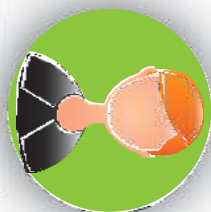


Solutions Guide



**A Resource for Older Adults, People with Disabilities
and Family Caregivers**



Aging & In-Home Solutions

A member of the  connect Alliance



Aging & In-Home Solutions

A member of the  ITCconnect Alliance.

CICOA Aging & In-Home Solutions

4755 Kingsway Dr., Suite 200

Indianapolis, IN 46205

317-254-5465

www.cicoa.org

Aging & Disability Resource Center

317-803-6131

317-254-3660

800-432-2422

Relay Service: 7-1-1

About This Guide

CICOA Aging & In-Home Solutions is pleased to provide the 2016-17 edition of the *Solutions Guide: A Resource for Older Adults, People with Disabilities and Family Caregivers*.

As the state's largest Area Agency on Aging, CICOA serves Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby counties. CICOA's mission is to empower older adults, those of any age with a disability and family caregivers to achieve the greatest possible independence, dignity and quality of life. We do this by linking our clients with community-based resources to help them stay in control of their lives and out of institutional care.



The organizations, programs and services listed in this directory are continually changing. If you cannot find the resource you need in this directory or would like to discuss your situation with someone, please call CICOA's Aging & Disability Resource Center, a one-stop source of information and assistance for older adults, people with disabilities and family caregivers. Options counselors are available Monday through Friday, 8:00 a.m. – 5:00 p.m., at 317-803-6131 or 800-432-2422.

CICOA Foundation

Your Gift Makes a Difference

Since 1974, CICOA Aging & In-Home Solutions has been empowering older adults, those of any age with a disability and family caregivers to achieve the greatest possible independence, dignity and quality of life.

Your **secure, tax-deductible donation** to the CICOA Foundation provides:

- Accurate, unbiased answers about public and private programs and services related to aging, disability and family caregiving;
- Coordinated care plans for in-home services;
- Appetizing, nutritionally balanced meals;
- Transportation services and discount travel vouchers;
- Caregiver respite and assistance;
- Home accessibility modifications;
- Advocacy for elder friendly communities and compassionate, cost-effective long-term care options.

To make a gift, please visit www.cicoa.org/donate-now or send your donation to:

CICOA Foundation
4755 Kingsway Dr., Ste. 200
Indianapolis, IN 46205-1572

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Basic Needs

In This Section:

Programs that furnish survival-level resources including food, housing, material goods, transportation and utilities for individuals with low or fixed incomes, people who are homeless, older adults and/or people with disabilities who are otherwise unable to adequately provide for themselves and their families. Also included are related services that are available to the community at large.

CICOA Neighborhood Meals

CICOA's Meals & More program provides appetizing, nutritionally balanced meals to older adults and those with disabilities either in their homes or at one of CICOA's neighborhood meal sites. The program is designed to relieve hunger and food insecurity, promote socialization and address proper nutrition education.

Hot meals are served Monday through Friday at various neighborhood meal sites. Times vary for each site. The suggested donation per meal is \$2.00 for seniors. Persons under the age of 60 are welcome to accompany a senior to the lunch program; however the cost of the meal for a person under age 60 is \$6.00. The monthly menu and list of neighborhood meal sites is posted online at cicoa.org/services/meals-more.

Reservations are required. Please call 317-803-6042.

Boone County

Crawford Manor

9940 Hoosier Village Dr., Indianapolis, IN 46268
Lunch served: 11:15 a.m.

Thorntown Public Library

124 N Market St., Thorntown, IN 46071
Lunch served: 11:30 a.m.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032
Lunch served: 11:30 a.m. Mon, Tue, Thurs & Fri

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122
Lunch served: 12:00 p.m.

Johnson County

The Social of Greenwood

550 Polk St., Greenwood, IN 46143

Lunch served: 11:30 a.m.

Marion County (ordered by zip code)

Cambridge Square of Beech Grove

331 E. Churchman Pl., Beech Grove, IN 46107

Lunch served: 11:30 a.m.

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201

Lunch served: 11:00 a.m.

Lugar Towers

901 Fort Wayne Ave., Indianapolis, IN 46202

Lunch served: 10:30 a.m.

Barton Annex

501 N. East St., Indianapolis, IN 46204

Lunch served: 11:00 a.m.

Stetson Senior Apartments

703 E. 30th St., Indianapolis, IN 46205

Lunch served: 11:00 a.m.

Carriage House of Glendale

2520 Tacoma Cir., Bldg. 3, Indianapolis, IN 46220

Lunch served: 12:00 p.m.

Community Alliance of the Far Eastside (CAFÉ)

8902 E. 38th St., Indianapolis, IN 46226

Lunch served: 11:00 a.m. Tue, Wed, & Thurs

Bethany Village

3554 S. Shelby St., Indianapolis, IN 46227

Lunch served: 11:00 a.m.

Green Park Terrace

110 E. Meridian School Rd., Indianapolis, IN 46227

Lunch served: 11:30 a.m.

Perry Senior Services

6901 Derbyshire Rd., Indianapolis, IN 46227

Lunch served: 11:30 a.m. Mon, Tue, & Thurs

Mt. Zion Suburban Apartments

5260 N. Michigan Rd., Indianapolis, IN 46228

Lunch served: 11:00 a.m.

Nora Commons on the Monon

8905 Evergreen Ave., Indianapolis, IN 46240

Lunch served: 11:30 a.m.

AHEPA

7355 Shadeland Station Way, Indianapolis, IN 46256

Lunch served: 11:00 a.m.

ElderSource of Greater Indianapolis

6701 Hoover Rd., Indianapolis, IN 46260

Lunch served: 12:00 p.m. Tue & Thurs

The Towers of Crooked Creek

7988 N. Michigan Rd., Indianapolis, IN 46268

Lunch served: 11:30 a.m.

Park Regency Apartments

8851 Colby Blvd., Indianapolis, IN 46268

Lunch served: 12:00 p.m.

Morgan County**Ken-Mar Apartments**

210 W. Pike St., Martinsville, IN 46151

Lunch served: 11:30 a.m.

Shelby County

Shelbyville Senior Center

1504 S. Harrison St., Shelbyville, IN 46176

Lunch served: 11:00 a.m., Mon, Tue, Thurs

CICOA Meal Vouchers

CICOA offers a voucher program that enables individuals age 60 and older to have more options and increased flexibility in their dining choices. For a suggested contribution of \$3.00 each, seniors can receive up to eight vouchers per month that may be redeemed at participating locations for breakfast, lunch or dinner. Call 317-803-6042 or visit www.cicoa.org/meals-more/meal-vouchers for voucher site distribution and redemption information.

Participating Locations:

Community Hospital East

1500 E. Ritter Ave., Indianapolis, IN 46219

Community Health North

7150 Clearvista Dr., Indianapolis, IN 46256

Crestwood South Restaurant

8809 Madison Ave., Indianapolis, IN 46227

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122

Major Hospital

150 W. Washington St., Shelbyville, IN 46176

Riverview Health

395 Westfield Rd., Noblesville, IN 46060

St. Vincent Hospital

2001 W. 86th St., Indianapolis, IN 46260

Witham Health

2605 N. Lebanon St., Lebanon, IN 46052

CICOA Nutrition Education

CICOA provides nutrition education to individuals and their families to promote healthy food choices, improve health behaviors, and manage nutrition-related chronic diseases.

Better Choices, Better Health is a six-week chronic disease symptom management program developed to help those with ongoing health concerns better manage day-to-day activities. The workshop is open to individuals who have diagnoses of arthritis, asthma, cancer, chronic pain, diabetes, fibromyalgia, heart disease, high blood pressure, irritable bowel syndrome, osteoporosis, Parkinson's and many other chronic conditions.

Anyone interested in additional details about any of the educational opportunities should contact CICOA's Meals and More Department at 317-803-6042 or visit www.cicoa.org/meals-more/education.html.

Commodity Supplemental Food Program

Commodity Supplemental Food Program (CSFP)

This USDA program provides supplemental food to improve the health of low-income individuals 60 years or older. Each monthly package contains high protein items, grains, vegetables, juices and shelf stable milk. Currently this program is available to Marion County Residents age 60 or older who meet income guidelines. Call CICOA's CSFP Coordinator at 317-803-6042 for more information.

Home-Delivered Meals

CICOA Meals & More

CICOA delivers wholesome meals to residents of Marion and the surrounding counties. All meal contributions are confidential and no individual is turned away because of an inability to pay. The suggested donation per meal is \$2.00.

CICOA also provides nutritional analysis of all menus to empower health-conscious consumers watching calories, fat, carbohydrates, sodium, fiber or calcium.

To receive home-delivered meals, individuals should be primarily confined to their homes due to physical or mental health reasons, unable to prepare their own meals, and meet one of the following eligibility criteria:

- At least 60 years of age
- The spouse of someone at least 60 years of age
- Under the age of 60 with a disability and receiving services through CHOICE or SSBG funding.

Private pay meals are available for individuals who do not meet this eligibility criteria. For more information, call CICOA's Aging and Disability Resource Center at 317-803-6131.

Meals on Wheels

Eligibility for Meals on Wheels may vary by location and the program may be able to provide meals to individuals of any age with a disability for a minimal fee. There is often an option for two daily meals through this service and special diet meals may be offered.

Central Indiana, 317-252-5558, www.mealsonwheelsindy.org

Greenwood (Johnson County), 317-882-2424

Hamilton County, 317-776-7159, www.mealsonwheelshc.org

Hancock County, 317-477-4345, www.mealsonwheelsonline.org

Hendricks County, 317-745-3469, www.hendricks.org/mealsonwheels

Shelby County, 317-398-4470

Zionsville, 317-769-6313 www.zionsvillemealsonwheels.org

Food Pantries

Food Pantries provide a limited amount of food to individuals and families in short-term emergency situations. Provisions and supplies fluctuate since pantries often rely on donated items. Requests for assistance may require a referral from a social service agency. For additional information and a location near you, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Grocery Delivery

A few grocery stores will deliver. Orders may be subject to boundaries, minimum order requirements and/or include a small delivery fee. For additional information call one of the locations listed below.

Green Bean Delivery

317-377-0470, www.greenbeandelivery.com

Peapod

800-573-2763, www.peapod.com

Railer's IGA Lebanon

765-482-3298

Railer's IGA Sheridan

317-758-5355

Schwan's Home Service

888-724-9267, www.schwans.com

Home Accessibility Evaluation

CICOA Aging & In-Home Solutions, Safe at Home

CICOA's Safe at Home services include home accessibility modifications, evaluations, and a Safe at Home Day event. There are a number of funding opportunities that available to assist with the cost of modifications based on client eligibility. Fee-for-service options are also available. Contact Safe at Home at 317-803-6079 for additional information.

