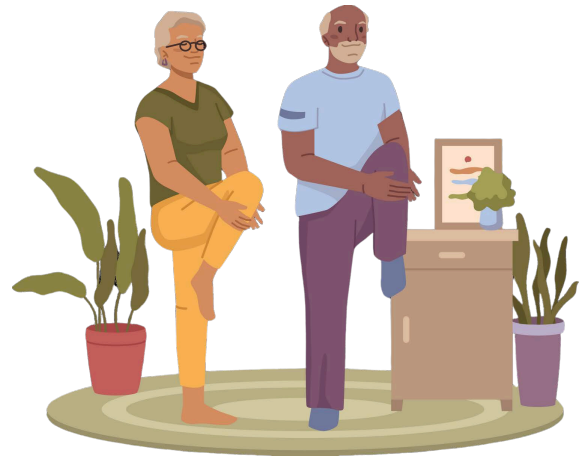




Resources & Services for Seniors & Adults with Disabilities



November 2023

This toolkit was developed by the
Rhode Island Community Food Bank's Community Outreach team
for the convenience of our member agencies to use as a reference guide
when directing seniors and/or adults with disabilities to community services
and resources.

Rhode Island Community Food Bank

200 Niantic Ave

Providence, RI 02907

(401) 942-6325

<https://rifoodbank.org/agency-resources/community-resources/>

For information or corrections, contact:

Jacob Tonseth

Community Resource Coordinator

Email: jtonseth@rifoodbank.org

Phone: (401) 230-1711

Introduction & Table of Contents

Older adults (especially age 55 and older) have greater difficulty accessing the supports they need to live comfortably. Older adults are at higher risk for food insecurity and living in poverty. Food insecurity also compromises the health and well-being of seniors, especially if they have medical crises or lack of mobility.

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How to Have More Effective Communication with Older Adults



Keep these tips in mind when communicating with older adults:

Physical changes can affect communication.

Age-related decline in physical abilities can make communication more challenging, and some illnesses make communication more difficult. A hearing loss makes it hard to understand others well. Be patient and speak more clearly. Always face the person when you talk with them and avoid talking while eating. Check to see if an assistive listening device could improve communication by phone.

Some elderly people experience changes in speaking ability, and their voices become weaker, or harder to understand. Be patient when listening and be aware of when the person gets tired and wants the visit to end.

Some age-related memory loss is normal as people grow older, although people experience different degrees of memory loss. Most often, short-term memory is affected, making it harder for an elderly person to remember recent events. Keep this in mind, and practice patience.

Allow the person to reminisce and grieve.

When someone lives to be very old, it's impossible not to experience some feelings of significant loss. The deaths of relatives and friends, losing the ability to work and be independent, changes in health and finances, and being unable to make simple decisions can all affect an elderly person's self-esteem.

These losses can create sadness, and grieving. Common responses to grieving are depression, social withdrawal, and irritability. Look for these symptoms in the person and seek medical advice or counseling.

Respect the elderly person's background, knowledge, and values.

Because an elderly person's life experience may be very different from yours, it's important to let the person express those thoughts and feelings, and to respect them even if you disagree.

Additional resources:

Communicating with Impaired Persons
www.ec-online.net/Knowledge/Articles/communication.html

Communicating with Seniors
<http://publications.gc.ca/collections/Collection/H88-3-26-1999E.pdf>

Improving Communication with Patients
www.aafp.org/fpm/2006/0900/p73.html

Communicating Effectively Elders & Families
<http://leader.pubs.asha.org/article.aspx?articleid=2291892>

General Directories

Rhode Island Office of Healthy Aging – Helpful Links and Resources

Web: oha.ri.gov/resources

Phone: (401) 462-3000

The Office of Healthy Aging wants to empower older Rhode Islanders and adults living with disabilities to age strong. Visit the website or call the OHA to be connected to resources.

United Way 211 & The POINT

50 Valley St, Providence, RI 02909

Call by dialing 2-1-1

2-1-1 is the fastest and easiest way to get information when you need it, 24 hours a day, 7 days a week for resources across the state & community.

