



National Institute on Aging

Caregiving Resources

Who can you call if you need information on finding local resources to help you take care of your father? Are there organizations that will help pay for your mother's medication? Where can you find support groups for family caregivers?

This resource list includes some useful national organizations available to help answer these questions. It's organized by category. We've included only organizations that serve a national constituency. Phone numbers and web addresses are provided for easy contact. This list does not include every possible resource but it is a place to start in your search for information.

General Resources

The following groups have a wealth of useful information on all aspects of aging – from research to services. Contact any of these for broad-based questions or referrals.

Administration on Aging

Eldercare Locator

1-800-677-1116
www.aoa.dhhs.gov
www.eldercare.gov

American Geriatrics Society

Foundation for Health in Aging

The Empire State Building
350 Fifth Avenue, Suite 801
New York City, NY 10118
1-800-563-4916
www.healthinaging.org

National Association of Area Agencies on Aging

927 15th Street, NW, 6th Floor
Washington, D.C. 20005
202-296-8130
www.n4a.org

National Council on the Aging

409 3rd Street, SW, Suite 200
Washington, D.C. 20024
202-479-1200
www.ncoa.org

National Institute on Aging Information Center

P.O. Box 8057
Gaithersburg, MD 20898-8057
1-800-222-2225
1-800-222-4225 (toll-free TTY)
www.nia.nih.gov



Alzheimer's Disease

Alzheimer's Disease Education and Referral Center

P.O. Box 8250
Silver Spring, MD 20907-8250
1-800-438-4380
www.alzheimers.org

Alzheimer's Association

225 N. Michigan Avenue, Suite 1700
Chicago, IL 60601-7633
1-800-272-3900
www.alz.org

Assisted Living

American Association of Homes and Services for the Aging

2519 Connecticut Avenue, NW
Washington, D.C. 20008-1520
202-783-2242
www.aahsa.org

Assisted Living Federation of America

11200 Waples Mill Road, Suite 150
Fairfax, VA 22030
1-703-691-8100
www.alfa.org

Care Planner

www.careplanner.org

National Center for Assisted Living

1201 L Street, N.W.
Washington, D.C. 20005
1-202-824-4444
www.ncal.org

National Citizen's Coalition for Nursing Home Reform

1424 16th Street, NW, Suite 202
Washington, D.C. 20036
202-332-2276
www.nursinghomeaction.org

Caregiving

Children of Aging Parents

1609 Woodbourne Road, Suite 302A
Levittown, PA 19057-1511
1-800-227-7294
www.caps4caregivers.org

Family Caregiver Alliance

690 Market Street, Suite 600
San Francisco, CA 94104
415-434-3388
www.caregiver.org

National Alliance for Caregiving

4720 Montgomery Lane, 5th Floor
Bethesda, MD 20814
www.caregiving.org

National Family Caregivers Association

10400 Connecticut Avenue, #500
Kensington, MD 20895-3944
1-800-896-3650
www.nfcacares.org/

Well Spouse Foundation

30 East 40th Street
New York City, NY 10016
1-800-838-0879
www.wellspouse.org

Financial Assistance and Information

American Health Assistance Foundation

15825 Shady Grove Road, Suite 140
Rockville, MD 20850
1-800-437-AHAF (2423)
www.ahaf.org

Center for Medicare and Medicaid Services

7500 Security Building
Baltimore, MD 21244-1850
1-877-267-2323 (toll-free)
1-866-226-1819 (toll-free TTY)
www.medicare.gov/

Department of Veterans Affairs

Office of Public Affairs
810 Vermont Avenue, NW
Washington, D.C. 20420
1-800-827-1000
1-800-829-4833 (toll-free TTY)
www.va.gov

Hill-Burton Free Medical Care Program

Health Resources and Services Administration
Department of Health and Human Services
Division of Facilities Compliance and Recovery
5600 Fishers Lane, Room 10C-16
Rockville, MD 20857
1-800-638-0742
www.hrsa.gov.osp/dfcr

Employee Benefit Security Administration

Department of Labor
200 Constitution Avenue, NW
Room N5626
Washington, D.C. 20210
1-866-275-7922
www.dol.gov/ebsa

National Council on the Aging - Benefits Checkup Program

www.benefitscheckup.org

Legal Issues

American Bar Association Commission for the Legal Problems of the Elderly

740 15th Street, NW, 8th Floor
Washington, D.C. 20005
202-662-8690
www.abanet.org/aging

National Academy of Elder Law Attorneys

1604 North Country Club Road
Tucson, AZ 85716
520-881-4005
www.naela.org/

National Senior Citizens Law Center

1101 14th Street, NW, Suite 400
Washington, D.C. 20005
202-289-6979
www.nsclc.org

Meals/Nutrition

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995
1-800-366-1655 (Consumer Hotline)
www.eatright.org

Meals on Wheels Association of America

1414 Prince Street, Suite 302
Alexandria, VA 22314
703-548-5558
www.mowaa.org

Medication/Prescription Drugs

American Association of Retired Persons - State Pharmacy Assistance Programs

www.aarp.org/bulletin/yourmoney/

Food and Drug Administration

5600 Fishers Lane
Rockville, MD 20857
1-888-INFO-FDA (463-6332)
www.fda.gov/cder

National Council on Patient Information and Education

4915 Saint Elmo Avenue, Suite 505
Bethesda, MD 20814-6053
301-656-8565
www.talkaboutrx.org

Pharmaceutical Research and Manufacturers of America - Patient Assistance Programs

www.helpingpatients.org/

Respite and Hospice Care

Americans for Better Care of the Dying

4200 Wisconsin Avenue, NW
Washington, D.C. 20016
202-895-2660
www.abcd-caring.org

National Hospice Foundation

1700 Diagonal Road, Suite 300
Alexandria, VA 22314
1-800-338-8619
www.hospiceinfo.org

Partnership for Caring, Inc./ America's Voice for the Dying

1620 Eye Street, NW, Suite 202
Washington, D.C. 20006
1-800-989-9455
www.parnershipforcaring.org

Visiting Nurse Associations of America

11 Beacon Street, Suite 910
Boston, MA 02108
1-888-866-8773
www.vnaa.org