The older population—persons 65 years or older—numbered 44.7 million in 2013 (the latest year for which data is available), represent about 14% of the U.S. population or about one in every seven Americans. By 2060, there will be about 98 million older persons, more than twice their number in 2013.

The aging process is usually the cause for many problems encountered by seniors as they go about their daily activities. After all, aging affects skin, bones and the brain. But many problems are created by the home because most residential housing is not geared to assist those with reduced mobility or limited reach. However, due to recent innovations and technology, many home modifications and assistive devices have been redesigned to look less institutional so that they have become more acceptable for use in the home.
In-home care aims to prevent premature institutionalization by providing the necessary support services to allow an individual to live at home. There are in-home care programs and services available to allow aging in place and to allow seniors to remain at home, thus preserving self-esteem, dignity and independence. Some services that seniors may need assistance with include: personal care, homemaking, meals, and money management. More information on many of these services can be obtained from the local Area Agency on Aging, local and state offices on aging or social services, tribal organization, or nearby senior center.


**Websites**

[https://acl.gov/](https://acl.gov/)
**Administration for Community Living (ACL)**
The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the **Older Americans Act of 1965 (OAA)**, as amended (42 U.S.C.A. § 3001 et seq.). The OAA promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. The Act also empowers the federal government to distribute funds to the states for supportive services for individuals over the age of 60. The Administration on Aging is part of the Administration for Community Living (ACL).

[https://eldercare.acl.gov/Public/Index.aspx/](https://eldercare.acl.gov/Public/Index.aspx/)
**ACL: Eldercare Locator**
Phone: 800-677-1116
Provides info on aging programs and resources.

**ACL: Elder Justice Coordinating Council**
The Elder Justice Act of 2009, as part of the Affordable Care Act, establishes the Elder Justice Coordinating Council to coordinate activities related to elder abuse, neglect, and exploitation across the Federal government.

[http://www.aarp.org](http://www.aarp.org)
**American Association of Retired Persons (AARP)**
601 E. St., N.W.
Washington, DC 20049
Phone: 800-424-3410
AARP is a membership organization which provides many resources of interest to seniors.
http://www.cdc.gov/aging/
Centers for Disease Control and Prevention (CDC): Healthy Aging
Includes emergency preparedness for older adults

http://www.consumerfinance.gov/older-americans/
Consumer Financial Protection Bureau
P.O. Box 2900
Clinton, Iowa 52733
Toll-free: 855) 411-CFPB (2372)
TTY/TDD: 855-729-CFPB (2372)
The Office for Older Americans is a special division within the U.S. Consumer Financial Protection Bureau (CFPB) devoted to the financial education and protection of Americans aged 62 and older.

http://www.easterseals.com/our-programs/senior-services/services-for-older-adults.html
Easter Seals: Services for Older Adults with Disabilities
141 W. Jackson Blvd., 1400A
Chicago, IL 60604
Toll-free: 800-221-6827
Easter Seals provides services such as adult day care, medical support, social support, and in home care.

www.giveitbacktoseniors.org
Got An Hour?
The Got An Hour Campaign was developed by the Aging Network Volunteer Collaborative to help local agencies throughout the country attract volunteers to programs that work with seniors. The program connects prospective volunteers with opportunities to help seniors in their neighborhood.

https://www.itnamerica.org/
Independent Transportation Network (ITN) America
90 Bridge Street Suite 100
Westbrook, ME 04092
Phone: 207.857.9001
ITN America offers programs that allow older people to trade their own cars to pay for rides, and enable volunteer drivers to store transportation credits for their own future transportation needs. ITN's Road Scholarship Program converts volunteer credits into a fund for low-income riders, and the gift certificate program helps adult children support their parents' transportation needs from across the street or across the nation.

http://www.iqnursinghomes.com/nursing-home-ombudsman.html
IQ Nursing Homes: Ombudsmen by State
Each state has a Long-Term Care ombudsman who advocates for the rights of people in long-term care or nursing homes.
Justice in Aging
1444 Eye Street
NW Suite 1100
Washington, DC 20005
Phone: 202-289-6976
A national organization that uses the power of the law to fight senior poverty by securing access to affordable healthcare, economic security, and the courts for older adults with limited resources.

Medline Plus: Seniors’ Health

National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

National Institute on Aging: There is No Place Like Home for Aging
Provides an overview of all the supports that may be necessary for aging at home.

NIH National Institute on Aging
The National Institutes of Health offers this website to provide health information to senior citizens.

Rehabilitation Research and Training Center (RRTC): Healthy Aging & Physical Disability
The University of Washington offers a series of factsheets on aging well with a physical disability. Some of the topics include Employment, Preventing Falls, How to Get the Most out of Your Health Care Visits.

Rural Disability Resource Library: Aging Well with a Physical Disability
Series of fact sheets on the topic.

Articles
Age Impacts Treatment Time and Options in Spinal Cord Injury Patients

For more information on aging resources, please see also the Reeve Foundation’s “Aging with Spinal Cord Injury” and “Aging--Nursing Homes and Long Term Care” factsheets. Older veterans may find our Veterans factsheet helpful. There is also a factsheet specific to Medicare that may be of interest.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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