

Aging Resources

Among hundreds of sources of information about elder care, some of the best are listed below.

National AARP <http://www.aarp.org>

The site is a comprehensive resource for adults over 50. There you will find information on Medicare, Social Security, Health, Work & Retirement, Money, Entertainment, Food, Travel and much more. This is a good place to start when looking for information on almost any subject affecting your life.

Delaware Health & Social Services, Division of Services for Aging and Adults with Physical Disabilities <http://www.dhss.delaware.gov/dhss>

From the main page of Delaware Health and Social Services, select Aging and Physical Disability Services for a wealth of information about Delaware resources and publications on topics such as Advance Directives & Living Wills, Long-Term Care and Health and Wellness.

Delaware Department of Justice <http://www.attorneygeneral.delaware.gov>

This site offers good information on legal rights of seniors. After accessing the site, select Securing Seniors for information on Elder Abuse and Exploitation and the Senior Victim Advocate Program. Other helpful information can be found at the tab, Guarding Consumers, including information about Identity Theft and Financial Abuse.

Children & Families First <http://www.cffde.org>

The Family & Workplace Connection is a non-profit dependent care resource and referral organization serving Delaware and the region. On the site, select Services and then Older Adults to bring up a menu providing resources for Elder Care, Respite Care, Grand Time Off and Kinship Navigator – a resource for grandparents raising grandchildren.

Administration on Aging <http://www.aoa.gov>

This site, sponsored by the US Department of Health and Human Services, helps you find local programs and gives you access to a range of print and web resources related to aging issues.

The Complete Eldercare Planner, By Joy Loverde Available from Amazon.com

This is a comprehensive, detailed and practical guide through this difficult process by a recognized expert in the field. It includes many downloadable forms of key documents, checklists, worksheets, step-by-step action plans and information on low-cost and free alternative resources. This book has received many accolades from those who have been there and benefited from Joy's thoroughly researched advice.