

Work-Life Resources

Elder Care Information

American Association of Retired Persons (AARP) National Organization

<http://www.AARP.org>

AARP' site is a great resource for member benefits, legislative issues, life transitions, independent living, computers and the Internet, and even fun and leisure.

Senior Law

<http://www.seniorlaw.com>

This is a site to access information about Elder law, Medicare, Medicaid, estate planning, trusts, and the rights of the elderly and disabled.

Employee Assistance Program (EAP)

<http://www.foh.dhhs.gov>

If you need assistance with elder care issues contact your local EAP counselor. This is a free, confidential service. Help is available 24 hours a day by calling 1-800-222-0364.

Elder Care Locator

<http://www.eldercare.gov>

This is a nationwide directory assistance service designed to help the older persons and caregivers find local support resources for aging Americans. If you need information regarding resources or referral agencies in your area, call 1-800-677-1116; M-F, 9 a.m.-8 p.m. EST.

National Council on the Aging (NCOA)

<http://www.ncoa.org>

NCOA is a complex organization that addresses many issues including: aging, depression, employment, family care, health care, hearing impairment, housing, long-term care, pain, personal finance, religion and spirituality, substance abuse, and sexuality.

Social Security Office Locator

<http://www.ssa.gov>

The Social Security Office Locator is available all day, M-F, (except 2 a.m. until 3a.m. EST), and on Saturday, 8 a.m-11 p.m. and Sun. 8 a.m. - 8 p.m. EST.

Child Care Information

Child Care Aware

<http://www.childcareaware.org>

For assistance in locating Child Care Services in your area, call the Child Resource and Referral Agency at 1-800-424-2246 (M-F, 8 a.m. – 5 p.m. CST).

National Resource Center for Health and Safety in Child Care

The Center promotes health and safety for in and out home child care settings throughout the nation. Each State manages the licensure of child care settings in different ways. For more information, call 1-800-598-KIDS.

Children With Special Needs

The National Information Center for Children and Youth (NICHCY) with Disabilities is an Organization that assists parents in locating child care for special needs children. NICHCY will send you, free of charge, two useful publications: A Parent's Guide: Accessing Programs for Infants, Toddlers, and Preschoolers with Disabilities and A Parent's Guide: Accessing Parent Groups. For more information, call 1-800-695-0285.

Sick Child/Emergency Care

All children get sick from time to time. Most child care centers have policies about sick children and very few allow children with a contagious disease to attend. Some day care centers set aside space to care for mildly ill children. These centers usually have a nurse on staff or on call. To find out if there is a center in your area, contact the National Association of Sick Child Day Care Centers at 804-747-5900.

Nursing Mothers Rooms

Nursing Mothers Rooms are located in the Washington D.C. Metropolitan Area and in certain field locations. For more information, contact your Building Manager.

Fatherhood Support Information

Father's World

<http://www.fathersworld.com>

This site provides information about all types of fathers: single fathers, stay-at-home fathers, family fathers, and divorced fathers and their families; but the main focus is on being better parents.

Be A Fan of Your Kid

<http://www.beafanofyourkid.org/>

This site provides dads and father figures with tips, suggestions, and resources on positive fathering and role modeling for kids.

The Single and Custodial Father's Network, Inc.

<http://www.scfn.org/>

This is a non-profit organization dedicated to fathers who meet the challenge of custodial parenthood.

Grandparent Support Information

Grands Place

<http://www.grandsplace.com/>

This site provides resources for grandparents who are raising their children's kids. It includes access to legal resources, words of wisdom, a chat room, and a kid's page.

Grandparents Raising Grandchildren Trust

<http://www.raisinggrandchildren.org.nz/>

This site provides support for grandparents raising grandchildren.

Grand Families

<http://www.familyeducation.com/home/>

This site features facts and advice for the growing number of grandparents who are raising their grandkids.

Grandparents Raising Grandchildren

<http://www.grandparenting.org>

This is a coalition including the AARP, University of Wisconsin Extension Services, and the Purdue Research Foundation that have put together an education program for grandparents raising grandchildren.

Wellness Information

American Council on Exercise

<http://www.acefitness.org/aboutace/index.cfm>

This is a non-profit organization committed to promoting active, healthy lifestyles and their positive effects on the mind, body, and spirit.

American Dietetic Association

<http://www.eatright.org/Public/>

This is an excellent resource for nutritional information and assistance on finding a dietitian.

HealthFinder

<http://www.healthfinder.gov/>

This is a guide to reliable health information.

Healthy Habits

<http://www.healthyhabits.com/>

This site lists workshops and articles on healthy eating habits, exercise, weight, stress management, and personal image analysis.

Medic Alert

[http://www.medicalert.org/\(gzqfor45xcq3zp55b2wuro55\)/home/Homegradient.aspx](http://www.medicalert.org/(gzqfor45xcq3zp55b2wuro55)/home/Homegradient.aspx)

Patients can get information about the Medic Alert identification program from this Web site.

National Center for Chronic Disease Prevention and Health Promotion

<http://www.cdc.gov/nccdphp/sgr/fact.htm>

This site provides helpful information in preventing premature death and disability from chronic disease and promotes healthy behavior.

This lists the days, weeks, or months devoted to promoting particular health concerns.

National Association for Health and Fitness

<http://www.physicalfitness.org/>

This is a non-profit organization that exists to improve the quality of life for individuals in the United States.

U.S. Department of Health and Human Service

<http://www.hhs.gov/>

This is the United States Government's principal agency for protecting the health of all Americans and providing essential Human Services, especially for those who are least able to help themselves.