



2017-18 SOLUTIONS
GUIDE



Resources for
Older Adults,
People with
Disabilities
and Family
Caregivers



CICOA

Aging & In-Home Solutions

A member of the  INconnect Alliance.



Aging & In-Home Solutions

A member of the connect Alliance.

CICOA Aging & In-Home Solutions

4755 Kingsway Dr., Suite 200

Indianapolis, IN 46205

317-254-5465

www.cicoa.org

Aging & Disability Resource Center

317-803-6131

317-254-3660

800-432-2422

Relay Service: 7-1-1

About This Guide

CICOA Aging & In-Home Solutions is pleased to provide the 2017-18 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 family caregivers to achieve the greatest possible independence, dignity and quality of life. We do this by linking our clients 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, a one-stop source of information and assistance for older adults, people with disabilities and family caregivers. Phone Options Counselors are available Monday through Friday, 8:00 a.m. – 5:00 p.m., at 317-803-6131 or 800-432-2422.

CICOA Foundation

Your Gift Makes a Difference

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

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

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

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

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Basic Needs

In This Section:

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

CICOA Neighborhood Meals

CICOA's Meals & More program provides appetizing, nutritionally balanced meals to older adults and those with disabilities either in their homes or at one of CICOA's neighborhood meal sites. The program is designed to relieve hunger and food insecurity, promote socialization and address proper nutrition education.

Hot meals are served Monday through Friday at various neighborhood meal sites. Times vary for each site. The suggested donation per meal is \$3.00 for seniors. Persons under the age of 60 are welcome to accompany a senior to the lunch program; however the cost of the meal for a person under age 60 is \$6.00. The monthly menu and list of neighborhood meal sites is posted online at cicoa.org/services/meals-more .

Reservations are required. Please call 317-803-6042.

Boone County

Crawford Manor

9940 Hoosier Village Dr., Indianapolis, IN 46268

Lunch served: 11:15 a.m.

Thorntown Public Library

124 N Market St., Thorntown, IN 46071

Lunch served: 11:30 a.m.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

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

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

Lunch served: 12:00 p.m.

Johnson County

The 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: 11:30 a.m.

John H. Boner Neighborhood Centers

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

Lunch served: 11:00 a.m.

Indiana Avenue Apartments

825 Indiana Ave., Indianapolis, IN 46202

Lunch served: 11:00 a.m.

Lugar Towers

901 Fort Wayne Ave., Indianapolis, IN 46202

Lunch served: 10:00 a.m.

Barton Annex

501 N. East St., Indianapolis, IN 46204

Lunch served: 10:00 a.m.

Stetson Senior Apartments

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

Lunch served: 11:00 a.m.

Carriage House of Glendale

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

Lunch served: 12:00 p.m.

Community Alliance of the Far Eastside (CAFE)

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

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

Bethany Village

3554 S. Shelby St., Indianapolis, IN 46227

Lunch served: 11:00 a.m.

Green Park Terrace

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

Lunch served: 11:30 a.m.

Perry Senior Services

6900 Derbyshire Rd., Indianapolis, IN 46227

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

Mt. Zion Suburban Apartments

5260 N. Michigan Rd., Indianapolis, IN 46228

Lunch served: 11:00 a.m.

Nora Commons on the Monon

8905 Evergreen Ave., Indianapolis, IN 46240

Lunch served: 11:30 a.m.

AHEPA

7355 Shadeland Station Way, Indianapolis, IN 46256

Lunch served: 11:00 a.m.

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

6701 Hoover Rd., Indianapolis, IN 46260

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

The Towers of Crooked Creek

7988 N. Michigan Rd., Indianapolis, IN 46268

Lunch served: 11:30 a.m.

Park Regency Apartments

8851 Colby Blvd., Indianapolis, IN 46268

Lunch served: 4:30 p.m.

Morgan County**Ken-Mar Apartments**

210 W. Pike St., Martinsville, IN 46151

Lunch served: 11:30 a.m.

Shelby County

Shelbyville Senior Center

1504 S. Harrison St., Shelbyville, IN 46176

Lunch served: 11:00 a.m., Mon, Tues, Thurs

CICOA Meal Vouchers

CICOA offers a voucher program that enables individuals age 60 and older to have more options and increased flexibility in their dining choices. For a suggested contribution of \$3.00 each, seniors can receive up to eight vouchers per month that may be redeemed at participating locations for breakfast, lunch or dinner. Call 317-803-6042 or visit www.cicoa.org/meals-more/meal-vouchers for additional details on participating locations and voucher distribution.

Participating Locations:

Community Hospital East

1500 E. Ritter Ave., Indianapolis, IN 46219

Community Hospital North

7150 Clearvista Dr., Indianapolis, IN 46256

Crestwood Village South Restaurant

8809 Madison Ave., Indianapolis, IN 46227

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122

Major Hospital

2451 Intelliplex Dr., Shelbyville, IN 46176

Riverview Health

395 Westfield Rd., Noblesville, IN 46060

St. Vincent Health

2001 W. 86th St., Indianapolis, IN 46260

Witham Health

2605 N. Lebanon St., Lebanon, IN 46052

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.

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.

Additional details about this educational opportunity can be found on CICOA's Meals & More web page www.cicoa.org/meals-more/education.html or by calling the YMCA of Greater Indianapolis at 317-269-6004.

Commodity Supplemental Food Program

Commodity Supplemental Food Program (CSFP)

This USDA program provides supplemental food to improve the health of low-income individuals 60 years or older. Each monthly package contains high protein items, grains, vegetables, juices and shelf stable milk. Currently this program is available to Marion County Residents age 60 or older who meet income guidelines. Call CICOA's CSFP coordinator at 317-803-6239 for more information.

Home-Delivered Meals

CICOA Meals & More

CICOA delivers wholesome meals to residents of Marion and the surrounding counties. All meal contributions are confidential and no

individual is turned away because of an inability to pay. The suggested donation per meal is \$3.00.

CICOA also provides nutritional analysis of all menus to empower health-conscious consumers watching calories, fat, carbohydrates, sodium, fiber or calcium.

To receive home-delivered meals, individuals should be primarily confined to their homes due to physical or mental health reasons, unable to prepare their own meals, and meet one of the following eligibility criteria:

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

Private pay meals are available for individuals who do not meet this eligibility criteria. For more information, call CICOA's Aging and Disability Resource Center at 317-803-6131.

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. There is often an option for two daily meals through this service and special diet meals may be offered.

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

Greenwood, 317-882-2424

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

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

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

Shelby County, 317-398-4470

Zionsville, 317-769-6313 www.zionsvillemealsonwheels.org

Food Pantries

Food Pantries provide a limited amount of food to individuals and families in short-term emergency 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 Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Grocery Delivery

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 (online only)

www.amazon.com/grocery

Green Bean Delivery

317-377-0470, www.greenbeandelivery.com

Kroger (online only)

www.instacart.com/kroger

Peapod

800-573-2763, www.peapod.com

Railer's IGA Lebanon

765-482-3298

Schwan's Home Service

888-724-9267, www.schwans.com

Home Accessibility Evaluation

CICOA Aging & In-Home Solutions—Safe at Home

CICOA's Safe at Home services include home accessibility modifications, evaluations, and a Safe at Home Day event. There are a number of funding opportunities available to assist with the cost of modifications based on client eligibility. Fee-for-service options are also available. Contact CICOA's Aging & Disability Resource Center at 317-803-6131 for screening or additional information.

Easter Seals Crossroads—Home Modification Evaluation

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

Homeless Shelters

There are several facilities that offer short-term shelter to homeless men and women. Most shelters cannot accept frail seniors who are unable to completely care for themselves. A referral from a social service agency is recommended and sometimes required. For more information concerning a referral contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

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 are often included in rent. Some communities have hot lunch programs, social activities and vans for transportation.

Indiana Housing Now

877-428-8844, www.indianahousingnow.org

Indianapolis Housing Agency (IHA)

Section 8/Housing Choice Voucher Program
1935 N. Meridian St., Indianapolis, IN 46202
317-261-7201, www.indyhousing.org

Noblesville Housing Authority

320 Kings Ln., Noblesville, IN 46060
317-773-5110

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

Housing and Urban Development Locator
575 N Pennsylvania St., Rm. 655, Indianapolis, IN 46204
317-226-6303, hud.gov

Supportive Housing

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

Continuing Care Retirement Communities

Retirement communities may have as many as three levels of living arrangements: independent living, assisted living and nursing care. The advantage of a retirement community with a variety of living options is that residents can move from one level to another (and back again) as their needs change. If you are considering a move to a retirement community, be sure to find out about the levels of living arrangements available and services provided. 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. However, if an individual meets nursing facility level of care and is eligible for

Medicaid, there may be funding available to cover service costs through the Medicaid Aged and Disabled Waiver.

The Indiana State Department of Health regulates and licenses assisted living facilities as Residential Care providers. For a list of licensed facilities, see ISDH's directory at www.in.gov/isdh/reports/QAMIS/resdir/index.htm. Many assisted living facilities are not licensed. Call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 for additional information.

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 family, 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. The services are provided in a home-like environment that includes, but is not limited to, a private bedroom, semi-private bathroom, home-cooked meals, a common living area, and assistance with activities of daily living. For locations call CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422.

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 Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357 or contact CICOA's Aging & Disability Resource Center at 317-803-6131.

AMVETS Household Discard Program, 317-353-8140

Goodwill Industries of Central and Southern Indiana

General Inquiries, 317-524-4313

Donation Pickup, 855-497-4587

Estate Services, 317-524-4563

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

ReStore by Habitat for Humanity

Avon, 317-707-7529

Greater Indianapolis, 317-777-6098

Greenfield, 317-318-9380

Morgan County, 765-349-9003

Hamilton County, 317-896-9423

Johnson County, 317-535-6720

ReStore information and Donation Center Locations can be found online at www.habitat.org/restores

Salvation Army

For locations or pickup call 1-800-728-7825 or go to satruck.org/search

Transportation

There are several options for transportation in Central Indiana. Some programs have boundary restrictions, income and age requirements, while others provide transportation to individuals in wheelchairs and with special funding sources only. An alternate transportation resource list has been compiled by the CICOA Way2Go Department.

317-803-6153, cicoa.org/services/way2go/alternate-transportation

CICOA Way2Go—My Freedom

Individuals of any age with disabilities in Boone, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan, and Shelby counties can utilize My Freedom vouchers for medical or nonmedical transportation. Consumers can travel across county line. Vouchers are first come-first served, and a limited number of fares will be available for purchase by consumers per month.

317-803-6153, cicoa.org/services/way2go/my-freedom

CICOA Way2Go—Senior Transportation

Individuals 60 and older can utilize CICOA senior transportation services, which allow travel within Marion County to help meet essential needs. Services include Door2Door, Shuttles, Discount Taxi Fare, and Wheelchair Transportation.

317-803-6153, cicoa.org/services/way2go/senior-transportation

Additional resources to assist in cross-county travel can be explored through the Central Indiana Regional Transportation Authority (CIRTA)

317-327-7433, www.cirta.us

IndyGo Open Door Paratransit Service

Curb-to-curb, reservation-based, shared ride service.

317-614-9260, www.indygo.net/open-door

Medicaid Transportation Provider Search

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

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, Inc.

