

## ELDER HEALTH RESOURCES

**Carroll County Bureau of Aging** [www.ccgovernment.carr.org/ccg/aging/default.asp](http://www.ccgovernment.carr.org/ccg/aging/default.asp)  
410-386-3800

Services, programs and assistance available to Carroll County older adults, age 60 and over. Services include: Senior Information & Assistance, Elder abuse prevention and awareness, Guardianship, transportation, pharmacy assistance programs, income tax assistance, legal aid bureau, national family caregiver support program, Seniors Keep In Touch (SKIT), Nutrition Program, Senior Inclusion Program, Long Term Care Ombudsman Program, Senior Care Program, Senior Health Insurance Program, Support Groups, Curb Abuse in Medicare and Medicaid, Assisted Living Program, Medicaid Home & Community Based Services Waiver, Health Screenings, Employment, Tax abatement Programs, Energy assistance program, housing counseling and assistance program. The BOA also operates five senior activity centers in Carroll County where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities.

**Maryland Department of Aging** [www.mdoa.state.md.us](http://www.mdoa.state.md.us) 1-800-243-3425

Information, education, programs and services for older Marylanders and their families that also includes state, federal and private organizations links.

**Carroll County Commission on Aging** [www.ccgovernment.carr.org/ccg/aging/cccoa.asp](http://www.ccgovernment.carr.org/ccg/aging/cccoa.asp)  
410-386-3804

The Commission assists the elected officials and the Bureau of Aging in gathering public opinion, providing educational information and supporting senior related events and programs.

**Directory of Community Services for Carroll County** <http://community.carr.org/>  
410-386-4500 x3139

This directory, maintained by the Carroll County Public Library's Community Information Service, contains information on a variety of non-profit and community organizations based in Carroll County and the region. To locate resources applicable to seniors go to "**Search the Directory**" and type in the *subject* you're looking for in the "**Search for this:**" space. An example of *subjects* include (this is not an all inclusive list): aging, elderly, seniors, senior housing, legal services for seniors, medications for seniors, prescriptions, energy assistance, home health services, home medical services, safety for seniors, low income, veterans, disaster, medical equipment, caregivers, senior travel, newspapers.

**AARP, Carroll County Chapter #662** [www.aarp.org/states/md/](http://www.aarp.org/states/md/)

To help retired persons be informed, active and independent. Service provides educational, social, recreational and volunteer activities. Also see: National site [www.aarp.org](http://www.aarp.org)

### **Proaging.com**

Online tool for professionals to better serve seniors, caregivers, their families.

**Seniors Keep in Touch (SKIT)** [www.ccgovernment.carr.org/ccg/aging/services.asp](http://www.ccgovernment.carr.org/ccg/aging/services.asp) 410-386-3800

To improve the quality of life for eligible isolated seniors through pre-arranged telephone links.

**Senior Provider Information Network (SPIN)** 410-386-3800

Fosters communication and cooperation among the providers of geriatric services with the goal of facilitating access to resources and decreasing gaps in service. Meetings are held the third Wednesday of the month at the Westminster Senior Center.

**Social Security District Office** - Westminster 1-800-772-1213

Administers Social Security programs (retirement, survivors, disability) and Medicare enrollment.

## **Caregiver Support**

**National Family Caregivers Support Program** <http://ccgovernment.carr.org/ccg/aging/services.asp>  
410-386-3800

Provides service information to caregivers, information and referrals to community programs, support groups, training, respite care to temporarily relieve caregivers of their duties, and supplemental care services. This program is also open to grandparents or other relatives over the age of 60 caring for a child under 18, or those caring for individuals over the age of 60.

**Alzheimer's Association, Greater Maryland Chapter** [www.alzgm.org](http://www.alzgm.org) 1-800-443-CARE

To enhance care and support for individuals, their families, and caregivers. Offers supportive services that include a 24-hour telephone helpline, support groups, a safe return program, a family care program, a respite program, and an early stage memory loss program.

**Also see: Education-**

[www.Alzcast.org](http://www.Alzcast.org)

**The Copper Ridge Institute** [www.crinstitute.org](http://www.crinstitute.org)

## **Education**

**The Copper Ridge Institute** [www.crinstitute.org](http://www.crinstitute.org) 410-552-3218

Affiliated with the Johns Hopkins University School of Medicine, provides education and training in dementia care to family caregivers and healthcare professionals.

