

RESOURCES

SUPPORTS AND SERVICES TO HELP OLDER ADULTS
CONNECT, CREATE, AND CONTRIBUTE



CONNECT, CREATE, CONTRIBUTE MAY 2019

Connect

FIND LOCAL RESOURCES: The Eldercare Locator connects older adults and their caregivers with trustworthy resources, like meal, transportation, and caregiver programs. Visit eldercare.acl.gov or call 1-800-677-1116.

HEALTH INSURANCE: State Health Insurance Assistance Programs (SHIPs) provide free, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, and caregivers. Find your SHIP at shiptacenter.org.

BRING GENERATIONS TOGETHER: Generations United works with organizations, partners, and stakeholders to support intergenerational collaboration through public policies and programs. Visit gu.org.

LONG-TERM CARE: The Administration on Aging assists older adults of any age to plan ahead for a lifetime of care. Visit longtermcare.acl.gov.

RIGHTS PROTECTION: The National Center on Elder Abuse helps aging networks decrease elder abuse, neglect, and exploitation. Visit ncea.acl.gov.

RESIDENTS' RIGHTS: The National Consumer Voice for Quality Long-Term Care connects nursing home and assisted living residents with resources for understanding their rights and ways to get help if they need it. Visit theconsumervoic.org.

PENSION RIGHTS: PensionHelp America is a website of the Pension Rights Center, a nonprofit dedicated to protecting and promoting the retirement security of workers, retirees, and their families. Visit pensionhelp.org.

VETERANS: The U.S. Department of Veterans Affairs offers a range of services, including benefit support, health programs, and crisis services. Visit VA.gov or call MyVA311 at 1-844-698-2311.

Visit acl.gov/oam for more information.



CREATE



EXPLORE THE ARTS: The National Center for Creative Aging provides resources that help older adults amplify their creative potential through a diverse network of organizations and individuals that advance the creative aging field. Visit creativeaging.org.

INSPIRE CREATIVITY: Creativity Matters is a toolkit designed to increase the expertise of those who direct or want to start community arts and aging programs. Visit nationalguild.org/resources/resources/free-guild-resource/creativity-matters-the-arts-and-aging-toolkit.

KEEP FIT: Go4Life is a campaign designed to help older adults incorporate physical activity into daily life. It offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. Visit go4life.nia.nih.gov.

TAKE A CLASS: The Lifelong Learning Institute Directory provides a national listing of programs in older adult education. Visit bit.ly/LifelongLearningDirectory.

CONNECT WITH ARTS ORGANIZATIONS: The National Endowment for the Arts provides federal support for projects that benefit local communities. For a list of participating state and regional arts agencies and organizations, visit arts.gov/partners/state-regional.

CREATE A FINANCIAL SECURITY PLAN: The Consumer Financial Protection Bureau provides resources for older adults and their families to plan for later-life financial security. Visit consumerfinance.gov/practitioner-resources/resources-for-older-adults.

EAT HEALTHIER: The U.S. Department of Agriculture provides information on how healthy eating can encourage a sense of well-being. Visit choosemyplate.gov/older-adults.

ACTIVITIES FOR FUN: The National Institute on Aging explains the benefits of participating in activities that promote health and personal enrichment as we age. Visit nia.nih.gov/health/participating-activities-you-enjoy.



Contribute

VOLUNTEER: Create the Good helps older adults find volunteer opportunities that match their particular talents and interests. Visit createthegood.org.

WORK: AARP provides support for older adults who wish to enter the workforce or change careers. Visit aarp.org/work.

TRAIN FOR EMPLOYMENT: The U.S. Department of Labor provides a community service employment program for older adults who seek work-based job training. Visit doleta.gov/seniors.

CREATE OR EXPAND A PROGRAM: ACL posts grant opportunities to support and expand emerging programs that serve older adults across the nation. Visit acl.gov/grants.

PROTECT OUR NATIONAL RESOURCES: Volunteer.gov is an online portal that seeks support for our nation's natural and cultural resources by connecting volunteers to projects that match their interests. Visit volunteer.gov.

TEACH CHILDREN TO READ: Experience Corps is a program that screens, trains, and connects people over 50 with children who need help learning to read. Visit aarp.org/experience-corps.

GIVE BACK TO YOUR COMMUNITY: Senior Corps volunteers commit their time to address critical community needs, including tutoring and mentoring, disaster relief support, and more. Visit nationalservice.gov/programs/senior-corps.

FIGHT HUNGER: Feeding America can put you in touch with the local food banks and meal programs in your area, so you can join in the fight against hunger. Visit feedingamerica.org.

BE HEARD: ACL regularly seeks input from older adults, caregivers, researchers, and practitioners on topics that are important to the aging network. Visit acl.gov/about-acl/public-input.