

## RESOURCES

### Agencies/Organizations

AAA Foundation for Traffic Safety (55+ self exam test)	1-800-305-7233
AARP - Wisconsin	1-608-251-2277
Alzheimer's Association -- South Central Wisconsin Chapter	1-608-232-3400
Alzheimer's Disease and Related Disorders Association	1-800-272-3900
American Arthritis Foundation	1-800-283-7800
American Association of Homes and Services for the Aging	1-202-783-2242
American Geriatrics Society	1-212-308-1414
American Heart Association	1-800-242-8721
American Occupational Therapy Association (Health & Rehabilitation)	1-301-652-2682
American Physical Therapy Association	1-703-684-2782
American Senior Fitness Association	1-800-243-1478
Area Agency on Aging (Eldercare Locator: referrals)	1-800-677-1116
Area Agency on Aging of Dane County (referrals, meal sites)	1-608-224-3660
Coalition of Wisconsin Aging Groups (advocacy, elder law)	1-800-366-2990
Family Caregiver Alliance (Support for caregivers)	1-800-445-8106
Meals on Wheels Foundation (Meals to homebound persons)	1-616-531-9909
Medicare Hotline (Will let you know what expenses are covered)	1-800-638-6833
Medigap Helpline	1-800-242-1060
National Adult Day Services Association (NADSA)	1-202-479-6682
National Alliance for the Mentally ill (Referrals to support groups)	1-800-950-6264
National Council on the Aging (NCOA)	1-800-424-9046
National Family Caregivers Association	1-800-896-3650
National Federation of Interfaith Volunteer Caregivers	1-800-350-7438
National Institute on Aging Information Center	1-800-222-2225
National Mental Health Association	1-800-969-6642
National Safety Council (Course for elderly drivers)	1-800-621-6244
National Stroke Association	1-800-787-6537
Senior Corps Hotline (Volunteer programs: Foster Grandparents, Senior Companion Program, Retired Senior Program)	1-800-424-8867
The American Geriatrics Society	1-212-308-1414
U.S. Administration on Aging	1-202-619-0724

### Publications

Snowdon, David. *Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives*. New York: Bantam Books, 2001.

Nun's Study Web site: [www.nunstudy.org](http://www.nunstudy.org)

Mace, Nancy L., and Peter Rabins, *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses and Memory Loss in Later Life*.

Baltimore: The John Hopkins University Press, 1999.

## **Dane County Area Resource Guides**

50 Plus Lifestyles: Southwest Wisconsin's Newsmagazine for the Active 50-Plus Population.

Senior Resource & Caregiver's Guide, Dane County 2003.

P.O. Box 44327, Madison, WI 53711

1-608-274-5200

Senior Resources' 2003/2004 South Central Wisconsin Directory of Services for Older Adults

P.O. Box 285, Germantown, WI 53022

1-262-253-0901

Over 60 Resource Directory - Programs and Services for those over 60 in Dane County

Available through Dane County's Area Agency on Aging

Madison, Wisconsin

1-608-224-3660

United Way 211 -- Resource help line

United Way of Dane County

P.O. Box 7548, Madison, WI 53707-7548

## **Outreach/Referral/Coordination of Services in Dane County (also known as Focal Points)**

Colonial Club Senior Activity Center (Sun Prairie)	608-837-4611
Deforest Area Senior Center	608-846-9469
East Madison/Monona Coalition of the Aging	608-223-3100
Fitchburg Senior Center	608-270-4290
McFarland Outreach	608-838-7117
Middleton Senior Center	608-831-2373
North/Eastside Senior Coalition	608-243-5252
Northwest Dane Senior Services (Black Earth)	608-767-3757
Oregon Area Senior Center	608-835-5801
South Madison Coalition of the Elderly	608-251-8405
Southwest Dane Outreach Program (Mt. Horeb)	608-437-6902
Verona Senior Center	608-845-7471
Waunakee Senior Center	608-849-8385
West Madison Senior Coalition	608-238-7368