

General Interest

Antenna TV vs. Cable TV

Many people are considering canceling their cable TV to save money. Before you cut your cable TV, you should decide which programming is important to you, and then check to see how many channels and stations you could receive if you switch to an antenna. To do this, go to: <https://www.antennaweb.org/> and click on “Click here To Start”.

Childhood Education

If you have grandchildren or great grandchildren and you would like to help them learn and have a better future, try some of the “Vroom Tips” from the following FREE website: <https://www.vroom.org/>

Your grandchild’s brain grows the fastest from birth through age 5. Helping them learn now gets them ready for school, friends, and life. The time you spend with your grandchild can help their brain grow strong. Even a few minutes count! If you would like to learn the Five Actions that will help them grow their brain power, check out this website today!

To develop Vroom, they worked with other leaders in neuroscience, psychology, behavioral economics, parenting and early childhood development. Their work together informs Vroom Tips—and everything else they do. To read about the science behind the Vroom Tips and find out who the experts are who contributed to them, go to: <https://www.vroom.org/behind-the-research>

Estate Sales

EstateSales.org is a leading website for advertising estate sales & hosting online estate auctions in the United States, with over 750,000 registered members and estate sales from over 2,800 estate sale companies and auctioneers. Our nationwide directory of estate sale companies helps people find estate liquidators near their area. **For more information, go to: <https://estatesales.org/>.**

Flag Etiquette, Care, and Notifications

This Internet site provides up-to-date notifications when it is appropriate to fly the United States flag at half-staff and for how long. The rules are different for the passing of a U.S. President, the passing of a sitting Vice President, a current or former Chief Justice, a member of Congress, other legislators, foreign dignitaries, and tragic events like the September 11, 2001, terror attacks. Did you know the U.S. flag is to be flown at half-staff until noon on Memorial Day?

The Governor of any state may order the flag to be at half-staff to honor the death of a national or state figure. This website exists specifically to help people keep track of half-staff notices at the federal level and in all 50 states. For information, go to: <http://halfstaff.org/>

To read information about the U.S. flag (That is: **United States Code Title 4 Chapter 1 — The Flag §7. Position and manner of display**) go to: <http://halfstaff.org/about/>

To learn detailed rules of U.S. Flag Etiquette, go to: <http://www.usflag.org/flagetiquette.html>

Government Deals

GovDeals.com provides services to various government agencies that allow them to sell surplus and confiscated items via the Internet. Anyone can purchase the items: www.govdeals.com.

Ivy Tech - FREE Educational Assistance

The RIPEA Foundation Board of Directors made a grant of \$10,000 to Indiana Vocational Technical College for the purpose of paying fees and books for RIPEA members who enroll in a senior citizen (age 60 or more) class at Ivy Tech: <https://www.ripea.org/index.php/ripea-foundation>.

Life Insurance Beneficiaries

Naming life insurance beneficiaries—10 ways to screw up: www.nasdaq.com.

Meet Up

Getting together with real people in real life makes powerful things happen. Side hustles become careers, ideas become movements, and chance encounters become lifelong connections. Meetup brings people together to create thriving communities. Meetup was started over 20 years ago and they currently have over 55 million people in 190 countries who have joined Meetup groups. The Meetup platform hosts thousands of online and in-person events each day to connect people and foster community.

This website will help you find people with similar interests so you can meet up with them and have more fun, social contact, personal growth, and fulfillment. The variety of interest areas is endless. Examples include: writing, artists, camping, language and culture, food and drink, fitness, hiking, hobbies, etc. For more information and how to meet new people with interests similar to

yours or to start your own Meetup group, go to: <https://www.meetup.com/>.

Microsoft FREE Tutorials

Free Microsoft Office tutorials and keyboard shortcuts for Word, Excel, PowerPoint, Outlook, Access, and more. This website includes video training, guides, tips and more. For more information go to: <https://support.office.com/en-us/article/Office-training-and-tutorials-b8f02f81-ec85-4493-a39b-4c48e6bc4bfb>.

