

DEMENTIA CAREGIVER RESOURCES, INC.

Leading Caregivers into: HOPE HELP HEART ♥ LIGHT GROWTH LOVE

A LIST of PHONE NUMBERS & WEBSITES YOU MAY NEED on your JOURNEY

HOTLINE - HELPLINE - REFERRALS

211connects.org/

211

2-1-1 Tampa Bay Cares, Inc. provides the only free, confidential, multi-lingual, 24-hour community central source information, services and resources for the residents of Pinellas and across the nation.

ABUSE HOTLINE Abuse - Neglect - Exploitation

1-800-96-ABUSE (1-800-962-2873)

The Florida Abuse Hotline accepts reports 24 hours a day and 7 days a week of known or suspected abuse, neglect, or exploitation of a vulnerable child or adult. reportabuse.dcf.state.fl.us/

PASCO & PINELLAS HELPLINE AT THE AGING AND DISABILITY RESOURCE CENTER **1-800-96-ELDER**

For inquiries from outside of the local area - call (727)217-8111

1-(800)963-5337

Offers caregiver support, case management, in-home services, insurance counseling, legal help, meal services, nursing home and assisted living facilities info, transportation, and victim advocacy. They also offer community resources for adults age 18+ and are the entry point for the **Medicaid** long-term care program for persons with a mental health or a developmental disability.

- **SHINE** (*Serving the Health Insurance Needs of Elders*) provides educational materials and free unbiased insurance counseling to Florida elders, caregivers and family members about Medicare, Medicaid, Prescription Assistance, and Long-Term Care Planning & Insurance.
- **AREA AGENCY ON AGING** Pasco/Pinellas www.agingcarefl.org/ (727)570-9696
Assisting older adults to remain in their homes and communities as long as possible.
- **NATIONAL AREA AGENCY ON AGING** www.n4a.org/ (202)872-0888

FLORIDA DEPARTMENT OF ELDER AFFAIRS: Summary of Programs & Services

<http://elderaffairs.state.fl.us/doea/sops.php>

ADULT DAY CARE, HEALTH SERVICES, and HOME HEALTH AGENCIES

- **NEIGHBORLY CARE NETWORK** www.neighborly.org/ (727)573-9444
Meals on Wheels, Senior Dining, Adult Day Care, Transportation
- **MARIA'S ADULT DAY CARE** www.mariacares.com/ (727)393-7711
Seminole & Countryside Locations
- **SEA BREEZE ADULT DAY CENTER** <https://www.seabreezeadultdaycenter.com/>
St. Petersburg (727)623-9092
- **SUNCOAST P A C E** www.suncoastpace.org/ (727)289-0062
PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY - Comprehensive Health Care & Support

ALZHEIMER'S AND RELATED DISORDERS INFORMATION AND RESOURCES

- **ALZHEIMER'S FOUNDATION OF AMERICA** www.alzfdn.org/ (866)232-8484
- National Alzheimer's Association www.alz.org/ (800)272-3900
- **LEWY BODY** Dementia Association <https://www.lbda.org/> (404)418-7396
- **PARKINSON'S** Disease Information <https://www.michaeljfox.org/> (800)708-7644
- **FRONTOTEMPORAL** Degeneration <https://www.theaftd.org/> (866)507-7222
- **NATIONAL INSTITUTE ON AGING** (NIH) www.nia.nih.gov/health/topics (800)222-2225
A-Z Health Topics Information and Resources

THE ALZHEIMER'S STORE

<http://www.alzstore.com/>

(800)752-3238

Offers a wide range of Alzheimer's products to ease patient's suffering and helps them to live safer.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org

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BRAIN BANK PROGRAM <http://www.elderaffairs.state.fl.us/doea/BrainBank/index.php>

The Alzheimer & Dementia Resource Center in Orlando coordinates tissue donations in 21 Florida counties. This priceless donation gives hope for future generations and a definitive diagnosis. **Participants must be pre-registered and please note** that once a person is diagnosed with dementia, the only organ he or she can donate is the brain. (407)843-1910

DEPARTMENT OF CHILDREN AND FAMILIES (DCF) <http://www.myflfamilies.com> (866)762-2237
Aging & Adult Medicaid, Public Assistance and Eligibility Determination for Medical, Food Stamps & Nursing Home and Long-term Care needs

OMBUDSMAN http://elderaffairs.state.fl.us/doea/ombudsman_program.php (727)588-6912
Trained advocates investigate complaints on behalf of long-term care residents and their families.

DEPARTMENT OF MOTOR VEHICLES (850)617-2000
<http://www.flhsmv.gov/floridagrاندdriver/reportUnsafeDriver.html>

Florida law allows you to anonymously report anyone that you suspect should not be driving due to a physical or mental impairment. Division of Motorist Services (850) 617-3814

FAMILY CAREGIVER ALLIANCE www.caregiver.org/ (800)445-8106
An incredible amount of useful information on caregiving issues including LGBT.

FLORIDA TELECOMMUNICATIONS RELAY FREE CLARITY PHONES for persons who are Deaf, Hard of Hearing, Deaf/Blind and Speech Disabled <https://www.ftri.org/> (800)222-3448

FLORIDA STATE GUARDIAN ASSOCIATION <https://www.floridaguardians.com/> (800)718-0207

HOSPICE (National Hospice & Palliative Care) <http://www.nhpco.org/> (703)837-1500

FLORIDA MEMORY DISORDER CLINICS (MDC) elderaffairs.state.fl.us/doea/alz.php#memory
MDC's provide proper diagnosis, research, treatment, and referrals to resources. (850)414-2000

MENTAL HEALTH

- **National Alliance for the Mentally Ill (NAMI)** www.nami.org/ (800)950-6264
- **Windmoor Geriatric Inpatient Program** www.windmoor.com (727)541-2646

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS www.naela.org/ (703)942-5711
It is vitally important to get your documents created and updated: Durable Power of Attorney, Health Care Surrogate, Wills, trusts and Medicaid pre-planning.

- **Sean W. Scott, Elder Law Attorney** www.virtuallawoffice.com/ (727)539-0181

PATIENT ASSISTANCE PROGRAMS: Free or discounted medicines to those who are unable to afford them.

NEEDY MEDS www.needymeds.org (800)503-6897

Good RX <https://www.goodrx.com>

VETERANS INFORMATION

PINELLAS COUNTY Veterans Services www.pinellascounty.org/veterans/ (727)464-8460

Bill Young/Bay Pines VAMC (727)398-6661

Haley VA – Tampa (813)972-2000

VA Regional Office - Claims (727)319-7440

FL Veterans Nursing Home (727)558-3202

Veterans Crisis Line (800)273-8255 (Press 1)

National VA www.va.gov/ (800)827-1000

National Caregiver Support (855)260-3274



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