

Too Close for Comfort?



Additional Resources

The internet is often a good place to begin looking for help with senior-care issues. Here are a few resources you may find useful:

Home Instead Senior Care's *Too Close for Comfort?* public education campaign was created to help families navigate the emotional, financial, and home comfort and safety issues that can arise from intergenerational living. In addition to this web site, we have created a downloadable *Too Close for Comfort?* booklet full of information and tips for families facing senior-care issues.

http://www.caregiverstress.com/wp-content/uploads/2010/12/Too_Close_For_Comfort_Booklet.pdf

Free transportation is sometimes available to and from medical facilities, neighborhood shopping, and senior centers. To find these services, check with your local senior resources, like senior centers and departments on aging for your city, county, and state.

The Family Caregiver Alliance has a variety of services and publications based on caregiver needs and offers programs at local, state, and national levels. www.caregiver.org

The US Department of Health and Human Services has a web page with links to a wide variety of topics related to aging and caregiving. www.hhs.gov/aging

Tax assistance is available from professional tax preparers and from the IRS Volunteer Income Tax Assistance Program or the Tax Counseling for the Elderly Program. www.irs.gov/individuals

The American Geriatrics Society Foundation for Health in Aging publishes a book titled *Eldercare at Home* as a resource for families and friends who are caring for older people at home.

www.healthinaging.org/public_education/eldercare

Universal design, like grab bars and barrier-free bathing, may be necessary for your loved one to have the safest, falls-free environment. Visit www.aarp.org/life/homedesign the Center for Universal Design at www.design.ncsu.edu/cud and www.seniorcitizens.com.

For guidance on best practices related to home safety and convenience, visit www.nahb.org/caps to learn about the Aging in Place Specialist program, and the National Association of the Home Remodeling Industry, www.nari.org.

A reverse mortgage loan may be an option to permit the care recipient to stay at home. Learn more at www.Hud.gov and from the National Reverse Mortgage Loan Association, www.reversemortgage.org.

The National Council on Aging provides a tool for comparing local programs that might help with non-covered medical expenses at www.BenefitsCheckup.com.

Bridging the communication gap between adult children and their senior loved ones is the goal of Home Instead Senior Care's 40-70 Rule resources. www.4070talk.com

The National Family Caregivers Association (NFCA) offers support for the more than 50 million individuals in the US and Canada who care for a loved one with a chronic illness or disability, or the frailties of old age. www.thefamilycaregiver.org

Caregiverstress.com is an informative web site offering an online stress assessment test and ways to cope with caregiver stress. www.caregiverstress.com

National Academy of Elder Law Attorneys (Elder Law Attorney Locator) The National Academy of Elder Law Attorneys, Inc. is a non-profit association that assists lawyers, bar organizations and others who work with older clients and their families. Their site includes an Elder Law Attorney Locator tool. www.naela.com

The American Society on Aging (ASA) is an association of diverse individuals that supports the commitment and enhances the knowledge and skills of those who seek to improve the quality of life of older adults and their families. www.asaging.org

Experts in the Field

We were fortunate to have participation of numerous experts in the field of aging as we prepared content and tools for the *Too Close for Comfort?* public education campaign. Three of these experts, who offer information of interest to families dealing with the challenges of aging, include:

Dan Bawden is president and owner of Legal Eagle Contractors in Houston (www.legaleaglecontractors.com, 713-723-8850) and a founder of the Certified Aging in Place Specialists (CAPS) program for the National Association of Home Builders (NAHB). www.nahb.org/caps

Adriane Berg, CEO of Generation Bold, is one of the most recognized speakers on personal finance and author of numerous books on personal finance, most recently *How Not To Go Broke at 102!: Achieving Everlasting Wealth*. www.adrianeberg.com

Matthew Kaplan, Ph.D. is a State Extension Specialist in Intergenerational Programs and Aging at Penn State University. <http://intergenerational.cas.psu.edu>