Next Avenue – The PBS National Journalism Service for older Americans

NextAvenue.org is part of the PBS system and public media's first and only national journalism service for America's booming older population. Their daily content delivers vital ideas, context and perspectives on issues that matter most as we age.

Next Avenue has served over 40 million people on their site. Every day, they invite readers to consider what is next, what lies just ahead and what will be revealed in their lives. By exploring questions big and small, they spark action — 95 percent of readers take an action after reading their stories — and open up a world of possibilities. They are journalists and experts passionate about serving their audience. They have built a network of impeccable sources and prestigious partnerships. They are not here for the bottom line, but to make a difference in the lives of their audience. To view their site, go to: <https://www.nextavenue.org/>.

Older Americans Engage at Every Age

The following information is from the U.S. Department of Health and Human Services, Administration for Community Living websites:

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you— those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age! To find materials, activities, and resources to assist you, go to the following two websites:

<https://acl.gov/oam/2022/oam-2022-activity-ideas>
and
<https://acl.gov/>

Organ Donor

The Declaration of Anatomical Gift Form allows you to express your wish to donate an organ(s) for transplant or your body for medical research. To learn more about making an anatomical gift, visit: www.organdonor.gov .

The Hartford Center

Helpful information to keep you and your loved ones safe on the road and at home: www.thehartford.com.

The Indiana Business Research Center

The Indiana Business Research Center is a leader in research, data, and analysis focused on economic, demographic, industry, and education information. IU Kelly School of Business: www.ibrc.indiana.edu.

Toastmasters

Toastmasters is a professional association dedicated to helping people become more confident in developing and giving presentations of any type. To find a club near you that matches your schedule of availability, go to: www.toastmasters.org.

Transitioning to a Fulfilling New Career

Become part of the movement of millions of people who are using our passions, skills, and decades of experience to make a difference in our communities and the world. If you are interested in transitioning to a second fulfilling career, the following website has proven advice for those in the second half of life: www.encore.org.

ABLE Act in Indiana

On March 21, 2016, the Governor of Indiana signed into law [SB 11](#). The ABLE Act will allow certain individuals with disabilities and their families the opportunity to contribute to a tax-exempt savings account that can be used for maintaining health, independence and quality of life. To learn more about the ABLE Accounts, go to the ABLE National Resource Center website linked below. To see if your state also has an ABLE Savings Plan and to find more information, go to: <http://ablenrc.org/>

Adult Protective Services – Elder Abuse, Neglect, or Exploitation

The Adult Protective Services (APS) Program was established to investigate reports and provide intervention and protection to vulnerable adults who are victims of abuse, neglect, or exploitation. ALL PERSONS ARE REQUIRED BY LAW TO REPORT ALL CASES OF SUSPECTED ABUSE, NEGLECT, OR EXPLOITATION TO EITHER THE NEAREST APS OFFICE OR TO LAW ENFORCEMENT. The State Hotline number is: 1 (800) 992-6978. For more information, go to: <http://www.in.gov/fssa/da/3479.htm>

To find a large, rich array of helpful information from the National Center on Elder Abuse, go to: <https://ncea.acl.gov/About-Us.aspx>,

Advance Directives

The Indiana State Department of Health provides an Advance Directives brochure to inform you of ways that you can direct your medical care and treatment in the event that you are unable to communicate for yourself. To view and download the brochure, go to: <http://www.in.gov/isdh/files/advanceddirectives.pdf>

Alzheimer's Association Caregiver Center

www.alz.org/care

Alzheimer's Association - Greater Indiana Chapter

www.alz.org/indiana

American Cancer Society

The American Cancer Society, Central Indiana, Great Lakes Division, Inc.

