Resources for older adults, people with disabilities and family caregivers
Options counseling | Care Management | Home-delivered & neighborhood meals
Senior transportation | Home accessibility modifications | Respite care | Caregiver assistance

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

The CICOA Foundation is an Indiana-based 501(c)(3) non-profit corporation established in 1992 to fund and support the mission of CICOA Aging & In-Home Solutions.

CICOA cannot meet all the needs of older adults, people with disabilities and caregivers in Central Indiana. Donations of money and other gifts from individuals, businesses and organizations support the many programs and services CICOA provides. Your tax-deductible donation, volunteer time, or sponsorship all make a significant impact in addressing these needs.

Donate
- $7 - Nutritious, home-delivered meals
- $38 - Round-trip transportation for a dialysis patient
- $100 - Five hours of respite services
- $150 - Grab bars to prevent a fall in the shower
- $500 – Handrails on stairs

Ways to Give
- Online giving
- Monthly giving
- Workplace giving and matching gifts
- Stock gifts
- Donor-advised funds
- Remember CICOA in your will

Sponsor
CICOA offers a variety of ways to partner, with options to meet every corporate focus and budget. Your organization can support events and programs that directly impact the lives of older adults, people with disabilities and their caregivers. Your staff can become engaged as volunteers, either as individuals or in group service projects.
Volunteer
Ready to roll up your sleeves and get involved? The CICOA Volunteer Program will connect you with people and programs that can use your skills and talents to make a difference for others.

For more information, please contact the CICOA Foundation at (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 at least 60 years of age, 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: 11:00 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 only

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

Hendricks County

Hendricks County Senior Center
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. Monday-Wednesday

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: 11:30 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.

Marwood Baptist Church
3940 Mann Rd., Indianapolis, IN 46221
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. Monday-Thursday

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.

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 and Friday *Call 765-342-5525 for reservations.

Shelby County

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

CICOA Meal Vouchers
CICOA offers a voucher program that enables individuals aged 60 and over to have more options and increased flexibility in their dining choices. For a suggested contribution of $3.00 per meal, seniors can receive a re-usable meal card that may be redeemed at any participating cafeterias and restaurants for breakfast, lunch or dinner. Call Meals and More at 317-803-6042 to set up your senior discount meal card. Participating locations have varying hours as listed below.

Ascension St. Vincent
6:30 a.m.-5:30 p.m. 317-338-2345

Crestwood Village South Bistro
Lunch 11:00 a.m. – 1:00 p.m. Tues & Thurs;
Dinner 3:00 p.m.–5:00 p.m. Mon-Fri; Residents Only, 317-888-7973

Grandma's Pancake House & Restaurant
6 a.m.-8 p.m. 317-398-2632

Hancock Regional Hospital
Lunch 11 a.m.-2 p.m.; Dinner 4:00-7 p.m. 317-462-5544
Hendricks Regional Health
Monday-Friday Breakfast 6:30-9:00 a.m.; Lunch 11 a.m.-1:30 p.m.;
Weekend & Holiday Lunch 11:30 am-1:30 pm; Dinner 5-7:30 p.m. 317-
745-4451

Major Hospital (Shelby County)
Breakfast 7:00 a.m.-10:00 a.m.; Lunch 11:00 a.m.-1:30 p.m.; Dinner
5:00 p.m.-7:00 p.m. 317-392-3211
*Surgical mask required when entering the hospital*

Riverview Health
Monday-Friday 6:30 a.m.-7:30 p.m.
Saturday-Sunday 7 a.m.-3 p.m.

St. Vincent Health (86th Street)
6:30 am – 5:30 pm 317-338-2345

Witham Hospital (Boone County)
Monday-Friday 11:30 a.m.-1:00 p.m. 765-485-8000

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. No YMCA membership is required to participate! Visit
CICOA’s website or call the YMCA of Greater Indianapolis at 317-269-
6004.
CICOA offers Bingocize® in-person for seniors in Central Indiana. 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. The program is designed for beginners, so no prior nutrition or exercise knowledge is needed.

Anyone who qualifies for a Meals & More neighborhood meal site qualifies for Bingocize®.

