Senior Citizen Resources

**Note:** We will limit senior resources to those listed below.

Transportation and Medical Equipment Resources are available within the respective Resource Lists available at mercy.net/mnm.

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**Resource and Referral**

**AARP Foundation Senior Services**
3470 Hampton Ave
St. Louis, MO 63139
314-367-6777
http://local.aarp.org/saint-louis-mo/

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives such as health care, employment and income security, and protection from financial abuse.

**Aging Ahead**
14535 Manchester Rd
Manchester, MO 63011
636-207-0847
https://www.agingmissouri.org/
This website has the contact information for local senior centers as well as resources for area services for seniors.

**Seniors’ Resource Guide**
P.O. Box 456
St. Louis, MO 63088
636-225-2442
Fax 636-225-2662

Published by the St. Louis Times, this resource book is specifically for senior services in St. Louis City and the counties of St. Louis, Franklin, Jefferson and St. Charles.

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**St. Louis Area Agency on Aging**
1520 Market St, Suite 4086
St. Louis, MO 63103
314-612-5918
Fax: 314-612-5915
http://www.slaaa.org

SLAAA provides a comprehensive and coordinated system of community based services for older adults who reside within the boundaries of the city of St. Louis.

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**United Way Information & Referral:** Dial 2-1-1 or visit www.211helps.org to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.