website contains answers to questions, basic information to in-depth information about specific kinds of cancer, descriptions of cancer and its causes, treatment options, side effects, insurance, finding a free ride to treatment or a place to stay during treatment, survivor stories, and much more: <https://www.cancer.org/>

Cancer Helpline: 1 (800) 227-2345

American Diabetes Association

For diabetes-related questions or to request a diabetes information packet, email us at: AskADA@diabetes.org. In order to better serve you, please provide your name and address along with your request. You can also call their Center for Information and Community Support at 1-800-DIABETES (1-800-342-2383). Their hours of operation are Monday - Friday, 8:30 a.m. - 8:00 p.m. EST:

<http://www.diabetes.org/>

American Heart Association

<http://www.heart.org/HEARTORG/>

American Heart Association Regional Office Indianapolis, Indiana: (317) 732-

4700 http://www.heart.org/HEARTORG/Affiliate/Indianapolis/Indiana/Home_UCM_MWA004_AffiliatePage.jsp

American Lung Association in Indiana

You can call the American Lung Association FREE Helpline and Tobacco Quitline by calling: (800) 586-4872

American Podiatric Medical Association (problems with your feet)

The American Podiatric Medical Association website has a section with helpful articles for patients (click on the "Patients & the Public" tab). These include, when to see a podiatrist, diagnosis & treatment, prevention, definitions, how to find a podiatrist, conditions affecting the foot and ankle, and much more: <https://www.apma.org/>

American Psychological Association

This website has over 60 topics to help improve mental health and peoples' lives: www.apa.org/topics.

Arc of Indiana

The Arc of Indiana was established in 1956 by parents of children with intellectual and developmental disabilities (I/DD) who joined together to build a better and more accepting world for their children. With over 27,000 members and 43 chapters in Indiana, and

140,000 members in over 700 chapters nationwide, The Arc is on the front lines to:

- Empower families with information and resources to assist them in their journey of raising a child with a disability to lead a full and meaningful life.
- Inspire positive change in public policy and public attitudes.
- Empower people with intellectual and other developmental disabilities to be self-sufficient and independent to the greatest extent possible.
- Prevent disabilities through education about the dangers of drugs and alcohol while pregnant and advocating for all women to have quality prenatal care.
- Serve as a spokesperson and advocate for families and their loved ones.

The combined strength of local Arcs, state Arcs and The Arc of the United States makes The Arc the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families. For more information about The Arc of Indiana and their 43 chapters, go to: <https://www.arcind.org/>. To find The Arc in your state, go to: <https://www.thearc.org/find-a-chapter>

Arthritis Foundation

This web site contains descriptions of many types of arthritis, treatment options, pain management, arthritis diet and foods to avoid, benefits of and how to exercise, scientific discovery and much more: <https://www.arthritis.org/>

Assistance Dogs

If you have a physical or mental disability, perhaps you should consider a service dog. People with disabilities such as multiple sclerosis, hearing impairments, spinal cord injuries, severe anxiety, and other disabilities may find help and comfort with a service dog. The first step in finding a service dog is to check the membership list of Assistance Dogs International located at: <https://www.assisteddogsinternational.org/members/programs-search/>

Assisted Living – Nursing Homes

Dr. Bill Thomas - author, entrepreneur, musician, teacher, farmer and physician. Named by The Wall Street Journal as one of the top ten Americans shaping aging, Dr. Thomas is internationally known for his health care system innovations. To learn about elderhood, his initiative to dramatically change the nursing home industry (aka: The Green House Project) and more information, go to: <http://changingaging.org/about/>

Breast Cancer

Breastcancer.org is a nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. Their mission is to help women and their loved ones

make sense of the complex medical and personal information about breast health and breast cancer, so they can make the best decisions for their lives: <http://www.breastcancer.org/>

Center for Medicare Advocacy

The Center for Medicare Advocacy, Inc., established in 1986, is a national nonprofit, nonpartisan law organization that provides education, advocacy and legal assistance to help older people and people with disabilities obtain access to Medicare and quality health care. For more information, go to: <http://www.medicareadvocacy.org/>

