



## Council on Aging of Southwestern Ohio News Release

### NEWS

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### Resource directory helps seniors find services

Finding services for older adults can be frustrating if you don't know where to turn. A good place to start is with the ***Help4Seniors Resource Directory***. Council on Aging of Southwestern Ohio has produced its latest edition of the directory, which is now available.

The comprehensive 242-page guide lists everything from housing options to Medicare information, to support groups, senior centers, pharmacies that deliver, transportation options, caregiver training – you name it. It covers services in Butler, Clermont, Clinton, Hamilton and Warren counties.

"It's a lot of effort to put this directory together, but organizations that work with older adults really clamor for it," said Chris Brand, manager of Community Resources & Information for Council on Aging. "The Resource Directory is one of our best community services. We want people to know they can start looking for help by contacting their Area Agency on Aging – that's us."

Hard copies and CDs of the 2008-2009 edition of *Help4Seniors Resource Directory* are available in limited quantities to organizations. Call 345-8643 or email Chris Brand at [cbrand@help4seniors.org](mailto:cbrand@help4seniors.org). Anyone can also access the resource guide from the home page of the Council on Aging web site, [www.help4seniors.org](http://www.help4seniors.org).

Updates are already underway for the next edition. Brand encourages anyone with additional information, suggestions or corrections to contact her at [cbrand@help4seniors.org](mailto:cbrand@help4seniors.org).

### About Council on Aging

Council on Aging of Southwestern Ohio (COA) is a nonprofit organization dedicated to enhancing the quality of life for older adults and their families.

Since 1974, COA has been designated by the state of Ohio as the Area Agency on Aging for Butler, Clermont, Clinton, Hamilton and Warren counties. COA plans, coordinates, funds and administers programs for an area that is home to more than 252,000 adults age 60 and older.

COA promotes choice, independence, dignity and well-being of older adults through a range of services that help them remain in their homes for as long as possible.

One call to COA links people to the wide variety of agencies, information and programs that serve older adults.

#### ***For Answers on Aging:***

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