

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

Stroke Support Groups

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256
317-585-5400

Rehabilitation Hospital of Indiana

Stroke Survivor & Family Support Group
4141 Shore Dr., Indianapolis, IN 46254
317-329-2000, www.rhin.com

Vision Support Groups

Hendricks County Senior Services

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

Volunteer Development

Many organizations welcome older volunteers. The ones listed below offer opportunities in both business and community service for individuals and groups.

American Red Cross of Greater Indianapolis

317-684-1441, www.redcross.org/local/in

Boone County Senior Services

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

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-824-5794, www.bosma.org

Boys and Girls Club

317-920-4700, www.bgcindy.org

CICOA Aging & In-Home Solutions

4755 Kingsway Dr., Ste. 200, Indianapolis, IN 46205
317-803-6003, Volunteer Home: www.cicoa.org/volunteer

Habitat for Humanity of Greater Indianapolis

317-921-2122, www.indyhabitat.org

Indianapolis OASIS

10800 E. Washington St., Indianapolis, IN 46229

317-396-3751, www.oasisnet.org/Indianapolis-IN/Volunteer

Indy Reads

40 E. St. Clair St., Indianapolis, IN 46204

317-275-4040, www.indyreads.org

Meals on Wheels of Central Indiana

317-252-5558, www.mealsonwheelsindy.org

NeighborLink Indianapolis

317-286-2740, www.nlindy.org

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

317-815-7000, www.primelifeenrichment.org

The Caring Center

1230 Ransdell Ct., Lebanon, IN 46052

765-482-2020, www.thecaringcenter.net

Witham Health Services

Volunteer Organization

2605 N. Lebanon St., Lebanon, IN 46052

765-485-8175, www.witham.org

Legal Services

In This Section:

Programs that promote and preserve the conditions that enable community residents to live in a safe and peaceful environment through the enforcement of laws that protect life and property and the administration of justice according to the principles of law and equity. Included are crime prevention programs as well as programs that investigate and make arrests for criminal behavior; provide support for witnesses to and victims of crimes; and provide for the arraignment, prosecution and defense, judgment, sentencing, confinement and eventual release and resettlement of offenders.

Adult Guardianship Assistance

Guardianship is a legal process that assists incapacitated persons by assigning the responsibility of their affairs and decision making to others. “Old age” alone will not justify guardianship. “Incapacitated” persons are those who are unable to manage their own property and/or self-care. The assistance of an attorney is required. Persons seeking to assume guardianship must do so through the courts. For additional information contact:

Center for At-Risk Elders (CARE)

120 E. Market St., Ste. 1190, Indianapolis, IN 46204
317-955-2790 www.indianacare.org

Families First

Vistas Program
615 N. Alabama St., Ste. 320, Indianapolis, IN 46204
317-634-6341, www.familiesfirstindiana.org

Low-income persons aged 60 and older who wish to contest or terminate a guardianship should contact:

Senior Law Project

Indiana Legal Services, Inc.
151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-631-9424, 800-869-0212, www.indianalegalservices.org

Legal Assistance

The Indiana State Bar Association does not make lawyer referrals but can direct individuals to the local bar association for attorney referrals within a specific county. These organizations may be able to provide legal representation for low-income clients of any age:

Indiana Legal Services

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-632-9410, 844-243-8570, www.indianalegalservices.org
Intake: Mon-Fri, 10 a.m. - 2:00 p.m.

Indiana State Bar Association

One Indiana Square, Ste. 530, Indianapolis, IN 46204
317-639-5465, 800-266-2581, www.inbar.org

The Senior Law Project is funded in part by CICOA to assist low-income seniors with legal services at no charge and to provide referrals to attorneys who specialize in senior law. It also provides helpful booklets regarding senior law issues, life planning (living wills, power of attorney, guardianship, etc.), and speakers for educational programs.

Indianapolis Bar Association

135 N. Pennsylvania St., Ste. 1500, Indianapolis, IN 46204
317-269-2000, www.indybar.org
Mon-Fri, 8:30 a.m. - 4:30 p.m.

The Indianapolis Bar Association offers the following free services:

- **Lawyer Referral Service**
317-269-2222, Mon-Fri, 8:30 a.m. - 4:30 p.m.
- **Legal Line**
317-269-2000, 2nd Tuesday 6:00 p.m. - 8:00 p.m.
- **Bankruptcy Helpline**
317-269-1910, 2nd & 4th Wednesday 12:00 p.m. - 1:00 p.m.

Indianapolis Legal Aid Society

615 N. Alabama St., Ste. 122, Indianapolis, IN 46204
317-635-9538, www.indylas.org

The National Academy of Elder Law Attorneys, Inc. maintains a searchable attorney database accessible to all.

National Academy of Elder Law Attorneys, Inc

703-942-5711, www.naela.org

Senior Law Project

Indiana Legal Services, Inc.

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-631-9424, 800-869-0212

Intake: Mon-Fri, 8:30 a.m. - 5:00 p.m.

Additional resources and publications about elder laws can be found online at www.elderlawanswers.com.

Long-Term Care Ombudsman Programs

The following agencies investigate nursing home complaints about conditions at facilities, compliance with state regulations, abusive treatment, and inadequate care of residents.

In addition to investigating complaints about nursing homes, the ombudsman also assists residents who have problems with Medicare, Medicaid or those who want to contest a guardianship.

Area Agency on Aging- Area 8 Long-Term Care Ombudsman

317-631-9410, 800-869-0212

Indiana Attorney General

Patient Abuse and Neglect Program

800-382-1039, www.in.gov/attorneygeneral

Indiana Long Term Care Ombudsman

317-232-7134, 800-622-4484

Indiana State Department of Health

Division of Long Term Care

2 N. Meridian St., Ste. 4B, Indianapolis, IN 46204

317-233-7442, www.state.in.us/isdh

Mental Health & Substance Abuse

In This Section:

Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings to help people achieve, maintain and enhance a state of emotional well-being, personal empowerment and the skills to cope with everyday demands without excessive stress or reliance on alcohol or other drugs. Treatment may include emotional support, introspection and problem-solving assistance using a variety of modalities and approaches, and medication, as needed, for individuals who have a physical and/or psychological dependency on one or a combination of addictive substances or for people who range from experiencing difficult life transitions or problems in coping with daily living to those with severe, chronic mental illnesses that seriously impact their lives.

Bereavement Counseling

These organizations or agencies offer group education, counseling or support for persons who have experienced the death of a loved one. Services are usually provided at no cost.

AseraCare – Hospice and Palliative Care

8910 Purdue Rd, Ste. 690, Indianapolis, IN 46268
317-337-0439, hospice.aseracare.com/indianapolis-in

Catholic Widowed Organization

1400 N. Meridian St., Indianapolis, IN 46202
317-236-1586

Centerstone

1175 W. Southview Dr., Martinsville, IN 46151
765-342-6616, www.centerstone.org

Community Home Health Service

9894 E. 121st St., Fishers, IN 46037
317-621-4646, www.ecommunity.com/grief

Dusk-to-Dawn Bereavement

300 W. South Blvd., Crawfordsville, IN 47933
765-376-5644, www.dusk-to-dawn.org

Hendricks Regional Health – Bereavement Support Group

1000 E. Main St., Danville, IN 46122
317-718-4360, www.hendricks.org

St. Francis Home Health and Hospice

421 N. Emerson Ave., Greenwood, IN 46143
317-528-2092, www.franciscanalliance.org

St. Vincent Hospice – Bereavement Support Group

8450 N. Payne Rd., Ste. 100, Indianapolis, IN 46268
317-338-4040

Community Mental Health Agencies and Outpatient Care

Community mental health centers provide a wide range of services, including inpatient treatment, day treatment, and outpatient counseling for older adults and their families. There are many different types of counseling. For help finding counseling that best suits your needs, contact any of the following agencies:

Adult and Child Mental Health Center, Inc.

