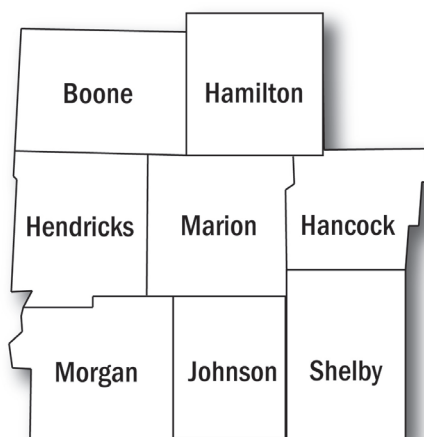


About This Guide

CICOA Aging & In-Home Solutions is pleased to provide the 2021 edition of the *Solutions Guide: A Resource for Older Adults, People with Disabilities and Family Caregivers*.

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



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

CICOA Foundation

Your Gift Makes a Difference

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

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

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

To make a gift, please visit www.cicoa.org/donate or call 317-803-6034.

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Basic Needs

In This Section:

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

CICOA Meals and More

As a non-profit agency, CICOA is committed to providing affordable, nutritious meals for older adults across our eight-county service area. CICOA's Meals & More service is the largest senior meal program in the state of Indiana. CICOA also is a member of the Indy Hunger Network and the Food Secure Indy initiative, two coalitions that prioritize hunger relief and sustainability.

CICOA provides appetizing, nutritionally balanced meals to older adults and those with disabilities in their homes or at one of many convenient neighborhood meal or voucher sites. The service is designed to relieve hunger and food insecurity, promote socialization and provide nutrition education.

Funding for meals is provided through the Older Americans Act (OAA) and state, local and private contributions. Care subsidies are prioritized for people with the greatest functional, social and economic need, particularly for those of low-income, minority status, limited English proficiency or residing in rural areas. To qualify, individuals also must be:

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

Meal Contributions

All meal participants are invited to make voluntary contributions used to offset program costs and allow us to increase the number of people we serve. However, no one will be turned away because of an inability to pay.

How to Get Started

For more information or to enroll, call CICOA's Aging and Disability Resource Center at 317-803-6131 or Meals & More at 317-803-6042. During the intake process, callers will be asked to provide their monthly income and the number of people living in the household. Meal contributions may be made by cash, check or credit card.

CICOA Home-Delivered Meals

CICOA delivers fresh frozen, wholesome meals bi-weekly to residents of Marion and the surrounding counties. Hot meal deliveries are available Monday through Friday in Hamilton, Hancock and Hendricks counties. CICOA provides a nutritional analysis of all menus to empower health-conscious consumers watching calories, fat, carbohydrates, sodium, fiber or calcium. CICOA also offers specialized diets for individuals who are diabetic or need low sodium or heart-healthy meals. To receive home-delivered meals, individuals should be primarily homebound due to physical or mental health reasons, unable to prepare their own meals, and have limited mobility or support systems.

CICOA Neighborhood Meals

If transportation or mobility is not an issue, CICOA offers neighborhood meal locations across Central Indiana to promote socialization. Lunch is served Monday through Friday at meal sites in various senior centers, faith communities and senior apartment complexes. Times vary by location, and reservations are required. Guests under the age of 60 may accompany a senior at an additional cost. Please call 317-803-6042 for information or to enroll.

The monthly menu and list of neighborhood meal sites is posted online at cicoa.org/services/meals-more. Reservations are required. Call 317-803-6042 to enroll.

Boone County

Crawford Manor

9940 Hoosier Village Dr., Indianapolis, IN 46268

Lunch served: 11:15 a.m.

Thorntown Public Library

124 N Market St., Thorntown, IN 46071

Lunch served: 11:30 a.m.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

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

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

Lunch served: 12:00 p.m.

Johnson County

Social of Greenwood

550 Polk St., Greenwood, IN 46143

Lunch served: 11:30 a.m.

Marion County (ordered by zip code)

Cambridge Square of Beech Grove

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

Lunch served: 11:00 a.m.

John H. Boner Neighborhood Centers

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

Lunch served: 11:00 a.m.

Indiana Avenue Apartments

825 Indiana Ave., Indianapolis, IN 46202

Lunch served: 11:00 a.m.

Lugar Towers

901 Fort Wayne Ave., Indianapolis, IN 46202

Lunch served: 10:00 a.m.

Barton Annex

501 N. East St., Indianapolis, IN 46204

Lunch served: 10:00 a.m.

Stetson Senior Apartments

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

Lunch served: 11:00 a.m.

Carriage House of Glendale

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

Lunch served: 12:00 p.m.

Community Alliance of the Far Eastside (CAFE)

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

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

Bethany Village

3554 S. Shelby St., Indianapolis, IN 46227

Lunch served: 11:00 a.m.

Green Park Terrace

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

Lunch served: 11:30 a.m.

Mt. Zion Suburban Apartments

5260 N. Michigan Rd., Indianapolis, IN 46228

Lunch served: 11:00 a.m.

Nora Commons on the Monon

8905 Evergreen Ave., Indianapolis, IN 46240

Lunch served: 11:00 a.m.

AHEPA

7355 Shadeland Station Way, Indianapolis, IN 46256

Lunch served: 11:00 a.m.

AHEPA West

5685 Eden Village Drive, Indianapolis, IN 46254

Lunch served: 12:00 p.m.

Elder Source of Greater Indianapolis, Jewish Family Services

6701 Hoover Rd., Indianapolis, IN 46260

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

The Towers of Crooked Creek

7988 N. Michigan Rd., Indianapolis, IN 46268

Lunch served: 11:00 a.m.

Morgan County

Ken-Mar Apartments

210 W. Pike St., Martinsville, IN 46151

Lunch served: 11:30 a.m.

Shelby County

Shelbyville Senior Center

1504 S. Harrison St., Shelbyville, IN 46176

Lunch served: 11:00 a.m.

CICOA Meal Vouchers

To expand dining options, CICOA also offers vouchers for discounted senior meals at area hospital cafeterias and restaurants. Individuals age 60 and older can receive up to eight vouchers per month for breakfast, lunch or dinner at participating locations. Visit cicoa.org/services/senior-meals-nutrition/meal-vouchers or call 317-803-6042 for more information.

Participating Locations:

Ascension St. Vincent

Monday-Sunday 6:30 a.m.-5:30 p.m.

Community East Heritage Café

Monday-Friday 6 a.m.-8 p.m.

Community North Bamboo Café

Monday-Sunday 6:30 a.m.-8 p.m.

Community South Cafeteria

Monday-Sunday Breakfast 6:30-8:30 a.m.; Lunch 11 a.m.-1:30 p.m.;
Dinner 5:30-6:30 p.m.

Crestwood South Restaurant

Monday-Sunday 7 a.m.-7 p.m.

Grandma's Pancake House & Restaurant

Monday-Sunday 6 a.m.-8 p.m.

Hancock Regional Hospital

Monday-Friday Breakfast 6:30-10 a.m.; Lunch 11 a.m.-1:30 p.m.;

Dinner 4:30-7 p.m.

Saturday-Sunday 11 a.m.-7 p.m.

Hendricks Regional Health

Monday-Friday Breakfast 6:30-9 a.m.; Lunch 11 a.m.-1:30 p.m.; Dinner 5-7 p.m.

Saturday-Sunday Lunch 11:30 a.m.-1:30 a.m.; Dinner 5-7 p.m.

Major Hospital

Monday-Sunday Breakfast 7-10 a.m. Lunch 11 a.m.-1:30 p.m.; Dinner 5-7 p.m.

Riverview Health

Monday-Friday 6:30 a.m.-7:30 p.m.

Saturday-Sunday 7 a.m.-3 p.m.

Witham Hospital

Monday-Friday 8 a.m.-4 p.m.

CICOA Nutrition Education

CICOA provides nutrition education to individuals and their families to promote healthy food choices, improve health behaviors, and manage nutrition-related chronic diseases. Additional details about educational opportunities can be found on CICOA's Meals & More web page cicoa.org/services/senior-meals-nutrition/nutrition-education.

The YMCA Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance. Through the YMCA Diabetes Prevention Program and CICOA, individuals work in a small group setting to make practical, lifestyle changes that will improve overall health. Studies show these lifestyle changes can also prevent or delay the onset of type 2 diabetes and its associated dangers of heart attack, stroke, blindness and

amputation. Visit CICOA's website or call the YMCA of Greater Indianapolis at 317-269-6004.

CICOA now offers **Bingocize®** virtually for seniors in Central Indiana. This is a fun, active program that promotes healthy aging. It combines the beloved game with nutrition education and exercise to help reduce falls and improve the health and well-being of older adults. Participants can expect to actively learn about various nutrients, specific diets, healthy food choices, hydration, and budget-friendly shopping. Additionally, a physical activity component introduces exercises and stretches, and it's all flexible based on the participant's own pace and ability. To register for a Bingocize® virtual program, call (317) 803-6070.

Commodity Supplemental Food Program

Commodity Supplemental Food Program (CSFP)

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

Food Pantries

Food Pantries provide a limited amount of food to individuals and families in short-term situations. Provisions and supplies fluctuate since pantries often rely on donated items. Requests for assistance may require a referral from a social service agency. For additional information and a location near you, contact Indiana 211.

Indiana 211

211, 866-211-9966, [in211.communityos.org](https://www.in211.communityos.org)

Food and Grocery Delivery

Meals on Wheels

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

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

Greenwood, 317-760-6216

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

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

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

Shelby County, 317-398-4470, <http://shelbyseniorservices.org/meals>

Zionsville, 317-258-9853, www.zionsvillemealsonwheels.org

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

Amazon

www.amazon.com/grocery

Green Bean Delivery

844-476-2326, www.greenbeandelivery.com

Instacart: *Instacart Senior Support Service 844-981-3433*

www.instacart.com

Schwan's Home Service

888-724-9267, www.schwans.com

Shipt

www.shipt.com

Telegrocers
888-902-7467

Home Accessibility Evaluation

Easter Seals Crossroads—Home Modification Evaluation
4740 Kingsway Dr., Indianapolis, IN 46205
317-466-1000

Homeless Shelters

Several facilities offer short-term shelter to homeless men and women. Most shelters cannot accept frail seniors who are unable to care for themselves. A referral from a social service agency is recommended and sometimes required. For additional information and a location near you, contact Indiana 211.

Indiana 211
211, 866-211-9966, in211.communityos.org

Low-Income/Subsidized Rental Housing

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

Indiana Housing Now
877-428-8844, www.indianahousingnow.org

Indianapolis Housing Agency (IHA)
1935 N. Meridian St., Indianapolis, IN 46202
317-261-7266, www.indyhousing.org

Noblesville Housing Authority

317-773-5110

U.S. Department of Housing and Urban Development (HUD)

Housing and Urban Development Locator

575 N Pennsylvania St., Rm. 655, Indianapolis, IN 46204

317-226-6303, hud.gov

Supportive Housing

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

Continuing Care Retirement Communities

Retirement communities may combine independent living, assisted living and nursing home care in a single setting and offer older adults a place to live and access to specified personal and health care services, allowing residents to move from one level to another as their needs change. Residences may be apartments, townhouses, duplexes, clusters or single family homes. Some retirement communities have rental agreements similar to apartment complexes, while others require a substantial up-front fee for a “continuing care” lifetime contract.

