



# The IU Health Alzheimer's Disease and Dementia Center Resource



Indiana University Health

Revised June 2023

## 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](https://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](https://iuhealth.org/find-medical-services/alzheimers) for the most updated resources.

Prepared by Karen Matthews, LCSW

### **IU Health Neuroscience Center**

Goodman Hall

362 W. 15th St., Suite 3200 | Indianapolis, IN 46202

*Revised May 2023*

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## Clinical trials

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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](https://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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[lperrey@iupui.edu](mailto:lperrey@iupui.edu)

Lisa Rankin

[ldonadio@iupui.edu](mailto:ldonadio@iupui.edu)

**T** 317.963.4823

### **Indiana Alzheimer's Disease Research Center (IADC)**

[medicine.iu.edu/research-centers/alzheimers](https://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](https://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](mailto:kalhall@iupui.edu)

## Advocacy programs and support groups

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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](http://findhelp.org)

Social Service programs in Indiana

### **Alzheimer's Association, Indiana**

[alz.org/indiana](http://alz.org/indiana)

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

**T** 800.272.3900 (Helpline)

### **Alzheimer's Association Science Hub**

[alz.org/help-support/resources/the-alzheimer-s-association-science-hub](http://alz.org/help-support/resources/the-alzheimer-s-association-science-hub)

Download the app and review the latest in Alzheimer's and dementia research.

### **Bright Focus Foundation**

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

### **Alzheimer's and Dementia Resource Service, IU Health Bloomington Hospital**

[alzresourceindiana.org/about-4](http://alzresourceindiana.org/about-4)

Support, resources, education and assistance for those with Alzheimer's disease and their families in South Central Indiana. Call 812.353.9299 to schedule an appointment.

### **Dementia Friends of Indiana**

[dementiafriendsindiana.org](http://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



## Advocacy programs and support groups, continued

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### **The Savvy Caregiver**

[hcinteractive.com/savvycaregiver](http://hcinteractive.com/savvycaregiver)

### **The Association for Frontotemporal Degeneration (AFTD)**

[theaftd.org/indiana](http://theaftd.org/indiana)

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

**T** 866.507.7222 (Helpline)

### **Indianapolis FTD Support Group**

Moderated by Dr. David Clark

[theaftd.org/indiana](http://theaftd.org/indiana) or email [ftd@iu.edu](mailto:ftd@iu.edu)

### **Lewy Body Dementia Association**

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

Includes Indianapolis area Lewy Body Support Group moderated by Mary Milberger, email her at

[Metroindylewy1@gmail.com](mailto:Metroindylewy1@gmail.com)

**T** 602.909.LEWY

### **Indiana Parkinson Foundation**

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

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

**T** 317.550.5648

### **Catholic Charities Caregiver Support Program**

[archindy.org/cc/indianapolis/caringplace.html](http://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/](http://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.

## Advocacy programs and support groups, continued

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### **Indiana Disability Rights**

[in.gov/idr/2516.htm](http://in.gov/idr/2516.htm)

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

**T** 317.722.7555

**T** 800.622.4845 (toll free)

### **Indiana Area Council on Aging and In-Home Services**

[in.gov/fssa/da/3478.htm](http://in.gov/fssa/da/3478.htm)

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

### **Central Indiana Area Council on Aging (CICOA):**

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

**T** 317.254.5465

### **Careforth – Structured Family Caregiving**

[info.careforth.com/in-sfc](http://info.careforth.com/in-sfc)

Family members as paid, in home caregivers.

**T** 866.797.2333

### **AARP**

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

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

## Legal services

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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](http://communityresourcefinder.org)

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

### **Indiana Legal Services**

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

Legal assistance for lower income and elderly individuals across Indiana

**T** 844.243.8570

### **Indianapolis Legal Aid Society**

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

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

**T** 317.635.9538

### **Neighborhood Christian Legal Clinic, Indianapolis**

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

Legal assistance for moderate to low-income individuals

**T** 877.236.0730

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

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

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

**T** 317.955.2790

### **The Arc of Indiana**

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

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

## Legal services, continued

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### **Supported Decision-Making Indiana**

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

An alternative to adult guardianship for those who qualify

### **Indiana Healthcare Consent Law**

[indianapost.org/wp-content/uploads/2018/10/HOUSE-BILL-1119-Fact-Sheet-4.9.18.pdf](http://indianapost.org/wp-content/uploads/2018/10/HOUSE-BILL-1119-Fact-Sheet-4.9.18.pdf)

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

### **The Indiana Patient Preferences Coalition**

[indianapost.org/patients](http://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.

