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FOR IMMEDIATE RELEASE

**Directions 2022-2024: The Resource Guide for Older Adults in Central Oregon
Now Available**

Comprehensive guide created by the Council on Aging of Central Oregon offers seniors useful information and resources for navigating the challenges of aging

October 28, 2022, Bend OR – The Council on Aging of Central Oregon has officially released *Directions 2022–2024: The Resource Guide for Older Adults in Central Oregon*. The guide comprises 132-pages of informative content and more than 600 updated local, state, and national listings of resources that can assist seniors, their family members and unpaid caregivers with aging-related challenges and decision-making.

“Central Oregon’s older population is expanding and aging,” said Executive Director Susan Rotella. “*Directions* serves as an important element in the Council on Aging of Central Oregon’s overall Information and Referral service. It offers information that our older community can use to support their changing needs and the desire to age at home.”

Print versions of *Directions 2022–2024* are available at locations throughout Central Oregon and by calling (541) 678-5483 or sending a request to info@councilonaging.org. The guide is also available as a download from the Council on Aging’s website: www.councilonaging.org under resources.

About the Council on Aging of Central Oregon

Since 1975, the Council on Aging of Central Oregon (CoA) has served as the designated Area Agency on Aging for Deschutes, Crook and Jefferson counties, offering adults aged 60 and older and their loved ones a range of support services. CoA advocates for,

empowers and guides older adults and their loved ones to live with independence and well-being.

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