association for the Visually Handicapped</b><br/>           22 West 21st Street<br/>           6th Floor<br/>           New York, NY 10010<br/>           (T) 212-889-3141<br/>           (F) 212-727-2931<br/> <a href="http://www.navh.org">www.navh.org</a></p>   | <p>Nonprofit membership organization serving the partially seeing population.</p>  | <p>Publishes a visual aids catalog. Offers a by-mail, large-print lending library of 7,000 titles, free to members, suggested charge for non-members.</p>  |

# Resource Listing

| RESOURCE   | DESCRIPTION   | WHAT HELP IS AVAILABLE   |
|--|---|--|
| <p><b>National Hospice and Palliative Care Organization (NHPCO)</b><br/>           1700 Diagonal Road<br/>           Suite 625<br/>           Alexandria, VA 22314<br/>           (T) 703-837-1500<br/>           (F) 703-837-1233<br/> <i>Quick-Referral Resource Helpline:</i><br/>           (800) 658-8898<br/>           8:30 a.m.–5:30 p.m., ET, M–F<br/> <a href="http://www.nhpc.org">www.nhpc.org</a></p>                               | <p>Promotes quality care for terminally ill patients and provides information about hospice services available in the United States.</p>  | <p>Individuals can contact NHPCO to learn about hospice services in their area and the different types of hospice programs that are available. List of publications includes: <i>Hospice Care: A Consumer's Guide to Selecting a Hospice, Communicating Your End of Life Wishes, and Hospice Care and The Medicare Hospice Benefit.</i></p>  |
| <p><b>National Register of Health Service Providers in Psychology</b><br/>           1120 G Street NW<br/>           Suite 330<br/>           Washington, DC 20005<br/>           (T) 202-783-7663<br/>           (F) 202-347-0550<br/> <a href="http://www.nationalregister.org">www.nationalregister.org</a></p>   | <p>Maintains listings of psychologists. The register is recommended by the American Psychological Association.</p>                        | <p>Provides listings of psychologists by geographic area and by specific services required.</p>  |
| <p><b>National Stroke Association</b><br/>           9707 East Easter Lane<br/>           Englewood, CO 80112-3747<br/>           (T) 303-649-9299<br/>           (F) 303-649-1328<br/> <i>Information Service:</i><br/>           (800) 787-6537<br/>           (24-hour voice-mail)<br/>           staffed 8:00 a.m.–4:30 p.m. (M–Th),<br/>           8:00 a.m.–4:00 p.m. (F), MT.<br/> <a href="http://www.stroke.org">www.stroke.org</a></p> | <p>Provides information to the public and health professionals and offers supportive services to stroke survivors and their families.</p> | <p>Materials on the prevention, detection, and treatment of strokes and information about aftercare centers and rehabilitation. Self-help services for recovering stroke survivors and guidance for starting support groups. List of publications includes items on prevention, acute care, survivor/caregiver resources, <i>Be Stroke Smart Series</i>, and professional educational materials. Charge for some publications.</p> |
| <p><b>Oncolink, the University of Pennsylvania Cancer Center Resource</b><br/> <a href="http://www.oncolink.upenn.edu">www.oncolink.upenn.edu</a></p>  | <p>This Web site has several sections with many items of caregiving interest and cancer information.</p>                                  | <p>Section for psychosocial support and personal experiences with a number of resources for caregivers, including a caregiver education course and pointers for caring for the caregiver.</p>  |