Caregiving

The following Family Caregiver Alliance® National Center on Caregiving website has a very large list of helpful “Fact and Tip Sheets” about every aspect of care giving: health topics, issues and strategies, statistics and demographics, recommended books, other helpful websites, and much more. Many fact sheets are also in Spanish, Chinese, Korean, and Vietnamese. <https://www.caregiver.org/fact-sheets>

Caregiving and Substance Abuse

Caregiving can be a very rewarding experience and fulfilling career, but the high-stress lifestyle can put you at risk for [alcohol and substance abuse](#). This not only hurts your health and well-being, but also the life of the person you are caring for. Using alcohol or drugs to cope with stress creates a cycle of negative emotions, leaving you constantly wracked with guilt and frequently returning to those same substances to ease the pain. You may feel isolation (*because you think there's no one to talk to*) or shame (*because you believe you should be able to handle this*), but this is just the pressure and the addiction talking. There is help, and there is hope. For more information, go to: <https://www.DrugRehab.org>

Clinical Trials

ClinicalTrials.gov is a resource provided by the U.S. National Library of Medicine. This website contains a database of over 273,000 privately and publically funded clinical studies around the world. Patients and families can search for actively recruiting studies that you may be able to participate in or learn about new interventions/treatments that are being considered. For more information, go to: <https://clinicaltrials.gov/>

Also, consider the ResearchMatch.org website. It brings together people who are trying to find research studies and clinical trials, and researchers who are looking for volunteers. Research Match makes it easier to find the right match for you or your family members. It is a free and secure online tool created by academic institutions across the country who want to include you in their mission of helping studies improve health in the future. Research Match works by emailing you about studies that may be a good match for you. For more information, go to: <https://www.researchmatch.org/>

Connect 2 Affect

Connect2Affect.org is a website to help older adults who are isolated get connected with others to avoid the health risks of isolation. Research shows that 17% of adults age 65 and older are isolated, 26% have an increased risk of early death due to a subjective feeling of loneliness, and 46% of women age 75 and older live alone. To determine if you are at risk, find resources in your community, or to find volunteer opportunities to help others who are isolated, go to: <https://connect2affect.org/>

Dental Care

You can find lower-cost or sometimes free services at your local dental school or local health center. To find these dental services throughout the United States and in your area, go to: <https://www.toothwisdom.org/>.

Toothwisdom.org is a project of **Oral Health America** and serves both seniors and their caregivers by teaching about oral health in aging and by connecting individuals with affordable dental clinics. Oral Health America (OHA) is a national 501(c)(3) nonprofit based in Chicago, with a mission to change lives by connecting communities with resources that increase access to care, education, and advocacy for all Americans, especially those most vulnerable. Find out more about OHA and our other programs at: oralhealthamerica.org.

Driving

As we get older, we and our family members may worry about our ability to drive safely. The Hartford Insurance Company has an excellent comprehensive FREE guide that contains:

- Who can benefit from a comprehensive driving evaluation.
- Who can perform a comprehensive driving evaluation.
- What happens in the comprehensive driving evaluation.
- The things an occupational therapist may tell you including limitations, modifications, rehabilitation, retraining, shopping for a new car, when it is time to give up the keys and much more.

The guide contains a checklist, questions & answers, and recommended other readings and sources. To view or download this FREE guide, go to: https://s0.hfdstatic.com/sites/the_hartford/files/your-road-ahead-2012.pdf

Drug Disposal

The U.S. Government's Drug Enforcement Administration (DEA) developed a "National Prescription Drug Take Back Day" program. Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. According to the 2016 National Survey on Drug Use and Health, **6.2 million Americans misused controlled prescription drugs**. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment. If you would like to find a collection site for your unused and expired drugs or participate in a Prescription Drug Take Back Day, go to: <https://takebackday.dea.gov/>

This website also contains an anonymous and confidential Treatment Services Locator for people seeking treatment facilities for substance abuse and mental illness, or you may call the federal Substance Abuse and Mental Health Services Administration 24 hours a day and 7 days a week at: [\(800\) 662-4357](tel:8006624357).