Assisted Living

Assisted living facilities combine housing and supportive services in a "homelike" environment with the goal of maximizing the individual functioning and autonomy of residents. Assisted living facilities generally have private apartment-style accommodations with walk in showers, wide doors for wheelchair access, emergency pull cord systems and other special amenities and offer the individualized array of personal care services which will allow each resident to function as independently as possible. Services are either included in the rent or provided at an extra charge and vary from facility to facility.

Assisted living facilities do not accept Medicare or Medicaid, but if an individual meets nursing facility level of care and is eligible for Medicaid, some facilities may accept funding through the Medicaid

Aged & Disabled Waiver to cover service costs. Call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 to discuss Medicaid Aged & Disabled Waiver eligibility.

The Indiana State Department of Health regulates and licenses assisted living facilities as Residential Care providers. Some assisted living facilities are not licensed. For a list of licensed facilities, see ISDH's directory at www.in.gov/isdh/reports/QAMIS/resdir/index.htm.

Adult Family Care

Adult Family Care is a comprehensive, residential service provided through the Medicaid Aged and Disabled Waiver. Individuals who receive this service reside in a home with an unrelated primary caregiver and up to two other consumers of this service. Adult Family Care services may include, but are not limited to personal care, homemaker, attendant care, companionship, medication oversight and transportation. For more information, call CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422.

Structured Family Caregiving

Structured Family Caregiving is a model of caregiving that provides financial and supportive services for family caregivers. It empowers caregivers to care for seniors and those with disabilities who wish to remain in a community setting. The caregiver and care recipient live together, and the care provider receives financial compensation for providing care to the individual in need who would otherwise require nursing home level care. This is a service available through the Medicaid Aged & Disabled Waiver. Contact CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422 for eligibility assessment.

Thrift Stores & Donations

Thrift Stores offer donated clothing and household items at low prices to the general public. Proceeds from sales often support other services to the community. Home pickup for donations is available in some service areas. Community organizations and faith-based programs may also accept donations to provide resources for local persons in need. For additional resources, contact Indiana 211 by dialing

2-1-1 or 866-211-9966 or contact CICOA's Aging & Disability Resource Center at 317-803-6131.

AMVETS

donationtown.org/charity/amvets-of-indianapolis.html

Goodwill Industries of Central and Southern Indiana

General Inquiries, 317-524-4313

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

ReStore by Habitat for Humanity

Avon Office, 317-707-7529, www.indyrestore.com

Boone County, 317-344-3033, www.boonehabitat.org/restore

Downtown Indy, 317-777-6140, www.indyrestore.com

Greenfield Office, 317-318-9380, www.indyrestore.com

Morgan County, 765-349-9003, www.morgancountyhabitat.org/restore

Hamilton County, 317-896-0314, www.indyrestore.com

Johnson County, 317-535-6720, www.habitatjohnsoncounty.org/restore

West Washington Indy, 317-969-8790, www.indyrestore.com

Salvation Army

800-728-7825, satruck.org

Additional information on thrift stores and donation sites can be obtained by calling Indiana 211 by dialing 2-1-1 or 866-211-9966.

Transportation

There are several options for transportation in Central Indiana. Some programs have boundary restrictions or income and age requirements, while others provide transportation to individuals in wheelchairs and with special funding sources only. CICOA's Way2Go has several transportation options, as well as an alternate transportation resource list. Visit cicoa.org/services/transportation or call 317-803-6153.

CICOA Way2Go—My Freedom

Individuals of any age with disabilities in Boone, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan, and Shelby counties

can utilize My Freedom vouchers for medical or nonmedical transportation. Consumers can travel across county lines. Vouchers are first come-first served, and a limited number of fares will be available for purchase by consumers per month. Call or go online to complete an application.

CICOA Way2Go—Senior Transportation

Individuals 60 and older who live and travel within Marion County can utilize CICOA’s senior transportation services to help meet essential needs. Services include Door2Door, Shuttle Service, Discount Taxi Fare, and Wheelchair Transportation. Call or go online to complete an application.

Additional resources to assist in cross-county travel can be explored through the Central Indiana Regional Transportation Authority (CIRTA) 317-327-7433, www.cirta.us

IndyGo Open Door Paratransit Service

Reservation-based, shared-ride service. Call or go online to complete an application.

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

Medicaid Transportation

Medicaid members who need a ride to a doctor’s appointment, pharmacy, or other medical office can request transportation through Southeastrans. Southeastrans will check availability with transportation providers in your area.

855-325-7586, member.southeastrans.com

County Senior Service Transportation

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

Boone County—Boone County Senior Services

765-482-5220, 317-873-8939

Hamilton County—PrimeLife Enrichment Inc.

317-815-7000

Hancock County—Hancock County Senior Services.

317-462-1103

Hendricks County—Hendricks County Senior Services

317-745-4303

Johnson County—Johnson County Senior Services

317-738-4544

Morgan County—Coordinated Aging Services for Morgan County

765-342-3007

Shelby County—Shelby Senior Services, Inc.

317-398-0127

Utility Assistance and Weatherization

Local utility companies offer a variety of budget and payment plans for customers to maintain service. If you are having difficulty paying, contact your utility company to negotiate a workable payment plan. Faith communities or community centers may be able to assist with utility payments on a limited basis. Township trustees may also help with shelter, fuel, or water expenses. Additional funds may be available through energy assistance and weatherization programs.

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

Citizens Energy Group Citizens Assistance

317-924-3311

Community Action of Greater Indianapolis (CAGI), Boone, Hamilton, Hendricks, and Marion Counties
317-396-1800, www.cagi-in.org

Human Service, Inc. (HSI), Johnson County
600 Ironwood Dr., Ste. N, Franklin, IN 46131
317-736-0755, www.hsi-indiana.com

Human Service, Inc. (HSI), Shelby County
825 S. Elm St., Shelbyville, IN 46176
317-398-3153, www.hsi-indiana.com

Interlocal Community Action Program, Inc. (ICAP)
141 Green Meadows Dr. Ste. 4, Greenfield, IN 46140
317-462-2557, www.icapcaa.org

Marion County Seasonal Energy Assistance Program (EAP)
www.indyeap.org

Morgan County—South Central Community Action Program
159 W. Morgan, Martinsville, IN 46151
765-342-1518, www.insccap.org

Township Trustees

Contact the Indiana Department of Local Government Finance at 888-739-9826 if other information on Trustees is needed.

Boone County

Center Township, 765-482-1550
Clinton Township, 765-577-0146
Harrison Township, 317-440-5947
Jackson Township, 765-676-5793
Jefferson Township, 765-894-1670
Marion Township, 317-869-5526
Sugar Creek Township, 765-436-7988
Washington Township, 765-978-8815
Worth Township, 317-769-3560
Zionsville, 317-769-3560

Hamilton County

Adams Township, 317-758-1029
Clay Township, 317-846-2773

Delaware Township, 317-842-8595
Fall Creek Township, 317-841-3180
Jackson Township, 317-984-3826
Noblesville Township, 317-773-0249
Washington Township, 317-574-9490
Wayne Township, 317-773-3179
White River Township, 317-385-6833

Hancock County

Blue River Township, 317-467-4366
Brandywine Township, 888-739-9826
Brown Township, 765-738-0067
Buck Creek Township, 317-335-1401
Center Township, 317-477-1176
Green Township, 317-326-4182
Jackson Township, 317-625-5401
Sugar Creek Township, 317-861-6148
Vernon Township, 317-485-7327

Hendricks County

Brown Township, 317-852-0899
Center Township, 317-745-2813
Clay Township, 765-386-2049
Eel River Township, 765-676-6333
Franklin Township, 317-539-2667
Guilford Township, 317-838-0564
Liberty Township, 317-539-7944
Lincoln Township, 317-852-8745
Marion Township, 317-539-4350
Middle Township, 317-892-5000
Union Township, 317-489-8990
Washington Township, 317-272-1835

Johnson County

Blue River Township, 812-371-6981
Clark Township, 317-862-2550
Franklin Township, 317-736-7511
Hendricks Township, 317-729-5518
Hensley Township, 317-710-5880
Needham Township, 317-738-3778
Nineveh Township, 317-933-2097
Pleasant Township, 317-535-7571

Union Township, 317-422-5773
White River Township, 317-422-1143

Marion County

Center Township, 317-633-3610
Decatur Township, 317-856-6600
Franklin Township, 317-780-1700
Lawrence Township, 317-890-0011
Perry Township, 317-788-4810
Pike Township, 317-291-5801
Warren Township, 317-327-8947
Washington Township, 317-327-8800
Wayne Township, 317-241-4191

Morgan County

Adams Township, 765-528-2651
Ashland Township, 765-346-9791
Baker Township, 765-341-0404
Brown Township, 317-831-1734
Clay Township, 317-831-7313
Green Township, 765-792-0544
Gregg Township, 317-996-6090
Harrison Township, 317-766-0746
Jackson Township, 812-597-0150
Jefferson Township, 765-342-8097
Madison Township, 317-834-6027 ext. 306
Monroe Township, 317-996-2920
Ray Township, 765-318-7018
Washington Township, 765-342-6368

Shelby County

Addison Township, 317-398-6896
Brandywine Township, 317-835-8304
Hanover Township, 765-763-6415
Hendricks Township, 317-729-5518
Jackson Township, 317-729-5135
Liberty Township, 765-525-6771
Marion Township, 317-398-2025
Moral Township, 317-835-7572
Noble Township, 765-525-7160
Shelby Township, 317-392-8968
Sugar Creek Township, 317-835-2389

Union Township, 765-544-2540
Van Buren Township, 765-763-6015
Washington Township, 812-587-5607

Consumer Services

In This Section:

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

Consumer Assistance and Protection

Better Business Bureau (BBB)

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

Central Indiana Better Business Bureau

151 N. Delaware St., Ste. 2020, Indianapolis, IN 46204
317-488-2222, 855-1173, www.bbb.org/en/us

Office of Indiana Attorney General

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

Consumer Protection Division

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

Disability Parking Permits

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

The process to obtain a reserved curbside parking sign outside individual homes varies by area. Contact the BMV or the city council person in your area for general questions and information or contact one of the following offices:

Department of Public Works

City of Indianapolis
200 E. Washington St., Indianapolis, IN 46204
317-327-4000

Engineering Department- City of Lebanon

401 S. Meridian St., Lebanon, IN 46052

765-482-8845

Engineering Department- City of Noblesville

16 S. 10th St., Ste. 155, Noblesville, IN 46060

317-776-6330

Mayor's Office- Martinsville

59 S. Jefferson St., Martinsville, IN 46151

765-342-2861

Shelbyville Police Department

105 W. Taylor St., Shelbyville, IN 46176

317-392-5108

Town of Plainfield Municipal Building

206 W. Main St., Plainfield, IN 46168

317-839-2561 ext. 252

Money Management

Representative Payee Services

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

The following agencies will help individuals consolidate bills:

Apprisen

3725 E. Southport Rd., Ste. E, Indianapolis, IN 46227

317-266-1300, 800-355-2227, www.apprisen.com

Crisscross

866-380-9708, www.crisscross.org

Reverse Mortgage Programs

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

Apprisen

3725 E. Southport Rd., Ste. E, Indianapolis, IN 46227
317-266-1300, 800-355-2227, www.apprisen.com

Tax Services

Unified Tax Credit

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

Indiana Department of Revenue

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

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

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

Hamilton County Auditor, 317-776-8400, www.hamiltoncounty.in.gov

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

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

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

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

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

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

Education & Enrichment

In This Section:

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

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

accessABILITY Center for Independent Living, Inc.

