

Life Necessity Availability:



Shopping can be stressful and inconvenient for anyone, especially for individuals and caregivers with mobility challenges or lack of transportation. Older adults can shop online for groceries, meals from restaurants, medical supplies, clothing, other necessities or even hobby supplies and have them conveniently delivered. For those who do not want to or can no longer drive, rides can be booked through transportation agencies such as Lyft and Uber.

Pharmacies (Amazon, CVS, Realo, and Walgreens) have set up home delivery services for prescription and over-the-counter medications.

Safe and secure online banking may also be available through your bank, credit union, or other financial institution.

For further resources and classes on how to set up online order programs visit: <https://seniorplanet.org/>.



For Further Information & Resources Contact

Eastern Carolina Council Area Agency on Aging

Dr. Cynthia Livingston, Digital Navigator

252-638-3185, Ext 3016 / 252-671-7553

clivingston@eccog.org

January Brown, Interim AAA Director

252-638-3185, Ext. 3011

jbrown@eccog.org