



The IU Health Alzheimer's Disease and Dementia Center Resource



Indiana University Health

Revised January 2026

Important phone numbers

In an emergency always call **911**

Alzheimer's Association Hotline 24/7

T 800.272.3900

IU Health Alzheimer's Call Center

T 317.948.5450

National Suicide Hotline 24/7

T 988

Veterans Crisis Line 24/7

T 800.273.8255, Option 1

Text: 838255

veteranscrisisline.net

National Domestic Violence Hotline

T 800.799.7233

Text: LOVEIS to 22522

Indiana 211

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

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Revised January 2026

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Clinical trials/IU Health Brain Health Initiative

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

Indiana University Alzheimer's Clinical Trials Program (IU ACT)

medicine.iu.edu/neurology/specialties/dementia

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

Contacts:

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lperry-moore@iu.edu

Lisa Rankin

ldonadio@iupui.edu

T 317.963.4823

Indiana Alzheimer's Disease Research Center (IADRC)

medicine.iu.edu/research-centers/alzheimers

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

Longitudinal Early Onset Alzheimer's Disease Study (LEADS)

leads-study.medicine.iu.edu

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

Contact: Kala Kirby

kalhall@iupui.edu

IU Health Brain Health Initiative

T 317.944.7300

Enrollment for the newest Alzheimer's medications, Leqembi and Kisunla. IU Health Brain Health Initiative offers specialized infusion therapies primarily for early Alzheimer's, and IU Health offers leading-edge research and clinical trials for Alzheimer's and other dementias.

Advocacy programs and support groups

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

Support

211

Find help

findhelp.org

Social Service programs in Indiana

IU Health GUIDE

iuhealth.org/dementia

GUIDE (Guiding an Improved Dementia Experience Model) is a program for Medicare beneficiaries who are living with Alzheimer's disease and other forms of dementia, and their caregivers. The program aims to provide support, education, and resources for caregivers and patients, improving the quality of life for people living with dementia and reducing caregiver burden.

T 888.882.2708

Alzheimer's Association, Indiana

alz.org/indiana

Statewide support for advancement of research, client care and support services, caregiver groups and dementia education. Online, virtual and in person.

T 800.272.3900 (Helpline)

Bright Focus Foundation

brightfocus.org

Area 10 Dementia Outreach

area10agency.org/dementia-outreach

Advocacy programs and support groups, continued

Dementia Friends of Indiana

dementiafriendsindiana.org

Our local organization under the CICOA Aging & In-Home Solutions umbrella advancing awareness and education about dementia with a focus on reducing stigma and creating communities welcoming to those with dementia.

T 317.254.5465

The Savvy Caregiver

hcinteractive.com/savvycaregiver

Dementia Road Map

<https://www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>

A guide for family and care partners

The Association for Frontotemporal Degeneration (AFTD)

theaftd.org/indiana

Information, resources and support for caregivers and loved ones with a FTD diagnosis.

T 866.507.7222 (Helpline)

Lewy Body Dementia Association

lbda.org

Includes Indianapolis area Lewy Body Support Group moderated by Mary Milberger, email her at Metroindylewy1@gmail.com

T 602.909.LEWY

Indiana Parkinson Foundation

indianaparkinson.org

Support, resources and research-based exercise programs for those with Parkinson's disease.

T 317.550.5648

Advocacy programs and support groups, continued

Catholic Charities Caregiver Support Program

archindy.org/cc/indianapolis/caringplace.html

For those caregivers supporting any family member who is aging or struggling with a chronic illness.

T 317.261.3378

Indiana Long-Term Care Ombudsman Program

in.gov/ombudsman/long-term-care-ombudsman/overview/

Advocates at the state level for residents in nursing facilities and licensed assisted livings, resolving concerns related to care/quality of life.

T 800.622.4484

Story Cottage, Dementia Support Group

Christina McCann

T 317.774.2162

Indiana Disability Rights

in.gov/idr/

Advocates at the state level for rights and resources for those with a disability, includes legal referral if needed.