317-462-1103

Hendricks County—Hendricks County Senior Services

317-745-4303

Johnson County—Johnson County Senior Services

317- 738-4544

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

Shelby County—Shelby Senior Services, Inc.
317-398-0127

Utility Assistance and Weatherization

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

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

Citizens Energy Group Citizens Assistance
317-924-3311

Community Action of Greater Indianapolis (CAGI), Boone County
765-482-7018, www.cagi-in.org

Community Action of Greater Indianapolis, Hamilton County
317-773-2221, www.cagi-in.org

Community Action of Greater Indianapolis, Hendricks County
765-482-7018, www.cagi-in.org

Community Action of Greater Indianapolis, Marion County
3266 N. Meridian St. Ste. 100, Indianapolis, IN 46208
317-396-1800, www.cagi-in.org

Human Service, Inc. (HSI), Johnson County

600 Ironwood Dr., Ste. N, Franklin, IN 46131
317-736-0755, www.hsi-indiana.com

Human Service, Inc. (HSI), Shelby County

825 S. Elm St., Shelbyville, IN 46176
317-398-3153, www.hsi-indiana.com

Interlocal Community Action Program, Inc. (ICAP)

141 Green Meadows Dr. Ste. 4, Greenfield, IN 46140
317-462-2557, www.icapcaa.org

Marion County Seasonal Energy Assistance Program

www.indyeap.org

Morgan County—South Central Community Action Program

159 W. Morgan, Martinsville, IN 46151
765-342-1518, www.insccap.org

Township Trustees

Trustee information, including office locations and hours, can be found at www.in.gov/dlgf/2440.htm. If a direct number is not available for the trustee, contact the Indiana Department of Local Government Finance at 888-739-9826.

Boone County

Center Township, 765-482-5909
Clinton Township, 765-325-2615
Harrison Township, 765-482-0652
Jackson Township, 765-676-5935
Jefferson Township, 765-481-8486
Marion Township, 317-758-5635
Perry Township, 317-769-6251
Sugar Creek Township, 765-436-7988
Washington Township, 765-436-7608
Worth Township, 317-769-3560

Hamilton County

Adams Township, 317-758-1029
Clay Township, 317-846-2773
Delaware Township, 317-842-8595
Jackson Township, 317-984-3826
Noblesville Township, 317-773-0249

Washington Township, 317-574-9490
Wayne Township, 765-534-4062
White River Township, 317-984-9350

Hancock County

Blue River Township, 317-467-4366
Brandywine Township, 888-739-9826
Brown Township, 765-738-0067
Buck Creek Township, 317-335-1401
Center Township, 317-462-1176
Green Township, 888-739-9826
Jackson Township, 317-936-5112
Sugar Creek Township, 317-861-6148
Vernon Township, 317-485-7327

Hendricks County

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

Johnson County

Blue River Township, 812-371-6981
Clark Township, 317-862-2250
Franklin Township, 317-736-7511
Hensley Township, 317-710-5880
Needham Township, 317-738-3778
Nineveh Township, 317-933-2820
Pleasant Township, 317-535-7571
Union Township, 317-422-5773
White River Township, 317-422-1143

Marion County

Center Township, 317-633-3610

Decatur Township, 317-856-6600
Franklin Township, 317-780-1700
Lawrence Township, 317-890-0011
Perry Township, 317-788-4815
Pike Township, 317-291-5801
Warren Township, 317-327-8956
Washington Township, 317-327-8800
Wayne Township, 317-241-4191

Morgan County

Adams Township, 765-528-2651
Ashland Township, 765-537-2510
Baker Township, 765-341-0404
Brown Township, 317-831-1734
Clay Township, 765-342-1065
Green Township, 765-342-3927
Gregg Township, 888-739-9826
Harrison Township, 317-422-5965
Jackson Township, 765-349-1923
Jefferson Township, 765-342-8097
Madison Township, 317-834-6027 ext. 1
Monroe Township, 317-996-2920
Ray Township, 888-739-9826
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, 317-729-5620
Liberty Township, 765-525-6771
Marion Township, 317-398-2025
Moral Township, 317-835-7572
Noble Township, 765-525-7160
Shelby Township, 317-392-8968
Sugar Creek Township, 317-835-7223
Union Township, 765-544-2540
Van Buren Township, 765-763-6015
Washington Township, 812-587-5607

Consumer Services

In This Section:

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

Consumer Assistance and Protection

Better Business Bureau (BBB)

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

Central Indiana Better Business Bureau

151 N. Delaware St., Ste. 2020, Indianapolis, IN 46204
317-488-2222, 866-463-9222, www.indybbb.org

Office of Indiana Attorney General

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

Consumer Protection Division

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

Disability Parking Permits

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

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

Department of Public Works

City of Indianapolis

1200 S. Madison Ave., Ste. 200, Indianapolis, IN 46225

317-327-4693

Engineering Department- City of Lebanon

401 S. Meridian St., Lebanon, IN 46052

765-482-8845

Engineering Department- City of Noblesville

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

317-776-6330

Mayor's Office- Martinsville

59 S. Jefferson St., Martinsville, IN 46151

765-342-2861

Shelbyville Police Department

105 W. Taylor St., Shelbyville, IN 46176

317-392-5106

Town of Plainfield Municipal Building

206 W. Main St., Plainfield, IN 46168

317-839-2561 ext. 252

Money Management

Representative Payee Services

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

The following agencies will help individuals consolidate bills:

Apprisen

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

Crisscross

866-380-9708, crisscross.org

Families First

615 N. Alabama St., Ste. 320, Indianapolis, IN 46204
317-634-6341, www.familiesfirstindiana.org

Reverse Mortgage Programs

Some older adults have small incomes but may have a lot of equity invested in their homes. Adults 62 or older can obtain a home equity conversion or “reverse mortgage.” The amount will be based on age, the current interest rate and the appraised value of the home. 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
800-355-2227, www.apprisen.com

Tax Services

Unified Tax Credit

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

Indiana Department of Revenue

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

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

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

Hamilton County Auditor, 317-776-8401, www.hamiltoncounty.in.gov

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

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

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

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

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

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

Education & Enrichment

In This Section:

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

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

accessABILITY Center for Independent Living, Inc.

5302 E. Washington St., Indianapolis, IN 46219
317-926-1660, 866-794-7245, www.abilityindiana.org

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

6905 Hoover Rd., Indianapolis, IN 46260
317-259-6822

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, www.bosma.org

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

317-803-6042, www.cicoa.org/meals-more/education.html

IUPUI Office of Community Engagement

518 Indiana Ave., 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

OASIS

10800 E. Washington St., Indianapolis, IN 46229
317-396-3751, www.oasisnet.org/Indianapolis-IN

Purdue Extension—Boone County

1300 E. 100 S., Lebanon, IN 46052
765-482-0750, www.extension.purdue.edu/boone

Purdue Extension—Hamilton County

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

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

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

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

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

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

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

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

Vincennes University
Veterans Upward Bound
3833 N. Meridian St., Ste. 300, Indianapolis, IN 46208
317-927-9605

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.road scholar.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

300 E. Fall Creek Pkwy. N. Dr., Ste. 200, Indianapolis, IN 46205
317-327-6006

Poison Safety Education

Indiana Poison Center

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

Public Health

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

Boone County Health Department

116 W. Washington St., B201, Lebanon, IN 46052
765-483-4458

Hamilton County Health Department

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

Hancock County Health Department

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

Hendricks County Health Department

355 S. Washington St., Ste. 211, Danville, IN 46122
317-745-9222

Johnson County Health Department

86 W. Court St., Franklin, IN 46131
317-346-4365

Marion County Health Department

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

Morgan County Health Department

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

Shelby County Health Department

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

Public Safety

Boone County Emergency Management

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

Hamilton County Emergency Management

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

Hancock County Emergency Management

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

Hendricks County Emergency Management

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

Indianapolis Department of Public Safety

47 S. State Ave, Indianapolis, IN 46201
317-327-5501

Indianapolis Division of Homeland Security

201 N. Shadeland Ave., Indianapolis, IN 46219

317-327-3900, www.indy.gov/eGov/City/DPS/DHS/Pages/home.aspx

Indianapolis Metropolitan Police Department

50 N. Alabama St., Indianapolis, IN 46204

Non-Emergency Dispatch Line: 317-327-3811

Emergency: 911

Johnson County Emergency Management

1081 Hospital Rd., Franklin, IN 46131

317-736-9064, www.johnsoncountyema.org/ema

Morgan County Emergency Management

1050 N. Lincoln Hill Rd., Martinsville, IN 46151

765-342-8467, www.morgancountyinema.org

Shelby County Emergency Management

715 E. S.R. 44, Shelbyville, IN 46176

317-392-6308, www.co.shelby.in.us

Health Care

In This Section:

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

Assistive Technology Equipment & Services

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

The Alzheimer's Store

800-752-3238, www.alzstore.com

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

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

Dental Care

Currently, Medicare will 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 Cottage Corner Community Health Clinic

1434 Shelby St., Indianapolis, IN 46203
317-800-1206

Eskenazi Health Center Grassy Creek

9443 E. 38th St., Indianapolis, IN 46235
317-880-2288

Eskenazi West 38th Dental Clinic

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

Gennesaret Free Clinic

Dental and Wellness Center, Blue Triangle Residence Hall
725 N. Pennsylvania St., Indianapolis, IN 46202
317-955-0217

HealthNet—Barrington Health & Dental Center

3401 E. Raymond St., Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—Pediatric & Adolescent Care Center

1633 N. Capitol Ave., Ste. 236, Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—People’s Health & Dental Center

2340 E. 10th St., Indianapolis, IN 46201
317-957-2450, www.indyhealthnet.org

HealthNet—Southeast Health & Dental Center

901 Shelby St., Indianapolis, IN 46203
317-957-2450, www.indyhealthnet.org

HealthNet—Southwest Health & Dental Center

1522 W. Morris St., Indianapolis, IN 46221
317-957-2450, www.indyhealthnet.org

Heart and Soul Clinic

202 Penn St., Westfield, IN 46074
317-804-5782

Hope Family Care Center

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

Indiana University School of Dentistry

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

Jane Pauley Community Health Center Dental Clinic

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

Jane Pauley Community Health Center Dental Clinic

9651 E. 21st St., Indianapolis, IN 46220
317-891-4980

St. Thomas Medical Clinic- Johnson County Dental Health Line

317-656-7911

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

Eskenazi Health Dental Center
1650 N. College Ave., Indianapolis, IN 46202
317-880-0888

Marion County Public Health Department

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

Marion County Public Health Department

Northeast District

6042 E. 21st St., Indianapolis, IN 46219

317-221-7397

Marion County Public Health Department

Northwest District, Philip and Vivian Pecar Health Center

6940 N. Michigan Rd., Ste. 110, Indianapolis, IN 46268

317-221-7574

Raphael Health Center

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

317-926-1507

Trinity Free Clinic

1045 W. 146th St., Carmel, IN 46032 (Hamilton County Only)

317-819-0772

Indiana Donated Dental Service

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

If you live in, or south of, Boone, Hamilton, Hancock, Henry, Montgomery, Parke, Vermillion, or Wayne counties the program coordinator at 800-452-6022 or apply online at dentallifeline.org.

