



Elder Care Resource

The Elder Care Resource is intended to provide Elder Care information, resources and referral service to members of Team Coast Guard. Specifically: Active Duty, Reserves, Retirees and their dependents, Civil Service employees, Exchange System employees, and MWR employees. Any discussions of the Elder Care Resource with Work-Life personnel are confidential.

The web sites listed below are provided to help in your search for elder care information. It is important to check references and to research programs found on the web.

The following web sites provide information related to Elder Care

<http://www.agingwithdignity.org> The Five Wishes

<http://www.alz.org> Alzheimer's Association

<http://elderabusecenter.org> National Center on Elder Abuse

<http://eldercare.gov> The first step to finding resources for older adults in any US community

<http://www.elderconnect.com/asp/default.asp> Search for Extended Care Providers

<http://www.nih.gov/nia/health/pubs/talking/> Talking with your doctor - A guide for older people

<http://www.opm.gov/wrkfam/elder01.htm> The Handbook of Elder Care

<http://www.retirenet.com> - Retirement Information

<http://www.ssa.gov> Social Security Online

<http://www.careplanner.org/default.htm> - Care Planner is a decision support tool for successful living and care choices. It is for seniors, physically disabled and individuals who have a chronic illness and need supportive services, and mature adults who like to plan ahead. Their caregivers, families and friends can also benefit from using Care Planner. Social workers, case managers, health professionals and government agencies can also use the tool to help individuals and families assess and select options and access available services. Provided by the Centers for Medicare & Medicaid Services (formerly Health Care Financing Administration).

Please call Vina Fejeran, Family resource Specialist at (206) 217-6612 for additional assistance.