T 317.722.7555

T 800.622.4845 (toll free)

Indiana Area Council on Aging and In-Home Services

in.gov/fssa/da/area-agencies-on-aging/

Based upon county, includes CHOICE program, Medicaid waiver, case management, nutrition, and transportation services for those aged and disabled and their family caregivers.

Central Indiana Area Council on Aging (CICOA):

cicoa.org

T 317.254.5465

Careforth – Structured Family Caregiving

info.careforth.com/in-sfc

Family members as paid, in-home caregivers.

T 866.797.2333

AARP

aarp.org

Offers education, resources and support in all areas of aging and retirement

Legal services

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

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

Alzheimer's Association Elder Law Finder

communityresourcefinder.org

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

Indiana Legal Services

indianalegalservices.org

Legal assistance for lower income and elderly individuals across Indiana

T 844.243.8570

Indianapolis Legal Aid Society

indylas.org

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

T 317.635.9538

Neighborhood Christian Legal Clinic, Indianapolis

nclegalclinic.org

Legal assistance for moderate to low-income individuals

T 877.236.0730

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

indianacare.org

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

T 317.955.2790

Senior Law Project

T 317.631.9424

Legal services, continued

The Arc of Indiana

arcind.org/future-planning/guardianship

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

Supported Decision-Making Indiana

<https://www.in.gov/idr/sdm/>

An alternative to adult guardianship for those who qualify

The Indiana Patient Preferences Coalition

indianapost.org/patients

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

Advance Directive Resource Center

in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/

Prepare for Your Care

prepareforyourcare.org

Five Wishes

fivewishes.org

Docubank

docubank.com

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

Gun Wills and Trusts

everplans.com/articles/bequeathing-and-inheriting-guns-what-to-do-with-firearms-when-someone-dies

Everplans

Legal services, continued

Firearms Legal Protection

firearmslegal.com/guns-wills-and-trusts

Vulnerable Adult Reporting

in.gov/fssa/da/adult-protective-services

Adult Protective Services (APS)

Call 800.992.6978 to report a concern of adult abuse or neglect.

Law Enforcement

Victim Assistance

indy.gov/activity/crime-victim-assistance

Indianapolis Metropolitan Police Department Victim Assistance
Information and referral including Violent Crime Compensation forms

T 317.327.3331

Marion County Clerk's Office of Protective Order Intake

indy.gov/activity/file-a-protective-order

File protective orders related to domestic violence and related crimes

T 317.327.8577

Project Lifesaver

projectlifesaver.org

Program to enable first responders in your community to assist in finding an individual lost or wandering due to cognitive challenges. Search by ZIP code.

Indiana Guardianship Registry

public.courts.in.gov/grp

Public access confirmation by county of current court-ordered guardianships

Fraud prevention/financial protection resources

TransUnion

transunion.com/credit-freeze

Equifax

equifax.com/personal/credit-report-services/credit-freeze

Experian

experian.com/blogs/ask-experian/credit-education/preventing-fraud/security-freeze/

Financial resources

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

Indiana 211

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

Insurances

State Health Insurance Program (SHIP) by county

in.gov/ship/index.htm

Counselors provide personalized health insurance counseling for Medicare recipients and walk them through the Medicare enrollment process.

T 800.452.4800

Medicare

medicare.gov

Senior Medicare Patrol

smpresource.org

Assisting seniors and family members to detect and report fraud.

Healthy Indiana Plan (HIP)

in.gov/fssa/hip/2458.htm

Financial resources, continued

Medicare Savings Program, Qualified Medicare Beneficiary (QMB) Specified Low-Income Beneficiary (SLMB)

[in.gov/medicaid/providers/860.htm](https://www.in.gov/medicaid/providers/860.htm)

For Medicare recipients who also have Medicaid, the state pays for Medicare premiums and cost sharing for those who qualify financially.

