
The Local Aging Resources Every Family Should Know About START HERE

Most families don't start researching aging resources until there's already a crisis, a fall, hospital discharge, dementia diagnosis, or caregiver burnout.

The good news is there are local agencies and programs designed to help older adults stay safer, more independent, and supported at home.

Here are the most important resources every family should know before they urgently need them.

Essential Aging Resources Every Family Should Know

1. Area Agencies on Aging (AAA)

Your best starting point for local aging support services including:

- Meal delivery
- Transportation
- Caregiver support
- Respite care
- Home assistance
- Benefits counseling

2. Geriatric Care Managers / Aging Life Care Experts

Professionals who help families navigate:

- Assisted living
- Memory care
- Home care options
- Crisis planning
- Care coordination

Find a certified professional:

<https://www.aginglifecare.org>

Find your local office:

[https://
eldercare.acl.gov](https://eldercare.acl.gov)

National Eldercare
Locator:

1-800-677-1116

3. Family Caregiver Support Resources

Help for overwhelmed caregivers including education, support groups, planning tools, and burnout prevention.

Family Caregiver Alliance:

<https://www.caregiver.org>

Caregiver Action Network:

<https://www.caregiveraction.org>

4. Respite Care Programs

Temporary care services that give family caregivers a break.

Find respite programs nationwide:

<https://archrespite.org>

5. Adult Day Programs

Structured daytime support programs for older adults with memory loss, mobility issues, or isolation.

Search local adult day programs:

<https://eldercare.acl.gov>

6. Long-Term Care Ombudsman Program

Advocates who help families address concerns in assisted living, memory care, and nursing homes.

Find your local Ombudsman:

https://theconsumervoice.org/get_help

7. Alzheimer's & Dementia Support

Education, caregiver support, crisis help, and local dementia resources.

Alzheimer's Association:

<https://www.alz.org>

24/7 Helpline:

1-800-272-3900

8. Benefits & Financial Assistance

Help understanding Medicare, Medicaid, prescription assistance, and senior benefits.

BenefitsCheckUp:

<https://www.benefitscheckup.org>

Medicare:

<https://www.medicare.gov>

9. National Institute on Aging

Trusted information on aging, caregiving, dementia, safety, and healthy aging.

<https://www.nia.nih.gov>

10. Aging and Disability Resource Centers (ADRC)

Helps connect families to local long-term care services and support programs.

<https://acl.gov/programs/aging-and-disability-networks/aging-and-disability-resource-centers>

11. Veterans Affairs Caregiver Support

Resources and assistance for veterans and family caregivers.

<https://www.caregiver.va.gov>

12. National Council on Aging

Helpful information about benefits, healthy aging, and financial assistance programs.

<https://www.ncoa.org>

13. Hospice and Palliative Care Information

Education about comfort care, hospice, and serious illness planning.

<https://www.nhpco.org>

QUESTIONS FAMILIES SHOULD ASK EARLY

- What services are available before a crisis happens?
- What care options fit our budget?
- What support exists for caregivers?
- What happens if mom or dad can no longer live alone?
- Who can help coordinate care decisions?
- What legal documents should already be in place?
- Does my parent have a Power of Attorney or Healthcare Directive?
- What home safety changes may eventually be needed?
- Are there transportation programs available if driving becomes unsafe?
- What signs suggest it may no longer be safe for a parent to live alone?

Questions Continued...

What support is available after a hospital discharge?

- How do families know when it may be time for assisted living, memory care, or hospice support?
- What financial assistance programs or veteran benefits might be available?
- How can siblings and family members communicate more clearly about care decisions?
- Who steps in if the primary caregiver becomes overwhelmed or unavailable?

The earlier families learn about these resources, the more support, options, and preparation they usually have before a crisis occurs.

DISCLAIMER

This guide is intended for educational and informational purposes only and should not be considered medical, legal, financial, or professional caregiving advice. Programs, eligibility requirements, services, and resources vary by state and individual circumstances. Families should consult qualified healthcare professionals, elder law attorneys, social workers, financial advisors, or local aging agencies regarding their specific needs and care decisions. The resources listed are provided as general informational starting points to help families better understand and navigate the aging