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205
317-466-1000

Homeless Shelters

There are several facilities that offer short-term shelter to homeless men and women. Most shelters cannot accept frail seniors who are unable to completely care for themselves. A referral from a social service agency is recommended and sometimes required. For more information concerning a referral contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Low-Income/Subsidized Rental Housing

Numerous apartment complexes are open to low-income persons age 62 and older and to adults with disabilities. The rent is usually based on the resident's gross income with adjustments made for medical expenses, health insurance premiums, and prescription costs. Utilities are often included in rent. Some communities have hot lunch programs, social activities and vans for transportation.

Indiana Housing Now

877-428-8844, www.indianahousingnow.org

Indianapolis Housing Agency

Section 8/Housing Choice Voucher Program
1935 N. Meridian St., Indianapolis, IN 46202
317-261-7201, www.indyhousing.org

Noblesville Housing Authority

320 Kings Ln., Noblesville, IN 46060

317-773-5110

U.S. Department of Housing and Urban Development

151 N. Delaware St., Ste. 1200, Indianapolis, IN 46204

317-226-6303, [hud.gov](https://www.hud.gov)

Supportive Housing

In addition to independent living settings, supportive housing options exist for individuals living in the community who are seeking assistance to age in place.

Continuing Care Retirement Communities

Retirement communities may have as many as three levels of living arrangements: independent living, assisted living and nursing care. The advantage of a retirement community with a variety of living options is that residents can move from one level to another (and back again) as their needs change. If you are considering a move to a retirement community, be sure to find out about the levels of living arrangements available and services provided. Some retirement communities have rental agreements similar to apartment complexes, while others require a substantial up-front fee for a “continuing care” lifetime contract.

Assisted Living

Assisted living is for individuals who need help with some daily living activities but do not require nursing facility care. Assisted living apartments are equipped with grab bars in the bathroom and emergency call systems. In addition, help is available with meals, bathing, dressing, medication management, housekeeping and other activities. These services are either included in the rent or provided at an extra charge.

Assisted living facilities do not accept Medicare or Medicaid. However, someone who meets the physical criteria for nursing home residence and is eligible for Medicaid may be eligible to reside in assisted living using the Medicaid Aged and Disabled Waiver.

The Indiana State Department of Health regulates and licenses assisted living facilities as “residential care” providers. However, many assisted living facilities are not licensed. If you would like a list of assisted living facilities located in Central Indiana, call CICOA’s Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Adult Family Care

Adult Family Care is a comprehensive, residential service provided through the Medicaid Aged and Disabled Waiver. Individuals who receive this service reside in a home with an unrelated primary caregiver and family, as well as up to two other consumers of this service. Adult Family Care services may include, but are not limited to, personal care, homemaker, attendant care, companionship, medication oversight and transportation. The services are provided in a home-like environment that includes, but is not limited to, a private bedroom, semi-private bathroom, home-cooked meals, a common living area, and assistance with activities of daily living. For locations call CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422.

Thrift Stores & Donations

Thrift Stores offer donated clothing and household items at low prices to the general public. Revenues often help support a variety of programs provided by the larger organizations. Home pickup for donations is available in some service areas. Community organizations and faith-based programs may also accept donations to provide resources for local persons in need. For additional resources, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357 or contact CICOA’s Aging & Disability Resource Center at 317-803-6131.

AMVETS Household Discard Program, 317-353-8140

Disabled American Veterans DAV

2439 W. 16th St., Indianapolis, IN 46222
317-632-9266

Goodwill Industries of Central Indiana, Inc.

1635 W. Michigan St., Indianapolis, IN 46222
317-524-4313

Goodwill store information and Donation Center locations can be found online at www.goodwillindy.org/mod/shop/locations.

Goodwill also offers estate services. For more information call 317-524-4563.

ReStore by Habitat for Humanity

Greater Indianapolis, 317-777-6098
Greenfield, 317-318-9380
Martinsville, 765-349-9003
Westfield, 317-869-9423, ext. 4
Whiteland, 317-535-6720

ReStore information and Donation Center Locations can be found online at www.habitat.org/restores

Salvation Army

For locations, call 1-800-728-7825 or search online at satruck.org/search

Transportation

There are several options for transportation in Central Indiana. Some programs have boundary restrictions, income and age requirements, while others provide transportation to individuals in wheelchairs and with special funding sources only. An alternate transportation resource list has been compiled by the CICOA Way2Go department.

317-803-6153, cicoa.org/services/way2go/alternate-transportation

CICOA Way2Go—Senior Transportation

Individuals 60 and older can utilize CICOA senior transportation services, which allow travel within Marion County to help meet essential needs. Services include Door2Door, Shuttles, Discount Taxi Fare, and Wheelchair Transportation

317-803-6153, cicoa.org/services/way2go/senior-transportation

IndyGo Open Door Paratransit Service

Curb-to-curb, reservation based, shared ride service.

317-635-3344, www.indygo.net/open-door

County Senior Service Transportation

The following County Senior Service Organizations provide transportation services within their respective counties. For more information, contact the provider directly.

Boone County—Boone County Senior Services

765-482-5220, 317-873-8939

Hamilton County— PrimeLife Enrichment Inc.

317-815-7000

Hancock County— Hancock County Senior Services, Inc.

317-462-1103

Hendricks County— Hendricks County Senior Services

317-745-4303

Johnson County— Johnson County Senior Services

317- 738-4544

Morgan County— Coordinated Aging Services for Morgan County

765-342-3007

Shelby County— Shelby Senior Services, Inc.

317-398-0127

Medicaid Transportation Provider Search

www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Utility Assistance and Weatherization

Local utility companies offer a variety of budget and payment plans for customers to maintain service. If you are having difficulty paying, contact your utility company to negotiate a workable payment plan.

Energy assistance programs are available as one-time payments to the utility accounts of those who qualify. Recipients are responsible for the remaining balance. Weatherization programs may provide free weatherization of owner-occupied and rental residences. Services may include attic insulation, caulking, weather-stripping, furnace repair or replacement, and heat duct and water pipe insulation.

Township trustees may help with shelter, fuel, or water expenses. Additional help may be available through energy assistance and weatherization programs.

Energy Assistance

Community Action of Greater Indianapolis, Boone County (CAGI)

510 W. Camp St., Lebanon, IN 46052
765-482-7018

Community Action of Greater Indianapolis, Hamilton County

1109 S. 10th St., Noblesville, IN 46060
317-773-2221

Community Action of Greater Indianapolis, Hendricks County

1900 E. Main St., Danville, IN 46122
317-745-2642

Community Action of Greater Indianapolis, Marion County

3266 N. Meridian St. Ste. 100, Indianapolis, IN 46208
317-396-1800

Hancock County—Interlocal Community Action Program, Inc. (ICAP)

141 Green Meadows Dr. Ste. 4, Greenfield, IN 46140
317-462-2557

Johnson County—Human Service, Inc. (HSI)

460 N. Morton St., Ste B., Franklin, IN 46131
317-736-0755

Marion County Energy Assistance Program

Call Connect2Help 2-1-1 or visit www.indyeap.org

Morgan County—South Central Community Action Program

159 W. Morgan, Martinsville, IN 46151
765-342-1518

Shelby County—HSI

825 Elm St., Shelbyville, IN 46176
317-398-3153

Weatherization

Citizens Energy Group Citizens Assistance-

317-924-3311

Community Action of Greater Indianapolis (CAGI)

3266 N. Meridian St., Indianapolis, IN 46208
317-396-1800, www.cagi-in.org

Indiana Community Action Association (INCAA)

www.incap.org

Township Trustees

Trustee information, including office locations and hours, can be found at www.in.gov/dlqf/2440.htm. If a direct number is not available for the trustee, contact the Indiana Department of Local Government Finance at 888-739-9826.

Boone County

Center Township, 765-482-5909
Clinton Township, 765-325-2615
Harrison Township, 765-482-0652
Jackson Township, 765-676-5935
Jefferson Township, 765-481-8486
Marion Township, 317-758-5635
Perry Township, 317-769-6251
Sugar Creek Township, 765-436-7988
Washington Township, 765-436-7608
Worth Township, 317-769-3560

Hamilton County

Adams Township, 317-758-1029
Clay Township, 317-846-2773
Delaware Township, 317-842-8595
Fall Creek Township, 317-841-3180
Jackson Township, 317-984-3826
Noblesville Township, 317-773-0249
Washington Township, 317-574-9490
Wayne Township, 765-534-4062
White River Township, 317-984-9350

Hancock County

Blue River Township, 317-467-4366
Brandywine Township, 888-739-9826
Brown Township, 765-738-0067
Buck Creek Township, 317-335-1401
Center Township, 317-462-1176
Green Township, 888-739-9826
Jackson Township, 317-936-5112
Sugar Creek Township, 317-861-6148
Vernon Township, 317-485-7327

Hendricks County

Brown Township, 317-852-0899
Center Township, 317-745-2813
Clay Township, 765-386-2049
Eel River Township, 765-676-6333
Franklin Township, 317-539-2667
Guilford Township, 317-838-0564
Liberty Township, 317-539-7944
Lincoln Township, 317-852-8745

Marion Township, 317-539-4350
Middle Township, 317-892-5000
Union Township, 317-489-8990
Washington Township, 317-272-1835

Johnson County

Blue River Township, 812-371-6981
Clark Township, 317-862-2250
Franklin Township, 317-736-7511
Hensley Township, 317-710-5880
Needham Township, 317-738-3778
Nineveh Township, 317-933-2820
Pleasant Township, 317-535-7571
Union Township, 317-422-5773
White River Township, 317-422-1143

Marion County

Center Township, 317-633-3610
Decatur Township, 317-856-6600
Franklin Township, 317-780-1700
Lawrence Township, 317-890-0011
Perry Township, 317-788-4815
Pike Township, 317-291-5801
Warren Township, 317-327-8956
Washington Township, 317-327-8800
Wayne Township, 317-241-4191

Morgan County

Adams Township, 765-528-2651
Ashland Township, 765-537-2510
Baker Township, 765-341-0404
Brown Township, 317-831-1734
Clay Township, 317-831-7313
Green Township, 765-342-1065
Gregg Township, 888-739-9826
Harrison Township, 317-422-5965
Jackson Township, 765-349-1923
Jefferson Township, 765-342-8097
Madison Township, 317-834-6027 ext. 1
Monroe Township, 317-996-2920
Ray Township, 888-739-9826
Washington Township, 765-342-6368

Shelby County

Addison Township, 317-398-6896

Brandywine Township, 317-835-8304

Hanover Township, 765-763-6415

Hendricks Township, 317-729-5518

Jackson Township, 317-729-5620

Liberty Township, 765-525-6771

Marion Township, 317-398-2025

Moral Township, 317-835-7572

Noble Township, 765-525-7160

Shelby Township, 317-392-8968

Sugar Creek Township, 317-835-7223

Union Township, 765-544-2540

Van Buren Township, 765-763-6015

Washington Township, 812-587-5607

Consumer Services

In This Section:

Programs that provide for the education and protection of individuals who buy products and services for personal use. Included are programs that establish and enforce consumer protection, fair trade and other regulatory legislation; provide information and/or counseling to help consumers manage their finances, make informed credit and purchasing decisions, and understand their tax obligations and pay their taxes; and/or ensure that consumers have access to fair hearings, mediation or binding arbitration and appropriate remedies when they have complaints.