Commodity Supplemental Food Program

Commodity Supplemental Food Program (CSFP)
CICOA and the Indiana State Department of Health have teamed up to provide free USDA food to help meet the nutritional needs of low-income older adults in Marion, Johnson and Morgan counties. The USDA Commodity Supplemental Food Program (CSFP) provides boxes of nutritional, non-perishable food, such as canned fruits and vegetables, cold cereal, cheese and bottled juice. Eligibility for the CSFP food boxes is based on age, income, and residency. 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.mealsonwheelsindy.org](http://www.mealsonwheelsindy.org)

Greenwood, 317-882-2424

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

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

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

Lebanon, 765-482-4563, (serve residents within city limit only)

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

Zionsville, 317-258-9853, [www.zionsvillemealsonwheels.org](http://www.zionsvillemealsonwheels.org)

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

**Amazon**
[www.amazon.com/grocery](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)
Home Accessibility Modification 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.

**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. To utilize this specific program, consumers MUST travel across one county line. Vouchers are sold on a first come-first served basis, and a limited number of vouchers will be available for purchase by consumers per month.

To print off an application, please visit our online transportation page at cicoa.org/wp-content/uploads/2019/11/My-Freedom-Application.pdf. Please note that a Medical Verification form cicoa.org/wp-content/uploads/2019/11/Medical-Verification-Form.pdf MUST also be completed and signed by a doctor to utilize the My Freedom program. All paperwork must be completed in its entirety before the client will be entered into the system. Once the client is entered into the system, a welcome packet will be sent out via the mail that will include a list of providers who accept these vouchers for payment.

CICOA Way2Go—Senior Transportation or Essential Needs program
Individuals 60 and older who live and travel within Marion County can utilize CICOA’s senior transportation services to help meet their essential needs which include medical runs, pharmacy runs or grocery shopping services. An application is required to utilize this program. Consumers can print out the application and send it in via the mail or go online to complete an electronic application at cicoa.org/services/transportation/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 Access (formerly Open Door) Paratransit Service
Reservation-based, shared-ride service. Call or go online to complete an application.
317-635-3344, www.indygo.net/access
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.
317-462-3758

Hendricks County—Hendricks County Senior Services
317-745-4303

Johnson County—Johnson County Senior Services
317-738-4544

Morgan County—Coordinated Aging Services for Morgan County
765-342-3007

Shelby County—Shelby Senior Services, Inc.
317-398-0127
Utility Assistance and Weatherization

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

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

**Citizens Energy Group Citizens Assistance**
317-924-3311

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

**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)**
317-462-2557, [www.icapcaa.org](http://www.icapcaa.org)

**Marion County Seasonal Energy Assistance Program (EAP)**
317 559-7016, [www.indyeap.org](http://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 317-232-3777 if other information on Trustees is needed.

Boone County
Center Township, 765-482-1550
Clinton Township, 765-357-9100
Harrison Township, 317-440-5947
Jackson Township, 317-984-3826
Jefferson Township, 865-397-2101
Marion Township, 317-869-5526
Perry Township, 317-788-4815
Sugar Creek Township, 765-436-7988
Washington Township, 765-436-7608
Worth Township, 317-769-3560
Zionsville, 317-769-3560

Hamilton County
Adams Township, 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, 812-526-5113
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, 317-984-3826
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, 317-780-1700
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, 317-736-7511
Nineveh Township, 317-933-2097
Pleasant Township, 317-535-7571
Union Township, 317-736-7511
White River Township, 317-422-1143

Marion County
Center Township, 317-633-3610
Decatur Township, 317-856-6600
Franklin Township, 317-780-1700
Lawrence Township, 317-890-0011
Perry Township, 317-788-4815
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) 528-2229
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) 766-0746
Jackson Township, 812-597-0150
Jefferson Township, 765-342-8097
Madison Township, 317-834-6027
Monroe Township, 317-996-2920
Ray Township, 765-318-7018
Washington Township, 765-342-6368

Shelby County
Addison Township, 317-398-6896
Brandywine Township, 317-835-8304
Hanover Township, 765-763-6415
Hendricks Township, 317-729-5518
Jackson Township, 317-729-5135
Liberty Township, 765-525-6771
Marion Township, 317-398-2025
Moral Township, 317-835-7572
Noble Township, 765-525-7160
Shelby Township, 317-512-4200
Sugar Creek Township, 317-835-2389
Union Township, 765-544-2540
Van Buren Township, 765-763-6015
Washington Township, 812-587-5607
Consumer Services

