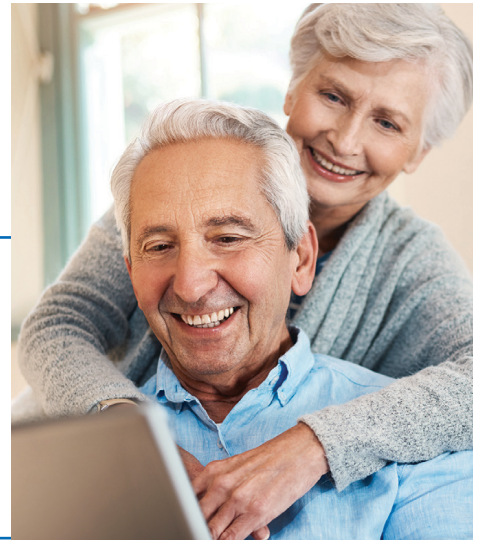


A Handy List of Useful Senior Websites

Seniors Real Estate Specialists (SRES®) do more than guide real estate transactions—they help older adults and their families navigate every part of a potential move. That can include connecting clients with trusted service providers or community resources.

For those who prefer to explore on their own, this list offers helpful websites—each one selected with the senior community in mind.



HEALTH AND WELLNESS

National Institute on Aging (NIA)

Provides research-based information on aging, health topics, and caregiving. It offers easy-to-understand articles and resources for understanding age-related diseases and promoting healthy living.

> nia.nih.gov

Medicare

A must-bookmark for anyone on Medicare and those who will soon be eligible. You can do a lot more than just compare Medicare plans. Learn about eligibility options, tending to your own health and more.

> medicare.gov

FINANCE AND RETIREMENT PLANNING

National Council on Aging (NCOA)

Offers resources on economic security for seniors, including budgeting tips, benefits checkups, and financial planning tools. It's a great resource for those looking to optimize their finances and access needed assistance.

> ncoa.org

EDUCATION AND LEARNING

edX

Free online courses from universities worldwide. Seniors can explore topics ranging from history to computer science at their own pace, with courses designed to be engaging and easy to follow.

> edx.org

NextAvenue

Focuses on providing information and advice on aging and lifestyle issues. It covers topics such as health, money, and work, offering practical advice for older adults.

> nextavenue.org

SOCIAL CONNECTION AND TECHNOLOGY

SeniorPlanet

A community platform offering online classes, events, and resources for seniors. It focuses on technology, health, and social engagement, helping seniors stay connected and active in their communities.

> seniorplanet.org

SENIOR SERVICES AND RESOURCES

U.S. Department of Housing and Urban Development

HUD offers housing options for seniors, including reverse mortgages, counseling, rural loans, apartments, public housing, and Section 8 vouchers.

> hud.gov/helping-americans/seniors



I'm Your SRES®.