KEY RESOURCES for OLDER ADULTS

Information and Referral:

New York City Department for the Aging: www.nyc.gov/aging Call 311 for information about all NYC programs and resources available.

NYS Office of the Aging & Senior Hotline: 1-800-342-9871, www.aging.state.ny.us

The Official Website of the City of New York: Information and access to all NYC government programs and services, Call 311, http://www1.nyc.gov

Health Insurance and Entitlement Assistance:
Community Service Society of New York: An advocacy organization (212-254-8900) and for assistance with the insurance marketplace. 1-888-614-5400, www.cssny.org

HIICAP (Health Insurance Information, Counseling and Assistance Program): Call 311


Medicare: 1-800-MEDICARE or 1-800-633-4227, www.medicare.gov


Nutrition:


These resources are provided by Hospital for Special Surgery VOICES 60+ Senior Advocacy Program http://www.hss.edu/voices60.asp and are for general information only. If you have any questions regarding your health ALWAYS CONSULT YOUR PERSONAL QUALIFIED HEALTHCARE PROVIDER. www.hss.edu
KEY RESOURCES for OLDER ADULTS

### Transportation:

Transportation program for people unable to use public transportation. Fare is the same as full fare on mass transit. Call for application.

**Reduced Fare Metrocard:** 1-718-330-1234, [www.mta.info](http://www.mta.info). Half-fare to seniors 65 and older.

### Health and Aging Resources and Websites:

**Hospital for Special Surgery:** Articles on orthopedic and arthritis-related conditions and an overview of the support programs available at the hospital. [www.hss.edu](http://www.hss.edu)

**National Institute on Aging:** [www.nia.nih.gov](http://www.nia.nih.gov)

**The Arthritis Foundation:** Advocacy, programs, services, research, information and resources regarding the over 100 different types of arthritis. [www.arthritis.org](http://www.arthritis.org)

### Mental Health:

**Lifenet:** 1-800-LIFENET (1-800-543-3638) NYC's toll-free, multilingual, multi-cultural, confidential referral hotline available 24 hours/day, 7 days/week for those seeking help for mental health and/or substance abuse treatment.

- **English:** 1-800-LIFENET (1-800-543-3638)
- **Spanish:** 1-877-AYÚDESE (1-877-298-3373)
- **Mandarin:** Asian LifeNet (1-877-990-8585)

### Housing:


**NYC Housing Authority Contact numbers:** [http://www.nyc.gov/html/nycha/html/contact/contact.shtml](http://www.nyc.gov/html/nycha/html/contact/contact.shtml), or call 311

**NYC Housing Connect:** [www.nyc.gov/housingconnect](http://www.nyc.gov/housingconnect)

**NYC Housing Search:** [www.nyhousingsearch.gov](http://www.nyhousingsearch.gov)

**New York Foundation for Senior Citizens:** Information for older adults on job training and placement, senior centers, free transportation, housing alternatives and support services, 1-212-962-7559, [www.nyfsc.org](http://www.nyfsc.org)

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