

Taking Care of Ourselves Can Sometimes Be Hard



Do you know someone over age 60 who wants to improve their living conditions or could use more contact with friends and family? Are you concerned about someone who could use support to stay safe in their home?

**Call the Area Agency on Aging Helpline:
1-800-642-5119**

Vermont Area Agencies on Aging support older Vermonters to make decisions about what is best for them.



Vermont Association of Area Agencies on Aging

www.vermont4a.org