



# 5 Resources to Help Seniors Stay Independent

There is a plethora of resources available to [support seniors stay independent](#), but it can be difficult to know where to start for your own support or that of a loved one. If you are beginning to think through ways to stay safely independent, here are a few organizations to consider looking into:

## Area Agencies on Aging

While all AAAs offer five core services under the Older Americans Act (nutrition, caregivers, health and wellness, elder rights and supportive services), the average AAA offers more than a dozen additional services, including insurance counseling, case management and Senior Medicare Patrol.

[n4a.org](http://n4a.org)  
202.872.0888

## Meals on Wheels

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity.

[mealsonwheelsamerica.org/find-meals](http://mealsonwheelsamerica.org/find-meals)

## National Council on Aging Benefits

NCOA is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. They partner with nonprofit organizations, government, and business to provide innovative community programs and services, online help, and advocacy.

[benefitscheckup.org](http://benefitscheckup.org)

## PACE Association

PACE was created as a way to provide you, your family, caregivers, and professional health care providers the flexibility to meet your health care needs and to help you continue living in the community. Care includes medical resources, personal care, rehabilitation, social interactions, medications, and transportation.

[pace4you.org](http://pace4you.org)  
1-800-MEDICARE

## VRI

Emergency response devices can help provided an extra layer of support, reducing the need for moves to assisted living communities. Our services may be available through many of the above listed organizations. Additionally, those who do not qualify may coordinate support directly through VRI.

[vricares.com](http://vricares.com)  
800.860.4230