



Resources for Aging: The Bonus Years

Helen Marks Dicks

Introduction

- My Background
 - Years of advocacy
 - My own aging experience

Two Tools for Aging:

1. How to get help when help is needed
 - a. Most people will not experience what we often emphasize about aging
 - b. But most of us will end up doing some form of caregiving in our life
2. How to live your best life in the Bonus Years
 - a. Finding purpose in older adulthood

AARP's Role

- Education
- Advocacy
- Volunteer Opportunities

AARP Resources

- **Caregiver Information:**
<https://www.aarp.org/caregiving/?intcmp=GLBNAV-PL-CAR>
- **Fraud Network Site:**
<https://www.aarp.org/money/scams-fraud/?intcmp=GLBNAV-SL-MON-CONP>
- **Friendly Voices Campaign:**
<https://aarpcommunityconnections.org/friendly-voices/>
- **Volunteer Opportunities Page:**
<https://www.aarp.org/volunteer/?intcmp=FTR-LINKS-ACT-VLNTEER-EWHERE>
- **AARP Wisconsin:** <https://states.aarp.org/wisconsin/>

Other Resources: ADRCs and United Way

- Information about ADRCs:
<https://www.dhs.wisconsin.gov/adrc/index.htm>
 - Dane County ADRC: (608)240-7400
- United Way: <https://211wisconsin.communityos.org/>
 - United Way of Dane County: (608)246-4350
- ADRCs and United Way will put you in touch with other organizations that will best help you

The Bonus Years

- Find more purpose than just being alive
- Your years, your time, your decision on what to do and when!
- Role of the older population in a well-functioning society
- Other volunteer opportunities
 - Schools, ombudsman program, local non-profits

Contact Us

Helen Marks Dicks
Associate State Director State Advocacy
Email: hmdicks@aarp.org

AARP Wisconsin
222 W Washington Ave. Suite 600
Madison, WI 53703
Phone: (866)448-3611

Website: <https://states.aarp.org/wisconsin/>
Facebook: [AARP Wisconsin](#)
Twitter: [aarpwi](#)
YouTube: [AARPW](#)

