

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 <https://211tbc.myresourcedirectory.com/> **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 24/7 of known or suspected abuse, neglect, or exploitation of a vulnerable child or adult. <https://www.myflfamilies.com/service-programs/abuse-hotline/>

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 for as long as possible.
- **NATIONAL AREA AGENCY ON AGING** www.n4a.org/ (202)872-0888

FLORIDA DEPARTMENT OF ELDER AFFAIRS: Programs & Services <http://elderaffairs.state.fl.us/>

ADULT DAY CARE (ADC), 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** Seminole www.mariacares.com/ (727)393-7711
- **RUTH'S PROMISE ADC** Largo <https://www.ruthspromise.net/> (727)585-9969
- **SEA BREEZE ADC – St. Petersburg** <https://www.seabreezeadultdaycenter.com/> (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
- Boston University's **Chronic Traumatic Encephalopathy (CTE)** Center <http://www.bu.edu/cte/>
- **FRONTOTEMPORAL** Degeneration <https://www.theaftd.org/> (866)507-7222
- **NATIONAL INSTITUTE on AGING** <https://www.nia.nih.gov/health/topics> (800)222-2225
A-Z Health Topics Information and Resources from the National Institutes on Health (NIH)

THE ALZHEIMER'S STORE <http://www.alzstore.com/> (800)752-3238

The Alzheimer's Store is the #1 source for comfort and safety products designed specifically for those with Alzheimer's, Dementia, Stroke and other memory related conditions.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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Florida BRAIN BANK PROGRAM (since 1987) The Wien Center (305)674-2018 or (305)674-2543
<http://elderaffairs.state.fl.us/does/BrainBank/docs/BrainBank-brochure.pdf>

Through a network of researchers, we share common goals of finding a cure, improving diagnostic tools and treatment options, and providing education. **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.

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://ombudsman.myflorida.com/> 1-(850)414-2323 or 1-(888)831-0404
Trained advocates investigate complaints on behalf of long-term care residents and their families.

DEPARTMENT OF MOTOR VEHICLES <https://www.flhsmv.gov/> (850)617-2000
Florida law allows you to anonymously report anyone that you suspect should not be driving due to a physical or mental impairment. <https://www.flhsmv.gov/pdf/forms/72190.pdf>

FAMILY CAREGIVER ALLIANCE <https://www.caregiver.org/contact> (800)445-8106
An incredible amount of useful information in other languages and 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) <https://www.nhpco.org/> (703)837-1500

FLORIDA MEMORY DISORDER CLINICS (MDC) elderaffairs.state.fl.us/does/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

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS <https://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 for those who are unable to afford them.

NEEDY MEDS <https://www.needymeds.org/> (800)503-6897

Good RX <https://www.goodrx.com/> (855)268-2822

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

→ **PINELLAS COUNTY VETERANS SERVICES OFFICES** **MAIN #** (727)464-8460

<http://www.pinellascounty.org/veterans/locations.htm>

Bill Young / Bay Pines VAMC (727)398-6661 **Haley VAMC – Tampa** (813)972-2000

VA Regional Office - Claims (727)319-7440 **FL Veterans Nursing Homes** (727)558-3202

Veterans Crisis Line (800)273-8255 (Press 1) **National Caregiver Support** (855)260-3274



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