9105 E. 56th St., Indianapolis, IN 46216

317-926-1660, 866-794-7245, www.abilityindiana.org

Bosma Enterprises

6270 Corporate Drive., Indianapolis, IN 46278

317-684-0600, 866-602-6762, www.bosma.org

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

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240

317-803-6042, cicoa.org/services/meals-more/nutrition-education

IUPUI Office of Community Engagement

301 University Blvd., Indianapolis, IN 46202

317-274-7400, www.engage.iupui.edu

Ivy Tech Community College—Central Indiana

50 W. Fall Creek Pkwy N. Dr., Indianapolis, IN 46208

888-489-5463, www.ivytech.edu

J. Everett Light Career Center

1901 E. 86th St., Indianapolis, IN 46240

317-259-5265, jelcc.com

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260

317-726-5450, www.jewishindianapolis.org

Oasis

10800 E. Washington St., Indianapolis, IN 46229

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

Purdue Extension—Boone County

1300 E. 100 S., Lebanon, IN 46052

765-482-0750, www.extension.purdue.edu/boone

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

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

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

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

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

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

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

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

Vincennes University
Veterans Upward Bound
1002 N. 1st St., Vincennes, IN 47591
812-888-5373

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

Elderhostel Programs

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

Road Scholar Incorporated

800-454-5768, www.roadscholar.org

Environment & Public Health/Safety

In This Section:

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

Fire Prevention Information

Firefighters Survive Alive! Inc.

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

Indianapolis Fire Department Fire and Life Safety Division

955 Ft. Wayne Ave., Indianapolis, IN 46204
317-327-6006

Poison Safety Education

Indiana Poison Center

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

Public Health

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

Boone County Health Department

116 W. Washington St., B202, Lebanon, IN 46052
765-482-3942

Hamilton County Health Department

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

Hancock County Health Department

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

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9217

Johnson County Health Department

460 N. Morton St., Ste. A, Franklin, IN 46131
317-346-4365

Marion County Public Health Department

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

Morgan County Health Department

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

Shelby County Health Department

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

Public Safety

Boone County Emergency Management

1905 Indianapolis Ave., Lebanon, IN 46052
765-482-1412, www.bccn.boone.in.us/ema/222.htm

Hamilton County Emergency Management

1 Hamilton County Sq., Ste. 157, Noblesville, IN 46060
317-770-3381, www.hamiltoncounty.in.gov/397/Public-Safety

Hancock County Emergency Management

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

Hendricks County Emergency Management

355 S. Washington St., Ste. G60, Danville, IN 46122
317-745-9229, www.co.hendricks.in.us

Indianapolis Department of Public Safety

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

Indianapolis Division of Homeland Security

201 N. Shadeland Ave., Indianapolis, IN 46219
317-327-3900, www.in.gov/dhs

Indianapolis Metropolitan Police Department

50 N. Alabama St., Indianapolis, IN 46204
Non-Emergency Dispatch Line: 317-327-3811
Emergency: 911

Johnson County Emergency Management

1081 Hospital Rd., Franklin, IN 46131
317-346-4655, www.johnsoncountyema.org/ema

Morgan County Emergency Management

1050 N. Lincoln Hill Rd., Martinsville, IN 46151
765-342-8467, www.morgancountyinema.org

Shelby County Emergency Management

715 E. S.R. 44, Shelbyville, IN 46176
317-392-6308, www.co.shelby.in.us

Health Care

In This Section:

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

Assistive Technology Equipment & Services

Medicare, Medicaid and private health insurance may help with obtaining equipment and supplies that are medically necessary. A physician's statement is required. Suppliers of hospital equipment, supplies and other durable equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in phone directories under "Hospital Equipment and Supplies." Hospital networks and disease-specific organizations may be able to connect consumers with equipment or assist in paying for equipment on a limited basis.

The Alzheimer's Store

800-752-3238, www.alzstore.com

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

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

Dental Care

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

Medicaid-covered services may include annual exams and preventive care.

Dental Services and Medicaid

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

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

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

Alivio Medical Centers

2060 N. Shadeland Ave., Indianapolis, IN 46219
317-635-3499

Eskenazi College Avenue

1650 N. College Ave., Indianapolis, IN 46202
317-880-0888

Eskenazi Cottage Corner Community Health Clinic

1434 Shelby St., Indianapolis, IN 46203
317-880-7666

Eskenazi Health Center Grassy Creek

9443 E. 38th St., Indianapolis, IN 46235
317-890-2100

Eskenazi West 38th Dental Clinic

5515 W. 38th St., Indianapolis, IN 46254
317-880-0080

Gennesaret Free Clinic

Dental and Wellness Center, Blue Triangle Residence Hall
725 N. Pennsylvania St., Indianapolis, IN 46204
317-955-0217

HealthNet—Barrington Health & Dental Center

3401 E. Raymond St., Indianapolis, IN 46203
317-957-2100, www.indyhealthnet.org

HealthNet—People’s Health & Dental Center

2340 E. 10th St., Indianapolis, IN 46201
317-957-2200, www.indyhealthnet.org

HealthNet—Southeast Health & Dental Center

901 Shelby St., Indianapolis, IN 46203
317-957-2400, www.indyhealthnet.org

HealthNet—Southwest Health & Dental Center

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

Heart and Soul Clinic

17338 Westfield Park Rd., Ste. 1, Westfield, IN 46074
317-804-5782

Hope Family Care Center

270 W. Jackson St., Cicero, IN 46034
317-984-3444

Indiana University School of Dentistry

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

Jane Pauley Community Health Center Dental Clinic

5317 E. 16th St., Indianapolis, IN 46218
317-552-0670, 844-695-7242

St. Thomas Medical Clinic

600 Paul Hand Blvd., Franklin, IN 46131
317-535-6057

Marion County Public Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2329

Marion County Public Health Department

Blackburn Health Center
2700 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-931-4301

Marion County Public Health Department

Forest Manor Health Clinic
3840 Sherman Dr., Indianapolis, IN 46226
317-221-3013

Marion County Public Health Department

Northeast District
6042 E. 21st St., Indianapolis, IN 46219
317-221-7397

Marion County Public Health Department

Pecar Dental

6940 N. Michigan Rd., Indianapolis, IN 46228

317-221-7574

Raphael Health Center

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

317-926-1507

Riggs Health Boone County

416 W. Camp St., Lebanon, IN 46052

765-483-4469

Trinity Free Clinic

1045 W. 146th Ste. B, Carmel, IN 46032

317-819-0772

Indiana Donated Dental Services

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

More information on program eligibility and applications can be found online at dentallifeline.org/indiana.

Driver Assessments

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

AAA Hoosier Motor Club

seniordriving.aaa.com

AARP Driver Safety Course

800-350-7025, www.aarpdriversafety.org

Easter Seals Crossroads Driver Evaluation and Training

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

Rehabilitation Hospital of Indiana Driver Rehabilitation Program

317-329-2000, www.rhin.com

Senior Driving & Mobility Services, LLC

317-489-0804, www.seniordrivingandmobility.com

The Hartford

Free guides, including *Family Conversations with Older Drivers*
www.thehartford.com/resources

Flu Vaccines

Flu shots are offered at a variety of locations seasonally. Call your county health department for information about the nearest sites, dates and fees.

Boone County Health Department

765-482-3942, www.boonecounty.in.gov/health

Hamilton County Health Department

317-776-8500, www.hamiltoncounty.in.gov

Hancock County Health Department

317-477-1125, www.hancockcoingov.org

Hendricks County Health Department

317-745-9222, www.co.hendricks.in.us

Johnson County Health Department

317-346-4365, co.johnson.in.us/health

Marion County Public Health Department—Eagledale Plaza

2802 Lafayette Rd., Ste. 13, Indianapolis, IN 46222
317-221-3441, www.mchd.com

Marion County Public Health Department—Meadows Clinic

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

Marion County Public Health Department—Northeast District

6042 E. 21st St. Indianapolis, IN 46219
317-221-7300, www.mchd.com

Marion County Public Health Department—Northwest District

Philip and Vivian Pecar Health Center
6940 Michigan Rd., Indianapolis, IN 46268
317-221-7500, www.mchd.com

Marion County Public Health Department—South District

7551 Shelby St., Indianapolis, IN 46227
317-221-5700, www.mchd.com

Morgan County Health Department

765-342-6621, www.morgancountyhealth.com

Shelby County Health Department

317-392-6470, www.health.shelbycounty73.us

Geriatric Assessments

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

Ascension St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 1L, Indianapolis, IN 46260
317-338-7780, healthcare.ascension.org

Eskenazi Health Center for Senior Health

720 Eskenazi Ave., Indianapolis, IN 46202
317-880-6570, www.eskenazihealth.edu

IU Health Physicians Geriatrics

1633 N. Capitol Ave., Ste. 680, Indianapolis, IN 46202
317-962-2929, iuhealth.org/geriatrics

Richard L. Roudebush VA Medical Center

Geriatric Resources for Assessment and Care of Elders (GRACE)
1481 W. 10th St., Indianapolis, IN 46202
317-988-1809, www.indianapolis.va.gov

Touchpoint Healthy Aging Transition Services (HATS)

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

Touchpoint Healthy Aging Transition Services (HATS)

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

Deaf and Hard of Hearing Services

Hearing Aids

Medicare does not cover hearing loss exams or the purchase of hearing aids. Most companies that sell hearing aids offer free hearing tests. No community program that provides free hearing aids, but these agencies may help low-income persons obtain them at a reduced rates or provide additional services to assist individuals with hearing impairments.

Aspire Indianapolis Deaf Services

2506 Willowbrook Pkwy., Ste. 300, Indianapolis, IN 46205
317-493-0422, www.aspireindiana.org/behavioral-health/deaf-services

Deaf and Hard of Hearing Services (DHHS)

Bureau of Rehabilitation Services

402 W. Washington St, Indianapolis, IN 46204

317-542-3449 (VP), www.dhhs.in.gov

Hearing Loss Association of America (HLAA)

Indianapolis Chapter

765-442-2060, www.hlaa-indianapolis.org

Indiana Lions Speech and Hearing, Inc.

