

Connecting Caregivers To Local Resources And Support

(NAPSA)—Americans are living longer these days. The number of older adults is expected to reach 73 million by 2030.

With 30 percent of Americans serving in a caregiving role, it is important to remember that caring for a loved one can be both rewarding and difficult. Often, caregivers don't know where to turn for advice and assistance. That's where the Eldercare Locator—a program of the U.S. Administration on Aging and administered by the National Association of Area Agencies on Aging (n4a)—comes in. By connect-



The Eldercare Locator connects caregivers to local resources.

ing older adults and their caregivers to local resources and support, the Eldercare Locator makes life a bit easier all around. The Eldercare Locator connects older adults and their caregivers to local services and supports across the spectrum of need, including in-home and community-based services, transportation and healthy aging.

What It Offers

Some of the Eldercare Locator's more popular publications are:

- "Before You Give Up the Keys: Create a Roadmap for Transportation Independence"
- "Older Adults and Medication Safety"
- "You Gave, Now Save: Guide to Benefits for Seniors"
- "Living Well with Dementia in the Community: Resources and Support."

Learn More

For tips and advice on caregiving, visit www.eldercare.acl.gov or call 1 (800) 677-1116 and see @eldercarelocator on Facebook and @EldercareLoc on Twitter.