Copy the website address and paste it in your browser. Those with \* in front are new link(s) as of July 30, 2017.

Health Information for Older Adults

www.cdc.gov/aging/aginginfo/index.htm

22 Senior Health Risk Calculators for Healthy Aging

www.calculators.org/health/aging.php

Medicare Cost Overview

www.medicare.gov/your-medicare-costs/index.html

Dental Care Tips for Caregivers

www.coastdental.com/blog/dental-care-tips-for-caregivers

Rehab and Medicate: The Ultimate Guide to Addiction Treatment for Seniors

www.discoveryplace.info/rehab-medicare-ultimate-guide

Caring for Elderly Parents: Managing Role-Reversal

http://www.aplaceformom.com/senior-care-resources/articles/caring-for-elderly-parents

Aging Parents and Children Should Talk About Finances

http://www.nytimes.com/2013/05/25/your-money/aging-parents-and-children-should-talk-about-finances.html

Moving Tips for Seniors

www.yourstoragefinder.com/moving-tips-for-seniors

10 Signs of Alzheimer’s

www.alz.org/alzheimers\_disease\_10\_signs\_of\_alzheimers.asp

Preparing Your Home for a Loved One with Alzheimer’s

www.redfin.com/blog/2016/09/preparing-your-home-for-a-loved-one-with-alzheimers-a-caregivers-guide.html

Benefits of Cooking with Alzheimer’s” A Caregiver’s Guide

www.culinaryschools.org/blog/cooking-with-alzheimers/

Legal Planning for Alzheimer's and Dementia

www.justgreatlawyers.com/legal-planning-dementia-alzheimers

Senior Exercise and Fitness Tips

www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm

Exercise for Seniors

www.nlm.nih.gov/medlineplus/exerciseforseniors.html

Seven Steps for Staying Mentally Sharp as a Tack after 60

discountsforseniors.org/2016/12/seven-steps-to-staying-mentally-sharp-as-a-tack-after-60/

\*Stress Management for Seniors

https://www.mobilehelp.com/stress-management-for-seniors/

Depression is Not Part of Growing Older

www.cdc.gov/aging/mentalhealth/depression.htm

Symptoms Seniors Can’t Afford to Ignore

www.healthline.com/health/senior-health-symptoms

Depression in the Elderly: 7 Ways to Help

www.health.com/health/gallery/0,,20518814,00.html

25 Tips to Make Home Safe for Seniors

www.homesecuritylist.com/home-safety-seniors/

Home Safety and Security for Aging-In-Place for Seniors

www.securitygem.com/home-safety-for-seniors/

\*A Guide to Helping Senior Citizens Stay Safe at Home

https://www.goodcall.com/home/guide-helping-senior-citizens-stay-safe-home-2/

10 Great Volunteer Jobs for Retirees

www.marketwatch.com/story/10-great-volunteer-jobs-for-retirees-2012-12-03

A Senior's Guide to Using Computers and Software

www.mapcon.com/seniors-guide-to-using-computers-and-software

Checklist: Pre-Planning Your Funeral or Memorial Service

https://www.everplans.com/articles/checklist-pre-planning-your-funeral-or-memorial-service

A Review of Medical Alert Systems

www.reviews.com/medical-alert-systems/