

# NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

## AGE-FRIENDLY LIVABLE COMMUNITIES

Click [here](#) for more information on Age-Friendly Livable Communities.

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## Sarasota's Age-Friendly Library Program

*Susan Berger  
Aging System Policy Coordinator  
Sarasota County Health  
and Human Services*

Age-Friendly Sarasota is a county-wide effort to promote active, engaged, and healthy living for people of all ages.

Sarasota County, with full support from the Board of County Commissioners, took the lead of this initiative in 2019. The Age-Friendly process is one of continuous quality improvement, and we look for new and creative ways to keep the lens focused on our aging population.

With that said, it's a perfect time for Age-Friendly Sarasota and Sarasota County Libraries to come together to support "A is for Aging," a collection of books that portray older adults and aging in a positive light for young readers.



**ABOVE** Tim Fortier, children's book author and Sarasota resident, enjoys reading about the "A is for Aging" book collection.

The "A is for Aging" brochure includes titles for children under the age of 5 to explore a variety of aging experiences. It includes stories through the eyes of grandparents, neighbors, or famous late bloomers.

During Children's Book Week (November 8-14, 2021), Sarasota's

Age-Friendly Library Program was pleased to share a list of Age-Friendly selections to inspire new understanding of our aging communities and the value they bring to our youngest residents.

[agefriendlysarasota.org/blog/a-is-for-aging.html](https://agefriendlysarasota.org/blog/a-is-for-aging.html)



**DEMENTIA**  
CARE & CURE INITIATIVE  
FLORIDA DEPARTMENT OF ELDER AFFAIRS



PHONE: (850) 414-2000

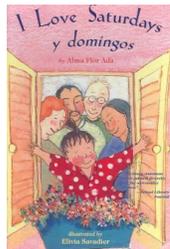
TDD: (850) 414-2001

EMAIL: [LivableFL@elderaffairs.org](mailto:LivableFL@elderaffairs.org)

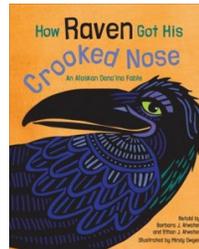
# "A" is for Aging

*A collection of books for young children to shed light on the positive aspects of aging and encourage intergenerational connections.*

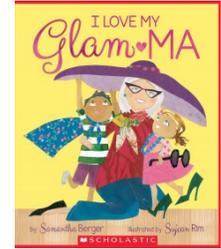
RIGHT: Some of the Positive-Aging picture books available at the Sarasota public library for young children to shed light on the positive aspects of aging and encourage intergenerational connections.



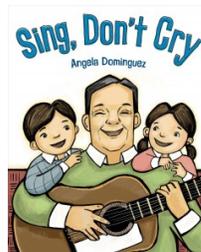
**I Love Saturdays y domingos**  
Alma Flor Ada



**How Raven Got His Crooked Nose**  
Barbara Atwater



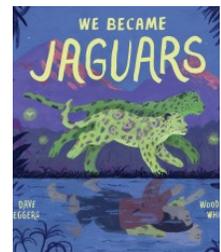
**I Love My Glam-Ma**  
Samantha Berger



**Sing, Don't Cry**  
Angela Dominguez



**A Hat for Mrs. Goldman**  
Michelle Edwards



**We Became Jaguars**  
Dave Eggers



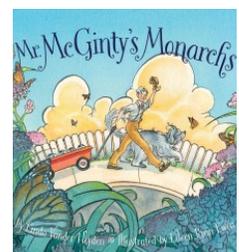
A Community for All Ages



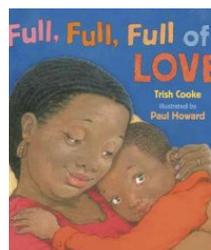
**Bon Appetit! The Delicious Life of Julia Child**  
Jessie Hartland



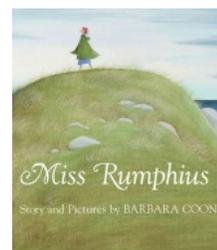
**Mr. George Baker**  
Amy Hest



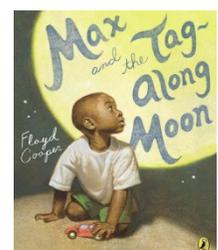
**Mr. McGinty's Monarchs**  
Linda Vander Heyden



**Full, Full, Full of Love**  
Trish Cooke



**Miss Rumphius**  
Barbara Cooney



**Max and the Tag-Along Moon**  
Floyd Cooper

**FIND YOURSELF AT THE LIBRARY**

# Age-Friendly Community Spotlight

## Sarasota Celebrates Four Age-Friendly Designations

Deborah Gauvreau

Consultant, The Patterson Foundation

Kiarra Louis

Consultant, The Patterson Foundation

Given The Patterson Foundation's approach to strengthening people, organizations, and communities and catalyzing efforts toward shared aspirations, it is no surprise that TPF began supporting [Age-Friendly Sarasota](#) from inception in 2015. Under the collaborative leadership of the Sarasota County Government and The Patterson Foundation, Age-Friendly Sarasota promotes healthy and active living for generations of residents and supports the development of a more livable community.