705 Riley Hospital Dr., Ste. 0860, Indianapolis, IN 46202

indyionsspeechhearing.org/loaner.html

Relay Indiana

317-334-1413 (V/TTY), 800-743-3333, relayindiana.com

HIV Testing (Confidential)

Bell Flower Clinic

640 Eskenazi Ave., Indianapolis, IN 46202

317-221-8300, bellflowerclinic.org

Brothers United

317-931-0292, www.brothersunitedinc.org

Damien Center

317-632-0123 ext. 252, www.damien.org

IU Health

1633 N. Capitol Ave., Indianapolis, IN 46202

317-962-2700

Marion County Public Health Department

2951 E. 38th St., Indianapolis, IN 46218

317-221-3552

Planned Parenthood

800-230-7526, www.plannedparenthood.org

Step Up (Services, Training, Educations, and Prevention)

317-259-7013, www.stepupin.org

Home Care

CHOICE

CHOICE, an acronym for Community and Home Options to Institutional Care for the Elderly and Disabled, is a state-funded program that serves those who are 60 years of age or older or persons with disabilities of all ages who are eligible due to long term or lifelong limitations, helping them live at home or in community-integrated settings. Program eligibility is based on limitations in completing activities of daily living (ability to bathe, dress, feed self, use the toilet, take medications, etc.). Candidates must have deficits in at least two activities of daily living to qualify.

CHOICE services are not restricted by age or income but cost share provisions may be applied based on the services required and household monthly income. Assets may not exceed \$250,000. CHOICE services are limited by the availability of state funds and are considered the funding of last resort.

Medicaid Waiver

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

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

Services available through the CHOICE and Medicaid Waiver programs may include care management, home-delivered meals, attendant care, home health aide, skilled nursing, therapies, behavior management, homemaker, home modifications, respite care, adult day

services, and adaptive aids and devices (such as personal emergency response systems).

A&D and TBI Waivers are initiated through CICOA Aging & In-Home Solutions. Call 317-803-6131 or 800-432-2422 for options counseling, preliminary eligibility screening, and referrals.

CIH and FSW are initiated through the Bureau of Developmental Disability Services (BDDS). Call 317-205-0101 or visit www.bdds.in.gov for information and/or eligibility assessment.

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

The Program of All-Inclusive Care for the Elderly (PACE) model provides all-inclusive services in the community to benefit seniors with chronic care needs and their families. PACE serves individuals who: are ages 55 or older; certified by their state to need nursing home care; able to live safely in the community at the time of enrollment; and live in the service area.

Franciscan Health's Program of All-inclusive Care for the Elderly currently serves older adults living in Johnson County or Marion County in these zip codes: 46107, 46201, 46202, 46203, 46204, 46217, 46218, 46219, 46221, 46222, 46225, 46227, 46229, 46237, 46239, 46241, or 46259.

For information and/or eligibility assessment contact:

Franciscan Senior Health & Wellness
317-528-7223

www.franciscanhealth.org/health-care-services/pace-program-280

Visiting Physician Services

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

Eskenazi Health- House Calls for Seniors

317-880-6636, www.eskenazihealth.edu/health-services/senior-care

Grace at Home

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

INhouse Primary Care

317-335-5189, www.inhouseprimarycare.com

Meridian Visiting Physicians

1-844-225-5687, callmvp.com

Visiting Physicians Association

248-824-6000, www.visitingphysicians.com

Hospice Care

Hospice is a service designed to meet the needs of terminally ill patients and their families. Services may be covered by Medicare or Medicaid and include nursing home care, hospital care, pain control, equipment and medical supplies. Hospice programs also provide ongoing grief support and teach families how to care for patients at home. For provider options, call the Indiana Hospice & Palliative Care Organization referral helpline at 866-254-1910. A directory of Hospice Facilities is also maintained by Indiana State Department of Health. Reach them by phone at 317-233-1325 or online at <https://www.in.gov/isdh/reports/QAMIS/hspcsrvdir/index.htm>

Low-Vision Aids

Eye Care

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

Eskenazi Eye Clinic

720 Eskenazi Ave., Indianapolis, IN 46202
317-880-4138

Indianapolis Eye Care Center Community Outreach

Indiana University School of Optometry
1160 W. Michigan St., Ste. 100, Indianapolis, IN 46202
317-278-1470

Trinity Free Clinic

1045 W. 146th St., Carmel, IN 46032
317-819-0772, www.trinityfreeclinic.org

Glasses

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

Eye Disease Treatment

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

Eye Care America

877-887-6327, www.eyecareamerica.org

Low-Vision Rehabilitation

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

accessABILITY

9105 East 56th St., Indianapolis, IN 46216
317-926-1660, www.abilityindiana.org

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, 866-602-6762, www.bosma.org

Hadley Institute for the Blind and Visually Impaired

800-323-4238, hadley.edu

Rehabilitation Hospital of Indiana

4141 Shore Dr., Indianapolis, IN 46254
317-329-2000, www.rhin.com

Equipment for the Visually Impaired

Many organizations offer special materials and equipment for the visually impaired, including large print and Braille books/materials/tapes and special audio and visual equipment to people with vision impairments, Parkinson's, stroke, learning disabilities or any other conditions that make reading difficult. Libraries may be able to coordinate delivery of materials to individuals who are homebound.

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

Indianapolis Public Library

317-275-4100, www.indypl.org

Indiana Reading and Information Services (IRIS) —WFYI

www.wfyi.org/iris

Indiana State Library

Talking Book and Braille Library; Braille and Audio Reading Download
315 W. Ohio St., Indianapolis, IN 46202
317-232-3675, 866-683-0008, www.in.gov/library

Donating Used Glasses

Most Lions Clubs and some ophthalmologists collect used prescription glasses. Check your local phone directory to find a Lions Club near you or search online at directory.lionsclubs.org.

Medication Management

Poison Control Center

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

Medication Dispensers and Medication Delivery

Several companies make medication dispensers that are designed to aid persons who take medications on a scheduled basis. These

dispensers can be filled, locked and timed to dispense the correct dosage at the appropriate time. Some dispensers have an alarm that sounds and will not silence until the door for that dose is opened. Following are sources for medication dispensers; your local medical equipment supply store and pharmacist can recommend additional suppliers. Care recipients who take multiple medications at one time and have difficulty remembering specifically how to do so can benefit from having dosages of multiple medications presorted and packaged together by a pharmacy in advance of delivery.

e-pill Medication Reminders

800-549-0095, www.epill.com

ExactCare Pharmacy

877-355-7225, www.exactcarepharmacy.com

Philips Medication Dispensing Service

855-681-5351, www.lifeline.philips.com

Nursing Facilities

Nursing Home Placement

Choosing a nursing home can be difficult. The following organizations can provide lists of licensed nursing homes in Central Indiana. Many also provide information or tips to help decide what facility would be best for your loved one.

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

Medicare and Medicaid also provide information can be found online: www.medicare.gov/nursinghomecompare/search.html
www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Indiana Health Care Association

1 N. Capitol Ave., Ste. 100, Indianapolis, IN 46204
317-636-6406, 800-466-4488, www.ihca.org

Indiana State Department of Health

Long-Term Care Division

2 N. Meridian St., Indianapolis, IN 46204

317-233-7442, www.statehealth.in.gov

Pre-Admission Screening Resident Review (PASRR)

Indiana has partnered with Ascend Management Innovations (Ascend) to conduct PASRR screenings. Individuals seeking nursing facility placement from a hospital can be assisted by the discharge planner. Nursing facilities submit the required paperwork for individuals who require emergency admission, out-of-state admissions or short-term/respite admissions.

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

Personal Emergency Response Systems

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

ADT

800-453-4108

Companion Lifeline

260-459-9900

Connect America

800-327-7297

Critical Signal Technologies, Inc.
888-557-4462

Etelcare Home Services Unlimited
317-471-0770

Guardian Medical Monitoring
800-782-9688

Healthcom
800-525-6237

Help at Home, LLC—Greenwood
317-851-8260

Help at Home, LLC—Indianapolis
317-842-7104

Philips Lifeline Systems, Inc.
855-681-5351

Valued Relationships, Inc.
800-860-4230

Respite Care

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

Service Animals

Alert Service Dogs

317-753-6440, www.alertservicedogs.com

Canine Companions for Independence

800-572-2275, www.cci.org

Indiana Canine Assistant Network (ICAN)

5100 Charles Court, Ste. 100, Indianapolis, IN 46077

317-250-6450, www.icandog.org

Leader Dogs for the Blind

888-777-5332, www.leaderdog.org

Medical Mutts

317-991-5400, www.medicalmutts.com

Wellness Programs

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

Ascension St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 1L, Indianapolis, IN 46260

317-338-7780, healthcare.ascension.org

Boner Fitness and Learning Center

727 N. Oriental St., Indianapolis, IN 46202

317-423-2000, jhbcc.org/bonerfitnessandlearningcenter

Community Health Network—Touchpoint

800-777-7775, www.ecommunity.com/touchpoint

Franciscan Health Senior Promise

8111 S. Emerson Ave., Indianapolis, IN 46237

317-528-8277, www.franciscanhealth.org/seniorpromiseindy

Hamilton County Health Department

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

Hancock County Health Department

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

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140
317-462-5544, www.hancockregionalhospital.org/wellness-education

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9372, www.co.hendricks.in.us

Hendricks Regional Health

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

Heritage Place of Indianapolis

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

Indianapolis Oasis

317-396-3751, indianapolis.oasisnet.org

JCC Indianapolis

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

Johnson County Health Department

460 N. Morton St., Ste. A, Franklin, IN 46131
317-346-4365, www.co.johnson.in.us/health

Marion County Public Health Department

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

Morgan County Health Department

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

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

317-815-7000, www.primelifeenrichment.org

Riverview Health Wellness

395 Westfield Rd., Noblesville, IN 46060

317-773-0760, www.riverview.org

SilverSneakers Fitness Program

866-584-7389, www.silversneakers.com

Income Support

In This Section:

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

Employment

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

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, www.bosma.org

Goodwill of Central & Southern Indiana

Senior Community Service Employment Program
1635 W. Michigan St., Indianapolis, IN 46222
317-524-4313, www.goodwillindy.org

National Able Network Indiana Headquarters

4555 Central Ave., Ste. 1300, Columbus, IN 47203
855-994-8300, 317-396-7800, www.nationalable.org

Vocational Rehabilitation Services Area 13 and 14

Boone, Hamilton, Marion Counties
2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, www.vrs.in.gov

Vocational Rehabilitation Services Area 15 and 16

Hendricks, Marion Counties
6640 Parkdale Pl., Ste. L, Indianapolis, IN 46254
317-270-1005, www.vrs.in.gov

Vocational Rehabilitation Services Area 23

Hancock County
52 S. 2nd St., Richmond, IN 47374
765-966-0932, www.vrs.in.gov

Vocational Rehabilitation Services Area 22 and 24

Johnson, Shelby Counties
1248 Washington St., Columbus, IN 47201
812-376-9935, www.vrs.in.gov

Vocational Rehabilitation Services Area 21

Morgan County

1531 S. Curry Pike, Ste. 300, Bloomington, IN 47403
812-332-7331, www.vrs.in.gov

WorkOne Franklin—Johnson County

97 Umbarger Ln., Franklin, IN 46131
317-736-5531, www.workonecentral.org/johnson.html

WorkOne Greenfield—Hancock County

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

WorkOne Indianapolis—Marion County

4410 N. Shadeland Ave., Indianapolis, IN 46226
317-798-0335, www.workoneindy.org

WorkOne Lebanon—Boone County

358 Mount Zion Road, Lebanon, IN 46052
765-482-0160, www.workonecentral.org/boone.html

WorkOne Noblesville—Hamilton County

300 N. 17th St., Noblesville, IN 46060
317-841-8194, ext. 200, www.workonecentral.org/hamilton.html

WorkOne Plainfield—Hendricks, Morgan County

995 Andico Rd., Plainfield, IN 46168
317-838-9335, www.workonecentral.org/hendricks.html

WorkOne Shelbyville—Shelby County

2177 Intelliplex Dr., Rm. 112, Shelbyville, IN 46176
317-392-3251, www.workonecentral.org/shelby.html

Public Assistance Programs

Medicaid

Medicaid is a joint federal and state program that helps low-income persons with medical expenses. It covers most medical costs including prescriptions, medical supplies and equipment, dental services, eye care and transportation. It is available to low-income persons age 65 and older and to low-income persons of any age with a disability. Find

a local office for the Division of Family Resources online at: www.in.gov/fssa/dfr/2999.htm or call 1-800-403-0864.