86 Drake Rd., Franklin, IN 46131

317-736-7744, 877-882-5122, www.adultandchild.org

Adult and Child Mental Health Center, Inc.

8320 Madison Ave., Indianapolis, IN 46227

317-882-5122, 877-882-5122, www.adultandchild.org

Aspire Indiana Carmel

697 Pro-Med Ln., Carmel, IN 46032

317-574-0055, www.aspireindiana.org

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

Aspire Indiana Lebanon

602 Ransdell Rd., Lebanon, IN 46052

765-482-7100, www.aspireindiana.org

Aspire Indiana Noblesville

17840 Cumberland Rd., Noblesville, IN 46060

317-773-6864, www.aspireindiana.org

Bloomington Meadows Hospital

3600 N. Prow Rd., Bloomington, IN 47404

812-331-8000, www.bloomingtonmeadows.com

Centerstone Martinsville

1175 W. Southview Dr., Martinsville, IN 46151

765-342-6616, www.centerstone.org

**Community Health Network Behavioral Health ServiceGallahue
Mental Health Services** (multiple locations)

For appointments or 24-hour crisis service call:

317-621-5700, 800-662-3445

For information and new appointments call:

317-621-5719, 866-621-5719

www.ecommunity.com/s/behavioral-health

145 Green Meadows Dr., Ste. 1, Greenfield, IN 46140

317-318-7100

7 E. Hendricks St., Shelbyville, IN 46176

317-392-2564

2040 N. Shadeland Ave., Ste. 200, Indianapolis, IN 46219

317-355-1800

2040 N. Shadeland Ave., Ste. 250, Indianapolis, IN 46219

317-355-5009

1030E. County Ln. Rd., Ste. C-1, Indianapolis, IN 46227

317-497-6290

Cummins Behavioral Health Systems, Inc.

5638 Professional Cir., Indianapolis, IN 46241

317-247-8900, www.cumminsbhs.org

Division of Mental Health and Addiction

Indiana Family & Social Services Administration (FSSA)

402 W. Washington St., Rm. W353, Indianapolis, IN 46204

317-232-7800, www.in.gov/fssa/dmha

Mental Health America of Boone County

1122 N. Lebanon St., Lebanon, IN 46052

765-482-3020, ext. 16, www.mentalhealthamericaofboonecounty.com

Mental Health America of Greater Indianapolis

301 E. 38th St., Indianapolis, IN 46205

317-251-0005, Crisis: 317-251-7575, www.mhaindy.net

Mental Health America of Hendricks County

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

Mental Health Partners of Hancock County

98 E. N. St., Ste. 204, Greenfield, IN 46140
317-462-2877

Midtown Community Mental Health Center

720 Eskenazi Ave., Indianapolis, IN 46202
Intake: 317-880-8491, Crisis: 317-880-8485
www.eskenazihealth.edu/our-services/midtown-community-mental-health

Midtown Community Mental Adult Services - Older Adult Services

1650 N. College Ave., Indianapolis, IN 46202
Intake: 317-880-8491, Crisis: 317-880-0880

Inpatient Mental Health Facilities

Many inpatient mental health facilities and most hospitals offer treatment for adults of all ages. They are listed in the Yellow Pages under “Mental Health Services.” The facilities listed below have programs designed specifically to treat the elderly. Medicare or private insurance generally covers the fees.

Community Hospital North Behavioral Health Pavilion

7165 Clearvista Way, Indianapolis, IN 46256
Intake: 317-621-5719, Crisis: 317-621-5700, 800-662-3445
www.ecommunity.com/s/behavioral-health/mental-health-disorders-treatment

Larue D. Carter Memorial Hospital

2601 Cold Spring Rd., Indianapolis, IN 46222
317-941-4000

Options Behavioral Health System

5602 Caito Dr., Indianapolis, IN 46226
317-544-4340, www.optionsbehavioralhealthsystem.com

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202
317-988-2770, www.indianapolis.va.gov

St. Vincent Stress Center

8401 Harcourt Rd., Indianapolis, IN 46260
317-338-4800, 800-872-2210, www.stvincent.org

Transitions Senior Behavioral Health Care Services

Witham Health Services Hospital
2605 N. Lebanon St., Lebanon, IN 46052
765-485-8700, www.witham.org

Substance Abuse Services

Alcoholism and Substance Abuse Treatment Programs

Alcoholics Anonymous

1915 W. 18th St., Ste. D, Indianapolis, IN 46202
317-632-7864, www.indyaa.org

Community Health Network Behavioral Health Services

Gallahue Mental Health Services (multiple locations)

317-621-5719, 866-621-5719
www.ecommunity.com/s/behavioral-health

145 Green Meadows Dr., Greenfield, IN 46140
317-318-7100

6950 Hillsdale Ct., Indianapolis, IN 46250
317-621-7740

7 E. Hendricks St., Shelbyville, IN 46176
317-392-2564

2040 N. Shadeland Ave., Ste. 250, Indianapolis, IN 46219
317-355-5009

1030E. County Ln. Rd., Ste. C-1, Indianapolis, IN 46227
317-497-6290

Cummins Behavioral Health Systems, Inc

888-714-1927, Emergency: 888-244-6083 , www.cumminsbhs.org

Cummins Behavioral Health Systems, Inc. – Avon

6655 East US Highway 36, Avon, IN 46123

317-272-3330, www.cumminsbhs.org

Cummins Behavioral Health Systems, Inc. – Lebanon

940 Lasley Drive, Lebanon, IN 46052

765-482-7421, www.cumminsbhs.org

Division of Mental Health and Addiction

Indiana Family & Social Services Administration

317-232-7800, www.in.gov/fssa/dmha

Families First

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

317-634-6341, www.familiesfirstindiana.org/

Tara Treatment Center

6231 S. U.S. 31, Franklin, IN 46131

812-526-2611, 800-397-9978, taratreatmentcenter.org

While most inpatient treatment programs assist adults of all ages including seniors, the following facilities offer programs that are designed specifically to treat the elderly:

Fairbanks Hospital

8102 Clearvista Pkwy., Indianapolis, IN 46256

317-849-8222, www.fairbanksd.org

Organizational/Community Services

In This Section:

Programs that provide any of a broad spectrum of services that benefit entire communities or which offer services that are statewide, regional, national or international in scope. Included are opportunities for individuals or groups to enjoy the artistic and cultural life of the community, participate in community improvement or service projects, engage in philanthropic endeavors, have a voice in the political process, obtain or offer assistance in times of disaster, have access to information services, and/or benefit from the availability of a variety of services for residents, community agencies, organizations, businesses and industries, and other individuals/groups.

