

Geriatric Resource Guide



We are often asked by our patients, their friends and families for resources related to continuing care, either at home or in appropriate institutions, after discharge from the hospital. In response, we have provided the following list of resources that will be useful in planning care for patients. There are certainly many other resources available, but we hope this list is helpful in starting your search.

Name of the Resource	Website	Mission	Key Information	Other Notes
Administration on Aging	www.aoa.gov	Federal agency responsible for advancing the concerns and interests of older people and their caregivers.	Links to resources that connect older persons, caregivers and professionals.	
Aging Care	www.agingcare.com	Online community for asking questions and getting answers and support. Offers quick guides to senior living care.	Online connections for people caring for elderly parents and caregivers. Offers personalized information and local resources.	
American Geriatrics Society	www.americangeriatrics.org	Offers books and guides on featured programs.	Careers section for health care professionals including a directory of agencies and organizations. Information on the geriatric work force and quality patient safety information.	Targets health care providers and maintains a searchable health care provider database.
CDC Healthy Aging	www.cdc.gov/aging	Source for reliable senior health information and resources.	Links to health topics for older adults and information on cognitive impairment and Alzheimer's Health aging and prevention.	Hosts a Healthy Aging Research Network.

District of Columbia Government	http://dcoa.dc.gov/DC/DCOA/Find+Services/Senior+Service+Network	Oversees direct services to persons 60 and older through a Senior Service Network	Services provided through the community agencies include: adult day care; adult education; emergency shelter; health insurance counseling; in-home relief; legal services; and transportation.	DC Council on Aging: 202-724-5626
Fairfax County Government	http://www.fairfaxcounty.gov/dfs/olderadultservices/resource-line.htm	Provides services that help older adults and adults with disabilities remain independent in the community	Provides information on senior centers, transportation, housing, adult day care and much more.	Aging, Disability and Caregiver Resources: 703-324-7948
Guide to Retirement Living Sourcebook	http://www.retirement-living.com/about/	Provide detailed information and resources for seniors.	Comprehensive listing of retirement communities, assisted living, nursing and rehab centers and home care options in DC, MD and VA.	This guide is available both online and in print.
Montgomery County Government	http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/disabilityseniorservices/ADSResourceUnit.asp	The Aging and Disability Resource Unit (ADRU) is a consolidated access point for assessment, consultation, resource coordination and service planning.	Includes detailed information on in-home care, respite care and support for family caregivers, financial assistance, housing, transportation and other resources.	ADRU telephone number: 240-777-3000 (Voice) 240-777-4575 (TTY)
NIH Senior Health	www.nihseniorhealth.gov	Information for older adults designed with seniors in mind.	Basic health and wellness information for seniors.	Web site features content made easier for seniors to read by using larger fonts and a text-to-speech feature.
Prince George's County Government	http://www.princegeorgescountymd.gov/Government/AgencyIndex/FamilyServices/aging.asp	Provides a wide range of services for seniors and their families.	Provides information on health education and screenings, physical activities, health services and medication management.	PG County Aging Services Division: 301-265-8450
SeniorResource	http://www.seniorresource.com/index.html	Serves as a resource and advocate in areas of importance to the well-being of the senior community, with primary attention given to housing, health, recreational, cultural, and counseling.	Provides links to a broad set of resources for seniors including resources by state.	