Supplemental Nutrition Assistance Program (SNAP)

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

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

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

Supplemental Security Income (SSI)

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

Social Security Administration

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

Retirement Benefits

Civil Service Retirement Benefits

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

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

Veteran Retirement Benefits

The Indiana Department of Veteran Affairs can assist veterans with a variety of services and address state level questions. Veterans may contact them at 1-800-400-4520, in.gov/dva

County Veteran Service Officers can assist veterans with state and federal level questions and concerns. Call your local officer for additional information.

Boone County, 765-483-4480
Hamilton County, 317-776-9610
Hancock County, 317-462-8767
Hendricks County, 317-745-9239
Johnson County, 317-346-4563
Marion County, 317-327-8387
Morgan County, 765-349-5505
Shelby County, 317-392-2140

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202
317-554-0000, www.indianapolis.va.gov

Railroad Workers Retirement Benefits

Railroad Workers Retirement Benefits,
46 E. Ohio St., Ste. 413, Indianapolis, IN 46204
877-772-5772, www.rrb.gov

Social Security Retirement Benefits

Social Security Administration

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

AmeriCorps Seniors

AmeriCorps Seniors (Previously known as Senior Corps Volunteer Program) is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement. Those programs are Senior Companion Program, the Foster Grandparent Program, and RSVP. Find more information online at www.nationalservice.gov/programs/senior-corps.

Senior Companion Program

Senior Companions are volunteers 55 and over who provide assistance and friendship to other seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide respite to family caregivers

Catholic Charities Indianapolis

Senior Companion Program

1400 N. Meridian St., Indianapolis, IN 46202

317-236-1565

Foster Grandparent Program

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

Community Action of Greater Indianapolis (CAGI)

Foster Grandparent Program

3266 N. Meridian St., Ste. 200, Indianapolis, IN 46208

317-524-6860

Interlocal Community Action Program, Inc.

Foster Grandparent Program

615 St., Rd. 38 W., New Castle, IN 47362

765-529-4403

RSVP Program

For adults 55 and older seeking service opportunities. Volunteer opportunities can be from your home or in your local communities.

Catholic Charities Indianapolis

RSVP Program

1400 N. Meridian St., Indianapolis, IN 46202

317-261-3378

Social Health Insurance

Medicare

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

Social Security Administration

575 N. Pennsylvania St., Ste. 685, Indianapolis, IN 46204

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

For Medicare claims and questions contact:

Medicare

800-633-4227, TTY 855-474-0049, www.medicare.gov

Medicare Prescription Drug Coverage (Part D)

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

Compare plan options by calling the State Health Insurance Assistance Program 800-452-4800 (in-state only), by calling Medicare at 800-633-4227 (TTY 855-474-0049) or by visiting www.medicare.gov.

Low-Income Assistance Programs

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

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

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

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

State Health Insurance Assistance Program (SHIP)

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

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

To find a SHIP site nearest you, contact:

State Health Insurance Assistance Program (State Office)

311 W. Washington St., Ste 200, Indianapolis, IN 46204
800-452-4800 (in-state only), www.in.gov/idoi/2508.htm

Senior Medicare Patrol

SMPs nationwide are trained each year to help stop Medicare and Medicaid fraud. SMP's primary goal is to teach Medicare beneficiaries how to protect their personal identity; detect errors on health care bills; and report deceptive health care practices including illegal marketing, providing unnecessary or inappropriate services, and charging for services never provided. SMP staff and volunteers speak to Medicare beneficiaries in their communities through group presentations, community events, phone calls to SMP help lines and one-on-one

counseling. SMP is a program of the Indiana Association of Area Agencies on Aging. Report suspected Medicare fraud or abuse to:

CICOA Aging & In-Home Solutions' SHIP line

317-803-6131, 800-432-2422

Indiana Association of Area Agencies on Aging (IAAAA)

317-205-9201, 800-986-3505

Veteran Health Insurance

The Indiana Department of Veteran Affairs, County Veteran Service Officers and Veterans Administration can assist veterans with a variety of state level questions.

Department of Veteran Affairs

800-400-4520, www.in.gov/dva.

Veterans Administration

Benefits Information and Assistance

877-222-8387, 800-827-1000, www.va.gov

Individual & Family Life

In This Section:

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

Adult Day Service Providers

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

A Caring Place (Catholic Charities Indianapolis)

4609 N. Capitol Ave., Indianapolis, IN 46208
317-466-0015

www.archindy.org/cc/indianapolis/programs-seniors.html

Active Day of Indianapolis Northwest

6620 Parkdale Pl., Ste. R, Indianapolis, IN 46254
317-297-3730, www.activeday.com

Active Day of Indianapolis South

5915 S. Emerson Ave., Indianapolis, IN 46237
317-783-2155, www.activeday.com

Ashford Place Health Campus

Adult Day Services
2200 N. Riley Hwy., Shelbyville, IN 46176
317-395-3124, www.trilogyhs.com

Charlene's Angels

5800 W. Smith Valley Rd., Greenwood, IN 46142
317-431-1484, www.charsangels.com

Easter Seals Crossroads

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

Easter Seals Crossroads

3215 E. Thompson Rd., Indianapolis, IN 46227
317-396-2699, www.eastersealscrossroads.org

Golden Gardens

2636 N. Mitthoeffer Rd., Indianapolis, IN 46229
317-897-8555, www.thegoldengardens.com

Homewood Health Campus

2494 N. Lebanon St., Lebanon, IN 46052
765-736-0589, www.trilogyhs.com

Independent Adult Day Centers- Northwest

8755 Guion Rd., Ste. A, Indianapolis, IN 46268
317-296-8810, www.adultday.com

Independent Adult Day Centers- Fishers

7318 Crossing Place Fishers, IN 46038
317-296-8812, www.adultday.com

Independent Adult Day Centers- South

2225 Shelby St., Indianapolis, IN 46203
317-296-8811, www.adultday.com

Joy's House Adult Day Services

2028 E. Broad Ripple Ave., Indianapolis, IN 46220
317-254-0828, www.joyshouse.org

Joy's House at UIndy

1615 E. Castle Ave., Indianapolis, IN 46227
317-737-2515, www.joyshouse.org

Just Friends

900 Lindsey St., Columbus, IN 47201
812-372-6415, www.justfriendscolumbus.com

Meaningful Day Services

3725 Kentucky Ave., Ste. 3102, Indianapolis, IN 46221
317-248-0016, www.meaningfuldays.com

Miller's Merry Manor

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

Noble

7701 E. 21st St, Indianapolis, IN 46219
317-375-2700, www.mynoblelife.org

SarahCare of Indianapolis

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

Second Family Adult Day Center

8770 Guion Rd., Ste. K1 Indianapolis, IN 46268
317-251-1225

Still Waters Adult Day Center Castleton

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

Still Waters Adult Day Center Eastgate

8100 E. 16th St., Indianapolis, IN 46219
317-820-3233, stillwatersadc.org

Aging-in-Place Organizations/Networks

Safe at Home

CICOA Aging & In-Home Solutions' Safe at Home service offers home accessibility modifications to assist homeowners age 60 and older or of any age with a disability to make their homes safe and accessible for daily living. Home modifications for fall prevention, safety and accessibility include ramps, ADA toilets, handrails, banisters, concrete repair, lighting, door widening, etc. For more information, contact CICOA's Aging & Disability Resource Center at 317-803-6131.

Companionship

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

Friendly Visiting

Boone County Senior Services

Friendly Visitor Program

515 Crown Pointe Dr., Lebanon, IN 46052

765-482-5220, www.booneseniors.org

Catholic Charities Indianapolis

Senior Companion Program

1400 N. Meridian St., Indianapolis, IN 46202

317-236-1565, <http://www.archindy.org/cc/indianapolis/senior-companions.html>

Hancock County Senior Services

Telephone Reassurance/Homebound Visits Program

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

Shelby Senior Services, Inc.,

Family Caregiver Support Program

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org/family-care-giver

Shepherd's Center of Hamilton County

Community Caring Program

347 S. 8th St., Noblesville, IN 46060

317-674-8777, www.shepherdscenterofhamiltoncounty.org

Home Repair and Maintenance

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

USDA Rural Development, Crawfordsville Office

Boone and Hendricks Counties

2032 Lebanon Rd., Crawfordsville, IN 47933

765-362-0405, ext. 4. www.rd.usda.gov/in

USDA Rural Development, Muncie Office

Hamilton and Hancock Counties
3641 N. Briarwood Ln., Muncie, IN 47304
765-747-5531, ext. 4, www.rd.usda.gov/in

USDA Rural Development, North Vernon Office

Johnson, Morgan and Shelby Counties
2600 Hwy. 7 N., North Vernon, IN 47265
812-346-3411, ext. 4, www.rd.usda.gov/in

Community Development Corporations (CDC)

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

Crooked Creek Northwest CDC

6002 N. Michigan Rd., Indianapolis, IN 46268
317-257-5388, www.crookedcreekcdc.org

Englewood CDC

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

Indianapolis Housing Agency

Insight Development
1935 N. Meridian St., Indianapolis, IN 46202
317-261-7200, www.indyhousing.org/about/insight-development-corp

Indianapolis Neighborhood Housing Partnership

3550 N. Washington Blvd., Indianapolis, IN 46205
317-610-4663, www.inhp.org

John H. Boner Neighborhood Centers

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

Renew Indianapolis Inc.

(Previously King Park Area Development Corporation)

1704 Bellefontaine St., IN 46202
317-924-8116, www.kingpark.org

Mapleton-Fall Creek Development Corporation

3190 N. Meridian St., IN 46208
317-923-5514, www.mfcdc.org

Martindale Brightwood Community Development Corporation

2855 N. Keystone Ave., Ste. 130, Indianapolis, IN 46218
317-924-8042, www.mbcfdc.org

Near North Development Corporation

1630 N. Meridian St., Ste. 1110, Indianapolis, IN 46202
317-927-9881, www.nearnorthdevelopment.org

Partners in Housing Development Corporation

725 N. Pennsylvania St., Indianapolis, IN 46204
317-633-1861, www.partnersinhousingindy.org

Riley Area Development Corporation

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

Southeast Neighborhood Development (SEND)

3230 Southeastern Ave. Indianapolis, IN 46203
317-634-5079, www.sendcdc.org

United Northeast Community Development Corporation

3636 E. 38th St., Indianapolis, IN 46218
317-546-6240

Westside Community Development Corporation

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

NeighborLink Indianapolis

NeighborLink Indy may be able to help low-income seniors with free home repair. Call or go online for assistance.

