SOLUTIONS GUIDE 2022

Resources for older adults, people with disabilities and family caregivers
CICOA
Aging & In-Home Solutions
A member of the In-Connect Alliance.

Contact our Aging & Disability Resource Center:
317-803-6131 | 317-254-3660 | 800-432-2422 | Relay Service: 7-1-1

Options counseling | Care Management | Home-delivered & neighborhood meals
Senior transportation | Home accessibility modification | Respite care | Caregiver assistance

8440 Woodfield Crossing Blvd., Suite 175, Indianapolis, IN 46240-4359
317-254-5465 | cicoa.org
About This Guide

CICOA Aging & In-Home Solutions is pleased to provide the 2022 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. 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, EBT (SNAP) 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

Spicewood Garden Apartments  
901 Basil Lane, Sheridan, IN 46069  
Lunch served: 12:00 p.m.

**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 at New Life Manor  
1030 N. Beville 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: 11:00 a.m.

Barton Annex
501 N. East St., Indianapolis, IN 46204
Lunch served: 10:30 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 Only

Bethany Village
3554 S. Shelby St., Indianapolis, IN 46227
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 Only
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.

Martinsville Area Senior Center
1369 N. Blue Bluff Rd., Martinsville, IN 46151
Lunch served: 12:00 p.m. Monday, Wednesday, & Friday Only

Shelby County

Shelbyville Senior Center
2120 Intelliplex Dr. Ste. 101., Shelbyville, IN 46176
Lunch served: 11:30 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
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  
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  
7 a.m.-7 p.m.

Grandma’s Pancake House & Restaurant  
6 a.m.-8 p.m.

Hancock Regional Hospital  
Lunch 11 a.m.-2 p.m.; Dinner 4:00-7 p.m.

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

Major Hospital  
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 by dialing 2-1-1 or 866-211-9966 or going online 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.mealconwheelsindy.org](http://www.mealconwheelsindy.org)

Greenwood, 317-882-2424

Hamilton County, 317-776-7159, [www.mealconwheelshc.org](http://www.mealconwheelshc.org)

Hancock County, 317-477-4345, [www.mealconwheelsonline.org](http://www.mealconwheelsonline.org)

Hendricks County, 317-745-3469, [www.hendricks.org/mealconwheels](http://www.hendricks.org/mealconwheels)

Shelby County, 317-398-0127, [shelbyseniorservices.org/meals](http://shelbyseniorsservices.org/meals)

Zionsville, 317-258-9853, [www.zionsvillemealonwheels.org](http://www.zionsvillemealonwheels.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](http://www.amazon.com/grocery)

**Green Bean Delivery**
844-476-2326, [www.greenbeandelivery.com](http://www.greenbeandelivery.com)

**Instacart**: *Instacart Senior Support Service 844–981–3433*
[www.instacart.com](http://www.instacart.com)

**Schwan’s Home Service**
888-724-9267, [www.schwans.com](http://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 by dialing 2-1-1 or 866-211-9966 or going online 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
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](http://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.

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

Goodwill Industries of Central and Southern Indiana
317-524-4313, www.goodwillindy.org/mod/shop/locations

ReStore by Habitat for Humanity
Boone County, 317-344-3033, www.boonehabitat.org/restore
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

Salvation Army
800-728-7825, satruck.org

Additional information on thrift stores and donation sites can be obtained through 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

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**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

Human Service, Inc. (HSI), Johnson County
600 Ironwood Dr., Ste. N, Franklin, IN 46131

Human Service, Inc. (HSI), Shelby County
825 S. Elm St., Shelbyville, IN 46176

Interlocal Community Action Program, Inc. (ICAP)
141 Green Meadows Dr. Ste. 4, Greenfield, IN 46140

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, 765-325-2029
Harrison Township, 765-482-0652
Jackson Township, 765-577-0531
Jefferson Township, 765-485-8275
Marion Township, 317-869-5526
Perry Township, 317-769-6251
Sugar Creek Township, 765-436-7988
Washington Township, 765-436-7608
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, 317-847-9149
Brown Township, 765-686-9240
Buck Creek Township, 317-431-6053
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, 317-509-7523
Franklin Township, 317-736-7511
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, 317-670-8028
Perry Township, 317-788-4815
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, 765-537-2510
Baker Township, 765-341-0404
Brown Township, 317-831-1734
Clay Township, 317-831-7313
Green Township, 765-315-8930
Gregg Township, 317-996-6090
Harrison Township, 317-422-5965
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 317-729-5620
Liberty Township, 765-525-6771
Marion Township, 317-398-2025
Moral Township, 317-835-7572
Noble Township, 765-561-8196
Shelby Township, 317-392-8968
Sugar Creek Township, 317-835-7223
Union Township, 765-544-2540
Van Buren Township, 765-763-6015
Washington Township, 812-587-5607
Consumer Services

