

THE CAREGIVER'S FRIDGE SHEET

The phone numbers every family should have on hand · Print it. Stick it on the fridge.

Free from TheBoomerGuide.com

IF SOMETHING IS WRONG RIGHT NOW

EMERGENCY

911

CRISIS LINE (call or text)

988

POISON CONTROL

1-800-222-1222

FIND LOCAL HELP — ANY U.S. ZIP CODE

Eldercare Locator

Free U.S. service — connects you to local aging programs

1-800-677-1116

211 — Local assistance of every kind

Food, utilities, rides, caregiver programs · 24/7

Dial 211

HEALTH & COVERAGE

Medicare

1-800-MEDICARE · 24/7 · coverage & claims

1-800-633-4227

Alzheimer's Association Helpline

24/7 — staffed by clinicians, call anytime

1-800-272-3900

Senior Medicare Patrol

Report Medicare fraud & billing errors

1-877-808-2468

VETERANS & THEIR CAREGIVERS

VA Caregiver Support Line

Mon–Fri 8am–8pm ET · caregiver programs & stipends

1-855-260-3274

VA Benefits & Health (MyVA411)

24/7 · one number for all VA questions

1-800-698-2411

Veterans Crisis Line

24/7 · or text 838255

988, press 1

MONEY & PROTECTION FROM SCAMS

Social Security Administration

Benefits & representative payee questions

1-800-772-1213

National Elder Fraud Hotline (DOJ)

If someone 60+ was scammed — zero judgment

1-833-372-8311

Federal Trade Commission

Report any scam or fraud attempt

1-877-382-4357

OUR FAMILY'S NUMBERS (fill these in)

Doctor: _____

Pharmacy: _____

Preferred hospital: _____

Nearby helper / neighbor: _____

Family point person: _____

More verified helplines, local-help finders, and free resources:

TheBoomerGuide.com/get-help.html