



Resource Appendix

National Helplines and Websites

- **Eldercare Locator:** 1-800-677-1116 (eldercare.acl.gov)
- **Medicare:** 1-800-MEDICARE (medicare.gov)
- **Alzheimer's Association:** 1-800-272-3900 (alz.org)
- **National Institute on Aging:** nia.nih.gov
- **Family Caregiver Alliance:** caregiver.org
- **AARP Caregiving Resources:** aarp.org/caregiving

Financial Resources

- **Benefits CheckUp:** benefitscheckup.org
- **National Council on Aging:** ncoa.org
- **Medicaid:** medicaid.gov
- **Veterans Benefits:** va.gov
- **Social Security:** ssa.gov

Legal and Planning Resources

- **National Academy of Elder Law Attorneys:** naela.org
- **The Conversation Project:** theconversationproject.org
- **Five Wishes:** fivewishes.org
- **Aging with Dignity:** agingwithdignity.org

Quality Assessment Tools

- **Medicare Care Compare:** medicare.gov/care-compare
- **Nursing Home Compare:** medicare.gov/nursinghomecompare
- **Home Health Compare:** medicare.gov/homehealthcompare