Driver Assessments

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

AAA Hoosier Motor Club

seniordriving.aaa.com

AARP Driver Safety Course

877-846-3299, www.aarpdriversafety.org

Easter Seals Crossroads Driver Evaluation and Training Program

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-2001, www.eastersealscrossroads.org

Rehabilitation Hospital of Indiana Driver Rehabilitation Program

317-329-2000, www.rhin.com

Senior Driving & Mobility Services, LLC

317-489-0804, www.seniordrivingandmobility.com

The Hartford

Free guides, including *Family Conversations with Older Drivers*

www.thehartford.com/resources

Flu Vaccines

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

Boone County Health Department

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

Hamilton County Health Department

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

Hancock County Health Department

317-477-1125, www.hancockcoingov.org

Hendricks County Health Department

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

Johnson County Health Department

317-346-4368, www.co.johnson.in.us/civil/HealthDepartment

Marion County Health Department—Eagledale Plaza

2802 Lafayette Rd., Ste. 5, Indianapolis, IN 46222

317-221-3441, www.mchd.com

Marion County Health Department—Meadows Drive

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

Marion County Health Department—Northeast District

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

Marion County Health Department—Northwest District

Philip and Vivian Pecar Health Center
6940 Michigan Rd., Ste. 130, Indianapolis, IN 46268
317-221-7500, www.mchd.com

Marion County Health Department—South District

505 E. National Ave., Indianapolis, IN 46227
317-221-5700, www.mchd.com

Morgan County Health Department

765-342-6621, www.morgancountyhealth.com

Shelby County Health Department

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

Geriatric Assessments

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

Eskenazi Health Senior Care

720 Eskenazi Ave., Indianapolis, IN 46202
317-880-0000, www.eskenazihealth.edu

IU Health Physicians Geriatrics

1633 N. Capitol Ave., Ste. 322, Indianapolis, IN 46202
317-962-2929, iuhealth.org/geriatrics

Richard L. Roudebush VA Medical Center

Geriatric Resources for Assessment and Care of Elders (GRACE)
1481 W. 10th St., Rm. D-2031, Indianapolis, IN 46202
317-988-1809, www.indianapolis.va.gov

St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 11, Indianapolis, IN 46260
317-338-7780, www.stvincent.org

Touchpoint Healthy Aging Transition Services (HATS)

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

Touchpoint Healthy Aging Transition Services (HATS)

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

Deaf and Hard of Hearing Services

Hearing Aids

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

Aspire Indianapolis Deaf Services

2506 Willowbrook Pkwy., Ste. 111, Indianapolis, IN 46205
317-574-1254, www.aspireindiana.org/deaf-services

Deaf and Hard of Hearing Services (DHHS)

Bureau of Rehabilitation Services

402 W. Washington St, Indianapolis, IN 46207

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

Indiana Lions Speech and Hearing, Inc.

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

indylionsspeechhearing.org/loaner.html

Relay Indiana

7702 Woodland Dr., Ste. 130, Indianapolis, IN, 46278

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

HIV Testing (Confidential)

Bell Flower Clinic

640 Eskenazi Ave., Indianapolis, IN 46202

317-221-8300, www.bellflowerclinic.org

Brothers United

317-931-0292, www.brothersunitedinc.org

Damien Center

26 N. Arsenal Ave., Indianapolis, IN 46201

317-632-0123 ext. 287, www.damien.org

Indianapolis Urban League

317-693-7648, www.indplsul.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

317-221-4618

Planned Parenthood

800-230-7526

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 and 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. Individual assets may not exceed \$500,000. 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 children and adults with deficits that are the result of medical needs 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 information and/or eligibility assessment.

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.

The PACE program provides the entire continuum of medical and support services to seniors with chronic care needs while maintaining their independence in their home for as long as possible.

Franciscan Health's Senior Health & Wellness PACE program currently serves older adults who live in the following ZIP codes in Indianapolis, Beech Grove, Greenwood, Franklin and Johnson County: 46201, 46219, 46229, 46203, 46107, 46237, 46239, 46227, 46259, 46142, 46143, 46184, and 46131.

For information and/or eligibility assessment contact:

Franciscan Senior Health & Wellness PACE Program
317-528-7223

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

Visiting Physician Services

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

Eskenazi Health- House Calls for Seniors

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

GO DOCS GO

317-841-9800, www.godocsgo.net

Grace at Home

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

Home Doctor For You

317-569-1413, www.homedoctorforyou.com

INhouse Primary Care

317-335-5189, www.inhouseprimarycare.com

Meridian Visiting Physicians

1-844-255-5687, callmvp.com

Hospice Care

Hospice is a service designed to meet the needs of terminally ill patients and their families. Services may be covered by Medicare or Medicaid and include nursing home care, hospital care, pain control, equipment and medical supplies. Hospice programs also provide ongoing grief support and teach families how to care for patients at home. For provider options, call the Indiana Hospice & Palliative Care Organization referral helpline at 866-254-1910 or call the Indiana State Department of Health at 317-233-1325.

Low-Vision Aids

Eye Care

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

Alivio Medical Centers

2060 N. Shadeland Ave., Ste. 200, Indianapolis, IN 46219
317-635-3499, www.aliviohealth.com

Eskenazi Eye Clinic

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

Indianapolis Eye Care Center Community Outreach

Indiana University School of Optometry
501 Indiana Ave., Ste. 100, Indianapolis, IN 46202
317-321-1470

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.

Senior Eye Care Program

Eye Care America
877-887-6327, www.eyecareamerica.org

Low-Vision Rehabilitation

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

accessABILITY

5302 E. Washington St., Indianapolis, IN 46219
317-926-1660, www.abilityindiana.org

Bosma Enterprises

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, 866-602-6762, www.bosma.org

Hadley Institute for the Blind and Visually Impaired

800-323-4238, hadley.edu

Rehabilitation Hospital of Indiana

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

Equipment for the Visually Impaired

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

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

Indianapolis Public Library

317-275-4100, www.indypl.org

Indiana Reading and Information Services (IRIS) —WFYI

317-614-0404, www.wfyi.org/iris

Indiana State Library

Talking Book and Braille Library

315 W. Ohio St., Indianapolis, IN 46202

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

Donating Used Glasses

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

Medication Management

Poison Control Center

Emergency 24-hour service line where immediate information from highly skilled medical professionals is available.

800-222-1222

Medication Use Safety Training for Seniors

www.mustforseniors.org

Medication Dispensers and Medication Delivery

Several companies make medication dispensers that are designed to aid persons who take medications on a scheduled basis. These dispensers can be filled, locked and timed to dispense the correct dosage at the appropriate time. Some dispensers have an alarm that sounds and will not silence until the door for that dose is opened.

Following are sources for medication dispensers; your local medical equipment supply store and pharmacist can recommend additional suppliers. Care recipients who take multiple medications at one time and have difficulty remembering specifically how to do so can benefit from having dosages of multiple medications presorted and packaged together by a pharmacy in advance of delivery.

e-pill Medication Reminders

800-549-0095, www.epill.com

ExactCare Pharmacy

877-355-7225, www.exactcarepharmacy.com

Philips Medication Dispensing Service

888-632-3261, www.managemypills.com/content

Quick Medical®

888-345-4858, www.quickmedical.com/index.html

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 with tips to help make this decision.

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

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

Indiana Health Care Association

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

Indiana State Department of Health

Long-Term Care Division
2 N. Meridian St., Indianapolis, IN 46204
317-233-1325, www.statehealth.in.gov

Pre-Admission Screening Resident Review (PASRR)

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

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

Personal Emergency Response Systems

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

ADT

800-588-2278

Companion Lifeline

260-459-9900

Critical Signal Technologies, Inc.

888-557-4462

Etelcare Home Services Unlimited

317-471-0770

Freedom Senior Services of Indiana, Inc.

317-359-3733

Guardian Medical Monitoring

800-782-9688

Healthcom, Inc.

800-525-6237

Help at Home, LLC—Bloomington

812-339-8678

Help at Home, LLC—Greenwood
317851-8260

Help at Home, LLC—Indianapolis
317842-7104

Henry County Memorial Hospital Lifeline
319-385-6164

Home Helpers Direct Link
317-753-3418

Lifeline Systems, Inc.
855-681-5351

Servant’s Heart Home Health Services, Inc.
866-739-1776

St. Vincent Medical Alert Services
317-338-2273

Valued Relationships, Inc.
800-860-4230

Respite Care

Respite care is designed to relieve individuals or families engaged in caring for individuals whose needs are too great to live alone. The adult day service centers listed in this directory can serve as out-of-home respite sites when the caregiver needs to be away on a daily basis. Many nursing homes offer long-term respite stays of up to 30 days 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

Alert Service Dogs

9036 Buckeye Ct., Indianapolis, IN 46260
1-800-518-1810, www.alertservicedogs.com

Canine Companions for Independence

800-572-2275, www.cci.org

Indiana Canine Assistant Network (ICAN)

5610 Crawfordsville Rd., Ste. 2101, Indianapolis, IN 46224
317-250-6450, www.icandog.org

Indiana Protection & Advocacy Services ADA Service Animals

www.in.gov/ipas/2393.htm

Leader Dogs for the Blind

888-777-5332, www.leaderdog.org

Medical Mutts

317-991-5400, www.medicalmutts.com

Wellness Programs

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

Boner Fitness and Learning Center

727 N. Oriental St., Indianapolis, IN 46201
317-423-2000, jhbcc.org/bonerfitnessandlearningcenter

Community Health Network—Touchpoint

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

Franciscan Health Senior Promise

8111 S. Emerson Ave., Indianapolis, IN 46237
317-528-8277, www.franciscanhealth.org/seniorpromiseindy

Hamilton County Health Department

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

Hancock County Health Department

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

Hancock Regional Hospital

888 W. New Rd., Greenfield, IN 46140
317-468-6100, www.hancockregionalhospital.org/wellness-education

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9222, www.co.hendricks.in.us

Hendricks Regional Health

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

IU Health Morgan Hospital

2209 John R. Wooden Dr., Martinsville, IN 46151
765-342-8441, www.iuhealth.org/morgan

JCC Indianapolis

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

Johnson County Health Department

86 W. Court St., Franklin, IN 46131
317-346-4365, www.co.johnson.in.us/civil/HealthDepartment/index.htm

Marion County Health Department

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

Morgan County Health Department

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

PrimeLife Enrichment Inc.

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

Riverview Health Wellness

395 Westfield Rd., Noblesville, IN 46060
317-773-0760, www.riverview.org

SilverSneakers Fitness Program

866-584-7389, www.silversneakers.com

St. Vincent Center for Healthy Aging

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

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 social insurance 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

8020 Zionsville Rd., Indianapolis, IN 46268
317-684-0600, www.bosma.org

Goodwill of Central & Southern Indiana

1635 W. Michigan St., Indianapolis, IN 46222
317-524-4313, www.goodwillindy.org

National Able Network

3737 N. Meridian St., Ste. 404, Indianapolis, IN 46208
855-994-8300, 317-396-7800, www.nationalable.org

Vocational Rehabilitation Services

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, (V) 877-715-5296, www.in.gov/fssa/2328.htm

WorkOne East

2525 N. Shadeland Ave., Ste. C3, Indianapolis, IN 46219
317-358-4500, www.workoneindy.org

WorkOne Express—Boone County

125 Lakeshore Dr., Lebanon, IN 46052
765-482-0160, www.workonecentral.org/boone.html

WorkOne Express—Hamilton County

300 N. 17th St., Noblesville, IN 46060
317-774-5970, www.workonecentral.org/hamilton.html

WorkOne Express—Hancock County

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

WorkOne Express—Shelby County

130 W. Rampart Rd., Shelbyville, IN 46176
317-392-3251, www.workonecentral.org/shelby.html

WorkOne Franklin—Johnson County

97 Umbarger Ln., Franklin, IN 46131

317-736-5531, www.workonecentral.org/johnson.html

WorkOne North

9002 N. Purdue Rd., Ste. 200, Indianapolis, IN 46268

317-228-0682, www.workoneindy.org

WorkOne Plainfield—Hendricks County

160 Plainfield Village Dr., Ste 101, Plainfield, IN 46168

317-838-9335, www.workonecentral.org/hendricks.html

WorkOne West

3400 Lafayette Rd., Indianapolis, IN 46224

317-246-5400, www.workoneindy.org

Public Assistance Programs

Medicaid

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

www.in.gov/fssa/dfr/2999.htm or call 1-800-403-0864.

