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
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Revised April 2022
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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)**

[indicine.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](mailto:kalhall@iupui.edu)

T 317.963.4823

**Indiana Alzheimer’s Disease Research Center (IADC)**

[indicine.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](https://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.

Bright Focus Foundation
brightfocus.org

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 Savvy Caregiver
hcinteractive.com/savvycaregiver
Advocacy programs and support groups, continued

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)

FTD Support Group, Indianapolis
theaftd.org/support-group/in-indianapolis
Dr. David Clark
ftd@iu.edu

Metro Indy Lewy Body Dementia Support Group
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
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
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/long-term-care-ombudsman/overview/
Advocates at the state level for residents in nursing facilities and licensed assisted livings, resolving concerns related to care/quality of life.
T 800.622.4484.

Indiana Disability Rights
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)
Advocacy programs and support groups, continued

Indiana Area Council on Aging and In-Home Services

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.

Central Indiana Area Council on Aging (CICOA):

cicoa.org

T 317.254.5465

AARP

aarp.org

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

communityresourcefinder.org

Assistance with finding an elder law attorney; click on Community Services and search by ZIP code

Indiana Legal Services

indianalegalservices.org

Legal assistance for lower income and elderly individuals across Indiana

T 844.243.8570

Indianapolis Legal Aid Society

indylas.org

No-cost legal services for Marion and surrounding county individuals with income less than 125% of poverty level

T 317.635.9538
Legal services, continued

**Neighborhood Christian Legal Clinic, Indianapolis**
nclegalclinic.org
Legal assistance for moderate to low-income individuals
T 877.236.0730

**Center for At-Risk Elders (CARE), Marion County only**
indianacare.org
Attorney-led advocacy organization that establishes adult guardianship, generally emergently, due to exploitation, abuse or neglect.
T 317.955.2790

**The Arc of Indiana**
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
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

**The Indiana Patient Preferences Coalition**
indianapost.org/patients
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 and POST form.
Legal services, continued

**Prepare for Your Care**
[prepareforyourcare.org](http://prepareforyourcare.org)

**Five Wishes**
[fivewishes.org/five-wishes/individuals-families](http://fivewishes.org/five-wishes/individuals-families)

**Docubank**
[docubank.com](http://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](http://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](http://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](http://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](http://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**
Aggregates resource services by ZIP code

*Insurances*

**State Health Insurance Program (SHIP) by county**
[ship/index.htm](http://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](http://medicare.gov)

**Senior Medicare Patrol**
[smpresource.org](http://smpresource.org)
Assisting seniors and family members to detect and report fraud.

**Medicare Savings Program, Qualified Medicare Beneficiary (QMB) Specified Low Income Beneficiary (SLMB)**
[medicaid/providers/860.htm](http://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**
[medicaid/members/52.htm](http://in.gov/medicaid/members/52.htm)

**Healthy Indiana Plan (HIP)**
[fssa/hip/2458.htm](http://in.gov/fssa/hip/2458.htm)
Financial resources, continued

Marketplace Insurance
healthcare.gov

Veterans Administration
There are multiple benefit options to consider. Request an accredited representative to assist with qualifying options.
benefits.va.gov/vso/index.asp

- TRICARE and VA benefits and healthcare
  va.gov/health-care/eligibility
- Indianapolis VA and other Regional Offices
  va.gov/directory/guide/fac_list_by_state.cfm?State=IN&dnum=ALL
- VA Manage Your Benefits
  ebenefits.va.gov/ebenefits
- VA Aid and Attendance
  va.gov/pension/aid-attendance-housebound

Accredited VA Claims Representative
- Bucholtz Agency
  bucholtzagencyvabenefits.com
- Patriot Angels
  patriotangels.com
- Senior Veterans Council
  seniorveteranscouncil.com
Financial resources, continued

Commercial insurance/employer or private coverage

COBRA

cms.gov/CCIIO/programs-and-initiatives/other-insurance-protections/cobra_qna
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.

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)

ssa.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)

ssa.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.
Financial resources, continued

*Food assistance*

**Supplemental Nutrition Assistance Program – Indiana (SNAP)**
[in.gov/fssa/dfr/snap-food-assistance/about-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](foodpantries.org/ci/in-indianapolis)

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

*Home delivered meals (Each Area Council on Aging has its own resource.)*

**CICOA, meals and more**
[cicoa.org/services/senior-meals-nutrition](cicoa.org/services/senior-meals-nutrition)

**Meals on Wheels**
[mealsonwheelsindy.org](mealsonwheelsindy.org)

**Mom's Meals**
[momsmeals.com](momsmeals.com)
Covered under some Medicare and Medicaid insurance plans
T 877.508.6667
Financial resources, continued

**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

**Postmates**
postmates.com

**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 [ssa.gov/benefits/medicare/prescriptionhelp.html](http://ssa.gov/benefits/medicare/prescriptionhelp.html).

