

# Moving out of your home may not be your only choice.



You can get help to look at all of your options.

There are many questions you may need answers to before you make the choice to move out of your home. Can services that you need be brought to your home instead of moving? Would your finances stretch farther if you remain in your own home?

The Senior LinkAge Line® staff can help you get the answers you need to help you remain in your own home.



# Senior LinkAge Line®

1-800-333-2433

Senior LinkAge Line® is a free telephone information and assistance service, which makes it easy for older adults and their families to find community services. With a single call, people can find services near them or get help evaluating their situation to determine what kind of service might be helpful.

- Housework, yard work and snow shoveling services may be available in your area.
- Meals can be delivered to your home.
- Home modifications to help you remain in your home.
- Transportation services may be available to help you stay connected to your family, friends and run errands.
- Help with difficult decisions, memory care, safety issues, support for family caregivers and arranging services.
- Using your health care benefits and assets as effectively as possible.



**Your link to an expert**