

CHAPTER SEVEN

Caregiver Resources

Ageline (Online): available on BRS, BRS/AfterDark, Compuserve, and Dialog (File 163). Ageline is a database maintained by the AARP and contains information dealing with all aspects of aging including housing and long-term healthcare. www.aarp.org

Alzheimer's Association: A nonprofit organization covering all aspects of the disease from research to education and family support. Call or write for more information, a catalog of available materials, and/or the location of an Alzheimer's chapter nearest you: Alzheimer's Association, 70 E. Lake Street, Chicago, IL 60601-5997, 1-800-621-0379; in Illinois: 1-800-572-6037. www.alz.org

Alzheimer's Disease Education and Referral Center (ADEAR): Established by the National Institute on Aging to distribute information on Alzheimer's Disease. ADEAR publishes an information packet on Alzheimer's which is available by Writing or calling: ADEAR, P.O. Box 8250, Silver Spring, MD 20907. (301) 495-3311. 1-800-438-4380. www.alzheimers.org

American Association for Retired Persons (AARP): this organization is dedicated to the education of its members and those over the age of 50. Call or write for a free publications listing: AARP, 601 E Street, NW, Washington, DC 20049. (202) 434-2277. www.aarp.org

American Association of Homes and Services for the Aging (AAHSA): a national professional association representing more than 5,000 nonprofit providers of health care, housing and services and inpatient care facilities to the nation's elderly. A directory of its membership is published and available at a cost of \$55. AAHSA, 2519 Connecticut Avenue, NW, Washington, DC 20008-1520. (202) 783-2242. www.aahsa.org

American Association of Retired Persons (AARP): an organization devoted to the education of its members and other older persons and sponsors a Legal Counsel for the elderly. AARP has numerous free publications on long-term healthcare, residential communities, nursing care facilities and related topics. For a list, or more information, contact: AARP, 601 E. Street, NW, Washington, DC 20049. (202) 434-2277. www.aarp.org/connect

American Bar Association Commission on Legal Problems of the Elderly: organized to improve the quality of legal services for seniors; provides referrals to various agencies and free information. 1800 M Street, NW, 2nd Floor, Washington, DC 20036. (202) 331-2297.

Area Agency on Aging (AAA): AAA is a government-sponsored agency with approximately 700 local chapters. In addition to providing a wealth of information on a variety of health and aging topics, AAA sponsors a program called OPTIONS that assists individuals in locating and selecting appropriate adult care options in the person's area.

To find a local AAA, look in the “State” or “County government” section (Blue Pages) of the telephone directory under the heading: “Guide to Human Services” or contact the AAA: 1112 16th St., NW, Suite 100, Washington, DC 20036. (513) 222-2621. A directory of Area Agencies on Aging is available from the Government Printing Office. www.healthfinder.gov

Children of Aging Parents (CAPS): this nonprofit organization offers numerous information sheets which are available for a nominal charge. Call or write: CAPS, Woodburne Office Campus, Suite 302-A, 1609 Woodburne Road, Levittown, PA 19057. (215) 945-6900. www.caps4caregivers.org

Choice in Dying: an organization that provides general and specific information about health care powers of attorney and living wills. Also, provides state-specific forms and instructions. 250W 57th St., New York, NY 10107. (212) 246-6973.

Elder Care Locator: an agency designed to help seniors find community resources and assistance in their local community. 1-800-677-1116. (9 a.m. – 8 p.m. EST).

Long-Term Care Ombudsman: each state has an ombudsman who is responsible for protecting the rights and welfare of nursing home residents. The ombudsman’s office is usually with the state’s department of aging or the state’s social and health services department. Check the Blue Pages of the telephone book.

National Academy of Elder Law Attorneys, Inc.: an association of lawyers who specialize in elder law. May be able to provide referrals to lawyers in a particular area. 655 N Avernon Way, Suite 108, Tucson, AZ 85711. (602) 881-4005.

National Association for Home Care: may be able to refer caregiver to local or state affiliate with listings of member agencies and services. Publishers of Caring Magazine. NAHC, 519 C Street, NE, Washington, DC 20002, (202) 347-7424.

National Council of Senior Citizens: offers information on selecting community services. Contact the council’s Education and Research Center at: 1331 F Street, NW, Washington, DC 20004. (202) 347-8800.

National Council on Aging: a private, nonprofit organization that provides information on all aspects of aging/gerontology. NCOA, 600 Maryland Avenue, SW, West Wing 100, Washington, DC 20024. (202) 479-1200. www.ncoa.org

National Home Caring Council: provides information on home care services. (See “Free Information.”) NHCC, 519 C Street, NE, Washington, DC 20002. (202) 547-6586. www.nahc.org

National Hospice Organization: a nonprofit organization offering information and a “Hotline” service. 1901 N. Moore St., Suite 901, Arlington, VA 22209. (703) 243-5900; HOTLINE: 1-800-658-8898. www.nho.org

National Institute on Adult Day Care: publishes a directory of adult day care (order #2022) that is a source of information on day care centers and services. Write to: National Institute on Adult Day Care, NCOA, 409 3rd St., NW, Washington, DC 20024. 1-800-424-9046 www.ncoa.org

National Institute on Aging (NIA): a division of the National Institutes of Health/U.S. Department of Health and Human Services, the NIA's office of public information offers information sheets on a variety of relative topics. Bldg. 31, Rm 5C27, Bethesda, MD 20892. (301) 496-1752. www.agenet.com

National Resource Center on Health Promotion and Aging: provides updates on issues that may be of interest to caregivers through its bimonthly newsletter, Perspectives in Health Promotion and Aging. Write to: 601 E Street, NW, Suite B5, Washington, DC 20049

Policy Center on Aging: a department of Brandeis University that issues publications on long-term health care options and aging. Brandeis University, Heller Graduate School, Waltham, MA 02254. (617) 736-3874.

Social Security Administrative Office: for Medicare applications or for more information, call your local social security office (the phone number can be found in the federal government pages of the phone book) or: 1-800-772-1213.

University of Southern California/Andrus Gerontology Center: will answer questions on in-home services such as home health care, Meals-on-Wheels, day care centers, etc. Also provides counseling. University Park, Los Angeles, CA 90089-0191. (213) 740-6060 (8:30 a.m. – 5 p.m. PST).

U.S. Department of Health and Human Services, HCFA: the federal agency that administers the Medicare program. Write: 6325 Security Boulevard, Baltimore, Maryland 21207-5187 or call 1-800-659-8898.

Wiser Now: Wiser Now is a national, monthly publication for caregivers of people with Alzheimer's disease which offers practical advice for daily use. For information, write or call: Better Directions, PO Box 35, Spencerville, MD 20868. (301) 421-9810.