

Get free help to...

# Age well Live well



As a senior who wants to remain independent, you may need answers to a variety of questions. The **Senior LinkAge Line®** staff and volunteers can help you with answers or connect you to the right place.

**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**