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

**Better Business Bureau (BBB)**

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

**Central Indiana Better Business Bureau**
2601 Fortune Cir. Dri. 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](http://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](http://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:

**Apprisen**  
3725 E. Southport Rd., Ste. E, Indianapolis, IN 46227  
317-266-1300, 800-355-2227, [www.apprisen.com](http://www.apprisen.com)

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**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](http://www.apprisen.com)

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**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](http://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
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
Walker Career Center
Adult Education Classes
9651 E. 21st St., Indianapolis, IN 46229
317-532-6150

Elderhostel Programs

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

Road Scholar Incorporated
800-454-5768, www.roadscholar.org
Environment & Public Health/Safety

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

Firefighters Survive Alive! Inc.
748 Massachusetts Ave., Indianapolis, IN 46204
317-327-6707, survivealive.org

Indianapolis Fire Department Fire and Life Safety Division
955 Ft. Wayne Ave., Indianapolis, IN 46202
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
765-483-4428, boonecounty.in.gov/offices/ema

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 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
1081 Hospital Rd., Franklin, IN 46131

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

Office of Public Health and Safety
200 E. Washington St., Ste. 2100, Indianapolis, IN 46204
317-327-4291

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

In This Section:
Programs whose primary purpose is to help individuals and families achieve and maintain physical well-being through the study, prevention, screening, evaluation and treatment of people who have illnesses, injuries or disabilities.
Assistive Technology Equipment & Services

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

The Alzheimer’s Store
800-752-3238, www.alzstore.com

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  
317-890-2100

**Eskenazi West 38th Dental Clinic**  
5515 W. 38th St., Indianapolis, IN 46254  
317-880-3838

**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
317-274-7957, dentistry.iu.edu

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

Marion County Public Health Department
3838 N. Rural St., Indianapolis, IN 46205
317-221-2000

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
317-221-7300

Marion County Public Health Department
Pecar Dental
6940 N. Michigan Rd., Indianapolis, IN 46228
317-221-7574
Raphael Health Center
401 E. 34th St., Indianapolis, IN 46205
317-926-1507, 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

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
317-880-0000, 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 rates 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
**Damien Center**  
317-632-0123, [www.damien.org](http://www.damien.org)

**IU Health**  
1633 N. Capitol Ave., Indianapolis, IN 46202  
317-962-2700

**Marion County Public Health Department**  
2951 E. 38th St., Indianapolis, IN 46218  
317-221-3552

**Planned Parenthood**  
3750 N. Meridian St., Indianapolis IN 46208  
317-205-8088, 800-230-7526, [www.plannedparenthood.org](http://www.plannedparenthood.org)

**Step Up (Services, Training, Educations, and Prevention)**  
317-259-7013, [stepupin.org/testing](http://stepupin.org/testing)

## Home Care

**CHOICE**

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

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

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

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

Services available through the CHOICE and Medicaid Waiver programs may include care management, home-delivered meals, attendant care, home health aide, skilled nursing, therapies, behavior management, homemaker, home modifications, respite care, adult day services, and adaptive aids and devices (such as personal emergency response systems).

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

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

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

The Program of All-Inclusive Care for the Elderly (PACE) model provides all-inclusive services in the community to benefit seniors with chronic care needs and their families. PACE serves individuals who: are ages 55 or older; certified by their state to need nursing home care; able to live safely in the community at the time of enrollment; and live in the service area. PACE serves older adults living in Johnson County or Marion County in these zip codes: 46107, 46201, 46202,
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/hspcsrvdirdir/index.htm](https://www.in.gov/isdh/reports/QAMIS/hspcsrvdirdir/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](http://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](http://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**
317-614-0461, [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/ihcpp/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

Leader Dogs for the Blind
888-777-5332, www.leaderdog.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

Boner Fitness and Learning Center  
727 N. Oriental St., Indianapolis, IN 46202  
317-663-8210, jbncenters.org/senior-programs

Franciscan Health Senior Promise  
8111 S. Emerson Ave., Indianapolis, IN 46237  
317-528-6570, www.franciscanhealth.org/seniorpromiseindy

Hancock Regional Hospital  
801 N. State St., Greenfield, IN 46140  

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

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

Indianapolis Oasis  
317-396-3751, indianapolis.oasisnet.org
JCC Indianapolis  
6701 Hoover Rd., Indianapolis, IN 46260  
317-251-9467, www.jccindy.org

