

Agencies, Organizations, and Resources Created to Enhance and Inform the Experience of Aging

Anaheim, California specific resources included

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Anaheim, California specific resources included

NADINE LUKES-DYER

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For information or to suggest an agency or organization for inclusion in a future revision contact:

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Dear Reader,

It is my sincere hope that the information contained in this resource guide will empower you to improve your quality of life by increasing your awareness and access to the resources and services available to you. Please take advantage of the included resources as they have been established for your benefit. None of the agencies or organizations included are “for profit” entities or paid a fee for inclusion, they are included because they provide some form of service of interest to older adults for free or nearly free.

Warm Regards,
Nadine Lukes-Dyer

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Aging Related Agencies

The City of Anaheim

714-765-4311

<http://www.anaheim.net/2498/Senior-Services>

200 S. Anaheim Boulevard, Anaheim, CA 92805

The City of Anaheim offers many opportunities and programs for older adults including classes, community centers, lunch programs, recreation opportunities, and transportation. City of Anaheim sponsored programs are listed under the heading "Anaheim".

Orange County Office on Aging

800-510-2020

<http://officeonaging.ocgov.com>

1300 S. Grand Ave., Building "B", Santa Ana, CA 92705

The Orange County Office on Aging (OOOA) provides funding to several service providers of age related services. Adult day care, case management, congregate meals, elder abuse prevention, health insurance counseling and advocacy (HICAP), legal services, nonemergency medical transportation, ombudsman services, and senior employment are among the services sponsored in full or in part by the OOOA.

California Department of Aging

800-510-2020

<https://www.aging.ca.gov>

916-419-7500

1300 National Dr. # 200, Sacramento, CA 95834

The California Department of Aging provides state and federally funded services to adults 60 years and older, adults with disabilities, and family caregivers. Services include: community-based adult services/adult day health care, disease prevention and health promotion, family caregiver support program, health insurance counseling and advocacy program, legal assistance, long-term care ombudsman program, multipurpose senior services program, nutrition, senior community services employment program, senior information and assistance program, supplemental nutrition assistance program-education (SNAP-Ed), and supportive services program. California Department of Aging programs are listed in the section titled "California".

California Department of Aging - Regional Offices

Los Angeles County

213-738-4004

<http://css.lacounty.gov>

3175 West 6th Street, Los Angeles, CA 90020

Orange County

714-567-7500

<http://officeonaging.ocgov.com>

1300 S. Grand Ave, Bldg. B, Santa Ana, CA 92705

Riverside County

951-867-3800

<http://www.rcaging.org>

6296 River Crest Drive Suite K, Riverside, CA 92507

<http://resourcesforaging.weebly.com>

San Bernardino County
<http://www.sbcounty.gov>
686 East Mill Street, San Bernardino, CA 92408

909-891-3900

National Institute on Aging (NIA)

www.nia.nih.gov

800-222-2225

TTY: 800-222-4225

31 Center Drive, MSC 2292, Building 31, Room 5C27, Bethesda, MD 20892

The National Institute on Aging (NIA) is the division of the National Institutes of Health that focuses on aging and is the national leader on Alzheimer's research. The website caters to a wide audience inclusive of both the general user and researchers. An abundance of information can be found by clicking on the "Health and Aging" tab. Many of the inserts included in this resource guide were provided by the NIA.

NIH Senior Health

<http://nihseniorhealth.gov>

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Advance Directives and Planning

Note: Some hospitals require a copy of your Advance Directive be provided during each hospital stay. Therefore, it is a good idea to make several copies and give a few to your medical advocate to ensure that your advocate and wishes are recognized by the hospital staff.

Caring Connections

www.caringinfo.org

1731 King Street, Alexandria, VA 22314

A division of the National Hospice and Palliative Care nonprofit organization. The website offers information and free downloads on numerous issues related to planning for possible crisis and end of life care including advance directives.

800-658-8898

877-658-8896

American Bar Association

www.americanbar.org

321 North Clark Street, Chicago, IL 60654

Search for "Consumer's Tool Kit for Health Care Advance Planning".

800-285-2221

Donate Life America

www.donatelife.net

701 East Byrd Street, 16th floor, Richmond, VA 23219

A nonprofit organization that registers people as eye, organ, and/or tissue donors.

804-377-3580

National Elder Law Foundation

520-203-0277

www.nelf.org

6336 N. Oracle Rd., Ste. 326, #136, Tucson, AZ 85704

A nonprofit organization that certifies attorneys in elder law competency and offers consumers a database of certified attorneys and searchable elder law articles.

National Legal Resource Center

www.nlrc.aoa.gov

A Government organization focused on providing older adults access to elder law resources. A large number of resources are available on this website.

NIHSeniorHealth

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

OrganDonor.gov

888-275-4772

www.organdonor.gov

The organ donation registry administered by the Health Resources and Services Administration of the United States Government.

Physician Orders for Life-Sustaining Treatment (POLST)

www.polst.org

An alternative to advance directives for individuals with less than one year to live.

Put It In Writing

800-424-4301

www.putitinwriting.org

155 North Wacker Drive, Chicago, IL 60606

Put it In Writing is an initiative by the American Hospital Association focused on educating individuals about the benefits of having an advance directive.

The Living Bank

800-528-2971

www.livingbank.org

P.O. Box 6725, Houston, TX 77265

A nonprofit organization promoting living donor organ donation.

AIDS and HIV

AIDS.gov

800-448-0440

www.aids.gov

200 Independence Avenue, S.W. Rm 443 H, Washington, D.C. 20201

A United States Government website for AIDS/HIV information and resources.

AIDSinfo 800-448-0440
aidsinfo.nih.gov TTY: 888-480-3739
P.O. Box 4780, Rockville, MD 20849-6303
A United States Government website for AIDS/HIV information and resources.

Centers for Disease Control and Prevention (CDC) 800-232-4636
www.cdc.gov/hiv/risk/age/olderamericans TTY: 888-232-6348
1600 Clifton Road, Atlanta, GA 30329
The web address listed above is the section of the CDC's website dedicated to AIDS/HIV and older adults.

National Institute of Allergy and Infectious Diseases 866-284-4107
www.niaid.nih.gov/topics/hivaids TTY: 800-877-8339
5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806
A source of information relating to AIDS and HIV hosted by the National Institute of Allergy and Infectious Diseases.

Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders
www.sageusa.org 212-741-2247
305 Seventh Ave 15th Floor, New York, NY 10001
A nonprofit organization promoting advocacy and information for older adult members of the LGBTQ community.

Alcohol Use and Abuse

A.A. World Services, Inc. (Alcoholics Anonymous) 212-870-3400
www.aa.org
P.O. Box 459, New York, NY 10163
North Orange County Central Office 714-773-4357
www.aanoc.com
A nonprofit organization offering supportive services to individuals that desire assistance with a drinking problem.

Adult Children of Alcoholics 562-595-7813
www.adultchildren.org
P.O. Box 3216, Torrance, CA 90510
A nonprofit organization providing support and information to adult children of alcoholics, drug addicts, and codependents.

Al-Anon Family Group Headquarters 757-563-1600
To find a local meeting call: 888-425-2666
www.al-anon.org
1600 Corporate Landing Parkway, Virginia Beach, VA 23454
A mutual support group for individuals experiencing problems resulting from their drinking behavior.

National Institute on Alcohol Abuse and Alcoholism 301-443-3860
www.niaaa.nih.gov
5635 Fishers Lane MSC 9304, Bethesda, MD 20892-9304
A government agency dedicated to alcohol use and abuse. Many treatment resources can be found on the website.

Substance Abuse & Mental Health Services Administration 877-726-4727
www.store.samhsa.gov TTY: 800-487-4889
1 Choke Cherry Road, Rockville, MD 20850
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the government agency focused on reducing the impact of substance abuse. Reliable information on the various drugs of abuse, treatment options, and relevant publications can be found on the website.

Allergy

American Academy of Allergy, Asthma, and Immunology 414-272-6071
http://www.aaaai.org
555 East Wells Street Suite 1100, Milwaukee, WI 53202-3823
A nonprofit organization promoting advocacy and education of allergy, asthma, and immunology related topics. Resources for consumers and professionals can be found on the website.

Asthma and Allergy Foundation of America 800-727-8462
http://www.aafa.org
8201 Corporate Drive Suite 1000, Landover, MD 20785
A nonprofit organization. A list of products that have been certified “asthma and allergy friendly” is among the many resources available from this organization.

Center for Disease Control (CDC) 800-232-4636
TTY: 888-232-6348
http://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/Allergies
1600 Clifton Road, Atlanta, GA 30329-402
The CDC is a government organization that offers a considerable amount of information on various ailments. You can use the search box located at www.cdc.gov to search for information on specific allergies or you can use the web address above to access general allergy related information.

Food and Drug Administration (FDA)

888-463-6332

www.fda.gov

10903 New Hampshire Avenue, Silver Spring, MD 20993

The government agency focused on increasing food and drug safety. Use the search box on the main website to locate information on food, drug, and environmental allergies.

Food and Nutrition Information Center, National Agricultural Library

http://fnic.nal.usda.gov

301-504-5414

http://fnic.nal.usda.gov/diet-and-disease/allergies-and-food-sensitivities

10301 Baltimore Avenue, Room 108, Beltsville, MD 20705

For a large variety of dietary and nutrition related topics visit the agency's main site. For information relating to diet and allergies visit the web address ending in "sensitivities".

National Institute of Allergies and Infectious Diseases

866-284-4107

http://www.niaid.nih.gov

TDD: 800-877-8339

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on research relating to allergic, immunological, and infectious diseases.

NIH Senior Health

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Alzheimer's Disease

Alzheimer's Disease Education and Referral (ADEAR) Center 800-438-4380

www.nia.nih.gov/alzheimers

An Alzheimer's Disease information website hosted by the National Institute on Aging.

Alzheimer's Association

Available 24/7 800-272-3900

www.alz.org

TTY: 866-403-3073

225 N. Michigan Ave., Fl. 17, Chicago, IL 60601-7633

A nonprofit organization offering a 24/7 help line and resource rich website.

MedicAlert® + Alzheimer's Association Safe Return® A fee based service found on the

Alzheimer's Association website. Enrollment 888-572-8566 Emergency Response 800-625-3780

Alzheimer's Foundation of America

866-232-8484

www.alzfdn.org

322 Eighth Ave., 7th fl., New York, N.Y. 10001

A nonprofit organization that provides information on Alzheimer's Disease and numerous resources for caregivers of individuals with Alzheimer's Disease.