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

Better Business Bureau (BBB)

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

Central Indiana Better Business Bureau
2601 Fortune Cir. Dr. E., Ste. 103A, Indianapolis, IN 46241

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
317-232-6201, 800-382-5516, www.in.gov/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:
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:
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. N248, Indianapolis, IN 46204
Refund status and tax information line: 317-232-2165, 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., Ste. 308, Indianapolis, IN 46216

Bosma Enterprises
6270 Corporate Drive., Indianapolis, IN 46278

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., Ste. 4008, 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, indianapolis.oasisnet.org

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
20 W. Polk St., Ste. 201, Shelbyville, IN 46176

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
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
317-327-6041

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., Ste. G30, 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
765-482-4428, www.bccn.boone.in.us/ema/222.htm

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

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

Hendricks County Emergency Management
355 S. Washington St., Ste. 208, 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
200 E. Washington St., Ste. 2100, Indianapolis, IN 46204
317-327-4291, 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
135 N. Main St., Franklin, IN 46131

Morgan County Emergency Management
1789 E. Morgan St., Martinsville, IN 46151
765-342-2465

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

INDATA Project—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., Ste. 200, Indianapolis, IN 46219  
317-635-3499

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

**Eskenazi Health Center Grassy Creek**  
9443 E. 38th St., Indianapolis, IN 46235  
317-890-2288

**Eskenazi West 38th Dental Clinic**  
5515 W. 38th St., Indianapolis, IN 46254  
317-880-0080

**Gennesaret Free Clinic**  
Dental and Wellness Center at 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  
317-957-2450, [www.indyhealthnet.org](http://www.indyhealthnet.org)

**HealthNet—People’s Health & Dental Center**  
2340 E. 10th St., Indianapolis, IN 46201  
317-957-2450, [www.indyhealthnet.org](http://www.indyhealthnet.org)

**HealthNet—Southeast Health & Dental Center**  
901 Shelby St., Indianapolis, IN 46203  
317-957-2450, [www.indyhealthnet.org](http://www.indyhealthnet.org)

**HealthNet—Southwest Health & Dental Center**  
1522 W. Morris St., Indianapolis, IN 46221  
317-957-2450, [www.indyhealthnet.org](http://www.indyhealthnet.org)
Heart and Soul Clinic
17338 Westfield Park Rd., Ste. 1, Westfield, IN 46074

Hope Family Care Center
270 W. Jackson St., Cicero, IN 46034

Indiana University School of Dentistry
1121 W. Michigan St., Indianapolis, IN 46202
317-274-7433, dentistry.iu.edu

Jane Pauley Community Health Center Dental Clinic
5317 E. 16th St., Indianapolis, IN 46218
317-552-0699, 844-695-7242, janepauley chc.org

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
317-221-3417
Raphael Health Center
401 E. 34th St., Indianapolis, IN 46205
317-926-1507, raphaelhc.org/dental-care

Trinity Free Clinic
1045 W. 146th Ste. B, Carmel, IN 46032
317-819-0772, www.trinityfreeclinic.org/dental

Indiana Donated Dental Services

Donated Dental Services volunteers provide comprehensive treatment to eligible patients. Volunteers do not provide emergency service and applicants must lack adequate income to pay for dental care and have a permanent disability, or be 65 or older, or qualify as medically fragile. There is usually a waiting list for services.

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

Driver Assessments

Several organizations have options to help older drivers improve their skills, assess their functional ability or complete 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
exchange.aaa.com/safety/senior-driver-safety-mobility

AARP Driver Safety Course
800-350-7025, www.aarpdriversafety.org

Driving Rehabilitation Provider Database
American Occupational Therapy Association (AOTA)
myaota.aota.org/driver_search/index.aspx/index.aspx
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

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—Population Health
3838 N. Rural St., Indianapolis, IN 46205

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
317-880-66000, 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)

Senior Services: 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

Senior Services: Touchpoint Healthy Aging Transition Services (HATS)
Community Hospital East Professional Building
1400 N. Ritter. Ave., Ste. 231, Indianapolis, IN 46219
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 rate or provide additional services to assist individuals with hearing impairments.

Aspire Indianapolis Deaf Services
2506 Willowbrook Pkwy., Ste. 300, Indianapolis, IN 46205

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.
575 Riley Hospital Dr., Indianapolis, IN 46202
indylionsspeechhearing.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
**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](http://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. PACE serves older adults living in Johnson County or Marion County in these zip codes: 46107, 46201, 46202, 46222.
46203, 46217, 46218, 46219, 46221, 46222, 46225, 46227, 46229, 46237, 46239, 46241, or 46259. For information and/or eligibility assessment contact Franciscan Senior Health & Wellness at 317-528-7223.

