

## **Medicare Information**

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

The official consumer site of the Medicare program. Access to Medicare publications, Personal Health Plan Finder, supplier directory, and frequently asked questions.

<http://www.trailblazerhealth.com/parta/index.asp>

Trailblazer Health Enterprises pays some Colorado Medicare Part A hospital and skilled nursing facility claims. Information for providers is available at this website.

<http://www.palmettogba.com>

Palmetto pays Colorado Medicare claims for durable medical equipment such as wheelchairs, prosthetics, orthotics, and glucose monitors. See the beneficiary link for home medical equipment. This site also provides comprehensive information about other Medicare services as well that Palmetto pays claims for in other states.

## **Other Health Insurance**

<http://www.opm.gov/insure/health/medicare/index.asp>

The website for information about the Federal Employees Health Benefit Plan and how it coordinates with Medicare. Also at this root site is information about the particular health insurance options, including benefit summaries or entire policies. The federal long-term care insurance options and excellent consumer education materials are also available on the larger website.

<http://www.copera.org>

The website for information about health care plans for Colorado state employees who have retired, and for many Colorado retired schoolteachers.

<http://www.index.va.gov/search/va/index.jsp>

Many Coloradans are eligible to receive health benefits from the federal Veterans Administration (VA). This site provides eligibility information, location of local VA facilities, and information on long-term care programs for veterans.

<http://www.tricare.osd.mil/tfl/default.cfm>

TriCare for Life is the military operated health system for those who retired after a career in the military and are now on Medicare. TriCare for Life provides comprehensive secondary payment for Medicare services and a great prescription drug program.

## **Social Security**

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

The official site of the Social Security Administration, with extensive materials about pensions and disability. Access to many publications and forms, including online submission.

## **Aging Services and Information**

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

A comprehensive resource site for Colorado older adults operated by the Colorado Gerontological Society.

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

This service screens consumers age 55 and over for all federal and state assistance programs. The screening is confidential, requiring no identifying information. At the conclusion of screening, a handout of programs and how to apply for them is produced. A service of the National Council on the Aging (NCOA).

<http://www.cdhs.state.co.us/ADRS/AAS/index1.html/>

The official state of Colorado Aging and Adult Services website. The Division of Aging and Adult Services includes a variety of human service programs. These include [Adult Income and Medical Support Programs](#), [Adult Protection and Elder Rights Programs](#), and [Older Americans/Coloradans Act Programs](#).

<http://www.cdhs.state.co.us/ADRS/AAS/aaas.htm/>

This state website lists the Colorado regional Area Agencies on Aging, who fund certain aging services programs such as meals on wheels and operate information and referral programs.

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

The federal Administration on Aging (AoA) website section for elders and caregivers provides extensive resources and sources about aging topics.

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

The Colorado Energy Assistance Foundation is a non-profit that provides assistance with heating costs for lower income Coloradans.

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

This website, operated by the drug industry trade group PhRMA, will screen patients to see if they qualify for the free "patient assistance programs" and help them proceed with the application process. If the patient does not qualify, it will suggest the discount card programs, if applicable, that may provide 20% or greater discounts. The site supports screening for one drug name at a time.

## Health Information

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

This is a consumer-friendly federal website for health information. You can search by topic to find information.

<http://www.nlm.nih.gov/medlineplus/>

Another federal consumer health website, it contains links to senior health and clinical trial information, drugs, and a medical encyclopedia. Operated by the National Institute of Health.

<http://www.nlm.nih.gov/hinfo.html>

The National Library of Medicine is a highly technical health website operated by the federal government for health care providers. PubMed provides searches of abstracts from thousands of articles in medical journals.

<http://www.merck.com/pubs/>

Detailed health information written for consumers. Look for the Merck Manual of Medical Information Home Edition, which is written for consumers. And the Merck Manual of Geriatrics which is plainly written but contains some medical terminology.

## Anti-Fraud and Consumer Information

<http://www.aarpelderwatch.org/public/home.html>

AARP ElderWatch is a joint program of the Colorado Attorney General's office and the AARP foundation. The website has extensive information and links to help combat fraud aimed at older adults. This project fights the financial exploitation of older Americans in the state of Colorado through collection of data, extensive outreach and education, and the provision of technical assistance.

The Project provides information to and coordinates efforts by the state's law enforcement offices, adult protection and mental health agencies and organizations assisting older Americans - as well as efforts undertaken by older Americans themselves.

<http://www.denver.bbb.org/>

The Better Business Bureau works to ensure ethical business standards, and publishes reliability reports on businesses you may consider hiring and a complaint process. This Denver-Boulder BBB site also allows a search for other Better Business Bureau's in Colorado Springs, Fort Collins, and Farmington NM that serve other regions of Colorado.

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

The BBB Wise Giving Alliance offers guidance to donors on making informed charitable contribution through charity evaluations, various "tips" publications, and publishes the quarterly [\*Better Business Bureau Wise Giving Guide\*](#). For example, you can find out what percent of your contribution goes to the cause as opposed to fundraising costs and administrative costs.

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

The Colorado Bar Association website contains many brochures on estate planning issues. Also look for the senior law handbook, a thorough overview of our state's elder law.

## **Miscellaneous**

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

A huge array of information for adults over age 50 on all topics related to aging, retirement, and health.

<http://www.aarp.org/veterans/>

This site provides access to the Veterans History Project, an attempt to record the thoughts of Americans who fought in World War II, Korea and other 20<sup>th</sup> century wars. You can access recorded memories of veterans at the Library of Congress from this site.

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

The official state of Colorado website with access to state, federal, and private information of special interest to older adults.

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

The official federal site for older adults. Access to all federal websites they feel are of special interest to older adults.

## **Nursing Home Quality**

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

The official Medicare website has a section called "nursing home compare" that will provide some simple summary information about nursing home quality outcomes.

<http://www.cdphe.state.co.us/>

This is the Colorado state government website and contains detailed information from state certification reviews of nursing home and assisted living facilities and from consumer complaints. This information goes into greater detail about what the problem or allegation was. You can also check licensure status of a facility.