### **Prepare for Your Care**

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

### **Five Wishes**

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

### **Docubank**

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

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

### **Gun Wills and Trusts**

[everplans.com/articles/bequeathing-and-inheriting-guns-what-to-do-with-firearms-when-someone-dies](http://everplans.com/articles/bequeathing-and-inheriting-guns-what-to-do-with-firearms-when-someone-dies)

Everplans

### **Firearms Legal Protection**

[firearmslegal.com/guns-wills-and-trusts](http://firearmslegal.com/guns-wills-and-trusts)

### **Vulnerable Adult Reporting**

[in.gov/fssa/da/adult-protective-services](http://in.gov/fssa/da/adult-protective-services)

Adult Protective Services (APS)

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

## Legal services, continued

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### *Law Enforcement*

#### **Victim Assistance**

[indy.gov/activity/crime-victim-assistance](https://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](https://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](https://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](https://public.courts.in.gov/grp)

Public access confirmation by county of current court ordered guardianships

## Financial resources

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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](http://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](http://medicare.gov)

### **Senior Medicare Patrol**

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

Assisting seniors and family members to detect and report fraud.

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

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

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

### **Medicaid**

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

### **Healthy Indiana Plan (HIP)**

[in.gov/fssa/hip/2458.htm](http://in.gov/fssa/hip/2458.htm)

### **Marketplace Insurance**

[healthcare.gov](http://healthcare.gov)

## Financial resources, continued

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### **Veterans Administration**

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

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

- **County Veterans Service Officer**

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

- **TRICARE and VA benefits and healthcare**

[va.gov/health-care/eligibility](https://va.gov/health-care/eligibility)

- **Indianapolis VA and other Regional Offices**

[va.gov/directory/guide/fac\\_list\\_by\\_state.cfm?State=IN&dnum=ALL](https://va.gov/directory/guide/fac_list_by_state.cfm?State=IN&dnum=ALL)

- **VA Manage Your Benefits**

[ebenefits.va.gov/ebenefits](https://ebenefits.va.gov/ebenefits)

- **VA Aid and Attendance**

[va.gov/pension/aid-attendance-housebound](https://va.gov/pension/aid-attendance-housebound)

### **Accredited VA Claims Consultant**

- **Bucholtz Agency**

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

- **Patriot Angels**

[patriotangels.com](https://patriotangels.com)

- **Senior Veterans Council**

[seniorveteranscouncil.com](https://seniorveteranscouncil.com)

## Financial resources, continued

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### *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](https://www.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](https://www.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

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### *Food assistance*

#### **Supplemental Nutrition Assistance Program – Indiana (SNAP)**

[in.gov/fssa/dfr/snap-food-assistance/about-snap](https://www.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](https://www.foodpantries.org/ci/in-indianapolis)

#### **Commodity Supplemental Food Program (CSFP)**

[fns.usda.gov/csfp/commodity-supplemental-food-program](https://www.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](https://www.cicoa.org/services/senior-meals-nutrition)

#### **Meals on Wheels**

[mealsonwheelsindy.org](https://www.mealsonwheelsindy.org)

#### **Mom's Meals**

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

Covered under some Medicare and Medicaid insurance plans

**T** 877.508.6667

## Financial resources, continued

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### *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/benefits/medicare/prescriptionhelp.html](https://www.ssa.gov/benefits/medicare/prescriptionhelp.html).

#### **Drug discount programs**

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

- **Good Rx**

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

T 855.213.1275

- **Needy Meds**

[needymeds.org](https://www.needymeds.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)

## Financial resources, continued

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### Pharmaceutical assistance programs

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

### Foundation support

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

- **PAN Foundation**

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

- **HealthWell Foundation**

[healthwellfoundation.org/disease-funds](http://healthwellfoundation.org/disease-funds)

### Single dose home delivery of medications

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

- **Walgreens**

[walgreens.com/topic/pharmacy/prescription-delivery.jsp](http://walgreens.com/topic/pharmacy/prescription-delivery.jsp)