317-286-2740, www.nlindy.org

Brownsburg Older Adults Alliance

Helping Hands Network

317-749-7540, www.bburgoaa.org

Habitat for Humanity

With the support of donors and community volunteers Habitat for Humanity helps Habitat homeowners build affordable homes. For more information and to learn how you may apply contact:

Habitat for Humanity

800-422-4828, www.habitat.org/housing-help/apply

Interpretation/Translation

Neighborhood multipurpose centers may have interpretation services and some are geared towards serving specific cultural groups in the community. For those with limited access to such neighborhood centers, the following organizations assist older adults and may provide interpreter services.

Language Interpretation

Deaf Community Services

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-479-3240 (V), 317-493-0107 (VP)

Language Line Solutions

1 Lower Ragsdale Drive, Bldg. 2, Monterey, CA 93940

800-752-6096, www.languageline.com

Luna Language Services

8935 N. Meridian St., Ste, 250, Indianapolis, IN 46260

317-341-4137, www.luna360.com

Telecommunication Relay Service

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

Pet Companionship

Many Humane Society locations and animal shelters match pets with older adults. Some offer special adoption programs or lower fees throughout the year to reduce cost for adoption. Fees charged help reimburse the shelters for the cost of spaying or neutering, vaccinations and other adoption charges.

Greenfield/Hancock County Animal Management

809 S. State St., Greenfield, IN 46140

317-477-4367, www.greenfieldin.org/government/animal-control

Hendricks County Animal Control/Shelter

250 E. Campus Blvd., Danville, IN 46122

317-745-9250

Hendricks County Humane Society

3033 E. Main St., Danville, IN 46122

317-745-3338, www.hendrickscountyhumanesociety.org

Humane Society for Boone County

877-473-6722, www.hsforbc.org

Humane Society for Hamilton County

1721 Pleasant St., Ste. B, Noblesville, IN 46060

317-773-4974, www.hamiltonhumane.com

Humane Society of Indianapolis

7929 N. Michigan Rd., Indianapolis, IN 46268

317-872-5650, www.indyhumane.org

Humane Society of Johnson County

3827 N. Graham Rd., Franklin, IN 46131

317-535-6626, www.hsjc.org

Indianapolis Animal Care Services

2600 S. Harding St., Indianapolis, IN 46221

317-327-1397, www.indy.gov/agency/animal-care-services

Johnson County Animal Shelter

2160 N. Graham Rd., Franklin, IN 46131

317-736-3924, www.johnsoncountyanimalshelter.com/home

Morgan County Humane Society

690 W. Mitchell Ave., Martinsville, IN 46151

765-349-9177, www.mchumanesoc.org

Shelbyville/Shelby County Animal Shelter

705 Hale Rd., Shelbyville IN 46176

317-392-5127

www.cityofshelbyvillein.com/departments/animal-shelter/animalshelter

Protective Services

Adult Abuse Reporting

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

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

Adult Protective Services

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

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

The following agency assists seniors and younger people subjected to abuse or financial exploitation:

Legal Assistance to Victimized Adults (LAVA)

Indiana Legal Services

1200 Madison Ave., Ste. 300, Indianapolis, IN 46225

317-829-3104, 800-869-0212, www.indianalegalservices.org

Support Groups and Support Lines

Support groups may meet regularly and provide support services for a variety of issues and illnesses. This list includes a small sample of support groups requested by aging adults, individuals with disabilities, and their families. Support lines may be available any time daily. Support options specific to grief or bereavement are located in the Mental Health portion of this guide. For information about additional support options, call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 or contact Indiana 211 by dialing 2-1-1 or 866-211-9966 or visiting in211.communityos.org.

Alcoholism and Substance Abuse

Alcoholics Anonymous

317-632-7864, www.indyaa.org

ALS Support Groups

ALS Association of Indiana

317-915-9888, www.alsaindiana.org

Alzheimer's Support Groups

Alzheimer's Association of Greater Indiana

800-272-3900, www.alz.org/indiana

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseniors.org

Arthritis Support Groups

Arthritis Foundation

844-571-4357, www.arthritis.org

Autism Support Group

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Brain Injury Support Groups

Brain Injury Association

800-444-6443, www.biaindiana.org/education

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256

317-585-5428

Rehabilitation Hospital of Indiana Neurorehabilitation Center

Bridging the Gap Program

317-329-2455

Cancer Support Groups

American Cancer Society

317-344-7800, 800-227-2345, www.cancer.org

Ascension St. Vincent Health

Cancer Care Careline

317-338-3900, healthcare.ascension.org

Boone County Cancer Society

117 W. Elm St., Lebanon, IN 46052

765-482-2043, www.boonecountycancersociety.org

Cancercare

800-813-4673, www.cancercare.org

Cancer Support Community Central Indiana

5150 W. 71st St., Indianapolis, IN 46268

317-257-1505, www.cancersupportindy.org

Community Health Network Cancer Center South

1440 E. Co. Ln. Rd., Indianapolis, IN 46227

317-497-2859, www.ecommunity.com

Indiana University Health Morgan Cancer Services

2209 John R. Wooden Dr., Martinsville, IN 46151

765-349-6533

Indiana University Health Cancer Center

Cancer Support Group and Caregiver Support Group

1030 W. Michigan St., Rm. C1305, Indianapolis, IN 46202

317-944-0301

Leukemia and Lymphoma Society

11550 N. Meridian St., Ste 115 Carmel, IN 46032

317-860-3840, 800-955-4572, www.lls.org/indiana

Little Red Door Cancer Agency

317-925-5595, www.littlereddoor.org

Major Hospital

2455 Intelliplex Dr., Shelbyville, IN 46176

317-421-1869, www.mymhp.org/learning-support/support-groups

Sue Ann Wortman Cancer Center at Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140

317-325-2643, www.hancockregionalhospital.org

Witham Health Services

2505 N. Lebanon St., Lebanon, IN 46052

765-485-8120, www.witham.org

Caregiver Support Groups

Catholic Charities Indianapolis

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

Franciscan Health

8778 Madison Ave., Indianapolis, IN 46227
317-528-2636

Crohn's and Colitis Support Groups

Crohn's and Colitis Foundation

317-259-8071, www.crohnscolitisfoundation.org

Diabetes Support Groups

Hendricks County Senior Services

Hendricks Regional Health Support Group-
1201 Sycamore Ln., Danville, IN 46122
317-745-4303

Major Health Partners-Major Hospital

2451 Intelliplex Dr., Shelbyville, IN 46176
317-421-5634, www.mymhp.org

Riverview Health

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

Witham Health Services

2605 N. Lebanon St., Lebanon, IN 46052
765-485-8255, www.witham.org

Lung Health Support Groups

American Lung Association

Better Breathers Club and Pulmonary Support Groups
317-819-1181, 800-586-4872, www.lung.org

Multiple Sclerosis Support Groups

National Multiple Sclerosis Society

800-344-4867, www.nationalmssociety.org/Chapters/INI

Osteoporosis Support Groups

National Osteoporosis Foundation

800-231-4222, www.nof.org

Parkinson's Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseiors.org

Parkinson Awareness Association of Central Indiana, Inc.

317-255-1993, www.paaci.org

Pet Grief Support Groups

Rose Pet Memorial Center

9595 Valparaiso Ct, Indianapolis, IN 4626

317-872-4500, www.rosepetmemorialcenter.com

Stroke Support Groups

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256

317-585-5428

Rehabilitation Hospital of Indiana (RHI)

4141 Shore Dr., Indianapolis, IN 46254

317-329-2251

Vision Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseiors.org

Support Lines

Caregiver of Veterans Support Line

Caregiver Support Line

855-260-3274, www.caregiver.va.gov

Key Consumer Organization-Mental Health Advocacy

317-205-2500; www.keyconsumer.org

LGBT National Help Center Senior Hotline

888-234-7243; www.lgbthotline.org

LGBT National Help Center Youth Talkline

800-246-7743; www.lgbthotline.org

LGBT National Help Center Hotline

888-843-4564; www.lgbthotline.org

Trevor Project Lifeline

866-488-7386; www.thetrevorproject.org

Vet Center

877-927-8387; www.vetcenter.va.gov

National Suicide Prevention Lifeline

800-273-8255

Volunteer Development

The organizations listed below offer volunteer opportunities in both business and community service for individuals and groups.

American Red Cross of Indiana

317-684-1441, www.redcross.org/local/indiana.html

Boone County Senior Services

515 Crown Pointe Dr., Lebanon, IN 46052

765-482-5220, www.booneseniors.org

Bosma Enterprises

317-684-0600, www.bosma.org/Get-Involved/Volunteer

Boys and Girls Club of Indianapolis

317-920-4700, <http://bgcindy.org/volunteer>

Catholic Charities Retired and Senior Volunteer Program (RSVP)

1400 N. Meridian St., Indianapolis, IN 46202

317-261-3378,

www.archindy.org/cc/indianapolis/RSVPofCentralIndiana.html

CICOA Aging & In-Home Solutions

317-803-6003, cicoa.org/support/volunteer

Franciscan Health

317-528-5194, www.franciscanhealth.org

Habitat for Humanity of Greater Indianapolis

Hamilton, Hancock, Hendricks and Marion Counties

317-921-2121, www.indyhabitat.org/volunteer

Habitat for Humanity of Boone County

317-443-7549, www.habitatboonecounty.org

Habitat for Humanity of Johnson County

317-530-9222, www.habitatjohnsoncounty.org

Habitat for Humanity of Morgan County

765-349-9003, www.morgancountyhabitat.org

Habitat for Humanity of Shelby County

317-512-0053

Hancock Senior Services

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcseniors.org

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseniors.org/wp

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208

317-283-6662, www.heritageplaceindy.org

Indianapolis Oasis

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

Indy Reads

1066 Virginia Ave. Indianapolis, IN 46203

317-384-1496, indyreads.org

Johnson County Senior Services

36 W. 600 N. Whiteland, IN 46184

317-738-4544, www.jcseniorservices.org

Johnson Memorial Health

317-346-3760, www.johnsonmemorial.org

Meals on Wheels of Central Indiana

317-252-5558, www.mealsonwheelsindy.org

Morgan County Connect

1369 N. Blue Bluff Rd., Martinsville, IN 46151

765-342-3007, www.morganconnect.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

Shelby County United Fund

317-398-6231, www.scuffy.org

Shelby Senior Services, Inc.