Web: www.unitedwayri.org/get-help/2-1-1/

Phone: 2-1-1

Address: 50 Valley St., Providence, RI 02909

The POINT – Rhode Island’s Aging & Disability Resource Center

Web: www.unitedwayri.org/get-help/point/

Phone: (401) 462-4444

For flyers and information, contact:

Cristina Amedeo: cristina.amedeo@uwri.org | (401) 519-0362

Seileak Huoth: seileak.huoth@uwri.org | (401) 519-0377

AARP Foundation

Your Guide to Public Benefits in Rhode Island

www.aarp.org/aarp-foundation/our-work/income/public-benefits-guide-senior-assistance/ or search for free or reduced cost services with this AARP tool: local.aarpfoundation.org/

Economic Progress Institute Guide to Assistance Programs

Web: <http://www.economicprogressri.org/index.php/guide-to-assistance-5/>

This web-based resource outlines various programs for anyone in need and the eligibility requirements for each program.

Older Adult Services

State Agencies

Office of Healthy Aging (OHA)

Web: www.oha.ri.gov/

Address: 57 Howard Ave., Louis Pasteur

Bldg. 2nd Floor, Cranston

Phone: (401) 462-3000

Office of Healthy Aging Resources

Web: oha.ri.gov/resources

OHA related Boards and Commissions

Web: oha.ri.gov/get-involved/boards-and-commissions

Citizens Commission for the Safety & Care of the Elderly

Web: rielderinfo.com/citizens-commission-for-the-safety-and-care-of-the-elderly/

Protect Older Adults (OHA)

Web: oha.ri.gov/what-we-do/protect

Phone: (401) 462-0555

Did you know Rhode Island law requires you to report elder abuse or exploitation to the OHA?

Dept. of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)

Web: <https://bhddh.ri.gov/>

Phone: (401) 462-3201

This department assures access to quality services and supports for Rhode Islanders with developmental disabilities, mental health and substance abuse issues, and chronic long term medical and psychiatric conditions.

Commission on Deaf and Hard of Hearing

Web: www.cdhh.ri.gov/

Email: cdhh@cdhh.ri.gov

Though there is nothing on their website directly for Seniors, there are 2 resources to know about:

Communication Access:

Web: <http://www.cdhh.ri.gov/epcap/>

Resources Directory of other Deaf organizations:

Web:

<http://www.cdhh.ri.gov/information-referral/resource-directory.php>

Rhode Island Relay – Dial 7-1-1

Web:

<https://rhodeislandrelay.com/introducing-relay-service/>

Phone: 7-1-1

Rhode Island Relay provides free services that enable people who are Deaf, Hard of Hearing, Deaf, Blind, or those with a Speech Disability to place and receive phone calls.

RI Adaptive Telephone Equipment Loan Program

Web: www.atel.ri.gov

Senior Health Insurance Program (SHIP)

Web: <https://oha.ri.gov/what-we-do/access/health-insurance-coaching/medicare-counseling>

Phone: (401) 462-3000

SHIP volunteers and staff are trained to help older adults and adults with disabilities understand their health care options.

Food Assistance

Some agencies of the RI Community Food Bank network can provide food delivery to homebound and disabled Rhode Islanders. Call a nearby food assistance agency to learn more and to request food: <https://rifoodbank.org/find-food/>.

SNAP – Supplemental Nutrition Assistance Program

Low-income seniors may be eligible for nutrition assistance through SNAP (formerly the Food Stamp program). Eligibility guidelines are slightly different for seniors and adults with disabilities. See eligibility guidelines and how to apply: <https://dhs.ri.gov/programs-and-services/supplemental-nutrition-assistance-program-snap/supplemental-nutrition-0>

Senior Café & Kosher Meals

www.jewishallianceri.org/jewish-life/senior-cafe/

- Dwares JCC Kosher Senior Café, 401 Elmgrove Avenue, Providence
- Kosher Senior Café at Temple Sinai, 30 Hagen Avenue, Cranston
- Kosher Meals on Wheels is available to homebound seniors and the disabled living in Providence, Pawtucket, Cranston, & Warwick.