# Resource Listing

| RESOURCE   | DESCRIPTION  | WHAT HELP IS AVAILABLE  |
|--|--|---|
| <p><b>Parkinson's Disease Foundation</b><br/>           1359 Broadway, Suite 1509<br/>           New York, NY 10018<br/>           (T) 212-923-4700<br/> <i>Information Service:</i><br/>           (800) 457-6676<br/>           9:00 a.m.–5:00 p.m., ET, M–F<br/> <a href="http://www.pdf.org">www.pdf.org</a></p>   | <p>Nonprofit organization with the goal of seeking the cause of and cure for Parkinson's disease and related disorders through research.</p>   | <p>Offers information on the disease and how to live with it through publications, counseling, advocacy, and referrals to physicians and support groups. Educational materials provided without charge.</p>   |
| <p><b>Prevent Blindness America</b><br/>           211 West Wacker Drive, Suite 1700<br/>           Chicago, IL 60606<br/>           (T) 312-363-6001<br/> <i>Information Service:</i> (800) 331-2020<br/>           8:30 a.m.–5:00 p.m., CT, M–F<br/> <a href="http://www.preventblindness.org">www.preventblindness.org</a></p>                                | <p>Works to preserve sight and prevent blindness by sponsoring community services, public and professional education programs, and research.</p>   | <p>Free information on eye health and safety topics, and referral to state affiliates offering community services such as eye exams, screening for glaucoma and cataracts, and self-help groups. Available publications catalog includes the brochure <i>Growing Older with Good Vision</i>.</p>  |
| <p><b>Self-Help for Hard of Hearing People, Inc. (SHHH)</b><br/>           7910 Woodmont Avenue<br/>           Suite 1200, Bethesda, MD 20814<br/>           (T) 301-657-2248<br/>           (F) 301-913-9413<br/>           (TDD) 301-657-2249<br/> <a href="http://www.shhh.org">www.shhh.org</a></p>  | <p>Nonprofit educational organization concerned with the welfare and interests of people with hearing impairments. Membership fee.</p>   | <p>Local chapters offer hearing-impaired people support, encouragement, and information about community resources. Special programs for older people offer information about coping with hearing problems, hearing aids, and ways to communicate effectively. Publication list available. Fees for non-members.</p>                       |
| <p><b>Simon Foundation for Continence</b><br/>           P.O. Box 815<br/>           Wilmette, IL 60091<br/>           (T) 847-864-3913<br/>           (F) 847-864-9758<br/> <i>Information Service:</i><br/>           (800) 237-4666<br/>           9:00 a.m.–5:00 p.m., CT, M–F<br/> <a href="http://www.simonfoundation.org">www.simonfoundation.org</a></p> | <p>A nonprofit educational organization that fosters awareness, research, and education on urinary and bowel incontinence among health professionals and provides information to the general public. Membership fee.</p> | <p>Distributes information and offers assistance and support to people suffering from incontinence. Helps organize self-help groups. Publications include quarterly newsletter, <i>The Informer</i>, the book, <i>Managing Incontinence: A Guide to Living with the Loss of Bladder Control</i>, and videos. Charge for publications.</p> |



# Resource Listing

| RESOURCE  | DESCRIPTION   | WHAT HELP IS AVAILABLE   |
|---|---|--|
| <p><b>Well Spouse Association</b><br/>           63 West Main Street<br/>           Suite H<br/>           Freehold, NJ 07728<br/>           (T) 732-577-8899<br/>           (F) 732-577-8644<br/>           (800) 838-0879<br/>           www.wellspouse.org</p>       | <p>Nonprofit organization providing support and information to well partners of the chronically ill and/or disabled and educating professionals and the public about the needs of spousal caregivers. Membership fee.</p> | <p>Provides networking, local self-help support groups, bi-monthly newsletter, and round-robin letters.</p>  |
| <p><b>HOUSING INFORMATION RESOURCES</b></p>   |   |  |
| <p><b>Alliance for Retired Americans</b><br/>           888 16th Street, NW<br/>           Suite 520<br/>           Washington, DC 20006<br/>           (T) 202-637-5399<br/>           www.retiredamericans.org</p>  | <p>Information and referral center for consumers of long-term care services.</p>  | <p>Offers information on nursing homes, alternative community services, and how to select a nursing home.</p>  |
| <p><b>American Association of Homes and Services for the Aging</b><br/>           2519 Connecticut Avenue NW<br/>           Washington, DC 20008-1520<br/>           (T) 202-783-2242<br/>           (F) 202-783-2255<br/>           www.aahsa.org</p>                  | <p>National association of over 5,000 nonprofit homes, housing, health-related facilities, and community service organizations providing services primarily to the elderly.</p>   | <p>Publishes free brochures on how to choose a nursing home or assisted-living facility, a directory of continuing-care retirement communities, and information on long-term care insurance.</p>                         |
| <p><b>Commission on Accreditation of Rehabilitation Facilities (CARF)</b><br/>           1730 Rhode Island Avenue NW<br/>           Washington, DC 20036<br/>           (T) 202-587-5001, (866) 888-1122<br/>           (F) 202-587-5009<br/>           www.crf.org</p> | <p>The nation's only independent accrediting commission for nonprofit and for-profit continuing-care retirement communities.</p>  | <p>Provides lists of accredited housing by area. You may also confirm whether a community you are considering is accredited. Ask for the brochure, <i>Selecting a Continuing Care Retirement Community</i>.</p>          |
| <p><b>National Association for Home Care and Hospice</b><br/>           228 Seventh Street SE<br/>           Washington, DC 20003<br/>           (T) 202-547-7424<br/>           (F) 202-547-3540<br/>           www.nahc.org</p>                                       | <p>Web site of the National Association for Home Care (NAHC) provides information on home and hospice care.</p>   | <p>Provides information from their consumer guides, <i>How to Choose a Home Care Provider: A Consumer's Guide</i> and <i>All About Hospice: A Consumer's Guide</i>. Includes a home and hospice care agency locator.</p> |

