RESOURCES FOR INDEPENDENT SENIORS

GENERAL RESOURCES

Area Agency on Aging / Eldercare Locator: 1-800-677-1116 www.eldercare.gov Senior services contact information for help that is available in your community. Provide your city, county, and state. Resources may include senior centers, food resources, health insurance information, home repair, legal assistance, transportation and many other human resources needs.

Dial 2-1-1 or www.211.org Nationwide resources and information helpline for all ages. The caller will be provided information about critical health and human services resources available in their community, such as food resources, Health, Housing and Utilities, employment, crisis & emergency, disaster assistance, and volunteer opportunities.

211, Area Agency on Aging, and United Way don't actually provide services but put you in contact with local nonprofits and community organizations that can provide a variety of services.

National Council on Aging www.ncoa.org This website offers many great online resources.

www.Benefitscheckup.org A step by step questionnaire to see if you qualify for help to pay for medication, food and other necessities. BenefitsCheckUp helps you find and enroll in public and private benefits programs. Also provides link for the application for Medicare's Extra Help.

www.EconomicCheckUp.org Discover tips and resources in your community to manage your budget, save money, find work, and set financial goals.

www.MyMedicareMatters.org Whether you are brand new to Medicare or just want to compare plans, get many of your questions answered on this site.

Senior Centers – Contact your local Area Agency on Aging or 2-1-1 to find the location of your nearest Senior Center. Senior Centers are local facilities that provide recreational and group activities along with support services such as a hot meal daily, health and wellness classes, public benefits counseling, employment assistance, and volunteer opportunities. Check with your local Senior Center to see what services are provided in your community.

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SPECIFIC SERVICE RESOURCES

EMPLOYMENTY

SCSEP – Senior Community Service Employment Program 1-877-872-5627 www.servicelocator.org/olderworkers Contact your local American Job Centers The program provides comprehensive training and support that helps individuals to obtain new job knowledge, enhance existing skills, gain a competitive edge in today's job market, and find and maintain employment. To be eligible for SCSEP, applicants must be unemployed, 55 or over, meet income guidelines and be interested in bettering their current employment circumstances.

FOOD RESOURCES

SFMNP - Senior Farmers' Market Nutrition Program 1-866-348-6479 www.fna.usda.gov/sfmnp/senior-farmers-market-nutrition-program A federal grant to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs. Not available in all States.

Feeding America www.FeedingAmerica.org Resource to find local food banks. Feeding America is the nation's leading domestic hunger-relief charity. Their mission is to feed America's hungry though a nationwide network of member food banks.

Bountiful Baskets www.bountifulbaskets.orgThe Co-Op offers conventional produce baskets every other week. Participants can purchase $50 worth of produce for $15 contribution. Organic baskets also available for additional cost. Currently operating in

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various locations in AL, AZ, CO, GA, IA, ID, KS, KY, LA, MN, MO, MT, ND, NE, NM, NV, OK, OR, SD, TX, UT, WA and WY.

OneHarvest Food Ministries 1-770-466-0000 www.openharvestministries.org/OneHarvest is a nonprofit, non-denominational, faith based organization committed to helping feed families. They offer affordable, pre-packaged, high quality food boxes once a month. EBT cards can be used. Prices vary from $20 – 45 for most boxes.

HOUSING AND UTILITY RESOURCES

Find Affordable Housing www.affordablehousing.com/ Searchable data base that provides information on low income and housing assistance in your area.

Low Income Home Energy Assistance Program (LIHEAP) and Weatherization Assistance Program (WAP) 1-866-674-6327 www.acf.hhs.gov/ocs/programs/liheap LIHEAP helps low income families with their energy bills. WAP helps make low income families homes more energy efficient.

MEDICAL

Medicare 1-800-633-4227 www.medicare.gov The official U.S. Government site for Medicare. You can change or sign up for coverage and see what your current plan provides.

Get Health Care www.hhs.gov/ U.S. Department of Health and Human Services offers visitors with a listing based on zip code of health care centers, free or reduced cost care centers, HIV/AIDS care and other resources.

Partnership for Prescription Assistance 1-888-477-2669 www.pparx.org The Partnership for Prescription Assistance helps both qualifying patients without prescription drug coverage and underinsured patients find programs that provide prescription medicines for free or nearly free.

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