Area Agencies on Aging

Indiana Area Agencies on Aging offer advocacy, planning, services and funding that make a difference in the lives of older adults. The frail older person who is able to remain at home if they receive the right services and those who are healthy can benefit from activities and socialization provided by community-based programs. Contact the Area Agency in your county for more information or call 800-986-3505.

Area 1—Northwest Indiana Community Action Corporation

Jasper, Lake, Newton, Porter, Pulaski, and Starke Counties
800-826-7871, www.nwi-ca.com

Area 2—REAL Services, Inc.

Elkhart, LaPorte, Kosciusko, Marshall and St. Joseph Counties
800-552-2916, www.realservices.org

Area 3—Aging & In-Home Services of Northeast Indiana, Inc.

Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley Counties
800-552-3662, www.agingihs.org

Area 4—Area IV Agency on Aging & Community Action Programs, Inc.

Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren, and White Counties
800-382-7556, www.areaivagency.org

Area 5—Area Five Agency on Aging & Community Services, Inc.

Cass, Fulton, Howard, Miami, Tipton, and Wabash Counties
800-654-9421, <http://areafive.com>

Area 6—LifeStream Services, Inc.

Blackford, Delaware, Grant, Henry, Jay, Madison, and Randolph Counties
800-589-1121, www.lifestreaminc.org

Area 7—Agency on Aging and Disabled West Central Indiana Economic Development District, Inc. (WCIEDD)

Clay, Parke, Putnam, Sullivan, Vermillion, and Vigo Counties
800-489-1561, www.westcentralin.com

Area 8—CICOA Aging & In-Home Solutions

Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties

800-432-2422, www.cicoa.org

Area 9—In-Home & Community Services Agency

Fayette, Franklin, Rush, Union, and Wayne Counties

800-458-9345, www.iue.edu/area9

Area 10—Agency on Aging

Monroe and Owen Counties

800-844-1010, www.area10agency.org

Area 11—Thrive Alliance

Bartholomew, Brown, Decatur, Jackson, and Jennings Counties

866-644-6407, www.thrive-alliance.org

Area 12—LifeTime Resources, Inc.

Dearborn, Jefferson, Ohio, Ripley, and Switzerland Counties

800-742-5001, www.lifetime-resources.org

Area 13—Generations

Davies, Dubois, Greene, Knox, Martin, and Pike Counties

800-742-9002, www.generationsnetwork.org

Area 14—LifeSpan Resources, Inc.

Clark, Floyd, Harrison, and Scott Counties

888-948-8330, <http://www.lsr14.org>

Area 15—Hoosier Uplands

Crawford, Lawrence, Orange and Washington Counties

800-827-2219, www.hoosieruplands.org

Area 16—SWIRCA & More

Gibson, Perry, Posey, Spencer, Vanderburgh and Warrick Counties

866-400-0779, www.swirca.org

Area Agencies on Aging personnel include care managers and options counselors. These are trained professionals who help frail persons remain independent by exploring formal and informal supports and helping individuals find services to meet their needs. The process may include phone assessments or home visits to determine needs,

develop care plans, and provide assistance in obtaining help from appropriate agencies or programs. Supportive services may include meals, homemaker, home health aide, adult day service, transportation, respite care, and attendant care.

In Central Indiana, CICOA Aging & In-Home Solutions provides federal- and state-funded care management services to older persons and those of any age with a disability living in Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby counties. Call the Aging & Disability Resource Center at 317-803-6131 for information on eligibility for services.

Long-Term Care Options Counseling

Many older persons and their families need unbiased advice in evaluating the level of assistance required; options for receiving care in their home, community or institutional setting; and criteria for selecting quality providers. Long-term care options counseling might be provided to an individual who wants to remain at home but needs support to do so, after someone has been admitted to a long-term care facility following a hospital stay, or when a family caregiver needs help to continue providing care in the community. Long-term care options may include one or more of the following services:

- Companionship services
- In-home services
- Caregiver services
- Long-term care insurance

To speak to an options counselor, contact:

CICOA Aging & In-Home Solutions

Aging & Disability Resource Center (ADRC)
317-803-6131, 800-432-2422, www.cicoa.org

Cell Phone Donations

CICOA accepts donations of used cell phones for the Cell Phone Bank. The phones are refurbished by the Cell Phone Bank and provided to seniors and victims of abuse in our community who need a cell phone for 9-1-1 calls only.

Call CICOA at 317-803-6131 or 800-432-2422 to donate a phone or for further information about cell phone options. You may also drop off a used cell phone on weekdays, 8:30 a.m. - 4:30 p.m. at CICOA's office, located at 4755 Kingsway Dr., Ste. 200, Indianapolis, IN 46205.

Community Centers

Community centers are neighborhood gathering places offering group activities, social support, public information, counseling, education, and other activities. They may be open for the whole community or for a specialized group within the greater community. Examples of community centers for specific groups include Christian community centers, Islamic community centers, Jewish community centers, youth clubs, etc.

African Center

3737 N. Meridian St., Ste. 507, Indianapolis, IN 46208
317-927-9777, www.africancommunity.net

Albert & Sara Reuben Senior and Community Resource Center

The Jewish Federation of Indianapolis
6905 Hoover Rd., Indianapolis, IN 46260
317-259-6822, www.jewishindianapolis.org/jfs

Asian Help Services

609 E. 29th St., Indianapolis, IN 46205
317-924-4827, www.asianhelpservices-in.org

Avondale Meadows YMCA

3908 Meadows Dr., Indianapolis, IN 46205
317-549-9622, www.indymca.org/centers

Baxter YMCA

7900 E. Shelby St., Indianapolis, IN 46227
317-881-9347, www.indymca.org/centers

Benjamin Harrison YMCA

5736 Lee Rd., Indianapolis, IN 46216
317-547-9622, www.indymca.org/centers

Brightwood Community Center

2410 Station St., Indianapolis, IN 46218
317-546-8200, brightwoodcommunitycenter.wordpress.com

Christamore House Family and Community Center

502 N. Tremont Ave., Indianapolis, IN 46222
317-635-7211, christamorehouse.org

Community Alliance of the Far Eastside (CAFÉ)

8902 E. 38th St., Indianapolis, IN 46226
317-890-3288, www.cafeindy.org

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225
317-637-4376, www.concordindy.org

Edna Martin Christian Center

2605 E. 25th St., Indianapolis, IN 46218
317-637-3776, ednamartincc.ning.com

Fay Biccard Glick Neighborhood Center at Crooked Creek

2990 W. 71st St., Indianapolis, IN 46268
317-293-2600, www.faybiccardglickcenter.org

Fishers YMCA

9012 E. 126th St., Fishers, IN 46038
317-595-9622, www.indymca.org/centers

Flanner House of Indianapolis

2424 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-925-4231, www.flannerhouse.com