# Resource Listing

| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE  |
|---|--|---|
| <p><b>National Citizens' Coalition for Nursing Home Reform</b><br/>           1828 L Street NW, Suite 801<br/>           Washington, DC 20036<br/>           (T) 202-332-2276<br/>           (F) 202-332-2949<br/>           www.nccnhr.org</p> | <p>National organization monitoring long-term care facilities and promoting "positive care planning" approaches.</p>         | <p>National clearinghouse for information on choosing a nursing home. Provides referrals to the Ombudsman's office in your parents' state (to deal with unresolved complaints about long-term care facilities).</p> |
| <p><b>Senior Sites</b><br/>           www.seniorsites.com</p>   | <p>This Web site provides a listing of nonprofit senior housing, assisted living facilities, and retirement communities.</p> | <p>Housing options and levels of care are described, and the directory for over 5,000 communities is searchable by state and by county.</p>   |

## FINANCIAL INFORMATION RESOURCES

|   |  |   |
|---|--|---|
| <p><b>American Council of Life Insurers (ACLI)</b><br/>           101 Constitution Avenue, NW<br/>           Washington, DC 20001-2133<br/>           (T) 202-624-2000<br/>           www.acli.com</p>                            | <p>A national organization of life insurance companies.</p>                  | <p><i>Long-Term Care Insurance: Protection for Your Future; and Annuities, the Key to a Secure Retirement; and What You Should Know about Buying Life Insurance</i> available on Web site or send a self-addressed, stamped envelope for brochure.</p>                              |
| <p><b>America's Health Insurance Plans</b><br/>           601 Pennsylvania Avenue NW<br/>           Suite 500, South Building<br/>           Washington, DC 20004<br/>           (T) 202-778-3200<br/>           www.ahip.org</p> | <p>Offers information on all aspects of health and disability insurance.</p> | <p>Provides information about health insurance issues, including continuation of group medical benefits, major medical, Medicare supplements, and long-term care insurance. Publications available on the Web site or by mail include <i>Guide to Long-Term Care Insurance</i>.</p> |