Eldercare Locator**800-677-1116****www.eldercare.gov***Many resources to aid in locating services available to seniors.***Family Caregiver Alliance****800-445-8106****www.caregiver.org****785 Market Street, Suite 750, San Francisco, CA 94103***A caregiver related nonprofit organization.***NIHSeniorHealth****<http://nihseniorhealth.gov>***NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.*

Anaheim – Senior Programs

*This section contains services sponsored by the City of Anaheim for older adults. The senior lunch program is available Monday through Friday at the Brookhurst Community Center and La Colonia Independencia. Free transportation is available to both centers (reservations required) and a donation of \$2.50 is requested for lunch.***Brookhurst Community Center****714-776-7560****<http://www.anaheim.net/1063/Senior-Programs>****2271 W Crescent Avenue, Anaheim, CA 92801***Social and recreational activities for older adults. Free transportation is available to the center and a lunch program is offered Monday through Friday.***Downtown Community Center****714-765-4505****250 E. Center Street, Anaheim, CA 92805***This location offers a large senior activities center, a human services component, and an art gallery.***East Anaheim Community Center****714-765-4510****8201 E Santa Ana Canyon Road, Anaheim, CA 92808***Social and recreational activities for adults aged 50 years and older.***Senior Wheels Transportation Program****714-765-4511****<http://www.anaheim.net/1638/Senior-Wheels-Transportation-Program>***Available to Anaheim residents aged 60 years and older. Individuals can receive low cost transportation within a 10-mile radius of their home. Rides are \$2 each way but vouchers must be purchased in \$12, \$20, and \$40 quantities (prices current April 2016). Transportation to Brookhurst Community Center and La Colonia is free. Reservations required for all transportation services.*

Arthritis

**American College of Rheumatology/
Association of Rheumatology Health Professionals** 404-633-3777
www.rheumatology.org
2200 Lake Boulevard, NE, Atlanta, GA 30319
A nonprofit professional organization that serves rheumatology professionals, patients, and caregivers of individuals with rheumatology related diseases.

Arthritis Foundation 800-283-7800
www.arthritis.org
P.O. Box 7669, Atlanta, GA 30357-0669
Visit this nonprofit organization's website for arthritis related information and resources.

Food and Drug Administration (FDA) 888-463-6332
www.fda.gov
10903 New Hampshire Avenue, Silver Spring, MD 20993
To access FDA initiated articles and reports type "arthritis" or disease name into the search box. You can then narrow your search by type of information.

National Center for Complementary and Alternative Medicine 888-644-6226
www.nccam.nih.gov TTY: 866-464-3615
NCCAM Clearinghouse, P.O. Box 7923, Gaithersburg, MD 20898
The division of the National Institutes of Health that is dedicated to complementary and alternative medicine. A large variety of related topics are available on the website.

National Institute of Arthritis and Musculoskeletal and Skin Diseases
www.niams.nih.gov 877-226-4267
TTY: 301-565-2966

NIAMS Information Clearinghouse, 1 AMS Circle, Bethesda, MD 20892-3675
The division of the National Institutes of Health that is dedicated to arthritis, musculoskeletal, and skin diseases. Although primarily devoted to research, the website is rich with relevant information.

Assistive Devices and Assisted Living

Department of Veterans Affairs VA benefits: 800-827-1000
810 Vermont Avenue, NW, Washington, DC 20420 TTY: 800-829-4833
To speak with a benefits counselor: 877-222-8387
Counselors are available via telephone to assist with determination of benefits available and the application process.

Eldercare Locator **800-677-1116**
www.eldercare.gov
Many resources to aid in locating services available to seniors.

Federal and State Government Benefit Information **800-FED-INFO**
www.benefits.gov **(800-333-4636)**
On online tool to prescreen for Federal and State benefit eligibility.

Centers for Medicare & Medicaid Services **800-633-4227**
www.medicare.gov
www.medicare.gov/homehealthcompare
7500 Security Boulevard, Baltimore, MD 21244
Find out what funding options are available through Medicare and compare home health care services.

NIH Senior Health
http://nihseniorhealth.gov
NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Assistive Devices and Assisted Living: Housing Related

Department of Housing and Urban Development **202-708-1112**
TTY: 202-708-1455
http://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens
451 Seventh Street, SW, Washington, DC 20410
The Department of Housing and Urban Development has a section devoted to housing issues relevant to senior citizens. You can access this section by typing "information for seniors" into the search box found at www.hud.gov or you can use the longer web address below for direct access. The site also offers access to housing counselors approved by HUD.

Low-Income Home Energy Assistance Program (LIHEAP)
National Energy Assistance Referral Hotline (NEAR) **866-674-6327**
www.liheap.ncat.org/referral.htm **TTY: 866-367-6228**
A free service providing information on where to apply for the Low Income Home Energy Assistance Program, a service that helps income qualified individuals pay their energy bills.

Rebuilding Together **800-473-4229**
www.rebuildingtogether.org
1899 L Street, NW Suite 1000, Washington, DC 20036
A nonprofit organization focused on increasing the safety of low income homes. Low income homeowners can access the website to find local partners to assist with safety increasing home modifications.

Assistive Devices and Assisted Living: Service Providers

LeadingAge 202-783-2242

www.leadingage.org

2519 Connecticut Avenue, NW, Washington, DC 20008-1520

Leading Age is a nonprofit collaboration of organizations focused on improving many of the aspects associated with aging. Within the consumer section of the website individual users are able to search for a variety of aging related services.

National Adult Day Services Association 877-745-1440

www.nadsa.org

1421 East Broad Street Suite 425, Fuquay-Varina, NC 27526

A national association of adult day services. The website provides users with access to a searchable database of adult day centers, many of which provide transportation to and from.

Asthma

American Academy of Allergy, Asthma, and Immunology 414-272-6071

https://www.aaaai.org

555 East Wells Street Suite 1100, Milwaukee, WI 53202-3823

A nonprofit organization promoting advocacy and education of allergy, asthma, and immunology related topics. Resources for consumers and professionals can be found on the website.

Asthma and Allergy Foundation of America 800-727-8462

http://www.aafa.org

8201 Corporate Drive Suite 1000, Landover, MD 20785

A nonprofit organization. A list of products that have been certified “asthma and allergy friendly” is among the many resources available from this organization.

American College of Chest Physicians 847-498-1400

www.chestnet.org 800-343-2227

http://www.chestnet.org/Foundation

3300 Dundee Road, Northbrook, IL 60062-2348

A professional organization that offers a large variety of patient resources to the consumer. Visit the section titled “Foundation” for access to patient resources.

American Lung Association 202-785-3355

www.lungusa.org Lung Helpline: 800-548-8252

1301 Pennsylvania Avenue, NW Suite 800, Washington, DC 20004

A charitable organization focused on improving lung health.

National Cancer Institute

800-422-6237

www.cancer.gov

6116 Executive Boulevard Suite 300, Bethesda, MD 20892-8322

The government agency focused on Cancer and cancer information. In addition to hosting a large number of related resources, the website has a “live chat” function that provides the user access to a live representative available to answer cancer related questions. The Live Chat service is available from 5 am – 8 pm PST (8 am – 11 pm EST).

National Heart Lung and Blood Institute

301-592-8573

www.nhlbi.nih.gov

TTY: 240-629-3255

http://www.nhlbi.nih.gov/health/resources

P.O. Box 30105, Bethesda, MD 20824-0105

The government agency focused on the heart, lungs, and blood. A large variety of free resources can be found in the section titled “Public”. For direct access use the web address above that ends in resources.

National Institute of Allergy and Infectious Diseases

866-284-4107

www.niaid.nih.gov

TTY: 800-877-8339

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on allergic, immunological, and infectious diseases.

NIHSeniorHealth

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Balance Problems, Falls, and Fractures

Eldercare Locator

800-677-1116

www.eldercare.gov

Many resources to aid in locating services available to seniors.

National Center for Injury Prevention and Control (CDC)

800-232-4636

www.cdc.gov/injury

TTY: 888-232-6348

1600 Clifton Road, Atlanta, GA 30333

The division of the Centers for Disease Control and Prevention that is focused on injury prevention and control. Visit the website for free resources.

NIHSeniorHealth

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering relevant resources and links.

**National Resource Center on Supportive Housing and Home Modifications
University of Southern California, Fall Prevention Center of Excellence**

www.homemods.org

213-740-1364

3715 McClintock Avenue, Room 228, Los Angeles, CA 90089-0191

The university based nonprofit organization focused on promoting aging in place. Visit the website to access resources related to aging in place home modifications.

Rebuilding Together

800-473-4229

www.rebuildingtogether.org

1899 L Street, NW, Suite 1000, Washington, DC 20036

A nonprofit organization focused on helping low-income home owners improve the safety of their homes.

Bladder Control and Incontinence

American Urological Association Foundation

800-828-7866

www.urologyhealth.org

1000 Corporate Boulevard, Linthicum, MD 21090

A nonprofit organization offering numerous resources.

National Association for Continence

800-252-3337

www.nafc.org

P.O. Box 1019, Charleston, SC 29402-1019

A nonprofit organization focused on bladder health.

National Institute of Diabetes and Digestive and Kidney Diseases

http://kidney.niddk.nih.gov

800-891-5390

TTY: 866-569-1162

National Kidney and Urologic Diseases Information Clearinghouse

3 Information Way, Bethesda, MD 20892-3580

The government agency focused on diabetes, digestive, and kidney diseases. Visit the website for access to many related articles and information.

Simon Foundation for Continence

800-237-4666

www.simonfoundation.org

P.O. Box 815, Wilmette, IL 60091

A nonprofit organization focused on incontinence. Visit the website for incontinence related information.

Bones and Joints

Food and Drug Administration (FDA)

888-463-6332

www.fda.gov

10903 New Hampshire Avenue, Room 5377, Building 32, Silver Spring, MD 20993

To access FDA initiated articles and reports type “bones and joints” or disease name into the search box. You can then narrow your search by type of information. Alternatively, you can access information on multiple topics through the “For Consumers” and “For Patients” portals.

Osteoporosis and Related Bone Diseases—National Resource Center

www.bones.nih.gov

800-624-2663

2 AMS Circle, Bethesda, MD 20892-0001

TTY: 202-466-4315

Search this government agency for information and resources related bones and osteoporosis.

National Osteoporosis Foundation

800-231-4222

www.nof.org

1150 17th Street, NW Suite 850, Washington, DC 20036

A health organization dedicated to bone health and osteoporosis.

California

The agencies and services listed in this section are provided by the State of California.

California Department on Aging

916-419-7500

www.aging.ca.gov

TDD: 800-735-2929

1300 National Drive, Suite 200, Sacramento, CA 95834-1992

The State of California administers numerous aging related programs including the following:

Health Insurance Counseling and Advocacy Program 800-434-0222

Long-Term Care Facilities Crisis Hotline 800-231-4024

Long-Term Care Ombudsman Program 800-231-4024

Senior Information Line 800-510-2020

For information on the following programs contact the Senior Information Line:

Community-Based Adult Services/Adult Day Health Care

Disease Prevention and Health Promotion

Family Caregiver Support Program

Legal Assistance

Multipurpose Senior Services Program

Nutrition

Senior Community Services Employment Program

Senior Information and Assistance Program

Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

Supportive Services Program

CA Department of Justice

Public Inquiry Unit

www.oag.ca.gov

Elder abuse and Medi-Cal fraud are among the complaints investigated by the California Department of Justice.

800-952-5225

TTY: 800-735-2929

CA Department of Managed Health Care Information

www.dmhc.ca.gov

Information about health insurance, patient benefits, and rights.

888-466-2219

CA Department of Mental Health

www.dmh.ca.gov

This is the government agency that oversees mental health facilities and programs in California.