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

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

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**
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 and 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 47203

**Vocational Rehabilitation Services Area 21**
Morgan County
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
317-236-1565

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

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

For Medicare claims and questions contact:

Medicare
**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

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 Education: 877-222-8387; Benefits Assistance: 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

A Senior Retreat Adult Day Service
1040 W. Jefferson St., Franklin, IN 46131
317-999-814, www.aseniorretreat.com

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

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

Autumn Leaves of Eastgate Adult Day Center
(Previously known as Still Waters Adult Day Center Eastgate)
8100 E. 16th St., Indianapolis, IN 46219
317-820-3233, www.autumnleavesofeastgate.org

Charlene’s Angels
5800 W. Smith Valley Rd., Greenwood, IN 46142
317-431-1484, www.charsangels.org
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
1701 W. 18th St., Indianapolis, IN 46202
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  

Meaningful Day Services  
225 S. School St., Brownsburg, IN 46112  
317-858-8630, www.meaningfuldays.com

Miller’s Merry Manor  
259 W. Harrison St., Mooresville, IN 46158  
317-831-6272, www.millersmerrymanor.com

Miller’s Merry Manor  
1651 N. Campbell Ave., Indianapolis, IN 46218  
317-357-8040, www.millersmerrymanor.com

Miller’s Merry Manor  
8400 Clearvista Pl., Indianapolis, IN 46256  
317-845-0464, www.millersmerrymanor.com

Noble  
7701 E. 21st St., Indianapolis, IN 46219  

Outside The Box  
3940 E. 56th St., Indianapolis, IN 46220  

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

Still Waters Adult Day Center  
7160 Shadeland Station, Indianapolis, IN 46256  
317-284-0837, 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
2120 Intelliplex Dr., Ste. 101, Shelbyville, IN 46176

Shepherd’s Center of Hamilton County
Community Caring Program
1250 Conner St., Noblesville, IN 46060

Home Repair and Maintenance

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

USDA Rural Development, Crawfordsville Office
Boone and Hendricks Counties
2032 Lebanon Rd., Crawfordsville, IN 47933
765-362-0405, ext. 4. www.rd.usda.gov/in

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

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

Community Development Corporations (CDC)

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

**Crooked Creek Northwest CDC**
6002 N. Michigan Rd., Indianapolis, IN 46268
317-257-5388, [www.crookedcreekcdc.org](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
317-610-4663, [www.inhp.org](http://www.inhp.org)

**Intend Indiana**
Previously King Park Area Development Corporation and Renew Indianapolis Inc
1704 Bellefontaine St., Indianapolis, IN 46202
317-924-8116, [www.intendindiana.org](http://www.intendindiana.org)

**John H. Boner Neighborhood Centers**
2236 E. 10th St., Indianapolis, IN 46201
317-633-8210, [www.jhbcc.org](http://www.jhbcc.org)

**Mapleton-Fall Creek Development Corporation**
3190 N. Meridian St., IN 46208
317-923-5514, [www.mfcdc.org](http://www.mfcdc.org)

**Martindale Brightwood Community Development Corporation**
2855 N. Keystone Ave., Ste. 130, Indianapolis, IN 46218
317-924-8042, [www.mbccdc.org](http://www.mbccdc.org)
Neighborhood multipurpose centers may have interpretation services and some are geared towards serving specific cultural groups in the community. For those with limited access to such neighborhood centers, the following organizations assist older adults and may provide interpreter services.
**Language Interpretation**

**Deaf Community Services**  
Easter Seals Crossroads  
4740 Kingsway Dr., Indianapolis, IN 46205  
317-479-3240 (V), 317-493-0107 (VP)

**Language Line Solutions**  
800-752-6096, [www.languageline.com](http://www.languageline.com)

**Luna Language Services**  
8935 N. Meridian St., Ste. 250, Indianapolis, IN 46260  
317-341-4137, [www.luna360.com](http://www.luna360.com)

**Telecommunication Relay Service**

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

**Pet Companionship**

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

**Greenfield/Hancock County Animal Management**  
740 S. Franklin St., Greenfield, IN 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  

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** 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 programs assist residents who are subjected to abuse, financial exploitation, discrimination, bullying and more:

**Legal Assistance to Victimized Adults (LAVA)**
Indiana Legal Services
1200 Madison Ave., Ste. 300, Indianapolis, IN 46225
317-631-9410, 800-869-0212, [www.indianalegalservices.org](http://www.indianalegalservices.org)
Support Groups and Support Lines