Consumer Assistance and Protection

Better Business Bureau (BBB)

The Better Business Bureau of Central Indiana is a non-governmental, non-profit corporation established to help maintain better business and consumer relations.

Central Indiana Better Business Bureau

151 N. Delaware St., Ste. 2020, Indianapolis, IN 46204
317-488-2222, 866-463-9222, www.indybbb.org

Office of Indiana Attorney General

Older adults are often the targets of consumer fraud and scams. The following agency investigates consumer complaints and regulates licensed occupations.

Consumer Protection Division

Indiana Attorney General
302 W. Washington St., 5th Floor, Indianapolis, IN 46204
317-232-6330, 800-382-5516, www.state.in.us/attorneygeneral

Disability Parking Permits

Handicapped license plates and permits or placards are available with a physician's certification at any license branch. For pricing and more information on the application process, contact the Indiana Bureau of Motor Vehicles (BMV) Contact Center at 1-888-692-6841 or visit www.in.gov/bmv.

The process to obtain a reserved curbside parking sign outside individual homes varies by area. Contact the BMV for general questions or contact one of the following:

Department of Public Works

City of Indianapolis

1200 S. Madison Ave., Ste. 200, Indianapolis, IN 46225

317-327-4693

Lebanon Street Department

1301 Lafayette Ave., Lebanon, IN 46052

765-482-8870

Noblesville Street Department

1575 Pleasant St., Noblesville, IN 46060

317-776-6348

Plainfield Department of Public Works

986 S. Center St., Plainfield, IN 46168

317-839-3490

Money Management

Representative Payee Services

Upon request, most utilities and creditors will contact family members if an elderly person fails to pay bills. Many banks offer automatic account deductions for regular monthly payments. Most trustee departments at financial institutions offer bill paying services and money management for a fee. Call individual utilities, creditors or banks for details on special services to assist elderly customers.

The agencies listed below will help individuals consolidate bills:

Apprisen Financial Advocates

6345 S. East St., Indianapolis, IN 46227

317-266-1300, www.apprisen.com

Crisscross

866-380-9708, crisscross.org

Families First

615 N. Alabama St., Ste. 320, Indianapolis, IN 46204

317-634-6341, www.familiesfirstindiana.org

Reverse Mortgage Programs

Some older adults have small incomes but may have a lot of equity invested in their homes. Adults 62 or older can obtain a home equity conversion or “reverse mortgage.” The amount will be based on age, the current interest rate and the appraised value of the home. Applicants should consult with a reverse mortgage counselor to assist in determining what is best for the individual’s situation. The following agency provides reverse mortgage counseling.

Apprisen

6345 S. East St., Indianapolis, IN 46227
800-355-2227, www.apprisen.com

Tax Services

Unified Tax Credit

Persons 65 and older who meet income guidelines may qualify for the Unified Tax Credit. Applications must be made by December 31.

Indiana Department of Revenue

100 N. Senate Ave. N105, Indianapolis, IN 46204
Refund status and tax information line: 317-233-4018, www.in.gov/dor

For the surviving spouse deduction you must be over the age of 60, and the deceased spouse must have been at least age 65 at time of death. Apply at your county auditor’s office:

Boone County Auditor, 765-482-2940, www.boonecounty.in.gov

Hamilton County Auditor, 317-776-8401, www.hamiltoncounty.in.gov

Hancock County Auditor, 317-477-1105, www.hancockcoingov.org

Hendricks County Auditor, 317-745-9300, www.co.hendricks.in.us

Johnson County Auditor, 317-346-4310, www.co.johnson.in.us

Marion County Auditor, 317-327-4646, www.indy.gov

Morgan County Auditor, 765-342-1001, www.morgancounty.in.gov

Shelby County Auditor, 317-392-6310, www.shelbycounty73.us

Education & Enrichment

In This Section:

Programs that provide opportunities for people to acquire the knowledge, skills, desirable qualities of behavior and character, wisdom and general competence that will enable them to fully participate in and enjoy the social, political, economic and intellectual life of the community.

The following organizations offer a wide range of social, leisure, educational and enrichment programs.

accessABILITY Center for Independent Living, Inc.

5302 E. Washington St., Indianapolis, IN 46219
317-926-1660, 866-794-7245, www.abilityindiana.org

Albert & Sara Reuben Senior and Community Resource Center

ElderSource Program
6905 Hoover Rd., Indianapolis, IN 46260
317-259-6822

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, 866-602-6762, www.bosma.org

CICOA Aging & In-Home Solutions—Meals & More Service

317-803-6042, www.cicoa.org/meals-more/education.html

IUPUI Office of Community Engagement

518 Indiana Ave., Indianapolis, IN 46202
317-274-7400, www.engage.iupui.edu

Ivy Tech Community College—Central Indiana

50 W. Fall Creek Pkwy N. Dr., Indianapolis, IN 46208
888-489-5463, www.ivytech.edu

J. Everett Light Career Center

1901 E. 86th St., Indianapolis, IN 46240
317-259-5265, jelcc.com

OASIS

10800 E. Washington St., Indianapolis, IN 46229
317-396-3751, www.oasisnet.org

Purdue Extension Service—Boone County

1300 E. 100 S., Lebanon, IN 46052
765-482-0750, www.extension.purdue.edu/boone

Purdue Extension Service—Hamilton County

2003 Pleasant St., Noblesville, IN 46060
317-776-0854, www.extension.purdue.edu/Hamilton

Purdue Extension Service—Hancock County
802 N. Apple St., Greenfield, IN 46140
317-462-1113, www.extension.purdue.edu/Hancock

Purdue Extension Service—Hendricks County
1900 E. Main St., Danville, IN 46122
317-745-9260, www.extension.purdue.edu/Hendricks

Purdue Extension Service—Johnson County
484 N. Morton St., Franklin, IN 46131
317-736-3724, www.extension.purdue.edu/johnson

Purdue Extension Service—Marion County
Indiana State Fairgrounds, Discovery Hall
1202 E. 38th St., Ste. 201, Indianapolis, IN 46205
317-275-9305, www.extension.purdue.edu/marion

Purdue Extension Service—Morgan County
180 S. Main S., Ste. 229, Martinsville, IN 46151
765-342-1010, www.extension.purdue.edu/Morgan

Purdue Extension Service—Shelby County
1600 E. State Rd. 44, Ste. C, Shelbyville, IN 46176
317-392-6460, www.extension.purdue.edu/shelby

University of Indianapolis
School for Adult Learning
1400 E. Hanna, Indianapolis, IN 46227
317-788-3368, www.uindy.edu/school-for-adult-learning

Vincennes University
Veterans Upward Bound
3833 N. Meridian St., Ste. 300, Indianapolis, IN 46208
317-927-9605

Walker Career Center
Adult Education Classes
9651 E. 21st St., Indianapolis, IN 46229
317-532-6150

Elderhostel Programs

Elderhostels are educational programs for those age 60 and older. Participants enroll in courses taught by college faculty and stay in dormitories for the duration of the program, typically one or two weeks. Minimal fees are charged. For information about Indiana or international programs, contact:

Road Scholar Incorporated

800-454-5768, www.roadscholar.org

Environment & Public Health/Safety

In This Section:

Programs that protect and conserve natural resources, prevent or reduce environmental pollution, promote environmental and public health, develop and implement measures for safety education and accident prevention, provide emergency rescue services for people in trouble and/or take other steps to enhance public health and safety and enable people to live in ecological balance and harmony with their surroundings.

Fire Prevention Information

Firefighters Survive Alive! Inc.

748 Massachusetts Ave., Indianapolis, IN 46204
317-327-6707, survivealive.org

Indianapolis Fire Department Fire and Life Safety Division

300 E. Fall Creek Pkwy. N. Dr., Indianapolis, IN 46205
317-327-6006

Poison Safety Education

Indiana Poison Center

IU Health Methodist Hospital
1701 N. Senate Blvd., Rm. B402, Indianapolis, IN 46202
800-222-1222, Poison Control Hotline, indianapoison.org

Public Health

Find a local health department at www.in.gov/isdh/24822.htm

Boone County Health Department

116 W. Washington St., B202, Lebanon, IN 46052
765-483-4458

Hamilton County Health Department

18030 Foundation Dr., Ste. A, Noblesville, IN 46060
317-776-8500

Hancock County Health Department

111 American Legion Pl., Ste. 150, Greenfield, IN 46140
317-477-1125

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9222

Johnson County Health Department

86 W. Court St., Franklin, IN 46131
317-346-4365

Marion County Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2000

Morgan County Health Department

180 S. Main St., Ste. 252, Martinsville, IN 46151
765-342-6621

Shelby County Health Department

1600 E. S.R. 44, Ste. B., Shelbyville, IN 46176
317-392-6470

Public Safety

Boone County Emergency Management

1905 Indianapolis Ave., Lebanon, IN 46052
765-483-4428, www.bccn.boone.in.us/ema/index.htm

Hamilton County Emergency Management

18100 Cumberland Rd., Noblesville, IN 46060
317-770-3381
www.hamiltoncounty.in.gov/397/Public-Safety

Hancock County Emergency Management

640 S. Franklin Rd., Greenfield, IN 46140
317-477-1188
hancockcoingov.org/hancock-county-government-departments

Hendricks County Emergency Management

355 S. Washington St., Rm. 208, Danville, IN 46122
317-745-9229, www.co.hendricks.in.us

Indianapolis Department of Public Safety

200 E. Washington St., Ste. E220, Indianapolis, IN 46204
317-327-2865

Indianapolis Division of Homeland Security

201 N. Shadeland Ave., Indianapolis, IN 46219

317-327-3900, www.indy.gov/eGov/City/DPS/DHS/Pages/home.aspx

Indianapolis Metropolitan Police Department

50 N. Alabama St., Indianapolis, IN 46204

Non-Emergency Dispatch Line: 317-327-3811

Emergency: 911

Johnson County Emergency Management

1081 Hospital Rd., Franklin, IN 46131

317-736-9064, www.johnsoncountyma.org/ema

Morgan County Emergency Management

1789 E. Morgan St., Martinsville, IN 46151

765-342-8467, www.morgancountyinema.org

Shelby County Emergency Management

715 E. S.R. 44, Shelbyville, IN 46176

317-392-6308, 317-398-6661, www.co.shelby.in.us

Health Care

In This Section:

Programs whose primary purpose is to help individuals and families achieve and maintain physical well-being through the study, prevention, screening, evaluation and treatment of people who have illnesses, injuries or disabilities.

