

AARP	1-888-687-2227	www.aarp.org
AARP – Arkansas	1-866-554-5379	https://states.aarp.org/arkansas
Administration for Community Living	1-202-401-4634	www.acl.gov
Alliance for Retired Americans	1-202-637-5399	www.retiredamericans.org
Alzheimer's Arkansas	1-501-224-0021	www.alzark.org
Alzheimer's Association	1-800-272-3900	www.alz.org
Alzheimer's Foundation of America	1-800-232-8484	www.alzfdn.org
American Cancer Society	1-800-227-2345	www.cancer.org
American Diabetes Association	1-800-342-2383	www.diabetes.org
American Heart Association	1-800-242-8721	www.heart.org
American Society on Aging	1-800-537-9728	www.asaging.org
ARBenefits (Public School Employees Health Insurance Plan)	1-501-682-9656 OR 1-877-815-1017	www.arbenefits.org
AR Association of Area Agencies on Aging	1-866-739-3901	www.agingarkansas.org
Arkansas Attorney General	1-800-482-8982	www.arkansasag.gov/
Arkansas Insurance Department	1-800-282-9134	www.insurance.arkansas.gov
Arkansas Law Help (Legal Aid)	1-888-540-2941	www.arlawhelp.org
Arkansas Senior Medicare Patrol	1-866-726-2916	www.insurance.arkansas.gov/consumer-services
Arkansas State Legislature	1-501-682-1937	www.arkleg.state.ar.us
House of Representatives (In Session)	1-501-682-6211	www.arkansashouse.org
House of Representatives (Out of Session)	1-501-682-7771	
Senate (In Session)	1-501-682-2902	https://senate.arkansas.gov
Senate (Out of Session)	1-501-682-6107	
Arkansas Teacher Retirement System (ATRS)	1-501-682-1517	www.artrs.gov
Arthritis Foundation	1-800-283-7800	www.arthritis.org
Better Business Bureau	1-501-664-4888	www.bbb.org
Caregiver Action Network	1-202-454-3970	www.caregiveraction.org

HELPFUL CONTACTS

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Centers for Disease Control & Prevention	1-800-232-4636	www.cdc.gov
Child Abuse Hotline	1-800-482-5964	
Consumer Financial Protection Bureau	1-855-411-2372	www.cfpb.gov
Consumer Product Safety Commission	1-800-638-2772	www.cpsc.gov
DHS Division of Aging and Adult Services	1-501-686-9164	www.humanservices.arkansas.gov
DHS Division of Services for the Blind	1-501-682-0361	https://dws.arkansas.gov/services-for-the-blind
DHS Long Term Care	1-501-682-2441	www.humanservices.arkansas.gov
Dignity Planner	1-844-448-4447	www.thedignityplanner.com
Economic Policy Institute	1-202-775-8810	www.epi.org
Elder Abuse Hotline	1-800-482-8049	
Eldercare Locator	1-800-677-1116	www.eldercare.acl.gov
Engaging Older Adults	1-202-872-6888	www.engagingolderadults.org
Family Caregiver Alliance		www.caregiver.org
Federal Trade Commission	1-202-326-2222	www.ftc.gov
Health.Gov		https://health.gov
Hear in America	1-800-286-6149	www.hearinamerica.com
Hospice Home Care	1-844-558-4100	www.hospicehomecare.com
Identity Theft		www.identitytheft.gov
Internet Crime Complaint Center		www.ic3.gov
Just Serve (volunteer opportunities)		www.justserve.org
Leadership Council of Aging Organizations		www.lcao.org
Long Term Care		https://acl.gov/ltc
Medicare/Medicare Fraud	1-800-633-4227	www.medicare.gov
Mercy Medical Angels		www.mercymedical.org
Mesothelioma.Com	1-800-336-0086	www.mesothelioma.com
Military & Veteran Retirement Benefits		www.military.com/money/retirement
National Center on Elder Abuse	1-855-500-3537	https://ncea.acl.gov

National Committee to Preserve Social Security & Medicare	1-202-216-0420	www.ncpssm.org
National Council on Aging		www.ncoa.org
National Domestic Violence Hotline	1-800-799-7233	www.thehotline.org
National Foundation for Credit Counseling	1-800-388-2227	www.nfcc.org
National Institute on Aging	1-800-222-2225	www.nia.nih.gov/health
National Institute on Retirement Security	1-202-457-8190	www.nirsonline.org
National Library Service for the Blind	1-888-657-7323	www.loc.gov/nls
National Suicide Prevention Hotline	1-800-273-8255	
Nursing Home Complaints (Arkansas)	1-800-582-4887	
NRTA - AARP's Educator Community	1-888-687-2277	www.aarp.org/about-aarp/nrta
Personal Pep Rally		www.personalpeprally.org
Public Service Commission	1-800-482-1164	https://apsc.arkansas.gov
Retire Guide		www.retireguide.com
Retirement USA		www.retirement-usa.org
Senior Living.Org		www.seniorliving.org
Smart 911 (emergency planning tool)		www.smart911.com
Social Security Administration	1-800-772-1213	www.ssa.gov
Social Security Works		www.socialsecurityworks.org
Tax Fraud/Tax ID Theft		www.irs.gov/identity-theft-central
U of A Cooperative Extension Service	1-501-671-2000	www.uaex.uada.edu
U.S. Department of Health & Human Services	1-877-696-6775	www.hhs.gov
U.S. Postal Inspection Service	1-877-876-2455	www.uspis.gov
Well Spouse Association	1-732-577-8899	www.wellspouse.org
Women's Institute for a Secure Retirement	1-202-393-5452	www.wiserwomen.org