

**Taking Charge: Good Medical Care for the Elderly  
and How to Get It**

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**APPENDIX O**

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**For Ordering Information see**

**<http://goodmedicalcare.com/Purchase.htm>**

**To Preview Substantial portions of the book see**

**<http://goodmedicalcare.com>**

## Appendix O Important Websites

### U.S. GOVERNMENT AGENCIES

#### **Administration on Aging**

330 Independence Avenue SW  
Washington D.C. 20201  
(202) 619-7501  
[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

This federal agency sponsors the Eldercare Locator, an Internet website that identifies area agencies on aging by geographical location. This website is at [www.eldercare.gov](http://www.eldercare.gov) or you may call (800) 677-1116 Mon. through Fri., from 9:00 a.m. to 8:00 p.m.

#### **Medicare**

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

#### **Nursing Home Information (Medicare)**

[www.medicare.gov/nursing/home.asp](http://www.medicare.gov/nursing/home.asp)

Find and evaluate nursing homes in your loved one's community on this website, or call (800) 633-4227. The Medicare website has information about Medicare eligibility requirements and benefits. A list of participating physicians and information about dialysis facilities, nursing home, and prescription assistance programs is also found here.

#### **Medicaid**

<http://cms.hhs.gov/Medicaid/consumer.asp>

Check for eligibility and benefits on this website.

#### **Medicare and Medicaid Program Manuals**

<http://cms.hhs.gov/Medicaid>

<http://cms.hhs.gov/Medicaid/consumer.asp>

### ADDITIONAL INFORMATION FOR CAREGIVERS

#### **Assisted Living Federation of America**

11200 Waples Mill Road, Suite 150  
Fairfax, VA 22030  
(703) 691-8100  
[www.alfa.org](http://www.alfa.org)

Assistance with geographical locations and listings of accredited housing and assisted living facilities for the elderly.

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### **Department of Veteran's Affairs**

810 Vermont Street, NW  
Washington, D.C. 20420  
(877) 222-VETS  
[www.va.gov](http://www.va.gov)

Check with the VA to determine whether veteran's health benefits are available for your loved one. Often medications and medical services are available to elderly veterans at low cost or no cost.

### **Family Caregiver Alliance**

690 Market Street, Suite 200  
San Francisco, CA 94104  
(415) 434-3388  
[www.caregiver.org](http://www.caregiver.org)

This association provides support and other resources for caregivers.

### **Hospice Foundation of America**

2001 S Street NW, Suite 300  
Washington, D.C. 20009  
(800) 854-3402  
[www.hospicefoundation.org](http://www.hospicefoundation.org)

The hospice philosophy and practice is available from this organization.

### **Hospicelink**

1-800-331-1620

This resource provides general information on hospice care and referrals to hospices across the country.

### **National Hospice and Palliative Care Organization**

1700 Diagonal Road, Suite 625  
Alexandria, VA 22314  
703-837-1500  
<http://www.nhpco.org>

This organization offers information, patient advocacy, professional education, and referrals to hospice programs throughout the country

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### **National Association of Professional Geriatric Care Managers**

1604 North Country Club Drive

Tucson, AZ 85716

(520) 881-8008

[www.caremanager.org](http://www.caremanager.org) or [www.findacaremanager.org](http://www.findacaremanager.org)

Find a professional geriatric care manager through this organization's website.

### **National Adult Day Services Association**

409 Third Street NW

Washington, D.C. 20024

(866) 890-7357

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

Locate adult day care facilities in your loved one's community at this website.

### **Eldercare Locator**

[www.n4a.org](http://www.n4a.org)

### **Partnership for Caring**

1620 Eye Street NW, Suite 202

Washington, D.C. 20006

(800) 989-9455

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

Free state-specific sample forms for durable powers of attorney and living wills are provided by this non-profit organization.

## ORGANIZATIONS

### **Meals on Wheels Association of America**

1414 Prince Street, Suite 302

Alexandria, Virginia 22314

(703) 548-5558

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

You will find meal delivery programs in your loved one's community at Meals on Wheels.

### **Shepherd's Centers of America**

One West Armour Blvd., Suite 201

Kansas City, MO 64111

(800) 547-7073; (816) 960-2022

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

The Shepherd's Centers train senior citizens to provide part-time respite care. At this time, more than 100 centers are operating around the US.

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### **Visiting Nurse Associations of America**

11 Beacon Street, Suite 910

Boston, MA 02108

(800) 426-2547; (888) 866-8773; (617) 523-4042

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

Obtain information and referrals for home health care and hospice programs at this website.

### CONSUMER ADVOCATE GROUPS

#### **National Citizen's Coalition for Nursing Home Reform**

1424 16th Street, NW Suite 202

Washington, D.C. 20036

(202) 332-2275

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

An organization devoted to promoting quality care in nursing homes, advocating for a resolution to understaffing issues.

#### **State Ombudsmen**

[www.nccnhr.org/static\\_pages/ombudsmen\\_list.cfm](http://www.nccnhr.org/static_pages/ombudsmen_list.cfm)

Use this website to locate a state ombudsman, an advocate for residents of nursing homes, board and care homes, and assisted living facilities.