Supplemental Nutrition Assistance Program (SNAP)

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

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

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

Supplemental Security Income (SSI)

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

Social Security Administration

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

Retirement Benefits

Civil Service Retirement Benefits

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

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

Veteran Retirement Benefits

The Veterans Affairs Regional Office provides a variety of services and benefits to honorably discharged veterans of the U.S. military and their dependents.

County Veteran Service Officers

1-800-400-4520, in.gov/dva

Richard L. Roudebush VA Medical Center
1481 W. 10th St., Indianapolis, IN 46202
317-554-0000, www.indianapolis.va.gov

Railroad Workers Retirement Benefits

Railroad Workers Retirement Benefits,
877-772-5772, www.rrb.gov

Social Security Retirement Benefits

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

Senior Corps Volunteer Program

The following Senior Corps Volunteer Programs are federal programs of the Corporation for National and Community Services. Find more information online at www.nationalservice.gov/programs/senior-corps

Senior Companion Program

Pairs volunteers age 55 and older with adults in their community who have difficulty with the simple tasks of day-to-day living.

Catholic Charities Indianapolis

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

Foster Grandparent Program

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

Community Action of Greater Indianapolis (CAGI)

Foster Grandparent Program
3266 N. Meridian St., Ste. 200, Indianapolis, IN 46208
317-524-6860

Interlocal Community Action Program, Inc.

Foster Grandparent Program
615 St., Rd. 38 W., New Castle, IN 47362
765-529-4403

RSVP Program

For volunteers 55 and older seeking service opportunities in their local communities.

Catholic Charities Indianapolis

RSVP Program
1400 N. Meridian St., Indianapolis, IN 46202
317-261-3378

Social Health Insurance

Medicare

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

Social Security Administration

575 N. Pennsylvania St., Ste. 685, Indianapolis, IN 46204
800-772-1213, TTY 800-325-0778, www.ssa.gov

For Medicare claims and questions contact:

Medicare

800-633-4227, TTY 877-486-2048, www.medicare.gov

Medicare Prescription Drug Coverage (Part D)

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

Compare plan options by calling the State Health Insurance Assistance Program 800-452-4800 (in-state only), by calling Medicare at 800-633-4227 (TTY 877-486-2048) or by visiting www.medicare.gov.

Low-Income Assistance Programs

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

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

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

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

CICOA Aging & In-Home Solutions' SHIP line
317-803-6131

State Health Insurance Assistance Program (SHIP)

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

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

To find a SHIP site nearest you, contact:

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

Senior Medicare Patrol

SMPs nationwide are trained each year to help stop Medicare and Medicaid fraud. SMP's primary goal is to teach Medicare beneficiaries how to protect their personal identity; detect errors on health care bills;

and report deceptive health care practices including illegal marketing, providing unnecessary or inappropriate services, and charging for services never provided. SMP staff and volunteers speak to Medicare beneficiaries in their communities through group presentations, community events, phone calls to SMP help lines and one-on-one counseling. Report suspected Medicare fraud or abuse to:

CICOA Aging & In-Home Solutions' SHIP line

317-803-6131, 800-432-2422

Indiana Association of Area Agencies on Aging (IAAAA)

317-205-9201, 800-986-3505

Veteran Health Insurance

The Veterans Affairs Regional Office provides a variety of services and benefits to honorably discharged veterans of the U.S. military and their dependents.

Veteran County Service Officers, 800-400-4520

Veterans Administration

Benefits Information and Assistance

877-222-8387, 800-827-1000

Individual & Family Life

In This Section:

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

Adult Day Service Providers

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

A Caring Place (Catholic Charities Indianapolis)

4609 N. Capitol Ave., Indianapolis, IN 46208

317-466-0015

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

Active Day Indiana, Inc.—Northwest

6620 Parkdale Pl., Ste. R, Indianapolis, IN 46254

317-297-3730, www.activeday.com

Active Day Indiana, Inc.—South

5425 Victory Dr., Indianapolis, IN 46203

317-783-2155, www.activeday.com

Charlene's Angels

5800 W. Smith Valley Rd., Greenwood, IN 46142

317-431-1484, www.charsangels.com

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Easter Seals Crossroads

3215 E. Thompson Rd., Indianapolis, IN 46227

317-782-8888, www.eastersealscrossroads.org

Forever Young Hoosiers Adult Day Program

12412 Old Meridian St., Carmel, IN 46032

888-419-6444 ext. 1, www.foreveryounghoosiers.net

Forever Young Hoosiers Adult Day Program

6253 Coffman Rd., Indianapolis, IN 46254

317-851-0787, www.foreveryounghoosiers.net

Golden Gardens, LLC

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

Homewood Health Campus

2494 N. Lebanon St., Lebanon, IN 46052
765-482-2076, www.trilogyhs.com

John Boner Adult Day Services

236 E. 10th St., Indianapolis, IN 46201
317-633-3104, www.jhbcc.org

Joy's House Adult Day Services

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

Joy's House at U Indy

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

Just Friends

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

Meaningful Day Services

2346 S. Lynhurst Dr., Ste. 303, Indianapolis, IN 46241
317-248-0016, www.meaningfuldays.com

Miller's Merry Manor

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

SarahCare of Indianapolis

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

Second Family Adult Day Center

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

Still Waters Adult Day Center—Castleton

7160 Shadeland Station, Indianapolis, IN 46256

317-284-0837, stillwatersadc.org

Still Waters Adult Day Center—Eastgate

8100 E. 16th St., Indianapolis, IN 46219

317-820-3233, stillwatersadc.org

Aging-in-Place Organizations/Networks

Safe at Home

CICOA Aging & In-Home Solutions Safe at Home service offers home accessibility modifications to assist home owners and renters age 60 and older or of any age with a disability to make their homes safe and accessible for daily living. There are a number of funding opportunities that are available to assist with the cost of home accessibility modifications based on a client's eligibility. 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

Community Caring Program

Shepherd's Center of Hamilton County

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

317-674-8777, www.shepherdscenterofhamiltoncounty.org

Friendly Visitor Program

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

Friendly Visiting/Telephoning

Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122
317-745-4303, hcseniors.org

Heritage Place of Indianapolis

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

Senior Companion Program

Catholic Charities Indianapolis
1400 N. Meridian St., Indianapolis, IN 46202
317-236-1565, www.archindy.org/cc/indianapolis

Volunteer Services

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

Home Repair and Maintenance

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

USDA Rural Development, Crawfordsville Office

Boone and Hendricks Counties
2038 Lebanon Rd., Crawfordsville, IN 47933
765-362-0405, ext. 4. www.rd.usda.gov/in

USDA Rural Development, Muncie Office

3641 N. Briarwood Ln., Muncie, IN 467304
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 CDC

7003A N. Michigan Rd., Indianapolis, IN 46268
317-257-5388, www.crookedcreekcdc.org

Englewood CDC

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

Indianapolis Housing Agency

Insight Development
1919 N. Meridian St., Indianapolis, IN 46202
317-261-7200, www.indyhousing.org/about/insight-development-corp

Indianapolis Neighborhood Housing Partnership

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

John H. Boner Neighborhood Centers

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

King Park Area Development Corporation

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

Mapleton-Fall Creek Development Corporation

130 E. 30th St., Indianapolis, IN 46205
317-923-5514, www.mfcdc.org

Martindale Brightwood Community Development Corporation

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

Near North Development Corporation

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

Oasis Christian CDC

1915 E. 25th St., Indianapolis, IN 46218
317-925-7513

Partners in Housing Development Corporation

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

Riley Area Development Corporation

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

Southeast Neighborhood Development, Inc.

1035 Sanders St., Ste. 118, Indianapolis, IN 46203
317-634-5079, sendcdc.org

United North East Community Development Corporation

3908 Meadows Dr., Indianapolis, IN 46205
317-546-6240, www.anuimpact.org

West Indianapolis Development Corporation

1211 S. Hiatt St., Indianapolis, IN 46221
317-638-9432, ext. 2, www.westindydev.org

Westside Community Development Corporation

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

Habitat for Humanity

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

Habitat for Humanity

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

NeighborLink Indianapolis

NeighborLink Indy may be able to help low-income seniors with free home repair. To request help, contact:

NeighborLink Indianapolis

317-286-2740, www.nlindy.org

Interpretation/Translation

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

Language Interpretation

Language Line Solutions

1 Lower Ragsdale Drive, Bldg 2, Monterey, CA 93940
800-752-6096, www.languageline.com

Luna Language Services

8935 N. Meridian St., Ste. 250, Indianapolis, IN 46260
317-341-4137, luna360.com

Sign Language Interpretation

Deaf Community Services

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

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

Telecommunication Relay Service

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

Pet Companionship

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

Hancock County Animal Management

809 S. State St., Greenfield, IN 46140

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

Hendricks County Animal Control/Shelter

250 E. Campus Blvd., Danville, IN 46122

317-745-9250

Hendricks County Humane Society

3033 E. Main St., Danville, IN 46122

317-745-3338, www.hendrickscountyhumanesociety.org

Humane Society for Boone County

765-485-8888, www.hsforbc.org

Humane Society for Hamilton County

1721 Pleasant St., Noblesville, IN 46060
317-773-4974, www.hamiltonhumane.com

Humane Society of Indianapolis

7929 N. Michigan Rd., Indianapolis, IN 46268
317-872-5650, www.indyhumane.org

Humane Society of Johnson County

3827 N. Graham Rd., Franklin, IN 46131
317-535-6626, www.hsjc.org

Indianapolis Animal Care Services

2600 S. Harding St., Indianapolis, IN 46221
317-327-1397, www.indy.gov/eGov/City/DPS/ACCD

Johnson County Animal Control

2160 Graham Rd., Franklin, IN 46131
317-736-3924, www.petfinder.com/shelters/IN86.html

Morgan County Humane Society

690 W. Mitchell Ave., Martinsville, IN 46151
765-349-9177, www.mchumanesoc.org

Shelby County Animal Shelter

705 Hale Rd., Shelbyville IN 46176
317-392-5127,
www.cityofshelbyvillein.com/Departments/AnimalShelter.aspx

Protective Services

Adult Abuse Reporting

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

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

Adult Protective Services

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

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

Support Groups

Support groups may meet regularly and provide support services for a variety of issues and illnesses. This lists includes a small sample of support groups requested by aging adults and their families. For information about additional support groups, call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 or contact Connect2Help 2-1-1 or visit www.connect2help211.org for support group locations.