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

Alcoholism and Substance Abuse

Alcoholics Anonymous

ALS Support Groups

ALS Association of Indiana
317-915-9888, www.alsaindiana.org

Alzheimer's Support Groups

Alzheimer’s Association of Greater Indiana
800-272-3900, www.alz.org/indiana

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

Brain Injury Support Groups

Brain Injury Association
800-444-6443, www.biaindiana.org/education

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 Navigator Line
317-338-3900, healthcare.ascension.org

Boone County Cancer Society
117 W. Elm St., Lebanon, IN 46052
765-482-2043, www.boonecountycancersociety.org

Cancercare
800-813-4673, www.cancercare.org

Cancer Support Community Indiana
5150 W. 71st St., Indianapolis, IN 46268
Community Health Network MD Anderson Cancer Center
1440 E. Co. Ln. Rd., Indianapolis, IN 46227
317-497-6270, www.ecommunity.com

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
800-955-4572, www.lls.org

Little Red Door Cancer Agency
1801 N. Meridian St., Indianapolis, IN 46202
317-925-5595, www.littlereddoor.org

Major Health Partners
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
765-483-7308, www.witham.org

Caregiver Support Groups

Catholic Charities Indianapolis
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**  
5325 E. 82nd St., Ste., 252, Indianapolis, IN 46250  
317-259-8071, [www.crohnscolitisfoundation.org](http://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**  
2451 Intelliplex Dr., Shelbyville, IN 46176  
317-421-5634, [www.mymhp.org](http://www.mymhp.org)

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

**Witham Health Services**  
2605 N. Lebanon St., Lebanon, IN 46052  
765-485-8120, [www.witham.org](http://www.witham.org)

**Grief Support Groups**

**Witham Health Services**  
2605 N. Lebanon St., VIP Rm, Lebanon, IN 46052  
765-485-8479, [www.witham.org](http://www.witham.org)

**Hearing Loss Support Groups**

**Hearing Loss Association of America (HLAA)**  
Indianapolis Chapter  
Voice and Text 217-816-0898, [www.hlaa-indianapolis.org](http://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

Osteoporosis Support Groups

Bone Health and Osteoporosis Foundation
251 18th St. S., Ste. 630, Arlington, VA 22202
800-231-4222, www.bonehealthandosteoporosis.org

Parkinson’s Support Groups

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

Indiana Parkinson Foundation
(317) 550-5648, www.indianaparkinson.org

IU Parkinson’s Center of Excellence
Indiana University Neuroscience Center (Downtown Indy)
317-963-7411

Parkinson Awareness Association of Central Indiana, Inc.

Vision Support Groups

Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122
**Support Lines**
The following lines may have limited hours. In a true emergency call 911.

**Caregiver of Veterans Support Line**
Caregiver Support Line  
855-260-3274, [www.caregiver.va.gov](http://www.caregiver.va.gov)

**Key Consumer Organization-Mental Health Advocacy**
317-205-2500; [www.keyconsumer.org](http://www.keyconsumer.org)

**LGBT National Help Center Hotline**
Hotline: 888-843-4564; [www.lgbthotline.org](http://www.lgbthotline.org)  
Senior Hotline: 888-234-7243  
Youth Talkline: 800-246-7743

**Trevor Project Lifeline**
866-488-7386; [www.thetrevorproject.org](http://www.thetrevorproject.org)

**Vet Center**
877-927-8387; [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**National Suicide Prevention Lifeline**
800-273-8255 or dial 9-8-8

**Volunteer Development**

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

**American Red Cross of Indiana**
888-684-1441, [www.redcross.org/local/indiana.html](http://www.redcross.org/local/indiana.html)

**Boone County Senior Services**
515 Crown Pointe Dr., Lebanon, IN 46052  
765-482-5220, [www.booneseniors.org](http://www.booneseniors.org)

**Bosma Enterprises**
317-684-0600, 866-602-6762, [www.bosma.org](http://www.bosma.org)
Boys and Girls Club of Indianapolis  
317-920-4700, www.bgcindy.org/volunteer

Catholic Charities  
Retired and Senior Volunteer Program (RSVP)  
1400 N. Meridian St., Indianapolis, IN 46202  
317-261-3378  
www.archindy.org/cc/indianapolis/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  
317-512-0053

