

Resources

Often seniors (and their adult children) find themselves looking for help in choosing the best living options, getting appropriate medical care, and finding ways to make older adults' lives in retirement meaningful and productive. To help you make intelligent choices about these matters, RWC has compiled links to web sites of organizations and agencies that provide information, advice, and services you may find useful. We encourage you to scan this list and check out ones you believe might answer questions about your specific situation.

Senior Advocate/Senior Advocate Online compiles a print and online directory of senior health care service providers for both families and professionals in southeastern Virginia. www.senioradvocateonline.com

Bay Aging provides health, wellness, and housing services to seniors on Virginia's Northern Neck and Middle Peninsula. www.bayaging.org

Bay Transit offers seniors affordable transportation services that can be scheduled to accommodate individual needs. www.baytransit.org

Parkinson's Disease Support is provided on-site at RWC. Additional information about diagnosis, treatment, and care is available from the National Parkinson Foundation and the Parkinson's Disease Foundation. www.parkinson.org; www.pdf.org

Senior Navigator is a non-profit organization offering free information about issues of health and aging to Virginians. www.seniornavigator.com

The Alzheimer's Association promotes research and offers guidance and assistance to those caring for individuals afflicted with this disease. www.alz.org

The American Association of Retired People (AARP) is a national organization that lobbies on behalf of people over 50 and promotes healthy lifestyle activities for them. www.aarp.org

Aging Parents and Elder Care supplies advice and information about additional resources for those caring for aging parents. www.aging-parents-and-elder-care.com

The American Society on Aging offers older adults advice and strategies for living healthy and preventing illness and disease. www.asaging.org

Benefits CheckUp is an on-line service that helps older adults find federal, state and local public and private benefits for which they may be eligible. www.benefitscheckup.org

Better Business Bureau Alerts, a service of the U.S. Better Business Bureau, provide seniors information to help them avoid scams and fraudulent business practices. www.bbb.org/us/alerts

Eldercare Locator is a government-sponsored web site helping seniors and their caregivers find local services. www.eldercare.gov

Exploritas, formerly **Elderhostel**, is a non-profit educational and travel organization that sponsors programs designed to appeal to older adults. www.elderhostel.com

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Family Caregiver Alliance is an organization dedicated to research, advocacy, and education for caregivers to those with chronic health conditions. www.caregiver.org

InteliHealth, a web site sponsored by Aetna in conjunction with the Harvard Medical School, offers information about a variety of health issues and products. www.intelihealth.com

Medicare is the federal government's health insurance program for seniors, covering medical care, hospitalization, prescription drugs, and other medical matters. www.medicare.gov

MedlinePlus.gov, a service of the National Library of Medicine and National Institutes of Health, provides information about medical and health issues, an online medical directory, and assistance in finding local health resources. www.medlineplus.gov

The National Academy of Elder Law Attorneys offers information and referral services to older adults needing legal assistance. www.naela.org

The National Association of Professional Geriatric Care Managers offers guidance in determining the needs of older adults and assistance in selecting a professional care manager should one be required. www.caremanager.org

The National Clearinghouse for Long-Term Care Information, developed by the U.S. Department of Health and Human Services, provides information and resources to help families plan for future long-term care. www.longtermcare.gov

RxList compiles information on hundreds of drugs, including appropriate warnings and cautionary notes regarding dosages and interactions with other medication. www.rxlist.com

Senior Corps (National Senior Service Corps) provides seniors opportunities to share their experience and expertise with individuals and organizations in their communities. www.seniorcorps.gov

SeniorNet provides older adults education for and access to computer technologies that can enhance their lives and enable them to share their knowledge and wisdom. www.seniornet.org

Senior World Online provides news, information, and features geared to the interests of older adults. www.seniorworldonline.com

Social Security Online, the official web site of the Social Security Administration, contains information about benefits and mechanisms for completing applications for benefits online. www.ssa.gov

The Stroke Network supplies information and offers support to stroke survivors and their caregivers. www.strokenetwork.org

WebMD is an internet-based healthcare network offering information on hundreds of health- and wellness-related topics, including advice from health professionals, allowing individuals to become better educated about the products and services they might require. www.webmd.com