

Aging & Disability Resource Guide for Diverse Communities

2022



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Independent Living Research Utilization

<https://www.ilru.org/about-ilru>

The ILRU (Independent Living Research Utilization) program is a national center for information, training, research, and technical assistance in independent living. Its goal is to expand the body of knowledge in independent living and to improve utilization of results of research programs and demonstration projects in this field. It is a program of TIRR Memorial Hermann, a nationally recognized medical rehabilitation facility for persons with disabilities.

Since ILRU was established in 1977, it has developed a variety of strategies for collecting, synthesizing, and disseminating information related to the field of independent living. ILRU staff--a majority of whom are people with disabilities--serve independent living centers, statewide independent living councils, state and federal rehabilitation agencies, consumer organizations, educational institutions, medical facilities, and other organizations involved in the field, both nationally and internationally.

Meals on Wheels of America

<https://www.mealsonwheelsamerica.org/>

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

Meals on Wheels operates in virtually every community in America through our network of more than 5,000 independently-run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.

State Health Insurance Assistance Program (SHIP) National Technical Assistance Center

www.shiphelp.org

The SHIP National Technical Assistance Center at Northeast Iowa Area Agency on Aging, Inc. is funded by a grant from the U.S. Administration for Community Living. The Center provides training, technical assistance, and public promotion to support the national SHIP program and its 54 individual SHIP projects. SHIPs are government-funded to provide local, unbiased, knowledgeable, and individualized Medicare help to Medicare beneficiaries, their families, and caregivers. A person's health needs, location, and income are all factors when making Medicare decisions. SHIPs help people navigate all aspects of their Medicare coverage. Depending on your area, you may know your local SHIP by another name, but the services provided are the same. The SHIP TA Center serves as a central source of information about the SHIP program, providing a single national location for the public to find their SHIP. Visit www.shiphelp.org to learn more.

Senior Medicare Patrol (SMP) National Resource Center

www.smpresource.org

The SMP National Resource Center at Northeast Iowa Area Agency on Aging, Inc. is funded by a grant from the U.S. Administration for Community Living. The Center provides training, technical assistance, and national visibility to support the national SMP program and its 54 individual SMP projects. It also serves as a central source of information about the SMP program nationally. SMPs are a government-funded program, and their main goal is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs protect the integrity of the Medicare program and they do so by conducting outreach and education, engaging volunteers, and receiving complaints of potential fraud. Visit www.smpresource.org to learn more.

University of Maine Center on Aging

www.mainecenteronaging.org

The mission of the Center is to promote and facilitate activities on aging in the areas of education, research and evaluation, and community service to maximize the quality of life of older citizens and their families. We sponsor an RSVP and Senior Companion Program, have an Older Adult Research Registry, collaborate in a Geriatrics Workforce Advancement Program (AgingME), are affiliated with a senior college, and facilitate, in collaboration with AARP, the advancement of age friendly communities across the nation. Volunteer, training, and life-long education programs like these are offered nationwide through Americorps, the Age Friendly University national network, academic centers on aging, and the national network of senior colleges.

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

The National Center on Elder Abuse (NCEA) serves as a national resource center dedicated to the prevention of elder mistreatment. First established by the U.S. Administration on Aging (AoA) in 1988 as a national elder abuse resource center, the NCEA was granted a permanent home at AoA in the 1992 amendments made to Title II of the Older Americans Act.

The goal of the NCEA is to improve the national response to elder abuse, neglect, and exploitation by gathering, housing, disseminating, and stimulating innovative, validated methods of research, practice policy and education.

USAging

<https://www.usaging.org/>

USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.

USAging and our members work to improve the quality of life and health of older adults and people with disabilities, including supporting people with chronic illness, people living with dementia, family caregivers and others who want to age well at home and in the community. Together, we are ensuring that all people can age well. Our members are the local leaders that develop, coordinate and deliver a wide range of home and community-based services, including information and referral/assistance, case management, home-delivered and congregate meals, in-home services, caregiver supports, transportation, evidence-based health and wellness programs, long-term care ombudsman programs and more.

Older Adults Equity Collaborative Organizations

MHP Salud

<https://mhpsalud.org/>

MHP Salud builds the capacity of service providers and community members to address issues that affect aging Hispanic communities using culturally and linguistically appropriate, peer-based programming. MHP Salud's mission is to promote the community health worker (CHW) profession as a culturally appropriate strategy to improve health and implement CHW programs to empower underserved Latino communities.

National Caucus and Center on Black Aging (NCBA)

<https://ncba-aging.org/>

Founded in 1970, [NCBA](https://ncba-aging.org/) provides technical assistance, resources, and support to further advancements and innovations that serve older African Americans and their families. NCBA is the only national organization devoted to addressing minority and low-income aging issues.

National Indian Council on Aging (NICOA)

<https://www.nicoa.org/>

Founded by members of the National Tribal Chairmen's Association, [NICOA](https://www.nicoa.org/) is a 501(c)(3) nonprofit organization focused on the needs of aging American Indian and Alaska Native elders. The mission of NICOA is to advocate for improved comprehensive health, social services, and economic well-being for elders.

National Asian Pacific Center on Aging (NAPCA)

<https://www.napca.org/resource/>

NAPCA's [National Resource Center on AAPI Aging](https://www.napca.org/resource/) is the nation's first and only TA resource center dedicated to building the capacity of long-term services and support systems to equitably serve Asian American Pacific Islander (AAPI) older adults and their caregivers. The Center collaborates with aging organizations to develop TA, including trainings and culturally and linguistically appropriate educational resources.

OAEC Coordinating Center

<https://www.nyam.org/center-healthy-aging/advising/oaec-resource-library/>

To promote and support collaboration, coordination, and cross-cutting efforts among the OAEC organizations, ACL funds a coordinating center. Administered by The [Center for Healthy Aging at The New York Academy of Medicine](#), the center also fosters partnership between the OAEC, other ACL-funded resource centers, and external stakeholders working with diverse older adults and their family caregivers.

SAGE National Resource Center on LGBTQ+ Aging

<https://www.lgbtagingcenter.org/>

The [SAGE](#) National Resource Center on LGBTQ+ Aging is the country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers. The Resource Center also hosts the SAGE National LGBTQ+ Elder Hotline available 24/7 and can be reached at 1-877-360-5428.

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