[www.Alzcast.org](http://www.Alzcast.org)

Alzcast.org in cooperation with The Copper Ridge Institute and the Johns Hopkins University School of Medicine aims to increase knowledge about Alzheimer's disease to effectively enhance the quality of care through improved information and training. Using cutting edge technology, this web site helps doctors, nurses, caregivers, and other healthcare professionals successfully cope with the impact of the disease on their patients and family members/other care providers and to keep up with the latest scientific findings. The site is designed to empower its audience with the most current information about the disease as well as diet, exercise, and other lifestyle tips to maintain the highest quality of life.

**Carroll Community College** - [www.carrollcc.edu](http://www.carrollcc.edu) 410-386-8000

**Senior Adults at Carroll** Provides courses and events for adults age 60 and over.

**McDaniel College** [www.mcdaniel.edu](http://www.mcdaniel.edu)

**The Center for the Study of Aging** [www.mcdaniel.edu/csa](http://www.mcdaniel.edu/csa) 410-386-4609 or 410-386-4618

Degree and continuing education opportunities for graduate and undergraduate students, service providers, community leaders, policy makers, and others interested in the field of aging.

**Carroll County Public Library** [www.library.carr.org](http://www.library.carr.org) 410-386-4500

Promotes lifelong learning and lifelong enjoyment. Offers computers for public use that includes internet accessible and Microsoft Office software. Offers a wide variety of materials including books, magazines, audiocassettes, CDs, DVDs, feature and instructional videos, large type books and MP3 format, and research resources. Adult programs and instructional workshops on a wide range of topics such as: poetry, alternative energy sources, flower arranging, blogging, genealogy, Sudoku, writer's groups, author lectures and book signings, book discussion groups and programs to share with grandchildren. **Library Link Service to Seniors** brings library material to residents of nursing homes, assisted living homes, adult day care centers, retirement communities, Meals on Wheels clients, and the homebound.

**Also see: Caregivers -**

**Alzheimer's Association, Greater Maryland Chapter** <http://www.alzgmd.org>

## **Employment**

**Experience Works** [www.experienceworks.org](http://www.experienceworks.org) 410-848-9691

Assists seniors in finding employment in the private sector, or assigns them at non-profit community service agencies for training, counseling, gaining new skills, and transitioning into secure, meaningful employment.

**Carroll County Business & Employment Resource Center** <http://berc.carr.org> 410-386-2820

Employment counseling, career guidance, job search techniques, skills upgrade training, test preparation, remedial education, and job placement assistance.

## **Health Care & In-Home Services**

### **Nursing Homes, Assisted Living Homes, and Adult Day Care Services**

A complete listing of senior care facilities in Carroll County can be found at the Bureau of Aging website under "Links to Other Documents": [www.ccgovernment.carr.org/ccg/aging](http://www.ccgovernment.carr.org/ccg/aging)

**Carroll Hospital Center** [www.carrollhospitalcenter.org/content/Senior.htm](http://www.carrollhospitalcenter.org/content/Senior.htm) 410-848-2244

Provides a variety of services to community members to help them with their health care as they embark on their senior years. Offers a multitude of medical specialists from orthopedics and internal medicine physicians to gerontologists and urologists. A full range of the latest minimally invasive surgical techniques, for a variety of surgical needs, is available. Also, an inpatient unit for geriatric patients to meet their special needs. To help patients manage their health, support services such as health and wellness programs for seniors, including a weekly complimentary LifeFit Aerobics program is offered and open to the public

**Access Carroll** <http://www.accesscarroll.org> 410-871-1478

Provides health care to the uninsured of Carroll County

**Carroll County Health Dept.** <http://www.carrollhealthdepartment.dhmdh.md.gov/healthservices.htm>  
410-876-4900

To protect the public health of the community, to assure access to health care, and to promote and encourage healthy behaviors.

**Maryland Department of Health & Mental Hygiene** [www.dhmh.md.gov/seniors/](http://www.dhmh.md.gov/seniors/) 877-463-3464  
Information for seniors over 50 on Adult Care & Planning, health care: flu information, Medicaid long-term care services, Medicaid waiver program, primary care and rural health, chronic disease prevention, Medicare Part D Pharmacy.

**Carroll Home Care** [www.carrollhospitalcenter.org/content/CarrollHomeCare.htm](http://www.carrollhospitalcenter.org/content/CarrollHomeCare.htm)  
Provides home care to community residents using a plan of care developed collaboratively with the primary physician, patient, family, and staff. Services include skilled nursing care, infusion therapy, maternal/child health services, home health aides, and physical, occupational, and speech therapy.