Assistive Technology Equipment

Medicare, Medicaid and private health insurance may help with obtaining equipment and supplies that are medically necessary. A physician's statement is required. Suppliers of hospital equipment, supplies and other durable equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in phone directories under "Hospital Equipment and Supplies."

The Alzheimer's Store

800-752-3238, www.alzstore.com

Assistive Technology Services

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-2013, 888-466-1314, www.eastersealstech.com

Dental Care

Currently, Medicare will pay for dental services that are an integral part either of a covered procedure (e.g., reconstruction of the jaw following accidental injury), or for extractions done in preparation for radiation treatment for neoplastic diseases involving the jaw. Medicare also will make payment for oral examinations (but not treatment) preceding kidney transplantation or heart valve replacement under certain circumstances. Such examination would be covered under Part A if performed by a dentist on the hospital's staff or under Part B if performed by a physician.

Medicaid-covered services include annual exams and preventive care.

Dental Services and Medicaid

Individuals on Indiana Medicaid in need of dental services can search for a provider at:

www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Low-income persons may obtain dental services at sliding scale fees at the following clinics:

Eskenazi Cottage Corner Community Health Clinic

1434 Shelby St., Indianapolis, IN 46203
317-800-1206

Eskenazi Health Center Grassy Creek

9443 E. 38th St., Indianapolis, IN 46235
317-880-2288

Eskenazi West 38th Dental Clinic

5515 W. 38th St., Indianapolis, IN 46254
317-880-3838

Fountain Square Dental Clinic

1122 Shelby St., Indianapolis, IN 46203
317-635-3737

Gennesaret Free Clinic (Services for the Homeless)

Dental and Wellness Center, Blue Triangle Residence Hall
725 N. Pennsylvania St., Indianapolis, IN 46202
317-955-0217

HealthNet—Barrington Health & Dental Center

3401 E. Raymond St., Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—Pediatric & Adolescent Care Center

1633 N. Capitol Ave., Ste. 236, Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—People’s Health & Dental Center

2340 E. 10th St., Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—Southeast Health & Dental Center

901 Shelby St., Indianapolis, IN 46203
317-957-2450, www.indyhealthnet.org

HealthNet—Southwest Health & Dental Center

1522 W. Morris St., Indianapolis, IN 46221
317-957-2500, www.indyhealthnet.org

ImmediaDent—Avon

8906 Rockville Rd., Indianapolis, IN 46234
317-209-9077, immediadent.com

ImmediaDent —College Park Plaza

3269 W. 86th St., Indianapolis, IN 46268
317-542-3440, immediadent.com

ImmediaDent—East

8845 Boehning Ln., Indianapolis, IN 46219
317-899-1112, immediadent.com

ImmediaDent—North

6150 E. 82nd St. Ste. D, Indianapolis, IN 46250
317-577-5758, immediadent.com

ImmediaDent—South

7015 U.S. 31 South, Ste. E Indianapolis, IN 46227
317-888-5300, immediadent.com

ImmediaDent—West

5457 W. 38th St., Indianapolis, IN 46254
317-291-9000, immediadent.com

Indiana University School of Dentistry

1121 W. Michigan St., Indianapolis, IN 46202
317-274-7433, Option #1

Johnson County Dental Health Line

St. Thomas Medical Clinic
600 Paul Hand Blvd., Franklin, IN 46131 (Johnson County only)
317-696-7281

Marion County Public Health Department

Blackburn Health Center

2700 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208

317-931-4301

Marion County Public Health Department

Forest Manor Health Clinic

3840 N. Sherman Dr., Indianapolis, IN 46226

317-221-3013

Marion County Public Health Department

Northeast District

6042 E. 21st St., Indianapolis, IN 46219

317-221-2329

Marion County Public Health Department

Northwest District Health Office

Philip and Vivian Pecar Health Center

6940 N. Michigan Rd., Ste. 110, Indianapolis, IN 46268

317-221-7574

Raphael Health Center

401 E. 34th St., Indianapolis, IN 46205

317-926-1507

Trinity Free Clinic

1045 W. 146th St., Carmel, IN 46032 (Hamilton County Only)

317-819-0772

Indiana Donated Dental Service

Individuals age 65 and older or clients of any age with a mental or physical disability may receive dental care at no charge. There is usually a waiting list.

Contact the program coordinator at 800-452-6022 if you live in Fountain, Montgomery, Boone, Hamilton, Hancock, Henry or Wayne county or live in a county that is south of these counties.

Contact the program coordinator at 877-733-6585 if you live in a county north of Fountain, Montgomery, Boone, Hamilton, Hancock, Henry or Wayne counties.

Driver Assessments

Several organizations offer periodic classes at little or no charge to help older drivers improve their skills, assess their functional ability or provide driver rehabilitation. They may also provide valuable information with regard to necessary conversations for keeping aging drivers safe when operating motor vehicles. For information, class schedules, locations and requirements call:

AAA Hoosier Motor Club

3750 Guion Rd., Indianapolis, IN 46222
317-612-2648, www.aaahoosier.com

AARP Driver Safety Course

877-846-3299, www.aarp.org/driving

Easter Seals Crossroads

Driver Evaluation and Training Program
4740 Kingsway Dr., Indianapolis, IN 46205
317-479-3247, www.eastersealscrossroads.org

National Safety Council

Indiana Driver Improvement Program
888-245-8450, www.nsc.org

Senior Driving & Mobility Services, LLC

317-489-0804, www.seniordrivingandmobility.com

The Hartford

Free booklets, including *At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia & Driving*
www.thehartford.com/alzheimers

Flu Vaccines

Flu shots are offered at a variety of locations at a reduced rate for adults age 60 and older. Call your county health department for information about the nearest sites, dates and fees.

Boone County Health Department

116 W. Washington St., Ste. B202, Lebanon, IN 46052
765-482-3942, www.boonecounty.in.gov/health

Hamilton County Health Department

18030 Foundation Dr., Ste. A, Noblesville, IN 46060
317-776-8500, www.hamiltoncounty.in.gov

Hancock County Health Department

111 American Legion Pl., Ste. 150, Greenfield, IN 46140
317-477-1125, www.hancockcoingov.org

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9222, www.co.hendricks.in.us/health.html

Johnson County Health Department

86 W. Court St., Franklin, IN 46131
317-346-4386, www.co.johnson.in.us/civil/HealthDepartment/index.htm

Marion County Health Department- Eagledate Plaza

2802 Lafayette Rd., Ste. 5, Indianapolis, IN 46222
317-221-3441, www.mchd.com

Marion County Health Department- Meadows Drive

3901 Meadows Dr., Indianapolis, IN 46205
317-221-2379, www.mchd.com

Marion County Health Department- Northeast District

6042 E. 21st St. Indianapolis, IN 46219
317-221-2379, www.mchd.com

Marion County Health Department- Northwest District

6940 Michigan Rd. Ste. 130, Indianapolis, IN 46268
317-221-7500, www.mchd.com

Marion County Health Department- South District

505 E. National Ave., Indianapolis, IN 46227
317-221-5700, www.mchd.com

Morgan County Health Department

180 S. Main St., Ste. 252, Martinsville, IN 46151
765-342-6621, www.morgancountyhealth.com

Shelby County Health Department

1600 E. State Rd. 44, Ste. B, Shelbyville, IN 46176
317-392-6470

Geriatric Assessments

Geriatric assessment programs offer comprehensive evaluations to determine the total physical, emotional, social and functional conditions of an aging person. The geriatric assessment staff works with the patient's family and his or her private physician to develop a care plan based upon the evaluation results. While most area hospitals have the capacity to perform geriatric assessments, the facilities listed here have specific departments for this purpose. Primary care physicians also are able to refer individuals to an appropriate resource.

Community Health Network- Touchpoint Healthy Aging Transition Services (HATS)

Community Health Pavilion
9669 E. 146th St. Ste. 250A, Noblesville, IN 46060
317-621-4657, www.eCommunity.com/touchpoint

Community Health Network- Touchpoint Healthy Aging Transition Services (HATS)

Community Hospital East Professional Building
1400 N Ritter. Ave., Ste. 231, Indianapolis, IN
317-355-7744, www.eCommunity.com/touchpoint

Healthy Aging Brain Center

Eskenazi Center for Senior Health
720 Eskenazi Ave., 6th Floor, Indianapolis, IN 46202
317-880-6600, www.eskenazihealth.edu

IU Health Physicians Geriatrics

Medical Tower

1633 N. Capitol Ave., Ste. 322, Indianapolis, IN 46202

317-962-2929

Richard L. Roudebush VA Medical Center

Geriatric Resources for Assessment and Care of Elders (GRACE)

1481 W. 10th St., Rm. D-2031, Indianapolis, IN 46202

317-988-2364, Fax 317-988-5385

St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 11, Indianapolis, IN 46260

317-338-7780, www.stvincent.org

Deaf & Hard of Hearing

Hearing Aids

Medicare does not cover hearing loss exams or the purchase of hearing aids. Most companies that sell hearing aids offer free hearing tests. While there is no community program that provides free hearing aids, the following agencies may help low-income persons obtain them at a reduced rate or may provide additional services to the individuals with hearing impairments.