Fletcher Place Community Center

1637 Prospect St., Indianapolis, IN 46203
317-636-3466, www.fletcherplacecc.org

Forest Manor Multi-Service Center

5603 E 38th St., Indianapolis, IN 46218
317-545-1204, www.fmmsc.org

Goodwin Community Center

3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org

Hawthorne Community Center

2440 W. Ohio St., Indianapolis, IN 46222
317-637-4312, www.hawthornecenter.org

Hendricks Regional Health YMCA

301 Satori Pkwy., Avon, IN 46123
317-273-9622

Immigrant Welcome Center

901 Shelby St., Ste B300, Indianapolis, IN 46203
317-808-2326, www.immigrantwelcomecenter.org

JCC Indianapolis

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

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201
317-633-8210, jhbcc.org

Jordan YMCA

8440 Westfield Blvd., Indianapolis, IN 46240
317-253-3206

Kennedy King Center

601 E. 17th St., Indianapolis, IN 46202
317-327-7424
www.fmmsc.org/programs-services/kennedy-king-center

La Plaza

8902 E. 38th St., Indianapolis, IN 46226
317-890-3292, www.laplazaindy.org

Lawrence Community Center

5301 N. Franklin Rd., Lawrence, IN 46226
317-549-4815, www.cityoflawrence.org

Latvian Community Center

1008 W. 64th St., Indianapolis, IN 46260
317-255-0992, indy.lv.com

LBC Community Center

709 S. Lynhurst Dr., Indianapolis, IN 46241
317-217-1409

Mary Rigg Neighborhood Center

1920 W. Morris St., Indianapolis, IN 46221
317-639-6106, www.maryrigg.org

Pike YMCA

7114 Lakeview Pkwy. W. Dr., Indianapolis, IN 46268
317-297-9622, www.indymca.org/centers

Ransburg YMCA

501 N. Shortridge Rd., Indianapolis, IN 46219
317-357-8441, www.indymca.org/centers

Shepherd Community Center

4107 E. Washington St., Indianapolis, IN 46201
317-375-0203, www.shepherdcommunity.org

Southeast Community Services

901 Shelby St., Indianapolis, IN 46203
317-236-7400, southeastindy.org

Washington Park Family Center

3130 E. 30th St., Indianapolis, IN 46218
317-327-7473

Witham Family YMCA

2791 N. Lebanon St., Lebanon, IN 46052
765-482-5960

YMCA at the Athenaeum

401 E. Michigan St., Indianapolis, IN 46204
317-685-9705

Connect2Help 2-1-1

The national abbreviated dialing code for free access to health and human services information and referral is 2-1-1. The 2-1-1 number, easy to remember and universally recognizable, connects individuals and families in need with community-based organizations and government agencies. Free and confidential help is available for many needs, including housing, employment, legal aid and counseling.

Donated Specialty Items

Durable Medical/Specialized Medical Equipment Donations

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 equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in the Yellow Pages under "Hospital Equipment and Supplies."

Easter Seals Crossroads INDATA

4740 Kingsway Dr., Indianapolis, IN 46205317-466-2013, 888-466-1314, www.eastersealstech.com

Relay Indiana

317-334-1413 (V/TTY), 877-446-8722 (VP)
relayindiana.com/equipment

Library Services

Some libraries have programs that deliver reading and audio-visual materials to the homebound. Classes and personal enrichment programs may be available as well as volunteer opportunities.

The Indiana State Library has a variety of books on tape, tape players, DVDs and catalogs available at no charge to those who are legally blind.

Indiana State Library

Talking Book and Braille Library

315 W. Ohio St., Indianapolis, IN 46202

317-232-3675, 866-683-6008, www.in.gov/library

Boone County Public Libraries

Hussey-Mayfield Memorial Public Library

250 N. 5th St., Zionsville, IN 46077

317-873-3149, www.zionsville.lib.in.us

Lebanon Public Library

104 E. Washington St., Lebanon, IN 46052

765-482-3460, www.leplib.org

Thorntown Public Library

124 N. Market St., Thorntown, IN 46071

765-436-7348, www.thorntownpl.org

Hamilton County Public Libraries

Carmel Clay Public Library

55 4th Ave., S.E., Carmel, IN 46032

317-814-3900, www.carmel.lib.in.us

Hamilton North Public Library—Atlanta

100 W. Walnut St., Atlanta, IN 46031

765-292-2521, www.hnpl.lib.in.us

Hamilton North Public Library—Cicero

209 W. Brinton St., Cicero, IN 46034

317-984-5623, www.hnpl.lib.in.us

Hamilton East Public Library—Fishers

Five Municipal Drive, Fishers, IN 46038

317-579-0300, www.hepl.lib.in.us

Hamilton East Public Library—Noblesville

One Library Plaza, Noblesville, IN 46060

317-773-1384, www.hepl.lib.in.us

Sheridan Public Library

103 W. 1st St., Sheridan, IN 46069
317-758-5201, www.sheridan.lib.in.us

Westfield-Washington Public Library

333 W. Hoover St., Westfield, IN 46074
317-896-9391, www.wwpl.lib.in.us

Hancock County Public Libraries**Fortville-Vernon Township Public Library**

625 E. Broadway, Fortville, IN 46040
317-485-6402, www.fortville.lib.in.us

Hancock County Library-Central Location

900 W. McKenzie Rd., Greenfield, IN 46140
317-462-5141, hcplibrary.org

Hancock County Public Library-Sugar Creek Location

5087 W. U.S. 52, New Palestine, IN 46163
317-861-6618, hcplibrary.org

Hendricks County Public Libraries**Avon-Washington Township Public Library**

498 N. Acon Rd., Avon, IN 46123
317-272-4818, www.avonlibrary.net

Brownsburg Public Library

450 S. Jefferson St., Brownsburg, IN 46112
317-852-3167, www.brownsburg.lib.in.us

Clayton-Liberty Township Public Library

5199 Iowa St., Clayton, IN 46118
317-539-2991

Coatsville-Clay Township Public Library

4928 Milton St., Coatsville, IN 46121
765-386-2355, www.coatesvillectpl.lib.in.us

Danville-Center Township Public Library

101 S. Indiana St., Danville, IN 46122
317-745-2604, www.dplindiana.org

Plainfield-Guilford Township Public Library

1120 Stafford Rd., Plainfield, IN 46168
317-839-6602, www.plainfieldlibrary.net

Johnson County Public Libraries**Edinburgh Wright-Hageman Public Library**

119 W. Main Cross St., Edinburgh, IN 46124
812-526-5487, edinburgh.avcnet.com

Greenwood Public Library

310 S. Meridian, Greenwood, IN 46143
317-881-1953, www.greenwoodlibrary.us

JCPL Clark Pleasant Branch

530 Tracy Rd., Ste. 250, New Whiteland, IN 46184
317-535-6206, www.pageafterpage.org

JCPL Franklin Branch

401 S. State St., Franklin, IN 46131
317-738-2833, www.pageafterpage.org

JCPL Trafalgar Branch

424 Tower St., Trafalgar, IN 46181
317-878-9560, www.pageafterpage.org

JCPL White River Branch

1664 Library Blvd., Greenwood, IN 46142
317-885-1330, www.pageafterpage.org

Marion County Public Libraries**Brightwood Branch Library**

2435 N. Sherman Dr., Indianapolis, IN 46218
317-275-4310, www.indypl.org

College Avenue Branch Library

4180 N. College Ave., Indianapolis, IN 46205
317-275-4320, www.indypl.org

Decatur Township Branch Library

5301 Kentucky Ave., Indianapolis, IN 46221
317-275-4330, www.indypl.org

Eagle Branch Library

3325 Lowry Rd., Indianapolis, IN 46222
317-275-4340, www.indypl.org

East 38th Street Branch Library

5420 E. 38th St., Indianapolis, IN 46218
317-275-4350, www.indypl.org

East Washington Branch Library

2902 E. Washington St., Indianapolis, IN 46201
317-275-4360, www.indypl.org

Flanner House Branch Library

2424 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-275-4370, www.indypl.org