916-654-3890

TTY: 800-896-2512

Cancer

American Cancer Society

www.cancer.org

250 Williams Street NW, Atlanta, Georgia, 30303

Local office:

Monday through Friday 9 am to 5 pm 949-261-9446

1940 E Deere Ave Suite 100, Santa Ana, California 92705

A nonprofit organization focused on cancer prevention and treatment. The website offers a “Live Chat” option and the toll free number is available 24/7. The local office information is also provided.

Available 24/7: 800-227-2345

866-228-4327

National Cancer Institute

www.cancer.gov

6116 Executive Boulevard Suite 300, Bethesda, MD 20892-8322

The government agency focused on Cancer and cancer information. In addition to hosting a large number of related resources, the website has a “live chat” function that provides the user access to a live representative available to answer cancer related questions. The Live Chat service is available from 5 am – 8 pm PST (8 am – 11 pm EST).

800-422-6237

Chronic Pain

American Academy of Pain Medicine

http://www.painmed.org/patientcenter

4700 W. Lake Avenue, Glenview, IL 60025

A professional organization with numerous resources available to the public.

847-375-4731

American Chronic Pain Association 800-533-3231
www.theacpa.org
www.theacpa.org/Support-Groups
PO Box 850, Rocklin, CA 95677

A nonprofit organization offering education and support to individuals with chronic pain.

Eldercare Locator 800-677-1116
www.eldercare.gov

Many resources to aid in locating services available to seniors.

National Center for Complementary and Integrative Health 888-644-6226
https://nccih.nih.gov/health/pain TTY: 866-464-3615
9000 Rockville Pike, Bethesda, Maryland 20892

The web address below is a direct link to this government agency's section on pain. The "Pain eBook" is among the many pain related resources available on the website.

National Library of Medicine

MedlinePlus: Pain www.nlm.nih.gov/medlineplus/pain.html

MedlinePlus: Chronic Pain www.nlm.nih.gov/medlineplus/chronicpain.html

A collection of health related information for the consumer. The main MedlinePlus web address is www.nlm.nih.gov but the web addresses below are direct links to the sections on pain and chronic pain.

Chronic Obstructive Pulmonary Disease - COPD

American College of Chest Physicians 847-498-1400
www.chestnet.org 800-343-2227

http://www.chestnet.org/Foundation

3300 Dundee Road, Northbrook, IL 60062

A professional organization that offers a large variety of patient resources to the consumer. Visit the section titled "Foundation" for access to patient resources.

American Lung Association 202-785-3355

www.lungusa.org Lung Helpline: 800-548-8252

1301 Pennsylvania Avenue, NW Suite 800, Washington, DC 20004

A charitable organization focused on improving lung health.

National Cancer Institute 800-422-6237

www.cancer.gov

6116 Executive Boulevard Suite 300, Bethesda, MD 20892-8322

The government agency focused on Cancer and cancer information. In addition to hosting a large number of related resources, the website has a "live chat" function that provides the user access to a live representative available to answer cancer related questions. The Live Chat service is available from 5 am – 8 pm PST (8 am – 11 pm EST).

<http://resourcesforaging.weebly.com>

National Heart Lung and Blood Institute

www.nhlbi.nih.gov

http://www.nhlbi.nih.gov/health/resources

P.O. Box 30105, Bethesda, MD 20824-0105

The government agency focused on the heart, lungs, and blood. A large variety of free resources can be found in the section titled "Public". For direct access use the web address below that ends in resources.

301-592-8573

TTY: 240-629-3255

Community Outreach

Interventions, Nonprofit Organizations, Resources, and Services

The organizations listed in this section offer services and resources to older adults. Although some may offer crisis intervention their listing here is based on the other services provided.

Please see the section titled "Crisis Intervention" on page for crisis related services.

Additionally, although some of these organizations are recommended by or receive funding from government agencies none are a division of any government entity.

211

Available 24/7 dial 211

http://www.211.org

If dialing 211 does not work call: 800-600-4357

An organization providing assistance and referrals. Elder services, financial, food, healthcare, shelter, and transportation are among the many areas that 211 can assist you with. Access referrals and services via the internet or telephone. Note dialing 211 does not work on some phones.

Anaheim Community Foundation

714-765-4419

http://www.anaheimcf.org

200 S. Anaheim Blvd., Ste 433 Anaheim, CA 92805

A nonprofit organization dedicated to improving the quality of life of all Anaheim residents. The Senior Citizens Emergency Assistance Program is one of many community outreach programs sponsored by this organization.

Assistance League

714-535-1336

https://www.assistanceleague.org

A philanthropic organization. Community outreach and senior fellowship are among the Assistance League programs.

Community Action Partnership

714-839-6199

http://www.capoc.org

A nonprofit organization offering assistance, education, and referral related to energy conservation, weatherization, and utility payment.

Council on Aging - Orange County

714-352-8820

www.coaoc.org

1971 E. 4th Street, Suite 200, Santa Ana, California, 92705-3917

A nonprofit organization that offers a number of programs and services aimed at improving the quality of life experienced by older adults.

Friendly Visitor Program**714-352-8820****www.coaoc.org****1971 E. 4th Street, Suite 200, Santa Ana, California, 92705-3917**

A service provided by the Council on Aging - Orange County, the Friendly Visitor Program enhances the lives of isolation adults through weekly interaction and evaluation of unmet needs.

Jewish Federation and Family Services, Orange County**949-435-3460****<http://www.familyservicesoc.org>****1 Federation Way, suite 220, Irvine, CA 92603**

A nonprofit organization serving the Jewish community. The organization has many senior focused services.

Latino Health Access**714-542-7792****<http://www.latinohalthaccess.org>****450 W Fourth St., Suite 130, Santa Ana, CA 92701**

A nonprofit organization focused on health access and concerns within the Latino community.

ReConnect**714-352-8820****www.coaoc.org****1971 E. 4th Street, Suite 200, Santa Ana, California, 92705-3917**

Funded by the Orange County Health Care Agency and administered by the Council on Aging - Orange County, the ReConnect Program provides older adults with in-home evaluations and referalls to a number of opportunities to increase their community involvement, independence, and life satisfaction.

SeniorServ Headquarters**714-220-0224****<http://www.communityseniorserv.com>****1200 N. Knollwood Circle, Anaheim, CA 92801**

A nonprofit organization offering the following programs to older adults:

Adult Day Services, Care Circles, Care Transitions, Meals on Wheels, Senior Lunch Program.

Vietnamese Community of Orange County**714-558-6009****<http://www.thevncoc.org>****1618 W. First St., Santa Ana, CA 92703**

An organization focused on providing Vietnamese Americans the health, human, and economic resources to become mainstream productive members of society. Contact their main office for referrals to health and other services.

Vial of Life Project**www.vialoflife.com**

A nonprofit outreach program that provides individuals a method of alerting emergency responders to the location of the individual's medical information and emergency contacts.

Decals and forms can be downloaded for free or high quality decals can be purchased.

Complementary and Alternative Medicine

Federal Trade Commission (FTC)

www.consumer.ftc.gov/topics/healthy-living
600 Pennsylvania Avenue, NW, Washington, DC 20580

Visit the Healthy Living section of the FTC's website prior to purchasing health and beauty products or services that you are not familiar with.

FTC Helpline 877-382-4357

TTY: 866-653-4261

FDA - Center for Food Safety and Applied Nutrition

www.fda.gov/food
5100 Paint Branch Parkway, College Park, MD 20740

Consumers can access information on numerous topics via the FDA's main website www.fda.gov. For information specific to foods and dietary supplements visit the above web address.

888-723-3366

Food and Nutrition Information Center, National Agricultural Library

<http://fnic.nal.usda.gov>
<http://fnic.nal.usda.gov/diet-and-disease>
10301 Baltimore Avenue, Room 108, Beltsville, MD 20705

For a large variety of dietary and nutrition related topic visit the agency's main site. For information relating to diet and diseases visit the web address ending in "disease".

301-504-5414

National Center for Complementary and Alternative Medicine

www.nccam.nih.gov

NCCAM Clearinghouse, P.O. Box 7923, Gaithersburg, MD 20898

The government agency focused solely on complementary and alternative medicine. Search their website for information on a variety of health related topics.

888-644-6226

TTY: 866-464-3615

Office of Dietary Supplements

www.ods.od.nih.gov
6100 Executive Boulevard, Room 3B01, MSC 7517, Bethesda, MD 20892-7517

The government agency dedicated to dietary supplements. The website offers numerous resources for consumers including a comparison of common supplements claiming to promote weight loss.

301-435-2920

Constipation

HealthinAging.org - Eldercare at Home: Constipation

<http://www.healthinaging.org/resources/resource:eldercare-at-home-constipation>
40 Fulton Street, 18th Floor, New York, NY 10038

A website sponsored by the American Geriatrics Society. The website www.HealthInAging.org provides users with aging related information and resources. The web address above is a direct link to the constipation related information found on the website.

212-308-1414

800-563-4916

MedlinePlus: Constipation

<https://www.nlm.nih.gov/medlineplus/constipation.html>

The online medical library created by the National Institutes of Health for patients and their families. Use the web address below to find an in-depth source of constipation related information.

National Digestive Diseases Information Clearinghouse **800-891-5389**

www.digestive.niddk.nih.gov

TTY: 866-569-1162

2 Information Way, Bethesda, MD 20892-3570

Information on numerous digestive diseases including constipation can be found at the above web address.

NIH Senior Health

<http://nihseniorhealth.gov>

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

County of Orange

Adult Mental Health Services Older Adults Services **714- 972-3700**

Health Referral Line: **800-564-8448**

www.ochealthinfo.com **TDD: 800-801-7100**

OC Links **855-625-4657**

www.ochealthinfo.com/oclinks

A service provided by the Orange County Health Care Agency Department of Behavioral Health Services, OC Links provides callers with addiction, crisis, and mental health related referrals to intervention and prevention programs.

Office on Aging **800-510-2020**

www.officeonaging.ocgov.com **714-480-6450**

County Operations Center 130 S. Grand Ave., Building B, Santa Ana, CA 92705

Contact the Office on Aging for services pertaining to older adults and caregivers.

Orange County Adult Protective Services **Available 24/7 800-451-5155**

Orange County Department of Social Services

[www. http://ssa.ocgov.com](http://ssa.ocgov.com)

24 hour public assistance information line **714-541-4895**

24/7 access to benefits, office locations, and resources.

In-Home Supportive Services (IHSS) **714-825-3000**

Services intended to promote an individual's ability to live safely in their home.

Senior Santa & Friends

714-825-3111

P.O. Box 22006, Santa Ana, CA 92702-2006

ReConnect

714-352-8820

www.coaoc.org

1971 E. 4th Street, Suite 200, Santa Ana, California, 92705-3917

Funded by the Orange County Health Care Agency and administered by the Orange County Council on Aging, the ReConnect Program provides older adults with in-home evaluations and referrals to a number of opportunities to increase their community involvement, independence, and life satisfaction.