**Catastrophic Health Planners, Inc.** <http://www.chp1.org> 410-871-0751  
Provides free support through educational development, information on financial planning, legal, medical and accounting advice, and counseling referrals to those facing a catastrophic health event.

**Community Home Health of Maryland** 410-356-1600  
Medicare-certified program provides comprehensive, high quality medical care to Medicare patients; physical, occupational, and speech therapies; home health aides, and medical social workers.

**FB&O: Baby and Elderly Care Agency, LLC** <http://www.firstbestandonlybabyagency.net>  
410-580-2844  
Care for the elderly includes nursing assistance, companionship, light housekeeping, dispensing medication, and meal preparation.

**Home Call, Inc.** <http://www.homecallinc.com> 410-848-5379  
Medicare-certified home health agency offers skilled nursing, physical, speech and occupational therapy, medical social services and home health aides.

**Lutheran Home Care Services** <http://www.lutheranhomecare.org> 410-751-2429  
Medicare-certified home health agency. Services available in the client's place of residence include: skilled nursing care, certified home health aide services, comprehensive rehabilitation services, medical social services.

**MedStar Health Visiting Nurse Associates** <http://www.medstarhealthvna.org> 410-933-2900  
Licensed and certified home health services include skilled nursing care, home health aides, speech, physical, and occupational therapy.

**NovaCare Outpatient Rehabilitation** <http://www.novacare.com> 410-549-4960  
Provides general therapy, orthopedic and sports medicine, chronic pain management and industrial medicine.

**RosNer Healthcare Consulting** [JillRosnerRN@aol.com](mailto:JillRosnerRN@aol.com) 410-591-6378  
Offers advocacy services to help you locate those which best meet your individual and financial needs which include health assessments, home safety assessments, emotional support, level of care placement options, liaison to both family and medical staff.

**Visiting Angels** [www.visitingangels.com](http://www.visitingangels.com) 800-365-4189

Companion care and personal care services are designed to take over or assist in the activities that elders need to be able to stay at home safely and with dignity. These may include fall prevention, medication and fluids reminders, light housekeeping, grooming or bathing assistance and running errands.

**Family and Children's Services of Central Maryland** [www.fcsmd.org](http://www.fcsmd.org) 410-840-0406

Provides medical adult day care at West End Place and In-Home Aide Services throughout Carroll County. In-Home Services include personal care, housekeeping, laundry, grocery shopping and caregiver respite.

## **Home Services**

**Caring Carroll** [www.healthycarroll.org/fia.htm](http://www.healthycarroll.org/fia.htm) 410-871-6372

Volunteers provide non-professional services to adults of any age who are chronically ill, disabled, or older, frail and isolated. Services include: friendly visits, reading, yard work, minor home repairs, transportation, errands, light housework, grocery shopping, relief for long-term caregivers, telephone reassurance, occasional light meal preparation, etc.

**A Clear Path** 410-386-3800

Organized by the Bureau of Aging this program recruits volunteers to provide assistance with snow and ice removal for isolated older adults, age 60 and over, and individuals with disabilities, age 50 and over who live in Carroll County.

**Rebuilding Together – Carroll County** [www.rebuildingcarroll.org](http://www.rebuildingcarroll.org) 410-857-1722

Volunteers make home repairs for the elderly, disable, and low income homeowners who are not able to do the work for themselves in the areas of: carpentry, plumbing, electrical, plastering, painting, glazing, weather-stripping, lock-smithing, trash removal, and cleaning.

## **Hospice**

**Carroll Hospice** [www.carrollhospitalcenter.org/content/CarrollHospice.htm](http://www.carrollhospitalcenter.org/content/CarrollHospice.htm)

To enhance the quality of life of patients with life-limiting illnesses, and to provide bereavement support to patients' families. Offers supportive care, pain and symptom management, and bereavement support. Care can be provided at home, at an assisted living facility, or in a nursing home. Carroll Hospice operates an inpatient facility, Dove House, available for hospice care.

**Hospice of Baltimore** [www.hospiceofbaltimore.org](http://www.hospiceofbaltimore.org) 443-849-8200

Provides compassionate physical, emotional and spiritual end-of-life care and services to individuals diagnosed with a life-limiting illness that includes medical care, nursing care, social work, home health and volunteer assistance, spiritual and grief counseling and support.

