



Elder Care at Home

Finding the Best Community Resources

Finding community resources can seem overwhelming if you do not know where to begin. To know where to start, you should ask yourself some questions about your needs and the needs of your loved one.



Questions to ask:

- What kind of help does your loved one need now?
- What help do you think they will need in the future?
- What is your and other family member's availability like?
- Who in the family will be willing to help?
- Should the family hire a professional caregiver?
- Will it be necessary to place your loved one in an Assisted Living Facility?
- What are other family members' limitations

Community Resource that Exist:

- Your local [Area Agency on Aging](#) (AAA): AAA is a network of over 600 organizations across the nation that serve elderly populations. These organizations are here to help senior individuals and their caregivers live quality lives. A simple internet search can lead you to your local AAA's phone number.
- [211](#)
- [Counseling Services](#)
- [Caregiving Services](#)
- [Legal and financial counseling](#)
- Meal programs
- [Respite Care](#)
- Adult Day Cares
- Hospice Care
- [Support Groups](#)

Note: Try looking for these resources before your situation becomes too stressful. When you do call a specific resource, be sure to have your medical insurance information ready, as well as your social security numbers. Be sure to have a pen and paper ready in case you need to write anything down. Lastly, understand that these services are in high demand, so there may be a wait for some of the services you are requesting. This is normal and do not be discouraged.

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