Much has happened since Age-Friendly Sarasota's inception. Fast forward to 2021, aspirations to create a community where all ages can live well have continued to evolve as new possibilities emerge, allowing the implementation of meaningful change.

### SARASOTA'S FOUR AGE-FRIENDLY DESIGNATIONS:

1. Age-Friendly Community
2. Age-Friendly Public Health System
3. Age-Friendly Medical System
4. Age-Friendly State



**ABOVE** The Patterson Foundation presented the [Age-Friendly Festival](#) as a gift to the Sarasota County community, with free admission for everyone and no fees for organizations to participate. Staffed by more than 140 volunteers, the 2017 event — billed as “the nation’s first age-friendly festival” — attracted 4,000 attendees and 125 exhibitors. *(Photo courtesy of Age-Friendly Sarasota)*

With much happiness and pride, we are thrilled to share that the positive transformations made by the Florida Department of Health in Sarasota County (DOH-Sarasota) have paved the way for it to become the first local health department in the nation to receive recognition as an Age-Friendly Public Health System by [Trust for America's Health](#) (TFAH).

Achieving TFAH's Age-Friendly Public Health Systems (AFPHS) recognition is no small endeavor. DOH-Sarasota received this esteemed honor after completing 10 significant action steps as part of TFAH's Age-Friendly Public Health Systems (AFPHS) Recognition Program:

- Conducting several assessments, including a citizens' opinion survey,
- Developing a county-wide, multi-agency program to provide food to residents during the pandemic,
- Developing a multi-year Community Health Improvement Plan, and

- Completing a five-year cycle as a member of AARP's Network of Age-Friendly States and Communities.

“Sarasota County, Florida, is on the vanguard of communities that are recognizing the importance of creating an age-friendly ecosystem across sectors to meet the unique needs of older adults,” said Terry Fulmer, Ph.D., RN, FAAN, president of The John A. Hartford Foundation. “Becoming the first local health department recognized as an Age-Friendly Public Health System shows a deep commitment to supporting healthy aging, which will benefit all the county's residents. We congratulate the Sarasota County Department of Health, under the leadership of Health Officer Charles H. Henry, for achieving this recognition.”

**continued on page 5**



# AARP COMMUNITY CHALLENGE

Grants to make communities livable for people of all ages  
[aarp.org/CommunityChallenge](http://aarp.org/CommunityChallenge)