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

The Caring Center

1230 Ransdell Ct., Lebanon, IN 46052

765-482-2020, www.thecaringcenter.net

United Way of Central Indiana

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

317-921-1271, uwci.org

United Way of Johnson County

317-736-7840, www.uwjc.org

Witham Health Services

765-485-8175

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)

317-955-2790 www.indianacare.org

Johnson and Shelby County Volunteer Advocates for Seniors and Incapacitated Adults (VASIA)

5 E. Jefferson St., 1st Floor, Franklin, IN 46131

(317) 346-4414, www.indianavasiasia.org

Hamilton County VASIA Guardianship Program

Shepherd’s Center of Hamilton County

347 S. 8th St., Noblesville, IN 46060

463-215-2446, www.shepherdscenterofhamiltoncounty.org

The following agency defends against guardianship:

Senior Law Project

1200 Madison Ave., Ste. 300, Indianapolis, IN 46225

844-243-8570, www.indianalegalservices.org

Legal Assistance

The Senior Law Project through Indiana Legal Services, Inc. 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. They may be able to help contest or terminate a guardianship. Senior Law Project also provides helpful booklets regarding senior law issues, life planning (living wills, power of attorney, guardianship, etc.), and speakers for educational programs.

Senior Law Project

1200 Madison Ave., Ste. 300, Indianapolis, IN 46225

New intakes Mon-Fri 10:00am-2:00pm: 844-243-8570

All other inquiries: 800-869-0212, www.indianalegalservices.org

These organizations may be able to provide legal representation for low-income clients of any age:

Indianapolis Bar Association

140 N. Illinois St., Indianapolis, IN 46204

317-269-2000, www.indybar.org

- **Lawyer Referral Service**

317-269-2222, Mon-Fri, 8:30 a.m. - 4:30 p.m.

24/7 access: www.indylawyerfinder.com

- **Legal Line**

317-269-2000, 2nd Tuesday, 6:00 p.m. - 8:00 p.m.

Indianapolis Legal Aid Society

615 N. Alabama St., Ste. 122, Indianapolis, IN 46204

317-635-9538, www.indylas.org

Indiana Legal Services – Bloomington

214 S. College Ave., 2nd Floor, Bloomington, IN 47404

812-339-7668, www.indianalegalservices.org

Indiana Legal Services- Indianapolis

1200 Madison Ave., Ste. 300, Indianapolis, IN 46225

317-631-9410, 844-243-8570, www.indianalegalservices.org

Indiana State Bar Association

One Indiana Square, Ste. 530, Indianapolis, IN 46204

800-266-2581 www.inbar.org/page/getlegalhelp

The following organization provides legal services for students with disabilities to address education related matters:

Disability Legal Services of Indiana

5954 N. College Ave., Indianapolis, IN 46220

317-426-7733, www.disabilitylegalservicesindiana.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

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 and licensed assisted living complaints about conditions at facilities, compliance with state regulations, abusive treatment, and inadequate care of residents. In addition, the ombudsman also assists residents who have problems with Medicare, Medicaid or any issue concerning the quality of care.

Indiana Attorney General

Consumer Protection Division

302 W. Washington St., 5th Floor, Indianapolis, IN 46204

317-232-6330, www.in.gov/attorneygeneral

Indiana Legal Services

Long Term Care Ombudsman

1200 Madison Ave., Ste. 300, Indianapolis, IN 46225

317-631-9424, 800-869-0212, www.indianalegalservices.org

Indiana Long-Term Care Statewide Ombudsman

800-622-4484, ext. 1, lcombudsman@ombudsman.in.gov

Indiana State Department of Health

Division of Long Term Care

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

317-233-7442, www.in.gov/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. Hospitals and hospice providers may also offer grief or bereavement counseling or support groups.

Brooke's Place for Grieving Young People

8935 N. Meridian St., Ste. 200, Indianapolis, IN 46260
317-705-9650, brookesplace.org

Center for Psychological Development

23 S. 8th St., Ste. 700, Noblesville, IN 46060
765-287-1922, www.muncietherapy.com

Community Health Network

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

Connection Pointe Christian Church

Grief Share
1800 N. Green St., Brownsburg, IN 46112
317-852-2221

Dusk-to-Dawn Bereavement

394 N. Mt. Zion Rd., Lebanon, IN 46052
765-376-5644, www.dusk-to-dawn.org

Mental Health Associations

Division of Mental Health and Addiction

Indiana Family & Social Services Administration (FSSA)
317-232-7800, www.in.gov/fssa/dmha

Mental Health America of Indiana

1431 N Delaware St., Indianapolis, IN 46202
317-638-3501, mhai.net

Mental Health Partners of Hancock County
317-462-2877, www.mentalhealthpartnershc.com

National Alliance on Mental Illness Indiana (NAMI)
800-677-6442, www.namiindiana.org

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

Access Line: 877-882-5122, www.adultandchild.org

Aspire Indiana

Access Line: 317-574-1254, 800-560-4038, www.aspireindiana.org

Behavioral Health at Raphael Health Center

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

317-926-1507, raphaelhc.org/behavioral-care

Centerstone

Crisis Line: 800-832-5442

Intake Line: 800-344-8802, www.centerstone.org

Community Health Network Behavioral Health

Gallahue Mental Health

Crisis Line: 317-621-5700 ext. 1

Intake Line: 317-621-5719, ext. 2, 866-621-5719

www.ecommunity.com/services/mental-behavioral-health

Cummins Behavioral Health Systems, Inc.

Emergency Line: 888-714-1927 ext. 1

Central Access: 888-714-1927 ext. 2

www.cumminsbhs.org

Hamilton Center, Inc.

2160 N. Illinois St., Indianapolis, IN 46202
317-937-3700, www.hamiltoncenter.org

Meridian Health Services

2506 Willowbrook Pkwy., Indianapolis, IN 46205
Office: 317-803-2270, www.meridianhs.org

Sandra Eskenazi Health Mental Health Center

Crisis: 317-880-8485, Intake: 317-880-8491
www.eskenazihealth.edu/mental-health

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 may cover fees.

Ascension St. Vincent Stress Center

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

Assurance Health System Geriatric Psychiatric Facility

900 N. High School Rd., Indianapolis, IN 46214
Intake: 877-261-1177

Community Hospital North Behavioral Health

Gallahue Mental Health
Crisis Line: 317-621-5700, ext. 1
Intake Line: 317-621-5700, ext. 2
www.ecommunity.com/services/mental-behavioral-health

IU Health Methodist Hospital

1701 N. Senate Blvd., Indianapolis, IN 46202
317-962-2622 ext. 1, iuhealth.org

NeuroPsychiatric Hospital of Indianapolis

6720 Parkdale Pl., Indianapolis, IN 46254
317-744-9200, www.neuropsychiatrichospital.net

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202
317-554-0000, 888-878-6889, www.indianapolis.va.gov

Witham Health Services

Transitions Senior Behavioral Health Care Services
2605 N. Lebanon St., Lebanon, IN 46052
765-485-8700, www.witham.org

Substance Abuse Services

Alcoholism and Substance Abuse Treatment Programs

Addiction Care Intervention Inc.

550 E. Jefferson St., Ste. 101, Franklin, IN 46131
317-738-0515, www.addictioncarein.org

Alcoholics Anonymous

2320 S. Tibbs Ave., Ste C, Indianapolis, IN 46241 317-632-7864,
www.indyaa.org

Ascension St. Vincent Stress Center

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

Community Health Network Behavioral Health Services

Gallahue Mental Health
317-621-5719 ext. 2
www.ecommunity.com/services/mental-behavioral-health

Cummins Behavioral Health Systems, Inc

Access: 888-714-1927, www.cumminsbhs.org

Division of Mental Health and Addiction

Indiana Family & Social Services Administration
317-232-7800, www.in.gov/fssa/dmha

Emberwood Center

317-536-7100, www.emberwoodcenter.org

Fairbanks

8102 Clearvista Pkwy., Indianapolis, IN 46256

Intake: 800-225-4673, www.fairbankscd.org

Families First

2240 N. Meridian St., Indianapolis, IN 46208

317-634-6341, www.familiesfirstindiana.org

Hamilton Center, Inc.

2160 N. Illinois St., Indianapolis, IN 46202

317-937-3700, www.hamiltoncenter.org

Tara Treatment Center

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

800-397-9978, www.tara treatmentcenter.org

The Willow Treatment and Recovery Center

515 N. Green St., Ste. 402, Brownsburg, IN 46112

317-852-3690, www.thewillowcenter.com

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
800-552-7928, 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, areafive.com

Area 6—LifeStream Services

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
317-254-5465, cicoa.org

Area 9—LifeStream Services

Fayette, Franklin, Rush, Union, and Wayne Counties
800-589-1121, www.lifestreaminc.org

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, www.lsr14.org

Area 15—Hoosier Uplands Economic Development Corporation

Crawford, Lawrence, Orange and Washington Counties
800-333-2451, www.hoosieruplands.org

Area 16—SWIRCA & More

Gibson, Perry, Posey, Spencer, Vanderburgh and Warrick Counties
800-253-2188, www.swirca.org

Area Agencies on Aging personnel include care managers and options counselors who are trained professionals that connect individuals to resources and services that allow support living independently in a community setting. Services may include phone options counseling, referrals to community programs, and connections to state or federally

funded programs that provide in-home services such as meals, homemaker, home health aides, adult day services, transportation, respite care and attendant care.

Long-Term Care Options Counseling

Long-term care options counseling is available to individuals through the area agencies on aging. Options counseling can help individuals and in need and their caregivers determine what supports and services are needed and available to someone wanting to remain in the community setting. Long-term options to support an individual at home may include community resource referrals, companionship services, home health, caregiver support and respite, and Medicare or Medicaid counseling.

CICOA Aging & In-Home Solutions

Aging & Disability Resource Center (ADRC)

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240

317-803-6131, 800-432-2422, 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 317-254-5465 or 800-489-9550 to donate a phone or for further information about cell phone options.

Community Centers

Community centers or neighborhood multipurpose centers are gathering places offering group activities, social supports, 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.

Asian Help Services

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

Brightwood Community Center

2140 N Arsenal Ave, Indianapolis, IN 46218
317-546-8200, www.brightwoodcc.org

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.org

Fay Biccard Glick Neighborhood Center

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

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

Goodwin Community Center

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

Hawthorne Community Center

70 N. Mount St., Indianapolis, IN 46222
317-637-4312, www.hawthornecenter.org

Heritage Place of Indianapolis Older Adult Services

4450 N. Illinois St., Indianapolis, IN 46208
317-283-6662, heritageplaceindy.org

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

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org/jfs

John H. Boner Neighborhood Centers

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

La Plaza

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

Lynhurst Baptist Church Community Center

1250 S. Lynhurst Dr., Indianapolis, IN 46241
317-241-2564, www.lynhurstbaptistchurch.com/community-center

Mary Rigg Neighborhood Center

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

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

Indiana 211

The national abbreviated dialing code for free access to health and human services information and referral is 2-1-1. 211 is a free and confidential service that helps Hoosiers across Indiana find the local resources they need. Dial 2-1-1 to connect with a navigator. We're here for you 24 hours a day, 7 days a week.

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 Equipment Exchange

4740 Kingsway Dr., Indianapolis, IN 46205

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

Relay Indiana Equipment Distribution Program

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. Many public libraries have computers available to the public with Internet access. 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.

