



## A Wealth of Information Is Just a Click Away

The following online resources can provide information about issues of concern to today's seniors and their families.

- AARP-Caregiving ..... [www.aarp.org/family/caregiving](http://www.aarp.org/family/caregiving)
- About Incontinence ..... [www.aboutincontinence.org](http://www.aboutincontinence.org)
- About Senior Living ..... [www.seniorliving.about.com](http://www.seniorliving.about.com)
- Administration on Aging ..... [www.aoa.gov](http://www.aoa.gov)
- Alzheimer's Association-National ..... [www.alz.org](http://www.alz.org)
- Alzheimer's Association-Illinois ..... [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org)
- American Assoc. of Geriatric Psychiatry ..... [www.aagpgpa.org](http://www.aagpgpa.org)
- American Assoc. of Homes & Services for the Aging ..... [www.aahsa.org](http://www.aahsa.org)
- American Assoc. of People with Disabilities ..... [www.aapd-dc.org](http://www.aapd-dc.org)
- American Association of Retired Persons ..... [www.aarp.org](http://www.aarp.org)
- American Bar Association ..... [www.abanet.org/aging](http://www.abanet.org/aging)
- American Cancer Society ..... [www.cancer.org](http://www.cancer.org)
- American Diabetes Association ..... [www.diabetes.org](http://www.diabetes.org)
- American Foundation for the Blind ..... [www.afb.org/seniorsitehome.asp](http://www.afb.org/seniorsitehome.asp)
- American Geriatrics Society ..... [www.americangeriatrics.org](http://www.americangeriatrics.org)
- American Heart Association ..... [www.americanheart.org](http://www.americanheart.org)
- American Heart Assoc.-Caregiver ..... [www.americanheart.org/caregiver](http://www.americanheart.org/caregiver)
- American Lung Association ..... [www.lungusa.org](http://www.lungusa.org)
- American Pain Society ..... [www.ampainsoc.org](http://www.ampainsoc.org)
- Arthritis Foundation ..... [www.arthritis.org](http://www.arthritis.org)
- Assisted Living Federation of America ..... [www.alfa.org](http://www.alfa.org)
- Benefits Check Up ..... [www.benefitscheckup.org](http://www.benefitscheckup.org)
- Caring Steps and Stages ..... [www.caring.com](http://www.caring.com)
- Chicago Caregiver Magazine ..... [www.caregivermag.com](http://www.caregivermag.com)
- Consortium on Assisted Living ..... [www.ccal.org](http://www.ccal.org)
- Continuing Care Accreditation Commission .... [www.ccaonline.org](http://www.ccaonline.org)
- Education in Geriatrics ..... [www.gericareonline.net](http://www.gericareonline.net)
- Elder Care Locator ..... [www.eldercare.gov](http://www.eldercare.gov)
- Elder Care Online ..... [www.ec-online.net](http://www.ec-online.net)
- Eldercare Family Center ..... [www.eldercarefamilycenter.com](http://www.eldercarefamilycenter.com)
- Elder Law ..... [www.elderlawanswers.com](http://www.elderlawanswers.com)
- ElderWeb ..... [www.elderweb.com](http://www.elderweb.com)
- Extended Care Information Network ..... [www.extendedcare.com](http://www.extendedcare.com)
- Fall Prevention Center of Excellence ..... [www.homemods.org](http://www.homemods.org)
- Family Caregiver Alliance ..... [www.caregiver.org](http://www.caregiver.org)
- Fisher Center for Alzheimer's Research Foundation ..... [www.alzinfo.org](http://www.alzinfo.org)
- Friendly 4 Seniors ..... [www.friendly4seniors.com](http://www.friendly4seniors.com)
- Geriatrics at Your Fingertips ..... [www.geriatricsatyourfingertips.org](http://www.geriatricsatyourfingertips.org)
- Geriatric Mental Health Foundation ..... [www.gmhfonline.org](http://www.gmhfonline.org)
- Health In Aging ..... [www.healthinaging.org](http://www.healthinaging.org)
- HealthandAge.com ..... [www.healthandage.com](http://www.healthandage.com)
- Healthy Caregiver ..... [www.healthycaregiver.com](http://www.healthycaregiver.com)
- Help Starts Here ..... [www.helpstartshere.org](http://www.helpstartshere.org)
- Illinois Housing Development Authority ..... [www.ihda.org](http://www.ihda.org)
- Illinois Department on Aging ..... [www.state.il.us/aging](http://www.state.il.us/aging)
- Illinois Department of Public Aid ..... [www.state.il.us/dpa](http://www.state.il.us/dpa)
- Illinois Department of Public Health ..... [www.idph.state.il.us](http://www.idph.state.il.us)
- Illinois Department of Financial and Professional Regulation ..... [www.idfpr.com](http://www.idfpr.com)
- Illinois Secretary of State ..... [www.sos.state.il.us](http://www.sos.state.il.us)