# Resource Listing

| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE  |
|---|--|---|
| <p><b>Financial Planning Association</b><br/>           100 East Mississippi Avenue<br/>           Suite 400<br/>           Denver, CO 80246<br/> <i>Consumer Line:</i><br/>           (800) 322-4237<br/>           (F) 303-759-0749<br/>           www.fpanet.org</p>           | <p>National association of certified financial planning professionals</p>  | <p>PlannerSearch, an online consumer service program, helps individuals find Certified Financial Planners in their area. Ask for a copy of their brochures, <i>How a Financial Planner Can Help You and How to Choose the Right One</i>; and <i>Planning for Long-Term Health Care, Thinking the Unthinkable; What Everyone Needs to Know about Estate Planning</i>; and <i>Coping with Death and Injury: Financial Considerations in a Time of Need</i>.</p> |
| <p><b>National Association of Personal Financial Advisors</b><br/>           3250 North Arlington Heights Road<br/>           Suite 109<br/>           Arlington Heights, IL 60004<br/>           (800) 366-2732<br/>           (F) 847-483-5415<br/>           www.napfa.org</p> | <p>Association of professionals who provide financial planning services on a fee-for-service basis, and do not receive commissions or other compensation from the implementation of their investment recommendations to clients.</p> | <p>Consumers receive a list of fee-only planners in their area plus: <i>How to Choose a Financial Planner</i> and <i>Working with a Fee-Only Comprehensive Financial Advisor</i>.</p>   |
| <p><b>National Council on the Aging</b><br/>           300 D Street SW<br/>           Suite 801<br/>           Washington, DC 20024<br/>           (T) 202-479-1200<br/>           (TDD) 202-479-6674<br/>           (F) 202-479-0735<br/>           www.ncoa.org</p>             | <p>Nonprofit educational organization of consumers, advocates, and eldercare professionals.</p>  | <p>Provides research and publications on consumer issues relating to home and long-term care and managing health care finances and insurance. Offers consumer reports, books on home and long-term care, insurance, and financing. <i>United Seniors' Health Report</i> (fees).</p>   |
| <p><b>Social Security Administration (SSA)</b><br/> <i>24-Hour Automated Service:<br/>           Call or click for local addresses.</i><br/>           (800) 772-1213<br/>           www.ssa.gov</p>  | <p>The federal agency that operates the national retirement system provides information on Social Security coverage, earnings records, claims eligibility and adjustments, and Medicare and Medicaid.</p>                            | <p>Provides an estimate of benefits upon request. The SSI (Supplemental Security Income) program provides additional payments to older persons already receiving public assistance. Web site has an index to benefit information, an online edition of the <i>U.S. Social Security Handbook on Benefits and Policies</i>, reports to Congress, statistics, legislation and some online SSA documents.</p>   |

# Resource Listing

| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE   |
|---|--|--|
| <p><b>Society of Financial Service Professionals</b><br/>           17 Campus Boulevard, Suite 201<br/>           Newton Square, PA 19073-3230<br/> <i>Consumer Referral Service:</i><br/>           (888) ChFC-CLU, (888) 243-2258<br/> <a href="http://www.financialpro.org">www.financialpro.org</a></p> | <p>A national organization of insurance and financial service professionals.</p> | <p>Provides informative articles on various financial subjects like <i>Estate Planning: Only for the Wealthy?</i> or <i>Long-Term Care: A Necessary Part of Your Plan.</i></p> |
| <p><b>U.S. Internal Revenue Service (IRS)</b><br/>           (800) 829-1040<br/> <i>Call or click for local addresses and other information, also check local listings.</i> <a href="http://www.irs.ustreas.gov">www.irs.ustreas.gov</a></p>  | <p>The agency that collects federal taxes.</p>                                   | <p>Ask for a free copy of <i>Older Americans Tax Guide</i> (publication 554).</p>  |

## LEGAL INFORMATION RESOURCES

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|---|--|--|
| <p><b>American Bar Association (ABA) Commission on Law and Aging</b><br/>           740 15th Street NW<br/>           8th Floor<br/>           Washington, DC 20005<br/>           (T) 202-662-1000<br/>           (800) 285-2221<br/> <a href="http://www.abanet.org/aging">www.abanet.org/aging</a></p>   | <p>Commission established by the ABA in 1979 to address the legal issues affecting older persons through public policy, education, and technical assistance to the legal profession and agencies on aging in the delivery of legal services.</p>             | <p>Information addressing the legal aspects of planning for incapacity and introducing durable and medical powers of attorney, living wills, and trusts, and booklets on Medigap insurance, advance medical directives, and housing rights of older persons.</p> |
| <p><b>Caring Connections</b><br/>           1700 Diagnol Road<br/>           Suite 625<br/>           Alexandria, VA 22314<br/>           (800) 658-8898<br/> <a href="http://www.caringinfo.org">www.caringinfo.org</a></p>  | <p><b>Caring Connections</b>, a program of the National Hospice and Palliative Care Organization (NHPCO), is a national consumer engagement initiative to improve care at the end of life, supported by a grant from The Robert Wood Johnson Foundation.</p> | <p>Provides free resources and information to help people make decisions about end-of-life care and services before a crisis.</p>  |
| <p><b>National Academy of Elder Law Attorneys (NAELA)</b><br/>           1604 North Country Club Road<br/>           Tucson, AZ 85716<br/>           (T) 520-881-4005<br/>           (F) 520-325-7925<br/>           8:00 a.m.–5:00 p.m., MT, M–F<br/> <a href="http://www.naela.org">www.naela.org</a></p> | <p>Professional association of attorneys concerned with improving the availability and delivery of legal services to the elderly.</p>  | <p>Maintains a national registry of attorneys who specialize in Elder Law. Check Web site for lists by state. Publishes brochures on legal issues that affect the elderly. NAELA does not make referrals to individual attorneys.</p>                            |