Talking Book and Braille Library

317-232-3684, 800-622-4970, www.in.gov/library/tbbl.htm

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
317-984-5623, 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 Library—Sugar Creek Location

5731 W. U.S. 52, New Palestine, IN 46163
317-861-6618, hcplibrary.org

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

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

Brownsburg Public Library

450 S. Jefferson St., Brownsburg, IN 46112
317-852-3167, www.bburglibrary.net

Clayton-Liberty Township Public Library

5199 Iowa St., Clayton, IN 46118
317-539-2991, clayton.lib.in.us

Coatsville-Clay Township Public Library

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

Danville 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

Johnson County Public Library—Clark Pleasant Branch

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

Johnson County Public Library—Franklin Branch

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

Johnson County Public Library—Trafalgar Branch

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

Johnson County Public Library—White River Branch

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

Marion County Public Libraries

Beech Grove Branch

1102 Main St., Beech Grove, IN 46107
317-275-4560, www.indypl.org

Brightwood Branch

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

Central Library

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

College Avenue Branch

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

Decatur Township Branch

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

Eagle Branch

3905 Moller Rd., Indianapolis, IN 46254
317-275-4340, www.indypl.org

East 38th Street Branch

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

East Washington Branch

2822 E. Washington St., Indianapolis, IN 46201
317-275-4360, www.indypl.org

Franklin Road Branch

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

Garfield Park Branch

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

Glendale Branch

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

Haughville Branch

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

InfoZone Branch at the Children's Museum

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

Irvington Branch

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

Lawrence Township Branch

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

Michigan Road Branch

6201 Michigan Rd., Indianapolis, IN 46268
317-275-4370, www.indypl.org

Nora Branch

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

Pike Branch

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

Southport Branch

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

Spades Park Branch

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

Warren Branch

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

Wayne Township Branch

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

West Indianapolis Branch

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

Morgan County Public Libraries**Brooklyn Branch**

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

Eminence Branch

11604 Walters Rd., Eminence, IN 46125
765-528-2117, morg.lib.in.us

Martinsville 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, Martinsville, 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.myselbylibrary.org

Shelby County Public Library—Morristown Branch

127 E. Main St., Morristown, IN 46161
765-818-1719, www.myselbylibrary.org

Senior Advocacy Groups

Senior advocacy organizations represent special interests and issues affecting 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

866-687-2277, www.aarp.org/states/in

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

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, 866-602-6762, www.bosma.org

Center for At-Risk Elders (CARE)

317-955-2790, www.indianacare.org

CICOA Aging & In-Home Solutions

317-254-5465, 800-489-9550, cicoa.org

Medicare Rights Center

800-333-4114, www.medicarerights.org

National Association of Active and Retired Federal Employees
317-837-6862; www.narfe.org/chapter151

Senior Medicare Patrol (SMP)
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

Senior Centers

Senior centers offer a wide variety of activities and services. There may be membership fees for some, but several offer sliding scale rates. 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.

Boone County Senior Services, Inc.
515 CrownPointe Dr., Lebanon, IN 46052
765-482-5220, 317-873-8939, www.booneseniors.org

Community Alliance of the Far Eastside (CAFE)
Senior Partner Place
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 Senior Angels
2605 E. 25th St., Indianapolis, IN 46218
317-637-3776, www.ednamartincc.org/senior-activities

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

Recycled Teenagers

2290 W. 71st St., Indianapolis, IN 46268

317-293-2600, www.faybiccardglickcenter.org/seniorsandveterans

Flanner House of Indianapolis

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

317-925-4231, www.flannerhouse.com

Franklin Active Adult Center

160 E. Adams St., Franklin, IN 46131

317-736-3696,

www.franklin.in.gov/department/division.php?structureid=55

George T. Goodwin Community Center Silver Eagles Club

3935 Mooresville Rd., Indianapolis, IN 46221

317-247-5201, www.goodwincenter.org

Greenfield Senior Center

280 Apple St., Greenfield, IN 46140

317-477-4343, www.greenfieldin.org/parks/senior-center

Hawthorne Senior Center at Retreat on Washington

2950 Kirkbridge Way, Indianapolis, IN 46222

317-637-4312, www.hawthornecenter.org/programs/seniors

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseiors.org

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208

317-283-6662, www.heritageplaceindy.org

Jewish Family Services at the Reuben Center

6905 Hoover Rd., Indianapolis, IN 46260

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

John H. Boner Neighborhood Centers

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

317-633-8210, www.jhbcc.org

Martinsville Area Senior Center

1369 N. Blue Bluff Rd., Martinsville, IN 46151

765-342-5525, sites.google.com/site/martinsvilleseniors

Nineveh Area Senior Citizens

3208 E. Rodeo Dr., Nineveh, IN 46164

812- 526-0333

Noblesville Senior Citizens Organization

18336 Cumberland Rd., Noblesville, IN 46060

317-773-6904, www.seniorcitizensorg.org

PrimeLife Enrichment Inc.

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

317-815-7000, www.primelifeenrichment.org

Salvation Army—Fountain Square

1337 S. Shelby St., Indianapolis, IN 46203

317-632-0156

Shelby Senior Services, Inc., Shelbyville

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Fairland

105 S. Walnut St., Fairland, IN 46126

317-398-4817, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Morristown

221 S. Washington St., Morristown, IN 46161

317-431-0507, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Waldron

112 Grant St., Waldron, IN 46182

317-398-0127, www.shelbyseniorservices.org

Shepherd's Center of Hamilton County

Together Today

347 S. 8th St., Noblesville, IN 46060

317-674-8777, www.shepherdscenterofhamiltoncounty.org

The Social of Greenwood

550 Polk St., Greenwood, IN 46143

317-882-4810, www.thesocialofgreenwood.org

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

Indiana Department of Revenue, 317-232-2240

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

Indiana House of Representatives, 317-232-9600

Indiana Public Retirement System, 844-464-6777

Indiana State Department of Health

Long-term Care Division, 317-233-7442

Indiana State Department of Insurance, 317-232-2385

Indiana State Information Center, 317-233-0800, 800-457-8283

Indiana State Senate, 317-232-9600

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/Dementia

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
317-274-7818

Dementia Friends Indiana

The Dementia Friends Indiana initiative—an outreach of Dementia Friendly America—seeks to educate communities across the state about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia and for their loved ones. Individuals wishing to become Dementia Friends can attend an in-person workshop or watch a series of videos online. Dementia Friends will learn how to recognize the signs of dementia and what simple actions can be taken to personally contribute to making the community dementia friendly. Additional information can be found online at www.dementiafriendsindiana.org.

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.

Lifestyle Indy

www.lifestyleindy.com

Senior Citizen's Guide to Indianapolis

www.seniorcitizensguide.com

Seniors Guide

www.seniorguideonline.com

Senior Life Indianapolis

The Papers Incorporated
P.O. Box 188., Milford, IN 46542
866-580-1138, seniorlifewspapers.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

www.biaindiana.org

Rehabilitation Hospital of Indiana NeuroRehabilitation Center (RHI)

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

Two Locations:

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.

Zionsville Town Hall

1100 W. Oaks St., Zionsville, IN 46077

317-873-8939, www.booneseniors.org

Hours of Operation: Wed. & Fri, 9:00 a.m. - 4:00 p.m.

Eligibility: Boone County residents age 60 or older.

Intake Procedure: Call for information.

Services:

Caregiver Support—Group meetings occur monthly.

Community Outreach—Health promotion activities and events related to promoting healthy aging. Offers State Health Insurance Assistance Program (SHIP), legal 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 or other chronic health conditions.

Transportation—Transportation if ride originates in 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).

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 website for schedule of events.

Transportation—Transportation for residents of Hamilton County, Monday through Friday from 8:00 a.m. - 3:30 p.m. Door-to-door service including wheelchair accommodation for medical appointments, shopping and other needs.

Hancock County

Hancock County Senior Services

1870 Fields Blvd., Greenfield, IN 46140
317-462-3758, www.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), incontinence supplies, loan of durable medical equipment.

Handyman—Provides, smoke detector installation and battery replacement, maintenance, and minor home repairs.

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

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseniors.org

E-mail: admin@hcseniors.org

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

Eligibility: County residents age 60 and older

Intake Procedure: Call for information and availability of services

Services:

Community Outreach— Offers State Health Insurance Assistance Program (SHIP), health promotion activities and events related to promoting mood and healthy aging, support groups for caregivers, Alzheimer’s disease, diabetes, Parkinson’s disease, vision loss, and grief/ loss; loan of durable medical equipment as available.

Congregate Meals— Donation based lunch program for individuals 60+ and their spouses. Menu available online. Call by noon the day before to make a reservation.

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 including Energy Assistance Program (EAP), financial and legal assistance, insurance and tax preparation as available.

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, support with bathing, dressing, grooming, mobility, and laundry.

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

Transportation—Provides demand response, door-to-door (including wheelchair transport) Monday through Friday from 6:00 a.m. - 6 p.m. 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

36 W. 600 N. Whiteland, IN 46184

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: Persons age 60 and older in Johnson County, persons of any age with disabilities.

Intake Procedure: Call for information and availability of services.

Services:

Food Pantry—Maintain a food pantry that may be able to accommodate food delivery to homes in the community.

Holiday Assistance—*Seniors Still Believe* program accepts suggestions for seniors in the community to be recipients of gifts.

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, and wheelchairs. Donations accepted.

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

Transportation—Transportation for Johnson County residents to doctor's appointments, grocery stores, errands and other destinations. Service area includes Johnson County as far north as Southport Road 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

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240

317-254-5465, cicoa.org

E-mail: intake@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 Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, and Shelby Counties.

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. Assists with managing the applications for and distributions of USDA's Commodity Supplemental Food Program. 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.

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

Pre-Admission Screening and Resident Review—Provides pre-admission screening and options counseling to individuals in the community seeking a nursing facility placement.

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.

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

Morgan County

Morgan County Connect

1369 N. Blue Bluff Rd., Martinsville IN 46151

765-342-3007, www.morganconnect.org

E-mail: mvaughn@casmc.org

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

Eligibility: Persons age 60 and older in Morgan County.

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. Individuals under 60 may be able to access transportation for a small fee.

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 Friday 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 or information about community and state services.

Food Pantry—Available to seniors Monday, Wednesday, and Friday from 10:00 a.m. - 12:00 p.m.

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 older are asked to provide a donation.

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 personal emergency systems.

Caregiver Services

In This Section:

Caregiving is a familiar part of life. In fact, nearly 43.5 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 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 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 caring for 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 counselors 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. Additional information can be found online at cicoa.org/services/careaware/caregiver-workshops. Call CareAware at 317-803-6002 to discuss your organization's needs.

Caregiver Support and Education Services

Caregiver support groups 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 and may be 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 Life Section.

Additional resources for Caregivers are listed on CICOA's CareAware page: cicoa.org/services/careaware/caregiver-resources.

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

Boone County Senior Services

765-482-5220, www.booneseniors.org

Catholic Charities Indianapolis

317-261-3378, <http://www.archindy.org/cc/indianapolis/programs-seniors.html>

Indiana Hospice & Palliative Care Organization, Inc.

866-254-1910 Helpline, www.ihpco.org

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org/jfs

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

Offers relevant and helpful articles. 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 Leave No Child Behind

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

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

The Villages’ Family Connection Network

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

www.villages.org/what-we-do/kinship-care

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