Senior Health Outreach and Prevention Program (SHOPP)

714-972-3700

<http://ochealthinfo.com/phs/about/phn/specialized/shopp>

In-home behavioral and health assessments performed free of charge by a nurse to adults 45 years and older. Case management, client advocacy, and referrals are among the other services offered through this program.

Veterans Service Office

714-480-6555

www.veterans.ocgov.com

County Operations Center 130 S. Grand Ave., Building B, Santa Ana, CA 92705

Access to Veterans benefits via the County of Orange.

Dental

Adult Emergency Dental Clinic

800-914-4887

1725 West Seventeenth Street, Santa Ana, CA, 92706

800-564-8448

Walk-in service for dental emergencies experienced by individuals with no dental coverage is the only service available at this clinic. Services are available Tuesday and Thursday on a first come, first served basis. No appointments. Call for confirmation that you are eligible for services offered at this clinic.

AltaMed Medical and Dental Group

714-399-0487

www.altamed.org

1814 West Lincoln Ave., Anaheim, CA 92801

This clinic has been indicated as low or no cost dental by the CDA. Verify pricing with the facility.

American Dental Association

800-621-8099

www.ada.org

211 East Chicago Avenue, Chicago, IL 60611-2678

A professional organization that offers dental related information to the public.

California Dental Association (CDA)

800-232-7645

www.cda.org

1201 K Street, 14th Floor, Sacramento, CA 95814

A professional organization with several resources available to the public. Smiles for Life is a Senior focused dental health campaign. Visit the website for access to a variety of dental related resources.

Health Resources and Services Administration Information Center

www.hrsa.gov

888-275-4772

P.O. Box 2910, Merrifield, VA 22116

TTY: 877-489-4772

This government agency has a small area dedicated to “oral health”. You can find information about the health initiatives that advocate the access to oral health.

National Institute of Dental and Craniofacial Research

866-232-4528

National Oral Health Information Clearinghouse

www.nidcr.nih.gov

A government research institute focused on dental research. In addition to providing access to current research the website has a section describing various options for finding low and no cost dental care.

NIHSeniorHealth

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

S.O.S. (Share Our Selves)

949-270-2100

1550 Superior Ave , Costa Mesa, CA 92627

This organization offers free dental care to individuals with no dental insurance. Call the clinic for details and qualification specifics.

St. Jude Neighborhood Clinic – Dental Clinic

714-446-5100

http://www.stjudenhc.com

731 S. Highland Avenue, Fullerton, CA 92832

A neighborhood clinic offering services to low income individuals. Contact the clinic directly for services and pricing.

The Gary Center

562-691-3263

http://www.thegarycenter.org/

341 South Hillcrest Street, La Habra, CA 90631

A nonprofit organization that provides many community services including affordable dental care.

West Coast University Dental Hygiene Clinic **877-928-2546**
<http://westcoastuniversity.edu>
1477 South Manchester Avenue, 4th Floor Anaheim, CA 92802
Students and faculty provide dental hygiene services such as cleaning and radiology services are free of charge.

UCI Family Health Center **888-456-7002**
<http://www.ucirvinehealth.org/locations/santa-ana/family-health-center-santa-ana>
800 N. Main St., Santa Ana, CA 92701 **714-480-2443**
Many health services are available at this location including dental services. A sliding fee schedule is available to low income individuals.

Depression

American Association for Geriatric Psychiatry **301-654-7850**
www.aagponline.org
7910 Woodmont Avenue, Suite 1050, Bethesda, MD 20814-3004
A professional organization focused on geriatric psychiatry. The website offers a search tool to search their database of geriatric psychiatrists.

American Psychological Association **800-374-2721**
www.apa.org TTY: 202-336-6123
750 First Street, NE, Washington, DC 20002-4242
A professional organization for individuals in the field of psychology. The website offers consumers numerous articles on psychology related matters and a search tool to locate a local psychologist.

Depression and Bipolar Support Alliance **800-826-3632**
www.dbsalliance.org
730 North Franklin Street, Suite 501, Chicago, IL 60654-7225
A nonprofit organization offering educational materials and support groups.

Friendship Line **800-971-0016**
www.ioaging.org
A 24/7 crisis intervention line and warm line that caters to older adults and is hosted by the nonprofit organization Institute on Aging. This is not the same organization as the National Institute on Aging and is not associated with any government agency. You can call the toll free number if you are experiencing a crisis or need someone to talk to.

National Alliance on Mental Illness (NAMI) **800-950-6264**
Orange County NAMI Warm Line **714-991-6412**
www.nami.org, www.namioc.org
Main Office: 3803 North Fairfax Drive, Suite 100, Arlington, VA 22203
A nonprofit organization focused on reducing mental health related stigma. NAMI hosts “Warm Line” a telephone chat service for when you just need someone to talk to. The website for the Orange County location offers numerous local resources and internet based live chat.

National Institute of Mental Health **866-615-6464**
www.nimh.nih.gov **TTY: 866-415-8051**
6001 Executive Boulevard, Room 6200, MSC 9663, Bethesda, MD 20892-9663
The government agency focused on mental health. The website offers consumers a lot of information on a variety of mental health related topics.

Mental Health America **800-969-6642**
www.mentalhealthamerica.net
2000 North Beauregard Street, 6th Floor, Alexandria, VA 22311
A nonprofit organization dedicated to promoting good mental health.

National Suicide Prevention Lifeline **Available 24/7 800-273-8255**
http://www.suicidepreventionlifeline.org **TTY: 800-799-4889**
This organization is dedicated to preventing suicide. You can call the “Lifeline” anytime day or night if you are considering taking your own life or if you are concerned that someone you know might try to take their own life. You can also access “Live Chat” 24/7 via the website.

Substance Abuse and Mental Health Services Administration **800-662-4357**
www.findtreatment.samhsa.gov **TTY: 800-487-4889**
1 Choke Cherry Road, Rockville, MD 20857
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the government agency focused on reducing the impact of substance abuse. Reliable information on the various drugs of abuse, treatment options, and relevant publications can be found on the website.

Diabetes

American Diabetes Association **800-342-2383**
www.diabetes.org
1701 North Beauregard Street, Alexandria, VA 22311
A nonprofit organization focused on diabetes education, prevention, and treatment. Visit the website below for access to educational materials, recipes, and more.

National Diabetes Education Program

888-693-6337

www.ndep.nih.gov

One Diabetes Way, Bethesda, MD 20814-9692

A government funded outreach program. The associated website contains a large database of diabetes related resources including publications that can be ordered or downloaded and printed.

National Diabetes Information Clearinghouse (NDIC)

800-860-8747

www.diabetes.niddk.nih.gov

TTY: 866-569-1162

1 Information Way, Bethesda, MD 20892-3560

The government agency focused on diabetes, digestive, and kidney diseases. Visit the website for access to many related articles and information.

Choosing a Doctor

The agencies and organizations in this section can provide you with information, tips, and/or referrals relative to selecting an appropriate physician for your needs.

American Academy of Family Physicians

www.familydoctor.org

American Board of Medical Specialties

866-275-2267

<http://www.abms.org>

312-436-2600

353 North Clark Street Suite 1400, Chicago, IL 60654

American College of Physicians

800-523-1546

www.acponline.org

190 North Independence Mall West, Philadelphia, PA 19106-1572

The American College of Surgeons

800-621-4111

www.facs.org

633 N. Saint Clair Street, Chicago, IL 60611-3211

A professional organization with some resources for surgical patients and their families.

American Geriatrics Society

800-247-4779

www.americangeriatrics.org

40 Fulton Street, 18th Floor, New York, NY 10038

A professional organization offering resources to consumers and professionals.

American Medical Association (AMA)

800-621-8335

www.ama-assn.org

515 North State Street, Chicago, IL 60654

American Osteopathic Association

800-621-1773

www.osteopathic.org

142 East Ontario Street, Chicago, IL 60611-2864

Centers for Medicare & Medicaid Services

www.medicare.gov

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

800-633-4227

877-486-2048

Healthfinder.gov

www.healthfinder.gov

P.O. Box 1133, Washington, DC 20013-1133

Driving

AAA Foundation for Traffic Safety

www.seniordriving.aaa.com

The automobile club (AAA) has numerous resources available to drivers of all ages and an area specific to older drivers.

202-638-5944

AARP

www.aarp.org/families/driver_safety

601 E Street, NW, Washington, DC 20049

AARP offers a wide variety of resources for seniors. The main website for the organization is www.aarp.org. The web address provided below relates specifically to driver safety.

888-687-2277

TTY: 877-434-7598

The Hartford

www.thehartford.com/alzheimers

The Hartford is an insurance company that has numerous resources available for mature drivers. Simply type "mature drivers" into the search box to access more than 200 articles relevant to older drivers.

860-547-5000

National Library of Medicine: MedlinePlus

www.nlm.nih.gov/medlineplus/motorvehiclesafety.html

A collection of health related information for the consumer. The main MedlinePlus web address is www.nlm.nih.gov but the web address above is a direct links to the section on motor vehicle safety.

National Center on Senior Transportation

www.seniortransportation.net

The government agency focused on senior transportation. The website offers numerous resources relating to the transportation options available to senior citizens.

866-528-6278

TTY: 202-347-7385

National Highway Traffic Safety Administration

www.nhtsa.gov/Senior-Drivers

The website of this government agency offers numerous resources relating to older drivers.

888-327-4236

TTY: 800-424-9153

Eating after 50

Eldercare Locator **800-677-1116**
www.eldercare.gov

Many resources to aid in locating services available to seniors.

Food and Drug Administration (FDA) **888-723-3366**
Center for Food Safety and Applied Nutrition
www.fda.gov/food

5100 Paint Branch Parkway, College Park, MD 20740

Consumers can access information on numerous topics via the FDA's main website www.fda.gov. For information specific to foods and dietary supplements visit the web address listed above.

Food and Nutrition Information Center, National Agricultural Library
www.nal.usda.gov/fnic **301-504-5414**

http://fnic.nal.usda.gov

10301 Baltimore Avenue, Room 108, Beltsville, MD 20705

For a large variety of dietary and nutrition related topic visit the web addresses listed above.

NIHSeniorHealth

http://nihseniorhealth.gov

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Elder Abuse

AARP **888-687-2277**
www.aarp.org **TTY: 877-434-7598**

601 E Street, NW, Washington, DC 20049

AARP is a nonprofit organization that advocates for individuals aged 50 years and older. Numerous age related topics are addressed within the website and free to access. Members receive additional benefits such as discounts.

Administration for Community Living **800-877-8339**
http://www.acl.gov **TTY: 800-877-8339**

330 C St SW, Washington, DC 20201

An organization comprised of many government agencies including the Administration on Aging.

American Bar Association

800-285-2221

http://www.americanbar.org/groups/law_aging

321 North Clark Street, Chicago, IL 60654

The division of the American Bar Association dedicated to legal issues relevant to older adults can be found at the above web address.

Federal Trade Commission (FTC)

FTC Helpline 877-382-4357

www.ftc.gov

ID Hotline 877-438-4338

600 Pennsylvania Avenue, NW, Washington, DC 20580

TTY: 866-653-4261

The FTC is the division of the government charged with protecting consumers. Type “elder abuse” in the search box on the website to learn about different ways people are taking advantage of older individuals financially. From the main website you can also find out how to file a complaint with the FTC.