T 800.925.4733

- **Select Rx**

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

T 855.975.6365

- **PillPack**

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

T 855.745.5725

- **Personal Rx**

[care.personalrx.com/learnmore](http://care.personalrx.com/learnmore)

T 877.957.1772

### *Pill management*

### Hero Health

[herohealth.com/hero-pill-dispenser-mobile-app-faq](http://herohealth.com/hero-pill-dispenser-mobile-app-faq)

## Employment support

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Assistance with employment opportunities and job loss

### **Unemployment Insurance Program**

[in.gov/dwd/2362.htm](https://www.in.gov/dwd/2362.htm)

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

### **WorkOne Indy**

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

Organization that assists individuals with their job search and career development

**T** 317.798.0335

### **Vocational Rehabilitation**

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

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

## Healthcare services

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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](https://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](https://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](https://payingforseniorcare.com/indiana/medicaid-waivers/structured-family-caregiving)

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

### Private duty caregivers

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

#### Examples:

- Senior Home Companions
- Home Instead
- Senior Helpers

## Healthcare services, continued

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### **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](https://iuhealth.org/find-medical-services/virtual-visits)

- **Grace at Home**

[grace-at-home.com](https://grace-at-home.com)

- **Meridian Visiting Physicians**

[callmvp.com/about-us](https://callmvp.com/about-us)

- **VA Home Based Primary Care**

[va.gov/geriatrics/pages/home\\_based\\_primary\\_care.asp](https://va.gov/geriatrics/pages/home_based_primary_care.asp)

- **IU GRACE Team Care**

[graceteamcare.indiana.edu](https://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](https://iuhealth.org/find-medical-services/geriatrics)

- **Eskenazi Health Senior Care**

[eskenazihealth.edu/health-services/senior-care](https://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](https://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](https://healthcare.ascension.org/Specialty-Care/Senior-Care)

- **St. Francis/Franciscan Network**

[franciscanhealth.org/health-care-services/senior-services-424](https://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](https://indianapolis.va.gov/services/geriatrics_and_extended_care.asp)

## Healthcare services, continued

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### Geriatric care managers

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

- **Clarity Care Givers**

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

T 317.774.0074

- **Aging Life Care Consultants**

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

T 317.300.5454

- **Encompass Senior Navigation**

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

T 317.774.2161

### Mental health support for those with dementia

- **The Memory Compass**

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

- **Reynolds and Associates Counseling**

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

### Podiatry (At-home services)

- **At Home Podiatry**

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

- **Traveling Podiatry Care**

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

## Healthcare services, continued

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### Dental services

Indiana Medicaid recipients may have coverage, for provider options visit [provider.indianamedicaid.com/ihcp/providerservices/providersearch.aspx](http://provider.indianamedicaid.com/ihcp/providerservices/providersearch.aspx)

- **IU School of Dentistry Patient Services**

[dentistry.iu.edu/patients/index.html](http://dentistry.iu.edu/patients/index.html)

Affordable, lower cost dental care

- **Allisonville Dental Centre mobile denture service**

[allisonvilledentalcenter.com/services/mobile-denture-service](http://allisonvilledentalcenter.com/services/mobile-denture-service)

At-home denture assistance

- **Donated Dental Services (DDS)**

[dentallifeline.org/indiana](http://dentallifeline.org/indiana)

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

- **Gennesaret Free Clinic**

[gennesaret.org/dental](http://gennesaret.org/dental)

No-cost dental care

**T** 800.696.1511

- **Raphael Health Center**

[raphaelhc.org/dental](http://raphaelhc.org/dental)

No-cost or sliding-scale dental care

**T** 317.926.1507



## Transportation

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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](http://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](http://va.gov/HEALTHBENEFITS/vtp)

For those veterans receiving medical care at Roudebush VA Medical Center

T 317.988.3846

### **IndyGo**

[indygo.net/access](http://indygo.net/access)

Indianapolis Public Transportation

### **IndyGo Access**

[indygo.net/open-door](http://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](http://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](http://cicoa.org/services/transportation)

T 317.803.6153

### **Door2Door**

[cicoa.org/services/transportation/door2door](http://cicoa.org/services/transportation/door2door)

## Transportation, continued

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### **Shuttle service**

[cicoa.org/services/transportation/shuttle-service](http://cicoa.org/services/transportation/shuttle-service)