## 2022 AARP Community Challenge

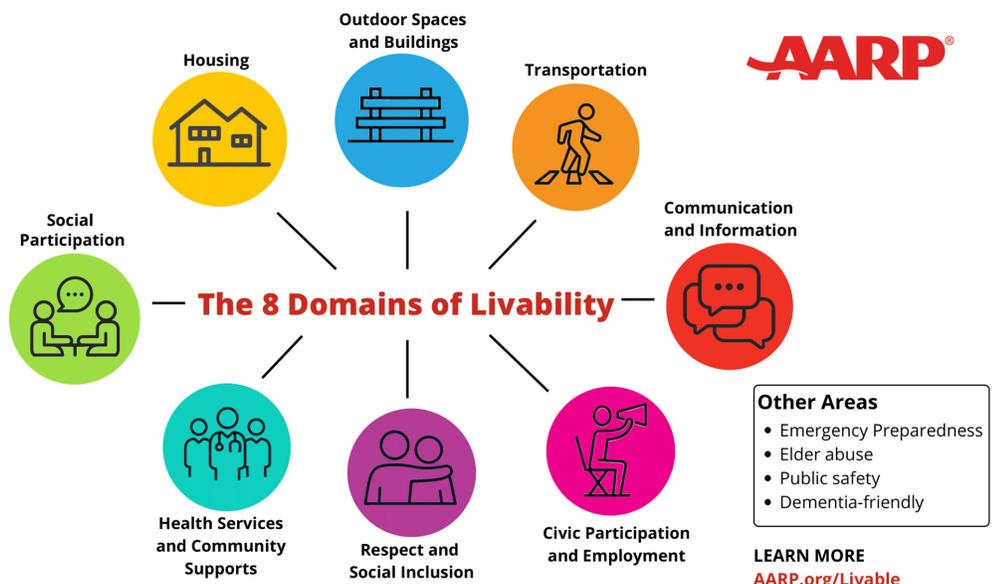
AARP

AARP's work on livable communities supports the efforts of neighborhoods, towns, cities and counties nationwide to become more livable for all. We believe that communities should provide safe, walkable streets; affordable and accessible housing and transportation options; access to needed services; and opportunities for residents (especially those age 50 and older) to participate in civic and community life. It takes time to build great communities, but quick actions and tangible improvements can help spark longer term progress. To support this, in 2017 AARP launched the AARP Community Challenge to fund projects that build momentum for change.

AARP invites you to submit applications for quick-action projects that can help your community become more livable for all (especially those age 50 and over), by improving public places; transportation; housing; civic engagement; diversity, equity, and inclusion; federal funding implementation; and more. Applications must be submitted through [aarp.org/communitychallenge](http://aarp.org/communitychallenge) and are due by March 22, 2022, 5:00 p.m. ET. All projects must be completed by November 30, 2022.



**ABOVE: Past 2019 grantee, City of Sunrise, installed decorative bike racks.** (Credit: [AARP.org/Livable](http://AARP.org/Livable))





## UPCOMING EVENTS

### FEBRUARY 2022

Library Lovers' Month

Safe Mobility for Life Bike Safety Month

National Senior Independence Month

National Black History Month

American Heart Month

- 2 Groundhog Day
- 14 Valentine's Day
- 19 National Caregivers Day
- 21 Presidents Day
- 26 Carpe Diem Day, encourage people to "seize the day" and live life fully

### MARCH 2022

Women's History Month

Safe Mobility for Life Walking Safety Month

National Multiple Sclerosis Awareness Month

National Nutrition Month

Irish American Heritage Month

- 8 International Women's Day
- 14 Daylight Saving Time
- 17 St. Patrick's Day
- 20 First Day of Spring

## Sarasota Celebrates Four Age-Friendly Designations... continued from page 3

DOH-Sarasota's exemplary efforts to amplify and enhance positive influences to live well at any age is one from which we can all learn and grow through our involvement and participation. Individuals and businesses can get involved in the Age-Friendly movement by providing feedback to the Age-Friendly Sarasota Action Plan [here](#) or sharing efforts to make our communities in Sarasota more age-friendly. Opportunities to create and support livable communities also exist with the [UPLIFT Florida Network](#), a hub organization strengthening community-based villages that support aging interdependently, enhancing interdependence, and promoting healthy living.

Creating an inviting and inclusive community for all ages is an aspiration we look forward to working toward for many years to come.

Sarasota County's designation as an Age-Friendly Community with an [Age-Friendly Public Health System](#), Sarasota Memorial Healthcare System's designation as an Age-Friendly Medical System, and Florida's designation as (the fourth) [Age-Friendly State](#) in the nation provide an auspicious opportunity for extraordinary age-friendly developments in the future.



### BICYCLING

Tips on How to Use Transportation Options in Florida



SafeMobilityFL.com

Learn how to  
safely bike  
around your  
community.

Order at  
[fdot.tips/resourcecenter](https://fdot.tips/resourcecenter)

# How and Where to Get COVID-19 Vaccines and Boosters in Florida

Andrew Soergel  
Credit AARP Florida

## Who can get vaccinated now?

Everyone age 5 and up

## Who's eligible for a booster shot?

All adults 18 and older should get a Pfizer or Moderna booster six months after their initial two-shot series, according to the Centers for Disease Control and Prevention (CDC). Pfizer boosters are also recommended for adolescents age 16 and 17. People 18 and up who received the Johnson & Johnson vaccine should also get a booster dose at least two months after their first shot.

Third doses of Pfizer and Moderna, distinct from boosters, are available for specific immunocompromised people, including organ transplant recipients and certain cancer patients. These recipients may also get a booster—a fourth dose—at least six months after the third shot, according to CDC guidance.

## Can I mix and match boosters?

Yes, it's safe and effective to choose which vaccine you receive as a booster—whether it's the one you got initially or another vaccine, according to CDC recommendations.

