

Resources

AoA National Eldercare Locator
1-800-677-1116 www.eldercare.gov

AoA's Caregiver Website:
www.aoa.gov/carenetwork

AoA' Alzheimer's web site:
www.aoa.gov/alz

State Units on Aging:
www.aoa.gov/aoa/pages/state.html

Local Area Agency on Aging:
Eldercare Locator or your local
telephone directory

Family Caregiver Alliance:
www.caregiver.org

National Alliance for Caregiving:
[www. Caregiving.org](http://www.Caregiving.org)

Alzheimer's Association: www.alz.org

National Family Caregivers Association:
www.nfcacares.org

AARP: www.aarp.org



**Area Agency on Aging
Information and
Assistance (I&A)**
1-580-562-4882
1-800-627-4882

Senior Info Line

**South Western Oklahoma
Development Authority**

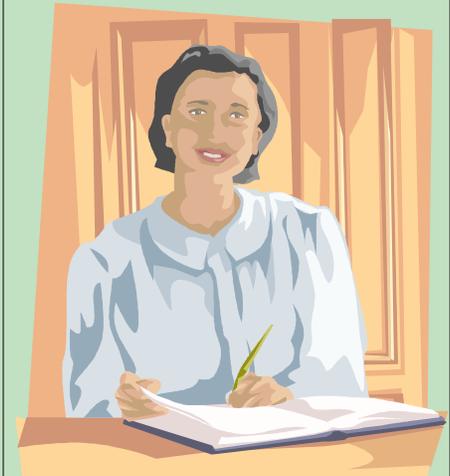
P.O. Box 569
Bldg. 420 Sooner Drive
Burns Flat, Oklahoma 73624

Phone: 580-562-4882
1-800-627-4882
Fax: 580-562-4880
www.swoda.org

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**Caregiver
Survival
Tips**



South Western Oklahoma Development Authority