### **Discount taxi fare**

[cicoa.org/services/transportation/discount-taxi-fare](http://cicoa.org/services/transportation/discount-taxi-fare)

### **My Freedom Voucher Program**

[cicoa.org/services/transportation/my-freedom](http://cicoa.org/services/transportation/my-freedom)

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

**T** 317.803.6020

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

#### **Traditional Medicaid**

#### **Hoosier Healthwise, Hoosier Care Connect and Health Indiana Plan**

[in.gov/fssa/ompp/non-emergency-medical-transportation/overview](http://in.gov/fssa/ompp/non-emergency-medical-transportation/overview)

*Southeastrans*

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

**T** 855.325.7586

#### **Managed Care Medicaid**

#### **Medicaid Anthem**

[mss.anthem.com/in/benefits/transportation-services.html](http://mss.anthem.com/in/benefits/transportation-services.html)

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

**T** 844.772.6632

## Transportation, continued

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### **MDwise**

[mdwise.org/for-members/hoosier-healthwise/benefits-and-services/ridewise](https://mdwise.org/for-members/hoosier-healthwise/benefits-and-services/ridewise)

Doctor, dentist or clinic appointments, no pharmacy trips

**T** 800.356.1204

### **CareSource**

[caresource.com/in/providers/tools-resources/request-patient-services/dsnp](https://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](https://mhsindiana.com/members/medicaid/benefits-services/transportation.html)

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

**T** 877.647.4848

## Certified driver rehabilitation specialists

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

### **Community Physical Therapy and Rehab Clinic**

[ecommunity.com/services/physical-therapy-rehab/neuro-specialty-program/driving-evaluations](https://ecommunity.com/services/physical-therapy-rehab/neuro-specialty-program/driving-evaluations)

Sherry Waugh, Certified Driving Rehab Specialist

**T** 317.621.3000 (need physician referral)

### **Senior Driving and Mobility Services**

[seniordms.com](https://seniordms.com)

Driving specialist available

**T** 317.489.0804 (need physician referral)

## Certified driver rehabilitation specialists, continued

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### **Driving Indypendence**

[drivingindypendence.com](http://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](http://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](http://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

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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](http://cicoa.org/services/home-accessibility-modifications)

T 317.803.6131

### **Neighbor Link**

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

### **U.S. Department of Agriculture Rural Development**

[rd.usda.gov/programs-services/single-family-housing-repair-loans-grants](http://rd.usda.gov/programs-services/single-family-housing-repair-loans-grants)

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

### **Aging in Place**

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

Resources to keep seniors in their homes

## Personal mobility resources

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

### **NuMotion**

[numotion.com/locations/indianapolis-in](https://numotion.com/locations/indianapolis-in)

**T** 317.334.9460

### **National Seating & Mobility**

[nsm-seating.com](https://nsm-seating.com)

**T** 317.454.7670

### **At Home Health Equipment**

[ahhe.com](https://ahhe.com)

**T** 317.872.9702

### **Lincare**

[lincare.com/en/services/dme-and-devices](https://lincare.com/en/services/dme-and-devices)

**T** 765.483.0462

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

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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?](https://www.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](https://www.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/medical-alert-with-24-7-wandering-support](https://www.alz.org/help-support/caregiving/safety/medical-alert-with-24-7-wandering-support)

The Alzheimer’s Association collaborates with MedicAlert ([medicalert.org](https://www.medicalert.org)) in offering a wearable device for seniors.

### **The Alzheimer’s Store**

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

Offers multiple safety options dependent upon personal need

### **Care Trak**

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

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

### **Silver Alert**

[in.gov/silveralert](https://www.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

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

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### **Project Lifesaver**

[projectlifesaver.org/about-us/where-we-are](http://projectlifesaver.org/about-us/where-we-are)

#### **Examples of alert options**

- Lifeline – [lifeline.philips.com/medical-alert-systems/homesafe.html](http://lifeline.philips.com/medical-alert-systems/homesafe.html)
- Bay Alarm Medical – [bayalarmmedical.com](http://bayalarmmedical.com)
- MedicAlert – [medicalert.org](http://medicalert.org)
- Life 360 – [life360.com](http://life360.com)
- Smart Sole – [gpsmartsole.com](http://gpsmartsole.com)
- In-home camera: – [amazon.com/BlinkMiniIndoorCamera/dp/B07X6C9RMF](http://amazon.com/BlinkMiniIndoorCamera/dp/B07X6C9RMF)

