The IU Health Alzheimer’s Disease and Dementia Center Resource

Indiana University Health
Important phone numbers

In an emergency always call 911

Alzheimer’s Association Hotline 24/7
T 800.272.3900

IU Health Alzheimer’s Call Center
T 317.948.5450

National Suicide Hotline 24/7
T 800.273.8255

Veterans Crisis Line 24/7
T 800.273.8255, Option 1
Text: 838255
veteranscrisisline.net

National Domestic Violence Hotline
T 800.799.7233
Text: LOVEIS to 22522

Indiana 211

The services and programs in this guide are continually changing. Please contact our Social Work Team at 317.963.7440 for questions and help with any of these resources. Please visit iuhealth.org/find-medical-services/alzheimers for the most updated resources.

Prepared by Karen Matthews, LCSW
IU Health Neuroscience Center
Goodman Hall
362 W. 15th St., Suite 3200  |  Indianapolis, IN 46202
Revised 6/21
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Karen Matthews, LCSW | T 317.963.7440 | [iuhealth.org/find-medical-services/alzheimers](http://iuhealth.org/find-medical-services/alzheimers)
Clinical trials

Indiana University Health offers leading-edge research and clinical trials for Alzheimer’s disease.

**Indiana University Alzheimer’s Clinical Trials Program (IU ACT)**
[medicine.iu.edu/neurology/specialties/dementia](http://medicine.iu.edu/neurology/specialties/dementia)

Patient opportunities for participation in clinical research studies of the latest drugs targeting Alzheimer’s disease.

**Contact:** Kala Hall
kalhall@iupui.edu
T 317.963.4823

**Indiana Alzheimer’s Disease Research Center (IADC)**
[medicine.iu.edu/research-centers/alzheimers](http://medicine.iu.edu/research-centers/alzheimers)

IU Health is on the leading edge of Alzheimer’s research. Those diagnosed have opportunity to participate in clinical studies and trials.

**Longitudinal Early Onset Alzheimer’s Disease Study (LEADS)**
[alzheimers.gov/clinical-trials](http://alzheimers.gov/clinical-trials)

National Institutes of Health (NIH) study across the country led at IU Health by Dr. Liana Apostolova. Those diagnosed and meeting study criteria can participate.
Advocacy programs and support groups

Information, referral and support for patients and their families across all levels of care and need. Online and in person.

Support
211

HealthyClass
healthyclass.com
Clearinghouse for classes, support groups and events by zip code

Alzheimer’s Association, Indiana
alz.org/indiana
Statewide support for advancement of research, client care and support services, caregiver groups and dementia education. Online, virtual and in person.
T 800.272.3900 (Helpline)

Alzheimer’s Association Science Hub
alz.org/help-support/resources/the-alzheimer-s-association-science-hub
Download the app and review the latest in Alzheimer’s and dementia research.

Alzheimer’s and Dementia Resource Service, IU Health Bloomington Hospital
alzresourceindiana.org/about-4
Support, resources, education and assistance for those with Alzheimer’s disease and their families in South Central Indiana. Call 812.353.9299 to schedule an appointment.

Dementia Friends of Indiana
dementiafriendsindiana.org
Our local organization under the CICOA Aging & In-Home Solutions umbrella advancing awareness and education about dementia with a focus on reducing stigma and creating communities welcoming to those with dementia.
T 317.254.5465

The Association for Frontotemporal Degeneration (AFTD)
theaftd.org/indiana
Information, resources and support for caregivers and loved ones with a FTD diagnosis.
T 866.507.7222 (Helpline)
Advocacy programs and support groups, continued

**FTD Support Group, Indianapolis**
[theaftd.org/support-group/in-indianapolis](theaftd.org/support-group/in-indianapolis)
Donna Wert  
**T** 317.963.5500

**Metro Indy Lewy Body Dementia Support Group**
[lbda.org/metro-indy-lbd-caregiver-support-group-information-events](lbda.org/metro-indy-lbd-caregiver-support-group-information-events)
Caregiver support group specific to Lewy body disease  
**T** 602.909.LEWY

**Indiana Parkinson Foundation**
[indianaparkinson.org](indianaparkinson.org)
Support, resources and research-based exercise programs for those with Parkinson’s disease.  
**T** 317.550.5648

**Catholic Charities Caregiver Support Program**
[archindy.org/cc/indianapolis/caringplace.html](archindy.org/cc/indianapolis/caringplace.html)
For those caregivers supporting any family member who is aging or struggling with a chronic illness.  
**T** 317.261.3378

**Indiana Long-Term Care Ombudsman Program**
[in.gov/ombudsman/2348.htm](in.gov/ombudsman/2348.htm)
Advocates at the state level for residents in nursing facilities and licensed assisted living, resolving concerns related to care/quality of life.  
**T** 800.622.4484.

