

Resources For Seniors



BestSeniorsHealth.com

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Organizations and Agencies

Provided by: [BestSeniorsHealth.com](https://www.bestseniorshhealth.com) – Your Seniors Health Resource

1. General Health and Wellness

- **National Institute on Aging (NIA)**
 - Provides comprehensive information on health and aging, including tips on exercise, nutrition, and managing health conditions.
 - **Website:** <https://www.nia.nih.gov>
- **MedlinePlus – Senior Health**
 - Offers reliable health information tailored to seniors, including resources on diseases, wellness, and lifestyle.
 - **Website:** <https://medlineplus.gov/olderadulthealth.html>

2. Nutrition and Diet

- **MyPlate for Older Adults (Tufts University)**
 - A guide specifically designed to help seniors make healthier food choices based on the latest research.
 - **Website:** <https://nutrition.tufts.edu/myplate>
- **Meals on Wheels America**
 - Delivers nutritious meals to seniors, especially those who are homebound or have difficulty cooking for themselves.
 - **Website:** <https://www.mealsonwheelsamerica.org>

3. Physical Activity and Exercise

- **Go4Life (National Institute on Aging)**
 - A campaign designed to encourage older adults to incorporate exercise into their daily routines, with guides and exercise videos.
 - **Website:** <https://go4life.nia.nih.gov>

- **SilverSneakers**
 - A fitness program specifically for seniors, offering access to gyms, online workouts, and fitness classes.
 - **Website:** <https://www.silversneakers.com>

4. Mental Health and Emotional Well-Being

- **Mental Health America (MHA) – Aging**
 - Provides resources and information on mental health issues specific to older adults, including depression and anxiety.
 - **Website:** <https://www.mhanational.org/aging>
- **Aging Life Care Association**
 - Offers support in managing the challenges of aging, including mental health, by connecting seniors with care managers.
 - **Website:** <https://www.aginglifecare.org>

5. Social Connections and Support

- **AARP – Staying Connected**
 - Provides tips and tools for seniors to stay socially connected, including through technology and local activities.
 - **Website:** <https://www.aarp.org/home-family/friends-family/staying-connected>
- **Senior Corps**
 - A volunteer program for seniors to stay engaged and connected to their communities by giving back.
 - **Website:** <https://www.seniorcorps.gov>

6. Medications and Treatments

- **National Council on Aging (NCOA) – Managing Medications**
 - Offers resources for seniors to safely manage their medications and avoid dangerous interactions.
 - **Website:** <https://www.ncoa.org/article/managing-medications-safely>

- **GoodRx**
 - Helps seniors find discounts on prescription medications and compare prices at local pharmacies.
 - **Website:** <https://www.goodrx.com>

7. Chronic Disease Management

- **American Heart Association – Seniors**
 - Provides resources on managing heart health and preventing heart disease in older adults.
 - **Website:** <https://www.heart.org/en/healthy-living/healthy-lifestyle/senior-health>
- **American Diabetes Association – Seniors**
 - Offers information and support for seniors living with diabetes, including management tips and treatment options.
 - **Website:** <https://www.diabetes.org/managing-diabetes/older-adults>

8. Legal and Financial Assistance

- **Eldercare Locator (U.S. Administration on Aging)**
 - A public service connecting seniors to local services and resources, including legal and financial help.
 - **Website:** <https://eldercare.acl.gov>
- **National Council on Aging (NCOA) – BenefitsCheckUp**
 - A tool that helps seniors find and apply for benefits programs that can help pay for healthcare, food, and more.
 - **Website:** <https://www.benefitscheckup.org>

This list provides a broad range of resources to help seniors overcome obstacles in achieving a healthy life, from physical fitness to mental well-being and social connections.

Please visit [BestSeniorsHealth.com](https://www.BestSeniorsHealth.com)
for more information and resources
for the Best Seniors Health!