Fountain Square Branch Library

1066 Virginia Ave., Indianapolis, IN 46203
317-275-4390, www.indypl.org

Franklin Road Branch Library

5550 S. Franklin Rd., Indianapolis, IN 46239
317-275-4380, www.indypl.org

Garfield Park Branch Library

2502 Shelby St., Indianapolis, IN 46203
317-275-4490, www.indypl.org

Glendale Mall Branch Library

6101 N. Keystone Ave., Indianapolis, IN 46220
317-275-4410, www.indypl.org

Haughville Branch Library

2121 W. Michigan St., Indianapolis, IN 46222
317-275-4420, www.indypl.org

Indianapolis Public Library

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

Indianapolis Public Library Administration Offices

2450 N. Meridian St., Indianapolis, IN 46208
317-275-4840, www.indypl.org

InfoZone (Children's Museum) Branch Library

3000 N. Meridian St., Indianapolis, IN 46208
317-275-4430, www.indypl.org

Irvington Branch Library

5625 E. Washington St., Indianapolis, IN 46219
317-275-4450, www.indypl.org

Lawrence Township Branch Library

7898 N. Hague Rd., Indianapolis, IN 46256
317-275-4460, www.indypl.org

Nora Branch Library

8625 N. Guilford Ave., Indianapolis, IN 46240
317-275-4470, www.indypl.org

Pike Township Branch Library

6525 Zionsville Rd., Indianapolis, IN 46268
317-275-4480, www.indypl.org

Southport Branch Library

2630 E. Stop 11 Rd., Indianapolis, IN 46227
317-275-4510, www.indypl.org

Spades Park Branch Library

1801 Nowland Ave., Indianapolis, IN 46201
317-275-4520, www.indypl.org

Warren Township Branch Library

9701 E. 21st St., Indianapolis, IN 46229
317-275-4550, www.indypl.org

Wayne Township Branch Library

198 S. Girls School Rd., Indianapolis, IN 46231
317-275-4530, www.indypl.org

West Indianapolis Branch Library

1216 S. Kappes St., Indianapolis, IN 46221
317-275-4540, www.indypl.org

Morgan County Public Libraries**Brooklyn Branch**

6 East Mill St., Brooklyn, IN 46111
317-834-2003, morg.lib.in.us

Eminence Branch

11625 Walters Rd., Martinsville, IN 46151
765-528-2117, morg.lib.in.us

Main Branch

110 S. Jefferson St., Martinsville, IN 46151
765-342-3451, morg.lib.in.us

Monrovia Branch

145 S. Chestnut St., Monrovia, IN 46157
317-996-4307, morg.lib.in.us

Morgantown Branch

79 W. Washington St., Morgantown, IN 46160
812-597-0889, morg.lib.in.us

Waverly Branch

9410 S.R. 144, Waverly, IN 46151
317-422-9915, morg.lib.in.us

Shelby County Public Libraries**Shelby County Public Library**

57 W. Broadway, Shelbyville, IN 46176
317-398-7121, www.myshelbylibrary.org

Senior Advocacy Groups

Senior advocacy organizations represent special interests and issues effecting older adults in state and national legislation. Some of these organizations offer publications, pamphlets, educational programs and open public forums related to specific issues. Some of them work with other advocates and organizations to educate businesses, government representatives and members of the community on the abilities and needs of seniors and people with disabilities.

AARP Indiana State Office

One N. Capitol Ave., Ste. 1275, Indianapolis, IN 46204
866-448-3618, www.aarp.org/states/in

Alzheimer's Association of Greater Indiana

50 E. 91st St, Ste. 100, Indianapolis, IN 46240
800-272-3900, www.alz.org/indiana

Bosma Enterprises

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

CICOA Aging & In-Home Solutions

4755 Kingsway Dr., Ste. 200, Indianapolis, IN 46205
317-254-5465, 800-489-9550, cicoa.org

The Generations Project

One N. Capitol Ave., Ste. 1025, Indianapolis, IN 46204
317-441-3812, www.generationsproject.org

Indy Reads

40 E. St. Clair St., Indianapolis, IN 46204
317-275-4040, www.indyreads.org

Medicare Rights Center

800-333-4114, www.medicarerights.org

Senior Medicare Patrol (SMP)

4755 Kingsway Dr., Ste. 318, Indianapolis, IN 46205
317-205-9201, 800-986-3505, www.iaaaa.org/smp.asp

State Health Insurance Assistance Program (SHIP)

800-452-4800, www.in.gov/idoi/2495.htm

County Councils on Aging

CICOA Aging & In-Home Solutions, the Area Agency on Aging for Central Indiana, has established local, independent Councils on Aging in each of the eight counties it serves to secure citizen participation in its mission and advocate for seniors. Each council is comprised of dedicated volunteers who help define the problems and needs of older Hoosiers in their county and identify solutions.

- Boone County Council on Aging, 317-803-6144
- Hancock County Council on Aging, 317-803-6106
- Hendricks County Council on Aging, 317-803-6107
- Hamilton County Council on Aging, 317-803-6183
- Johnson County Council on Aging, 317-803-6164
- Marion County Council on Aging, 317-803-6176
- Morgan County Council on Aging, 317-803-6077
- Shelby County Council on Aging, 317-803-6299

Individual information about County Councils on Aging can also be accessed at www.cicoa.org/about-us/county-councils-on-aging

Senior Centers

Senior centers offer a wide variety of activities and services. Many have daily hot lunch programs, classes, exercise and health programs, dances, games, specially priced trips and tours, and personal interest classes. Transportation may also be provided to and from some centers. Many centers are open every day but some are active only a few days per week. Be sure to call the site nearest you for details about programs and hours.

Albert & Sara Reuben Senior and Community Resource Center

Older Adult Services

6905 Hoover Rd., Indianapolis, IN 46260

317-259-6822, www.jewishindianapolis.org/jfs

Boone County Senior Services, Inc.

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

Christamore House

502 Tremont St., Indianapolis, IN 46222

317-635-7211, www.christamorehouse.org

Community Alliance of the Far Eastside - CAFÉ

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

317-890-3288, www.cafeindy.org/senior-programs

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225

317-637-4376, www.concordindy.org

Edna Martin Christian Center

1970 Caroline Ave., Indianapolis, IN 46218

317-637-3776, www.ednamartincc.ning.com

Elton Geshwiler Senior Center

602 Main St., Beech Grove, IN 46107

317-788-4987

www.beechgrove.com/elton-h-geschwiler-senior-center.html

Fay Biccard Glick Neighborhood Center at Crooked Creek

2990 W. 71st St., Indianapolis, IN 46268

317-293-2600

Flanner House of Indianapolis

2424 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208

317-925-4231, www.flannerhouse.com

Fletcher Place Community Center

1637 Prospect St., Indianapolis, IN 46203

317-636-3466, www.fletcherplacecc.org

Fortville Senior Center

7 S. Main St., Fortville, IN 46040

317-485-6634

Franklin Active Adult Center

160 E. Adams St., Franklin, IN 46131
317-736-3696

George T. Goodwin Community Center

3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org

Greenfield Senior Center

280 Apple St., Greenfield, IN 46140
317-477-4343

Hawthorne Social Service Association

2440 W. Ohio St., Indianapolis, IN 46222
317-637-4312, www.hawthornecenter.org

Hendricks County Senior Services

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

Heritage Place of Indianapolis

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

JCC Indianapolis

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

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201
317-633-8210, www.jhbcc.org

