

## In Home Care & Caregiving Resources

Here are resources that may be of interest to you:

[August 2013 Newsletter](#)

Tidbits of information gathered by our staff for our visitors to enjoy!

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

AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. Active in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP celebrates the attitude that age is just a number and life is what you make it. With over 35 million members, AARP is the leading nonprofit, nonpartisan membership organization for people age 50 and over in the United States.

[www.state.tn.us/comaging/localarea.html](http://www.state.tn.us/comaging/localarea.html)

You may visit this site to see a map and list of area agencies on aging and disability. This list is provided by the Tennessee Commission on Aging and Disability. The Tennessee Commission on Aging and Disability is working for adults with disabilities and older Tennesseans by providing leadership and guidance for a system that promotes health, dignity, independence and security through an array of community and in-home services, the protection of rights and the implementation of best practices.

[www.seniorsresourceguide.com](http://www.seniorsresourceguide.com)

SeniorsResourceGuide.com is the website of the Senior Blue Book. Both groups work together to bring valuable information and resources to seniors, adult children and senior professionals via the

Internet and in-print resource books. The Seniors Blue Book is an organization that publishes bi-annual and annual in-print senior resource guidebooks and Local Internet Directories.

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

The American Geriatrics Society (AGS) is a nationwide, not-for-profit association of geriatrics health care professionals, research scientists, and other concerned individuals dedicated to improving the health, independence and quality of life of all older people.

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

BenefitsCheckUp is a National Council on Aging (NCOA) program for seniors to access benefits programs that help with prescription drug costs, rent, energy bills, food and more. Founded in 1950, NCOA is dedicated to improving the health and independence of older persons and increasing their continuing contributions to communities, society, and future generations.