## Which shot is authorized for kids?

Pfizer's vaccine is authorized for children age 5 and older; the Moderna and Johnson & Johnson vaccines are authorized for those 18 and older. Pfizer's vaccine for 5- to 11-year-olds is one-third the dose given to people age 12 and up, and is given in two doses, three weeks apart, according to CDC recommendations. Shots for kids are available at doctors' offices



**ABOVE** A Miami Beach Walgreens' COVID-19 vaccine waiting. (Jeff Greenberg/Jeffrey Greenberg Universal Image)

and certain retail pharmacies. Call your doctor or check pharmacy websites. Both Pfizer and Moderna are researching how their vaccines work in children as young as 6 months.

## Where can I get a vaccine or booster?

- If you are homebound or know someone who is, you can request a vaccine be delivered to your home by contacting the state's elder helpline at 1-800-963-5337 or by emailing Florida's Division of Emergency Management at [HomeboundVaccine@em.myflorida.com](mailto:HomeboundVaccine@em.myflorida.com).
- Pharmacies, health clinics, and medical providers. Doses of vaccines and boosters have been distributed to hundreds of hospitals and pharmacies, some of which are listed on Florida's vaccine locator tool. You can also visit the websites of CVS, Publix Pharmacy, Winn-Dixie, Harveys and Fresco y Más to find appointments. Note that some pharmacy websites require you to answer questions about your vaccination status before presenting the option for a booster. Many sites let you book appointments for the specific brand of vaccine or booster you prefer, based on availability.
- The federal government's vaccines website, [Vaccines.gov](https://www.vaccines.gov), lets you search for vaccine and booster sites by zip code, with links to appointments. Get the same information by texting your zip code to 438829 or by calling 800-232-0233 (TTY: 888-720-7489).
- Local health departments. Contact your county health department to determine where you can get a vaccine. Some counties have set up vaccine hotlines for residents to more easily schedule appointments. Florida's COVID-19 data dashboard tracks how many people have been vaccinated in the state.
- Veterans Affairs facilities are vaccinating veterans, spouses and veteran caregivers. You can sign up with VA.
- Many transit agencies are offering free or discounted rides to and from vaccination sites.

## What if I'm an out-of-state visitor?

Snowbirds, part-time residents, and people who work in Florida are eligible to get a vaccine. If you're traveling to Florida and want to get vaccinated here, you may be asked to show proof of residency.

### What should I bring to my appointment?

Some vaccination sites ask for proof of identity or eligibility. Bring a driver's license or other state-issued ID that shows your name, age, and state residency, along with your health insurance card, if you have one. You won't be charged for the initial vaccine series, or a booster shot, but the vaccine provider may bill your insurer a fee for administering the vaccine. After your first shot, bring your vaccine card for subsequent shots.

### How are vaccinations working in nursing homes and long-term care facilities?

Most long-term care residents and staff were offered first and second doses through a federal program that provided free on-site vaccinations in late 2020 and early 2021. The program has ended, but the federal government continues to allocate COVID-19 vaccines and boosters to pharmacies that are partnered with long-term care facilities to provide vaccinations, mainly on-site.

Facilities that don't have a pharmacy partner are encouraged to work with local or state health departments—or the federal government, if need be—to provide vaccinations.

Most nursing home staff are required to be fully vaccinated by Jan. 4 as per a federal mandate for staff in health care facilities that receive Medicare or Medicaid dollars. Most assisted living, memory-care, and other long-term care facilities are not subject to this mandate, as they are regulated by the states, some of which have their own mandates for workers.

### Which vaccines require two initial doses?

Both Pfizer and Moderna require two doses. If you get one of these, you'll need a follow-up dose to be effectively immunized. Johnson & Johnson's vaccine requires just one shot, with a recommended booster two months later. A Food and Drug Administration warning states that the J&J vaccine has been connected with rare, severe blood clots in a small number of recipients, especially in women age 50 years and younger, and an increased risk of developing Guillain-Barré syndrome, a rare neurological disorder.

### Do I have to pay for the vaccination?

You should not have any out-of-pocket cost for getting the vaccine or a booster. AARP fought to make sure the federal government is covering the cost of the vaccine itself.

Scammers are purporting to offer COVID vaccines and treatments and trying to charge for them. AARP's Fraud Watch Network is tracking the latest scams.

### What should I do with my vaccine card?

You should get a small white card at your vaccination appointment with your name, birth date, name of the

vaccine you received, and the date it was administered. If you receive the Pfizer or Moderna vaccine, bring your card when you get your second shot.

