

Important Phone Numbers

Keep near the phone or on the refrigerator

EMERGENCIES

Police, fire, ambulance

911

Crisis Lifeline (call or text)

988

Poison Control (24 hours)

1-800-222-1222

HELP AND SAFETY

Eldercare Locator (local help)

1-800-677-1116

Local services (food, housing)

211

Adult Protective Services

FRAUD AND SCAMS

National Elder Fraud Hotline

1-833-372-8311

AARP Fraud Watch Network

1-877-908-3360

Federal Trade Commission

1-877-382-4357

HEALTH AND BENEFITS

Medicare

1-800-633-4227

Social Security

1-800-772-1213

Alzheimer's Helpline (24 hr)

1-800-272-3900

Medicare Counseling (SHIP)

1-877-839-2675

Veterans Crisis Line

988, press 1

MY NUMBERS

Doctor

Pharmacy

Family or emergency contact

Neighbor

Insurance policy number

Scam alert: Medicare and Social Security never call out of the blue to demand payment, gift cards, or account numbers. If you are unsure, hang up and call a number on this sheet.