**Indiana Disability Rights**
[in.gov/idr/2516.htm](in.gov/idr/2516.htm)
Advocates at the state level for rights and resources for those with a disability, includes legal referral if needed.  
**T** 317.722.7555  
**T** 800.622.4845 (toll free)

**Indiana Area Council on Aging and In-Home Services**
[in.gov/fssa/da/3478.htm](in.gov/fssa/da/3478.htm)
Based upon county, includes CHOICE program, Medicaid waiver, case management, nutrition, and transportation services for those aged and disabled and their family caregivers.
Advocacy programs and support groups, continued

**Central Indiana Area Council on Aging (CICOA):**
[cicoa.org](http://cicoa.org)
T 317.254.5465

**AARP**
aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html
Offers education, resources and support in all areas of aging and retirement

---

**Legal services**

Seeking out an elder law attorney is helpful for advance planning financially and for healthcare decision making.

Elder Law – Guardianship, Advance Directives – Durable POA, HCR, POST, Irrevocable Trust (e.g., Miller Trust), Medicaid Annuity, VA benefits

**Alzheimer’s Association Elder Law Finder**
in.gov/fssa/da/adult-protective-services
Assistance with finding an elder law attorney; search by ZIP code

**Indiana Legal Services**
[indianalegalservices.org](http://indianalegalservices.org)
Legal assistance for lower income and elderly individuals across Indiana
T 844.243.8570

**Indiana Legal Aid Society**
[indylas.org](http://indylas.org)
No-cost legal services for Marion and surrounding county individuals with income less than 125% of poverty level
T 317.635.9538

**Neighborhood Christian Legal Clinic, Indianapolis**
[nclegalclinic.org](http://nclegalclinic.org)
Legal assistance for moderate to low-income individuals
T 877.236.0730
Legal services, continued

**Center for At-Risk Elders (CARE), Marion County only**

[indianacare.org](http://indianacare.org)

Attorney-led advocacy organization that establishes adult guardianship, generally emergently, due to exploitation, abuse or neglect.

T 317.955.2790

**Accredited VA Claims Representative**

[benefits.va.gov](http://benefits.va.gov)

Assists the veteran with determining benefit eligibility; fee may be required

**Local VA Attorneys**

[bucholtzagencyvabenefits.com](http://bucholtzagencyvabenefits.com)

T 317.590.6831

**New Albany, IN: arutzlaw.com**

Andrew Rutz, Attorney

T 502.909.4628

**The Arc of Indiana**

[arcind.org/future-planning/guardianship](http://arcind.org/future-planning/guardianship)

Assists with alternatives to Guardianship – supported decision making, POA, healthcare representative, etc.

**Supported Decision-Making Indiana**

[in.gov/idr/2677.htm](http://in.gov/idr/2677.htm)

An alternative to adult guardianship for those who qualify

**Indiana Healthcare Consent Law**


Hierarchy of consent when an adult is not cognitively of capacity for healthcare decision making

**Advance Directives Resource Center**

[in.gov/isdh/25880.htm](http://in.gov/isdh/25880.htm)

Statement of your wishes regarding medical treatment to ensure the wishes are carried out if you are unable to communicate them to your doctor. Can include a living will, DNR, organ and tissue donation.
Legal services, continued

**Docubank**

docubank.com
Quick electronic access (upload and storage) for completed advance directive and emergency information. By phone, by computer, emergency card in wallet.

**Vulnerable Adult Reporting**

in.gov/fssa/da/adult-protective-services
Adult Protective Services (APS)
Call **800.992.6978** to report a concern of adult abuse or neglect.

