

[Go For Life! - How Seniors Stay Active](#) Recreation, health, and activity ideas and inspiration from the National Institute on Aging from the National Institute of Health.

[Institute on Aging - Eldercare Locator](#)

Use to find local and state organizations specializing in care for the elderly.

[National Institute on Aging](#)

Under the direction of the U.S. Department of Health & Human Services, the NIA, one of the National Institutes of Health is deeply dedicated to senior health research.

[Social Security Online](#)