

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 AND PINELLAS SENIOR HELPLINE

1-800-96-ELDER (1-800-963-5337)

(For inquiries from outside of the area call 727-217-8111). 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 over who have 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

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
Activities to Stimulate the Mind, Body and Soul
- **SUNCOAST P A C E** www.suncoastpace.org/ (727)289-0062
PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY - comprehensive health care & support
- **ARCADIA HOME HEALTH** www.arcadiahomecare.com/stpetersburg/ (727)579-9414
- **HARMONY HOME HEALTH** www.harmonyhh.com/ (727)723-7532

ALZHEIMER'S AND RELATED DISORDERS INFORMATION AND RESOURCES

- **ALZHEIMER'S FOUNDATION OF AMERICA** www.alzfdn.org/ (866)232-8484
- Alzheimer's Disease Edu & Ref Center www.nia.nih.gov/alzheimers (800)438-4380
- National Alzheimer's Association www.alz.org/ (800)272-3900
- **USF Health BYRD Institute** health.usf.edu/byrd/index.htm (813)974-4355
- **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

BRAIN BANK PROGRAM elderaffairs.state.fl.us/doea/BrainBank/index.php

(407)843-1910

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.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org

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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** Pasco/Pinellas (727)588-6912

These trained advocates investigate complaints on behalf of long-term care residents and their families.

DEPARTMENT OF MOTOR VEHICLES www.flhsmv.gov/offices/pinellas.html (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.

FAMILY CAREGIVER ALLIANCE www.caregiver.org/ (800)445-8106
Supports and sustains the important work of families nationwide caring for loved ones with chronic, disabling health conditions. An incredible amount of useful information on caregiving issues.

FAMILY CENTER ON DEAFNESS FREE CLARITY PHONES www.fcdpinellas.org (727)399-9983

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
➤ **St. Petersburg** www.menorahmanor.org/geriatricassessment (727)302-3737
Geriatric Assessment Program at **Menorah Manor**

GUARDIAN ASSOCIATION OF PINELLAS COUNTY guardianassociation.org/

MENTAL HEALTH

- **National Alliance for the Mentally Ill (NAMI)** www.nami.org/ (800)950-6264
- **ACCESS Community Services** www.accesscommunityservices.com/ (727)754-4936
- **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

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

RELOCATION AND MOVING SERVICES redefinedliving.com/ (727)585-7271
Redefined Living packs, sorts, delivers, and much more for seniors and others on the move!

VETERANS INFORMATION www.va.gov/ (800)827-1000
Pinellas County Veterans Services www.pinellascounty.org/veterans/ (727)464-8460
Bill Young/Bay Pines VAMC (727)398-6661 **VA Regional Office** (727)319-7440
Veterans Crisis Line (800)273-8255 (Press 1) **National Caregiver Support** (855)260-3274
FL Veterans Nursing Home (727)558-3202 **VA Home Health** (727)398-9464



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