Alcoholism and Substance Abuse

Alcoholics Anonymous
317-632-7864, www.indyaa.org

ALS Support Groups

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

Alzheimer's Support Groups

Alzheimer's Association of Greater Indiana

317-575-9620, 800-272-3900, www.alz.org/indiana

Arthritis Support Groups

Arthritis Foundation

317-879-0321, 800-782-2342, www.arthritis.org/indiana

Autism Support Group

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-479-3231, www.eastersealscrossroads.org

Noble of Indiana

317-254-2700, www.mynoblelife.org

Brain Injury Support Groups

Brain Injury Association of Indiana

317-356-7722, 866-854-4246, biaindiana.org/education

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256

317-585-5428

Rehabilitation Hospital of Indiana Neurorehabilitation Center

317-897-8940

Cancer Support Groups

Leukemia and Lymphoma Society

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

American Cancer Society

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

Major Health Partners Women's Cancer Support Group

2455 Intelliplex Dr., Shelbyville, IN 46176

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

Boone County Cancer Society

117 W. Elm St., Lebanon, IN 46052

765-482-2043, www.boonecountycancersociety.org

CancerCare

800-813-4673, www.cancercares.org

Cancer Support Community Central Indiana

317-257-1505, www.cancersupportindy.org

Community Breast Care South

1440 E. Co. Ln. Rd., Ste. 1700, Indianapolis, IN 46227

317-497-2859, www.ecommunity.com

Hancock Regional Hospital Cancer Circle

801 N. State St., Greenfield, IN 46140

317-325-2643

www.hancockregionalhospital.org/healthcare-services/cancer-care

Hendricks County Cancer Connect

Indiana University Health—West Hospital

1111 N. Ronald Reagan Pkwy., Avon, IN 46123

317-217-3391

Little Red Door Cancer Agency

317-925-5595, www.littlereddoor.org

Indiana University Health Cancer Center

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

765-349-6533, iuhealth.org/morgan/oncology-regional-cancer-center

St. Vincent Health

317-338-4968, www.stvincent.org

Witham Health Services

2605 N. Lebanon St., Lebanon, IN 46052

765-485-8120, www.witham.org

Caregiver Support Groups

Catholic Charities Indianapolis- A Caring Place
4609 N. Capitol Ave., Indianapolis, IN 46208
317-466-0015

Cancer Support Community Central Indiana
317-257-1505, www.cancersupportindy.org

Franciscan Health- Baxter YMCA
7900 Shelby St., Indianapolis, IN 46227
317-528-2636

Hancock Regional Hospital
317-468-4185

Crohn's and Colitis Support Groups

Crohn's and Colitis Foundation of America
317-259-8071, www.ccfa.org

Diabetes Support Groups

American Diabetes Association
317-352-9226, 800-342-2383, www.diabetes.org

Franciscan Health- Diabetes Center
5230A E. Stop 11 Rd., Indianapolis, IN 46237
317-528-2636

Hendricks Regional Health- Senior Center
1201 Sycamore Ln., Danville, IN 46122
317-745-3769

Indiana University Health Methodist- Diabetes Center
1801 N. Capital Ave., Indianapolis, IN 46202
317-944-3570

Major Health Partners- Major Hospital
150 W. Washington St., Shelbyville, IN 46176
317-421-5634

Riverview Health

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

Witham Health Services

2605 N. Lebanon St., Lebanon, IN 46052
765-485-8120, www.witham.org

Lung Health Support Groups

American Lung Association

317-819-1181, 800-586-4872, www.lungin.org

Muscular Dystrophy Support Groups

Muscular Dystrophy Association

9100 Purdue Rd. Ste. 203, Indianapolis, IN 46268
317-824-4800, www.mda.org

Muscular Dystrophy Family Foundation

317-615-9140, mdff.org

Multiple Sclerosis Support Groups

Multiple Sclerosis Association

317-870-2520, 800-344-4867,
www.nationalmssociety.org/Chapters/IN/

Osteoporosis Support Groups

National Osteoporosis Foundation

800-231-4222, nof.org

Parkinson's Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122
317-745-4303, hcseniors.org/wp

Parkinson Awareness Association of Central Indiana
317-255-1993, www.paaci.org

Pet Grief Support Groups

Indiana Pet Loss Resources

317-251-4028, www.pet-loss.net/resources/IN.shtml

Stroke Support Groups

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256
317-585-5428

Rehabilitation Hospital of Indiana

4141 Shore Dr., Indianapolis, IN 46254
317-329-2251

Vision Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122
317-745-4303, hcseniors.org/wp

Volunteer Development

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

American Red Cross of Greater Indianapolis

317-684-1441, www.redcross.org/local/in

Boone County Senior Services

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

Bosma Enterprises

317-827-2176, www.bosma.org/Get-Involved/Volunteer

Boys and Girls Club of Indianapolis

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

Catholic Charities Retired and Senior Volunteer Program (RSVP)

1400 N. Meridian St., Indianapolis, IN 46202

317-261-3378,

<http://www.archindy.org/cc/indianapolis/RSVPofCentralIndiana.html>

CICOA Aging & In-Home Solutions

317-803-6003, Volunteer Home: www.cicoa.org/volunteer

Habitat for Humanity of Greater Indianapolis

317-921-2122, indyhabitat.org/volunteer

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, hcseniors.org/wp

Indianapolis OASIS

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

Indy Reads

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

317-275-4040, www.indyreads.org

Meals on Wheels of Central Indiana

317-252-5558, www.mealsonwheelsindy.org

NeighborLink Indianapolis

317-286-2740, www.nlindy.org/signup/1

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

317-815-7000, www.primelifeenrichment.org

The Caring Center

1230 Ransdell Ct., Lebanon, IN 46052

765-482-2020, www.thecaringcenter.net

United Way of Central Indiana- Get Connected

317-923-1466, uwc.galaxydigital.com

Witham Health Services

765-485-8175, www.witham.org/VolunteeringatWitham

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)

120 E. Market St., Ste. 1190, Indianapolis, IN 46204
317-955-2790 www.indianacare.org

Families First

Vistas Program

615 N. Alabama St., Ste. 320, Indianapolis, IN 46204
317-634-6341, www.familiesfirstindiana.org

Indianapolis Legal Aid Society

615 N. Alabama St., Ste. 122, Indianapolis, IN 46204
317-635-9538, www.indylas.org

For guardianship issues specifically related to disability or special education:

Disability Legal Services of Indiana

5954 N. College Ave., Indianapolis, IN 46220
317-426-7733, www.disabilitylegalservicesindiana.org

Low-income persons aged 60 and older who wish to contest or terminate a guardianship should contact:

Senior Law Project

Indiana Legal Services, Inc.

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-631-9424, 800-869-0212, www.indianalegalservices.org

Legal Assistance

The Indiana State Bar Association does not make lawyer referrals but can direct individuals to the local bar association for attorney referrals within a specific county. These organizations may be able to provide legal representation for low-income clients of any age:

Indiana Legal Services

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-632-9410, 844-243-8570, www.indianalegalservices.org

Indiana State Bar Association

One Indiana Square, Ste. 530, Indianapolis, IN 46204
317-639-5465, 800-266-2581, www.inbar.org

The Senior Law Project 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. It also provides helpful booklets regarding senior law issues, life planning (living wills, power of attorney, guardianship, etc.), and speakers for educational programs.

Indianapolis Bar Association

135 N. Pennsylvania St., Ste. 1500, Indianapolis, IN 46204
317-269-2000, www.indybar.org
Mon-Fri, 8:30 a.m. - 4:30 p.m.

The Indianapolis Bar Association offers the following free services:

- **Lawyer Referral Service**
317-269-2222, Mon-Fri, 8:30 a.m. - 4:30 p.m.
- **Legal Line**
317-269-2000, 2nd Tuesday 6:00 p.m. - 8:00 p.m.

Indianapolis Legal Aid Society

615 N. Alabama St., Ste. 122, Indianapolis, IN 46204
317-635-9538, www.indylas.org

The National Academy of Elder Law Attorneys, Inc. maintains a searchable attorney database accessible to all.

National Academy of Elder Law Attorneys, Inc

703-942-5711, www.naela.org

Senior Law Project

Indiana Legal Services, Inc.

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204

317-631-9424, 800-869-0212

Intake: Mon-Fri, 8:30 a.m. - 5:00 p.m.

Additional resources and publications about elder laws can be found online at www.elderlawanswers.com.

Long-Term Care Ombudsman Programs

The following agencies investigate nursing home complaints about conditions at facilities, compliance with state regulations, abusive treatment, and inadequate care of residents.

In addition to investigating complaints about nursing homes, the ombudsman also assists residents who have problems with Medicare, Medicaid or those who want to contest a guardianship.

Indiana Attorney General

Patient Abuse and Neglect Program

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

800-382-1039, www.in.gov/attorneygeneral

Indiana Legal Services

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204

317-632-9410 ext. 2255, 844-243-8570, www.indianalegalservices.org

Indiana Long Term Care Ombudsman

Division of Aging, Indiana Family and Social Services Administration

402 W. Washington St., W451, Indianapolis, IN 46204

800-622-4484

Indiana State Department of Health

Division of Long Term Care

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

317-233-7442, www.state.in.us/isdh

Mental Health & Substance Abuse

In This Section:

Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings to help people achieve, maintain and enhance a state of emotional well-being, personal empowerment and the skills to cope with everyday demands without excessive stress or reliance on alcohol or other drugs. Treatment may include emotional support, introspection and problem-solving assistance using a variety of modalities and approaches, and medication, as needed, for individuals who have a physical and/or psychological dependency on one or a combination of addictive substances or for people who range from experiencing difficult life transitions or problems in coping with daily living to those with severe, chronic mental illnesses that seriously impact their lives.

Bereavement Counseling

These organizations or agencies offer group education, counseling or support for persons who have experienced the death of a loved one. Services are usually provided at no cost.

AseraCare

8910 Purdue Rd, Ste. 690, Indianapolis, IN 46268
317-337-0439, www.aseracare.com

Centerstone

1175 W. Southview Dr., Martinsville, IN 46151
765-342-6616, www.centerstone.org

Community Home Health Service

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

Dusk-to-Dawn Bereavement

300 W. South Blvd., Crawfordsville, IN 47933
765-376-5644, www.dusk-to-dawn.org

Franciscan VNS

1300 Albany St., Beech Grove, IN 46107
317-782-7252, www.franciscanhealth.org/VNS

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122
317-718-4360, www.hendricks.org

St. Francis Home Health and Hospice

421 N. Emerson Ave., Greenwood, IN 46143
317-528-2092

St. Vincent Hospice—Bereavement Support Group

8450 N. Payne Rd., Ste. 100, Indianapolis, IN 46268
317-982-3573

Community Mental Health Agencies and Outpatient Care

Community mental health centers provide a wide range of services, including inpatient treatment, day treatment, and outpatient counseling for older adults and their families. There are many different types of counseling. For help finding counseling that best suits your needs, contact any of the following agencies:

Adult and Child Mental Health Center, Inc.

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

Aspire Indiana

Access Line: 877-574-1254, www.aspireindiana.org

Bloomington Meadows Hospital

812-822-3201, www.bloomingtonmeadows.com

Centerstone

765-342-6616, www.centerstone.org

Community Health Network Behavioral Health Service

Gallahue Mental Health Services

For appointments or 24-hour crisis service call:

317-621-5700, 800-662-3445

For information and new appointments call:

317-621-5719, 866-621-5719,

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

Cummins Behavioral Health Systems, Inc.