For more info, contact Neal Drobnis: (401) 421- 4111 ext. 107, neal@jfsri.org

Meals on Wheels Rhode Island – Meal Sites & Home-Delivered Meals

Web: <http://rimeals.org/>

Phone: (401) 351-6700

Address: 70 Bath Street, Providence RI 02908

Meals on Wheels of Rhode Island is an organization dedicated to meeting the nutritional and other special needs of the elderly to help them maintain their independent lifestyle. During the COVID-19 pandemic, program participants continue to receive meals through home delivery or a “grab-and-go” meal program. *Complete List of Meal Sites in Providence:* <http://www.rimeals.org/programs/capital-city-cafes>

Need meals delivered? Call (401) 351-6700 and ask for the Home-Delivered Department

Be Safe RI

Phone: (401) 519-2280

Web: <https://familyserviceri.org/programs/be-safe/>

FSRI’s Be Safe RI program provides free, no-contact delivery of three to five days of primarily shelf-stable foods and COVID-safety supplies such as disposable and/or washable masks, hand sanitizer, laundry detergent, cleaning products, toilet tissues and paper towels. The program also provides COVID educational materials and test kits, and information about available resources, such as utility assistance. Requests can be made online: <https://hipaa.iotform.com/201475766112049>

Independent Living

Ocean State Center for Independent Living (OSCIL)

Web: www.oscil.org

Phone: (401) 738-1013 | (401) 244-7792 (VP)

Address: 1944 Warwick Ave., Warwick

Ocean State Center for Independent Living (OSCIL) is a non-residential consumer controlled, community based, nonprofit organization that provides a range of independent living services to enhance the quality of life of Rhode Islanders with significant disabilities and to promote integration into the community. Home Modifications Available for those who Qualify. Call (401) 738-1013 or email info@oscil.org for more information.

Volunteer Organizations – Seniors in Service to the Community

Retired Senior Volunteer Program (RSVP)

RSVP offers a full range of volunteer opportunities. There are several RSVP locations in Rhode Island. Check your local CAP agency or town website for offices or contacts. *For example:*

- Cranston: <https://cranstonseniorcenter.com/rsvp-retired-senior-volunteer-program/>
- East Bay: <https://www.ebcap.org/programs/east-bay-retired-senior-volunteer-program/>

Serve RI

Web: serverhodeisland.com/

Address: 255 Westminster St. 5th Fl, Providence

Southern RI Volunteers

Address: 100 Park Lane, Charlestown, RI 02813

Phone: (401) 552-7661

Email: info@southernrivol.org Web: www.southernrivol.org

Seniors Helping Seniors – Mystic, CT and Westerly, RI

Web: <https://seniorcaremystic.com/>

Phone: (860) 536-4767

Email: shsmystic@gmail.com

Provides in-home services by matching seniors who need help with seniors who want to help.

Other Assistance

National Grid – Shut-off Protection for Elderly

If you and everyone who resides in your home are 62 years old or older, and you have trouble paying your energy bills because of financial hardship, the Rhode Island Public Utilities Commission and National Grid have protections in place to help you. For more information, visit https://www.nationalgridus.com/media/pdfs/billing-payments/bill-inserts/ri/cm4425_ri-e_germination.pdf . To apply, fill out the [elderly form](#), or go to <https://www.nationalgridus.com/media/pdfs/billing-payments/ri-elderly.pdf>

Transportation Services

These listings pertain specifically to transportation options for seniors (age 65+) and adults with disabilities.

RI Public Transit Authority (RIPTA)

Web: www.ripta.com

Phone: (401) 781-9400 | TTY (800) 745-5555

Reduced Fare Bus Pass Program for Low-Income Seniors and People with Disabilities Low-income persons with a disability or age 65 and above may ride free of charge with a RIPTA “No Fare ID Pass”. For more information on how to apply, please call **(401) 784-9500 ext. 2012** or visit: <https://www.ripta.com/reducedfare/>



MTM (Medical Transport Management)

Phone: (855) 330-9131 | 711 (TTY)

Formerly serviced by Logisticare, MTM provides Rhode Island’s Non-Emergency Medical Transportation (NEMT) services to eligible Rhode Islanders as follows:

- Medicaid recipients can receive rides to appointments with Medicaid-covered health care providers if you have no other way to get there
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) and who do not qualify for RIPTA services can receive rides to medical services
- Participants in the Temporary Assistance for Needy Families (TANF) Program/RI Works can receive monthly bus passes to pursue employment opportunities

Call **(855) 330-9131 (TTY: 711)** to schedule transportation. Call at least 48 hours before an appointment unless the trip is urgent. Visit <http://www.mtm-inc.net/rhode-island/> for details, to make an account, and to schedule transportation online.