# Resource Listing

| RESOURCE  | DESCRIPTION  | WHAT HELP IS AVAILABLE  |
|---|--|---|
| <p><b>National Senior Citizens Law Center (NSCLC)</b><br/>           1101 14th Street NW<br/>           Suite 400<br/>           Washington, DC 20005<br/>           (T) 202-289-6976<br/>           (F) 202-289-7224<br/>           9:00 a.m.–5:00 p.m., ET, M–F<br/> <a href="http://www.nsclc.org">www.nsclc.org</a></p> | <p>A public interest law firm specializing in the legal problems of older people. NSCLC serves Legal Aid Offices and private lawyers who offer legal assistance to low-income older people. It does not accept individual clients.</p> | <p>Clearinghouse for information on legal problems of the elderly, including Social Security, pension plans, Medicaid, Medicare, nursing homes, and consumer products. Free services include consulting and referrals to other sources. A variety of documents are available at nominal cost.</p> |

# Additional Source Material

**Publications** are available that can help you and your parents with the specific problems they may face. Many of these items may be available in the public library or a local book store.

## GENERAL INFORMATION

### **Always on Call:**

#### **When Illness Turns Families into Caregivers**

*Carol Levine*

New York, NY:

United Hospital Fund of New York City, 2000. \$20.00

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### **And Thou Shalt Honor:**

#### **The Caregiver's Companion**

*Beth Witrogen McLeod*

Rodak Press, 2002. \$24.95

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### **Caregiving Sourcebook:**

#### **Basic Consumer Health Information for Caregivers, Including a Profile of Caregivers, Caregiving Responsibilities and Concerns, Tips for Specific Conditions**

*Joyce Brennfleck Shannon*

Detroit, MI: Omnigraphics, Inc., 2001. \$78.00

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### **Caring for Your Aging Parents: A Planning and Action Guide**

*Donna Cohen, Ph.D.,*

*and Carl Eisdorfer, Ph.D., M.D.*

J. P. Tarcher, 1995. \$14.95

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### **Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive**

*Claire Berman*

Owl Books, 2001. \$76.00

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### **The Competent Caregiver: A Guide to Hiring Care in the Home Independently**

*Elizabeth Ducasse*

1st Books Library, 2001. \$13.98

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### **The Complete Bedside Companion: No-Nonsense Advice on Caring for the Seriously Ill**

*Rodger McFarlane and Philip Bashe*

Simon & Schuster, 1998. \$25.95

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### **The Complete Elder Care Planner**

*Joy Loverde*

Times Books, 2000. \$19.95

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### **Complete Idiot's Guide to Caring for Aging Parents**

*Linda Colvin Rhodes, Ed.D.*

Indianapolis, IN: Alpha Books, 2001. \$16.95

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### **Consumer Reports Complete Guide to Health Services for Seniors**

*Trudy Lieberman, Consumer Reports Books Editors*

Crown Publishing Group, 2000. \$19.95

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### **Coping with Your Difficult Older Parent: A Guide for Stressed-Out Children**

*Grace LeBow and Barbara Kane*

Avon Books, 1999. \$12.95

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# Additional Source Material

## **Culture & Nursing Care:**

### **A Pocket Guide**

*Julienne G. Lipson, Suzanne L. Dibble,  
and Pamela A. Minarik*

San Francisco, CA:

UC San Francisco Nursing Press, 1997. \$21.95

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## **Eldercare 911:**

### **The Caregiver's Complete Handbook for Making Decisions**

*Susan Beerman, Judith Rappaport-Musson*

Prometheus Books, 2002. \$24.00

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## **The Eldercare Sourcebook**

*Joan Carson Breitung*

Edition Number: 1, 2002. \$16.95

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## **Family Caregivers Guide to Hospital Discharge Planning**

National Alliance for Caregiving, 2003

To obtain a copy, write National Alliance for Caregiving,  
4720 Montgomery Lane,  
5th Floor, Bethesda, MD 20814. Free.