Kennedy King Center, Managed by Forest Manor Multi-Service Center

601 E. 17th St. Indianapolis, IN 46202
317-327-7424

www.fmmsc.org/programs-services/kennedy-king-center

Lawrence Senior Center

5301 N. Franklin Rd., Lawrence, IN 46226
317-549-4815

Martinsville Area Senior Center

1369 N. Blue Bluff Rd., Martinsville, IN 46151
765-342-5525

Mid North Indianapolis Shepherd's Center

3808 N. Meridian St., Indianapolis, IN 46208
317-924-2612

Mooreville Senior Citizens Center

4305 E. S.R. 144, P.O. Box 343, Mooreville, IN 46158
317-831-7510

Nineveh Area Senior Citizens

3208 Rodeo Dr., Edinburgh, IN 46214
812- 526-0333

OASIS – Indianapolis

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

Perry Senior Services

6901 Derbyshire Rd., Indianapolis, IN 46227
317-783-9231, www.perryseniors.org

PrimeLife Enrichment Inc.

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

Salvation Army Eagle

4400 N. High School Rd., Indianapolis, IN 46254
317-299-4454

Salvation Army – Fountain Square

1337 S. Shelby St., Indianapolis, IN 46203
317-632-0156

Senior Citizens Organization, Inc. – Noblesville

18336 Cumberland Rd., Noblesville, IN 46060
317-773-6904, www.seniorcitizensorg.org

Shelby Senior Center Services – The Horizon Center

1504 S. Harrison St., Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Center Services – The Horizon Center

105 S. Walnut St., Fairland, IN 46126
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Center Services – The Horizon Center

Waldron United Methodist Church
105 N. Mulberry St., Waldron, IN 46182
317-398-0127, www.shelbyseniorservices.org

Shepherd’s Center of Hamilton County

347 S. 8th St., Noblesville, IN 46060
317-674-8777, shepherdscenterofhamiltoncounty.org

Southeast Community Services

901 Shelby St., Indianapolis, IN 46203
317-236-7400, southeastindy.org/senior-center

Sterrett Senior Center

8950 Otis Ave., Indianapolis, IN 46216
317-549-4815

St. Paul Senior Citizens

102 E. Washington St., St. Paul, IN 47272
765-525-6306

The Social of Greenwood

550 Polk St., Greenwood, IN 46143
317-882-4810, www.thesocialofgreenwood.org

Washington Park Family Center

3130 E. 30th St., Indianapolis, IN 46218
317-327-7473

State Offices

For a full listing of state offices, please visit the state of Indiana Web site at www.in.gov.

Indiana Bureau of Motor Vehicles, 888-692-6841

Indiana Department of Natural Resources
317-232-4200, Customer Service: 877-463-6367

Indiana Department of Revenue, 317-232-2160

Indiana General Assembly, Legislative Information, 317-232-9856

Indiana House of Representatives, 317-232-9600, 800-382-9842

Indiana Public Retirement System, 888-286-3544

Indiana State Department of Health
Long-term Division, 317-233-7852

Indiana State Department of Insurance, 317-232-2385

Indiana State Information Center, 317-233-0800

Indiana State Senate, 317-232-9400, 800-382-9467

Office of Governor, 317-232-4567

Office of Indiana Attorney General, 317-232-6201

Office of Lieutenant Governor, 317-232-4545

State Health Insurance Assistance Program (SHIP), 800-452-4800

Target Populations/ Other Resources

In This Section:

Individuals who have specific disabilities, medical diagnoses, ethnic backgrounds, national origins, family relationships, income levels, religious affiliations, special problems or considerations, or other targeted characteristics.

Alzheimer's Disease

The following organizations offer information, evaluation, support and caregiver training for families and friends of Alzheimer's patients. They also provide referrals to professionals who specialize in caring for and treating persons with Alzheimer's disease.

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

Indiana Alzheimer's Disease Center

355 W. 16th St., Ste. 4100, Indianapolis, IN 46202
317-963-5500

Developmental Disabilities

The Bureau of Developmental Disabilities Services (BDDS) provides services for individuals with developmental disabilities that enable them to live as independently as possible in their communities. Vocational Rehabilitation programs are also available through the Division of Disability and Rehabilitative Services. BDDS assists individuals in receiving community supports and residential services using a person-centered plan to help determine which services are needed and who can best provide them. BDDS also monitors the quality of care and the facilities of those who are approved to provide these services in Indiana.

Bureau of Developmental Disability Services

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, 877-218-3530

Parks Pass for Seniors

Individuals who are age 65 and older or individuals younger than age 65 who receive Social Security Disability benefits may purchase the Golden Hoosier Passport at a 50 percent discount. Show the passport for admission to any state park.

Indiana Department of Natural Resources

402 W. Washington St., Rm. W160A, Indianapolis, IN 46204
317-232-4200, www.in.gov/dnr

Publications for Seniors

Several local magazines and newspapers deal exclusively with senior issues. Some are distributed at no charge throughout the area while others require a subscription or membership fee.

Indy Boomer

317-440-9376, www.indyboomer.com

Senior Citizen's Guide to Indianapolis

www.seniorcitizensguide.com

Seniors Guide

www.seniorsguideonline.com

Senior Life Indianapolis

The Papers Incorporated
206 S. Main St., Milford, IN 46542
574-658-4111, seniorlifene newspapers.com

Senior Discount Programs

There is no single discount card that is honored at all businesses. However, some do issue their own cards. Most businesses offer senior discounts upon request. Age requirements are as varied as the discounts. Be sure to ask about potential discounts at the businesses you frequently visit.

The following organization offers special discount services and business discounts to members.

AARP Indiana State Office

One N. Capitol Ave., Ste. 1275, Indianapolis, IN 46204
Toll Free: 866-448-3618, www.aarp.org/states/in

Traumatic Brain Injury Resources

Resource facilitation is a collaborative process between the individual with brain injury, his/her personal support system, and an assigned Resource Facilitator (RF). Resource facilitators assist individuals in navigating systems and services to achieve agreed upon goals.

Brain Injury Association of Indiana

9020 Crawfordsville Rd., Indianapolis, IN 46234
317-356-7722, 866-854-4246, www.biai.org

Rehabilitation Hospital of Indiana NeuroRehabilitation Center

9531 Valparaiso Ct., IN 46268
317-879-8940, www.rhin.com

County Senior Corps.

In This Section:

In the late 1970's CICOA Aging & In-Home Solutions developed County Senior Service Organizations as intended by the Older Americans Act to provide information and services for older individuals in the eight counties comprising the Central Indiana region. Each of the organizations on the following pages serves as a focal point for comprehensive service delivery to eligible residents of their county populations.

Boone County

Boone County Senior Services

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

E-mail: bcssi@booneseniors.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Eligibility: Boone County residents age 60 or over.

Intake Procedure: Call for information.