Aspire Indianapolis Deaf Services

2506 Willowbrook Pkwy., Ste. 111, Indianapolis, IN 46205

317-475-7270 (V), 317-493-0422 (VP),

www.aspireindiana.org/deaf_services.html

Deaf and Hard of Hearing Services (DHHS)

Bureau of Rehabilitation Services

402 W. Washington St, Indianapolis, IN 46207

317-542-3224 (VP), www.dhhs.in.gov

Lions Club of Indiana

8780 Purdue Rd., Ste. 9, Indianapolis, IN 46268

317-824-1024, www.indylionsspeechhearing.org

Nue Sound Hearing Care

504 Saraina Rd., Shelbyville, IN 46176
317-392-9246

Relay Indiana

7702 Woodland Dr., Ste. 130, Indianapolis, IN, 46278
317-334-1413 (V/TTY), 800-737-6319 (VP), relayindiana.com

HIV Testing (Confidential)

Bell Flower Clinic

640 Eskenazi Ave., Indianapolis, IN 46202
317-221-8300, www.bellflowerclinic.org

Brothers United

3737 N. Meridian St., Ste. 401, Indianapolis, IN 46208
317-931-0292, www.brothersunitedinc.org

Damien Center

26 N. Arsenal Ave., Indianapolis, IN 46201
317-632-0123 ext. 287, www.damien.org

IU Health Life Care

1633 N. Capitol Ave., Ste. 300, Indianapolis, IN 46202
317-962-2700

Home Care

CHOICE

CHOICE, an acronym for Community and Home Options to Institutional Care for the Elderly and Disabled, is a state-funded program under the Division of Aging that provides support to the elderly and people of any age with physical and/or developmental disabilities to help them live at home or in community-integrated

settings. Program eligibility is based on limitations in completing activities of daily living (ability to bathe, dress, feed self, use the toilet, take medications, etc.). Candidates must have deficits in at least two activities of daily living to qualify.

CHOICE services are not restricted by age or income but cost share provisions may be applied based on the services required and the person's total monthly income. Individual assets may not exceed \$500,000. CHOICE services are limited by the availability of state funds and are considered the funding of last resort.

Medicaid Waiver

This program is designed to provide in-home supportive services for Medicaid recipients who meet eligibility requirements for nursing facility care but want to remain in a community setting with assistance from informal and formal supports. Individuals on the Waiver programs must have Medicaid to receive services.

Indiana has two categories of waivers. Medical Model Waivers are for children and adults with deficits that are the result of medical needs and include the Aged and Disabled Waiver (A&D) and the Traumatic Brain Injury Waiver. Developmental Disabilities Waivers are for children and adults with intellectual or other developmental disabilities and includes the Community Integration and Habilitation Waiver (CIH) and the Family Supports Waiver (FSW).

Developmental Disability Waivers are initiated through:

Bureau of Developmental Disability Services (BDDS)

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0101, www.bdds.in.gov

Services available through the CHOICE and Medicaid Waiver programs may include care management, home-delivered meals, attendant care, home health aide, skilled nursing, therapies, behavior management, homemaker, home modifications, respite care, adult day services, and adaptive aids and devices (such as personal emergency response systems).

Contact CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422 for additional information and/or an eligibility assessment.

Program of All-Inclusive Care for the Elderly (PACE®)

The Program of All-Inclusive Care for the Elderly (PACE) model is centered on the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible. PACE serves individuals who: are ages 55 or older; certified by their state to need nursing home care; able to live safely in the community at the time of enrollment; and live in a PACE service area.

The PACE program is able to provide the entire continuum of medical and support services to seniors with chronic care needs while maintaining their independence in their home for as long as possible.

The Franciscan Senior Health & Wellness PACE program currently serves older adults who live in the following ZIP codes in Indianapolis, Beech Grove, Greenwood, Franklin and Johnson County: 46201, 46219, 46229, 46203, 46107, 46237, 46239, 46227, 46259, 46142, 46143, 46184, and 46131.

For more information, contact:

Franciscan Senior Health & Wellness PACE Program
8325 Southport Rd., Indianapolis, IN 46259
317-528-7223

www.franciscanalliance.org/hospitals/indianapolis/services/pace

Visiting Physician Services

The following organizations provide in-home visits by primary care or internal medicine physicians.

Dr Housecall PC

4008 E. New York St., Indianapolis, IN 46201
317-645-6303

GO DOCS GO

9785 Crosspoint Blvd., Ste. 105, Indianapolis, IN 46256
317-841-9800, www.godocsgo.net

Grace at Home

317-429-0120, www.grace-at-home.com

Home Doctor For You

1036 S. Rangeline Rd., Carmel, IN 46032
317-569-1413, www.homedoctorforyou.com

House Calls for Seniors

Sydney & Lois Eskenazi Health Services
720 Eskenazi Ave., 2nd Fl., Indianapolis, IN 46202
317-880-6636
www.eskenazihealth.edu/our-services/senior-care/house-calls-for-seniors

INhouse Primary Care

5189 W. 600 N., McCordsville, IN 46055
317-335-5189, inhouseprimarycare.com

Meridian Visiting Physicians

1-844-CALL-MVP (1-844-255-5687)

Pierce Mobile Medicine

941 E. 86th St., Ste. 109, Indianapolis, IN 46240
317-288-9385, www.piercemobilemedicine.com

Hospice Care

Hospice is a service designed to meet the needs of terminally ill patients and their families. Services may be covered by Medicare or Medicaid and include nursing home care, hospital care, pain control, equipment and medical supplies. Hospice programs also provide ongoing grief support and teach families how to care for patients at home. For general information, call the Indiana Hospice & Palliative Care Organization at 866-254-1910 or call the Indiana State Department of Health to check on a hospice provider at 317-383-6491.

Low-Vision Aids

Eye Care

The following agencies may provide low-cost eye care services to persons of any age.

Alivio Medical Center

2060 N. Shadeland Ave., Ste. 200, Indianapolis, IN 46219
317-635-3499, www.aliviohealth.com

Eskenazi Health Eye Care

720 Eskenazi Ave., Indianapolis, IN 46202
317-860-4138

Glasses

There is no community program that provides glasses for seniors at no charge. Medicare does not cover expenses for routine eye exams or glasses; Medicaid may cover some of these costs.

Eye Disease Treatment

The following program refers individuals to local ophthalmologists who provide exams and treatments for eye diseases and conditions. Services are provided at no charge, but glasses, prescriptions and hospital services are not included. Persons must be 65 or older, a U.S. citizen or legal resident, and without access to an ophthalmologist.

Senior Eye Care Program

Eye Care America
P.O. Box 429098, San Francisco, CA 94142-9098
800-222-3937, 877-887-6327, www.eyecareamerica.org

Low-Vision Rehabilitation

Low-vision occupational therapy programs provide services for adults with low-vision impairments. A physician's referral is needed to obtain services.

accessABILITY

5302 E. Washington St., Indianapolis, IN 46219
317-926-1660, www.abilityindiana.org

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, 866-602-6762, www.bosma.org

Equipment for the Visually Impaired

Many organizations offer special materials and equipment for the visually impaired, including large print and Braille books/materials/tapes and special audio and visual equipment to people with vision impairments, Parkinson's, stroke, learning disabilities or any other conditions that make reading difficult.

IRIS is a FREE 24-hour communication link to Indiana's print-impaired. Persons who cannot read normal print due to blindness, low vision, physical impairments, learning disorders or illiteracy keep in touch with local news and information as presented by IRIS volunteer readers.

Indiana Reading and Information Services (IRIS)- WFYI

1630 N. Meridian St., Indianapolis, IN 46202
317-614-0404, www.wfyi.org/iris

Indiana State Library

Talking Book and Braille Library
140 N. Senate Ave., Indianapolis, IN 46204
317-232-3684, 800-622-4970, www.in.gov/library

Indianapolis Public Library

40 E. St. Clair St., Indianapolis, IN 46204
317-275-4100, www.indypl.org

Donating Used Glasses

Most Lions Clubs and some ophthalmologists collect used prescription glasses. For the Lions Club near you, check your local phone directory or search online at directory.lionsclubs.org.

Medication Management

For individuals or caregivers who are concerned about medication management:

Poison Control Center

Emergency 24-hour service line where immediate information from highly skilled medical professionals is available.
800-222-1222

Medication Use Safety Training for Seniors

www.mustforseniors.org

www.drugs.com

A free online dictionary of medications that includes drug uses, interactions, and possible side effects.

Medication Dispensers

Several companies make medication dispensers that are designed to aid persons who take medications on a scheduled basis. These dispensers can be filled, locked and timed to dispense the correct dosage at the appropriate time. Some dispensers have an alarm that sounds and will not silence until the door for that dose is opened. Following are sources for medication dispensers; your local medical equipment supply store and pharmacist can recommend additional suppliers.

e-pill Medication Reminders

800-549-0095, www.epill.com

Philips Medication Dispensing Service

888-632-3261, www.managemypills.com/content

Quick Medical®

888-345-4858,

www.quickmedical.com/health/medication/medready.html

Care recipients who take multiple medications at one time and have difficulty remembering specifically how to do so can benefit from having dosages of multiple medications presorted and packaged together by a pharmacy in advance of delivery.

ExactCare Pharmacy

877-355-7225, www.exactcarepharmacy.com

Nursing Facilities

Nursing Home Placement

Choosing a nursing home can be difficult. The following organizations can provide lists of licensed nursing homes in Central Indiana. Many also provide information with tips to help make this decision.

The Indiana State Department of Health maintains a Directory of Comprehensive Nursing Facilities: www.in.gov/isdh/20511.htm

Medicare and Medicaid also provide information about nursing facilities that can be found online at:

www.medicare.gov/nursinghomecompare/search.html and www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Indiana Health Care Association

1 N. Capitol Ave., Ste. 100, Indianapolis, IN 46204
317-636-6406, 800-466-IHCA, www.ihca.org

Indiana State Department of Health

Long-Term Care Division
2 N. Meridian St., Indianapolis, IN 46204
317-233-1325, www.statehealth.in.gov

Pre-Admission Screening Resident Review (PASRR)

Indiana has partnered with Ascend Management Innovations (Ascend) to conduct PASRR screenings. If an individual is seeking nursing facility placement from a hospital, the discharge planner completes the PASRR Level 1 for the client. The Level of Care assessment is completed for those who trigger a Level II or for individuals who will be

utilizing Medicaid to pay for nursing facility care. The nursing facility submits the required paperwork for individuals who have a change in status, require emergency admission, out-of-state admissions or short-term/respice admissions.

If an individual is seeking nursing facility placement from home, the Area Agency on Aging will conduct a home visit to complete the PASRR Level I, Level of Care assessment, and to provide options counseling to the client and caregivers to facilitate a person-centered decision-making process. Individuals in need of a home visit due to interest in nursing facility admission should contact CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Personal Emergency Response Systems

Personal emergency response systems are designed for older persons living alone, especially those who may be subject to falls or seizures. The individual wears a small electronic device which, when activated, notifies an emergency service operator. A monthly fee is charged.

ADT LLC

32100 U.S. Highway 19 N., Palm Harbor, FL 34684
877-456-1787

Companion Lifeline

9801 Woodstream Dr., Fort Wayne, IN 46804
260-459-9900

CST/Link to Life

27475 Meadowbrook Rd., Novi, MI 48377
888-557-4462

Daybreak & Visiting Nurse Care LLC

1304 Main St., Anderson, IN 46016
765-640-1065

Etelcare Home Services Unlimited

7750 N. Michigan Rd., Indianapolis, IN 46268
317-471-0770, www.hsucares.com/

Family Golden Age Care, LLC
7325 Bell St., Schererville, IN 46375
219-980-1839

Freedom Senior Services of Indiana, Inc.

