

More Programs for Seniors you may never have heard of (Part II: General Assistance/Info)

After exploring services and resources to help Seniors manage high prescription costs in this blog's previous issue, this week will focus on organizations and agencies which can help with general as well as specific assistance.

Thanks to your tax dollars, several programs are in place to help seniors better locate and afford medically-related costs such as in home health services, long term care or legal advice. Others are offered by charitable organizations. Checking them out may save you time, effort, money and may well bring you, and your loved ones, peace of mind.

1. Eldercare.gov

This public service is the go-to website to locate local resources. Indicate your ZIP code and choose a topic, and you will be directed to relevant links, articles, videos and agencies. From managing health conditions, to helping caregivers cope and from applying for free transportation or meals to locating home health providers, this website's goal is to provide seniors with the relevant and useful information allowing them to live independently and safely in their homes and community as long as possible.

For more info, visit: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

2. Centers for Disease Control (CDC)

Better known for its relentless fight against diseases and pathogens, the CDC also promotes independence and well-being for seniors through its Health Aging program. Learn more about clinical prevention services, advance care planning or about the Healthy Brain Initiative when you visit: <http://www.cdc.gov/aging/index.htm>.

Other areas of interest for seniors such as chronic care management, oral health and depression offer detailed information and advice. Advice for those traveling abroad, updates on the spread and severity of the flu virus or other localized threats (such as the ZIKA virus) and recommendations for immunizations are also available.

3. Medline Plus

A combined service from the U.S. National Library of Medicine and the NIH, this service offers access to a medical encyclopedia covering an extensive number of age-related problems or changes. Learn to recognize, address and cope with them by reading clear but detailed articles on numerous subjects. In addition to the latest news and research, you can access a legal library, tutorials and videos, directories of organizations, an informative magazine, financial advice, health check tools and tests, and links to other relevant articles or websites. Any topic from exercise to end of life presents up-to-date information, useful suggestions, supportive advice and proven tips.

For more info, visit: <http://www.nlm.nih.gov/medlineplus/seniorshealth.html>



4. National Institute on Aging (NIA)

The NIA is one of those agencies dedicated to improving and maintaining the health of seniors. Their website will provide you with the latest research, updates and resources related to health and aging. Check out videos of safe winter activities and exercises, peruse articles on the latest Alzheimer's research, learn about optimal nutrition, get answers about good cognitive health here.

For more info, visit: <http://www.nia.nih.gov/>

5. National institute of Health Senior Health

The NIH Senior health website offers a variety of videos from how to cope with certain illnesses to dealing with common age-related conditions. Among many topics are included: "complementary health approaches", "long term care", "falls and older adults" and "participating in clinical trials". You can sign up for twice weekly free tips as well.

For more info, visit: <http://nihseniorhealth.gov/>

We all too often rely on our medical providers for advice and information on aging-related matters as it should be, especially in case of a serious or acute situation. But, as insurance requirements and financial concerns have eroded the time spent with a Doctor to mere minutes, certain topics such as preventive measures, nutritional advice, near and long term expectations, or wellness and fitness plans implementations are not addressed in depth, if at all.

Remembering that a vast amount of pertinent, accurate and useful information is available to seniors and their loved ones can be a valuable tool in understanding and evaluating changes, addressing concerns and getting ideas and tips.

If your goal is living as healthy and independent a life as possible, while remaining at home or in a caring community, the above websites can support and guide you towards it, at no cost.

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