

# NEWS

## FOR SENIOR CITIZENS

### Maintaining Independence

(NAPS)—A simple phone call may help seniors maintain their independence.



## ELDER CARE LOCATOR

*A Way To Find Community  
Assistance for Seniors*

**1-800-677-1116**

**[www.eldercare.gov](http://www.eldercare.gov)** 

**A Web site or toll free number gives seniors access to important services that can help them maintain their independence.**

The U.S. Administration on Aging offers a toll free number and Web site as part of its activities that support seniors. Seniors and caregivers who use the service can find important information on programs to help them with tasks such as finding transportation to the doctor's office, arranging for home-delivered meals or finding suitable senior housing. This nationwide service helps identify the best information resources in communities across the country.

You can reach the Eldercare Locator by phone, Monday through Friday, 9 a.m. to 8 p.m. (ET). The toll free number is 1-800-677-1116. People who use the service should present the concern to be addressed and the name of the county, city or zip code where services are needed.

The Web site can be accessed 24 hours a day by visiting [www.eldercare.gov](http://www.eldercare.gov) and entering the older person's zip code. Additionally, information can be obtained by writing: The National Association of Area Agencies on Aging, 927 15th Street, N.W., Sixth Floor, Washington, D.C. 20005.