## Community resources/Community living

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

### *Senior living advisors*

#### **A Place For Mom**

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

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

**Local:** Heather Lynch

**T** 317.626.7781

#### **Assisted Living Locators**

North Indianapolis – [assistedlivinglocators.com/care-advisor/northindy](http://assistedlivinglocators.com/care-advisor/northindy)

South Indianapolis – 119 N. Munsie St., Indianapolis

**T** 317.539.3922

#### **Care Patrol**

[carepatrol.com/advisors/heinz-kosser/indianapolis](http://carepatrol.com/advisors/heinz-kosser/indianapolis)

#### **Oasis Senior Advisors**

[oasisenioradvisors.com/carmel-in](http://oasisenioradvisors.com/carmel-in)

**T** 765.523.6007

#### **Eldercare Locator**

[eldercare.acl.gov/public/index.aspx](http://eldercare.acl.gov/public/index.aspx)

By ZIP code, aggregates options for older adults

**T** 800.677.1116

#### **ARCH National Respite Network and Resource Center**

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

For caregivers and professionals to locate respite services by ZIP code

#### **Veterans Affairs Respite Services**

[va.gov/geriatrics/pages/respite\\_care.asp](http://va.gov/geriatrics/pages/respite_care.asp)



## Community resources/Community living, continued

### ***Continuum of care living/Continuum of care retirement communities***

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

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

### **Independent living**

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

### **Assisted living**

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

### **Skilled care/Rehabilitation**

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

### ***Continuum of care living/Continuum of care retirement communities***

### **Skilled long-term care**

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

## Community resources/Community living, continued

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### **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](http://storycottageliving.com)

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

### **Respite care**

[caregiverresource.net/uploads/files/articles/respite\\_care\\_guide.pdf](http://caregiverresource.net/uploads/files/articles/respite_care_guide.pdf)

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](http://thegoldengardens.com)

T 317.895.8555

### **Second Family Adult Day Center**

T 317.251.1225

### **Still Waters Adult Day Center**

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

T 317.284.0837

### **Joy's House Adult Day Services**

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

T 317.254.0828

## Community resources/Community living, continued

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### *Adult day care, continued*

#### **Sarah Care**

[sarahcare.com/affiliate-home-indianapolis-in](http://sarahcare.com/affiliate-home-indianapolis-in)

T 317.815.8300

#### **Active Day of Indianapolis**

[activeday.com/locations/states/in](http://activeday.com/locations/states/in)

T 317.297.3730 (Northwest)

T 317.783.2155 (South)

#### **A Caring Place**

[archindy.org/cc/indianapolis/caringplace.html](http://archindy.org/cc/indianapolis/caringplace.html)

T 317.466.0015

#### **Independent Adult Day Centers**

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

#### **Charlene's Angels (Greenwood, IN)**

T 317.431.1484

#### **Autumn Leaves of Eastgate**

[autumnleavesofeastgate.org](http://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](http://care.com).

### **Hospice services and agencies**

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

### **Medicare Compare**

Hospice company options by ZIP code, multiple options available

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

or

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

## Community resources/Community living, continued

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### *Hospice homes (local)*

#### **Life's Journey**

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

T 317.561.6840

#### **St. Vincent's Hospice House**

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

T 317.829.2124

#### **Franciscan Hospice House**

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

T 317.528.2092

#### **Indiana Veterans' Home**

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

T 765.463.1502

#### **Abbie Hunt Bryce Hospice Home**

[morninglightinc.org/abbie-hunt-bryce-home](http://morninglightinc.org/abbie-hunt-bryce-home)

## Community mental health

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

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

Options by ZIP code

### **NAMI**

[namiindiana.org](https://namiindiana.org)

### **Community mental health locator**

[in.gov/fssa/dmha](https://in.gov/fssa/dmha)

Outpatient by county

### **IU Health Neurology, Goodman Hall**

[iuhealth.org/find-locations/iu-health-neuroscience-center](https://iuhealth.org/find-locations/iu-health-neuroscience-center)

### **Be Well Indiana**

[bewellindiana.com](https://bewellindiana.com)

Resource/support clearinghouse for the state of Indiana

### **Hospital/Residential inpatient psychiatric units**

*(Referral as needed)*

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