7215 E. 25th St., Ste. B, Indianapolis, IN 46219
317-359-3733

Guardian Medical Monitoring

18000 W. Eight Mile Rd., Southfield, MO 48075
888-349-2400

Healthcom, Inc.

1600 W. Jackson St., Sullivan, IL 61951
800-525-6237

Help at Home, Inc.

6640 Parkdale Pl., Ste. K, Indianapolis, IN 46254
317-273-8049

Help at Home, Inc.

6510 N. Shadeland Ave., Ste. 100, Indianapolis, IN 46250
317-842-7104

Help at Home, Inc.

833 W. Lincoln Highway, Ste. 200 E., Schererville, IN 46375
219-322-2730

Henry County Memorial Hospital Lifeline

1000 N. 16th St., New Castle, IN 47362
765-593-2408

Home Helpers (Direct Link)

630 N. Gardener St., Knightstown, IN 46148
765-345-5392

Home Helpers (Life Care Solutions, Inc.)

25 Artist Dr., Nashville, IN 47448-8101
812-988-6830

Home Helpers Location #58207

740 S. Lake Rd. S., Scottsburg, IN 47170
812-752-6000

Lifeline Systems, Inc.

111 Lawrence St., Framingham, MA 01702-8156
800-368-2925

Senior Helpers

722 E. Broadway, Logansport, IN 46947
574-992-8012

Senior Helpers

6845 Parkdale Pl., Ste. C, Indianapolis, IN 46254
317-927-7700

Senior Helpers

494 S. Emerson Ave., Suite I-2, Greenwood, IN 46143
317-881-9700

Servant's Heart Home Health Services, Inc.

1714 Dividend Dr., Logansport, IN 46947
574-739-1776

St. Vincent Medical Alert Services

8424 Naab Rd., Ste. 1H, Indianapolis, IN 46260
317-338-4487

Valued Relationships, Inc.

1400 Commerce Center Dr., Franklin, OH 45005
800-860-4230

Respite Care

Respite care is designed to relieve individuals or families engaged in caring for individuals whose needs are too great to live alone. The adult day service centers listed in this directory can serve as out-of-home respite sites when the caregiver needs to be away on a daily basis. Many nursing homes offer long-term respite stays of up to 30 days if caregivers need to be away for longer periods. In-home respite care is available for an hourly fee through private agencies listed in the phone directory under "Home Health Services" or "Nurses." For more information about respite services, call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Service Animals

Alert Service Dogs

9036 Buckeye Ct., Indianapolis, IN 46260
1-800-518-1810, www.alertservicedogs.com

Indiana Canine Assistant Network (ICAN)

5610 Crawfordsville Rd., Ste. 2101, Indianapolis, IN 46224
317-250-6450, www.icandog.org

Indiana Protection & Advocacy Services ADA Service Animals

www.in.gov/ipas/2393.htm

Medical Mutts

317-802-1187, www.medicalmutts.com

Pet Partners

875 124th Ave. N.E., #101, Bellevue, WA 98005
425-679-5500, www.petpartners.org

Wellness Programs

Senior centers and health clinics frequently offer health screening and education services. In addition, some hospitals and organizations have special membership programs for older adults which focus on wellness. Programs, activities and membership benefits vary by site. For additional information on health promotion programs, contact:

Boner Fitness and Learning Center

Arsenal Technical Campus
727 N. Oriental St., Indianapolis, IN 46201
317-633-8201, jhbcc.org/bonerfitnessandlearningcenter

Community Health Network

Touchpoint Senior Living
9894 E. 121st St., Fishers, IN 46037
317-621-4870, www.ecommunity.com/touchpoint

Hamilton County Health Department

18030 Foundation Dr., Ste. A, Noblesville, IN 46060
317-776-8500, www.hamiltoncounty.in.gov

Hancock County Health Department

111 American Legion Pl., Rm. 150, Greenfield, IN 46140
317-477-1125, www.hancockcoingov.org

Hancock Regional Hospital

Hancock Wellness Center
888 W. New Rd., Greenfield, IN 46140
317-468-6100, www.hancockregionalhospital.org/health-services/hancock-wellness-center

Healthways SilverSneakers Fitness Program

888-423-4632, www.silversneakers.com

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9222, www.co.hendricks.in.us

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122
317-745-4451, www.hendricks.org

IU Health Morgan Hospital

2209 John R. Wooden Dr., Martinsville, IN 46151
765-349-6500, www.iuhealth.org/morgan

JCC Indianapolis

6701 Hoover Rd., Indianapolis, IN 46260
317-251-9467, www.jccindy.org

Johnson County Health Department

86 W. Court St., Franklin, IN 46131
317-346-4365, www.co.johnson.in.us/civil/HealthDepartment/index.htm

Marion County Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2000, www.mchd.com

Morgan County Health Department

180 S. Main St., Ste. 252, Martinsville, IN 46151
765-342-6621, www.morgancountyhealth.com

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032
317-815-7000, www.primelifeenrichment.org

Riverview Health Wellness

395 Westfield Rd., Noblesville, IN 46060
317-773-0760, www.riverview.org

St. Francis Hospital

Senior Promise Program
8111 S. Emerson Ave., Indianapolis, IN 46237
317-528-8277, www.stfrancishospitals.org/seniors

St. Vincent Hospital

Center for Healthy Aging
8220 Naab Rd., Ste. 101, Indianapolis, IN 46260
317-338-7780, www.stvincent.org

Income Support

In This Section:

Programs that help to meet the economic needs of the community by helping residents prepare for, find and sustain gainful employment; providing public assistance and support for those who are eligible; ensuring that retirees, older adults, people with disabilities and other eligible individuals receive the social insurance benefits to which they are entitled; and offering temporary financial assistance for people who are experiencing an unexpected financial crisis in situations where support related to their specific circumstances is unavailable.

Employment

Employment programs offer job counseling, training and placement for workers. They also serve as a contact point for employers seeking to hire older workers or individuals with disabilities seeking to enter the workplace.

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, www.bosma.org

Experience Works

866-796-8550, www.experienceworks.org

Goodwill Industries of Central Indiana

317-524-4313, www.goodwillindy.org

National Able Networks

3737 N. Meridian St., Ste. 404, Indianapolis, IN 46208
855-994-8300, 317-396-7800, www.nationalable.org

Vocational Rehabilitation Services

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, (V) 877-715-5296, 855-442-0002

WorkOne East

2525 N. Shadeland Ave., Ste. C3, Indianapolis, IN 46219
317-358-4500, www.workoneindy.org

WorkOne Express—Boone County

125 Lakeshore Dr., Lebanon, IN 46052
765-482-0160, www.workonecentral.org/boone.html

WorkOne Express—Hamilton County

10204 Lantern Rd., Ste. 600, Fishers, IN 46037
317-841-8194, www.workonecentral.org/hamilton.html

WorkOne Express—Hancock County

836 S. State St., Greenfield, IN 46140
317-462-7711, www.workonecentral.org/hancock.html

WorkOne Express—Shelby County
130 W. Rampart Rd., Shelbyville, IN 46176
317-392-3251, www.workonecentral.org/shelby.html

WorkOne Franklin—Johnson County
97 Lovers Ln., Franklin, IN 46131
317-736-5531, www.workonecentral.org/johnson.html

WorkOne North
9002 N. Purdue Rd., Ste. 200, Indianapolis, IN 46268
317-228-0682, www.workoneindy.org

WorkOne Plainfield—Hendricks County
160 Plainfield Commons Dr., Plainfield, IN 46168
317-838-9335, www.workonecentral.org/hendricks.html

WorkOne West
3400 Lafayette Rd., Indianapolis, IN 46224
317-246-5400, www.workoneindy.org

Public Assistance Programs

Medicaid

Medicaid is a joint federal and state program that helps low-income persons with medical expenses. It covers most medical costs including prescriptions, medical supplies and equipment, dental services, eye care and transportation. It is available to low-income persons age 65 and older and to low-income persons of any age with a disability. Find a local office for the Division of Family Resources online at: www.in.gov/fssa/dfr/2999.htm or call 1-800-403-0864.

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides low-income households with electronic benefits that are used like a debit card to purchase food at stores authorized by the U.S. Department of Agriculture (USDA). The USDA administers SNAP at the federal level through its Food and Nutrition Service (FNS). State agencies administer the program at state and local levels, including determination of eligibility and allotments and distribution of benefits.

To find out if you are eligible for SNAP benefits or Medicaid:

1. Fill out an online application at www.in.gov/fssa/dfr/2999.htm and submit, or
2. Print and complete, then fax completed application to Division of Family Resources at 800-403-0864, or
3. Print and complete, then hand deliver to your local Division of Family Resources and they will fax it for you, or
4. Print and complete, then mail application to the FSSA Document Center at P.O. Box 1630, Marion, IN 46952 or
5. Contact CICOA Aging & In-Home Solutions ADRC at 317-803-6131 for assistance with the application process.

Supplemental Security Income (SSI)

The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits are also payable to people 65 and older without disabilities who meet the financial criteria.

Social Security Administration

800-772-1213, TTY 800-325-0778, www.socialsecurity.gov

Retirement Benefits

Civil Service Retirement Benefits

This website is secure and password protected. The password is mailed to the retiree. If retirees do not receive the password, they may call the phone number to make further inquiry.

888-767-6738, www.opm.gov/retirement-services

Veteran Retirement Benefits

The Veterans Affairs Regional Office provides a variety of services and benefits to honorably discharged veterans of the U.S. military and their dependents.

County Veteran Service Officers

1-800-400-4520

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202

317-554-0000

Railroad Workers Retirement Benefits

Railroad Workers Retirement Benefits,

877-772-5772, www.rrb.gov

Social Security Retirement Benefits

Social Security Administration

800-772-1213, TTY 800-325-0778, www.ssa.gov

Senior Corps Volunteer Program

The following three Senior Corps Volunteer Programs are federal programs of the Corporation for National and Community Services.

Find more information online at

www.nationalservice.gov/programs/senior-corps.

Senior Companion Program

Pairs volunteers age 55 and older with adults in their community who have difficulty with the simple tasks of day-to-day living.

Catholic Charities Indianapolis

Senior Companion Program

1400 N. Meridian St., Indianapolis, IN 46202

317-236-1500

Foster Grandparent Program

Connect volunteers age 55 and older with children and young people with exceptional needs.

