

Web sites give valuable tips

Looking for help drawing up a will? Need advice on estate planning? Looking to stay fit after 50 or spend more time with grandchildren?

The World Wide Web offers a plethora of resources to help seniors and their loved ones answer those and many other questions related to aging.

Below are some of the most-popular and most-visited sites:

55-alive

www.55-alive.com

This site has information about retirement, active living, travel, grand-parenting and more.

Benefits Checkup

www.benefitscheckup.org

Prepared by the National Council on the Aging, this site offers guides to state and federal programs for seniors and caregivers.

Consumer Guide for Seniors

<https://www.oag.state.md.us/Consumer/seniors.pdf>

This site offers a 29-page consumer guide prepared by the Maryland Attorney General's office with information about travel, investment and health scams.

Pocket Guide to Staying Healthy at 50+

<https://www.ahrq.gov/ppip/50plus/index.html>

The U.S. Department of Health and Human Services helped prepare this guide with information on what to ask doctors, how to lose weight and exercise.

National Hospice and Palliative Care Organization

<https://www.nhpco.org/custom/directory/?pageid=3257>

This site offers a searchable database with information about hospice programs around the country.

National Academy of Elder Law Attorneys

<https://naela.com/public/index.htm>

This site helps seniors with information on elder law and finding attorneys.

Widownet

<https://www.widownet.org/>

This site provides information for widows and widowers related to grief, bereavement and recovery.

Friendly 4 Seniors

www.friendly4seniors.com

A searchable database with more than 2,000 senior-related listings is featured on this site.

Senior Job Bank

www.seniorjobbank.org

This site posts jobs for seniors throughout the country.