**Law Enforcement**

**Victim Assistance**

indy.gov/activity/crime-victim-assistance
Indianapolis Metropolitan Police Department Victim Assistance
Information and referral including Violent Crime Compensation forms
T 317.327.3331

**Marion County Clerk’s Office of Protective Order Intake**

indy.gov/activity/file-a-protective-order
File protective orders related to domestic violence and related crimes
T 317.327.8577

**Indiana Guardianship Registry**

public.courts.in.gov/grp
Public access confirmation by county of current court ordered guardianships
Financial resources

State, VA and federal insurances, cash assistance programs, and food and prescription cost assistance

**Indiana 211**
Dial 211 for resources in your local area.

**findhelp.org**
findhelp.org
Aggregates resource services by ZIP code

**Insurances**

**State Health Insurance Program (SHIP) by county**
in.gov/ship/index.htm
Counselors provide personalized health insurance counseling for Medicare recipients and walk them through the Medicare enrollment process.

**Medicare**
medicare.gov

**Medicare Savings Program, Qualified Medicare Beneficiary (QMB)**
**Specified Low Income Beneficiary (SLMB)**
in.gov/medicaid/providers/860.htm
For Medicare recipients who also have Medicaid, the state pays for Medicare premiums and cost sharing for those who qualify financially.

**Medicaid**
in.gov/medicaid/members/52.htm

**Healthy Indiana Plan (HIP)**
in.gov/fssa/hip/2458.htm

**Marketplace Insurance**
healthcare.gov
Financial resources, continued

**Veterans Administration**
There are multiple benefit options to consider. Request an accredited representative to assist with qualifying options.

[benefits.va.gov/vso/index.asp](http://benefits.va.gov/vso/index.asp)

- Local accredited VA claims representative  
  [bucholtzagencyvabenefits.com](http://bucholtzagencyvabenefits.com)
- TRICARE and VA benefits and healthcare  
  [va.gov/health-care/eligibility](http://va.gov/health-care/eligibility)
- Indianapolis VA Regional Office  
  [benefits.va.gov/indianapolis](http://benefits.va.gov/indianapolis)
- VA Manage Your Benefits  
  [ebenefits.va.gov/ebenefits/manage](http://ebenefits.va.gov/ebenefits/manage)
- VA Aid and Attendance  

**Commercial insurance/employer or private coverage**

**COBRA**

A path to extend medical insurance coverage with an employer if employment ends. Contact your human resources office.

**Short- or long-term disability (STD or LTD)**

Employee benefits via employer for a temporary or more permanent medical condition. Check with your human resources office for details.

**Long-term care insurance**

Helps cover the cost of care for a chronic medical condition like Alzheimer's disease for a preset number of years. Generally, there is an elimination period. Reimbursement for care in your home, assisted living or extended care facility.
Financial resources, continued

Cash benefit programs

Social Security

Retirement income
If you have paid into Social Security during your employment career you qualify based upon work credits and years worked beginning at age 62.

Social Security disability insurance (SSDI)

ss.a.gov/applyfordisability
If you have a medical disability as defined by the Social Security Administration and have work credits from employment you will receive a financial distribution monthly based upon these parameters.

Supplemental security income (SSI)

ss.a.gov/benefits/ssi
If you are medically disabled or 65 or older and do not have a work credit history you may receive this financial distribution monthly as you do not qualify for SSDI or Social Security Retirement Income.

Food assistance

Supplemental Nutrition Assistance Program – Indiana (SNAP)
in.gov/fssa/dfr/snap-food-assistance/about-snap
Food assistance for low-income or no-income families generally loaded monthly onto a debit card for use at a grocery store

Food pantries (search by city)
foodpantries.org/ci/in-indianapolis

Commodity Supplemental Food Program (CSFP)
fns.usda.gov/csfp/commodity-supplemental-food-program
Supplemental food for those over 60 meeting financial criteria, administered via CICOA
T 317.803.6042
Financial resources, continued

*Home delivered meals*

**CICOA, meals and more**
cicoa.org/services/senior-meals-nutrition

**Meals on Wheels**
uwci.org/agencies/meals-on-wheels-of-central-indiana

**Mom's Meals**
momsmeals.com
Covered under some Medicare and Medicaid insurance plans  
T 877.508.6667

*Grocery delivery*

**Most grocery stores**

**InstaCart**
instacart.com/grocery-delivery/in/near-me-in-indianapolis-in

**SHIPT**
shipt.com/indianapolis-grocery-delivery

**Green Bean**
greenbeandelivery.com

**Peapod**
peapod.com

**Postmates**
postmates.com
Financial resources, continued

*Prescription drug assistance*

**Medicare Extra Help (also called Medicare low-income subsidy)**
A three-tier, income-based, lower-cost prescription option with Medicare if income meets the application guidelines. Find the online application at [secure.ssa.gov/i1020/start](http://secure.ssa.gov/i1020/start).

