

Dear Friends:

West Virginia's older population contributes enormously to the state economically, socially, and intellectually. Older West Virginians have a wealth of knowledge and experience—they helped build our nation and our state, and their contributions continue through their roles in their families and communities, and through civic engagement, volunteerism, and entrepreneurship.

Despite inaccurate negative generalizations, most older West Virginians are active and healthy; however, there may come a time when an older adult or their loved ones have concerns or are overwhelmed and need some community assistance to maintain their independence or understand their options.

This resource guide is designed to guide you to a live specialist who can help get your questions answered and make connections to a wide variety of services that can assist you, including support services, employment, volunteer opportunities, prescription and insurance counseling, benefits, and more. Regardless of your age, please take a moment to find out what's available in your community. Being informed can help you meet your personal goals.

Access to information and assistance sometimes can be the difference between the ability to remain in your home with the appropriate supports or not. It is important to access the information you need to remain independent or to care for a loved one who needs assistance—before a crisis occurs. The network of aging services providers is dedicated to providing this objective information and assistance, and they stand ready to talk with you about your needs or the needs of a loved one.

I hope you find this guide helpful. Remember, you are not alone. The first place to start is the West Virginia Aging and Disability Resource Center. Give them a call at 1-866-981-2372 or by visiting [www.navigate.org](http://www.navigate.org).

Sincerely,

*Brenda Landers*

**Executive Director**

**Metro Area Agency on Aging-Region II**