Elder Abuse

The Center for Disease Control and Prevention has a fact sheet that gives a general overview of elder abuse and a description of the six different types. It also includes the effects elder abuse can have on an elders physical and emotional health, who is at risk for causing elder abuse, things you can do to prevent elder abuse, an elder abuse helpline and hotline, and resources. For more information and to view the fact sheet, go to: <https://www.cdc.gov/violenceprevention/elderabuse/>

To find a large, rich array of helpful information from the National Center on Elder Abuse, go to: <https://ncea.acl.gov/About-Us.aspx>.

Eldercare Resources

The U.S. Administration on Aging has an Eldercare Locator that can help connect you to services in your community for older adults and their families. Their extensive website can be searched by topics. The topics include:

- Adult Day Programming
- Caregiver
- Financial Assistance
- Food & Nutrition
- Health Insurance|
- Home Repair & Modification
- In-Home Services
- Nursing Home & Long Term Care Facilities
- Transportation
- Volunteerism
- And many other topics

For more information, go to: <https://eldercare.acl.gov/Public/Index.aspx>. You can also reach them at: 1-800-677-1116.

Eyesight Problems

For information, go to the American Optometric Association's website at: <https://www.aoa.org/healthy-eyes?sso=y> Also, see Macular Degeneration topics below.

Federation of State Medical Boards

The Federation of State Medical Boards (FSMB) is a national non-profit organization representing all medical boards in the United States. They were founded in 1912, and represent 70 state medical and osteopathic regulatory boards within the US, its territories, and the District of Columbia. Their mandate is to protect the public's health, safety, and welfare through proper licensing, disciplining, and regulation of physicians and, in most jurisdictions, other health care professionals.

If you would like to know where a physician is licensed to practice, where she/he attended medical school, and if she/he has been disciplined by a licensing board, logon to: <http://www.fsmb.org/> and click on the "For Consumers" tab.

Glaucoma Foundation

The Glaucoma Foundation has a free guide you can download from their web site for glaucoma patients and their families. It contains what glaucoma is and the various types; the risk factors; how it is diagnosed; treatments; drugs used to treat it, their function, and possible side effects; types of surgery used to treat it; the recommended frequency of eye exams; and a detailed glossary of terms: <https://www.glaucomafoundation.org/UserFiles/File/DIHAQ-Book.pdf>

Health Insurance Claims Specialists

When you or a family member have been hospitalized, you don't want to deal with medical bill issues. If you think there is an error on your medical bill, a Health Insurance Claims Specialist can be your advocate, translate jargon and codes, help you fix errors, and build a case for an appeal. To find a claims specialist, go to the Alliance of Claims Assistance Professionals website located at: <https://www.claims.org/>

Hearing Loss Association of America

The Hearing Loss Association of America (HLAA) is a not-for-profit organization and is the nation's leading organization representing people with hearing loss. HLAA provides assistance and resources for people with hearing loss and their families. Their website includes information about hearing loss symptoms, diagnosing hearing difficulties, causes and types of hearing loss, and descriptions of treatment. For more information go to: <http://www.hearingloss.org/>

Hospice Care

Hospice care is end-of-life care. Professionals and volunteers provides medical, psychological, and spiritual support. The goal of the care is to help people who are dying have peace, comfort, and dignity. Hospice programs also provide services to support a patient's family. To view the U.S. National Library of Medicine – Medline Plus Internet site that contains articles, resources, research, hospice locations, and much more go to: <https://www.nlm.nih.gov/medlineplus/hospicecare.html>

The National Hospice and Palliative Care Organization (NHPCO) is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. They have developed some questions to help identify factors that may be important to you and your family when selecting a hospice. To download their “**Choosing a Quality Hospice Worksheet**,” go to: <https://www.nhpc.org/resources/choosing-hospice>. To find a hospices in your area, go to: <https://www.nhpc.org/find-hospice>

Hospital Comparison Tool

The Centers for Medicare and Medicaid Services offers data on more than 4,000 hospitals on their Compare tool. To access this outstanding, easy-to-use comparison tool, go to: www.medicare.gov/hospitalcompare.

