

[HELPFUL LINKS](#)

General Information

- [AARP](#)
- [Administration on Aging](#) U.S. Department of Health & Human Service
- [Assisted Living Directory](#)
- [Assisted Living Facilities](#)
- [Benefits Check-Up](#) (eligibility screening) National Council on Aging
- [Boomers Resource Guide to Connecticut](#)
- [CT Association of Area Agencies on Aging](#)
- [CT Coalition on Aging](#)
- [CT Department on Aging](#)
- [CT Housing Search](#)
- [CT Long-Term Care](#)
- [Consumer Reports Health Drug Information](#)
- [Disability Resource Center](#)
- [Direct Marketing Association](#) Reduce Junk Mail
- [Do Not Call Registry](#)
- [Eldercare Locator](#) U.S. Department of Health & Human Service
- [Husky Health CT.](#)
- [Identity Theft - Quick Reference Guide](#), State of Connecticut
- [Identity Theft Related Links](#), State of Connecticut
- [LGBT Aging Resources Network](#)
- [Long Term Care Information](#) U.S. Department of Health & Human Service
- [Medicare Glossary](#)
- [Medicare Coverage of Durable Medical Equipment](#)
- [National Association of Area Agencies on Aging](#)
- [National Council on Aging](#)
- [National Energy Assistance Referral](#)
- [National Resource Center on LGBT Aging](#)
- [Nursing Home Abuse Guide](#)
- [Patients Like Me](#) Community
- [Savvy Senior](#)

- [Seniors Blue Book](#), Housing and Resources for Aging Well
- [Stop Medicare Fraud](#) U.S. Department of Health & Human Services
- [Social Security Administration](#)
- [my Social Security](#) Online account service
- [Reverse Mortgage](#) U.S. Department of Housing
- [United Way of Connecticut 2-1-1 Infoline](#)

Department of Social Services

- [CT Department of Social Services](#)
- [ConneCT](#) (Department of Social Services)
- [How to Renew DSS Benefits Online “YouTube” video:](#)
- [How to make Changes to your DSS account Online “You Tube” video:](#)

Caregiver Websites

- [Always Best Care Senior Services](#)
- [Caring for Rare Disease Caregivers](#)
- [Children of Aging Parents](#)
- [Mesothelioma Cancer Caregiver Group](#)
- [National Family Caregivers Association](#)
- [See CareGivers for more Links](#)

Emergency Planning

- [CT Department of Emergency Management](#)
- [Federal Emergency Management Agency](#)
- [Planning and preparing for Emergencies](#)
- [Be Red Cross Ready Winter Storm Safety Checklist \(English\)](#)
- [Be Red Cross Ready Winter Storm Safety Checklist \(Spanish\)](#)
- [American Red Cross, Tools & Resources](#)

- See Services Directory/Emergency Planning for [more Links](#)

Health & Wellness

- [Alzheimer's Association](#)
- [Alzheimers](#) (U.S. Dept of Health & Human Services)
- [American Cancer Society](#)
- [American Diabetes Association](#)
- [American Heart Association](#)
- [American Lung Association](#)
- [Arthritis Foundation](#)
- [Centers for Disease Control and Prevention](#)
- [Department of Public Health](#)
- [Eldercare / Long-term Care Information](#)
- [Fight Colorectal Cancer](#)
- [Mesothelioma Information](#)
- [National MS Society - Social Security Disability](#)
- [National MS Society - FAQs on SSDI](#)
- [National MS Society - Filing Claims for Long Term Disability](#)
- [National MS Society - Know Your Rights](#)
- [National MS Society - Living with MS](#)
- [National Osteoporosis Foundation](#)
- [National Parkinson Foundation](#)
- [National Stroke Association](#)
- [Rheumatoid Arthritis](#)

Hearing Aid Assistance

- [Audient - Alliance for Accessible Hearing Care](#)
- [Better Hearing Institute, Financial Assistance](#)
- [Hearing Loss Association of America](#)
- [Lions Club](#)
- [Service to Mankind, Hearing Aid Assistance](#)

Home Safety Guidance

- [CDC Foundation - Home Fall Prevention Checklist](#), English
- [CDC Foundation - Home Fall Prevention Checklist](#), Spanish

Legal Assistance

- [Center for Medicare Advocacy](#)
- [Connecticut Elder Law Services](#)
- [Connecticut Legal Services](#)
- [CT Bar Association](#)
- [National Academy of Elderly Law](#)
- [Project Vote Smart](#)

Prescription Drugs

- [Learn about your Medications](#)
- [Medicare Website](#)
- [CancerCare Co-payment Assistance Foundation](#)
- [Centers for Medicare and Medicaid Services](#)
- [Consumer Reports - Best Buy Drugs](#)
- [familyWize - Prescription Drug Discount Card](#)
- [HealthWell Foundation](#)
- [Hope Dispensary of Greater Bridgeport](#)
- [NeedyMeds Pharmaceutical Assistance Programs](#)
- [PhRMA Directory of Prescription Drugs](#)
- [RxASSIST Patient Assistance Programs](#)
- [Social Security Extra Help with Medicare Prescription Drugs Cost](#)

Staying Active

- [NationalInstitute on Aging - Exercise & Physical Activity](#) (See

Chapter 4)

- [NIH SeniorHealth](#) Exercise and Physical Activity for Older Adults
- [MedLine Plus](#) Exercise for Seniors

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