**Drug discount programs**
Three (of many) to try when insurance co-pay costs are high:

- **Good Rx**
  - [goodrx.com](http://goodrx.com)
  - T 855.213.1275

- **Needy Meds**
  - [needymeds.org](http://needymeds.org)
  - T 800.503.6897

- **Prescription Hope**
  - [prescriptionhope.com/how-it-works](http://prescriptionhope.com/how-it-works)
  - T 877.296.4673

**Pharmaceutical assistance programs**
Pharmaceutical companies may have financial assistance for medications that they market depending on your insurance plan. If your copay cost or out-of-pocket cost is high, consider applying for their Patient Assistance Program (PAP).

**Foundation support**
Federally grant-driven money comes and goes via donations for some specific medical diagnoses.

- **PAN Foundation**
  - [panfoundation.org](http://panfoundation.org)

- **HealthWell Foundation**
  - [healthwellfoundation.org/disease-funds](http://healthwellfoundation.org/disease-funds)
Financial resources, continued

**Single dose home delivery of medications**
Usually no additional cost for delivery, you pay your regular copays.

- **CVS SimpleDose**
  
  [cvs.com/content/pharmacy/simpliedose](cvs.com/content/pharmacy/simpliedose)
  
  T 800.753.0596

- **Walgreens**
  
  [walgreens.com/topic/pharmacy/prescription-delivery.jsp](walgreens.com/topic/pharmacy/prescription-delivery.jsp)
  
  T 800.925.4733

- **My MedPak**
  
  [my-medpak.com](my-medpak.com)
  
  T 855.398.6471

- **PillPack**
  
  [pillpack.com](pillpack.com)
  
  T 855.745.5725

**Pill management**

**Hero Health**

[herohealth.com/hero-pill-dispenser-mobile-app-faq](herohealth.com/hero-pill-dispenser-mobile-app-faq)
Employment support

Assistance with employment opportunities and job loss

**Unemployment Insurance Program**

[in.gov/dwd/2362.htm](in.gov/dwd/2362.htm)

Provides unemployment cash benefits usually in weekly payments to those unemployed, apply online

**WorkOne Indy**

[workoneindy.com](workoneindy.com)

Organization that assists individuals with their job search and career development

**Vocational Rehabilitation**

[in.gov/fssa/ddrs/2636.htm](in.gov/fssa/ddrs/2636.htm)

Helps those with disabilities achieve employment goals by assessing skills and interest and assisting them to find a job
Healthcare services

In-home medical/dental care and case management for continued independence and safety

Home healthcare
For those with skilled RN needs, physical, occupational or speech therapy, home health aide or medical equipment needs in their homes. Requires physician order and is billed to medical insurance. Connection to the home healthcare agency is driven by the orders, insurance contracts and location. Your physician’s office will initiate referrals when orders are available. IU Health Home Care is utilized frequently when available. Multiple agencies exist.

- **CHOICE Program**
  cicoa.org/resource-center/in-home-support-services-choice-program
  Via CICOA, this is an in-home service per screening eligibility, state funded, when there are two identified deficits in activities of daily living (ADL)

- **Medicaid waiver**
  cicoa.org/resource-center/medicaid-waivers
  For Medicaid recipients to age in place at home rather than nursing facility care

- **Caregiver homes**
  caregiver.org
  A way for family members to provide home health aide or caregiver assistance to a family member at home

Private duty caregivers
Companion care, ADL assistance, homemaker services, errands, meal prep and respite for family caregivers. These services are generally non nursing care in the home and are not usually covered by insurance. For Veterans, there may be cost coverage and there may be cost coverage for those individuals with a long-term care insurance policy. These hired caregivers can be in the home, or in a facility to augment care there. Multiple companies exist.

**Examples:**
- Senior Home Companions
- Home Instead
- Senior Helpers
Healthcare services, continued

**In-home physician care**
An alternative to the traditional office setting. Medical care in your home, assisted living or other independent living residence. Physician, nurse practitioner or physician assistant.