Hamilton County VASIA Guardianship Program  
Shepherd’s Center of Hamilton County  
1250 Conner St., Noblesville, IN 46060  
463-215-2446  
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

Indy Reads  
1066 Virginia Ave., Indianapolis, IN 46203  

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)  
5 E. Jefferson St., Franklin, IN 46131  
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.
2120 Intelliplex Dr., Ste. 101 Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

The Caring Center
1230 Randsell 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](http://www.indianacare.org)

**Johnson and Shelby County Volunteer Advocates for Seniors and Incapacitated Adults (VASIA)**
5 E. Jefferson St., Franklin, IN 46131
317-346-4414, [www.indianavasia.org](http://www.indianavasia.org)

**Hamilton County VASIA Guardianship Program**
Shepherd’s Center of Hamilton County
1250 Conner St., Noblesville, IN 46060
463-215-2446, [www.shepherdscenterofhamiltoncounty.org](http://www.shepherdscenterofhamiltoncounty.org)

The following agency defends against and assists with termination of guardianship, where applicable:

**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](http://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**  
201 N. Illinois St., Ste. 1225, 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](http://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.indianaconsumer.com](http://www.indianaconsumer.com)

**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 Ombudsman**  

For residents that wish to voice their concerns, questions, and requests to the Indiana Office of the Governor:

**Indiana Office of the Governor**
Ask Eric  
200 W. Washington St., Indianapolis, IN 46204  
317-232-4567, [www.in.gov/gov/ask-eric/](http://www.in.gov/gov/ask-eric/)
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)
800-901-1133, www.in.gov/fssa/dmha

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

Mental Health Partners of Hancock County

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 Health**
Access Line: 877-882-5122, adultandchild.org

**Aspire Indiana**
Crisis Line: 800-560-4038

**Behavioral Health at Raphael Health Center**
401 E. 34th St., Indianapolis, IN 46205
317-926-1507, raphaelhc.org/behavioral-health

**Centerstone**
Crisis Line: 800-832-5442

**Community Health Network Behavioral 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.**
Emergency Line: 888-714-1927 ext. 1501
Central Access: 888-714-1927 ext. 1500
www.cumminsbehbhs.org

**Emberwood Center**
1431 N. Delaware St., Indianapolis, IN 46202
317-536-7100, www.emberwoodcenter.org
Inpatient Mental Health Facilities

Many inpatient mental health facilities and most hospitals offer treatment for adults of all ages. 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
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
362 W 15th St, Suite 2800
Indianapolis, IN 46202
317-963-7300, iuhealth.org

NeuroPsychiatric Hospital of Indianapolis
6720 Parkdale Pl., Indianapolis, IN 46254

Substance Use Disorder Services

Alcoholism and Substance Use Treatment Programs

Alcoholics Anonymous
2320 S. Tibbs Ave., Ste C, Indianapolis, IN 46241

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
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
1431 N. Delaware St., Indianapolis, IN 46202
317-536-7100, www.emberwoodcenter.org
Community Fairbanks Recovery Center
8102 Clearvista Pkwy., Indianapolis, IN 46256

Firefly Children & Family Alliance
1575 Dr. Martin Luther King Jr. St., Indianapolis, IN 46202
317-634-6341, fireflyin.org

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

Tara Treatment Center
6231 S. U.S. 31, Franklin, IN 46131
800-397-9978, www.taratreatmentcenter.org

The Willow Treatment & 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
574-233-8205, 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
812-238-1561, 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
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 and education on long term services and supports, 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)
317-803-6131, 800-432-2422, cicoa.org

**Cell Phone Donations**

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

Call CICOA at 317-803-6165 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.

Brightwood Community Center
2140 N. Arsenal Ave., Indianapolis, IN 46218

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
317-925-4231, www.flannerhouse.org

Fletcher Place Community Center
1637 Prospect St., Indianapolis, IN 46203
George T. Goodwin Community Center
3935 W. 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
6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org/jfs

John 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

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 or 866-211-9966 or go online in211.communityos.org to connect with a navigator.