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

Division of Mental Health and Addiction

Indiana Family & Social Services Administration (FSSA)

317-232-7800, www.in.gov/fssa/dmha

Mental Health America of Boone County

765-482-3020, ext. 16, www.mentalhealthamericaofboonecounty.com

Mental Health America of Hendricks County

317-272-0027, www.mhahc.com

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

Midtown Community Mental Health
Intake: 317-880-8491, www.eskenazihealth.edu/mental-health

Inpatient Mental Health Facilities

Many inpatient mental health facilities and most hospitals offer treatment for adults of all ages. They are listed in the Yellow Pages under “Mental Health Services.” The facilities listed below have programs designed specifically to treat the elderly. Medicare or private insurance generally covers the fees.

Assurance Health
900 N. High School Rd., Indianapolis, IN 46214
Intake: 877-261-1177, www.assurancehealthsystem.com

Community Hospital North Behavioral Health Pavilion
7165 Clearvista Dr., Indianapolis, IN 46256
Intake: 317-621-5719, Crisis: 317-621-5700, 800-662-3445
www.ecommunity.com/services/mental-behavioral-health

Larue D. Carter Memorial Hospital
2601 Cold Spring Rd., Indianapolis, IN 46222
317-941-4000

Options Behavioral Health System
5602 Caito Dr., Indianapolis, IN 46226
317-544-4340, www.optionsbehavioralhealthsystem.com

Richard L. Roudebush VA Medical Center
1481 W. 10th St., Indianapolis, IN 46202
317-988-2770, www.indianapolis.va.gov

St. Vincent Stress Center
8401 Harcourt Rd., Indianapolis, IN 46260
317-338-4800, 800-872-2210, www.stvincent.org

Transitions Senior Behavioral Health Care Services

Witham Health Services Hospital
2605 N. Lebanon St., Lebanon, IN 46052
765-485-8700, www.witham.org

Substance Abuse Services

Alcoholism and Substance Abuse Treatment Programs

Alcoholics Anonymous

1915 W. 18th St., Ste. D, Indianapolis, IN 46202
317-632-7864, www.indyaa.org

Community Health Network Behavioral Health Services

Gallahue Mental Health Services
317-621-5719, 866-621-5719
www.ecommunity.com/services/mental-behavioral-health

Cummins Behavioral Health Systems, Inc

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

Division of Mental Health and Addiction

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

Fairbanks

8102 Clearvista Pkwy., Indianapolis, IN 46256
Intake: 317-572-9396, www.fairbankscd.org

Families First

615 N. Alabama St., Ste. 320, Indianapolis, IN 46204
317-634-6341, www.familiesfirstindiana.org

St. Vincent Stress Center

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

Tara Treatment Center

6231 S. U.S. Highway 31, Franklin, IN 46131
812-526-2611, 800-397-9978, taratreatmentcenter.org

Organizational/Community Services

In This Section:

Programs that provide any of a broad spectrum of services that benefit entire communities or which offer services that are statewide, regional, national or international in scope. Included are opportunities for individuals or groups to enjoy the artistic and cultural life of the community, participate in community improvement or service projects, engage in philanthropic endeavors, have a voice in the political process, obtain or offer assistance in times of disaster, have access to information services, and/or benefit from the availability of a variety of services for residents, community agencies, organizations, businesses and industries, and other individuals/groups.

Area Agencies on Aging

Indiana Area Agencies on Aging offer advocacy, planning, services and funding that make a difference in the lives of older adults. The frail older person who is able to remain at home if they receive the right services and those who are healthy can benefit from activities and socialization provided by community-based programs. Contact the Area Agency in your county for more information or call 800-986-3505.

Area 1—Northwest Indiana Community Action Corporation

Jasper, Lake, Newton, Porter, Pulaski, and Starke Counties
800-826-7871, www.nwi-ca.com

Area 2—REAL Services, Inc.

Elkhart, LaPorte, Kosciusko, Marshall and St. Joseph Counties
800-552-2916, www.realservices.org

Area 3—Aging & In-Home Services of Northeast Indiana, Inc.

Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley Counties
800-552-3662, www.agingihs.org

Area 4—Area IV Agency on Aging & Community Action Programs, Inc.

Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren, and White Counties
800-382-7556, www.areaivagency.org

Area 5—Area Five Agency on Aging & Community Services, Inc.

Cass, Fulton, Howard, Miami, Tipton, and Wabash Counties
800-654-9421, areafive.com

Area 6—LifeStream Services

Blackford, Delaware, Fayette, Franklin, Grant, Henry, Jay, Madison, Randolph, Rush, Union, and Wayne Counties
800-589-1121, www.lifestreaminc.org

Area 7—Agency on Aging and Disabled/West Central Indiana Economic Development District, Inc. (WCIEDD)

Clay, Parke, Putnam, Sullivan, Vermillion, and Vigo Counties
800-489-1561, www.westcentralin.com

Area 8—CICOA Aging & In-Home Solutions

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

800-489-9550, www.cicoa.org

Area 10—Agency on Aging

Monroe and Owen Counties

800-844-1010, www.area10agency.org

Area 11—Thrive Alliance

Bartholomew, Brown, Decatur, Jackson, and Jennings Counties

866-644-6407, www.thrive-alliance.org

Area 12—LifeTime Resources, Inc.

Dearborn, Jefferson, Ohio, Ripley, and Switzerland Counties

800-742-5001, www.lifetime-resources.org

Area 13—Generations

Davies, Dubois, Greene, Knox, Martin, and Pike Counties

800-742-9002, www.generationsnetwork.org

Area 14—LifeSpan Resources, Inc.

Clark, Floyd, Harrison, and Scott Counties

888-948-8330, www.lsr14.org

Area 15—Hoosier Uplands Economic Development Corporation

Crawford, Lawrence, Orange and Washington Counties

800-333-2451, www.hoosieruplands.org

Area 16—SWIRCA & More

Gibson, Perry, Posey, Spencer, Vanderburgh and Warrick Counties

866-253-2188, www.swirca.org

Area Agencies on Aging personnel includes care managers and options counselors who are trained professionals that connect the aging and disabled populations to resources and services that allow them to remain living independently in a community setting. Services may include phone options counseling, referral to community programs, and connection to state- or federally-funded programs that provide in-home services such as meals, homemaker, home health aide, adult day service, transportation, respite care, and attendant care.

Long-Term Care Options Counseling

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

CICOA Aging & In-Home Solutions

Aging & Disability Resource Center (ADRC)
317-803-6131, 800-432-2422, www.cicoa.org

Cell Phone Donations

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

Call CICOA at 317-254-5465 or 800-489-9550 to donate a phone or for further information about cell phone options.

Community Centers

Community centers are neighborhood gathering places offering group activities, social support, 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.

African Center

317-927-9777, www.africancommunity.net

Asian Help Services

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

Brightwood Community Center

2410 Station St., Indianapolis, IN 46218
317-546-8200, brightwoodcommunitycenter.wordpress.com

Christamore House Family and Community Center

502 N. Tremont Ave., Indianapolis, IN 46222
317-635-7211, christamorehouse.org

Community Alliance of the Far Eastside (CAFÉ)

8902 E. 38th St., Indianapolis, IN 46226
317-890-3288, www.cafeindy.org

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225
317-637-4376, www.concordindy.org

Edna Martin Christian Center

2605 E. 25th St., Indianapolis, IN 46218
317-637-3776, ednamartincc.org

Fay Biccard Glick Neighborhood Center at Crooked Creek

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

Flanner House of Indianapolis

2424 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-925-4231, www.flannerhouse.com

Fletcher Place Community Center

1637 Prospect St., Indianapolis, IN 46203
317-636-3466, www.fletcherplacecc.org

Goodwin Community Center

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

Hawthorne Community Center

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

Heritage Place of Indianapolis

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

Immigrant Welcome Center

901 Shelby St., Ste B300, Indianapolis, IN 46203
317-808-2326, www.immigrantwelcomecenter.org

JCC Indianapolis

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

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

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

John H. Boner Neighborhood Centers

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

La Plaza

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

Latvian Community Center

1008 W. 64th St., Indianapolis, IN 46260
317-255-0992, indylv.com

Lynhurst Baptist Church Community Center

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

Mary Rigg Neighborhood Center

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

Shepherd Community Center

4107 E. Washington St., Indianapolis, IN 46201
317-375-0203, www.shepherdcommunity.org

Southeast Community Services

901 Shelby St., Indianapolis, IN 46203

317-236-7400, southeastindy.org

Connect2Help 2-1-1

The national abbreviated dialing code for free access to health and human services information and referral is 2-1-1. Connect2Help211's mission is to facilitate connections between people who need human services and those who provide them. Through the easy-to-remember 2-1-1 dialing code, Connect2Help211 serves solely to promote self-sufficiency, change lives and, as a result, improve the quality of life in our communities. If dialing 2-1-1 fails, call 317-926-4357.

Donated Specialty Items

Durable Medical/Specialized Medical Equipment Donations

Medicare, Medicaid and private health insurance may help with obtaining equipment and supplies that are medically necessary. A physician's statement is required. Suppliers of hospital equipment, supplies and other equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in the Yellow Pages under "Hospital Equipment and Supplies."

Easter Seals Crossroads INDATA

4740 Kingsway Dr., Indianapolis, IN 46205317-466-2013, 888-466-1314, www.eastersealstech.com

Relay Indiana

317-334-1413 (V/TTY), 877-446-8722 (VP)

relayindiana.com/equipment

Library Services

Some libraries have programs that deliver reading and audio-visual materials to the homebound. Many public libraries have computers

available to the public with Internet access. Classes and personal enrichment programs may be available, as well as volunteer opportunities.

The Indiana State Library has a variety of books on tape, tape players, DVDs and catalogs available at no charge to those who are legally blind.

