

Senior Citizens Handbook

Senior Citizens Manual

Welcome to the 21st Edition of the Senior Citizens Handbook. Legal Services of Eastern Missouri (LSEM) is so grateful to all the contributors to this edition and those who contributed over the years to many prior editions. The first edition of this book was published in 1977.

Below is a list of the chapters concerning vital information to senior citizens in Missouri. You can open or download a pdf copy of the manual at the bottom of this page.

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Chapter 2 – Social Security Survivor Benefits

Chapter 3 – Federal Income Tax and Tax Relief for Older Adults

Chapter 4 – Supplemental Nutrition Assistance Program (SNAP)

Chapter 5 – Private Retirement Plans

Chapter 6 – Employment Discrimination

Chapter 7 – Unemployment Insurance Benefits

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Chapter 10 – Nursing Homes and Other Care Options

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Chapter 13 – Advanced Directives and Durable Power of Attorney for Healthcare

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