

Resources

For a complete list of continuously updated resources visit empira.org/services/resources

Dial 2-1-1 from a local phone or use their website to search for organizations that offer local support resources and services.

Aging In Place helps seniors, their family members and their caregivers prepare their homes and their lives for successful aging in place. aginginplace.org

Khan Academy provides free education for anyone, anywhere. khanacademy.org

National Council on Aging partners with organizations to help people aged 60+ meet the challenges of aging. ncoa.org

The Suicide Prevention Lifeline connects callers to trained crisis counselors 24/7. They also provide a chat function on their website. 1-800-273-8255 (TALK) suicidepreventionlifeline.org

US Department of Health and Human Services provides information about programs/services, grants, laws and regulations. hhs.gov

US Department of Veterans Affairs - Apply for and manage the VA benefits and services you've earned as a Veteran, Service member, or family member. va.gov

Advocacy and Legal Assistance

Legal Services Corporation provides civil legal aid to low-income Americans. lsc.gov

National Bar Association provides a directory of state and local bar associations to help find legal representation. nationalbar.org

National Disability Rights Network (State Protection and Advocacy Agencies) protects the civil rights of individuals with disabilities. ndrn.org

Financial Assistance

HealthCare.gov provides specific information about coverage options in your state, includes private options, high risk pools and other public programs.

HealthCare.gov

NeedyMeds provides information on available patient assistance programs.

needymeds.org

Partnership for Prescription Assistance helps qualifying individuals without prescription drug coverage get the medications they need. **pparx.org**

Recommended Reading

The Four Things that Matter Most
Ira Byock

Gifts of Imperfection
Brene Brown

Being Mortal
Atul Gawande

Dementia Beyond Drugs: Changing the Culture of Care
Dr Allen Power

Mysterious Moments: Thoughts That Transform Grief
Jane Williams, PhD

Resources related to certain health conditions:

ALS Association – **alsa.org**

Alzheimer's Association – **alz.org**

American Cancer Society – **cancer.org**

American Chronic Pain Association – **theacpa.org**

American Diabetes Association – **diabetes.org**

American Heart Association – **heart.org**

American Lung Association – **lung.org**

American Parkinson Disease Association – **apdaparkinson.org**

Anxiety and Depression Association of America – **adaa.org**

Arthritis Foundation – **arthritis.org**

Hearing Loss Association of America – **hearingloss.org**

National Parkinson's Foundation – **Parkinson.org**

Other

Caregiver Action Network – **caregiveraction.org**

AgingCare.com

Caregiver.Com

Caregivinghelp.org

Centers for Medicare & Medicaid Services (CMS) – **cms.gov**

Disability.gov

Home Instead – **Caregiverstress.com**

Next Step in Care – **nextstepincare.org**

Share The Care – **sharethecare.org**

Disabled American Veterans – **dav.org**

National Volunteer Caregiving Network – **nvcnetwork.org**