If you live in Indiana and need help finding care resources or information and you don't know where to start...

Start by going to the Indiana Connect Alliance website located at: <https://www.in.gov/fssa/inconnectalliance/>. Another good place to start can be found at: <https://www.n4a.org/>

If you do not live in Indiana and need help finding care resources or information and you don't know where to start...

Start by going to the National Association of Area Agencies on Aging at: <https://www.n4a.org/>

Indiana Family and Social Services Administration (FSSA) – Division of Aging

This web site contains information about reporting complaints about long term care facilities, suspected abuse of an adult, nursing facility preadmission screening, a list of all of the Area Agencies on Aging offices in Indiana and their addresses & phone numbers, details about the Program of All-Inclusive Care for the Elderly and much more: <http://www.in.gov/fssa/2329.htm>

Macular Degeneration Association

The Macular Degeneration Association website has many articles about Macular Degeneration, clinical trials, Glaucoma, Low Vision, educational materials, videos, and more: <http://macularhope.org/>

Macular Degeneration Partnership

If you have Macular Degeneration, there is hope and help. Whether you were just diagnosed or have had Age-related Macular Degeneration (AMD) a long time, you can find the information, resources and support you need right here. For more information go to the Macular Degeneration Partnership website at: <http://www.amd.org/>

Memory Care Residential Facilities, Nursing Homes, and Assisted Living Facilities

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes, and assisted living facilities. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems.

If you want, the ombudsman can assist you with complaints. However, unless you give the ombudsman permission to share your concerns, these matters are kept confidential. Under the federal Older Americans Act, every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system. For more information and to find an ombudsman in your area, go to: <http://ltombudsman.org/>

National Council on Aging

To get answers to your questions about finding benefit programs that can help you pay for medications, health care, food, utilities, and more: www.benefitscheckup.org

National Kidney Foundation

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention, and treatment of kidney disease for millions of patients and their families, and tens of millions of Americans at risk. This website contains an extensive amount of information about kidney disease, treatment, nutrition, Dialysis, clinical trials, organ donation, and prevention, much more: www.kidney.org/ and the National Kidney Foundation of Indiana, Inc. (317) 722-5640 at: www.kidneyindiana.org/

Nutrition

This outstanding website contains a broad range of nutrition information related to people of all ages. It has information about food groups, quizzes, articles on how to change your eating behaviors, physical activities, online tools, thousands of healthy recipes, food safety, and much more. This nutrition information is from the U.S. Department of Agriculture: www.choosemyplate.gov

Organ Donation

Did you know organs can be donated up to age 70? Although, if a person is healthy and their organs are in good shape, they could donate beyond age 70. And, tissue can be donated up to age 95. Since 1998, Donate Life Indiana is the state-authorized nonprofit organization responsible for managing the Indiana Donor Registry.

- Each day 20 people die waiting for a transplant.
- In the US, 95% of adults support organ donation, but only 54% are registered.
- There are more than 114,000 children, women, and men on the national transplant waiting list.
- One donor can save eight (8) lives!
- One of the oldest organ donors in the U.S. was age 92. He was a liver donor and saved the life of a 69-year-old woman.

- Each year, the number of people on the waiting list continues to be much larger than the number of donors.

If you would like more information or to register as an organ donor in Indiana, go to: <https://www.donatelifeindiana.org/about>.