Medicaid

[in.gov/medicaid/members/52.htm](https://www.in.gov/medicaid/members/52.htm)

Marketplace Insurance

healthcare.gov

Veterans Administration

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

benefits.va.gov/vso/index.asp

- **County Veterans Service Officer**

[in.gov/dva/locate-your-cvso](https://www.in.gov/dva/locate-your-cvso)

- **TRICARE and VA benefits and healthcare**

va.gov/health-care/eligibility

- **Indianapolis VA and other Regional Offices**

va.gov/directory/guide/fac_list_by_state.cfm?State=IN&dnum=ALL

- **VA Manage Your Benefits**

ebenefits.va.gov/ebenefits

- **VA Aid and Attendance**

va.gov/pension/aid-attendance-housebound

Accredited VA Claims Consultant

- **Patriot Angels**

patriotangels.com

- **Senior Veterans Council**

seniorveteranscouncil.com

Financial resources, continued

Commercial insurance/employer or private coverage

COBRA

[cms.gov/CCIIO/programs-an-initiatives/other-insurance-protections/cobra_qna](https://www.cms.gov/CCIIO/programs-an-initiatives/other-insurance-protections/cobra_qna)

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

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

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

Long-term care insurance

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

Cash benefit programs

Social Security

Retirement income

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

Social Security disability insurance (SSDI)

ssa.gov/applyfordisability

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

Supplemental security income (SSI)

ssa.gov/benefits/ssi

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

Financial resources, continued

Food assistance

Supplemental Nutrition Assistance Program – Indiana (SNAP)

in.gov/fssa/dfr/snap-food-assistance/about-snap

Food assistance for low-income or no-income families generally loaded monthly onto a debit card for use at a grocery store

Food pantries (search by city)

foodpantries.org/ci/in-indianapolis

Commodity Supplemental Food Program (CSFP)

fns.usda.gov/csfp/commodity-supplemental-food-program

Supplemental food for those over 60 meeting financial criteria, administered via CICOA

T 317.803.6042

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

CICOA, meals and more

cicoa.org/services/senior-meals-nutrition/

Meals on Wheels

mealsonwheelsindy.org

Mom's Meals

momsmeals.com

Covered under some Medicare and Medicaid insurance plans

T 877.508.6667

Financial resources, continued

Grocery delivery

Most grocery stores

InstaCart

[instacart.com/grocery-delivery/in/near-me-in-indianapolis-in](https://www.instacart.com/grocery-delivery/in/near-me-in-indianapolis-in)

SHIPT

[shipt.com/indianapolis-grocery-delivery](https://www.shipt.com/indianapolis-grocery-delivery)

Postmates

[postmates.com](https://www.postmates.com)

Prescription drug assistance

Medicare Extra Help (also called Medicare low-income subsidy)

A three-tier, income-based, lower-cost prescription option with Medicare if income meets the application guidelines. Find the online application at ssa.gov/medicare/part-d-extra-help.

Drug discount programs

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

- **Good Rx**
[goodrx.com](https://www.goodrx.com)
T 855.213.1275
- **Needy Meds**
[needy meds.org](https://www.needy meds.org)
T 800.503.6897
- **Prescription Hope**
[prescriptionhope.com/how-it-works](https://www.prescriptionhope.com/how-it-works)
T 877.296.4673
- **Insiderx**
[insiderx.com](https://www.insiderx.com)
- **Mark Cuban Cost Plus**
[costplusdrugs.com/](https://www.costplusdrugs.com/)

Financial resources, continued

Pharmaceutical assistance programs

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

Foundation support

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

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

Single dose home delivery of medications

Usually no additional cost for delivery, you pay your regular copays.