You may need your vaccine card to schedule a third vaccine dose, for certain immunocompromised people, or a booster shot. You may also need it for certain kinds of travel or other activities, so keep it in a safe place. You can take a photo of it with your smartphone for your own records. Experts say that posting a photo of your card to social media could make you vulnerable to identity theft.

If you've lost your vaccine card, call the site where you were vaccinated to request a new one or a copy of your vaccination record. You can also contact your state health department to request a replacement card or a copy of your record.

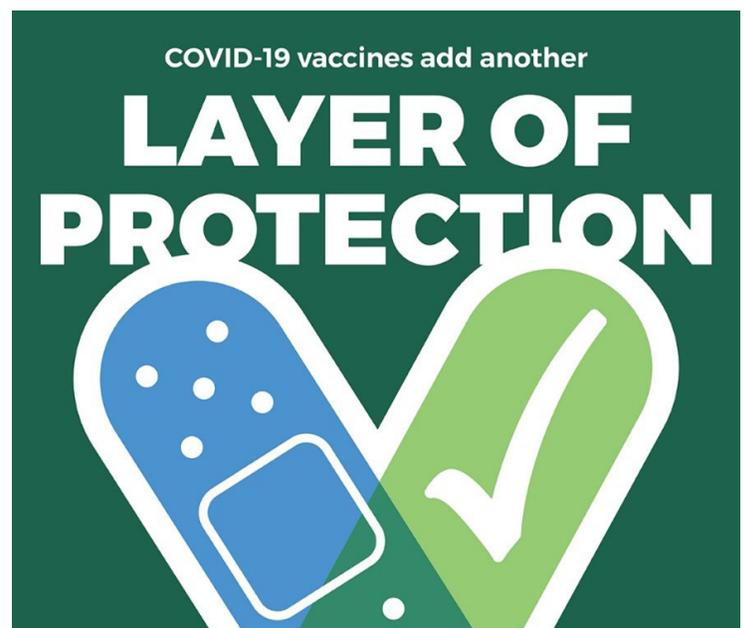
### How protected am I post-vaccination? I've heard about breakthrough infections.

All three vaccines reduce the risk of COVID-19 infections and are highly effective at preventing severe illness and death from the disease. But no vaccine is 100 percent effective and breakthrough infections, while relatively rare, have been reported.

The CDC is tracking breakthrough infections and illness and death among vaccinated and unvaccinated populations.

### [En español](#)

*This guide, originally published on Nov. 18, was updated on Dec. 10 with more information about boosters.*



Learn how you can get a COVID-19 vaccine to keep you and your family safe.

[www.cdc.gov](http://www.cdc.gov)

# What to Expect after Getting a COVID-19 Vaccine

The COVID-19 shot may cause side effects in some people. Side effects should go away in a few days.

## COMMON SIDE EFFECTS

### On the arm where you got the shot:

- Pain
- Redness
- Swelling

### In the rest of your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Nausea



### Ask the facility healthcare provider (or facility staff) for help if:

- The redness or pain where you got the shot gets worse after 24 hours
- Your side effects are worrying you
- Your side effects do not seem to be going away after a few days

## HELPFUL TIPS

If you have pain, headache, or fever, ask a healthcare provider (or facility staff) if you can have medicine.

### If you are sore where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or move your arm gently

### If you have a fever:

- Drink a lot of water
- Get plenty of rest
- Dress lightly



## REMEMBER

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

Some COVID-19 vaccines need 2 shots to work. You should get the second shot even if you have side effects after the first shot, unless a doctor tells you not to.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.



Even after your COVID-19 vaccination, when you are in a correctional facility, it's important to continue wearing your mask, try to stay at least 6 feet away from others as much as possible, and wash your hands often.





# HeartHealth+

The Heart Health Plus Program was created with the purpose of reducing health inequity in areas with a disproportionate burden of heart disease and related risk factors. Sixteen county health departments (CHD) have implemented Heart Health Plus activities, including blood pressure self-monitoring (BPSM) programs, within their communities. In addition, CHD staff work with community partners to provide screening and outreach within priority populations. They collaborate with health systems to establish policies and systems that encourage the use of BPSM. They also work to increase referrals to additional self-management and healthy behavior support services, such as Diabetes Prevention Programs (DPP), Diabetes Self-Management Education and Support (DSMES), and Quit Your Way services of Tobacco Free Florida.

Visit [floridahealth.gov/diseases-and-conditions/heart-disease/heart-health-plus.html](http://floridahealth.gov/diseases-and-conditions/heart-disease/heart-health-plus.html) for more information on the Heart Health Plus Program.