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## **Handbook for Mortals: Guidance for People Facing Serious Illness**

*Joanne Lynn and Joan Harrold*

Oxford University Press, 2001. \$15.95

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## **Hard Questions, Simple Answers: A Workbook to Take the Crisis Out of Caregiving**

*Elana Peters, M.A.*

Seven Locks Press, 2002. \$19.95

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## **He Used to Be Somebody, a Journey into Alzheimer's Disease through the Eye of a Caregiver**

*Beverly Bigtree Murphy.*

Gibbs Association, 1996. \$16.95

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## **Helping Yourself Help Others:**

### **A Book for Caregivers**

*Rosalynn Carter, with Susan K. Golant*

Times Books, 1996. \$14.00

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## **How to Care for Aging Parents**

*Virginia Morris and Robert Butler*

Workman Publishing Company, Inc., 1996. \$15.95

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## **How to Go on Living When Someone You Love Dies**

*Therese A. Rando, Ph.D.*

Bantam Books, 1991. \$15.95

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## **Losing a Parent: Passage to a New Way of Living/ A Guide to Facing Death and Dying**

*Alexandra Kennedy*

HarperCollins Publishers, 1991. \$16.00

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## **Love, Honor and Value**

*Suzanne Mintz*

Sterling, VA: Capital Books Inc., 2002. \$14.95

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## **Palliative Care:**

### **Complete Care Everyone Deserves**

National Alliance for Caregiving, 2003.

To obtain a copy, write National Alliance for Caregiving,  
4720 Montgomery Lane, 5th Floor, Bethesda, MD  
20814. Free.

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## **Planning for Long-Term Care**

*United Seniors Health Council, Ann Landers*

The McGraw-Hill Companies, 2002. \$14.95

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## **Taking Care of Aging Family Members: A Practical Guide**

*Wendy Lustbader, Nancy R. Hooyman*

Free Press, 1994. \$18.95

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**The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life**

*Nancy L. Mace and Peter V. Robins, M.D.*  
Warner Books, 2001. \$7.99

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**Alzheimer's Early Stages, 2nd Edition**

*Daniel Kuhn, MSW*  
Alameda, CA: Hunter House, 2003. \$15.95

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**Amyotrophic Lateral Sclerosis:  
A Guide for Parents and Families, 2nd Edition**

*Hiroshi Mitsumoto and Theodore L. Munsat*  
New York, NY: Demos Medical Publishing, 2001. \$39.95

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**Caregiver's Handbook:  
A Complete Guide to Home Health Care**

*Visiting Nurse Associations of America*  
DK Publishing, Inc., 1998. \$11.96

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**Caregiving: A Step-by-Step Resource for Caring for People with Cancer at Home**

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Atlanta, GA: American Cancer Society, 2000. \$13.27

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**Caring for the Parkinson Patient: A Practical Guide**

*J. Thomas Hutton, Raye Lynne Dippel, Nathan Slewett*  
Amherst, NY: Prometheus Books, 1999. \$22.00

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**Healthwise for Life:  
Medical SelfCare for People Age 50 and Better**

*Donald W. Kemper and Healthwise Staff*  
Healthwise, 2000. \$9.95

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**How to Stay Safe and Independent in Your Home:  
Fall Prevention for Seniors**

Video. Safe and Independent.com, 2003. \$29.95

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**Living with ALS: A Series of Six Manuals**

ALS Association, 1999  
To obtain this resource, call (800) 782-4747  
or click [www.alsa.org](http://www.alsa.org).

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**Living with Stroke: A Guide for Families, 3rd Edition**

*Richard C. Senelick, M.D., and Karla Dougherty*  
Independence, KY: Delmar Publishers, 2001. \$15.95

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**The Loss of Self:**

**A Family Resource for the Care of Alzheimer's Disease and Related Disorders, Revised Edition**  
*Donna Cohen and Carl Eisdorfer*  
New York, NY: Norton, W.W. and Company, Inc., 2002.  
\$16.95

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**Taking Charge of Your Health**

*Alice Hodge and Mary Lonergan*  
BookPartners, 1999. \$14.95

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**When Cancer Strikes:**

**A Tribute to the Family Caregiver**  
*Nabil Hagag*  
Huntington, NY: Nova Science Publishers, Inc., 1999.  
\$24.95

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## HOUSING INFORMATION

**AARP Publications: Assisted Living: Weighing the Options; Choosing Good Care: A Family Guide to Finding a Nursing Home; Getting by with a Little Help: Community Services to Meet Changing Needs; Navigating Your Way to a Quality Assisted Living Facility**

To obtain single copies of these AARP booklets for caregivers, contact AARP Fulfillment, 601 E Street, Washington, DC 20049. Free.