- **Blue River Pharmacy**
www.blueriverpharmacy.com/
- **Select Rx**
selectrx.com
T 855.975.6365
- **PillPack**
pillpack.com
T 855.745.5725
- **Personal Rx**
care.personalrx.com/learnmore
T 877.957.1772

Pill management

Hero Health

herohealth.com/hero-pill-dispenser-mobile-app-faq

Employment support

Assistance with employment opportunities and job loss

Unemployment Insurance Program

in.gov/dwd/2362.htm

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

WorkOne Indy

workoneindy.com

Organization that assists individuals with their job search and career development

T 317.798.0335

Vocational Rehabilitation

in.gov/fssa/ddars/brs/vocational-rehabilitation-employment

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

Healthcare services

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

Home healthcare

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

- **CHOICE Program**

cicoa.org/resource-center/in-home-support-services-choice-program

Via CICOA, this is an in-home service per screening eligibility, state funded, when there are two identified deficits in activities of daily living (ADL)

- **Medicaid waiver**

cicoa.org/resource-center/medicaid-waivers

For Medicaid recipients to age in place at home rather than nursing facility care

- **Caregiver homes**

payingforseniorcare.com/indiana/medicaid-waivers/structured-family-caregiving

A way for family members to provide home health aide or caregiver assistance to a family member at home

- **Indiana Pathways for Aging**

in.gov/pathways/frequently-asked-questions/#What_is_Indiana_PathWays_for_Aging

Private duty caregivers

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

Examples:

- Senior Home Companions
- Home Instead
- Senior Helpers

Healthcare services, continued

In-home physician care

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

- **IU Health Virtual Visits**

iuhealth.org/find-medical-services/virtual-visits

- **Grace at Home**

grace-at-home.com

- **VA Home Based Primary Care**

va.gov/geriatrics/pages/home_based_primary_care.asp

- **IU GRACE Team Care**

graceteamcare.indiana.edu

Team approach to in-home care in coordination with a primary care provider

T 317.963.0600

Geriatric care and assessments

Inpatient and outpatient services for seniors who have age-related conditions including mobility and memory

- **IU Health Senior Health Center**

iuhealth.org/find-medical-services/geriatrics

- **Eskenazi Health Senior Care**

eskenazihealth.edu/health-services/senior-care

House calls for seniors, Eskenazi home-based geriatric services

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

ecomunity.com/services/senior-services-touchpoint/healthy-aging-transition-services-hats

- **Ascension St. Vincent Hospital/Ascension Senior Care**

healthcare.ascension.org/Specialty-Care/Senior-Care

- **St. Francis/Franciscan Network**

franciscanhealth.org/health-care-services/senior-services-424

- **Richard L. Roudebush VA Medical Center, Geriatric Primary Care Clinic**

indianapolis.va.gov/services/geriatrics_and_extended_care.asp

Healthcare services, continued

Geriatric care managers

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

- **Clarity Care Givers**
claritycaregivers.com
T 317.774.0074
- **Aging Life Care Consultants**
aginglifecareconsultants.com
T 317.300.5454
- **Encompass Senior Navigation**
seniornavigations.com
T 317.774.2161
- **Senior Care Authority**
seniorcareauthority.com
- **Senior Living Advisor**
seniorlivingadvisorindy.com/why-choose-us
- **Senior Solutions Consulting**
seniorsolutionsconsulting.com
- **Life By Design: Estate and Elder Law**
lifebydesignlaw.com

Mental health support for those with dementia

- **The Memory Compass**
thememorycompass.com
- **Reynolds and Associates Counseling**
reynoldslcsw.com

Exercise

- **Power Over Dementia**
poweroverdementia.com

Healthcare services, continued

Dental services

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

- **IU School of Dentistry Patient Services**

dentistry.iu.edu/patients/index.html

Affordable, lower cost dental care

- **Donated Dental Services (DDS)**

dentallifeline.org/indiana

Apply online for free dental services by a dentist in the county where you live.