**Hospice & Palliative Care Network of Maryland** [www.hnmd.org](http://www.hnmd.org) 410-729-4571

Non-profit organization to promote quality end-of-life care acts as an advocate for individuals and families facing the myriad of physical, psychological, spiritual and practical challenges associates with a life-limiting diagnosis, prognosis and with bereavement.

**Stella Maris Hospice** [www.stellamarisinc.com](http://www.stellamarisinc.com) 410-252-4500

Provides spiritual, mental, emotional and physical care to the patient, their loved ones and other caregivers either at home or in their inpatient hospice unit.

## **News Media**

**WTTR- AM 1470 Radio** [www.wttr.com/programming.html](http://www.wttr.com/programming.html) 410-848-5511

Local news, community information, music of the 50's, 60's, and 70's, Sunday church services, public affairs, health matters

**Carroll Seniors** [www.carrollseniorspub.com](http://www.carrollseniorspub.com) 410-857-7863

Information for Carroll County senior citizens and caregivers. Included are features, book reviews, humor, and columns on health, finance, nostalgia, and genealogy

**Guide to Retirement Living** 1-800-394-9990 [GuidetoRetirementLiving.com](http://GuidetoRetirementLiving.com)

A publication that provides a guide to services for seniors and their families in Maryland that includes: resources, housing options, legal/financial issues, help for families, continuing education, aging in place and featured articles.

**Radio Reading Network of Maryland** Email: [radioreading@nni.com](mailto:radioreading@nni.com) 410-462-8580

Reads current newspapers and magazines over closed-circuit radio to visually and physically impaired Maryland residents. The network broadcasts 24 hours a day, seven days a week. Annual fee \$50; full/partial fee waivers available.

**Also see:** Directory of Community Services [www.community.carr.org](http://www.community.carr.org)

## **Nutrition**

**Meals on Wheels** [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org) 410-857-4447

Provides meals to homebound persons of any age or economic status who are unable to shop or prepare meals for themselves.

**Carroll County Food Sunday** 410-857-7926

To collect food and money to buy food, and make it available to people who are hungry.

**Carpenter's Table** 410-756-2500

Provides a community meal each Thursday for the elderly, disadvantaged, working poor, or anyone in the Taneytown/Northwest C.C. area. A clothing bank and medical assistance also available

**Shepherd's Table** <http://www.shepstaff.org> 410-857-5944

A program of Shepherd's Staff the Friday Soup Kitchen is served at the Westminster United Methodist Church, Thanksgiving Day dinner is served at St. John Roman Catholic Church, and emergency meals are available.

## **Recreation & Travel**

### **Fifty-Five Alive/Mature Driving Course** [www.aarp.org/states/md](http://www.aarp.org/states/md)

A safe driving course designed to meet the specific needs of the older driver

Other related sites can be found under: **Senior Driving Information**

### **Library Link Service to Seniors** [www.library.carr.org](http://www.library.carr.org) 410-386-4450 ext. 732

Brings library material to residents of nursing homes, assisted living homes, adult day care centers, retirement communities, Meals on Wheels clients, and the homebound to encourage lifelong learning and lifelong enjoyment.

### **Senior Nature Club** 410-848-3874

Provides seniors interested in nature with outdoor activities, videos, and speakers.

### **Therapeutic Recreation Council** [www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp](http://www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp) 410-386-2604

To meet the recreational and leisure needs of the physically, mentally, and emotionally disabled. Programs for seniors include: water therapy, recreational games, art and music therapy.

### **Carroll County 4-H/FFA Fair** [www.carrollcountyfair.com](http://www.carrollcountyfair.com) 410-848-FAIR

**Senior Citizens Day** Senior Citizen Exhibits and Judging, social, grandparent essay contest, entertainment

### **Seniors in Action Recreation Council** [www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp](http://www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp) 410-386-2604

Plans programs and recreational opportunities for active, independent seniors throughout Carroll County. Guest speakers, special programs, sight-seeing trips, tours, and dinner theaters. Ages 55+

## **Safety**

### **Carroll County Department of Social Services** [www.dhr.state.md.us/carroll/htm](http://www.dhr.state.md.us/carroll/htm) 410-386-3300

Protects vulnerable adults at risk of abuse, neglect/self-neglect, or exploitation

### **Carroll County Triad/SALT Council** [www.ccgovernment.carr.org/ccg/sheriff/sservices/traid.asp](http://www.ccgovernment.carr.org/ccg/sheriff/sservices/traid.asp) 410-386-2900

Develops and implements effective crime prevention and education programs for older community members. Provide activities which center on prevention of victimization and victim assistance services. Discusses crime related matters and various activities in neighborhoods that are a concern to their residents.