**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](http://www.eskenazihealth.edu/health-services/senior-care)

**Grace at Home**
317-429-0120, [www.grace-at-home.com](http://www.grace-at-home.com)

**INhouse Primary Care**
317-335-5189, [www.inhouseprimarycare.com](http://www.inhouseprimarycare.com)

**Meridian Visiting Physicians**
1-844-225-5687, [callmvp.com](http://callmvp.com)

**Visiting Physicians Association**
317-497-5530, [www.visitingphysicians.com](http://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. 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](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
317-880-0000

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.

**Bosma Enterprises**
7225 Woodland Dr., Indianapolis, IN 46278
317-684-0600, 888-567-3422, [www.bosma.org](http://www.bosma.org)

**Rehabilitation Hospital of Indiana**
4141 Shore Dr., Indianapolis, IN 46254

**Equipment for the Visually Impaired**

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

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

**Indiana Reading and Information Services (IRIS) —WFYI**
317-614-0491, [www.wfyi.org/iris](http://www.wfyi.org/iris)

Libraries may be able to coordinate delivery of materials to individuals who are homebound.

**Indianapolis Public Library**
317-275-4100, [www.indypl.org](http://www.indypl.org)

**Indiana State Library**
Talking Book and Braille Library
317-232-3684, 800-622-4970, [www.in.gov/library/tbbl](http://www.in.gov/library/tbbl)
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

Medication Dispensers and Medication Delivery
Medication dispensers are designed to aid persons who take medications on a scheduled basis. 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. Your local medical equipment supply store and pharmacist may be able to recommend additional suppliers to the one listed here:

e-pill Medication Reminders
800-549-0095, www.epill.com

Individuals 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. Talk to your doctor or pharmacy for additional options to the one listed here:

ExactCare Pharmacy
877-355-7225, www.exactcarepharmacy.com

Nursing Facilities

Nursing Home Placement

Choosing a nursing home can be difficult. The following organizations can provide lists of licensed nursing homes in Central Indiana. Many also provide information or tips to help decide what facility would be best for your loved one.
Indiana State Department of Health Directory of Comprehensive Nursing Facilities: www.in.gov/isdh/20511.htm

Medicare and Medicaid providers and information:
www.medicare.gov/nursinghomecompare/search.html
www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

**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**
800-276-0965, www.adt.com/health

**Companion Lifeline**
Respite Care

Respite care is designed to relieve individuals or families engaged in caring for individuals. The adult day service centers listed in this directory can serve as out-of-home respite sites. 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.

Service Animals

Canine Companions
800-572-2275, canine.org

Indiana Canine Assistant Network (ICAN)
5100 Charles Ct., Ste. 100, Indianapolis, IN 46077
317-250-6450, www.icandog.org
Wellness Programs

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

**Ascension St. Vincent Center for Healthy Aging**
317-338-7780, [healthcare.ascension.org](http://healthcare.ascension.org)

**Boner Fitness and Learning Center**
727 N. Oriental St., Indianapolis, IN 46202
317-663-8210, [jbncenters.org/senior-programs](http://jbncenters.org/senior-programs)

**Franciscan Health Senior Promise**
8111 S. Emerson Ave., Indianapolis, IN 46237
317-528-8277, [www.franciscanhealth.org/seniorpromiseindy](http://www.franciscanhealth.org/seniorpromiseindy)

**Hancock Regional Hospital**
801 N. State St., Greenfield, IN 46140
317-462-5544, [www.hancockregionalhospital.org/wellness-education](http://www.hancockregionalhospital.org/wellness-education)

**Hendricks Regional Health**
1000 E. Main St., Danville, IN 46122
317-745-4451, [www.hendricks.org](http://www.hendricks.org)

**Heritage Place of Indianapolis**
4550 N. Illinois St., Indianapolis, IN 46208
317-283-6662, [www.heritageplaceindy.org](http://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

PrimeLife Enrichment Inc.
1078 3rd Ave. SW, Carmel, IN 46032
317-815-7000, www.primeenrichment.org

Riverview Health Wellness
395 Westfield Rd., Noblesville, IN 46060

Senior Services: Touchpoint Healthy Aging Transition Services (HATS)
800-777-7775
www.ecommunity.com/services/senior-services-touchpoint

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](http://www.bosma.org)

**Goodwill of Central & Southern Indiana**
Senior Community Service Employment Program
317-524-4360, [www.goodwillindy.org](http://www.goodwillindy.org)

**National Able Network Indiana Headquarters**
4410 N. Shadeland Ave., Indianapolis, IN 46226
855-994-8300, [www.nationalable.org](http://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](http://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](http://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](http://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](http://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 Region 5
Boone, Hamilton, Hancock, Hendricks, Johnson, Morgan, Shelby Co.
888-436-9092, www.in.gov/dwd/WorkOne/regions/region5.html

WorkOne Region 12
Marion County
888-436-9092 www.in.gov/dwd/WorkOne/regions/region12.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.

