

Essential Resource Guide for Seniors



For information on homecare call FirstLantic today! (561) 270-5961

HOME SERVICES

1. Updater (<https://www.updater.com/>) – Change of Address Tool

Updater knows all the utilities in your area, as well as all the credit card companies, subscription-based services, and just about anyone else you'd ever need to notify of an address change. After you enter in all the accounts that you wish to notify, Updater acts like an authorized agent and will submit change of address notifications on your behalf to any businesses you select. There is also additional support available through **Take Care Move Assistance** (<http://www.takecareofus.com/>) which is an excellent resource for seniors planning a move.

2. Allconnect (<https://www.allconnect.com/>) – Connects you with the best TV and Internet Providers

Allconnect has a patented ZIP code mapping technology that matches your location to a comprehensive **list of internet providers** (<https://www.allconnect.com/internet>) and **TV plans** (www.allconnect.com/tv) near you.

3. Lifeline (<https://www.lifelinesupport.org/lis/>) – Low cost phone and Internet Service

Lifeline is a service from the federal government that helps seniors get phone and internet service at a low cost.

4. Utilities – Provides assistance with utilities for low income seniors

The **Low Income Home Energy Assistance Program (LIHEAP)** (<https://www.acf.hhs.gov/ocs/programs/liheap>), which provides assistance with heating and cooling costs for lower-income individuals. This is a federally funded program available in all states.

The Weatherization Assistance Program (<https://www.energy.gov/eere/wipo/weatherization-assistance-program>) offers help with reducing energy costs for those who live in low-income households.

5. Transportation

Eldercare Locator (<https://eldercare.acl.gov/Public/Index.aspx>) provides support to help seniors find transportation in their area as well as other resources. It is a free public service tool provided by the US Administration on Aging.

6. Home care support

FirstLantic (<https://firstlantic.com/>) provides home care services as well as assisted living options through their subsidiary **LiveWell Placements** (<https://www.livewellplacements.com/>).

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HEALTH AND WELL-BEING

1. National Institute on Aging (NIA) (www.nia.nih.gov/)- Health living tips and advice

NIA is actively dedicated to conducting research on aging as well as the health and well-being of older individuals. The NIA also runs a program called **Go4Life** (<https://go4life.nia.nih.gov/>), which is a great tool for seniors at home in starting an exercise and physical activity routine.

2. Health Finder (<https://healthfinder.gov/>) – Links to helpful resources for seniors

Health Finder is a service under the U.S. Department of Health and Human Services. This website provides links to helpful health-related websites, support, and self-help groups, in addition to as government agencies and nonprofit organizations that assist seniors.

3. Veteran's Benefits (www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp) – Guide to Long-Term Care for Veterans

For senior veterans living at home and enrolled in the VHA health care system, the website provides helpful guidance to resources and information about long-term care.

4. SafeHome.org (<https://www.safehome.org/>) – Home security and alert systems

This resource compares pricing and features for most systems that are available.

EDUCATIONAL TOOLS

1. Oasisnet.org (<https://www.oasisnet.org/About-Us>) – Resource for ongoing education

Oasis is a non-profit educational organization that is active in over 250 communities and has a mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

2. SeniorNet (<http://www.seniornet.org/>) – Computer and Internet Classes

SeniorNet is a nonprofit organization that provides computer and internet education to adults over age 55, veterans and disabled adults. The organization has 30 learning centers across the United States.

3. The Senior Learning Network (<http://www.seniorlearningnetwork.com/about/>) – Online courses for seniors

The SLN develops online educational programming designed specifically for seniors.

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FINANCIAL RESOURCES

1. Nerd Wallet (https://www.nerdwallet.com/about-us?trk=nw_gf_5.0) – Helps you get more for your money

Nerd Wallet allows you to easily review and compare all the best options for credit cards, savings accounts, mortgages, insurance etc. Through their content, advice and tools, they ensure that you get the most for your money.

2. Tax Assistance

Free Tax Return Preparation from the IRS's **Volunteer Tax Assistance Program** (www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers). It is available to seniors who make under \$54,000 a year. Local providers are available for federal and state tax help. The **AARP Foundation** offers a **Tax-Aide** (https://www.aarp.org/money/taxes/aarp_taxaide/) program for seniors. It helps seniors with preparing their tax returns on an annual basis. It's available to seniors with low to moderate income levels.

3. Employment Opportunities

SeniorJobBank.org (<http://www.seniorjobbank.org/>) is a resource for those seeking jobs as a senior. You can also find opportunities through the **Senior Community Service Employment** (<https://www.ncoa.org/economic-security/matureworkers/scsep/>) program from the National Council on Aging.

4. Estate Planning

The American Bar Association offers a **Serving Our Seniors** (https://www.americanbar.org/groups/young_lawyers/initiatives/serving_our_seniors/) resource to help with planning healthcare and financial decisions for later in life. **The Legal Counsel for the Elderly** (<https://www.aarp.org/legal-counsel-for-elderly/>) from AARP can also provide support through volunteer attorneys.

OTHER RESOURCES

Networking opportunities

<https://blog.firstlantic.com/events-and-networking-opportunities-for-boomers>

Fraud Protection

<https://blog.firstlantic.com/dont-be-a-victim-how-to-protect-yourself-from-fraud>

Best senior websites

<https://blog.firstlantic.com/the-best-websites-for-seniors>

Career Resources

<https://blog.firstlantic.com/senior-resources-for-a-booming-career>

Technology

<https://blog.firstlantic.com/technology-just-for-seniors>

Free and Discounted Services

<https://blog.firstlantic.com/to-come>

Travel and shopping

<https://blog.firstlantic.com/travel-and-shopping-perks-for-seniors>