Indiana State Library—Talking Book and Braille Library

315 W. Ohio St., Indianapolis, IN 46202

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

Boone County Public Libraries

Hussey-Mayfield Memorial Public Library

250 N. 5th St., Zionsville, IN 46077

317-873-3149, www.zionsville.lib.in.us

Lebanon Public Library

104 E. Washington St., Lebanon, IN 46052

765-482-3460, www.leplib.org

Thorntown Public Library

124 N. Market St., Thorntown, IN 46071

765-436-7348, www.thorntownpl.org

Hamilton County Public Libraries

Carmel Clay Public Library

55 4th Ave., S.E., Carmel, IN 46032

317-814-3900, www.carmel.lib.in.us

Hamilton North Public Library—Atlanta

100 W. Walnut St., Atlanta, IN 46031

765-292-2521, www.hnpl.lib.in.us

Hamilton North Public Library—Cicero

209 W. Brinton St., Cicero, IN 46034

317-984-5623, www.hnpl.lib.in.us

Hamilton East Public Library—Fishers

Five Municipal Drive, Fishers, IN 46038
317-579-0300, www.hepl.lib.in.us

Hamilton East Public Library—Noblesville

One Library Plaza, Noblesville, IN 46060
317-773-1384, www.hepl.lib.in.us

Sheridan Public Library

103 W. 1st St., Sheridan, IN 46069
317-758-5201, www.sheridan.lib.in.us

Westfield-Washington Public Library

333 W. Hoover St., Westfield, IN 46074
317-896-9391, www.wwpl.lib.in.us

Hancock County Public Libraries**Fortville-Vernon Township Public Library**

625 E. Broadway, Fortville, IN 46040
317-485-6402, www.fortville.lib.in.us

Hancock County Library—Central Location

900 W. McKenzie Rd., Greenfield, IN 46140
317-462-5141, hcplibrary.org

Hancock County Library—Sugar Creek Location

5087 W. U.S. 52, New Palestine, IN 46163
317-861-6618, hcplibrary.org

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

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

Brownsburg Public Library

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

Clayton-Liberty Township Public Library

5199 Iowa St., Clayton, IN 46118

317-539-2991, clayton.lib.in.us

Coatsville-Clay Township Public Library

4928 Milton St., Coatsville, IN 46121

765-386-2355, www.coatesvillectpl.lib.in.us

Danville Public Library

101 S. Indiana St., Danville, IN 46122

317-745-2604, www.dplindiana.org

Plainfield-Guilford Township Public Library

1120 Stafford Rd., Plainfield, IN 46168

317-839-6602, www.plainfieldlibrary.net

Johnson County Public Libraries

Edinburgh Wright-Hageman Public Library

119 W. Main Cross St., Edinburgh, IN 46124

812-526-5487, edinburgh.avcnet.com

Greenwood Public Library

310 S. Meridian, Greenwood, IN 46143

317-881-1953, www.greenwoodlibrary.us

Johnson County Public Library—Clark Pleasant Branch

530 Tracy Rd., Ste. 250, New Whiteland, IN 46184

317-535-6206, www.pageafterpage.org

Johnson County Public Library—Franklin Branch

401 State St., Franklin, IN 46131

317-738-2833, www.pageafterpage.org

Johnson County Public Library—Trafalgar Branch

424 S. Tower St., Trafalgar, IN 46181

317-878-9560, www.pageafterpage.org

Johnson County Public Library—White River Branch

1664 Library Blvd., Greenwood, IN 46142

317-885-1330, www.pageafterpage.org

Marion County Public Libraries

Beech Grove Branch

1102 Main St., Beech Grove, IN 46107
317-275-4530, www.indypl.org

Brightwood Branch

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

Central Library—One Library Square

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

College Avenue Branch

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

Decatur Township Branch

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

Eagle Branch

3325 Lowry Rd., Indianapolis, IN 46222
317-275-4340, www.indypl.org

East 38th Street Branch

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

East Washington Branch

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

Flanner House Branch

2424 Dr. Martin Luther King, Jr. St., Indianapolis, IN 46208
317-275-4370, www.indypl.org

Fountain Square Branch

1066 Virginia Ave., Indianapolis, IN 46203
317-275-4390, www.indypl.org

Franklin Road Branch

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

Garfield Park Branch

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

Glendale Branch

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

Haughville Branch

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

InfoZone Branch at the Children's Museum

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

Irvington Branch

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

Lawrence Township Branch

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

Nora Branch

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

Pike Township Branch

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

Southport Branch

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

Spades Park Branch

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

Warren Branch

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

Wayne Township Branch

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

West Indianapolis Branch

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

Morgan County Public Libraries**Brooklyn Branch**

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

Eminence Branch

11604 Walters Rd., Eminence, IN 46151
765-528-2117, morg.lib.in.us

Martinsville Main Branch

110 S. Jefferson St., Martinsville, IN 46151
765-342-3451, morg.lib.in.us

Monrovia Branch

145 S. Chestnut St., Monrovia, IN 46157
317-996-4307, morg.lib.in.us

Morgantown Branch

79 W. Washington St., Morgantown, IN 46160
812-597-0889, morg.lib.in.us

Waverly Branch

9410 S.R. 144, Martinsville, IN 46151
317-422-9915, morg.lib.in.us

Shelby County Public Libraries

Shelby County Public Library—Carnegie Library

57 W. Broadway, Shelbyville, IN 46176
317-398-7121, www.myselbylibrary.org

Shelby County Public Library—Morristown Branch

127 E. Main St., Morristown, IN 46161
765-818-1718, www.myselbylibrary.org

Senior Advocacy Groups

Senior advocacy organizations represent special interests and issues effecting 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

866-6872277, www.aarp.org/states/in

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, 800-272-3900, www.alz.org/indiana

Bosma Enterprises

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

Center for At-Risk Elders (CARE)

317-955-2790, www.indianacare.org

CICOA Aging & In-Home Solutions

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

Indy Reads

40 E. St. Clair St., Indianapolis, IN 46204
317-275-4040, www.indyreads.org

Medicare Rights Center

800-333-4114, www.medicarerights.org

Senior Medicare Patrol (SMP)

317-205-9201, 800-986-3505, www.iaaaa.org/smp.asp

State Health Insurance Assistance Program (SHIP)

800-452-4800, www.in.gov/idoi/2495.htm

County Councils on Aging

CICOA Aging & In-Home Solutions, the Area Agency on Aging for Central Indiana, has established local, independent Councils on Aging in each of the eight counties it serves to secure citizen participation in its mission and advocate for seniors. Each council is comprised of dedicated volunteers who help define the problems and needs of older Hoosiers in their county and identify solutions.

- Boone County Council on Aging, 317-803-6144
- Hamilton County Council on Aging, 317-803-6183
- Hancock County Council on Aging, 317-803-6106
- Hendricks County Council on Aging, 317-803-6107
- Johnson County Council on Aging, 317-803-6164
- Marion County Council on Aging, 317-803-6176
- Morgan County Council on Aging, 317-803-6129
- Shelby County Council on Aging, 317-803-6134

Individual information about County Councils on Aging can also be accessed at www.cicoa.org/about-us/county-councils-on-aging

Senior Centers

Senior centers offer a wide variety of activities and services. Many have daily hot lunch programs, classes, exercise and health programs, dances, games, specially priced trips and tours, and personal interest classes. Transportation may also be provided to and from some centers. Many centers are open every day but some are active only a few days per week. Be sure to call the site nearest you for details about programs and hours.

Boone County Senior Services, Inc.

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

Christamore House

502 Tremont St., Indianapolis, IN 46222

317-635-7211, www.christamorehouse.org

Community Alliance of the Far Eastside (CAFE)

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

317-890-3288, www.cafeindy.org/senior-programs

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225

317-637-4376, www.concordindy.org

Edna Martin Christian Center

2605 E. 25th St., Indianapolis, IN 46218

317-637-3776, ednamartincc.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 at Crooked Creek

2990 W. 71st St., Indianapolis, IN 46268

317-293-2600, www.faybiccardglickcenter.org

Flanner House of Indianapolis

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

317-925-4231, www.flannerhouse.com

Fletcher Place Community Center

1637 Prospect St., Indianapolis, IN 46203

317-636-3466, www.fletcherplacecc.org

Franklin Active Adult Center

160 E. Adams St., Franklin, IN 46131

317-736-3696,

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

George T. Goodwin Community Center
3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org

Greenfield Senior Center
280 Apple St., Greenfield, IN 46140
317-477-4343,
www.greenfieldin.org/component/content/article/107/195-senior-center

Hawthorne Social Service Association
2440 W. Ohio St., Indianapolis, IN 46222
317-637-4312, www.hawthornecenter.org

Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122
317-745-4303, www.hendricksseniors.org

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

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

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

John H. Boner Neighborhood Centers
2236 E. 10th St., Indianapolis, IN 46201
317-633-8210, www.jhbcc.org

Martinsville Area Senior Center
1369 N. Blue Bluff Rd., Martinsville, IN 46151
765-342-5525, sites.google.com/site/martinsvilleseniors

Mid North Indianapolis Shepherd's Center
3808 N. Meridian St., Indianapolis, IN 46208
317-924-2612, www.mnscenter.org

Mooresville Senior Citizens Center

4305 E. S.R. 144, Mooresville, IN 46158
317-831-7510

Nineveh Area Senior Citizens

3208 E. Rodeo Dr., Nineveh, IN 46164
812- 526-0333

Noblesville Senior Citizens Organization

18336 Cumberland Rd., Noblesville, IN 46060
317-773-6904, www.seniorcitizensorg.org

Perry Senior Services

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

Salvation Army—Fountain Square

1337 S. Shelby St., Indianapolis, IN 46203
317-632-0156

Shelby Senior Center Services—Shelbyville

1504 S. Harrison St., Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Center Services—Fairland

105 S. Walnut St., Fairland, IN 46126
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Center Services—Morristown

221 S. Washington St., Morristown, IN 46161
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Center Services—Waldron

202 W. Washington St., Waldron, IN 46182
317-398-0127, www.shelbyseniorservices.org

Shepherd's Center of Hamilton County

347 S. 8th St., Noblesville, IN 46060
317-674-8777, shepherdscenterofhamiltoncounty.org

Southeast Community Services

901 Shelby St., Indianapolis, IN 46203
317-236-7400, southeastindy.org/senior-center

Sterrett Senior Center

8950 Ottis Ave., Indianapolis, IN 46216
317-549-4815

St. Paul Senior Citizens

102 E. Washington St., St. Paul, IN 47272
765-525-6306

The Social of Greenwood

550 Polk St., Greenwood, IN 46143
317-882-4810, www.thesocialofgreenwood.org

State Offices

For a full listing of state offices, please visit the state of Indiana Web site at www.in.gov.

Indiana Bureau of Motor Vehicles, 888-692-6841

Indiana Department of Natural Resources, 317-232-4200

Indiana Department of Revenue, 317-232-2240

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

Indiana House of Representatives, 317-232-9600, 800-382-9842

Indiana Public Retirement System, 888-286-3544

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, 800-382-9467

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

The following organizations offer information, evaluation, support and caregiver training for families and friends of Alzheimer's patients. They also provide referrals to professionals who specialize in caring for and treating persons with Alzheimer's disease.

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, 800-272-3900, www.alz.org/indiana

Indiana Alzheimer's Disease Center

355 W. 16th St., Ste. 4100, Indianapolis, IN 46202
317-963-5500

Developmental Disabilities

The Bureau of Developmental Disabilities Services (BDDS) provides services for individuals with developmental disabilities that enable them to live as independently as possible in their communities. Vocational Rehabilitation programs are also available through the Division of Disability and Rehabilitative Services. BDDS assists individuals in receiving community supports and residential services using a person-centered plan to help determine which services are needed and who can best provide them. BDDS also monitors the quality of care and the facilities of those who are approved to provide these services in Indiana.

Bureau of Developmental Disability Services

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, 877-218-3530

Parks Pass for Seniors

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

Indiana Department of Natural Resources

402 W. Washington St., Rm. W160A, Indianapolis, IN 46204
317-232-4200, www.in.gov/dnr

Publications for Seniors

Several local magazines and newspapers deal exclusively with senior issues. Some are distributed at no charge throughout the area while others require a subscription or membership fee.

Indy Boomer

317-440-9376, www.indyboomer.com

Senior Citizen's Guide to Indianapolis

www.seniorcitizensguide.com

Seniors Guide

www.seniorguideonline.com

Senior Life Indianapolis

The Papers Incorporated
206 S. Main St., Milford, IN 46542
574-658-4111, seniorlifewspapers.com

Senior Discount Programs

There is no single discount card that is honored at all businesses. However, some do issue their own cards. Most businesses offer senior discounts upon request. Age requirements are as varied as the discounts. Be sure to ask about potential discounts at the businesses you frequently visit.

The following organization offers special discount services and business discounts to members.

