



# Resources for Seniors

## Resource Locators

### **BenefitsCheckUp**

Screens for federal, state, and local government programs.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

### **Eldercare Locator**

Helps find state and local programs and resources.

1-800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

### **211**

Provides local government and community resources.

*Dial 211 from your mobile phone.*

[www.211.org](http://www.211.org)

## General Resources

### **American Association of Retired Persons (AARP)**

Provides referrals and information on a variety of topics of interest to seniors.

1-888-687-2277

[www.aarp.org](http://www.aarp.org)

### **Social Security Administration**

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

### **U.S. Department of Veterans Affairs**

[www.va.gov](http://www.va.gov)

## Food-Related Resources

### Supplemental Nutrition Assistance Program (SNAP)

Also known as food stamps.

1-800-221-5689

[www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)

### Feeding America

Provides food relief. There are no qualifications or income restrictions.

1-800-771-2303

[www.feedingamerica.org](http://www.feedingamerica.org)

## Medical-Related Resources

### Alzheimer's Foundation of America

1-866-AFA-8484

[www.alzfdn.org](http://www.alzfdn.org)

### Medicare

1-800-MEDICARE

(1-800-633-4227)

[www.medicare.gov](http://www.medicare.gov)

### National Institute of Mental Health

1-866-615-6464

[www.nimh.nih.gov](http://www.nimh.nih.gov)

### Needy Meds

Assists in finding programs for prescriptions and other health care costs.

1-800-503-6897

[www.needymeds.org](http://www.needymeds.org)

### Patient Access Network

Provides co-payment assistance to help underinsured patients get access to medical care.

1-866-316-7263

[www.panfoundation.org](http://www.panfoundation.org)

### TRICARE

Assistance for retired military personnel and their spouses.

1-800-538-9552

[www.tricare.mil](http://www.tricare.mil)

*Organizations included in this brochure are provided as a resource only. They may not be appropriate for everyone. Please call us if you need further assistance or additional resources.*



An Educational Message from



200 US Highway 9  
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[www.navicoresolutions.org](http://www.navicoresolutions.org)