Services:

Community Outreach — Health promotion activities and events related to promoting healthy aging. Offers State Health Insurance Assistance Program (SHIP), legal assistance, and tax preparation assistance

Community Room — Provides a place for activities and workshops on various topics.

Friendly Visiting — Volunteers are matched one-on-one with individuals who are homebound and lonely.

Homemaker Services — Provides housekeeping services including cleaning, laundry and general shopping.

Personal Care — Provides specialized in-home personal care.

Information and Assistance — Provides information and referrals to resources and services in the county and surrounding area.

Respite Care — Two hours of relief for the family caregiver of an individual with dementia.

Transportation — Transportation for residents of Boone County, Mon-Fri, 7:30 a.m. - 4:30 p.m. by appointment.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave., S.W., Carmel. IN 46032

317-815-7000, www.primelifeenrichment.org

Hours of Operation:

Mon–Thurs, 8:00 a.m. - 6:30 p.m.

Fri, 8:00 a.m. - 5:00 p.m.

Eligibility: County residents age 50 and older. Health promotion and wellness, fitness, and social activities open to non-members residing in any county who are age 21 and older.

Intake Procedure: Call for information and availability of services.

Services:

Caregiver Support — Group meetings and individual support including respite and educational programs.

Community Outreach — Assessments and referrals to services such as case management, respite/attendant care, bereavement and caregiver support, assistance to the homebound (friendly visiting), volunteer opportunities, and State Health Insurance Assistance Program (SHIP). A legal clinic is available the second Friday of each month, 9:00 a.m. - 12:30 p.m.

Health Promotion — Fitness facility includes indoor walking track, swimming pool, circuit and cardio fitness equipment. A variety of exercise classes, health screenings and education programs are available. Hot lunch served daily.

Information and Assistance — Information and referrals to resources and services in the county and surrounding area.

Social Activities — Fitness, educational and social activities. Call or visit Web site for schedule of events.

Transportation — Transportation for residents of Hamilton County, Monday through Friday during business hours. Door-to-door service

including wheelchair accommodation for medical appointments, shopping and other needs.

Hancock County

Hancock County Senior Services, Inc.

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

E-mail: hcssi78@hcssi.org

Office Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Transportation Hours of Operation: Mon-Fri, 7:00 a.m. - 5:00 p.m.

Eligibility: County residents age 60 and older or residents with disabilities. Transportation available for residents of any age.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach — Provide assistance with bill payments, and SC-40 tax credit forms. State Health Insurance Assistance Program (SHIP), offers help with Medicare and insurance information, Medicare Savings Plans, and assistance enrolling in the Supplemental Nutrition Assistance Program (SNAP).

Handyman — Provides lawn mowing, smoke detector installation and battery replacement, maintenance, sidewalk snow removal, minor home repairs, and gutter cleaning

Homemaker — Provides housekeeping services such as vacuuming, dusting, laundry and shopping assistance.

Information and Assistance — Trained personnel answer questions and make referrals to community and agency resources. Referral information may include housing, transportation, protective services, in-home services, assisted care, nutrition, legal services, health insurance and more.

Legal Services — An Indiana Senior Law Project Representative visits offices monthly to assist seniors with legal questions and documents.

Respite/Assisted Care — Provides temporary, in-home, non-medical supervision for frail seniors and persons with disabilities.

Transportation — Non-emergency transportation for various destinations. Transportation is available Monday through Friday with appointments scheduled according to driver availability. Rides are scheduled on a first-come, first-served basis. Wheelchair transportation is available. Donations are encouraged, and fares are determined by destination and funding source. Call 317-462-1103 to schedule.

Volunteer Services — Volunteers visit seniors' homes to provide companionship and general assistance. Volunteers are matched one-on-one. Telephone calls can be made by staff and volunteers to provide reassurance and safety checks. Volunteer groups may provide special projects under the guidance of the Volunteer Coordinator. Call for information on services available from volunteers.

Hendricks County

Hendricks County Senior Services

P. O. Box 448

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hendricksseniors.org

E-mail: admin@hendricksseniors.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Eligibility: Hendricks county residents age 60 and older

Intake Procedure: Call for information and availability of services

Services:

Community Outreach — Health promotion activities and events related to promoting healthy aging, support groups for caregivers, Alzheimer's disease, Parkinson's disease, stroke, vision loss, grief and loss.

Friendly Visiting — Provides friendly visiting and errand service for homebound residents age 60 and older.

Homemaker Services — Provides homemaker services such as vacuuming, dusting, and other light housekeeping to residents age 60 and older. There is a fee for this service.

Information and Assistance — Provides information and referrals to resources and services in Hendricks county and surrounding areas.

Respite Services — Provides in-home care for a loved one age 60 and older for short periods of time. Assistance with meal preparation, light housekeeping, companionship, supervision, shopping and other tasks. The respite service does not include any hands-on care or medical treatment.

Senior Center — Provides recreational, educational, social and fitness activities.

Telephone Reassurance — Calls to home-bound seniors living alone.

Transportation — Provides demand response, door-to-door (including wheelchair transport) Monday through Friday during business hours for medical appointments, grocery shopping, legal and financial services, meal sites, and errands. LINK is a cooperative service of Sycamore Services and HCSS providing transportation for county residents of any age to destinations within Hendricks County.

Johnson County

Johnson County Senior Services

731 S. State St., Franklin, IN 46131

317-738-4544, www.jcseniorservices.org

E-mail: info@jcseniorservices.org

Hours of operation: Mon-Fri, 8:30 a.m. - 4:30 p.m.

Eligibility: Johnson County residents age 60 and older, persons of any age with disabilities.

Intake Procedure: Call for information and availability of services.

Services:

Friendly Phone Calls — Volunteers contact seniors to check on their well-being.

Information and Assistance — Provides accurate, informed answers to all your resource needs.

Medical Equipment — Used, quality durable medical equipment such as walkers, portable toilets, shower chairs, wheelchairs, and hospital beds. Donations accepted.

Outreach — Educational and informational services about senior resources in Johnson County.

Transportation — Transportation to doctor’s appointments, grocery stores, errands and other destinations. Service area includes Johnson County and southern Marion County, door-to-door service for seniors age 60 and over only. No charge for service. Donations appreciated.

Marion County

CICOA Aging & In-Home Solutions

4755 Kingsway Dr., Ste. 200, Indianapolis, IN 46205
317-254-5465, www.cicoa.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 5:00 p.m.

Eligibility: Serve individuals with disabilities of any age and individuals age 60 and older in Central Indiana counties.

Intake Procedure: Call the Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Services:

Aging & Disability Resource Center (ADRC) — Provides information, assistance and access to resources and services in the county and surrounding area.

Care Management — Assess personal care needs during at-home visits and coordinate needed services into a care plan. Care managers provide continuous support and monitoring of client needs.

Meals & More — Provides meals to the homebound or at neighborhood meal sites throughout the eight-county area. Nutrition and medication management education also is available.

CareAware — Assists individuals in their role as a primary caregiver to an older individual, person with a disability, or a grandparent raising a grandchild.

Transportation — Program-eligible participants can arrange for transportation to medical appointments, government services, shopping for food, or other needs.

Safe at Home—Provides accessibility modifications for a safer, more secure home for eligible home owners age 60 and over or for persons with a disability.

