

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

If you or someone you know are facing a life challenge and need to talk to someone, dial 2-1-1

free, confidential, multi-lingual, 24-hour community central source information, services, and resources for Pinellas and across the nation. 211 Tampa Bay Cares is now **First Contact** www.firstcontact.org

ABUSE HOTLINE Abuse - Neglect - Exploitation

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

The Abuse Hotline accepts reports 24/7 to protect elders from abuse in all forms, physical, emotional, and financial, including **SELF-NEGLECT** <https://www.myflfamilies.com/service-programs/abuse-hotline/>



PASCO & PINELLAS HELPLINE at the AGING and DISABILITY RESOURCE CENTER

For inquiries from outside of the local area -

1(800)96-ELDER

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 ages 18+ and are the entry point for the **Medicaid** long-term care program for people with a mental health or developmental disability.

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

FLORIDA DEPARTMENT OF ELDER AFFAIRS:

<https://elderaffairs.org/programs-services/>

ADULT-DAY CARE (ADC) and HEALTH SERVICES

- **DAYCATIONS** Clearwater <https://www.daycationsadultdaycarecenter.com/> (727)459-4331
- **NEIGHBORLY CARE NETWORK** www.neighborly.org/ (727)573-9444
Meals on Wheels, Senior Dining, Adult Day Care, Transportation
- **RUTH'S PROMISE ADC** Largo <https://www.ruthspromise.net/> (727)585-9969
- **SEA BREEZE ADC** – St. Petersburg <https://www.seabreezeadultdaycenter.com/> (727)623-9092
- **WEISSMAN DAY CENTER** – St. Petersburg <http://menorahmanor.org/adult-day-center> (727)302-3900

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 of Health (NIH)



Light for the Journey - Courage for the Soul

<http://www.dcrinc.org/>

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CLINICAL STUDIES ACCEL Research Sites Network has free screenings for Alzheimer's, dementia, Long-Covid & more: <https://accelresearchsites.com/find-a-trial/> (727)347-8839

Florida BRAIN BANK PROGRAM (since 1987) The Wien Center (305)674-2018 or (305)674-2543 https://www.msmc.com/medical_care/memory-disorders-and-alzheimers-disease/ or contact the ADRC at info@adrccares.org (407)436-7750. **Participants must be pre-registered and please note** that once a person is diagnosed with a form of dementia, the only **organ** he or she can donate is the brain.

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

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

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>

CapTel Phones: No-Cost Captioned Telephone for Hearing Loss outreach@oeius.org (877)473-4003

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.nhpc.org/> (703)837-1500

MENTAL HEALTH National Alliance for the Mentally Ill (NAMI) www.nami.org/ (800)950-6264

FLORIDA MEMORY DISORDER CLINICS (MDC's) (There are 17 MDC's in FLORIDA!) (850)414-2000
MDC's provide proper diagnosis, research, treatment, and referrals to resources.
<https://elderaffairs.org/wp-content/uploads/clinicmap.pdf>

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/ 1 (800) 827-1000

→ **PINELLAS COUNTY VETERANS SERVICES** 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



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