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 check eligibility or apply for Medicaid or SNAP, call the Division of Family Resources (DFR) or go online:

800-403-0864, fssabenefits.in.gov/bp/#
Supplemental Security Income (SSI)

The Supplemental Security Income (SSI) program provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications.

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

Retirement Benefits

Civil Service Retirement Benefits

Eligible Federal employees can access the Civil Service Retirement System (CSRS). To learn more, call 1-888-767-6738 or go online 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. To learn more, call 1-800-400-4520 or go online 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
AmeriCorps Seniors

AmeriCorps Seniors (Previously known as Senior Corps Volunteer Program) is a network of national service programs for Americans 55 years and older, with programs that each take a different approach to improving lives and fostering civic engagement. Programs include the 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
317-236-1555

Foster Grandparent Program

Foster Grandparents are role models mentors and friends to children with exceptional needs. The program provides a way for volunteers
age 55 and over to stay active by serving children and youth in their communities.

**Community Action of Greater Indianapolis (CAGI)**
Foster Grandparent Program
317-524-6860

**Interlocal Community Action Program, Inc.**
Foster Grandparent Program
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
317-261-3378

**RSVP of Allen County, Inc.**
Serves Boone County
260-424-3505

**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**
800-772-1213, TTY 800-325-0778, [www.ssa.gov](http://www.ssa.gov)
For Medicare claims and questions contact:

**Medicare**
800-633-4227, TTY 877-486-2048, [www.medicare.gov](http://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 or by visiting [www.medicare.gov](http://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**  
800-452-4800, [www.in.gov/ship](http://www.in.gov/ship)

**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:

**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](http://www.in.gov/dva).

**Veterans Administration**
Benefits Information and Assistance
877-222-8387, 800-827-1000, [www.va.gov](http://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

A Senior Retreat Adult Day Service
609 S. Lincoln St., Martinsville, IN 46151
317-999-8145, www.aseniorretreat.com

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., Ste 200., Indianapolis, IN 46237
317-783-2155, www.activeday.com

Ashford Place Health Campus
Adult Day Services
2200 N. Riley Hwy., Shelbyville, IN 46176
317-395-3302 www.trilogyhs.com

Charlene's Angels
5800 W. Smith Valley Rd., Greenwood, IN 46142
317-431-1484

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

Independent Adult Day Centers- Northwest  
8755 Guion Rd., Ste. A, Indianapolis, IN 46268  
317-296-8810, 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  

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  

Meaningful Day Services  
3725 Kentucky Ave., Ste. 3102, Indianapolis, IN 46221  
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

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

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](http://www.booneseniors.org)

**Catholic Charities Indianapolis**  
Senior Companion Program  
1400 N. Meridian St., Indianapolis, IN 46202  
317-236-1565  

**Hancock County Senior Services**  
Telephone Reassurance/Homebound Visits Program  
1870 Fields Blvd., Greenfield, IN 46140  
317-462-3758, [www.hcssi.org](http://www.hcssi.org)

**Shelby Senior Services, Inc.**  
Family Caregiver Support Program  
1504 S. Harrison St., Shelbyville, IN 46176  

**Shepherd’s Center of Hamilton County**  
Community Caring Program  
1250 Conner St., Noblesville 46060  
317-674-8777, [www.shepherdscenterofhamiltoncounty.org](http://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](http://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](http://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](http://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](http://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](http://www.crookedcreekcdc.org)

**Englewood CDC**  
57 N. Rural St., Indianapolis, IN 46201  
317-639-1541, [www.englewoodcdc.com](http://www.englewoodcdc.com)

**Indianapolis Housing Agency**  
Insight Development  
1935 N. Meridian St., Indianapolis, IN 46202  
317-261-7200, [www.indyhousing.org/about/insight-development-corp](http://www.indyhousing.org/about/insight-development-corp)
Indianapolis Neighborhood Housing Partnership
3550 N. Washington Blvd., Indianapolis, IN 46205

John H. Boner Neighborhood Centers
2236 E. 10th St., Indianapolis, IN 46201

Mapleton-Fall Creek Development Corporation
3190 N. Meridian St., IN 46208
317-923-5514, www.mfdc.org

Martindale Brightwood Community Development Corporation
2855 N. Keystone Ave., Ste. 130, Indianapolis, IN 46218
317-924-8042, www.mbcdc.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

Renew Indianapolis Inc.
(Previously King Park Area Development Corporation)
1704 Bellefontaine St., IN 46202
317-924-8116, www.kingpark.org

Riley Area Development Corporation
875 Massachusetts Ave., Ste. 101, Indianapolis, IN 46204

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.