- **Gennesaret Free Clinic**

gennesaret.org/dental

No-cost dental care

T 800.696.1511

- **Raphael Health Center**

raphaelhc.org/dental

No-cost or sliding-scale dental care

T 317.926.1507

Transportation

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

Central Indiana Regional Transportation Authority (CIRTA)

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

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

Veteran Transportation Service (VTS)

va.gov/HEALTHBENEFITS/vtp

For those veterans receiving medical care at Roudebush VA Medical Center

T 317.988.3846

IndyGo

indygo.net/access

Indianapolis Public Transportation

IndyGo Access

indygo.net/open-door

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

GoGo Grandparents

gogograndparent.com

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

CICOA/Way2Go Senior Services Transportation

cicoa.org/services/transportation

T 317.803.6153

Transportation, continued

Medicaid transportation (traditional and managed care programs) and Medicaid gas mileage reimbursement

Traditional Medicaid

Hoosier Healthwise, Hoosier Care Connect and Health Indiana Plan

in.gov/fssa/ompp/non-emergency-medical-transportation/overview

Verida

Offers anyone with a disability transportation access across county lines in Central Indiana

T 855.325.7586

Managed Care Medicaid

Medicaid Anthem

mss.anthem.com/in/benefits/transportation-services.html

Logisticare, wheelchair or van/sedan rides for medical appointments, pharmacies and healthcare offices

T 844.772.6632

CareSource

caresource.com/in/providers/tools-resources/request-patient-services/dsnp

Wheelchair, van/sedan rides for medical appointments, pharmacies and healthcare offices

T 844.607.2829

Managed Health Services (MHS)

mhsindiana.com/members/medicaid/benefits-services/transportation.html

Wheelchair or van/sedan rides for doctor, dental, vision and pharmacy trips

T 877.647.4848

Dual Eligible Medicare/Medicaid

T 800.508.7230

Verida

T 855.325.7586

Certified driver rehabilitation specialists

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

The Brain Center

braincenterindy.com

Sherri Waugh

T 317.562.0942

Senior Driving and Mobility Services

seniordms.com

Driving specialist available

T 317.489.0804 (need physician referral)

Driving Indypendence

drivingindypendence.com

Safety and adaptive equipment evaluations as well as low vision evaluations

Mary Follman

T 317.513.5862 (need physician referral)

Indiana Bureau of Motor Vehicles (BMV) Driver Ability Program

in.gov/bmv/licenses-permits-ids/driver-ability-program

Need a referral from medical professional, law enforcement, court official, power of attorney, family member or concerned citizen

Disability parking placard, Indiana BMV

in.gov/bmv/registration-plates/drivers-with-disabilities

For those with a disability lasting up to six months or permanently, issuance of hangtag or vehicle license with approved application

Home modification

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

CICOA Safe at Home

cicoa.org/services/home-accessibility-modifications

T 317.803.6131

Neighbor Link

nlindy.org

U.S. Department of Agriculture Rural Development

rd.usda.gov/programs-services/single-family-housing-programs

Loans and grants to update, modernize and make homes accessible for very low income individuals

Aging in Place

aginginplace.org

Resources to keep seniors in their homes

Home Repair for Good, Marion County Health Department

T 317.938.5076

Indypendent Living

indypendentliving.com

Personal mobility resources

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

NuMotion

numotion.com/locations/indianapolis-in

T 317.334.9460

National Seating & Mobility

nsm-seating.com

T 317.454.7670

At Home Health Equipment

ahhe.com

T 317.872.9702

Lincare

lincare.com/en/services/dme-and-devices

T 765.483.0462

Apria

apria.com

Medical alert systems/Personal emergency response services/ In-home monitoring

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

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

Caring.com

caring.com/best-medical-alert-systems/#what-is-a-medical-alert-system?

A clearinghouse of useful information for choosing systems and options determined by personal need

AARP

aarp.org/caregiving/home-care/info-2017/medic-alert-systems-options.html

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

Alzheimer’s Association

alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support

The Alzheimer’s Association collaborates with MedicAlert (medicalert.org) in offering a wearable device for seniors.

The Alzheimer’s Store

alzstore.com

Offers multiple safety options dependent upon personal need

Relish

relish-life.com/en-us

Products for varying stages of dementia

Care Trak

caretrak.com

A home system with compatibility to some local law enforcement agencies.