Southern Rhode Island Volunteers / Seniors Helping Others

Web: www.southernrivol.org

Phone: (401) 552-7661

Seniors Helping Others is a volunteer organization that provides transportation to medical, dental, and therapy appointments, among other services.

Vaccinations for Those Unable to Leave their Homes

Web: <https://covid.ri.gov/vaccination#athome>

Phone: (401) 222-8022

The RI Department of Health is now registering, by phone, Rhode Islanders who are age 50 and older for appointments at vaccination clinics or **for at-home COVID-19 vaccination.**

Mental Health Resources

The National Institute of Mental Health

Web: nimhinfo@nih.gov

Phone: (866) 615-6464

The National Institute of Mental Health provides resources and information regarding maintaining and dealing with mental health issues as they arise both occasionally and clinically. This page gives access to fact-based resources and information on mental health conditions, how to address potential mental health crises, and hotlines for elderly individuals to call should they experience a crisis.

The National Institute on Aging

Web: <https://www.nia.nih.gov/health/alzheimers/symptoms>

The National Institute on Aging provides in-depth information on the causes, symptoms, treatment, and caregiving for individuals who are diagnosed with Alzheimer's and Dementia and their families. As some of the most prevalent mental health disorders in the elderly population, early diagnosis of these disorders is crucial for the continued well-being of elderly individuals who are diagnosed with these conditions.

The Geriatric Mental Health Foundation

Web:

<https://www.aagponline.org/index.php?src=gendocs&ref=Consumer%2FPatient%20Information&category=Foundation>

Phone: (703) 556-9222

The Geriatric Mental Health Foundation provides quality information regarding mental health disorders in the elderly including anxiety disorders, depression, Alzheimer's, dementia, alcoholism, and drug abuse. Not only does the foundation provide information, but it also allows elderly individuals to connect with geriatric psychiatrists to receive treatment/diagnosis for mental health disorders.

The Samaritans of Rhode Island

Web: <http://www.samaritansri.org/our-programs>

Hotline: (800) 365-4044

The Samaritans of Rhode Island provide a non-judgmental, non-religious 24-Hour Listening Hotline for individuals in Rhode Island who are lonely, depressed, suicidal, or otherwise in crisis of all ages. The hotline is toll free, and all calls are confidential and anonymous. The Samaritans also provide Grief Support services and support groups for those who have experienced loss or have suffered a negative life event.

RI Elder Info

Web: <https://rielderinfo.com/mental-health-addictions/>

Phone: (401) 585-0509

Email: Deb@RIElderInfo.com

Technology Literacy

DigiAGE, Office of Healthy Aging

Web: <https://oha.ri.gov/digiAGE>

Phone: (401) 462-3000

The DigiAGE Initiative with the Rhode Island Office of Healthy Aging is a state-wide project to bridge the gap of technological literacy and access in the elderly population of Rhode Island. Through various partner agencies the OHA provides access to up-to-date technology for elderly RI citizens, assists in acquiring internet connectivity in both personal residences and long-term care facilities, and hosts courses on how to utilize the internet and other online resources. Additionally, they offer the “Virtual Senior Center”, which allows elderly Rhode Islanders to connect with other seniors via video conference software and have an online community.

TeleHealth for Seniors

Web: <https://www.telehealthforseniors.org/>

Provides seniors and low-income communities with devices, instructions, and free tech- support to connect them to their physicians via TeleHealth, friends and family using digital connectivity, and wellness tools via apps.

LifeLine – Rhode Island State Public Utilities Commission

Web: <http://www.ripuc.ri.gov/utilityinfo/telecom/Lifeline.html>

Phone: (401) 941-4500

Under Federal Communications Commission (FCC) regulations several telephone wireless service carriers offer free service plans for low-income R.I. residents and those eligible for various government assistance programs. The number of allowed minutes and text messages and data amounts vary by service carrier. Some provide free cell phones and may offer unlimited minutes and text messaging. Most provide access to the internet through their data allowance and consumers may be able to upgrade services for additional fees. It is important for consumers to review information about the plans available in the state to select one appropriate to their needs.