Investor Protection Trust (IPT)

www.investorprotection.org

919 18th Street, NW, Suite 300, Washington, DC 20006-5517

National Adult Protective Services Association

217-523-4431

www.napsa-now.org

920 South Spring Street, Springfield, IL 62704

A nonprofit organization focused on elder abuse.

National Center on Elder Abuse

855-500-3537

Program in Geriatric Medicine

www.ncea.aoa.gov

101 The City Drive South, 200 Building, Orange, CA 92868

A government funded resource for information and research on elder abuse. If you suspect that you or someone you know is the victim of elder abuse, click the “Get Help Now” link on the website to get information on types of elder abuse and help available.

National Committee for the Prevention of Elder Abuse

202-464-9481

www.preventelderabuse.org

A nonprofit organization dedicated to reducing elder abuse.

National Domestic Violence Hotline

800-799-7233

www.thehotline.org/get-help

TTY: 800-787-3224

Domestic violence can be a form of elder abuse. The National Domestic Violence Hotline offers articles and resources to get help.

National Elder Law Foundation **520-203-0277**
www.nelf.org
6336 N. Oracle Rd., Ste. 326, #136, Tucson, AZ 85704
A nonprofit organization that certifies attorneys in elder law competency that offers a database of certified attorneys and searchable elder law articles.

National Family Caregiver Support Program **202-619-0724**
http://www.aoa.acl.gov/AoA_Programs/HCLTC/Caregiver/
330 C St SW, Washington, DC 20201
A government funded program that offers support and resources to caregivers.

National Library of Medicine MedlinePlus: Elder Abuse
www.nlm.nih.gov/medlineplus/elderabuse.html
A collection of health related information for the consumer. The main MedlinePlus web address is www.nlm.nih.gov but the web addresses below is a direct link to the section on elder abuse.

National Long-Term Care Ombudsman Resource Center **202-332-2275**
www.ltcombudsman.org
A long-term care ombudsman is an advocate for the rights and dignity of individuals residing in a long-term care facility. Contact the National Long-Term Care Ombudsman if you or a family member needs assistance related to long-term care.

National Organization for Victim Assistance **24/7 Hotline 800-879-6682**
www.trynova.org
510 King Street, Suite 424, Alexandria, VA 22314
A nonprofit organization dedicated to helping victims of crime.

Orange County Adult Protective Services **Available 24/7 800-451-5155**

U.S. Department of Justice **202-514-2000**
www.justice.gov/elderjustice
The division of the department of justice that is dedicated to elder abuse. Contact this agency if you or a family member have been a victim of elder abuse or visit the web address below for access to elder abuse related resources.

WellSpouse® Association **800-838-0879**
www.wellspouse.org
63 West Main St, Suite H, Freehold, NJ 07728
A nonprofit organization providing resources and access to support to spousal caregivers.

Employment

OC Senior Community Services Employment Program 714-241-4900
<http://occommunityservices.org/cid/seniors>

The Senior Community Services Employment Program administered by the County of Orange.

Senior Community Services Employment Program 800-510-2020
www.aging.ca.gov

1300 National Drive, Suite 200, Sacramento, CA 95834-1992

A federally funded program administered by the California Department of Aging. Part of the Senior Service America program.

Senior Service America, Inc. 301-578-8900
<http://www.seniorserviceamerica.org>

8403 Colesville Road, Suite 1200, Silver Spring, MD 20910

A nonprofit organization focused on providing individuals over the age of 55 years the opportunity to maintain gainful employment. Programs include the Senior Community Services Employment Program and the Senior Environmental Employment Program. The website offers a searchable database of current employment opportunities.

Exercise

American College of Sports Medicine 317-637-9200
www.acsm.org

401 West Michigan Street, Indianapolis, IN 46202-3233

A professional organization with exercise related resources available to the public.

Go4Life 800-222-2225
<https://go4life.nia.nih.gov>

A national exercise campaign sponsored by the National Institute on Aging.

President's Council on Fitness, Sports, and Nutrition 240-276-9567
www.fitness.gov

1101 Wootton Parkway, Suite 560, Rockville, MD 20852

The government agency charged with promoting healthy lifestyles.

Eye Care and Vision

American Academy of Ophthalmology
<http://www.aao.org/eye-health>

P.O. Box 7424, San Francisco, CA 94120-7424

A professional organization with a substantial archive of educational information available to the public.

Braille Institute 800-272-4553
<http://www.brailleinstitute.org>
Local Office: 527 N Dale Ave, Anaheim, CA 92801 714-821-5000
A nonprofit organization committed to improving the lives of individuals with severe sight loss or blindness.

National Eye Institute (NEI) 301-496-5248
www.nei.nih.gov
Information Office: 31 Center Drive MSC 2510, Bethesda, MD 20892-2510
The NEI is the government agency associated with eyes and vision. The website has a large database of resources related to age related disorders and vision loss.

NIH Senior Health
<http://nihseniorhealth.gov>
NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

Financial Matters and Fraud

AARP 888-687-2277
www.aarp.org TTY: 877-434-7598
601 E Street, NW, Washington, DC 20049
AARP is a nonprofit organization that advocates for individuals aged 50 years and older. Numerous age related topics are addressed within the website and free to access. Members receive additional benefits such as discounts.

American Bar Association 800-285-2221
www.americanbar.org
http://www.americanbar.org/groups/law_aging
321 North Clark Street, Chicago, IL 60654
You can search the website for many topics including elder law and financial matters.

Better Business Bureau 703-276-0100
www.bbb.org
3033 Wilson Blvd, Suite 600, Arlington, VA 22201
You can search the website to find recommended businesses and see complaints made against companies. The website also accommodates filing a complaint against a business.

Centers for Medicare & Medicaid Services 800-633-4227
www.medicare.gov 877-486-2048
7500 Security Boulevard, Baltimore, MD 21244-1850
You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

Federal Trade Commission (FTC)

www.ftc.gov

600 Pennsylvania Avenue, NW, Washington, DC 20580

The FTC is the division of the government charged with protecting consumers. Type “elder abuse” in the search box on the website to learn about different ways people are taking advantage of older individuals financially. From the main website you can also find out how to file a complaint with the FTC.

FTC Helpline 877-382-4357

ID Hotline 877-438-4338

TTY: 866-653-4261

Investor Protection Trust (IPT)

www.investorprotection.org

919 18th Street, NW, Suite 300, Washington, DC 20006-5517

LongTermCare.gov

202-619-0724

Administration on Community Living

www.longtermcare.gov

Washington, DC 20201

Find information about long-term care options at this government website.

National Elder Law Foundation

520-203-0277

www.nelf.org

6336 N. Oracle Rd., Ste. 326, #136, Tucson, AZ 85704

A nonprofit organization that certifies attorneys in elder law competency that offers a database of certified attorneys and searchable elder law articles.

National Organization for Victim Assistance

24/7 Hotline 800-879-6682

www.trynova.org

510 King Street, Suite 424, Alexandria, VA 22314

A nonprofit organization dedicated to helping victims of crime.

Stop Medicare Fraud: Prevent Fraud

800-447-8477

www.stopmedicarefraud.gov/preventfraud

TTY: 800-377-4950

200 Independence Avenue S.W., Washington DC 20201

A joint effort to identify and prevent Medicare fraud.

U.S. Postal Inspection Service

877-876-2455

https://postalinspectors.uspis.gov

Criminal Investigations Service Center

Attention: Mail Fraud

433 West Harrison Street, Room 3255, Chicago, IL 60699-3255

Flu

(See also Influenza)

Centers for Disease Control and Prevention (CDC)

www.flu.gov

www.cdc.gov/flu

<http://www.cdc.gov/flu/about/disease/65over.htm>

1600 Clifton Road, Atlanta, GA 30333

Visit the websites below for the latest information about the flu and methods of prevention.

800-232-4636

TTY: 888-232-6348

Foot Care

American Orthopaedic Foot and Ankle Society

www.aofas.org

6300 North River Road, Suite 510, Rosemont, IL 60018

A professional organization with resources available to the public.

800-235-4855

American Podiatric Medical Association

www.apma.org

9312 Old Georgetown Road, Bethesda, MD 20814-1621

A professional organization with resources available to the public.

800-275-2762

Hearing Loss

American Academy of Audiology

www.audiology.org

11480 Commerce Park Drive, Suite 220, Reston, VA 20191

A professional organization with resources available to the public.

800-222-2336

American Academy of Otolaryngology—Head and Neck Surgery

www.entnet.org

1650 Diagonal Road, Alexandria, VA 22314-2857

A professional organization with resources available to the public.

703-836-4444

American Tinnitus Association

www.ata.org

P.O. Box 5, Portland, OR 97207-0005

A nonprofit organization dedicated to finding a cure for tinnitus. The website has numerous resources for individuals and professionals.

800-634-8978

Hearing Loss Association of America

301-657-2248

www.hearingloss.org

7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814

A nonprofit organization focused on hearing loss. The organization offers a wide range of services ranging from advocating for public policy to providing education to the hearing impaired and introductory courses for individuals that work with the hearing impaired. The organization also offers veterans complementary membership.

National Institute on Deafness and Other Communication Disorders

www.nidcd.nih.gov

800-241-1044

Information Clearinghouse

TTY: 800-241-1055

1 Communication Avenue, Bethesda, MD 20892-3456

One of the National Institutes for health, resource topics include: balance, ear infections, hearing loss, sense of smell, sense of taste, speech, voice, and many others.

Heart Health and High Blood Pressure

American Heart Association

800-242-8721

Local Branch: Irvine, CA,

949-856-3555

www.heart.org

7272 Greenville Avenue, Dallas, TX 75231

A nonprofit organization with a large volume of information and resources.

National Heart, Lung, and Blood Institute

301-592-8573

www.nhlbi.nih.gov/health/resources

TTY: 240-629-3255

www.nhlbi.nih.gov

The government agency focused on the heart, lungs, and blood. A large variety of free resources can be found in the section titled "Public". For direct access use the web address above that ends in resources.

Home Health Care and Hospice

American Hospice Foundation

www.americanhospice.org

Although no longer conducting business, the website owned by American Hospice Foundation remains active and is full of valuable resources for you to use and share.

Department of Veterans Affairs

VA benefits: 800-827-1000

www.va.gov

TTY: 800-829-4833

To speak with a benefits counselor: 877-222-8387

Veterans Health Administration, 810 Vermont Avenue, NW, Washington, DC 20420

Counselors are available via telephone to assist with determination of benefits available and the application process.