## Counties participating in the Heart Health Plus program include:

- Calhoun County
- Citrus County
- Columbia County
- Dixie County
- Gadsden County
- Gulf County
- Hendry County
- Jackson County
- Jefferson County
- Leon County
- Levy County
- Liberty County
- Madison County
- Putnam County
- Taylor County
- Union County

cdc.gov/heartmonth.' Below this is a yellow banner with the text 'Feeling the pressure? CDC can help.' and a red heart icon. The CDC logo is in the bottom right corner."/>

Be a champion for hypertension control in your community with tools from [cdc.gov/heartmonth](http://cdc.gov/heartmonth).

Feeling the pressure? **CDC can help.**

# Examining the Social Determinants of Health and Memory Disorders

The conditions in places where people are born, live, learn, work, and play are known as social determinants of health (SDOH). These conditions can have a profound effect on a person's health, including their risk for Alzheimer's disease and related dementias.

Differences in SDOH contribute to the stark and persistent chronic disease disparities in the United States among racial, ethnic, and socioeconomic groups by systematically limiting opportunities for members of some groups to be healthy. While public health crises and economic uncertainty may focus attention on disparities, health inequities have persisted across generations because policies and practices have systematically limited access to health care and other opportunities.

A growing body of work exists around social and economic factors that may contribute to a person's health status, including a person's risk for dementia. Although more work needs to be done to determine the exact relationship between these factors and dementia, here are a few areas that could be considered:

## Education

Studies show an association between a higher level of education and better brain health. For example, among adults aged 45 years or older, the proportion experiencing subjective cognitive decline was lowest for college graduates and nearly three times greater for those without a high school diploma. One theory being considered by researchers as to why education levels may affect the risk of developing dementia has to do with cognitive reserve. Cognitive reserve

refers to the level of knowledge and education "banked" in early years that may protect and compensate for a decline in cognitive health in later years.

## Access to Health Care

Access to health care affects many facets of a person's physical and brain health. Consistent access to health care services gives people the opportunity for regular preventive health services and early diagnosis of many health conditions, such as diabetes, heart disease, and dementia. Access can also help prevent hospitalizations through the successful management of chronic health conditions. People with dementia often have one or more other chronic health conditions, and care coordination with providers and family care partners is essential to better care and improves health outcomes.

## Built Environment

The built environment is the physical environment around us. It includes the spaces where we live, learn, work, and play—our homes, schools, businesses, streets and sidewalks, open spaces, and the options people have for transportation. Built environments can influence overall community health and individual behaviors, such as physical activity and healthy eating. Built environments can affect health both positively and negatively. Healthy community design can improve opportunities for exercise, access to services, and community supports—all of which have a positive impact on brain and physical health.

## Loneliness and Social Isolation

A number of studies indicate that maintaining strong social connections



and keeping mentally active as we age may lower the risk of cognitive decline and dementia. Experts are not certain about the reason for this association, but it may be due to a strengthening of connections between nerve cells in the brain.

Although it's hard to precisely measure social isolation and loneliness, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships were associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.<sup>1</sup>

1 National Academies of Sciences, Engineering, and Medicine. 2020. *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*. Washington, DC: The National Academies Press.

FLORIDA

# SUBJECTIVE COGNITIVE DECLINE



2019 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

## 1 in 7

people aged 45 years and older are experiencing

### Subjective Cognitive Decline



SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

**81%** of people with SCD have at least one chronic condition



**36%** of people with SCD had to give up day-to-day activities



## less than half

of people with SCD have discussed their symptoms with a healthcare provider



**nearly a third** of people with SCD say it interfered with social activities, work, or volunteering



**35%** of people with SCD need help with household tasks



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



[cdc.gov/aging](https://cdc.gov/aging)

## Ring Donates 1000 Free Devices to Seniors

*Area Agency on Aging of Pasco-Pinellas ring initiative aims to enhance senior safety in Pasco and Pinellas counties.*

The Area Agency on Aging of Pasco Pinellas (AAAPP), a nonprofit focused on coordinating services to keep seniors healthy and independent, announced a community program in collaboration with Ring to support senior safety in Pasco and Pinellas counties.

For almost 50 years, AAAPP has advocated, educated, and empowered seniors living throughout Pasco and Pinellas counties and promoted their independence. Through our network of community partners, AAAPP provides resources to seniors, adults with disabilities, and caregivers needed to maintain independence, promote healthy aging, and live an optimal quality of life.