URI – CyberSeniors Program

Web: <https://web.uri.edu/human-development/outreach-and-research/cyber-seniors/>

Phone: (401) 874-2150

Email: hdf@etal.uri.edu

Since 2015, URI has worked with the international non-profit organization [Cyber-Seniors®: Connecting Generations](#) whose goal is to “bridge the technology and generational gap by teaching older adults to use technology.” Each semester, URI students’ mentor older adults to effectively use devices like smartphones, tablets, and laptops. This has led to the URI Engaging Generations Cyber-Seniors Program helping over 1,100 older adults with about 250 student participants between 2016-2021.

Rhode Island Senior Centers

Rhode Island cities and towns offer transportation services for seniors and individuals with disabilities. Services vary from town to town. Some are free, others are low-cost. Transportation may include trip to medical caregivers, shopping, banking, and many other social or commercial services. This is a listing of websites and phone numbers for you to contact for more information. Many of these locations can also be reached through <http://www.ri.gov/towns/>.

Barrington

www.barrington.ri.gov/departments/seniorservices.php Peck Center for Adult Enrichment:
(401) 247-1926 seniorpt@barrington.ri.gov

Bristol

<https://www.bristolsrctr.com/transportation>
Donna Wilson: (401) 253-8458,
dwilsonbcsc@gmail.com

Burrillville

<https://www.burrillville.org/public-works/pages/senior-citizen-minibus>
Allison: (401) 568-4440 ext. 201

Central Falls

Use RIPTA or contact MTM: (855) 330-9131

Charlestown

Southern Rhode Island Volunteers
(401) 552-7661, www.southernrivol.org

Coventry

Use RIPTA or contact MTM: (855) 330-9131

Cumberland

www.cumberlandri.org/senior-center
Brian Hart: (401) 334-2555 ext. 104

Cranston – Transvan

<https://cranstonseniorcenter.com/transvan/>
(401) 780-6220

East Greenwich

www.eastgreenwichri.com/184/Senior-Services-Transportation
rdowding@eastgreenwichri.com
Roberta Dowding: (401) 886-8669

East Providence

eastprovidenceri.gov/departments/senior-center
(401) 435-7800

Exeter

<https://rielderinfo.com/exeter/>
Friends in Service to Humanity: (401) 295-1121

Foster

www.townoffoster.com/human-services (401) 392-9208 |

Glocester

www.glocesterri.org/seniorservices.htm
(401) 567-4557

Hopkinton

www.hopkintonri.org/SeniorServices.htm
Refers people to use RIPTA
(401) 377-7795

Johnston

Use RIPTA or contact MTM: (855) 330-9131

Little Compton

Director of Social Services: (401) 635-4400

Lincoln

www.lincolnri.com/departments/list/seniorcenter.php
Lois Durkin: (401) 753-7000 | ldurkin@lincolnri.org

Middletown

www.middletownri.com/291/Senior-Center
(401) 849-8823 | akauil@middletownri.org

Narragansett

<https://www.narragansettri.gov/454/Narragansett-Senior-Association>

Karen Flint: (401) 782-0675
kflint@narragansettri.gov

Smithfield

www.smithfieldri.com/senior-center/
(401) 949-4590

South Kingstown

www.southkingstownri.com/255/Transportation
(401) 789-0268

Tiverton

www.tiverton.ri.gov/departments/seniorcenter.php
(401) 625-6790
seniorcenter@tiverton.ri.gov

Warren

www.townofwarren-ri.gov/town_government/departments/senior_center/index.php
(401) 255-3338 or (401) 247-1930

Warwick

<https://www.warwickri.gov/transwick-senior-transportation>
transwick@warwickri.com
Pilgrim Senior Center: (401) 738-1276

West Greenwich

Use RIPTA or contact Logisticare: 1-855-330-9131

Westerly

www.westerlyseniorcenter.org/
Westerly Senior Citizens Center: (401) 596-2404

Woonsocket

Use RIPTA or contact Logisticare: 1-855-330-9131

West Warwick

West Warwick Senior Center
www.westwarwickseniorcenter.com/services

New Shoreham (Block Island)

seniorcoordinator@new-shoreham.com
Gloria Redlich: (401) 466-5419 ext.2

Newport

<https://www.edwardkinghouse.org/>
Edward King House: (401) 846-7426

North Kingstown

<http://www.northkingstown.org/391/Transportation>
Melissa Smith: (401) 268-1590

North Providence

<https://mancinicenter.com/>
Salvatore Mancini Resource & Activity Center:
(401) 231-0742

