

Useful Websites

These are websites that we have found useful in addressing some of the issues of aging.

Home Modifications

National Association of Home Builders

www.nahb.org

The National Association of Home Builders have professional Certified Aging-in-Place Specialists who can help your loved one adopt simple universal design techniques to insure that your loved one can live in their home comfortably, safely and independently for as long as they want.

Quiet Care

www.quietcare.com

Quiet Care technology utilizes wireless activity sensors throughout the house to track individual daily patterns. It transmits information about your loved one's movements and can notify you of any potential emergency.

Medication Use

Medication Use Safety Training (MUST)

www.mustforseniors.org

Medication Use Safety Training (MUST) is a national awareness campaign for older adults and their caregivers. The program is designed to promote safe and appropriate medicine use by enabling older adults to avoid medication misuse, recognize and manage common side effects, and improve medicine use knowledge, attitudes, and skills to avoid medication errors.

Driving Safety

AARP Driver Safety Program

www.aarp.org

The AARP regularly offers driving classes for seniors. These eight-hour classes, which cost just \$10, help seniors understand how aging affects driving ability and how they can compensate for these changes. Classes are held in community centers, YMCAs, and other easily accessible venues around the country.

Finances

Benefits Checkup

www.benefitscheckup.org

Developed and maintained by the National Council on Aging, Benefits Check Up is a national comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. It helps locate programs that help seniors pay for prescription drugs, health care, rent, utilities, and other needs.

Social Connections

Senior Corps

www.seniorcorps.org

Senior Corps connects those over 55 with the people and organizations that need them most. They help individuals become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations.

Shared Meals

www.mealcall.org

This is a website that can assist you in locating a shared meal program in your area. You can also locate meals-on-wheels programs in your area, too.