Community Action of Greater Indianapolis (CAGI)

Foster Grandparent Program
3266 N. Meridian St., Ste. 200, Indianapolis, IN 46208
317-396-1800

Interlocal Community Action Program, Inc.

Foster Grandparent Program
120 W. McKenzie Rd., Greenfield, IN 46140
317-462-2557

RSVP Program

For volunteers 55 and older seeking service opportunities in their local communities.

Catholic Charities Indianapolis

RSVP Program
1400 N. Meridian St., Indianapolis, IN 46202
317-261-3378

Social Health Insurance

Medicare

Medicare is the federal health insurance program for individuals either age 65 and older receiving Social Security benefits or individuals under age 65 with a disability who have been receiving Social Security Disability benefits for at least 24 months. Individuals must meet residency requirements. Medicare is administered by the Centers for Medicare & Medicaid Services (CMS). For information about Social Security benefits or to apply for Medicare contact:

Social Security Administration

575 N. Pennsylvania St., Ste. 685, Indianapolis, IN 46204
800-772-1213, TTY 800-325-0778, www.ssa.gov

For Medicare claims and questions contact:

Medicare

800-633-4227, TTY 877-486-2048, www.medicare.gov

Medicare Prescription Drug Coverage (Part D)

Medicare's prescription drug coverage, Part D, can help reduce your prescription drug costs. You can join a Medicare prescription drug plan annually between October 15 and December 7.

Compare plan options by calling the State Health Insurance Assistance Program 800-452-4800 (in-state only), by calling Medicare at 800-633-4227 (TTY 877-486-2048) or by visiting www.medicare.gov.

Low-Income Assistance Programs

Medicare Savings Program (MSP) is a program provided through Indiana's Medicaid program for Medicare beneficiaries with low incomes, limited resources and Part B. Individuals must meet income and resource guidelines to qualify. Depending on your income qualification, you can receive help paying for your Medicare Part B costs as follows:

- **Qualified Medicare Beneficiary (QMB)** covers monthly Part B premiums, annual Part B deductible, doctor's bills and co-payments.
- **Specified Low-Income Medicare Beneficiary (SLMB)** covers only the Medicare Part B premium for qualified individuals.
- **Qualified Individual (QI)** covers only the Medicare Part B premium for qualified individuals.

Low-Income Subsidy (LIS) or "Extra Help" is a program provided through the Social Security Administration for Medicare beneficiaries with low incomes, limited resources, and Medicare Part D (Prescription Drug Plan). Individuals must meet income and resource guidelines to qualify. Qualified individuals can receive "extra help" or assistance paying for Part D monthly premiums, annual deductibles and/or co-pays.

For Medicare Savings Program (MSP) or Low Income Subsidy (LIS) eligibility assessments and application assistance contact:

CICOA Aging & In-Home Solutions' SHIP line
317-803-6131

State Health Insurance Assistance Program (SHIP)

The **State Health Insurance Assistance Program**, or **SHIP**, is a nationwide program that provides free and objective counseling and assistance to persons with questions or problems regarding Medicare and other related health insurances. SHIP is not affiliated with any insurance company or agency and does not sell insurance. Through phone counseling, face-to-face appointments or resource events, your local SHIP counselors will:

- Answer questions related to Medicare, Medigap Policies (supplemental insurance), Medicare Prescription Drug Plans, Medicare Advantage Plans, Long Term Care Insurance, help with prescription costs and low-income assistance.
- Provide evaluation and enrollment assistance for Medicare plan options
- Provide counsel and assistance on other local insurance options and public assistance programs
- Provide eligibility assessment and application assistance for Medicare Savings Program (MSP), Low Income Subsidy (LIS) or Medicaid

To find a SHIP site nearest you, contact:

State Health Insurance Assistance Program (State Office)

714 W. 53rd St., Anderson, IN 46013
800-452-4800 (in-state only), www.in.gov/doi/2508.htm

Senior Medicare Patrol

SMPs nationwide are trained each year to help stop Medicare and Medicaid fraud. SMP's primary goal is to teach Medicare beneficiaries how to protect their personal identity; detect errors on health care bills;

and report deceptive health care practices including illegal marketing, providing unnecessary or inappropriate services, and charging for services never provided. SMP staff and volunteers speak to Medicare beneficiaries in their communities through group presentations, community events, phone calls to SMP help lines and one-on-one counseling. Report suspected Medicare fraud or abuse to:

CICOA Aging & In-Home Solutions' SHIP line

317-803-6131, 800-432-2422

Indiana Association of Area Agencies on Aging (IAAAA)

317-205-9201 (State Office)

Veteran Health Insurance

The Veterans Affairs Regional Office provides a variety of services and benefits to honorably discharged veterans of the U.S. military and their dependents.

Veteran County Service Officers, 800-400-4520

Veterans Administration

Benefits Information and Assistance

877-222-8387, 800-827-1000

Individual & Family Life

In This Section:

Programs that promote the personal, social and spiritual development of people in the community by offering services that replace or supplement the care and support that is generally available through the family unit; providing for the humane care, protection and control of the pets and other domestic animals; and offering social, religious/spiritual and leisure-time activities that are personally satisfying and lead to optimal social functioning.

Adult Day Service Providers

Adult day service centers are designed to offer stimulating activities and care for those who should not be left alone during the day. Adult day service also provides needed respite for the primary caregiver. A hot meal is usually provided and transportation may be available. Costs vary from set fees to full subsidies for low-income individuals. Call for specific details.

A Caring Place (Catholic Charities Indianapolis)

4609 N. Capitol Ave., Indianapolis, IN 46208

317-466-0015, www.archindy.org/cc/indianapolis/programs-seniors.html

Active Day Indiana, Inc.—Northwest

6620 Parkdale Pl., Ste. R, Indianapolis, IN 46254

317-297-3730, www.activeday.com

Active Day Indiana, Inc.—South

5425 Victory Dr., Indianapolis, IN 46203

317-783-2155, www.activeday.com

Easter Seals Crossroads Rehabilitation Center

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Elder Alternative Adult Day Services- John H. Boner Neighborhood Centers

236 E. 10th St., Indianapolis, IN 46201

317-633-8210, www.jhbcc.org

Golden Gardens, LLC

2636 N. Mitthoeffer Pl., Indianapolis, IN 46229

317-897-8555, www.thegoldengardens.com

Homewood Health Campus

2494 N. Lebanon St., Lebanon, IN 46052

765-482-2076, www.trilogyhs.com

Joy's House Adult Day Services

2028 E. Broad Ripple Ave., Indianapolis, IN 46220

317-254-0828, www.joyshouse.org

Joy's House Adult Day Services

1615 E. Castle Ave., Indianapolis, IN 46227
317-254-0828, www.joyshouse.org

Meaningful Day Services, Inc.

2346 S. Lynhurst Dr., Indianapolis, UIN 46241
317-248-0016, www.meaningfuldays.com

Miller's Merry Manor

1651 N. Campbell Ave., Indianapolis, IN 46218
317-357-8040, www.millersmerrymanor.com

Miller's Merry Manor

259 W. Harrison St., Mooresville, IN 46158
317-831-6272, www.millersmerrymanor.com

SarahCare of Indianapolis

2805 E. 96th St., Ste. E, Indianapolis, IN 46240
317-815-8300, www.sarahcare.com

Second Family Adult Day Center 8770 Guion Rd., Ste. K1,
Indianapolis, IN 46268
317-251-1225

Still Waters Adult Day Center

7160 Shadeland Station, Indianapolis, IN 46256
317-284-0837, stillwatersadc.org

Agging-in-Place Organizations/Networks

Safe at Home

CICOA Aging & In-Home Solutions Safe at Home service offers home accessibility modifications to assist home owners and renters age 60 and older or of any age with a disability to make their homes safe and accessible for daily living. There are a number of funding opportunities that are available to assist with the cost of home accessibility modifications based on a client's eligibility. For more information, contact CICOA's Aging & Disability Resource Center at 317-803-6131.

Companionship

Friendly visitors are volunteers who offer companionship and encouragement a few hours each week to frail, isolated seniors in their homes or in health care facilities. Sometimes the volunteers are able to help with errands and practical assistance. Many churches also have visiting programs.

Friendly Visiting

Community Caring Program

Shepherd's Center of Hamilton County
347 S. 8th St., Noblesville, IN 46060
317-674-8777, www.shepherdscenterofhamiltoncounty.org

Friendly Visitor—Boone County Senior Services

515 Crown Pointe Dr., Lebanon, IN 46052
765-482-5220, www.booneseniors.org

Friendly Visitor—Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122
317-745-4303, hcseniors.org

Friendly Visiting Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208
317-283-6662, www.heritageplaceindy.org

Mental Health America of Hendricks County

75 Queensway Dr., Avon, IN 46123
317-272-0027, mhahc.com

Senior Companion Program

Catholic Charities Indianapolis
1400 N. Meridian St., Indianapolis, IN 46202
317-236-1565, www.archindy.org/cc/indianapolis

Volunteer Services, Inc.

Hancock County Senior Services, Inc.
1870 Fields Blvd., Greenfield, IN 46140
317-462-3758, www.hcssi.org

Home Repair and Maintenance

The USDA Rural Development Office has a Very Low-Income Housing Repair program that provides loans and grants to homeowners age 62 and older to repair, improve or modernize their dwellings (including accessibility) or to remove health and safety hazards. For more details visit www.rurdev.usda.gov or contact one of the following agencies:

Community Action of Greater Indianapolis (CAGI)

3266 N. Meridian St., Ste. 100, Indianapolis, IN 46208
317-396-1800, www.cagi-in.org

USDA Rural Development, Crawfordsville Office

Boone, Hamilton and Hendricks Counties
2028 Lebanon Rd., Crawfordsville, IN 47933
765-362-0405, ext. 4

USDA Rural Development, North Vernon Office

Hancock, Johnson, Morgan and Shelby Counties
2600 Hwy. 7 N., North Vernon, IN 47265
812-346-3411, ext. 4

Community Development Corporations (CDC)

A number of public and private agencies throughout Marion County provide assistance to Indianapolis residents. Community Development Corporations (CDC's) are non-profit organizations engaged in affordable housing development. Persons needing assistance with home repair or wanting to purchase or rent an affordable home should contact one of the following geographically bound organizations.