North Smithfield

Use RIPTA or contact MTM: 1-855-330-9131

Pawtucket

www.pawtucketri.com/senior-center/transportation
(401) 725-8220

Portsmouth

Use RIPTA or contact MTM: 1-855-330-9131

Providence

srobbio@providenceri.gov
Use RIPTA or contact MTM: 1-855-330-9131 Sue Robbio: (401) 421-2489

Richmond

Use RIPTA or contact MTM: 1-855-330-9131

Scituate

http://www.scituateri.org/departments/senior_services/index.php
(401) 647-2662

Additional Local Service Organizations

AARP – RI

Web: <https://states.aarp.org/rhode-island/>

Address: 10 Orms St. Suite 200, Providence

Phone: (401) 248-2663 | 866-542-8170

Fax: (401) 272-0596

John Martin: jmmartin@aarp.org

Diocese of Providence Elder Services

Web:

www.dioceseofprovidence.org/elder-services

Address: One Cathedral Square, Providence

Phone: (401) 278-4500

Luis Jusino: (401) 421-7833 ext. 214

ljusino@dioceseofprovidence.org

The Roman Catholic Diocese programs can assist the elderly and their families with everything from navigating the services available in the community to providing hands-on assistance.

Rhode Island Bar Association

Address: 41 Sharpe Dr, Cranston RI 02920

Phone: (401) 421-5740

Email: info@ribar.com

A Guide for Getting Your Affairs in Order: A Handbook for Seniors, Families and Friends

Web: www.ribar.com/For%20the%20Public/elderlylawhandbook.aspx

This handbook was prepared as a public service by the RI Bar Association Committee on Legal Services. It contains general information in regard to legal issues that are of general interest to the public and often relate to the needs of the elderly.

Rhode Island Service Coordinator Collaborative

Web: <http://riscc.org/>

Address: P.O. Box 9012, Pawtucket

Phone: (401) 726-1210

E-mail: info@riscc.org

John Goncalves, CRSC:

jgoncalvesRSC@verizon.net

RISCC is a non-profit professional organization dedicated to promoting the resident service coordinator position as a significant member of the housing management team. RISCC works to enhance the professional development of RSCs by networking with other agencies and organizations.

SAGE-RI Chapter Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders

Web: www.sage-ri.org

Email: sageriinfo@gmail.com

SAGE/RI's mission is to advocate for RI's LGBTQ seniors at the policy level, educate service providers on issues unique to LGBTQ seniors and to foster a sense of community to address isolation and social issues facing LGBTQ seniors.

Senior Agenda Coalition of RI

Web: <https://senioragendari.org/>

Address: 70 Bath St., Providence

Phone: (401) 351-6710

Bill Flynn: senioragendari@yahoo.com

The Senior Agenda Coalition is a diverse coalition of activists and groups that advocate for the elderly organized to develop a common agenda to improve the quality of life of older Rhode Islanders. They also mail a monthly print newsletter.

Senior Digest

Web: www.seniordigestnews.com/

Phone: (508)-336-6633

tom@tcipress.com

Senior Digest is a free monthly print and online newspaper packed with news, information and advertising for people aged 50 and older. The paper is available at numerous locations, including senior citizens centers, libraries, city and town halls, housing complexes, restaurants, supermarkets, and many other retail outlets throughout Rhode Island.

**Senior Resource Guide of Rhode Island**

Web: www.seniorguideri.com/

Address: 875 Centerville Road, Warwick, RI 02886

Phone: (401) 398-8383

Senior Resource Guide of Rhode Island is a valuable part of navigating the long-term care.

National Resources

AARP (American Association of Retired Persons)

Web: www.aarp.org/

Toll-Free Nationwide: 1-888-OUR-AARP

Toll-Free TTY: 1-877-434-7598

Toll-Free Spanish: 1-877- 342-2277

This nonprofit, nonpartisan membership organization is dedicated to helping people aged 50 and over deal with aging issues.