**Also see:** Seniors Keep In Touch (SKIT) [www.ccgovernment.carr.org/ccg/aging/services.asp](http://www.ccgovernment.carr.org/ccg/aging/services.asp)

## **Special Occasions (Birthday/Anniversary)**

**Gubernatorial Greetings** email: [dshuman.gov.state.md.us](mailto:dshuman.gov.state.md.us)

Receive a note of congratulation from the governor to those celebrating their 60<sup>th</sup> or subsequent birthday or to couples marking milestone anniversaries (25<sup>th</sup>, 30<sup>th</sup>, 50<sup>th</sup>, +)

## **Transportation**

**CATS – Carroll Area Transit System** – [www.carrolltransit.org](http://www.carrolltransit.org) 410-857-0884

Provides safe, efficient, affordable, customer-friendly community transportation to ensure mobility for the residents of Carroll County.

**Butler Medical Transport** [www.butlermedicaltransport.com](http://www.butlermedicaltransport.com) 1-888-602-4007

Provides basic life support ambulance service, advanced life support transport service, specialty care transportation, ambulatory and wheelchair transportation.

**Blue Blazes, Inc. Mobility Services** [www.blueblazesinc.com](http://www.blueblazesinc.com) 410-871-2583

Non-emergency transportation services for those who in need of transportation to maintain their everyday schedule. Services provided for anyone with mobility needs including: wheelchairs, walkers, unsteady on their feet, prone to falling, injured, etc.

## **Volunteerism**

**Volunteer Carroll** [www.volunteercarroll.org](http://www.volunteercarroll.org) 410-871-0633

Promotes volunteerism, connects volunteers with service opportunities, and assists non-profit agencies in achieving their mission

## **National Resources**

**AARP** [www.aarp.org](http://www.aarp.org) 888-227-7669

A nonprofit, nonpartisan membership organization for people age 50 and over dedicated to enhancing quality of life for all as they age. AARP leads positive social change through information, advocacy and service.

**Active Forever** [www.activeforever.com](http://www.activeforever.com) 800-377-8033

Helpful products for independent living.

**Aging issues and elder care** [www.helpguide.org/elder](http://www.helpguide.org/elder)

**Aging Parents and Elder Care** [www.aging-parents-and-elder-care.com](http://www.aging-parents-and-elder-care.com)

Information for caregivers and seniors

**Alzheimer's Association** – National Site [www.alz.org](http://www.alz.org)

The leading voluntary health organization in Alzheimer care, support and research.

Also see: Maryland Chapter – [www.alzgmd.org](http://www.alzgmd.org)

**American Cancer Society** [www.cancer.org](http://www.cancer.org) 800-ACS-2345

ACS is committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

**American Lung Association** [www.lungusa.org](http://www.lungusa.org) 800-548-8252 Maryland Chapter: 410-560-2120

Also in Spanish.

Information on lung diseases, asthma, tobacco control, environmental health, research and professional education, advocacy programs, multicultural programs, communications programs.

**American Society on Aging** [www.asaging.org](http://www.asaging.org) 800-537-9728

The largest organization of multidisciplinary professionals in the field of aging. Resources, publications, and educational opportunities are geared to enhance the knowledge and skills of people working with older adults and their families.

**Arthritis Foundation** [www.arthritis.org](http://www.arthritis.org) 1-800-283-7800 Maryland Chapter: 1-800-365-3811

To improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

**Caring Connections** [www.caringinfo.org](http://www.caringinfo.org) 800-658-8898 Spanish: 877-658-8896

A program of the National Hospice and Palliative Care Organization to improve care at the end of life.

**Elderhostel** [www.elderhostel.org](http://www.elderhostel.org)

Provides learning opportunities through educational and cultural institutions worldwide for individuals age 55 and older

**Family Caregiver Alliance National Center on Caregiving** [www.caregiver.org](http://www.caregiver.org) 800-445-8106

Uniting research, public policy and services, the NCC serves as a central source of information on caregiving and long-term care issues for policy makers, service providers media, funders and family

caregivers throughout the country. Services include: Caregiver Alerts/State & National Policy Initiatives, Caregiver Information & Assistance, Research & Publications, Technical Assistance, Training.