AARP Indiana State Office

One N. Capitol Ave., Ste. 1275, Indianapolis, IN 46204
Toll Free: 866-448-3618, www.aarp.org/states/in

Traumatic Brain Injury Resources

Resource facilitation is a collaborative process between the individual with brain injury, his/her personal support system, and an assigned Resource Facilitator (RF). Resource facilitators assist individuals in navigating systems and services to achieve agreed upon goals.

Brain Injury Association of Indiana

9020 Crawfordsville Rd., Indianapolis, IN 46234

317-356-7722, 866-854-4246, www.biai.org

Rehabilitation Hospital of Indiana NeuroRehabilitation Center

9531 Valparaiso Ct., IN 46268

317-879-8940, www.rhin.com

County Senior Corps.

In This Section:

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

Boone County

Two Locations:

Boone County Senior Services

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, www.booneseniors.org

E-mail: bcssi@booneseniors.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Zionsville Town Hall

1100 W. Oaks St., Zionsville, IN 46077

317-873-8939, www.booneseniors.org

Hours of Operation: Wed. & Fri, 9:00 a.m. - 4: 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, and tax preparation 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.

Transportation—Transportation for residents of Boone County, Mon-Fri, 7:30 a.m. - 4:30 p.m. by appointment.

Hamilton County

PrimeLife Enrichment Inc.

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

317-815-7000, www.primelifeenrichment.org

Hours of Operation:

Mon–Thurs, 8:00 a.m. - 6:30 p.m.

Fri, 8:00 a.m.- 5:00 p.m.

Eligibility: County residents age 50 and older. Health promotion and wellness, fitness, and social activities open to non-members residing in any county who are age 21 and older.

Intake Procedure: Call for information and availability of services.

Services:

Caregiver Support—Group meetings and individual support including respite and educational programs.

Community Outreach—Assessments and referrals to services such as case management, respite/attendant care, bereavement and caregiver support, assistance to the homebound (friendly visiting), volunteer opportunities, and State Health Insurance Assistance Program (SHIP).

Health Promotion—Fitness facility includes indoor walking track, swimming pool, circuit and cardio fitness equipment. A variety of exercise classes, health screenings and education programs are available. Hot lunch served daily.

Information and Assistance—Information and referrals to resources and services in the county and surrounding area.

Social Activities—Fitness, educational and social activities. Call or visit Web site 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, Inc.

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

E-mail: hcssi78@hcssi.org

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

Transportation Hours of Operation: Mon-Fri, 7:00 a.m. - 5:00 p.m.

Eligibility: County residents age 60 and older or residents with disabilities. Transportation available for residents of any age.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—Provide assistance with bill payments, and SC-40 tax credit forms. State Health Insurance Assistance Program (SHIP), offers help with Medicare and insurance information, Medicare Savings Plans, and assistance enrolling in the Supplemental Nutrition Assistance Program (SNAP).

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

Homemaker—Provides housekeeping services such as vacuuming, dusting, laundry and shopping assistance.

Information and Assistance—Trained personnel answer questions and make referrals to community and agency resources. Referral information may include housing, transportation, protective services,

in-home services, assisted care, nutrition, legal services, health insurance and more.

Legal Services—An Indiana Senior Law Project Representative visits offices monthly to assist seniors with legal questions and documents.

Respite/Assisted Care—Provides temporary, in-home, non-medical supervision for frail seniors and persons with disabilities.

Transportation—Non-emergency transportation for various destinations. Transportation is available Monday through Friday with appointments scheduled according to driver availability. Rides are scheduled on a first-come, first-served basis. Wheelchair transportation is available. Donations are encouraged, and fares are determined by destination and funding source. Call 317-462-1103 to schedule.

Volunteer Services—Volunteers visit seniors' homes to provide companionship and general assistance. Volunteers are matched one-on-one. Telephone calls can be made by staff and volunteers to provide reassurance and safety checks. Volunteer groups may provide special projects under the guidance of the Volunteer Coordinator. Call for information on services available from volunteers.

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, hcseniors.org/wp

E-mail: admin@hendricksseniors.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—Health promotion activities and events related to promoting healthy aging, support groups for caregivers, Alzheimer’s disease, Parkinson’s disease, stroke, vision loss, grief and loss.

Friendly Visiting—Provides friendly visiting and errand service for homebound residents age 60 and older.

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.

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, shopping and other tasks. The respite service does not include laundry assistance or any hands-on care, such as bathing, dressing or medical treatment.

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

Telephone Reassurance—Calls to home-bound seniors living alone.

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

731 S. State St., Franklin, IN 46131

317-738-4544, www.jcseniorservices.org

E-mail: info@jcseniorservices.org

Hours of operation: Mon-Fri, 8:30 a.m. - 4:30 p.m.

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

Intake Procedure: Call for information and availability of services.

Services:

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

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

Information and Assistance—Provides accurate, informed answers to all your resource needs.

Medical Equipment—Used, quality durable medical equipment such as walkers, portable toilets, shower chairs, wheelchairs, and hospital beds. Donations accepted.

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

Transportation—Transportation to doctor's appointments, grocery stores, errands and other destinations. Service area includes Johnson County and southern Marion County, door-to-door service for seniors age 60 and over only. No charge for service. Donations appreciated.

Marion County

CICOA Aging & In-Home Solutions

317-254-5465, www.cicoa.org

E-mail: intake@cicoa.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 5:00 p.m.

Eligibility: Serve individuals with disabilities of any age and individuals age 60 and older in Central Indiana counties.

Intake Procedure: Call the Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Services:

Aging & Disability Resource Center (ADRC) —Provides information, assistance and access to resources and services in Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, and Shelby Counties.

Care Management—Assess personal care needs during at-home visits and coordinate needed services into a care plan. Care managers provide continuous support and monitoring of client needs.

Meals & More—Provides meals to the homebound or at neighborhood meal sites throughout the eight-county area. Assists with managing the applications for and distributions of USDA's Commodity Supplemental Food Program. Nutrition and medication management education also is available.

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

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

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

Safe at Home—Provides accessibility modifications for a safer, more secure home for eligible home owners age 60 and over or for persons with a disability.

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

Morgan County

Morgan County Connect

1369 N. Blue Bluff Rd., Martinsville IN 46151

765-342-3007

E-mail: mvaughn@casmc.org

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

Eligibility: Persons age 60 and older in Morgan County.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—Call for details.

Health Promotion Activity—Call for details.

Information & Assistance—Provides information and referral to resources in the county and surrounding area.

Transportation—Transportation for residents of Morgan County, Monday through Friday during regular business hours. Call for current information about current destinations. Individuals under 60 may be able to access transportation for a small fee.

Shelby County

Shelby Senior Services, Inc., The Horizon Center

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Eligibility: Persons age 60 and older in Shelby County.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—CICOA lunch site for seniors served Monday through Thursday 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 to or information about community and state services.

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

Health Promotion Services—Provides activities, events, and nutrition and exercise programs to encourage and educate residents about healthy aging.

Information & Assistance—Provides information and referrals to resources and services in the county and surrounding area.

Homemaker—Provides light housekeeping services, such as vacuuming, dusting and assistance with errands.

Transportation Service—Provides transportation to various destinations for county residents. Call for information on availability of transportation services. A fee is charged to all persons under age 60. Persons age 60 and older are asked to provide a donation.

Other Services—Representatives from legal (Senior Law Project), State Health Insurance Assistance Program (SHIP), and AARP tax assistance are available on site. They also offer personal emergency systems.

Caregiver Services

In This Section:

Caregiving is a familiar part of life. In fact, nearly 66 million people in the United States currently provide care, assistance and support for a family member who is elderly or who is living with a disability. Statistically speaking, most of us will be caregivers at some time, and many of these roles will represent extreme personal satisfaction for the caregiver and care recipient for the duration of the journey.

Since caregiving is only one of many “hats” worn by the caregiver, the role can be challenging and stressful, even in the best of circumstances. For this reason, achieving an effective balance of caregiving with other responsibilities, including family and career, usually requires well-planned support. This support may be *informal* (e.g. the help of other family members) or *formal* (e.g. through a health care provider or home care agency). It is often the case that both informal and formal supports are needed throughout the caregiving experience.

Whether you are currently assisting a loved one, concerned about a caregiver you know, or simply gathering information in anticipation of the role, this section is for you.

CareAware Service Overview

People who are caring for an elderly or disabled family member face a multitude of tasks, decisions and feelings that at times can seem overwhelming. Easy access to information and support is essential in any caregiving role, and CICOA is here to help meet that need.

CICOA's caregiver support service, CareAware, offers free caregiving workshops for employers, faith communities and other organizations throughout Central Indiana. The CareAware Department also includes a CareAware Options Counselor who can speak one-on-one with caregivers to provide a wealth of information to help determine what long-term care options are best suited to their loved ones needs. For general options counseling, call CICOA's Aging & Disability Resource Center at 317-803-6131 or contact the CareAware Options Counselor at 317-803-6140.

CareAware Workshops

CareAware offers a variety of free, onsite workshop opportunities for corporations, civic organizations, government, and faith communities to provide critical resource information to caregivers and anyone in a position to assist them. Additional information can be found online at cicoa.org/services/careaware/caregiver-workshops. Call CareAware at 317-803-6002 to discuss your organization's needs.

Caregiver Support and Education Services

Caregiver support groups, whether generic to all caregiving or specific to a diagnosis, 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. Support groups are often found at area hospitals, senior service agencies, and through other organizations. This section lists a few organizations known to provide caregiver education and support. For additional support group listings or to find a group that is specific to your needs, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357. Support groups are also listed in this Solutions Guide in the Individual and Family Life Section. Additional resources for Caregivers

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

Alzheimer's Association of Greater Indiana
50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, www.alz.org/indiana

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

Catholic Charities Indianapolis
1400 N. Meridian St., Indianapolis, IN 46202
317-236-1540, www.archindy.org/cc/index.html

Hancock County Senior Services, Inc.
1870 Fields Blvd., Greenfield, IN 46140
317-462-3758, www.hcssi.org

Hendricks County Senior Services
1201 Sycamore Ln., Danville, IN 46122
317-745-4303, hcseniors.org/wp

Indiana Hospice & Palliative Care Organization, Inc.
800-254-1910 Helpline, www.ihpco.org

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

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

Shelby Senior Services, Inc.
1504 S. Harrison St., Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Today's Caregiver
Online resources that offers interesting and helpful interviews of

caregivers, plus articles and tips for successful caregiving.
www.caregiver.com

Kinship Care Resources

AARP

Offers relevant and helpful articles. www.aarp.org/grandparents

Child Care Answers

This organization is part of the Indiana Child Care Resource and Referral network that provides information and services to parents, child care providers, and the community. The website includes a child care search link and online trainings. www.childcareanswers.com

Children's Defense Fund

Extensive library of information containing anything to do with parenting as a grandparent. Type "Grandparent" in the search bar to find free resource guides for download that not only explain different types of programs, services, and benefits available to grandparents raising grandchildren, but also how to apply for these benefits.
www.childrensdefense.org

Grandfamilies of America

This organization provides tools and education for grandparents raising grandchildren, in addition to keeping them informed of ways they can be proactive as a population group.
www.grandfamiliesofamerica.org

Grandparents as Parents (GAP Limited)

An organization that provides programs, services and support groups that meet the urgent and ongoing needs of grandparents and other relatives raising at-risk children. www.grandparentsasparents.org

The Villages' Family Connection Network

This network offers several services, some of which are support groups, respite activities, and skill-building workshops.
www.villages.org/what-we-do/kinship-care

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