

## Services Provided and More

The Aging Institute provides information about medical and support services at UPMC and about programs offered by government, public, and private organizations.

UPMC has 20 hospitals and provides medical care to people throughout Pennsylvania. It provides care coordination through its many programs, from hospital-based care to services in the home; from retirement living to long-term care options; and from urban to suburban to rural locations.

The Institute is a collaboration between UPMC Senior Services and the University of Pittsburgh. The University provides geriatric research and educational programs that can benefit professionals who treat the elderly.

## UPMC

### **Aging Institute of UPMC Senior Services and the University of Pittsburgh**

Forbes Tower  
Suite 10065  
3600 Forbes Ave. at Meyran  
Pittsburgh, PA 15213

### **Referral Services**

**Toll-free: 1-866-430-8742**  
**24 hours a day**

**Website: [www.aging.upmc.com](http://www.aging.upmc.com)**

**E-mail: [aging@upmc.edu](mailto:aging@upmc.edu)**

## Aging Institute

*of UPMC Senior Services and the University of Pittsburgh*



## UPMC Senior Services

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## Far More Than Just Medical Care

As people age, they become increasingly concerned about their health. But quality of life for people age 65 and older involves far more than just medical care. The Aging Institute connects information on a wide range of these issues, including medical, social, financial, legal, spiritual, and ethical concerns.

The Aging Institute can help older adults – as well as their friends, caregivers, family members, and health care team – get the information and services they need.

## Contact us

Our website or toll-free telephone service can help you:

- find a doctor who specializes in caring for older adults as well as treatment programs, and schedule appointments
- identify community resources for housing, transportation, social services, insurance, and other concerns
- learn about programs that provide caregiver support and care coordination for older adults
- get the right kind of medical treatment in the proper setting
- identify research studies and clinical trials
- learn about specific diseases and treatment options

For more information, call **1-866-430-8742** or visit us at **Aging.UPMC.com**

## Ten Tips for Healthy Aging

You can improve your chances of staying healthy and living a long time by following these tips from the National Institute on Aging.

1. **Keep a positive attitude toward life. Do things that make you happy.**
2. **Eat a balanced diet.**
3. **Exercise regularly. Check with your doctor before starting an exercise program.**
4. **Get regular health checkups.**
5. **Don't smoke. It's never too late to quit.**
6. **Practice safety habits at home to prevent falls. Always wear your seatbelt in a car.**
7. **Stay in contact with family and friends. Stay active through work, play, and community.**
8. **Avoid overexposure to the sun and the cold.**
9. **If you drink alcohol, moderation is the key. When you drink, let someone else drive.**
10. **Keep personal and financial records to simplify budgeting and investing. Plan long-term housing and money needs.**