Community Outreach — Leadership with community partners and organizations in planning for the needs of the area’s older population.

Speaker’s Bureau - Provides presentations to groups on topics of interest to older adults, people with disabilities and caregivers.

Nursing Home Pre-Admission Screening — Provides pre-admission screening for anyone seeking admission to a nursing facility.

Morgan County

Coordinated Aging Services for Morgan County

1369 N. Blue Bluff Rd., Martinsville IN 46151

765-342-3007, www.casmc.org

E-mail: sgerber@casmc.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Eligibility: Morgan County Seniors age 60 and older.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach — Call for details.

Health Promotion Activity — Call for details.

Information & Assistance — Provides information and referral to resources in the county and surrounding area.

Transportation — Transportation for residents of Morgan County, Monday through Friday during regular business hours. Call for current information about current destinations.

Shelby County

Shelby Senior Services, Inc., The Horizon Center

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Eligibility: Persons age 60 and older in Shelby County.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach — CICOA lunch site for seniors served Monday through Thursday at the Horizon Center. Call for times. Other Horizon Center activities include card games, crafts, games, classes, and travel and day trips.

Family Caregiver Support — Respite, support groups, education for family caregivers, individual counseling. Licensed clinical social worker

will provide counseling. Alzheimer's support group and monthly family caregiver support group. Assistance with referrals to or information about community and state services.

Health Promotion Services — Provides activities, events, and nutrition and exercise programs to encourage and educate residents about healthy aging.

Information & Assistance — Provides information and referrals to resources and services in the county and surrounding area.

Homemaker — Provides light housekeeping services, such as vacuuming, dusting and assistance with errands.

Transportation Service — Provides transportation to various destinations for county residents. Call for information on availability of transportation services. A fee is charged to all persons under age 60. Persons age 60 and above may pay a donation or the service is free.

Other Services — Representatives from legal (Senior Law Project), State Health Insurance Assistance Program (SHIP), and AARP tax assistance are available on site. They also offer commodity food boxes, knox box, and personal emergency systems.

Caregiver Services

In This Section:

Caregiving is a familiar part of life. In fact, nearly 66 million people in the United States currently provide care, assistance and support for a family member who is elderly or who is living with a disability. Statistically speaking, most of us will be caregivers at some time, and many of these roles will represent extreme personal satisfaction for the caregiver and care recipient for the duration of the journey.

Since caregiving is only one of many “hats” worn by the caregiver, the role can be very challenging and stressful, even in the best of circumstances. For this reason, achieving an effective balance of caregiving with other responsibilities, including family and career, usually requires well-planned support. This support may be *informal* (e.g. the help of other family members) or *formal* (e.g. through a health care provider or home care agency). It is very often the case that both informal and formal supports are needed throughout the caregiving experience.

Whether you are currently assisting a loved one, concerned about a caregiver you know, or simply gathering information in anticipation of the role, this section is for you.

CareAware Service Overview

People who are taking care of an elderly or disabled family member face a multitude of tasks, decisions and feelings that at times can seem overwhelming. Easy access to information and support is essential in any caregiving role, and CICOA is here to help meet that need.

CICOA's caregiver support service, CareAware, offers free caregiving workshops for employers, faith communities and other organizations throughout Central Indiana. The CareAware Department also includes a CareAware Options Counselor who can speak one-on-one with caregivers to provide a wealth of information to help determine what long-term care options are best suited to their loved ones needs. For general options counseling, call CICOA's Aging & Disability Resource Center at 317-803-6131 or contact the CareAware Options Counselor at 317-803-6140.

CareAware Workshops

CareAware offers a variety of free, onsite workshop opportunities for corporations, civic organizations, government, and faith communities to provide critical resource information to caregivers and anyone in a position to assist them. All workshops include substantial supportive print material. Additional information can be found online at www.cicoa.org/careaware/caregiver-workshops.html. Call CareAware at 317-803-6002 to discuss your organization's needs.

Caregiver Support and Education Services

Caregiver support groups, whether generic to all caregiving or specific to a diagnosis, are highly recommended for caregivers, particularly in light of the fact that caregivers are often prone to feelings of isolation and depression. Support groups enable caregivers to encourage one another and share helpful information. Support groups are often found at area hospitals, senior service agencies, and through other organizations.

This section lists a few organizations known to provide caregiver education and support. For additional support group listings or to find a group that is specific to your needs, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357. Support groups are also listed in this Solutions Guide in the Individual and Family Live Section. Additional Helpful Links for Caregivers can be found on CICOA's CareAware website:

www.cicoa.org/careaware/helpful-links-for-caregivers.html

Albert & Sara Reuben Senior and Community Resource Center

Older Adult Services

6905 Hoover Rd., Indianapolis, IN 46260

317-259-6822, www.jewishindianapolis.org/jfs

Alzheimer's Association of Greater Indiana

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

317-575-9620, www.alz.org/indiana

Boone County Senior Services

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

Catholic Charities Indianapolis

1400 N. Meridian St., Indianapolis, IN 46202

317-261-3378, www.archindy.org/cc/index.html

Hancock County Senior Services, Inc.

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

Hancock Regional Hospital

Home Care & Hospice

801 N. State St., Greenfield, IN 46140

317-468-4522, www.hancockregionalhospital.org

Hendricks County Senior Services

1201 Sycamore Lane, P.O. Box 448, Danville, IN 46122

317-745-4303, www.hendricksseniors.org

Indiana Hospice & Palliative Care Organization, Inc.

P.O. Box 68829, Indianapolis, IN 46268-0829

317-464-5145, 800-254-1910 (Helpline), www.ihpco.org

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

317-815-7000, www.primelifeenrichment.org

Shelby Senior Services, Inc.

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

Today's Caregiver

Online resources that offers interesting and helpful interviews of caregivers, plus articles and tips for successful caregiving.

www.caregiver.com

Kinship Care Resources

AARP

The **Grandparent Information Center** provides relevant and helpful articles, including free activities for grandkids that are fun and educational. www.aarp.org/grandparents

Child Care Answers

This organization is part of the Indiana Child Care Resource and Referral network that provides information and services to parents, child care providers, and the community. The website includes a child care search link and online trainings. www.childcareanswers.com

Children's Defense Fund

Extensive library of information containing anything to do with parenting as a grandparent. Type "Grandparent" in the search bar to find free resource guides for download that not only explain different types of programs, services, and benefits available to grandparents raising grandchildren, but also how to apply for these benefits.

www.childrensdefense.org

Easter Seals Crossroads

Grandparents of Grandchildren with Autism Spectrum Disorders

5:30 - 7:30 p.m. – second Wednesday of each month

4740 Kingsway Dr., Indianapolis, IN 46205

317-479-3231

Grandfamilies of America

This organization provides tools and education for grandparents raising grandchildren, in addition to keeping them informed of ways they can be proactive as a population group.

www.grandfamiliesofamerica.org

Grandparents as Parents (GAP Limited)

An organization that provides programs, services and support groups that meet the urgent and ongoing needs of grandparents and other relatives raising at-risk children. www.grandparentsasparents.org

The Villages' Family Connection Network

This network offers several services, some of which are support groups, respite activities, and skill-building workshops.

3833 N. Meridian St., Indianapolis, IN 46208

317-775-6500, www.villages.org/what-we-do/kinship-care

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