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)
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
2195 W US Hwy. 40, Greenfield 46140

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
5366 S. Indianapolis Rd., Whitestown, IN 46075
877-473-6722, www.hsforbc.org

Humane Society for Hamilton County
10501 Hague Rd., Fishers, IN 46038
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

Indianapolis Animal Care Services
2600 S. Harding St., Indianapolis, IN 46221

Johnson County Animal Shelter
2160 N. Graham Rd., Franklin, IN 46131

Morgan County Humane Society
690 W. Mitchell Ave., Martinsville, IN 46151

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
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

ALS Support Groups

ALS Association of Indiana
317-915-9888, www.alsindiana.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

Arthritis Support Groups

Arthritis Foundation
800-283-7800, www.arthritis.org
**Autism Support Group**

**Easter Seals Crossroads**  
4740 Kingsway Dr., Indianapolis, IN 46205  
317-466-1000, [www.eastersealscrossroads.org](http://www.eastersealscrossroads.org)

**Brain Injury Support Groups**

**Brain Injury Association**  
800-444-6443, [www.biaindiana.org/education](http://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  
317-329-2235

**Cancer Support Groups**

**American Cancer Society**  

**Ascension St. Vincent Health**  
Cancer Care Careline  
317-338-3900, [healthcare.ascension.org](http://healthcare.ascension.org)

**Boone County Cancer Society**  
117 W. Elm St., Lebanon, IN 46052  
765-482-2043, [www.boonecountycancersociety.org](http://www.boonecountycancersociety.org)

**Cancercare**  
800-813-4673, [www.cancercare.org](http://www.cancercare.org)

**Cancer Support Community Central Indiana**  
5150 W. 71st St., Indianapolis, IN 46268  
317-257-1505, [www.cancersupportindy.org](http://www.cancersupportindy.org)
Community Health Network Cancer Center South
1440 E. Co. Ln. Rd., Indianapolis, IN 46227
317-497-6270, www.ecommunity.com

Indiana University Health Morgan Cancer Services
2209 John R. Wooden Dr., Martinsville, IN 46151
765-342-8441

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

Little Red Door Cancer Agency
317-925-5595, www.littlereddoor.org

Major Hospital
2455 Intelliplex Dr., Shelbyville, IN 46176
317-421-1800, 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
765-483-7310, 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

Hearing Loss Support Groups
Hearing Loss Association of America (HLAA)
Indianapolis Chapter
765-442-2060, www.hlaa-indianapolis.org

Lung Health Support Groups
American Lung Association
Better Breathers Club and Pulmonary Support Groups
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

Parkinson Awareness Association of Central Indiana, Inc.

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

Support Lines

Caregiver of Veterans Support Line
Caregiver Support Line

Key Consumer Organization-Mental Health Advocacy
317-205-2500; www.keyconsumer.org

LGBT National Help Center Hotline
Hotline: 888-843-4564; www.lgbthotline.org
Senior Hotline: 888-234-7243
Youth Talkline: 800-246-7743

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

Bosma Enterprises  

Boys and Girls Club of Indianapolis  

Catholic Charities  
Retired and Senior Volunteer Program (RSVP)  
1400 N. Meridian St., Indianapolis, IN 46202  
317-261-3378  
www.archindy.org/cc/indianapolis/programs-seniors.html

Center for At-Risk Elders (CARE)  
317-955-2790, www.indianacare.org/volunteer-1

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  
317-344-3033, www.habitatboonecounty.org

Habitat for Humanity of Johnson County  
317-530-9222, www.habitatjohnsoncounty.org

Habitat for Humanity of Morgan County  

Habitat for Humanity of Shelby County  
317-395-3640
Hamilton County VASIA Guardianship Program  
Shepherd’s Center of Hamilton County  
347 S. 8th St., Noblesville, IN 46060  
317-674-8777 ext. 8,  
shepherdscenterofhamiltoncounty.org/guardianship-program

Hancock Senior Services  
1870 Fields Blvd., Greenfield, IN 46140  
317-462-3758, hcssi.org/volunteering

Hendricks County Senior Services  
1201 Sycamore Ln., Danville, IN 46122  

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/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  

Johnson Memorial Health  

Johnson and Shelby County Volunteer Advocates for Seniors and Incapacitated Adults (VASIA)  
317-346-4414, www.indianavasia.org/volunteer

Meals on Wheels of Central Indiana  
317-252-5558, www.mealsonwheelsindy.org
NeighborLink Indianapolis

PrimeLife Enrichment Inc.
1078 3rd Ave. SW, Carmel, IN 46032
317-815-7000, primelifeenrichment.org/volunteer

Shelby County United Fund

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

United Way of Central Indiana
Boone, Hamilton, Hancock, Hendricks, Marion, and Morgan Counties
317-923-1466, www.uwci.org/volunteer

United Way of Johnson County

Witham Health Services
765-485-8175,
www.witham.org/visitors-and-patients/volunteer-organization
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)

Hamilton County VASIA Guardianship Program
Shepherd’s Center of Hamilton County
347 S. 8th St., Noblesville, IN 46060

The following agency defends against guardianship:

Senior Law Project
1200 Madison Ave., Ste. 300, Indianapolis, IN 46225
317-631-9410, 800-869-0212,
www.indianalegalservices.org/node/588/indiana-legal-services-senior-law-project

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. 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  
317-631-9410, 800-869-0212, [www.indianalegalservices.org](http://www.indianalegalservices.org)

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

**Indianapolis Bar Association—Lawyer Referral Service**  
Mon-Fri, 8:30 a.m. - 4:30 p.m.: [www.indylawyerfinder.com](http://www.indylawyerfinder.com)

**Indianapolis Bar Association—Legal Line**  
317-269-2000, 2nd Tuesday, 6:00 p.m. - 8:00 p.m.

**Indianapolis Bar Association—Virtual Ask a Lawyer**  
Mon-Fri, 9:00 a.m. – 5:00 p.m.: [www.indybar.org](http://www.indybar.org)

**Indianapolis Legal Aid Society**  
615 N. Alabama St., Ste. 122, Indianapolis, IN 46204  
317-635-9538, [www.indylas.org](http://www.indylas.org)

**Indiana Legal Services- Indianapolis**  
1200 Madison Ave., Ste. 300, Indianapolis, IN 46225  
317-631-9410, 844-243-8570, [www.indianalegalservices.org](http://www.indianalegalservices.org)

**Indiana State Bar Association**  
One Indiana Square, Ste. 530, Indianapolis, IN 46204  
800-266-2581 [www.inbar.org/page/getlegalhelp](http://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](http://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.**  
[www.naela.org](http://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, 800-382-5516, [www.in.gov/attorneygeneral](http://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](http://www.indianalegalservices.org)

**Indiana Long-Term Care Statewide Ombudsman**  
317-232-7134, 800-622-4484,  
[www.in.gov/ombudsman/long-term-care-ombudsman/overview](http://www.in.gov/ombudsman/long-term-care-ombudsman/overview)
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 and additional community options may be found by calling Indiana 211. Dial 2-1-1 or 866-211-9966 or go online in211.communityos.org.

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

Mental Health Associations

Division of Mental Health and Addiction
Indiana Family & Social Services Administration (FSSA)

Mental Health America of Indiana
1431 N. Delaware St., Indianapolis, IN 46202
317-638-3501, mhai.net

Mental Health Partners of Hancock County

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

**Aspire Indiana**  
Access Line: 877-574-1254, 800-560-4038, [www.aspireindiana.org](http://www.aspireindiana.org)

**Behavioral Health at Raphael Health Center**  
401 E. 34th St., Indianapolis, IN 46205  
317-926-1507, [raphaelhc.org/behavioral-care](http://raphaelhc.org/behavioral-care)

**Centerstone**  
Crisis Line: 800-832-5442  
Intake Line: 877-467-3123, [www.centerstone.org](http://www.centerstone.org)

**Community Health Network Behavioral Health**  
Gallahue Mental Health  
Crisis Line: 317-621-5700 ext. 1  
Intake Line: 317-621-5700, ext. 2, 800-225-4673  
[www.ecommunity.com/services/mental-behavioral-health](http://www.ecommunity.com/services/mental-behavioral-health)

**Cummins Behavioral Health Systems, Inc.**  
Emergency Line: 888-714-1927 ext. 1501  
Central Access: 888-714-1927 ext. 1500  
[www.cumminsbeh.org](http://www.cumminsbeh.org)

**Hamilton Center, Inc.**  
2160 N. Illinois St., Indianapolis, IN 46202  
317-937-3700, [www.hamiltoncenter.org](http://www.hamiltoncenter.org)
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
Richard L. Roudebush VA Medical Center
1481 W. 10th St., Indianapolis, IN 46202

Witham Health Services
Transitions Senior Behavioral Health Care Services
2605 N. Lebanon St., Lebanon, IN 46052

Substance Abuse Services

Alcoholism and Substance Abuse Treatment Programs

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

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

Cummins Behavioral Health Systems, Inc

Division of Mental Health and Addiction
Indiana Family & Social Services Administration

Emberwood Center
317-536-7100, www.emberwoodcenter.org
Fairbanks
8102 Clearvista Pkwy., Indianapolis, IN 46256

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.taratreatmentcenter.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
800-552-2916, www.realservices.org

Area 3—Aging & In-Home Services of Northeast Indiana, Inc.
Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley Counties
800-552-3662, www.agingihs.org

Area 4—Area IV Agency on Aging & Community Action Programs, Inc.
Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren, and White Counties
800-382-7556, www.areaivagency.org

Area 5—Area Five Agency on Aging & Community Services, Inc.
Cass, Fulton, Howard, Miami, Tipton, and Wabash Counties
800-654-9421, areafive.com

Area 6—LifeStream Services
Blackford, Delaware, Grant, Henry, Jay, Madison, and Randolph Counties
800-589-1121, www.lifestreaminc.org

Area 7—THRIVE West Central
Clay, Parke, Putnam, Sullivan, Vermillion, and Vigo Counties
800-489-1561, www.thrivewestcentral.com
Area 8—CICOA Aging & In-Home Solutions
Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties
317-803-6131, 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

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

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 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 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](http://cicoa.org)

**Cell Phone Donations**

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

Call CICOA at 317-803-6165 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.