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

- **Good Rx**
goodrx.com
  T 855.213.1275
- **Needy Meds**
needymeds.org
  T 800.503.6897
- **Prescription Hope**
prescriptionhope.com/how-it-works
  T 877.296.4673
- **Insiderx**
insiderx.com
Financial resources, continued

**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

- **HealthWell Foundation**
  healthwellfoundation.org/disease-funds

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

- **CVS SimpleDose**
  cvs.com/content/pharmacy/simpledose
  T 800.753.0596

- **Walgreens**
  walgreens.com/topic/pharmacy/prescription-delivery.jsp
  T 800.925.4733

- **My MedPak**
  my-medpak.com
  T 855.398.6471

- **PillPack**
  pillpack.com
  T 855.745.5725

**Pill management**

**Hero Health**
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](http://in.gov/dwd/2362.htm)
Provides unemployment cash benefits usually in weekly payments to those unemployed, apply online

**WorkOne Indy**
[workoneindy.com](http://workoneindy.com)
Organization that assists individuals with their job search and career development
T 317.798.0335

**Vocational Rehabilitation**
[in.gov/fssa/ddrs/2636.htm](http://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](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](cicoa.org/resource-center/medicaid-waivers)
  For Medicaid recipients to age in place at home rather than nursing facility care

- **Caregiver homes**
  [payingforseniorcare.com/indiana/medicaid-waivers/structured-family-caregiving](payingforseniorcare.com/indiana/medicaid-waivers/structured-family-caregiving)
  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

- Grace at Home
  grace-at-home.com

- Meridian Visiting Physicians
  callmvp.com/about-us

- VA Home Based Primary Care
  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

- Eskanazi Health 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

- Ascension St. Vincent Hospital/Ascension Senior Care
  healthcare.ascension.org/Specialty-Care/Senior-Care

- St. Francis/Franciscan Network
  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
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](http://claritycaregivers.com)  
  T 317.774.0074

- Aging Life Care Consultants  
  [aginglifecareconsultants.com](http://aginglifecareconsultants.com)  
  T 317.300.5454

**Mental health support for those with dementia**

- The Memory Compass  
  [thememorycompass.com](http://thememorycompass.com)

- Reynolds and Associates Counseling  
  [reynoldslcsw.com](http://reynoldslcsw.com)

**Podiatry (At-home services)**

- At Home Podiatry  
  [ahpfootcare.com](http://ahpfootcare.com)

- Traveling Podiatry Care  
  [tpcfeet.com](http://tpcfeet.com)
Healthcare services, continued

**Dental services**
Indiana Medicaid recipients may have coverage, for provider options visit provider.indianamedicaid.com/ihcp/providersonline/services/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
cicoa.org/services/transportation
T 317.803.6153

Door2Door
cicoa.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

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)
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
T 317.803.6131

**Neighbor Link**
nlindy.org

**U.S. Department of Agriculture Rural Development**
rd.usda.gov/programs-services/single-family-housing-repair-loans-grants
Loans and grants to update, modernize and make homes accessible for very low income individuals

**Aging in Place**
aginginplace.org
Resources to keep seniors in their homes

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**Personal mobility resources**

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

**NuMotion**
numotion.com/locations/indianapolis-in
T 317.334.9460

**National Seating & Mobility**
nsm-seating.com
T 317.454.7670

**At Home Health Equipment**
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 home system with compatibility to some local law enforcement agencies.
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

**Project Lifesaver**
projectlifesaver.org/about-us/where-we-are

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 – 119 N. Munsie St., Indianapolis
T 317.539.3922

Care Patrol
carepatrol.com/advisors/heinz-kosser/indianapolis

Eldercare Locator
eldercare.acl.gov/public/index.aspx
By ZIP code, aggregates options for older adults
T 800.677.1116

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

Veterans Affairs Respite Services
va.gov/geriatrics/pages/respite_care.asp
Community resources/Community living, continued

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 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.

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. Cost coverage includes private pay, long-term care insurance, VA coverage or Medicaid.

**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

**Still Waters Adult Day Center**
stillwatersadc.org
T 317.284.0837

**Joy’s House Adult Day Services**
joyshouse.org
T 317.254.0828
Community resources/Community living, continued

Adult day care, continued

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

Independent Adult Day Centers
adultday.com

Charlene’s Angels (Greenwood, IN)
T 317.431.1484

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.

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
or
medicare.gov/care-compare/resources/information-about-provider-types

Karen Matthews, LCSW  T 317.963.7440  iuhealth.org/find-medical-services/alzheimers  32
Community resources/Community living, continued

Hospice homes (local)

Life’s Journey
lifesjourney-avon.com
T 317.561.6840

St. Vincent’s Hospice House
stvincent.org/services/hospice
T 317.829.2124

Franciscan Hospice House
franciscanhealth.org/healthcare-facilities/franciscan-hospice-house-2033
T 317.528.2092

Indiana Veterans’ Home
in.gov/ivh/2407.htm
T 765.463.1502

Abbie Hunt Bryce Hospice Home
morninglightinc.org/abbie-hunt-bryce-home
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

NAMI
namiindiana.org

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