**Gold Violin** [www.goldviolin.com](http://www.goldviolin.com) 877-648-8400  
Helpful products for independent living

**Healthy Aging Campaign** [www.healthyaging.net](http://www.healthyaging.net)  
A national ongoing health promotion designed to broaden awareness of the positive aspects of aging and to provide information and inspiration for adults, age 50+, to improve their physical, mental, social, and financial fitness.

**Helpguide** [www.helpguide.org](http://www.helpguide.org)  
Articles and resources on mental health, healthy lifestyle, seniors and aging

**Independent Living Aids** [www.independentlivingaids.com](http://www.independentlivingaids.com) 877-785-8326  
Helpful products for independent living

**Life Solutions Plus** [www.lifesolutionsplus.com](http://www.lifesolutionsplus.com) 877-785-8326  
Helpful products for independent living

**Mayo Clinic** [www.mayoclinic.com/health/senior-health/HA99999](http://www.mayoclinic.com/health/senior-health/HA99999)  
Information on aging, living longer, living healthy, health care decisions

**National Aging in Place Council** [www.naipc.org](http://www.naipc.org) 202-939-1784  
A membership organization with a national forum for individuals from the aging, healthcare, financial services, legal, design and building sectors to work together to help meet the needs of our growing aging population, so they can continue living in the housing of their choice.

**National Center on Elder Abuse** [www.elderabusecenter.org](http://www.elderabusecenter.org) 302-831-3525  
A gateway to resources on elder abuse, neglect, and exploitation.

**National Council on Aging** [www.ncoa.org](http://www.ncoa.org) 202-479-1200  
Programs help older people remain healthy and independent, find jobs, increase access to benefits programs, and discover meaningful ways to continue contributing to society.

**National Family Caregivers Association** [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) 800-896-3650  
The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.

**National Hispanic Council on Aging** [www.nhcoa.org](http://www.nhcoa.org) 202-347-9733  
The National Hispanic Council on Aging is dedicated to improving the lives of Hispanic older adults, their families, and their communities.

**National Indian Council on Aging** [www.nicoa.org](http://www.nicoa.org) 505-292-2001  
To improve the health and social services for American Indian and Alaska Native Elders.

**National Institute of Health** [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

Senior health information developed by the National Institute of Aging and the National Library of Medicine

**Presidential Greetings** [www.Whitehouse.gov/greeting](http://www.Whitehouse.gov/greeting)

Honors American citizens on their 80<sup>th</sup> or subsequent birthdays and on their 50<sup>th</sup> or subsequent wedding anniversaries.

**Senior Driving Information:**

[www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/](http://www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/)

Driving Safely While Aging Gracefully

[www.granddriver.info](http://www.granddriver.info)

Driver refresher courses, driver rehabilitation specialists, alternative transportation options, family resources, older driver facts

[www.SeniorDrivers.org](http://www.SeniorDrivers.org)

Tips and guides on staying safe on the road, "Giving Up Keys" for families and individuals - planning for that time when driving is no longer a viable alternative.

"Providers" is a section meant specifically for providers of senior supplemental transportation systems.

"Researchers" shows some of the current and past research addressing aging and mobility. CarFit brochure to maximize the comfort and control of the vehicle you drive

**Spirituality, prayer, healing** [www.helpguide.org/life/spirituality\\_prayers.htm](http://www.helpguide.org/life/spirituality_prayers.htm)

Building strength through faith

**Spirituality, religion, and lifelong wellness** [www.helpguide.org/life/spirituality.htm](http://www.helpguide.org/life/spirituality.htm)

The faith factor in healthy aging

**USA.gov** [www.usa.gov/Topics/Seniors.shtml](http://www.usa.gov/Topics/Seniors.shtml) (Also in Spanish and other languages) 800-333-4636

Information, services and resources from the U.S. government for seniors. Consumer protection, education/jobs and volunteerism, end-of-life issues, federal and state agencies, health, housing, laws & regulations, money & taxes, retirement, travel & recreation.

**U.S. Food & Drug Administration** [www.fda.gov/oc/seniors/](http://www.fda.gov/oc/seniors/) (Also in Spanish) 800-216-7331

Numerous articles, brochures and publications with information for older people on a wide range of health issues, including arthritis, cancer, colds & flu, diabetes, hearing loss, heart disease & stroke, other diseases & conditions, food safety, nutrition, proper use of medicines, women's health, cosmetics, health fraud, medical procedures & treatments

**White House Conference on Aging** [www.whcoa.gov](http://www.whcoa.gov)

Develops recommendations for additional research and action in the field of aging and aging policies in the country.