- Eldercare Locator** **800-677-1116**
www.eldercare.gov
Many resources to aid in locating services available to seniors.
- Family Caregiver Alliance** **800-445-8106**
www.caregiver.org
785 Market Street, Suite 750, San Francisco, CA 94103
A caregiver related nonprofit organization.
- Federal and State Government Benefit Information** **800-FED-INFO**
www.benefits.gov **800-333-4636**
On online tool to prescreen for Federal and State benefit eligibility.
- Hospice Association of America** **202-546-4759**
www.nahc.org/HAA
228 Seventh Street, SE, Washington, DC 20003
A nonprofit organization serving caregivers, hospices, and those who provide unpaid care to others. The organization's "Consumer Information" section contains hospice related resources.
- Hospice and Palliative Nurses Association** **412-787-9301**
www.hpna.org
One Penn Center West, Suite 229, Pittsburgh, PA 15276
- Hospice Foundation of America** **800-854-3402**
www.hospicefoundation.org
www.hospicedirectory.org
1710 Rhode Island Avenue, NW, Suite 400, Washington, DC 20036
- Centers for Medicare & Medicaid Services** **800-633-4227**
www.medicare.gov **877-486-2048**
www.medicare.gov/homehealthcompare
7500 Security Boulevard, Baltimore, MD 21244-1850
You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.
- National Hospice and Palliative Care Organization** **800-658-8898**
www.caringinfo.org
www.nhpco.org
1731 King Street, Alexandria, VA 22314
A professional organization with resources for those receiving or giving home health care.

Home Health Care: Housing Related

Department of Housing and Urban Development 202-708-1112

www.hud.gov

TTY: 202-708-1455

http://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens

451 Seventh Street, SW, Washington, DC 20410

The Department of Housing and Urban Development has a section devoted to housing issues relevant to senior citizens. You can access this section by typing "information for seniors" into the search box found at www.hud.gov or you can use the longer web address below for direct access. The site also offers access to housing counselors approved by HUD.

Low-Income Home Energy Assistance Program (LIHEAP)

National Energy Assistance Referral Hotline (NEAR)

866-674-6327

www.liheap.ncat.org/referral.htm

TTY: 866-367-6228

A free service that provides information on where to apply for assistance with utility bills.

National Resource Center on Supportive Housing and Home Modification

www.homemods.org

213-740-1364

University of Southern California, Fall Prevention Center of Excellence

3715 McClintock Avenue, Room 228, Los Angeles, CA 90089-0191

The university based nonprofit organization focused on promoting aging in place. Visit the website to access resources related to aging in place home modifications.

Rebuilding Together

800-473-4229

www.rebuildingtogether.org

1899 L Street, NW, Suite 1000, Washington, DC 20036

A nonprofit organization focused on helping low-income home owners improve the safety of their homes.

Home Health Care: Service Providers

LeadingAge

202-783-2242

www.leadingage.org

2519 Connecticut Avenue, NW, Washington, DC 20008-1520

Leading Age is a nonprofit collaboration of organizations focused on improving many of the aspects associated with aging. Within the consumer section of the website individual users are able to search for a variety of aging related services.

National Adult Day Services Association

877-745-1440

www.nadsa.org

1421 East Broad Street Suite 425, Fuquay-Varina, NC 27526

A national association of adult day services. The website provides users with access to a searchable database of adult day centers, many of which provide transportation to and from.

<http://resourcesforaging.weebly.com>

Hospitalization

Agency for Healthcare Research and Quality (AHRQ) **800-358-9295**
http://www.ahrq.gov **TTY: 888-586-6340**
Office of Communications and Knowledge Transfer
5600 Fishers Lane, 7th Floor, Rockville, MD 20857
The government agency tasked with researching and making health care safer. Resources and information are available in the section titled “For Patients and Consumers.”

The American College of Surgeons **800-621-4111**
www.facs.org
633 N. Saint Clair Street, Chicago, IL 60611-3211
A professional organization with some resources for surgical patients and their families.

American Hospital Association **800-424-4301**
www.aha.org
155 North Wacker Drive, Chicago, IL 60606
A professional organization.

Centers for Medicare & Medicaid Services **800-633-4227**
www.medicare.gov **877-486-2048**
7500 Security Boulevard, Baltimore, MD 21244-1850
You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

Hyperthermia and Hypothermia

Hyperthermia occurs when an individual’s body temperature becomes too hot. Heat stroke is potentially fatal form of hyperthermia (National Institutes of Health, 2012). When environmental temperatures rise it is important to take precautions such as drinking plenty of fluids to avoid hyperthermia. Call 911 if confusion, instability, or other indications of a serious medical condition are present. In contrast, hypothermia occurs when an individual’s core body temperature is too low. The National Institutes of Health (2016) indicated that older adults are vulnerable to hypothermia and suggest that setting your thermostat to 68 degrees Fahrenheit during the cooler months is a good idea. Shivering, sleepiness, slow reactions and slurred speech are among the signs of hypothermia that warrant calling 911. The symptoms listed are not the only signs of hyperthermia and hypothermia, and everyone is different. If you feel that your body temperature or that of another is creating a health risk, contact your health professional or call 911.

Consumer Product Safety Commission **800-638-2772**
www.cpsc.gov **TTY: 301-595-7054**
4330 East West Highway, Bethesda, MD 20814
Visit the website to find out about product recalls, search the database of safety materials, or file a complaint about an unsafe product.

Low-Income Home Energy Assistance Program (LIHEAP)

National Energy Assistance Referral Hotline (NEAR)

866-674-6327

www.liheap.ncat.org/referral.htm

TTY: 866-367-6228

www.acf.hhs.gov/programs/ocs/liheap

A free service that provides information on where to apply for assistance with utility bills.

Immunizations

National Institute of Allergies and Infectious Diseases

866-284-4107

<http://www.niaid.nih.gov>

TDD: 800-877-8339

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on research relating to allergic, immunological, and infectious diseases.

Centers for Disease Control and Prevention (CDC)

800-232-4636

www.cdc.gov/vaccines

TTY: 888-232-6348

1600 Clifton Road, Atlanta, GA 30333

Visit the CDC for information related to immunization and vaccines.

Incontinence (See Bladder Control)

Influenza (Flu)

Influenza is a contagious respiratory illness that can be very serious in older adults (CDC, 2016).

American Lung Association

202-785-3355

www.lungusa.org

Lung Helpline: 800-548-8252

1301 Pennsylvania Avenue, NW Suite 800, Washington, DC 20004

A charitable organization focused on improving lung health.

Centers for Disease Control and Prevention (CDC)

800-232-4636

www.flu.gov

TTY: 888-232-6348

www.cdc.gov/flu

<http://www.cdc.gov/flu/about/disease/65over.htm>

1600 Clifton Road, Atlanta, GA 30333

Visit the websites below for the latest information about the flu and methods of prevention.

Food and Drug Administration (FDA)

888-463-6332

www.fda.gov

10903 New Hampshire Avenue, Room 5377, Building 32, Silver Spring, MD 20993

Consumers can access information on numerous topics via the FDA's main website www.fda.gov.

To access FDA initiated articles and reports specific to influenza type "influenza" or "flu" into the search box. You can then narrow your search by type of information.

<http://resourcesforaging.weebly.com>

National Institute of Allergy and Infectious Diseases

866-284-4107

www.niaid.nih.gov

TTY: 800-877-8339

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on allergic, immunological, and infectious diseases.

Kidneys / Renal Care

American Association of Kidney Patients

800-749-2257

www.aakp.org

3505 East Frontage Road Suite 315, Tampa, FL 33607

A nonprofit organization focused on kidney patient advocacy. Many resources available to people with kidney related concerns or illnesses.

American Kidney Fund

866-300-2900

www.kidneyfund.org

6110 Executive Boulevard, Suite 1010, Rockville, MD 20852

A charitable organization that provides assistance (including financial) to kidney patients.

Centers for Medicare & Medicaid Services

800-633-4227

www.medicare.gov

877-486-2048

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

Eldercare Locator

800-677-1116

www.eldercare.gov

Many resources to aid in locating services available to seniors.

ESRD -- End-Stage Renal Disease Networks

800-637-4767

http://www.esrdnetwork18.org

For information about filing a complaint regarding dialysis services received in Southern California.

National Institute of Diabetes and Digestive and Kidney Diseases

800-891-5390

www.kidney.niddk.nih.gov

TTY: 866-569-1162

For NIDDK's National Kidney Disease Education Program

www.nkdep.nih.gov

866-454-3639

(NIDDK) Clearinghouse

3 Information Way Bethesda, MD 20892-3580

The government agency focused on diabetes, digestive, and kidney diseases. Visit the website for access to many related articles and information.

NIH Senior Health

<http://nihseniorhealth.gov>

NIH Senior Health is the website created by the National Institutes of Health specifically for older adults. The website is easy to navigate, offering resources and links to information relevant to aging.

National Kidney Foundation

www.kidney.org

30 East 33rd Street, New York, NY 10016

A nonprofit organization focused on a variety of kidney related topics including kidney donation.

800-622-9010

212-889-2210

Legal and Estate Planning

(See Financial Matters and Fraud)

Long-Term Care

AARP

www.aarp.org

601 E Street, NW, Washington, DC 20049

AARP is a nonprofit organization that advocates for individuals aged 50 years and older. Numerous age related topics are addressed within the website and free to access. Members receive additional benefits such as discounts.

888-687-2277

TTY: 877-434-7598

American Health Care Association

www.ahca.org

1201 L Street, NW, Washington, DC 20005

A professional organization offering resources to consumers of health care including long-term care.

800-321-0343

Centers for Medicare & Medicaid Services

www.medicare.gov

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

800-633-4227

877-486-2048

Department of Veterans Affairs

www.va.gov

VA benefits: 800-827-1000

TTY: 800-829-4833

To speak with a benefits counselor: 877-222-8387

Veterans Health Administration, 810 Vermont Avenue, NW, Washington, DC 20420

Counselors are available via telephone to assist with determination of benefits available and the application process.

- Eldercare Locator** **800-677-1116**
www.eldercare.gov
Many resources to aid in locating services available to seniors.
- Federal and State Government Benefit Information** **800-FED-INFO**
www.benefits.gov **800-333-4636**
On online tool to prescreen for Federal and State benefit eligibility.
- LeadingAge** **202-783-2242**
www.leadingage.org
2519 Connecticut Avenue, NW, Washington, DC 20008-1520
Leading Age is a nonprofit collaboration of organizations focused on improving many of the aspects associated with aging. Within the consumer section of the website individual users are able to search for a variety of aging related services.
- LongTermCare.gov** **202-619-0724**
Administration on Community Living
www.longtermcare.gov
Washington, DC 20201
Find information about long-term care options at this government website.
- National Consumer Voice for Quality Long-Term Care** **202-332-2275**
www.theconsumervoice.org
1001 Connecticut Avenue, NW Suite 425, Washington, DC 20036
A nonprofit organization that advocates for and provides resources to consumers of long-term care.
- National Long-Term Care Ombudsman Resource Center** **202-332-2275**
www.ltombudsman.org
1001 Connecticut Avenue, NW Suite 425, Washington, DC 20036
A long-term care ombudsman is an advocate for the rights and dignity of individuals residing in a long-term care facility. Contact the National Long-Term Care Ombudsman if you or a family member needs assistance related to long-term care.
- Orange County Council on Aging Long-Term Care Ombudsman Program**
www.coaoc.org **800-300-6222**
1971 E. 4th Street, Suite 200, Santa Ana, CA 92705-3917
The ombudsman program overseen by the Orange County Council on Aging.