#### **Citizen's Groups Supporting Nursing Home Reform**

[www.nccnhr.org/static\\_pages/Citizens\\_groups\\_list.cfm](http://www.nccnhr.org/static_pages/Citizens_groups_list.cfm)

### CALCULATORS ON THE INTERNET

The calculators discussed in this book are:

*Osmolality calculator:* [www.intmed.mcw.edu/clinicalc/osmol.html](http://www.intmed.mcw.edu/clinicalc/osmol.html)

*Estimated Creatinine Clearance calculator:* [http://www.kidney.org/professionals/kdoqi/gfr\\_calculator.cfm](http://www.kidney.org/professionals/kdoqi/gfr_calculator.cfm)

*Body Mass Index (BMI) calculator:* [www.dr-bob.org/tips/bmi.html](http://www.dr-bob.org/tips/bmi.html)

### MEDICAL DICTIONARIES

[www.medicinenet.com](http://www.medicinenet.com)

[www.medterms.com/script/main/np.asp](http://www.medterms.com/script/main/np.asp)

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### FAMILY MEDICINE JOURNALS

Find the *American Family Physician* (Journal of the American Academy of FamilyPhysicians) at [www.aafp.org/afp/index.html](http://www.aafp.org/afp/index.html).

Find health information from the American Academy of Family Physicians at [www.familydoctor.org](http://www.familydoctor.org).

#### *The Merck Manuals*

[www.merck.com/pubs/mmanual](http://www.merck.com/pubs/mmanual)

[www.merck.com/pubs/mm\\_geriatrics](http://www.merck.com/pubs/mm_geriatrics)

### ORGANIZATIONS PROVIDING INFORMATION ON SPECIFIC DISEASES AND CONDITIONS COMMONLY AFFECTING THE ELDERLY

#### **ALS Association**

2101 Ventura Boulevard  
Suite 321 Woodland, CA 91364  
(800) 782-4747

Provides information and educational materials about ALS (Lou Gehrig's Disease)

#### **Alzheimer's Association**

919 North Michigan Ave. Ste. 1100  
Chicago, IL 60611  
(800) 335-8700  
[www.alz.org](http://www.alz.org)

#### **American Academy of Hospice and Palliative Medicine**

11250 Roger Bacon Drive  
Suite 8, Reston, VA 20190-5202  
(703) 787-7718  
[www.aahpm.org](http://www.aahpm.org)

#### **American Academy of Ophthalmology**

P.O. Box 7427  
San Francisco, CA 94120  
(415) 561-8500  
[www.aao.org](http://www.aao.org)

#### **American Diabetes Association**

1701 N. Beauregard Street  
Alexandria, VA 22311  
(800) 342-2383  
[www.diabetes.org](http://www.diabetes.org)

#### **American Foundation for Urologic Disease**

1120 North Charles Street  
Baltimore, MD 21201  
(410) 727-4400  
[www.afud.org](http://www.afud.org)

#### **American Heart Association**

7272 Greenville Avenue  
Dallas TX 75231  
(800) AHA-USA1  
[www.americanheart.org](http://www.americanheart.org)

#### **American Lung Association**

1740 Broadway  
New York, NY 10019  
(800) LUNG-USA; (212) 315-8700  
[www.lungusa.org](http://www.lungusa.org)

#### **American Medical Association**

515 North State Street  
Chicago, IL 60610  
(312) 464-5000  
[www.ama-assn.org](http://www.ama-assn.org)

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### **American Pain Society**

5700 Old Orchard Road  
First Floor, Skokie, IL 60077  
(847) 375-4715  
Ass'n of pain physicians.  
Referrals to pain clinics, physicians,  
support groups

### **American Parkinson's Disease Ass'n**

1250 Blvd., Suite 4B  
Staten Island, NY 10305  
(800) 223-2732, (718) 981-8001  
[www.apdaparkinson.com](http://www.apdaparkinson.com)

### **American Stroke Association**

7272 Greenville Avenue  
Dallas, TX 75231  
(888) 4-STROKE; (888) 478-7653  
[www.strokeassociation.org](http://www.strokeassociation.org)

### **Arthritis Foundation**

1330 West Peachtree Street  
Atlanta, GA 30309  
(800) 283-7800, (404) 872-7100  
[www.arthritis.org](http://www.arthritis.org)

### **Cancer Care, Inc.**

1180 Avenue of the Americas  
New York, NY 10036  
1-800-813-HOPE (4673)  
In New York, 212-302-2400  
<http://www.cancercares.org>  
Support and education for cancer  
patients and caregivers

### **Cancer Information Service**

1-800-4-CANCER (422-6237)  
Has 19 offices across the country.  
Provides information about cancer  
and referrals to hospice, home care,  
and support groups

### **National Cancer Institute**

Public Inquiries Office  
Chicago, IL 60610  
Building 31, Room 10A31  
31 Center Drive, MSC 2580  
Bethesda, MD 20892  
(800) CANCER  
[www.nci.nih.gov](http://www.nci.nih.gov)

### **National Institute of Neurological Disorders and Stroke**

Office of Communications/Public  
Liason  
P.O. Box 5810  
Bethesda, MD 20824  
(800) 352-9424  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

### **National Kidney Foundation**

30 East 33rd Street, Ste. 1100  
New York, NY 10016  
(800) 622-9010  
[www.kidney.org](http://www.kidney.org)

### **National Osteoporosis Foundation**

1232 22nd Street, NW  
Washington, D.C. 20037-1292  
(202) 223-2226  
[www.nof.org](http://www.nof.org)

### **Parkinson's Disease Foundation**

1359 Broadway, Ste 1509  
New York, NY 10018  
(800) 457-6676 (212) 923-4700  
[www.pdf.org](http://www.pdf.org)