**Assisted Living Guide & Checklist**

Assisted Living Federation of America, 2002.

To obtain a single copy of the booklet, write Assisted Living Federation of America, 11200 Waples Mill Rd., Suite 150, Fairfax, VA 22030. Free.

**The Complete Guide to Alzheimer's Proofing Your Home**

*Mark L. Warner*

Purdue University Press, 2000. \$45.00

**The Comfort of Home:**

**An Illustrated Step-by-Step Guide for Caregivers**

*Maria M. Meyer with Paula Derr, RN*

CareTrust Publications, 2002. \$23.00

**Contemporary Environments for People with Dementia**

*Uriel Cohen and Kristen Day*

Johns Hopkins University Press, 1993. \$58.00

**Elderdesign**

*Rosemary Bakker*

Penguin, 1997. \$14.95

**Home Planning for Your Later Years**

*William Wasch*

William Wasch Publishers, 1996. \$19.95

**Making Life More Livable:**

**A Practical Guide to Over 1,000 Products and Resources for Living Well in the Mature Years**

*Ellen Lederman*

Fireside, 1994. \$20.50

**Moving Mom & Dad: Why, Where, How, and When to Help Your Parents Relocate (Lanier Guides Series)**

*Sarah Morse, Donna Quinn Robbins*

Lanier Publishing, 1998. \$19.95

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### **The Cost of Caring: Money Skills for Caregivers**

*Anne M. Johnson, Ruth Rejnis*  
John Wiley & Sons, 1998. \$14.95

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### **A Guide for Elders: Planning That Protects You and Your Assets**

Gerontology Institute and Center, University of Massachusetts, Boston. To obtain this resource, write to Gerontology Institute and Center, University of Massachusetts, Boston, 100 Morrissey Blvd., Boston, MA 02125-3393.

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### **How to Care for Your Parents' Money While Caring for Your Parents: Complete Guide to Managing Your Parents' Finances**

*Sharon Burns, Raymond E. Forgue, Raymond Forgue*  
The McGraw-Hill Companies, 2003. \$14.95

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### **Long-Term Care: Your Financial Planning Guide**

*Phyllis R. Shelton*  
Kensington Publishing Corporation, 2003. \$16.00

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### **The Medicaid Planning Handbook: A Guide to Protecting Your Family's Assets from Catastrophic Nursing Home Costs**

*Alexander A. Bove, Jr.*  
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### **Senior Sense: A Financial Guide for Seniors and Their Families**

*Linda Towey Krayton, Comstock, Inc. Staff*  
Tremont Publishing Company, Inc., 2002. \$12.99

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### **A Shopper's Guide to Long-Term Care Insurance**

National Association of Insurance Commissioners, 1999. Available from the National Association of Insurance Commissioners Web site at [www.naic.org](http://www.naic.org).

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### **Your Living Trust and Estate Plan: How to Maximize Your Family's Assets and Protect Your Loved Ones**

*Harvey J. Platt, Don Kracke*  
Allworth Press, 2002. \$16.95

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## LEGAL INFORMATION

### **Five Wishes**

Aging with Dignity, 2001  
To obtain this resource, call 888-5-WISHES. \$5.00

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### **The Complete Book of Wills, Estates & Trusts, 2nd Edition**

*Alexander A. Bove*  
New York, NY: Henry Holt & Company, Inc., 2000. \$15.00

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### **A Guide to Elder Planning: Everything You Need to Know to Protect Yourself Legally and Financially**

*Steve Weisman*  
Financial Times Prentice Hall, 2003. \$24.95

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### **How to Settle an Estate: A Manual for Executors and Trustees**

*Charles K. Plotnick, Stephan R. Leimberg*  
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