Christamore House Family and Community Center
502 N. Tremont St., 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

Fletcher Place Community Center
1637 Prospect St., Indianapolis, IN 46203

Goodwin Community Center
3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org
Hawthorne Community Center
2440 W. Ohio St., Indianapolis, IN 46222

Heritage Place of Indianapolis Older Adult Services
4550 N. Illinois St., Indianapolis, IN 46208
317-283-6662, heritageplaceindy.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
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, jbncenters.org

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

LBC Community Center
709 S. Lynhurst Dr., Indianapolis, IN 46241

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

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 for insurance to cover costs, or alternatively, adaptive equipment and some medical supplies can be purchased from many stores, including pharmacies.

**Easter Seals Crossroads INDATA Equipment Exchange**

4740 Kingsway Dr., Indianapolis, IN 46205
317-466-2013, 888-466-1314, [www.eastersealstech.com](http://www.eastersealstech.com)

**INTRAC Relay Indiana Equipment Distribution Program**

317-334-1413 (V/TTY), 877-446-8722 (VP)
[relayindiana.com/equipment](http://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](http://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.hmmpl.org](http://www.hmmpl.org)

**Lebanon Public Library**  
104 E. Washington St., Lebanon, IN 46052  
765-482-3460, [www.leblib.org](http://www.leblib.org)

**Thorntown Public Library**  
124 N. Market St., Thorntown, IN 46071  
765-436-7348, [www.thorntownpl.org](http://www.thorntownpl.org)

**Hamilton County Public Libraries**

**Carmel Clay Public Library**  
2140 E 116th St Carmel, IN 46032  
317-814-3900, [carmelclaylibrary.org](http://carmelclaylibrary.org)

**Hamilton North Public Library—Atlanta**  
100 W. Walnut St., Atlanta, IN 46031  
317-984-5623, [www.hnpl.lib.in.us](http://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](http://www.hnpl.lib.in.us)

**Hamilton East Public Library—Fishers**  
Five Municipal Drive, Fishers, IN 46038  
317-579-0300, [www.hepl.lib.in.us](http://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 St., Fortville, IN 46040

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 Ave., Avon, IN 46123

Brownsburg Public Library
450 S. Jefferson St., Brownsburg, IN 46112

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

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

Johnson County Public Library—Clark Pleasant Branch
530 Tracy Rd., New Whiteland, IN 46184

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

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

College Avenue Branch
4180 N. College Ave., Indianapolis, IN 46205

Decatur Township Branch
5301 Kentucky Ave., Indianapolis, IN 46221

Eagle Branch
3905 Moller Rd., Indianapolis, IN 46254

East 38th Street Branch
5420 E. 38th St., Indianapolis, IN 46218

East Washington Branch
2822 E. Washington St., Indianapolis, IN 46201

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
Glendale Branch
6101 N. Keystone Ave., Indianapolis, IN 46220

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

Irvington Branch
5625 E. Washington St., Indianapolis, IN 46219

Lawrence Township Branch
7898 N. Hague Rd., Indianapolis, IN 46256

Martindale-Brightwood Branch
2434 N. Sherman Dr., Indianapolis, IN 46218

Michigan Road Branch
6201 Michigan Rd., Indianapolis, IN 46268

Nora Branch
8625 N. Guilford Ave., Indianapolis, IN 46240

Pike Branch
6525 Zionsville Rd., Indianapolis, IN 46268

Southport Branch
2630 E. Stop 11 Rd., Indianapolis, IN 46227
Spades Park Branch  
1801 Nowland Ave., Indianapolis, IN 46201  

Warren Branch  
9701 E. 21st St., Indianapolis, IN 46229  

Wayne Township Branch  
198 S. Girls School Rd., Indianapolis, IN 46231  

West Indianapolis Branch  
1216 S. Kappes St., Indianapolis, IN 46221  

West Perry  
6650 S. Harding St., Indianapolis, IN 46217  

Morgan County Public Libraries

Brooklyn Branch  
6 E. Mill St., Brooklyn, IN 46111  

Eminence Branch  
11604 Walters Rd., Eminence, IN 46125  
765-528-2117, www.morgancountylibrary.info

Martinsville Main Branch  
110 S. Jefferson St., Martinsville, IN 46151  
765-342-3451, www.morgancountylibrary.info

Monrovia Branch  
145 S. Chestnut St., Monrovia, IN 46157  
463-300-4085, www.morgancountylibrary.info
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](http://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](http://www.alz.org/indiana)

