**For Consumers and Caregivers:**

Each of the sites below is worth perusing. They are full of articles, links to other sights, tips on senior housing, caregiver information, free newsletters, short articles, etc. Some even provide free help in locating suitable living arrangements for a loved one.

<http://www.seniorliving.org> - In addition to providing referrals to specific senior living facilities in our area, it also has a good senior living library of short articles.

<https://www.agingcare.com> - An extensive website with blogs, “ask the experts”, articles, newsletters etc. for caregivers

<https://aplaceformom.com> - Subscribe to their newsletter to receive timely articles.

[www.ageinplace.org/](http://www.ageinplace.org/) - Presented by the National Aging in Place Council

<http://www.ahpcc.org.uk/news-study/articles/> - Pay particular attention to the insightful and often witty writings of Milton Crum as he discusses, among other things, his voyage through old age, feebleness and frailty.

<http://www.seniorsresourceguide.com/index.html> - An online edition of the Summer/Fall 2016 edition of the Senior Resource Guide for Greater Houston /Southwest Edition. Hard copies of these guides, published semi –annually, are available at various locations throughout Houston.

[www.agingwithdignity.org/texas](http://www.agingwithdignity.org/texas) -Their mission is to safeguard the human dignity of people as they age or face serious illness. They sell a publication entitled Five Wishes - an easy-to-use legal document written in everyday language that lets *adults of all ages* plan how they want to be cared for in case they become seriously ill.