

### *From Our Constituent Services Desk...*

Does it feel as if each year is shorter than the last? Relatively speaking, time seems to go by faster each year; and, with it, a myriad of new issues we never expected to deal with. Aging can be a very stressful process for many reasons. How will I pay for medicine? Who will take care of me if I become disabled? What resources are there for my caregiver?

The good news is, there are resources available to help answer these questions. The Department of Health and Human Services (HHS) Administration on Aging manages a fantastic website, [Eldercare.gov](http://Eldercare.gov). On this site are resources for help finding support services, housing, elder rights, insurance & benefits, health, and transportation. There is even a dedicated "[Caregiver Corner](#)" for resources specific to caregivers.

For our Veterans, the Department of Veterans Affairs (VA) has a dedicated site [www.caregiver.va.gov](http://www.caregiver.va.gov) where Veterans and caregivers can find support or have questions answered regarding adult day health care centers, home-based primary care, skilled home care, and homemaker & home health aides. An excellent site offering FREE online education and support to all Americans who work with, live with, or care for military service members and their families is [PsychArmor Institute](#). They have over 100 short online training courses on issues relevant to military and Veteran communities.

For those who would rather speak to someone in person, local Aging and Disability Resource Centers (ADRCs) are there to *"address the frustration many older adults, people with disabilities and family members experience when trying to learn about and access long-term services and supports."*<sup>1</sup> Information for your closest ADRC can be found on [www.eldercare.gov](http://www.eldercare.gov) by simply entering your zip code.

[Georgia DHS Division of Aging Services](#) and the [Georgia Aging and Disability Network-Adult Protective Services](#) are state agencies with additional resources. [GeorgiaCares](#) is a public-private partnership, administered by the Georgia Department of Human Services (DHS) Division of Aging Services (DAS), providing free, unbiased and factual information and assistance to Medicare beneficiaries and their caregivers with health and drug plans.

The Social Security Administration (SSA) can also help you become your elderly parents' or child's representative payee if they suffer from a condition that does not allow them to handle their own affairs. Additional information can be found online at [www.ssa.gov/payee](http://www.ssa.gov/payee).

Being proactive can be very useful. Long term care planning; living wills and wills; advance care planning (fact sheet available [here](#)); medical powers of attorney; trust, stocks, bonds, and bank counseling should all be taken care of before an emergency happens. This will not only ease the burden on your family and/or caregiver, but will also ease concerns for your family members.

If you have questions or a specific issue with the VA or SSA, please contact our office at [caseworkga11@mail.house.gov](mailto:caseworkga11@mail.house.gov) or 770-429-1776. We look forward to serving you should you need our assistance.

Sources:

1. [www.acl.gov/programs/aging-and-disability-networks/aging-and-disability-resource-centers](http://www.acl.gov/programs/aging-and-disability-networks/aging-and-disability-resource-centers). Accessed 01May2019