With AAAPP's support, Ring, whose mission is to make neighborhoods safer, is donating 1,000 Ring Video Doorbells, including free installation and a Ring Protect subscription, to local residents 60 years and older throughout Pasco and Pinellas counties, as defined by AAAPP.

AAAPP believes that the donation will help promote the safety and stability of senior residents in Pasco and Pinellas counties. "Now that so many of the seniors we serve live independently, it's increasingly important to ensure that they're safe at home," said Ann Marie Winter, Executive Director of AAAPP. "We're



**ABOVE: Ring representatives presented a surprise \$20,000 check to AAAPP with U.S. Rep. Gus Bilirakis in attendance.**

grateful to share our work and services to educate and empower seniors in Pasco and Pinellas counties. With this initiative, we hope to help 1,000 seniors feel safe in their homes. That is priceless."

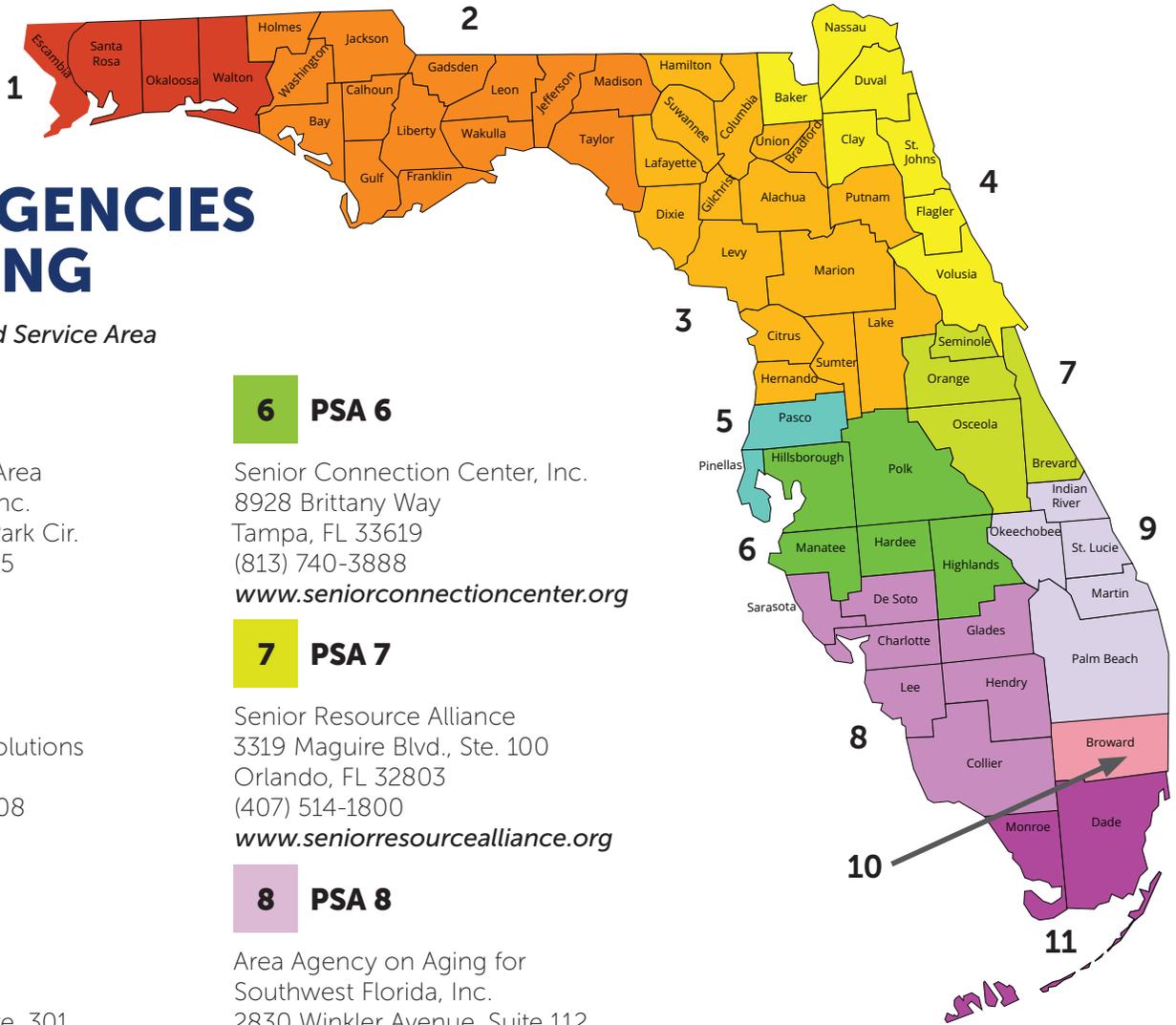
"We have an obligation to support vulnerable members of our community and help protect them," said Congressman Gus Bilirakis. "This exciting collaboration harnesses the technology available in the private sector and the existing infrastructure of an effective senior advocacy organization to help seniors and support AAAPP's comprehensive initiatives. Seniors using this product can feel more comfortable at home or when someone comes to their door, which inherently contributes to safety."