- **IU Health Virtual Visits**
  [iuhealth.org/find-medical-services/virtual-visits](iuhealth.org/find-medical-services/virtual-visits)

- **IU Health ACO Grace at Home**
  [grace-at-home.com](grace-at-home.com)
  For those members in the Medicare IU Health ACO Population Health program

- **Meridian Visiting Physicians**
  [callmvp.com/about-us](callmvp.com/about-us)

- **VA Home Based Primary Care**
  [va.gov/geriatrics/pages/home_based_primary_care.asp](va.gov/geriatrics/pages/home_based_primary_care.asp)

**Geriatric care and assessments**
Inpatient and outpatient services for seniors who have age-related conditions including mobility and memory

- **IU Health Senior Health Center**
  [iuhealth.org/find-medical-services/geriatrics](iuhealth.org/find-medical-services/geriatrics)

- **Eskanazi Health Senior Care**
  [eskenazihealth.edu/health-services/senior-care](eskenazihealth.edu/health-services/senior-care)
  House calls for seniors, Eskanazi home-based geriatric services

- **Community Health Network Touchpoint Healthy Aging Transition Services (HATS)**
  [ecommunity.com/services/senior-services-touchpoint/healthy-aging-transition-services-hats](ecommunity.com/services/senior-services-touchpoint/healthy-aging-transition-services-hats)

- **Ascension St. Vincent Hospital/Ascension Senior Care**
  [healthcare.ascension.org/Specialty-Care/Senior-Care](healthcare.ascension.org/Specialty-Care/Senior-Care)

- **St. Francis/Franciscan Network**
  [franciscanhealth.org/health-care-services/senior-services-424](franciscanhealth.org/health-care-services/senior-services-424)

- **Richard L. Roudebush VA Medical Center, Geriatric Primary Care Clinic**
  [indianapolis.va.gov/services/geriatrics_and_extended_care.asp](indianapolis.va.gov/services/geriatrics_and_extended_care.asp)
Healthcare services, continued

**Geriatric care managers**
Consultants who navigate the healthcare delivery system to include medical resources, elder law, continuum of care options and estate and financial planning

- **Clarity Care Givers**
  claritycaregivers.com
  T 317.774.0074

**Podiatry (At-home services)**

- **At Home Podiatry**
  ahpfootcare.com

- **Traveling Podiatry Care**
  tpcfeet.com

**Dental services**
Indiana Medicaid recipients may have coverage, for provider options visit provider.indianamedicaid.com/ihcp/providerservices/providersearch.aspx

- **IU School of Dentistry Patient Services**
  dentistry.iu.edu/patients/index.html
  Affordable, lower cost dental care

- **Allisonville Dental Centre mobile denture service**
  allisonvilledentalcenter.com/services/mobile-denture-service
  At-home denture assistance

- **Donated Dental Services (DDS)**
  dentallifeline.org/indiana
  Apply online for free dental services by a dentist in the county where you live.

- **Gennesaret Free Clinic**
  gennesaret.org/get-care/dental-care
  No-cost dental care
  T 317.955.0217

- **Raphael Health Center**
  raphaelhc.org/dental-care
  No-cost or sliding-scale dental care
  T 317.926.1507
Transportation

Multiple transportation options for seniors, Veterans and those with disabilities to get to medical appointments, errands and pharmacy; sometimes covered by Medicaid or as a minimal fee for service

**Central Indiana Regional Transportation Authority (CIRTA)**

cirta.us/county-connect/transportation-resources/indygo

Aggregate of Central Indiana counties and their transportation offerings: includes Marion, Hamilton, Boone, Johnson, Hancock, Hendricks, Morgan, Madison, Delaware and Shelby counties

**Veteran Transportation Service (VTS)**

indianapolis.va.gov/services/veterans_transportation_service.asp

For those veterans receiving medical care at Roudebush VA Medical Center

T 317.988.3846

**IndyGo**

indygo.net

Indianapolis Public Transportation

**IndyGo Open Door**

indygo.net/open-door

Public transportation ride-share service for those with a disability, using a mobility aid or otherwise unable to board, ride and disembark independently. Application required, $3.50 one way.