**Bosma Enterprises**
6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, 866-602-6762, [www.bosma.org](http://www.bosma.org)
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, www.booneseniors.org

**Boone County Senior Services, Inc.** (Satellite office)
1100 W. Oak St., Rm. 215, Zionsville, IN 46077
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

Elton Geshwiler Senior Center  
602 Main St., Beech Grove, IN 46107  
317-788-4987  
www.beechgrove.com/elton-h-geshwiler-senior-center.html

Fay Biccard Glick Neighborhood Center  
Recycled Teenagers  
2990 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  

Franklin Active Adult Center  
160 E. Adams St., Franklin, IN 46131  

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  

Hawthorne Community Center at Retreat on Washington  
2440 W. Ohio St., Indianapolis, IN 46222  
Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122

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, jbncenters.org

Leadership and Legacy Campus
Edna Martin Christian Center Campus
2259 Ralston Ave., Indianapolis, IN 46218
317-637-3776, www.ednamartincc.org/senior-activities

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

Noblesville Senior Citizens Organization, Inc.
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

Shelby Senior Services, Inc.
2120 Intelliplex Dr., Ste 101 Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Services, Inc.
105 S. Walnut St., Fairland, IN 46126
317-398-0127, www.shelbyseniorservices.org
Shelby Senior Services, Inc.
221 S. Washington St., Morristown, IN 46161
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Services, Inc.
112 Grant St., Waldron, IN 46182
317-398-0127, www.shelbyseniorservices.org

Shepherd’s Center of Hamilton County
Together Today
1250 Conner St., Noblesville, IN 46060
317-674-8777, 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, 317-232-9400

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

Indiana Alzheimer's Disease Research Center
355 W. 16th St., Ste. 4100, Indianapolis, IN 46202
317-963-5500, medicine.iu.edu/research-centers/alzheimers

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
317-205-0101, 877-218-3530

Vocational Rehabilitation
2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100

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

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.seniorsguideonline.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](http://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**
800-444-6443, [www.biaindiana.org](http://www.biaindiana.org)

**Rehabilitation Hospital of Indiana NeuroRehabilitation Center (RHI)**
9531 Valparaiso Ct., IN 46268
317-879-8940, [www.rhin.com](http://www.rhin.com)
County Senior Corps.

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

Boone County Senior Services
515 CrownPointe Dr., Lebanon, IN 46052
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. - 4:00 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. - 5:00 p.m.
Fri, 8:00 a.m.- 3:00 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—Services include 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

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](http://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, vision loss, and improve your mood; 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
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 and persons under 60 with a disability.

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. Eligible residents may also call to place orders for pick up or for delivery.

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, bedside commodes, shower chairs, and wheelchairs. Donations accepted.

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

Transportation—Transportation for Johnson County residents to life saving treatments, medical appointments, grocery stores, errands and other destinations. Service area includes Johnson County as far north as Southport Road in 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 education also is available.

Care Aware—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, sycamoreservices.com  
E-mail: djulmanbabbs@sycamoreservices.com

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

**Eligibility:** Serve individuals with disabilities of any age and individuals age 60 and older in Morgan County

**Intake Procedure:** Call for information and availability of services.

**Services:**

- Community Outreach—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
2120 Intelliplex Dr., Ste. 101, 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—Food delivered to shut-in seniors biweekly and emergency food available. Call to make arrangements.

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.

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 counselor who can speak one-on-one with caregivers to provide a wealth of information to help determine what long-term care options are best suited to their loved ones needs. For general options counseling, call CICOA’s Aging & Disability Resource Center at 317-803-6131 or contact the CareAware options counselor at 317-803-6140.

CareAware Workshops
CareAware offers a variety of free, onsite workshop opportunities for corporations, civic organizations, government, and faith communities to provide critical resource information to caregivers and anyone in a position to assist them. 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 211 by dialing 2-1-1 or 866-211-9966. 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  

Indiana Hospice & Palliative Care Organization, Inc.  

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center  
6905 Hoover Rd., Indianapolis, IN 46260  
317-259-6822, www.jewishindianapolis.org/jfs

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

Shelby Senior Services, Inc.  
2120 Intelliplex Dr., Ste. 101, Shelbyville, IN 46176  
317-398-0127, www.shelbyseniorservices.org

**Today’s Caregiver**  
Online resources that offer interesting and helpful interviews of caregivers, plus articles and tips for successful caregiving.  
www.caregiver.com

### Kinship Care Resources

**AARP**  
Offers relevant and helpful information and articles.  
888-687-2277, 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.

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. Not all states have a local office. The Ohio CDF office serves Indiana residents. Call 614-221-2244 or go online www.childrensdefense.org.

The Villages’ Family Connection Network
This network offers several services, some of which are support groups, respite activities, and skill-building workshops.
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