"Ring is proud to support and learn from AAAPP, an organization that supports local elder communities with comprehensive programs and advocates for comfortably aging in place," said Leila Rouhi, President of Ring. "We hope that this donation makes a difference for seniors throughout west central Florida in

supplementing safety measures that are easy-to-use and convenient. We strive to help build safer neighborhoods for everyone and to extend AAAPP's community impact to support seniors' well-being, safety and independence."

To learn more about the Ring Pasco-Pinellas Community Program visit: [Ring | Community Programs](#)

*The Area Agency on Aging of Pasco Pinellas is a non-profit organization that has been serving seniors and individuals with disabilities in our community since 1974. We serve as the Aging and Disability Resource Center for the entire two county area, providing an initial entry point for all aging and disability social services and coordinating a network of partners and providers to better meet the needs of our aging population. Our mission is to be a trusted resource to advocate, educate and empower seniors, adults with disabilities and caregivers which promotes independence, in partnership with the community. Find out more at [AgingCareFL.org](#).*



# AREA AGENCIES ON AGING

PSA - Planning and Service Area

- 1 PSA 1**  
Northwest Florida Area Agency on Aging, Inc.  
5090 Commerce Park Cir.  
Pensacola, FL 32505  
(850) 494-7101  
[www.nwflaaa.org](http://www.nwflaaa.org)
- 2 PSA 2**  
Advantage Aging Solutions  
2414 Mahan Dr.  
Tallahassee, FL 32308  
(850) 488-0055  
[www.aaanf.org](http://www.aaanf.org)
- 3 PSA 3**  
Elder Options  
100 S.W. 75th St., Ste. 301  
Gainesville, FL 32607  
(352) 378-6649  
[www.agingresources.org](http://www.agingresources.org)
- 4 PSA 4**  
ElderSource, The Area Agency on Aging of Northeast Florida  
10688 Old St. Augustine Rd.  
Jacksonville, FL 32257  
(904) 391-6600  
[www.myeldersource.org](http://www.myeldersource.org)
- 5 PSA 5**  
Area Agency on Aging of Pasco-Pinellas, Inc.  
9549 Koger Blvd.  
Gadsden Bldg., Ste. 100  
St. Petersburg, FL 33702  
(727) 570-9696  
[www.agingcarefl.org](http://www.agingcarefl.org)

- 6 PSA 6**  
Senior Connection Center, Inc.  
8928 Brittany Way  
Tampa, FL 33619  
(813) 740-3888  
[www.seniorconnectioncenter.org](http://www.seniorconnectioncenter.org)
- 7 PSA 7**  
Senior Resource Alliance  
3319 Maguire Blvd., Ste. 100  
Orlando, FL 32803  
(407) 514-1800  
[www.seniorresourcealliance.org](http://www.seniorresourcealliance.org)
- 8 PSA 8**  
Area Agency on Aging for Southwest Florida, Inc.  
2830 Winkler Avenue, Suite 112  
Fort Myers, FL 33916  
(239) 652-6900  
[www.aaaswfl.org](http://www.aaaswfl.org)
- 9 PSA 9**  
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.  
4400 N. Congress Ave.  
West Palm Beach, FL 33407  
(561) 684-5885  
[www.youragingresourcecenter.org](http://www.youragingresourcecenter.org)
- 10 PSA 10**  
Aging and Disability Resource Center of Broward County, Inc.  
5300 Hiatus Rd.  
Sunrise, FL 33351  
(954) 745-9567  
[www.adrcbroward.org](http://www.adrcbroward.org)

- 11 PSA 11**  
Alliance for Aging, Inc.  
760 N.W. 107th Ave., Ste. 214, 2nd Floor  
Miami, FL 33172  
(305) 670-6500  
[www.allianceforaging.org](http://www.allianceforaging.org)

County coloring represents area served by the corresponding Area Agency on Aging.