**GoGo Grandparents**

gogograndparent.com

Makes transportation, prescriptions, grocery or food delivery reliable, safe and accessible for clients using Uber or Lyft and a landline or cell phone service

**CICOA/Way2Go Senior Services Transportation**

cicoo.org/services/transportation

T 317.803.6153

**Door2Door**

cicoo.org/services/transportation/door2door
Transportation, continued

**Shuttle service**
cicoa.org/services/transportation/shuttle-service

**Discount taxi fare**
cicoa.org/services/transportation/discount-taxi-fare

**Wheelchair transportation via Yellow Taxi**
cicoa.org/services/transportation/wheelchair-transportation

**My Freedom Voucher Program**
cirta.us/county-connect/transportation-resources/my-freedom-voucher-program/
Offers anyone with a disability transportation access across county lines in Central Indiana with application process
T 317.803.6020

*Medicaid transportation (Traditional and Managed Care programs) and Medicaid gas mileage reimbursement*

**Traditional Medicaid**
**Hoosier Healthwise, Hoosier Care Connect and Health Indiana Plan**
in.gov/fssa/ompp/non-emergency-medical-transportation/overview
Southeastrans
Offers anyone with a disability transportation access across county lines in Central Indiana
T 855.325.7586

**Managed Care Medicaid**
**Medicaid Anthem**
mss.anthem.com/in/benefits/transportation-services.html
Logisticare, Wheelchair or van/sedan rides for medical appointments, pharmacies and healthcare offices
T 844.772.6632
Transportation, continued

MDwise
mdwise.org/for-members/hoosier-healthwise/benefits-and-services/ridewise
Doctor, dentist or clinic appointments, no pharmacy trips
T 800.356.1204

CareSource
caresource.com/in/providers/tools-resources/request-patient-services/dsnp
Wheelchair, van/sedan rides for medical appointments, pharmacies and healthcare offices
T 844.607.2829

Managed Health Services (MHS)
mhsindiana.com/members/medicaid/benefits-services/transportation.html
Wheelchair or van/sedan rides for doctor, dental, vision and pharmacy trips
T 877.647.4848

Driving evaluation

As we age, physical and cognitive changes may impact independence and safety with driving. These evaluations, done by a specialist like an occupational therapist, offer complete assessment behind the wheel, confirming continued driving independence or a restriction of driving privilege.

Community Physical Therapy and Rehab Clinic
ecommunity.com/services/physical-therapy-rehab/neuro-specialty-program/driving-evaluations
Sherry Waugh, Certified Driving Rehab Specialist
T 317.621.3000 (need physician referral)

Easterseals Crossroads
eastersealscrossroads.org
Certified Driving Rehab Specialist available
T 317.466.1000 (need physician referral)
Driving evaluation, continued

Rehabilitation Hospital of Indiana (RHI), occupational practitioners
rhirehab.com/our-programs/outpatient/specialized-outpatient-programs/driver-rehabilitation-program
T 317.329.2000 (need physician referral)

Senior Driving and Mobility Services
seniordms.com
Driving specialist available
T 317.489.0804 (need physician referral)

Driving Indypendence
drivingindypendence.com
Safety and adaptive equipment evaluations as well as low vision evaluations
Mary Follman
T 317.513.5862 (need physician referral)

Indiana Bureau of Motor Vehicles (BMV) Driver Ability Program
in.gov/bmv/licenses-permits-ids/driver-ability-program
Need a referral from medical professional, law enforcement, court official, power of attorney, family member or concerned citizen

Disability parking placard, Indiana BMV
in.gov/bmv/registration-plates/drivers-with-disabilities
For those with a disability lasting up to six months or permanently, issuance of hangtag or vehicle license with approved application
Home modification

Home accessibility evaluations and home modifications to remain safely independent at home; grant funded as well as fee for service

**CICOA Safe at Home**
[cicoa.org/services/home-accessibility-modifications](cicoa.org/services/home-accessibility-modifications)
T 317.803.6131

**Easterseals Crossroads**
eastersealscrossroads.org/?page_id=318

**U.S. Department of Agriculture Rural Development**
Loans and grants to update, modernize and make homes accessible for very low income individuals

**Aging in Place**
[aginginplace.org](aginginplace.org)
Resources to keep seniors in their homes

Personal mobility resources

Wheelchairs, power chairs, scooters, patient lifts and other medical supplies to maximize mobility