- Lewy Body Dementia ..... [www.lewybodydementia.org](http://www.lewybodydementia.org)
- Life Services Network ..... [www.lzni.org](http://www.lzni.org)
- Mayo Clinic ..... [www.mayoclinic.org](http://www.mayoclinic.org)
- Medline Plus ..... [www.medlineplus.gov](http://www.medlineplus.gov)
- Medicare ..... [www.medicare.gov](http://www.medicare.gov)
- Medicare-Nursing Home Comparison ..... [www.medicare.gov/NHCompare](http://www.medicare.gov/NHCompare)
- Mental Health America ..... [www.nmha.org](http://www.nmha.org)
- National Alliance for Caregiving ..... [www.caregiving.org](http://www.caregiving.org)
- National Association of Elder Law Attorneys ..... [www.naela.org](http://www.naela.org)
- National Association of Private Duty Home Care ..... [www.private-duty-homecare.org](http://www.private-duty-homecare.org)
- National Cancer Institute ..... [www.cancer.gov](http://www.cancer.gov)
- National Citizens Coalition for Nursing Home Reform ..... [www.nccnhr.org](http://www.nccnhr.org)
- National Council on the Aging and Benefits Check Up ..... [www.benefitscheckup.org](http://www.benefitscheckup.org)
- National Council on Aging ..... [www.ncoa.org](http://www.ncoa.org)
- National Eye Institute ..... [www.nei.nih.gov](http://www.nei.nih.gov)
- National Family Caregivers Association ..... [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)
- National Institute on Aging ..... [www.nih.gov/nia](http://www.nih.gov/nia)
- National Institute on Deafness and Other Communication Disorders ..... [www.nidcd.nih.gov](http://www.nidcd.nih.gov)
- National Institutes of Health ..... [www.nih.gov](http://www.nih.gov)
- National Institutes of Health-Senior Health ..... <http://nihseniorhealth.gov>
- The National Library of Medicine ..... [www.nlm.nih.gov](http://www.nlm.nih.gov)
- National Multiple Sclerosis Society ..... [www.nmss.org](http://www.nmss.org)
- National Osteoporosis Foundation ..... [www.nof.org](http://www.nof.org)
- National Parkinson Association ..... [www.apdaparkinson.org](http://www.apdaparkinson.org)
- National Senior Citizens Law Center ..... [www.nslc.org](http://www.nslc.org)
- National Stroke Association ..... [www.stroke.org](http://www.stroke.org)
- Needy Meds ..... [www.needy meds.com](http://www.needy meds.com)
- Patient Assistance Programs ..... [www.rxhope.com](http://www.rxhope.com)
- Positive Aging ..... [www.positiveaging.org](http://www.positiveaging.org)
- RXLIST ..... [www.rxlist.com](http://www.rxlist.com)
- A Senior's Guide to Good Nutrition ..... [www.vrg.org/nutrition/seniors.htm](http://www.vrg.org/nutrition/seniors.htm)
- SeniorJournal.com ..... [www.seniorjournal.com](http://www.seniorjournal.com)
- Senior Resource ..... [www.seniorresource.com](http://www.seniorresource.com)
- Social Security Administration ..... [www.ssa.gov](http://www.ssa.gov)
- WebMD-Alzheimer's ..... [www.webmd.com/alzheimers](http://www.webmd.com/alzheimers)