Lungs and Breathing

American College of Chest Physicians 847-498-1400
www.chestnet.org 800-343-2227

<http://www.chestnet.org/Foundation>

3300 Dundee Road, Northbrook, IL 60062

A professional organization for medical professionals that offers a large variety of patient resources to the consumer. Visit the section titled "Foundation" for access to patient resources.

American Lung Association 202-785-3355

www.lungusa.org

Lung Helpline: 800-548-8252

1301 Pennsylvania Avenue, NW Suite 800, Washington, DC 20004

A charitable organization focused on improving lung health.

National Heart, Lung, and Blood Institute 301-592-8573

www.nhlbi.nih.govhealth/resources

TTY: 240-629-3255

www.nhlbi.nih.gov

The government agency focused on the heart, lungs, and blood. A large variety of free resources can be found in the section titled "Public". For direct access use the web address above that ends in resources.

National Institute of Allergy and Infectious Diseases 866-284-4107

www.niaid.nih.gov

TTY: 800-877-8339

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on allergic, immunological, and infectious diseases.

Medicare

Centers for Medicare & Medicaid Services 800-633-4227

www.medicare.gov

TTY: 877-486-2048

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

Benefits Coordination & Recovery Center (BCRC) 855-798-2627

A division of the Centers for Medicare & Medicaid

Center for Health Dispute Resolution (CHDR) 585-425-5210

A division of the Centers for Medicare & Medicaid

<http://www.medicareappeal.com>

CMSRO Regional Office

415-744-3602

A division of the Centers for Medicare & Medicaid

Medications

Agency for Healthcare Research and Quality (AHRQ) **800-358-9295**
<http://www.ahrq.gov> **TTY: 888-586-6340**

Office of Communications and Knowledge Transfer
5600 Fishers Lane, 7th Floor, Rockville, MD 20857

The government agency tasked with researching and making health care safer. Resources and information are available in the section titled “For Patients and Consumers.”

American Geriatrics Society **800-247-4779**
www.americangeriatrics.org

40 Fulton Street, 18th Floor, New York, NY 10038

A professional organization offering resources to consumers and professionals.

Centers for Medicare & Medicaid Services **800-633-4227**
www.medicare.gov **877-486-2048**

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

Eldercare Locator **800-677-1116**
www.eldercare.gov

Many resources to aid in locating services available to seniors.

Food and Drug Administration (FDA) **888-463-6332**
www.fda.gov/drugs

10903 New Hampshire Avenue, Silver Spring, MD 20993

Consumers can access information on numerous topics via the FDA’s main website www.fda.gov. For information specific to drugs and medications visit the web address listed below.

Partnership for Prescription Assistance **888-477-2669**
<https://www.pparx.org>

This organization assists patients without prescription drug insurance get free or nearly free medications.

Men’s Health

Agency for Healthcare Research and Quality (AHRQ) **800-358-9295**
<http://www.ahrq.gov> **TTY: 888-586-6340**

Office of Communications and Knowledge Transfer
5600 Fishers Lane, 7th Floor, Rockville, MD 20857

The government agency tasked with researching and making health care safer. Resources and information are available in the section titled “For Patients and Consumers.”

American Cancer Society

www.cancer.org

250 Williams Street NW, Atlanta, Georgia, 30303

Local office:

Monday through Friday 9 am to 5 pm 949-261-9446

1940 E Deere Ave Suite 100, Santa Ana, California 92705

A nonprofit organization focused on cancer prevention and treatment. The website offers a “Live Chat” option and the toll free number is available 24/7.

Available 24/7 800-227-2345

866-228-4327

American Urological Association Foundation

www.urologyhealth.org

1000 Corporate Boulevard, Linthicum, MD 21090

A nonprofit organization offering numerous resources.

800-828-7866

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/men

1600 Clifton Road, Atlanta, GA 30329-4027

Visit the CDC for information relating to men’s health.

800-232-4636

TTY: 888-232-6348

National Cancer Institute

www.cancer.gov

www.cancer.gov/prostate

6116 Executive Boulevard Suite 300, Bethesda, MD 20892-8322

The government agency focused on Cancer and cancer information. In addition to hosting a large number of related resources, the website has a “live chat” function that provides the user access to a live representative available to answer cancer related questions. The Live Chat service is available from 5 am – 8 pm PST (8 am – 11 pm EST).

800-422-6237

National Kidney and Urologic Diseases

http://kidney.niddk.nih.gov

3 Information Way, Bethesda, MD 20892-3580

The government agency focused on diabetes, digestive, and kidney diseases. Visit the website for access to many related articles and information.

800-891-5390

TTY: 866-569-1162

Menopause

(See Also Women’s Health)

National Institutes of Health Menopausal Hormone Therapy Information

www.nih.gov/PHTindex.htm

Access to the latest information on menopausal hormone therapy provided by the National Institutes of Health.

North American Menopause Society 440-442-7550
<http://www.menopause.org>
5900 Landerbrook Drive, Suite 390, Mayfield Heights, OH 44124
A nonprofit organization focused on menopause and beyond. Resources for both professionals and the public can be found on their website.

Mental Health

American Association for Geriatric Psychiatry 301-654-7850
www.aagponline.org
7910 Woodmont Avenue, Suite 1050, Bethesda, MD 20814-3004
A professional organization focused on geriatric psychiatry. The website offers a search tool to search their database of geriatric psychiatrists.

American Psychological Association 800-374-2721
www.apa.org TTY: 202-336-6123
750 First Street, NE, Washington, DC 20002-4242
A professional organization for individuals in the field of psychology. The website offers consumers numerous articles on psychology related matters and a search tool to locate a local psychologist.

Depression and Bipolar Support Alliance 800-826-3632
www.dbsalliance.org
730 North Franklin Street, Suite 501, Chicago, IL 60654-7225
A nonprofit organization offering educational materials and support groups.

Friendship Line 800-971-0016
www.ioaging.org
A 24/7 crisis intervention line and warm line that caters to older adults and is hosted by the nonprofit organization Institute on Aging. This is not the same organization as the National Institute on Aging and is not associated with any government agency. You can call the toll free number if you are experiencing a crisis or need someone to talk to.

National Alliance on Mental Illness (NAMI) 800-950-6264
Orange County NAMI Warm Line 714-991-6412
www.nami.org, www.namioc.org
Main Office: 3803 North Fairfax Drive, Suite 100, Arlington, VA 22203
A nonprofit organization focused on reducing mental health related stigma. NAMI hosts "Warm Line" a telephone chat service for when you just need someone to talk to. The website for the Orange County location offers numerous local resources and internet based live chat.

National Institute of Mental Health

866-615-6464

www.nimh.nih.gov

TTY: 866-415-8051

6001 Executive Boulevard, Room 6200, MSC 9663, Bethesda, MD 20892-9663

The government agency focused on mental health. The website offers consumers a lot of information on a variety of mental health related topics.

Mental Health America

800-969-6642

www.mentalhealthamerica.net

2000 North Beauregard Street, 6th Floor, Alexandria, VA 22311

A nonprofit organization dedicated to promoting good mental health.

National Suicide Prevention Lifeline

Available 24/7 800-273-8255

<http://www.suicidepreventionlifeline.org>

TTY: 800-799-4889

This organization is dedicated to preventing suicide. You can call the “Lifeline” anytime day or night if you are considering taking your own life or if you are concerned that someone you know might try to take their own life. You can also access “Live Chat” 24/7 via the website.

Substance Abuse and Mental Health Services Administration

800-662-4357

www.findtreatment.samhsa.gov

TTY: 800-487-4889

1 Choke Cherry Road, Rockville, MD 20857

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the government agency focused on reducing the impact of substance abuse. Reliable information on the various drugs of abuse, treatment options, and relevant publications can be found on the website.

Nursing Homes

(See also Long-Term Care)

California Advocates for Nursing Home Reform

800-474-1116

www.cahr.org

650 Harrison Street, 2nd Floor, San Francisco, CA 94107

A nonprofit organization focused on improving the quality and choices of available long-term care.

Nutrition

Eldercare Locator

800-677-1116

www.eldercare.gov

Many resources to aid in locating services available to seniors.

USDA Food and Nutrition Information Center

301-504-5414

www.nal.usda.gov/fnic

For a large variety of dietary and nutrition related topic visit the web addresses listed above.

<http://resourcesforaging.weebly.com>

Nutrition Related Websites Sponsored by the Federal Government

Both the main website and the direct link to the section(s) specific to older adults are listed.

www.ChooseMyPlate.gov

www.choosemyplate.gov/older-adults

General nutritional information and information specific to older adults.

www.FoodSafety.gov

www.foodsafety.gov/risk/olderadults

General food safety information and information specific to older adults.

www.HealthFinder.gov

A good resource for health related topics. Type “older adults” into the search box to find tips and resources specific to older adults.

www.Nutrition.gov

www.nutrition.gov/life-stages/seniors

www.nutrition.gov/food-assistance-programs/nutrition-programs-seniors

A good resource for age specific food related topics and nutrition related assistance programs.

Osteoarthritis and Osteoporosis

Although rarer in men, both men and women can get osteoporosis.

American College of Rheumatology/

Association of Rheumatology Health Professionals

404-633-3777

www.rheumatology.org

2200 Lake Boulevard, NE, Atlanta, GA 30319

A professional organization with resources for patients and caregivers.

Arthritis Foundation

800-283-7800

www.arthritis.org

P.O. Box 7669, Atlanta, GA 30357-0669

A nonprofit organization with many resources for patients and caregivers.

Food and Drug Administration (FDA)

888-463-6332

Office of Women’s Health

www.fda.gov/womens

10903 New Hampshire Avenue, Silver Spring, MD 20993

Consumers can access information on numerous topics via the FDA’s main website www.fda.gov. Most of the osteoporosis information can be found in the section dedicated to women’s health.

National Center for Complementary and Alternative Medicine

www.nccam.nih.gov

888-644-6226

TTY: 866-464-3615

NCCAM Clearinghouse, P.O. Box 7923, Gaithersburg, MD 20898

The government agency focused solely on complementary and alternative medicine. Search their website for information on a variety of health related topics.

National Osteoporosis Foundation

800-231-4222

www.nof.org

1150 17th Street, NW Suite 850, Washington, DC 20036

A health organization dedicated to bone health and osteoporosis.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

www.niams.nih.gov

877-226-4267

TTY: 301-565-2966

NIAMS Information Clearinghouse, 1 AMS Circle, Bethesda, MD 20892-3675

The division of the National Institutes of Health that is dedicated to arthritis, musculoskeletal, and skin diseases. Although primarily devoted to research, the website is rich with relevant information.

Osteoporosis and Related Bone Diseases—National Resource Center

www.bones.nih.gov

800-624-2663

2 AMS Circle, Bethesda, MD 20892-0001

TTY: 202-466-4315

A large government funded resource on osteoporosis and other body diseases.

Palliative Care

Although sometimes associated with and inclusive of end of life care, palliative care is defined as a multi-specialty approach to “improve the quality of life of patients who have a serious or life-threatening disease” (National Cancer Institute, 2010).