**NuMotion**
[numotion.com/locations/indianapolis-in](numotion.com/locations/indianapolis-in)
T 317.334.9460

**National Seating & Mobility**
[nsm-seating.com](nsm-seating.com)
T 317.454.7670

**At Home Health Equipment**
[ahhe.com](ahhe.com)
T 317.872.9702
Medical alert systems/Personal emergency response services/In-home monitoring

Wearable devices (bracelet, necklace) for seniors to get help in an emergency—in home or mobile units. In home cameras, wired or wireless doors, bells, dark mat for those who wander from the home. GPS tracking—watches, shoe soles, wallet tiles. Systems and devices are personalized to hearing loss, falls, caregiver contact info, water resistance.

Consider those who will “watch out” for your loved one in the neighborhood.

Caring.com
caring.com/best-medical-alert-systems/#what-is-a-medical-alert-system?
A clearinghouse of useful information for choosing systems and options determined by personal need

AARP
A clearinghouse of useful information for choosing options based upon personal needs

Alzheimer’s Association
alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support
The Alzheimer’s Association collaborates with MedicAlert (medicalert.org) in offering a wearable device for seniors.

The Alzheimer’s Store
alzstore.com
Offers multiple safety options dependent upon personal need

Care Trak
caretrak.com
A telemetry tracking system via some local sheriff’s offices for locating people with dementia or other disabilities. Contact your local office to determine its availability in your area.
Medical alert systems/Personal emergency response services/
In home monitoring, continued

**Silver Alert**
in.gov/silveralert
A state system to assist in finding an endangered adult or high-risk individual. Recommendation for a Silver Alert is initiated by law enforcement

**Examples of alert options**
- Lifeline – lifeline.philips.com/medical-alert-systems/homesafe.html
- Bay Alarm Medical – bayalarmmedical.com
- Medical Guardian – medicalguardian.com
- In-home camera: – amazon.com/BlinkMiniIndoorCamera/dp/B07X6C9RMF

**Community resources/Community living**

Senior living advisors can assist families and seniors with decision making regarding independent and semi-independent living options as well as all aspects of elder care concerns. The continuum of care for seniors has multiple options dependent upon needs including in-home services, adult day services and community facility care.

**Senior living advisors**

**A Place For Mom**
aplaceformom.com
Aggregates options based upon personal choices—location, cost and aging-in-place communities
**Local:** Audriana Evans
**T** 317.649.5950

**Assisted Living Locators**
North Indianapolis – assistedlivinglocators.com/care-advisor/northindy
South Indianapolis – assistedlivinglocators.com/care-advisor/south-indianapolis

**Care Patrol**
carepatrol.com/advisors/heinz-kosser/indianapolis
Community resources/Community living, continued

**Eldercare Locator**
By ZIP code, aggregates options for older adults
**T** 800.677.1116

**ARCH National Respite Network and Resource Center**
[archrespite.org](archrespite.org)
For caregivers and professionals to locate respite services by ZIP code

**Veterans Affairs Respite Services**
[va.gov/geriatrics/pages/respite_care.asp](va.gov/geriatrics/pages/respite_care.asp)

**Continuum of care living/Continuum of care retirement communities**
Contact the social work team at **317.963.7440** for options for your particular situation, or go to [medicare.gov/care-compare](medicare.gov/care-compare) and search by ZIP code for continuum of care options. Many options are available for all levels of care.

Continuum retirement communities include independent living, assisted living, skilled nursing, memory care and respite care with the goal of moving within the options based upon healthcare needs.

**Independent living**
Generally no need/access to medical or custodial care as part of the monthly cost; senior is able to care for him/herself; community activities and meals. Villas, apartments, small homes. Private pay.

**Assisted living**
Generally for a senior needing ADL assistance, a 24/7 medical professional is available but staff like CNA’s provide supervision and varying levels of care; multiple community activities and transportation; apartment or room. Private pay, long-term care Insurance policy use, Medicaid waiver, VA aid and attendance.

**Skilled care/Rehabilitation**
Generally ordered by a doctor for medical services via a licensed nurse or a physical, occupational or speech therapist. Includes IV antibiotics, wound care, catheter care for a defined time period in a nursing facility with plans to return to prior living scenario. Community activities, private or shared room, can be covered by medical insurance.
Community resources/Community living, continued

Continuum of care living/Continuum of care retirement communities

Skilled long-term care
Generally includes custodial care where an individual lives in a nursing facility for a longer period of time. The skilled medical needs are managed by licensed professionals, other daily ADL’s are assisted by CNA’s or similar professionals. Community activities, private or shared room, private pay, Medicaid, VA benefit.