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 Project
4740 Kingsway Dr., Indianapolis, IN 46205
317-466-2013, 888-466-1314, www.eastersealstech.com

INTRAC Relay Indiana Equipment Distribution Program
317-334-1413, 877-446-8722, relayindiana.com/equipment

Library Services

Some libraries have programs that deliver reading and audio-visual materials to the homebound and many libraries have access to a large catalogue of e-books and audiobooks that can be checked out from an individual’s home. 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—Merchants' Square
2140 E. 116th St. Carmel, IN 46032
317-814-3900, [carmelclaylibrary.org](http://carmelclaylibrary.org)

Carmel Clay Public Library—Joyce Winner West Branch
12770 Horseferry Rd., Carmel, IN 46032
317-814-3965, [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
5 Municipal Drive, Fishers, IN 46038
317-579-0300, www.hepl.lib.in.us

Hamilton East Public Library—Noblesville
1 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 Library
900 W. McKenzie Rd., Greenfield, IN 46140
317-462-5141, hcplibrary.org

Hancock County Library—Sugar Creek
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  
350 Clearwater Blvd., 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

Speedway Public Library
5633 W. 25th St., Speedway, IN 46224
317-243-8959, www.speedway.lib.in.us

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
**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)

Center for At-Risk Elders (CARE)  
120 E. Market St., Ste. 1190, Indianapolis, IN 46204  
317-955-2790, [www.indianacare.org](http://www.indianacare.org)

CICOA Aging & In-Home Solutions  
8440 Woodfield Crossing Blvd., Ste 175, Indianapolis, IN 46240  
317-254-5465, 800-489-9550, [cicoa.org](http://cicoa.org)

Medicare Rights Center  
800-333-4114, [www.medicarerights.org](http://www.medicarerights.org)

National Association of Active and Retired Federal Employees  
800-456-8410; [www.narfe.org/chapter151](http://www.narfe.org/chapter151)

Senior Medicare Patrol (SMP)  
317-205-9201, 800-986-3505, [www.iaaaa.org/smp](http://www.iaaaa.org/smp)

State Health Insurance Assistance Program (SHIP)  
800-452-4800, [www.in.gov/idoi/2495.htm](http://www.in.gov/idoi/2495.htm)

## Senior Centers

Senior centers offer a wide variety of activities and services. There may be membership fees for some, but several offer sliding scale rates. Many have daily hot lunch programs, classes, exercise and health programs, dances, games, specially priced trips and tours, and personal interest classes. Transportation may also be provided to and from some centers. Many centers are open every day but some are active only a few days per week. Be sure to call the site nearest you for details about programs and hours.
Boone County Senior Services, Inc.
515 CrownPointe Dr., Lebanon, IN 46052
765-482-5220, 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

Brownsburg Older Adults Alliance
554 Pit Rd., Brownsburg, IN 46112
317-749-7540, www.bburgoaa.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
317-925-4231, www.flannerhouse.org

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
Perry Senior Citizens Services, Inc.
6901 Derbyshire Rd., Indianapolis, IN 46227
317-783-9231, www.perryseniors.org

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

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

Shelby Senior Services, Inc.
105 S. Walnut St., Fairland, IN 46126

Shelby Senior Services, Inc.
221 S. Washington St., Morristown, IN 46161
317-431-0507, www.shelbyseniorsservices.org

Shelby Senior Services, Inc.
112 Grant St., Waldron, IN 46182
317-431-3284, www.shelbyseniorsservices.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 website 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

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**Parks Pass for Seniors**

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

**Indiana Department of Natural Resources**  
402 W. Washington St., Rm. W160A, Indianapolis, IN 46204  
317-232-4200, 877-463-6367, [www.in.gov/dnr](http://www.in.gov/dnr)

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**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](http://www.lifestyleindy.com)

**Seniors Guide**  
[www sen i ors gu i de .com](http://www seniorsguide.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., Indianapolis IN 46268  
317-879-8940, [www.rhirehab.com](http://www.rhirehab.com)
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
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.

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

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

Pre-Admission Screening and Resident Review—Provides pre-admission screening and options counseling to individuals in the community seeking a nursing facility placement.
Safe at Home—Provides accessibility modifications for a safer, more secure home for eligible home owners age 60 and over or for persons with a disability.

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

Morgan County

Morgan County Connect
1369 N. Blue Bluff Rd., Martinsville IN 46151
765-342-3007, 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, Care Aware, 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 a CareAware options counselor by completing an online referral at cicoa.org/services/caregiver-support/contact.

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

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**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. 317-526-2080, www.villageskids.org/services/kinship-care.
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