



Help and Referral Line

Helping Seniors and Caregivers in Need

The UPMC Senior Services Help and Referral Line is a free service available to anyone, regardless of location, level of need or insurance affiliation to help older adults, caregivers, family members, and folks in the community find the resources they need.

Our trained staff can assist with:

- Identifying community resources
- Resources for caregivers
- Caregiver support
- Care coordination options
- Healthy aging tips for seniors and more

For more information about UPMC Senior Services, visit: SeniorServices.UPMC.com



UPMC Senior Services has joined Facebook

Visit us at: facebook.com/groups/UPMCSeniorServices

Our health professionals will help callers identify community resources right in their area. Live in the McKeesport area? Come visit our resource center in person:

UPMC McKeesport
Crawford Building, Suites 145 and 150
1500 Fifth Avenue, McKeesport, PA 15132

Contact us at **866-430-8742**, UPMCSeniorServices@UPMC.edu or SeniorServices.UPMC.com.

Call us for help with caregiver resources. Toll free **1-866-430-8742**.