



FREE RESOURCES

For Vital Documents:

- **cdc.gov/nchs/w2w.htm**
Centers for Disease Control and Prevention website has state-by-state list of offices to contact for vital records
- **usa.gov**
The federal government website also has state-by-state list of offices to contact for vital records
- **ssa.gov**
Social Security office has useful information

For General Information in Your Area:

- **eldercare.gov (Eldercare Locator) or 1-800-677-1116**
Go here to find your local Area on Aging (it might also go by the name bureau on aging, council of senior services, commission on the elderly, etc). This is a very useful resource to get information about many of the services, programs and housing options available in your parent's community.
- **ltcombudsman.org**
This is the State Long-Term Care Ombudsman Office which represents nursing home residents and their families and can provide information about local nursing homes and other types of housing for the elderly.

Organizational/Communication Tools

- **carepages.com or caringbridge.com**
You can use these services to create a platform to keep friends and family members informed of the latest news on your parents.

- **Lotsahelpinghands.com**
A free online care calendar where you can create a care community
- **carezone.com**
A free online care calendar and organizer with a downloadable app
- **tyze.com**
A free online care calendar and organizer

Fraud/Abuse Help and Information

- **ncea.aoa.gov**
Contact the local office of Adult Protective Services through this National Center on Elder Abuse when you suspect your senior is in danger of abuse, neglect and/or financial exploitation.
- **napsa-now.org**
You can also contact APS through the National Adult Protective Services Association website to file a complaint that can be kept anonymous, if you wish.
- **aging-senate.gov/fraud-hotline or 855-303-9470**
The Senate Aging Committee can help resolve problems or direct you to other sources that can help.
- **fraud.org or 800-876-7060**
The National Consumer League website and toll-free consumer protection line
- **fbi.gov/scams-safety/fraud/seniors**
The FBI website has information on fraud directed at seniors

Medicare Resources

- **medicare.gov or 800-633-4227**
Go to the Medicare website or call the toll-free number to get an annual "Medicare & You" booklet. The website also has a Plan Finder that helps to find a plan that best fits your needs.
- **shiptalk.org**
State Health Insurance Assistance Programs have counselors that help people sort out insurance options, decode insurance bills and appeal Medicare decisions.
- **socialsecurity.gov**
The Social Security Administration also has information on Medicare, but can also help with replacement cards and determining eligibility for getting help paying for prescription drugs.
- **tricare.mil/mybenefit or 866-773-0404**
Contact the Department of Veterans Affairs for information about TRICARE (medical benefits for retired service men and women).