Administration for Community Living

Web: <https://acl.gov/>

Email: aclinfo@acl.hhs.gov

Regional Office in Boston:

Phone: (617) 565- 1158 Jennifer.throwe@acl.hhs.gov

This federal agency is responsible for advancing the concerns and interests of older people and providing information for their caregivers. There is also an

Eldercare Locator: <https://eldercare.acl.gov>

Link for accessing additional resources for older adults and their caregivers.

American Society on Aging (ASA)

Web: www.asaging.org/

Phone: (800) 537-9728

ASA offers professional education, outstanding publications and online information and training resources that are nationally recognized.

Assisted Senior Living

Web: www.assistedseniorliving.net/

Phone: (800) 706-5260

This is one of the most comprehensive and unbiased directories of senior care options. Assisted Senior Living was created by caregivers, for caregivers.

For Rhode Island:

www.assistedseniorliving.net/services/rhode-island/

Centers for Medicare & Medicaid Services

Web: www.cms.gov

Phone: 1-800-MEDICARE

The Center for Medicare & Medicaid Services administers the Medicare,

Medicaid, and Children's Health Insurance programs. You can also access a variety of publications and a glossary of medical acronyms.

Senior Living

Web: <https://www.seniorliving.org/>

Research site for professionals and family members looking for information on aging, eldercare, and long-term care, including information on legal, financial, medical, and housing issues, policy, research, and statistics.

Medicare, U.S. Federal

Web: www.medicare.gov/

Phone: 1-800-MEDICARE (1-800-633-4227) | TTY 1-877-486-2048

Medicare Rights Center

Web: www.medicarerights.org/

National Helpline: (800) 333-4114

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives.

National Association of Nutrition and Aging Services Programs (NANASP)

Web: www.nanasp.org/ Phone: (202) 682-6899

Email: pcarlson@nanasp.org

NANASP is a leading organization advocating for community-based senior nutrition programs and their staff.

Long-Term Care Information Pathfinder

Web: <https://acl.gov/ltc>

Phone: (202) 619-0724

The U.S. Department of Health and Human Services developed this website to provide information and resources to help families plan for future long-term care (LTC) needs. They want to help people understand what long-term care is, how and where you can get information and services you need - now or in the future, and how to pay for services.

National Coalition on Aging (NCOA)

Web: www.ncoa.org/

Phone: (571) 527-3900

(NCOA) is a nonprofit service and advocacy organization headquartered in Washington, DC. That seeks to improve the lives of millions of older adults, especially those who are vulnerable and disadvantaged.

National Institute on Aging

Web: www.nia.nih.gov/

The NIA has been at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and wellbeing of older adults, and extending healthy, active years of life for more people.

National Resource Center on Nutrition and Aging (NRC)

Web: <https://seniornutrition.acl.gov/> The National Resource Center on Nutrition and Aging (NRC) is designed to assist the national aging network, including local nutrition programs as well as national associations and state and regional agencies involved with aging, in the implementation of the nutrition portions of the Older Americans Act.

Social Security, U.S. Federal

<http://ssa.gov/>

(800) 772-1213 | 1-800-325-0778 TTY

How to Create an Online Account

<http://ssa.gov/pubs/EN-05-10540.pdf>

What You Can Do Online

<http://ssa.gov/pubs/EN-05-10121.pdf>



National Resources by Population

Diverse Elders

Web: www.diverseelders.org/

Phone: (646) 653-5015

The Diverse Elders Coalition advocates for policies and programs that improve aging in communities for racially and ethnically diverse people, American Indians and Alaska Natives, and LGBT people.

Deaf Seniors of America

Web: <https://deafseniors.us/>

DSA improves the quality of life for senior citizens who are deaf. For resource list:

www.nad.org/senior-resources

National Asian Pacific Center on Aging (NAPCA)

Web: www.napca.org/

Phone: (800) 336-2722

NAPCA addresses the needs of AAPI elders. Website includes several languages, especially Chinese, Korean, and Vietnamese.

National Caucus and Center on Black Aging

Web: www.ncba-aged.org/

Phone: (202) 637-8400

Email: aboddie@ncba-aging.org

NCBA is dedicated to preserving the dignity and enhancing the lives of low- income elderly African Americans. NCBA addresses the needs of its constituency in the areas of health, affordable housing, and employment.