If you live in a state other than Indiana, go to: https://www.organdonor.gov/register.html?gclid=EAlaIQobChMIkdPWqKz_3AIVhEVpCh259gsyEAAAYASAAEgI3SvD_BwE

Parkinson's Disease

The American Parkinson Disease Association (APDA) website contains downloadable booklets, educational supplements, fact sheets about Parkinson's disease (PD), and the Parkinson's disease handbook. This comprehensive handbook has been designed to help by providing valuable information about PD, including common symptoms, available treatments for disease management, practical tips on caring for someone with PD, and research currently underway in PD. To find this information, go to: <https://www.apdaparkinson.org/resources-support/download-publications/>.

For veterans, the APDA published a guide called, "Helping Those Who Serve: Parkinson's Disease Information for the Veterans Community." This informative manual covers everything from the basics of understanding Parkinson's disease to finding care through the Veterans Health Administration. It can be found by going to the following APDA website: www.apdaparkinson.org/VAManual.

Patient Resource Cancer Guides - FREE

PatientResource.com offers free cancer guides. This website contains a huge amount of information on types of cancer, managing side effects, causes, treatments, medical definitions related to cancer and treatments, links to trusted sources of information, lists of cancer treatment centers and much more. For more information, go to: <https://www.patientresource.com/home.aspx>

Prostate Cancer Foundation

The Prostate Cancer Foundation has a Prostate Cancer Patient Guide that you can download for FREE. Their website contains many articles about screen for prostate cancer, treatment options, clinical trials, guides, diet recommendations and much more: <https://www.pcf.org/>

Respite Care for Caregivers

If you are a caregiver, you need to take good care of yourself both physically and mentally. To find information about respite-care programs, adult day care, potential financial assistance for caregivers, A Consumer Guide for Family Caregivers, many other resources, and much more information, go to: <https://archrespite.org/respitelocator>.

Sleep Disorders

This webpage contains in-depth information about the effects of aging on sleep including sleep disorders that commonly affect our aging population, studies surrounding the need for sleep as you age, expert advice for getting better sleep, and much more. For more information go to: <https://mattresshelp.org/senior-sleep-guide/>.

Substance Abuse

The U.S. Department of Health and Human Services has a Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline for people who would like to seek treatment. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

SAMHSA's National Helpline phone numbers are: 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: [1-800-487-4889](tel:1-800-487-4889). Their website is located at: <https://www.samhsa.gov/find-help/national-helpline>

Substance Abuse and Caregiving

Caregiving can be a very rewarding experience and fulfilling career, but the high-stress lifestyle can put you at risk for [alcohol and substance abuse](#). This not only hurts your health and well-being, but also the life of the person you are caring for. Using alcohol or drugs to cope with stress creates a cycle of negative emotions, leaving you constantly wracked with guilt and frequently returning to those same substances to ease the pain. You may feel isolation (*because you think there's no one to talk to*) or shame (*because you believe you should be able to handle this*), but this is just the pressure and the addiction talking. There is help, and there is hope. For more information, go to: <https://www.DrugRehab.org>

Suicide Prevention - 988 Suicide & Crisis LIFELINE

The National Suicide Prevention Lifeline is a United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress. 1 (800) 273-TALK (8255). You don't have to be a mental health professional to help someone in your life that may be struggling. Learn the Lifeline's 5 steps that you can use to help a loved one that may be in crisis. For more information, go to: <https://suicidepreventionlifeline.org/>.

U.S. Department of Health and Human Services – (HHS)

HHS administers more than 100 programs across its operating divisions. HHS programs protect the health of all Americans and provide essential human services, especially for those who are least able to help themselves: <https://www.hhs.gov/az/index.html>

U.S. National Library of Medicine

This web site contains information on health topics related to parts of the human body, disorders and conditions, diagnosis and therapy, health and wellness articles, and much more: <https://medlineplus.gov/healthtopics.html>