Crooked Creek CDC

7003B N. Michigan Rd., Indianapolis, IN 46268
317-257-5388, www.crookedcreekcdc.org

Englewood CDC

57 N. Rural St., Indianapolis, IN 46201
317-639-1541, www.inglewoodcdc.com

Habitat for Humanity of Greater Indianapolis

3135 N. Meridian St., Indianapolis, IN 46208

317-921-2121, www.indyhabitat.org

Indianapolis Housing Agency

Insight Development

1919 N. Meridian St., Indianapolis, IN 46202

317-261-7200, www.indyhousing.org/about/insight-development-corp

Indianapolis Neighborhood Housing Partnership

3550 Washington Blvd., Indianapolis, IN 46205

317-610-4663, www.inhp.org

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201

317-633-8210, jhbcc.org

King Park Area Development Corporation

1704 Bellefontaine St., IN 46202

317-924-8116, www.kingpark.org

Mapleton-Fall Creek Development Corporation

130 E. 30th St., Indianapolis, IN 46205

317-923-5514, www.mfcdc.org

Martindale Brightwood Community Development Corporation

2855 N. Keystone Ave., Ste. 120, Indianapolis, IN 46218

317-924-8042, www.mbcfdc.org

Near East Area Renewal (NEAR)

2236 E. 10th St., Indianapolis, IN 46201

317-808-2369, www.nearindy.org

Near North Development Corporation

1433 N. Meridian St., Ste. 201, Indianapolis, IN 46202

317-927-9881, www.nearnorthconnect.org

Oasis Christian CDC

1915 E. 25th St., Indianapolis, IN 46218

317-925-7513

Partners in Housing Development Corporation

2811 E. 10th St., Indianapolis, IN 46201
317-633-1861, www.partnersinhousingindy.org

Riley Area Development Corporation

875 Massachusetts Ave., Ste. 101, Indianapolis, IN 46204
317-637-8996, www.rileyarea.org

Southeast Neighborhood Development, Inc.

1035 Sanders St., Ste. 118, Indianapolis, IN 46203
317-634-5079, sendcdc.org

United North East Community Development Corporation

3908 Meadows Dr., Indianapolis, IN 46205
317-546-6240, www.unecdc.org

West Indianapolis Development Corporation

1211 S. Hiatt St., Indianapolis, IN 46221
317-638-9432, ext. 2, www.westindydev.org

Westside Community Development Corporation

2232 W. Michigan St., Indianapolis, IN 46222
317-684-0611, wcdcindy.org

NeighborLink Indianapolis

NeighborLink Indy may be able to help low-income seniors with free home repair. To request help, contact:

NeighborLink Indianapolis

317-286-2740, www.nlindy.org

Interpretation/Translation

The following organizations assist older adults and may provide interpreter services. Call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 for more information.

Language Interpretation

Language Training Center

5750 Castle Creek Pkwy., Ste 487, Indianapolis, IN 46250
888-456-1626

Luna Language Services

8935 N. Meridian St. Ste 205, Indianapolis, IN 46260
317-341-4137, luna360.com

Optimal Phone Interpreters

877-746-4674, www.callopi.com

The Spanish Connection, LLC

6116 Winthrop Ave., Indianapolis, IN 46220
317-465-0039, www.thespanishconnection.biz

Sign Language Interpretation**Deaf Community Services**

Easter Seals Crossroads
4740 Kingsway Dr., Indianapolis, IN 46205
317-479-3240 (V), 317-493-1234 (VP)

Telecommunication Relay Service

Telecommunications Relay Service, also known as TRS, Relay Service, or IP-Relay, or Web-based relay service, is an operator service that allows people who are deaf, hard-of-hearing, speech-disabled, or deaf/blind to place calls to standard telephone users via a keyboard or assistive device. Indiana residents with hearing or speech impairments can access this service by dialing the three-digit number, 7-1-1.

Pet Companionship

Many Humane Society locations and animal shelters match pets with older adults. Some offer special adoption programs for senior citizens aged 60 years and older to adopt a pet at little or no cost. Fees charged help reimburse the shelters for the cost of spaying or neutering, vaccinations and other adoption charges.

Hendricks County Humane Society

3033 E. Main St., Danville, IN 46122

317-745-3338, www.hendrickscountyhumanesociety.org

Humane Society for Hamilton County

1721 Pleasant St., Noblesville, IN 46060

317-773-4974, www.hamiltonhumane.com

Humane Society of Indianapolis

7929 N. Michigan Rd., Indianapolis, IN 46268

317-872-5650, www.indyhumane.org

Humane Society of Johnson County

3827 N. Graham Rd., Franklin, IN 46131

317-535-6626, www.hsjc.org

Protective Services

Adult Abuse Reporting

Indiana law requires reporting of suspected abuse, self-neglect or exploitation of dependent adults. Call the 24-hour, toll-free Adult Abuse Hotline or your local Adult Protective Services office to make a report. Reports can be made anonymously. Emergency situations should be reported directly to the police and medical help summoned, if necessary.

Adult Protective Services (State Hotline), 800-992-6978

Adult Protective Services

Adult Protective Services investigates abuse and financial exploitation of the elderly and/or the mentally or physically disabled.

Boone County, 317-327-1403
Hamilton County, 317-327-1403
Hancock County, 317-392-6495
Hendricks County, 317-327-1403
Johnson County, 317-392-6495
Marion County, 317-327-1403
Morgan County, 812-349-2665
Shelby County, 317-392-6495

Support Groups

There are many support groups that meet regularly and help with a variety of issues and illnesses. Older adults and their families most frequently request the support groups listed here. For information about additional support groups, call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 or contact Connect2Help 2-1-1 or visit <http://www.connect2help211.org/> for support group locations.

Alcoholism and Substance Abuse

Alcoholics Anonymous

317-632-7864, www.aa.org

ALS Support Groups

ALS Association of Indiana

7202 E. 87th St., Ste. 102, Indianapolis, IN 46256

317-915-9888, www.alsaindiana.org

Alzheimer's Support Groups

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240

317-575-9620, 800-272-3900, www.alz.org/indiana

Witham Health Services

2605 N. Lebanon St., Lebanon IN 46052

765-485-8120

Arthritis Support Groups

Arthritis Foundation

615 N. Alabama St., Ste. 430, Indianapolis, IN 46204

317-879-0321, www.arthritis.org/indiana

Autism Support Group

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-882-1914, 765-438-4792

Noble of Indiana

6060 N. College Ave., Indianapolis, IN 46220

317-254-2700, www.mynoblelife.org

Brain Injury Support Groups

Brain Injury Association of Indiana

317-356-7722, 866-854-4246, biaindiana.org/education

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256
317-585-5428

Rehabilitation Hospital of Indiana Neurorehabilitation Center

9531 Valparaiso Ct., Indianapolis, IN 46268
317-897-8940

Cancer Support Groups

The agencies listed below offer support to cancer patients. Services may also include transportation to treatment, loaning of medical equipment and medical supplies.

American Cancer Society

Central Indiana Area Service Center
5635 W. 96th St., Ste. 100, Indianapolis, IN 46278
317-344-7800, 800-227-2345, www.cancer.org

Benesse Oncology Center

2455 Intelliplex Dr., Shelbyville, IN 46176
317-421-1869, www.mymhp.org/learning-support/support-groups

Boone County Cancer Society

117 W. Elm St., Lebanon, IN 46052
765-482-2043, www.boonecountycancersociety.org

Cancercare

800-813-4673, www.cancercare.org

Cancer Support Community Central Indiana

5150 W. 71st St., Indianapolis, IN 46268
317-257-1505, www.cancersupportindy.org

Hancock Regional Hospital Cancer Circle

801 N. State St., Greenfield, IN 46140
317468-4185

Hendricks County Cancer Connect

Indiana University Health -- West Hospital
1111 N. Ronald Reagan Pkwy., Avon, IN 46123
317-217-3391

Little Red Door Cancer Agency

1801 N. Meridian St., Indianapolis, IN 46202
317-925-5595, www.littlereddoor.org

Regional Cancer Center

Indiana University Health – Morgan Hospital
2209 John R. Wooden Dr., Martinsville, IN 46151
765-349-6533, iuhealth.org/morgan/oncology-regional-cancer-center

St. Vincent Indianapolis Hospital

2001 W. 86th St., Indianapolis, IN 46260
317-338-4978

Witham Health Services—The Cancer Institute

2605 N. Lebanon St., Lebanon, IN 46052
765-483-7310, www.witham.org

Caregiver Support Groups

Catholic Charities Indianapolis

1400 N. Meridian St., Indianapolis, IN 46202
317-261-3378

Franciscan Saint Francis Health

Baxter YMCA
7900 Shelby St., Indianapolis, IN 46227
317-528-2636

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140
317-468-4185

Crohn's and Colitis Support Groups

Crohn's and Colitis Foundation of America

931 E. 86th St., Ste. 210, Indianapolis, IN 46240
317-259-8071, 888-694-8872, www.ccfa.org

Diabetes Support Groups

American Diabetes Association

8604 Allisonville Rd., Ste. 140, Indianapolis, IN 46250
317-352-9226, 800-342-2383, www.diabetes.org

Franciscan Saint Francis Health- Diabetes Center

5230A E. Stop 11 Rd., Indianapolis, IN 46237
317-528-2636

Hendricks Regional Health

Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122
317-745-3769

Indiana University Health Methodist- Diabetes Center

1801 N. Capital Ave., Indianapolis, IN 46202
317-944-3570

Major Health Partners- Major Hospital

150 W. Washington St., Shelbyville, IN 46176
317-421-5634

Riverview Health

395 Westfield Rd., Noblesville, IN 46060
317-776-7233, www.riverview.org

Witham Health Services

2605 N. Lebanon St., Lebanon, IN 46052
765-485-8120, www.witham.org

Lung Health Support Groups

American Lung Association

115 W. Washington St., Ste. 1180 S., Indianapolis, IN 46204
317-819-1181, 800-548-8252, www.lungin.org

Muscular Dystrophy Support Groups

Muscular Dystrophy Association

9100 Purdue Rd. Ste. 203, Indianapolis, IN 46268
317-824-4800, www.mda.org

Muscular Dystrophy Family Foundation

317-615-91540, mdff.org

Multiple Sclerosis Support Groups

Multiple Sclerosis Association

3500 DePauw Blvd., Ste. 1040, Indianapolis, IN 46268

317-870-2500, 800-344-4867,

www.nationalmssociety.org/Chapters/INI

Osteoporosis Support Groups

National Osteoporosis Foundation

800-231-4222, nof.org

Parkinson's Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hendricksseniors.org

Parkinson Awareness Association of Central Indiana, Inc.

6847 Hillsdale Ct., Indianapolis, IN 46250

317-255-1993, www.paaci.org

Pet Grief Support Groups

Companion Animal Loss & Memory (CALM)

Circle City Veterinary Specialty and Emergency Hospital

9650 Mayflower Park Dr., Carmel, IN 46032

317-872-8387, www.circlecityvets.com

Indiana Pet Loss Resources

317-251-4028, www.pet-loss.net/resources/IN.shtml