AARP

888-687-2277

www.aarp.org

TTY: 877-434-7598

601 E Street, NW, Washington, DC 20049

AARP is a nonprofit organization that advocates for individuals aged 50 years and older. Numerous age related topics are addressed within the website and free to access. Members receive additional benefits such as discounts.

Alzheimer’s Association

Available 24/7 800-272-3900

www.alz.org

TTY: 866-403-3073

225 N. Michigan Ave., Fl. 17, Chicago, IL 60601-7633

A nonprofit organization offering a 24/7 help line and resource rich website.

- American Academy of Pain Medicine** **847-375-4731**
www.painmed.org
4700 W. Lake Avenue, Glenview, IL 60025
A professional organization with numerous resources available to the public.
- American Board of Wound Management** **202-457-8408**
www.aawm.org
1155 15th Street, NW, Suite 500, Washington, DC 20005
- American Geriatrics Society** **800-247-4779**
www.americangeriatrics.org
40 Fulton Street, 18th Floor, New York, NY 10038
A professional organization offering resources to consumers and professionals.
- American Hospice Foundation** **800-347-1413**
www.americanhospice.org
2120 L Street, NW, Suite 200, Washington, DC 20037
Although no longer conducting business, the website owned by American Hospice Foundation remains active and is full of valuable resources for you to use and share.
- American Music Therapy Association** **301-589-3300**
www.musictherapy.org
8455 Colesville Road, Suite 1000, Silver Spring, MD 20910
A nonprofit organization focused on increasing awareness and availability of music therapy. Many resources are available on the website.
- Center to Advance Palliative Care** **212-201-2670**
www.getpalliativecare.org
1255 Fifth Avenue, Suite C-2, New York, NY 10029
A nonprofit organization with an information rich website that includes a searchable directory of palliative care providers.
- Compassion and Choices** **800-247-7421**
www.compassionandchoices.org
P. O. Box 101810, Denver, CO 80250
A nonprofit organization focused on end of life care.
- Family Caregiver Alliance** **800-445-8106**
www.caregiver.org
785 Market Street, Suite 750, San Francisco, CA 94103
A caregiver related nonprofit organization.

Growth House

www.growthhouse.org

2261 Market Street, Suite 199A, San Francisco, CA 94114

The organization's website offers an abundance of palliative care related information.

Hospice Association of America

202-546-4759

www.nahc.org/HAA

228 Seventh Street, SE, Washington, DC 20003

A nonprofit organization serving caregivers, hospices, and those who provide unpaid care to others. The organization's "Consumer Information" section contains hospice related resources.

Hospice Foundation of America

800-854-3402

www.hospicefoundation.org

www.hospicedirectory.org

1710 Rhode Island Avenue, NW, Suite 400, Washington, DC 20036

A nonprofit organization focused on hospice. The website offers valuable hospice related information such as defining hospice and methods of covering the costs associated with hospice care.

National Hospice and Palliative Care Organization

800-658-8898

www.caringinfo.org

www.nhpco.org

1731 King Street, Alexandria, VA 22314

A professional organization with resources for those receiving or giving home health care.

National Institute of Nursing Research

301-496-0207

www.ninr.nih.gov

31 Center Drive, Rm. 5B-10, Bethesda, MD 20892

The government agency focused on nursing research. Related information and links to other sources of information can be found on the website.

Society of Critical Care Medicine

847-827-6869

www.myicucare.org

500 Midway Drive, Mt. Prospect, IL 60056

A multi-specialty professional organization that offers a considerable amount of information to patients and their family about the medical specialties involved in critical care, patient and family involvement in critical care, and what to expect after critical care.

Parkinson's Disease

MedlinePlus

<https://www.nlm.nih.gov/medlineplus/parkinsonsdisease.html>

A collection of health related information for the consumer. The main MedlinePlus web address is www.nlm.nih.gov but the web address above is a direct link to the section on Parkinson's Disease.

National Human Genome Research Institute:

Learning About Parkinson's Disease

<https://www.genome.gov/10001217>

A government funded information intensive website describing what is currently known about Parkinson's Disease. The main web address is www.genome.gov. The website listed above is specific to Parkinson's Disease.

National Parkinson's Foundation

800-473-4636

<http://www.parkinson.org>

200 SE 1st Street, Suite 800, Miami, Florida 33131

A nonprofit organization focused on improving the quality of life experienced by people with Parkinson's Disease.

NIHSeniorHealth

<http://nihseniorhealth.gov/parkinsonsdisease>

NIHSeniorHealth is a website built for seniors and funded by the National Institutes of Health. The main web address is <http://nihseniorhealth.com>. The website listed below is specific to Parkinson's Disease.

Pneumonia

American College of Chest Physicians

847-498-1400

www.chestnet.org

800-343-2227

<http://www.chestnet.org/Foundation>

3300 Dundee Road, Northbrook, IL 60062

A professional organization for medical professionals that offers a large variety of patient resources to the consumer. Visit the section titled "Foundation" for access to patient resources.

American Lung Association

202-785-3355

www.lungusa.org

Lung Helpline: 800-548-8252

1301 Pennsylvania Avenue, NW Suite 800, Washington, DC 20004

A charitable organization focused on improving lung health.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/pneumonia

1600 Clifton Road, Atlanta, GA 30329-4027

Visit the CDC for information relating to pneumonia.

800-232-4636

TTY: 888-232-6348

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/health/resources

www.nhlbi.nih.gov

The government agency focused on the heart, lungs, and blood. A large variety of free resources can be found in the section titled "Public". For direct access use the web address above that ends in resources.

301-592-8573

TTY: 240-629-3255

National Institute of Allergy and Infectious Diseases

www.niaid.nih.gov

5601 Fishers Lane, MSC 9806, Bethesda, MD 20892-9806

The government agency focused on allergic, immunological, and infectious diseases.

866-284-4107

TTY: 800-877-8339

Prostate (See Men's Health)

Retirement

Department of Veterans Affairs

www.va.gov

VA benefits: 800-827-1000

TTY: 800-829-4833

To speak with a benefits counselor: 877-222-8387

Veterans Health Administration, 810 Vermont Avenue, NW, Washington, DC 20420

Counselors are available via telephone to assist with determination of benefits available and the application process.

Eldercare Locator

www.eldercare.gov

Many resources to aid in locating services available to seniors.

800-677-1116

Federal and State Government Benefit Information

www.benefits.gov

On online tool to prescreen for Federal and State benefit eligibility.

800-FED-INFO

800-333-4636

Internal Revenue Service (IRS)

<https://www.irs.gov/Individuals/Seniors-&-Retirees>

The IRS has a number of publications and services specific to older adults and retired individuals. Check the web address listed for information relevant to older adults.

Investor Protection Trust (IPT)

www.investorprotection.org

919 18th Street, NW, Suite 300, Washington, DC 20006-5517

A nonprofit organization focused on investment related education.

Centers for Medicare & Medicaid Services

800-633-4227

www.medicare.gov

TTY: 877-486-2048

7500 Security Boulevard, Baltimore, MD 21244-1850

You can find out how Medicare is paid for, how much it costs you, what is covered, and what your options are by calling or visiting the website.

National Elder Law Foundation

520-203-0277

www.nelf.org

6336 N. Oracle Rd., Ste. 326, #136, Tucson, AZ 85704

A nonprofit organization that certifies attorneys in elder law competency that offers a database of certified attorneys and searchable elder law articles.

National Registry of Unclaimed Retirement Benefits

<https://www.unclaimedretirementbenefits.com>

A searchable database of unclaimed retirement benefits.

Pension Benefit Guaranty Corporation (PBGC)

800-400-7242

www.pbgc.gov

<http://search.pbgc.gov/mp/mp.aspx>

PBGC is a Government Agency that administers or insures many pensions. The agency also has a searchable database of unclaimed pensions. The web address for the main site and the page to search for unclaimed databases are both listed above.

United States Social Security Administration (SSA)

800-772-1213

<https://www.ssa.gov/retire/apply.html>

TTY: 800-325-0778

Anaheim Office: 900 S Harbor Blvd., Anaheim, CA 92805

The link to the main website for the SSA is www.ssa.gov and will allow you access to many links within the SSA website. The web address provided below is specific to applying for benefits and easy access to benefit related information.

Volunteering

America's Natural and Cultural Resources Volunteer Portal

www.volunteer.gov

A Federally funded website designed to help you find volunteering opportunities at cultural and natural resource locations.

Corporation for National and Community Service 800-942-2677
www.nationalservice.gov TTY: 800-833-3722
250 E Street, SW, Washington, D.C. 20525
*A Federal agency focused on improving lives and communities through civic engagement.
Volunteer opportunities and current research information can be found here.*

Experience Corps 202-434-6400
www.experiencecorps.org
Experience Corps National Office: 601 E St. NW, Washington, DC 20049
*Founded by AARP, Experience Corps provides individuals over the age of 50 years the
opportunity to mentor and tutor school aged children. Although this program is not yet
available in Southern California, AARP has other volunteer opportunities available.*

Senior Corps 800-942-2677
www.getinvolved.gov TTY: 800-833-3722
250 E Street, SW, Washington, D.C. 20525
*Senior Corps is the division of the Corporation for National and Community Service that focuses
specifically on matching older adults with volunteering opportunities.*

United We Serve 800-942-2677
www.serve.gov TTY: 800-833-3722
250 E Street, SW, Washington, D.C. 20525
*One of many websites sponsored by the Federal government that provides access to
volunteering opportunities.*

Women's Health

American College of Obstetricians and Gynecologists 202-638-5577
http://www.acog.org 800-673-8444
409 12th Street, SW, P.O. Box 70620, Washington, DC 20024-9998
A professional organization with a large collection of resources of interest to women.

Centers for Disease Control and Prevention (CDC) 800-232-4636
www.cdc.gov/women TTY: 888-232-6348
1600 Clifton Road, Atlanta, GA 30329-4027
Visit the CDC for information relating to women's health.

Food and Drug Administration (FDA) 888-463-6332
www.fda.gov/womens
Office of Women's Health, 10903 New Hampshire Avenue, Silver Spring, MD 20993
Consumers can access information on numerous topics via the FDA's main website www.fda.gov. For information specific to women's health visit the web address listed above.

National Institutes of Health Menopausal Hormone Therapy Information

www.nih.gov/PHTindex.htm

Access to the latest information on menopausal hormone therapy provided by the National Institutes of Health

North American Menopause Society

440-442-7550

<http://www.menopause.org>

5900 Landerbrook Drive, Suite 390, Mayfield Heights, OH 44124

A nonprofit organization focused on menopause and beyond. Resources for both professionals and the public can be found on their website.

U.S. Department of Health and Human Services (HHS)

Help Line: 800-994-9662

www.womenshealth.gov

Office on Women's Health: 200 Independence Avenue, S.W. Washington, DC 20201

The division of the HHS that is dedicated to women's health. Many resources are available on the website.

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- National Institutes of Health. (2016). Hypothermia and Older Adults, tips for staying safe in cold weather. Retrieved from <http://www.nih.gov/news-events/news-releases/hypothermia-older-adults-0>