



## General Senior Living Resources

### AARP

American Association of Retired Persons provides a variety of resources for seniors, including downsized recipes, local activities, style, legal advocacy, travel and more.

<http://www.aarp.org/>

### Benefits Check-up

Benefits Check-up, provided by the National Council on Aging, assists seniors in finding benefits which could save them money and cover the cost of everyday expenses. This include help with medications, food, utilities, housing, health care and more.

<https://www.benefitscheckup.org/>

## Health & Wellness

### Senior Health from National Institute of Health

This site is full of information, videos and resources involving all senior-specific health and wellness topics and healthy aging.

<http://nihseniorhealth.gov/>

### Medicare

The U.S. Government's official site for all things Medicare

<https://www.medicare.gov/>

### Centers for Medicare and Medicaid

<https://www.cms.gov/>

## Financial Fitness

### National Foundation for Credit Counseling

The longest serving non-profit financial counseling organization can assist you with credit/debt counseling, housing counseling, reverse mortgage counseling and more.

<https://www.nfcc.org/>

### Retirement Information

Information on the basics of retirement and pension benefits provided by the United States Government.

<https://www.usa.gov/retirement>

### Social Security Administration

<https://www.ssa.gov/>