Memory care
Generally long-term care structured environment for those with Alzheimer’s disease, dementia or other memory problems who are no longer safe at home; the facility usually has additional security efforts in place for those who may wander. Community activities, private pay, long-term care insurance policy.

Story Cottage
storycottageliving.com
A unique residential living scenario for those with memory concerns. Private pay.

Respite care
Generally temporary planned or unplanned (but can be emergency) care provided to a caregiver for their loved one, often in a facility or in the home by a private duty company. Includes adult day care. Private pay, long-term care policy, Medicaid waiver.

Adult day care
A form of respite generally Monday – Friday that provides socialization, activities, meals, personal care and can include transportation for the senior. Private pay, Medicaid waiver, long-term care policy, VA benefit.

Golden Gardens
thegoldengardens.com
T 317.895.8555

Second Family Adult Day Center
T 317.251.1225
Community resources/Community living, continued

Adult day care, continued

Still Waters Adult Day Center
stillwatersadc.org
T 317.284.0837

Joy’s House Adult Day Services
joyshouse.org
T 317.254.0828

Easterseals Crossroads Rehabilitation Center
eastersealscrossroads.org
T 317.466.2010

Sarah Care
sarahcare.com/indianapolis
T 317.815.8300

Active Day of Indianapolis
activeday.com/locations/states/in
T 317.297.3730 (Northwest)
T 317.783.2155 (South)

A Caring Place
archindy.org/cc/indianapolis/caringplace.html
T 317.466.0015
Community resources/Community living, continued

**Caregiver/Companion care companies (sometimes called private duty companies)**

Generally provide non-medical services like companion care, light housekeeping, errands, transportation, meal support in the home or facility. Private pay, long-term care insurance policy, VA benefit.

If you prefer to seek an individual caregiver separate from a company many utilize [care.com](http://care.com).

**Hospice services and agencies**

For those at end of life with a terminal diagnosis, a medical option with focus on management of pain and comfort, as well as emotional and spiritual support for client and family. In hospital, home, facility or hospice house, covered by medical insurance.

**Medicare Compare**

Hospice company options by ZIP code, multiple options available

[medicare.gov/care-compare/?providerType=Hospice&redirect=true](https://medicare.gov/care-compare/?providerType=Hospice&redirect=true)

or

[medicare.gov/care-compare/resources/information-about-provider-types](https://medicare.gov/care-compare/resources/information-about-provider-types)

**Hospice homes (local)**

**Life’s Journey**

[ lifesjourney-avon.com](http://lifesjourney-avon.com)

T 317.561.6840

**St. Vincent’s Hospice House**

[stvincent.org/services/hospice](http://stvincent.org/services/hospice)

T 317.829.2124

**Franciscan Hospice House**

[franciscanhealth.org/healthcare-facilities/franciscan-hospice-house-2033](http://franciscanhealth.org/healthcare-facilities/franciscan-hospice-house-2033)

T 317.528.2092

**Indiana Veterans’ Home**

[ in.gov/ivh/2407.htm](http://in.gov/ivh/2407.htm)

T 765.463.1502
Community mental health

Clinical prevention, treatment and management of mental health concerns inpatient, outpatient and virtual.

Substance Abuse and Mental Health Services Administration (SAMHSA)
findtreatment.samhsa.gov
Options by ZIP code

Community mental health locator
in.gov/fssa/dmha
Outpatient by county

IU Health Neurology, Goodman Hall
iuhealth.org/find-locations/iu-health-neuroscience-center

Be Well Indiana
bewellindiana.com
Resource/support clearinghouse for the state of Indiana

Hospital/Residential inpatient psychiatric units
(Referral as needed)

- IU Health Methodist Hospital – Indianapolis
- Community Hospital – Indianapolis
- St. Vincent Stress Center – Indianapolis
- Options – Indianapolis
- Hancock Regional, Reflections Unit – Greenfield
- Valle Vista – Indianapolis
- Assurance – Indianapolis
- Logansport State Hospital – Logansport