National Hispanic Council on Aging

Web: www.nhcoa.org/

Phone: (202) 347-9733

NHCOA is the leading national organization working to improve the lives of Hispanic older adults, their families, and their caregivers.

National Indian Council on Aging

Web: <http://nicoa.org/>

Phone: (505) 292-2001

NICOA serves as a central access point for information on employment, healthcare, conferences and more for American Indian and Alaska Native elders.

National Resource Center on LGBT Aging

Web: <http://lgbtagingcenter.org/>

Phone: (212) 741-2247

The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

SAGE (Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders)

Web: www.sageusa.org/

Phone: (212) 741-2247

Oldest & largest organization devoted to meeting the needs of aging GLBT persons; SAGE New York City provides many direct services and resources to GLBT seniors, education, training for health providers, and advice

Brochures & Materials for Guests

National Institute on Aging

Web: <https://order.nia.nih.gov/>

The NIA has several FREE publications that you can order. Many of the brochures can be downloaded and most are available in Spanish as well. The *Age Pages* are focused for seniors and cover a wide range of topics.

Prepare for Emergencies Now: Information for Older Americans

Web: www.ready.gov/publications

There is also a version for people with disabilities. You can order the brochures for FREE or download them. Both are available in multiple languages.

Senior Adults & Gambling

To receive copies, contact Peg Rose:
prose@rilot.ri.gov.

Problem Gambling Hotline: (877) 942-6253
RI Lottery Play Responsibility provides information for seniors about problem gambling.



Rhode Island Special Needs Emergency Registry

Web:

<https://health.ri.gov/emergency/about/specialneedsregistry/>

This system is designed to identify individuals who may require special assistance during emergencies. *Enrollment in the Registry does not guarantee assistance*, but allows first responders to appropriately plan for, prepare for, and respond to the needs of the community.

Temporary Caregiver Insurance

Web: <https://dlt.ri.gov/tdi/>

Web: <https://dlt.ri.gov/documents/pdf/tdi/TCIFactSheet.pdf>

The Temporary Caregiver Insurance program (TCI) is effective as of January 5, 2014. The TCI program provides up to four weeks of wage replacement benefits to workers who need to take time from work to care for a seriously ill child, spouse, domestic partner, parent, parent-in-law, or grandparent.

6 Steps to Prevent a Fall

National Coalition on Aging
Download from:

<https://www.ncoa.org/article/6-steps-to-help-prevent-falls-in-older-adults>

12 Things Anyone Can Do to Prevent Elder Abuse - Poster

National Center on Elder Abuse
Download from:

http://eldermistreatment.usc.edu/wp-content/uploads/2018/03/NCEA_12things_508-1.pdf

Personal Health Care Journal

Created by US Administration on Aging.
The print version of this resource is available from the Senior Medicare Patrol of the RI Office of Healthy Aging.

<https://oha.ri.gov/what-we-do/protect/senior-medicare-patrol>

SAMHSA Brochures

Visit <http://store.samhsa.gov/> and search for “seniors”.

The **Substance Abuse and Health Services Administration** has several publications for the older adult audience. Examples include Good Mental Health is Ageless and As You Age: A Guide to Aging, Medicines, and Alcohol.

Additional Nutrition Resources...

Food Safety for Older Adults

<http://www.fda.gov/downloads/Food/FoodbornellnessContaminants/UCM312790.pdf>

What’s on Your Plate: Smart Food Choices for Healthy Aging <https://order.nia.nih.gov/sites/default/files/2018-06/whats-on-your-plate-508.pdf>



Commodity Supplemental Food Program (CSFP)

What is CFSP?

The Commodity Supplemental Food program (CSFP) is a USDA nutrition program that provides monthly food assistance **specifically targeted at low-income seniors**. The CSFP is designed to meet the unique nutritional needs of seniors by supplementing diets with a monthly package of healthy, nutritious food provided by the USDA.

Who qualifies?

CSFP serves individuals aged 60 and over with income at or less than 130% of the Federal Income Guidelines.

How can I apply for CFSP?

If you or someone you know can benefit from CFSP, please contact the CSFP Coordinator, Kadir Carcamo, at the Rhode Island Community Food Bank at (401) 942-6325.

Find out more about CFSP go to: <https://rifoodbank.org/what-we-do/food-bank-programs/older-adult-services/>

