

Website Bookmarks for St. George's Senior Collection

Council on Aging Greater Nashville (COA)

<http://www.councilonaging-midtn.org/about-us/Council-on-Aging-Home>

Council on Aging Greater Nashville's Mission: COA addresses the unmet needs of older adults and caregivers through information, advocacy and education and by being a catalyst for comprehensive solutions.

Guiding Principles:

- Knowledge and preparation are both essential for continuing to maintain quality of life.
- COA respects and acknowledges the on-going contributions of older adults in strengthening our community.
- COA works collaboratively with older adults, families, professionals, agencies, businesses, educational & government institutions to help shape a livable community for all ages.
- COA addresses issues/concerns from both "big picture" and detailed perspectives.
- COA's Directory of Services for Seniors and web directory maintains information that is accurate and available.

Area Agency on Aging and Disability Nashville (AAAD)

<https://www.gnrc.org/agencies-programs/aaad/>

The Greater Nashville Regional Council Area Agency on Aging & Disability is one of nine regional agencies statewide whose mission is to plan programs and services and advocate for the older population and adults with disabilities. Information on services such as home based services, transportation, elder rights, state health insurance program can be found at this site.

National Institute on Aging (NIA)

<http://www.nia.nih.gov/about/mission>

A division of the National Institutes of Health, the NIA conducts research to understand the nature of aging and the aging process, and diseases and conditions associated with growing older, in order to extend the healthy, active years of life. Authoritative links to health information, healthy aging and longevity, news of note, clinical trials, and access to research publications can be found at this site.

Social Security Administration (SSA)

<http://www.ssa.gov/>

Here, you can check your social security statement and manage your benefits, find and print forms (including applications and claim forms), and find links to other useful government websites (including vital statistics records where you can request birth, marriage, divorce and death certificates).

Senior Websites bookmarked for library computer

Medicare

<http://www.medicare.gov/>

Sign up, change plans, find out what is covered under what plan using an easy search box, and links to other forms and publications.

American Association of Retired Persons (AARP)

<http://www.aarp.org/sitemap/>

Membership, discounts, recipes, brain games, various publications and advocacy can be found at this website. Includes link to AARP Tennessee.

MedlinePlus

<http://www.nlm.nih.gov/medlineplus/>

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

NIHSeniorHealth

<http://nihseniorhealth.gov/>

NIHSeniorHealth can help seniors find answers to their medical questions on the internet from the comfort of their own homes using this site which vets information for currency and accuracy. Users can change the size of the print and contrast to view information in a more readable format and view videos on a variety of health topics.

National Center on Elder Abuse (NCEA)

<http://www.ncea.aoa.gov>

The NCEA is the place to turn to for up-to-date information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation. The Center provides information to policy makers, professionals in the elder justice field, and the public. You can also find helplines, hotlines, and resources for Tennessee at

http://www.ncea.aoa.gov/Stop_Abuse/Get_Help/State/Directory.aspx?state_id=TN.

Rosalynn Carter Institute for Caregiving (RCI)

http://www.rosalynncarter.org/about_rci/

RCI overall goal is to support caregivers – both family and professional- through efforts of advocacy, education, research, and service. Resource links specific to the needs of family and professional caregivers are located here. http://www.rosalynncarter.org/caregiver_resources/

National Association of Senior Move Managers (NASMM)

<https://www.nasmm.org/index.cfm>

This national initiative's mission is to facilitate the physical and emotional aspects of relocation for older adults, to increase industry awareness, to establish a national referral network, to enhance the professional competence of members, and to promote the delivery of our services with compassion and integrity. You can find certified move managers in the greater Nashville area using this site.

Metro Nashville

<https://www.nashville.gov/>

Find city services (including information about the Adult Homemaker Program which provides support to enable eligible adults to maintain independent living in their homes), information about getting around Nashville (including bus schedules and taxi companies) public records, safety/emergency preparation , and listings for local government officials and council people.

Senior Directory of Greater Nashville

<http://seniordirectory.com/nashville/>

The online version of the popular print edition contains all the same senior resources (Community Resources, Entertainment, Health at Home, Health Services, Housing, Professional Services), plus featured articles and a electronic version of the most recent directory.