Medical alert systems/Personal emergency response services/ In-home monitoring, continued

Silver Alert

in.gov/silveralert

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

Project Lifesaver

projectlifesaver.org/about-us/where-we-are

Examples of alert options

- Lifeline – lifeline.com/
- Bay Alarm Medical – bayalarmmedical.com
- MedicAlert – medicalert.org
- Life 360 – life360.com
- In-home camera: – amazon.com/BlinkMiniIndoorCamera/dp/B07X6C9RMF among many in-home camera options

Community resources/Community living

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

Senior living advisors

A Place For Mom

<https://www.aplaceformom.com/>

Aggregates options based upon personal choices—location, cost and aging-in-place communities

Local: Shellie Koetter-Vargo

T 317.828.0344

Assisted Living Locators

North Indianapolis – assistedlivinglocators.com/care-advisor/northindy

T 317.854.9030

South Indianapolis – 119 N. Munsie St., Indianapolis

T 317.539.3922

Care Patrol

carepatrol.com/advisors/heinz-kosser/indianapolis

T 317.763.1072

Oasis Senior Advisors

oasisseioradvisors.com/carmel-in

T 765.523.6007

Optimal Living

optimallivingindy.com

Eldercare Locator

eldercare.acl.gov/home

By ZIP code, aggregates options for older adults

T 800.677.1116

Community resources/Community living, continued

ARCH National Respite Network and Resource Center

archrespite.org

For caregivers and professionals to locate respite services by ZIP code

Veterans Affairs Respite Services

va.gov/geriatrics/pages/respite_care.asp

Continuum of care living/Continuum of care retirement communities

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

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

Independent living

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

Assisted living

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

Skilled care/Rehabilitation

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

Community resources/Community living, continued

Continuum of care living/Continuum of care retirement communities

Skilled long-term care

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

Memory care/Assisted living

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

Story Cottage

storycottageliving.com

A unique residential living scenario for those with memory concerns. Private pay.

Respite care

caregiverresource.net/

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

Adult day programs

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

Golden Gardens

thegoldengardens.com

T 317.895.8555

Second Family Adult Day Center

T 317.251.1225

Community resources/Community living, continued

Adult day care, continued

Still Waters Adult Day Center

stillwatersadc.org

T 317.284.0837

Joy's House Adult Day Services

joyshouse.org

T 317.254.0828

Sarah Care

sarahcare.com/affiliate-home-indianapolis-in

T 317.815.8300

Active Day of Indianapolis

activeday.com/locations/states/in

T 317.297.3730 (Northwest)

T 317.783.2155 (South)

A Caring Place

archindy.org/cc/indianapolis/caringplace.html

T 317.466.0015

Independent Adult Day Centers

adultday.com

Charlene's Angels (Greenwood, IN)

T 317.431.1484

Autumn Leaves of Eastgate

autumnleavesofeastgate.org

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

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

If you prefer to seek an individual caregiver separate from a company many utilize care.com.

Hospice services and agencies

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

Community resources/Community living, continued

Medicare Compare

Hospice company options by ZIP code, multiple options available

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

or

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

Hospice homes (local)

Life's Journey

lifesjourney-avon.com

T 317.561.6840

St. Vincent's Hospice

stvincent.org/services/hospice

T 317.338.4040

Franciscan Hospice House

franciscanhealth.org/healthcare-facilities/franciscan-hospice-house-2033

T 317.528.2092

Indiana Veterans' Home

in.gov/ivh/2407.htm

T 765.463.1502

Abbie Hunt Bryce Hospice Home

morninglightinc.org/morning-light-and-the-history-of-the-abbie-hunt-bryce-home

Community mental health

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

Substance Abuse and Mental Health Services Administration (SAMHSA)

findtreatment.samhsa.gov

Options by ZIP code

NAMI

namiindiana.org

Community mental health locator

in.gov/fssa/dmha

Outpatient by county

IU Health Neurology, Goodman Hall

iuhealth.org/find-locations/iu-health-neuroscience-center

Hospital/Residential inpatient psychiatric units

(Referral as needed)

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