

2019 Central Ohio

# OLDERAdults™

## ...the Resource Guide

A Publication of the Central Ohio Area Agency on Aging

YOUR AGING AND DISABILITY RESOURCE NETWORK



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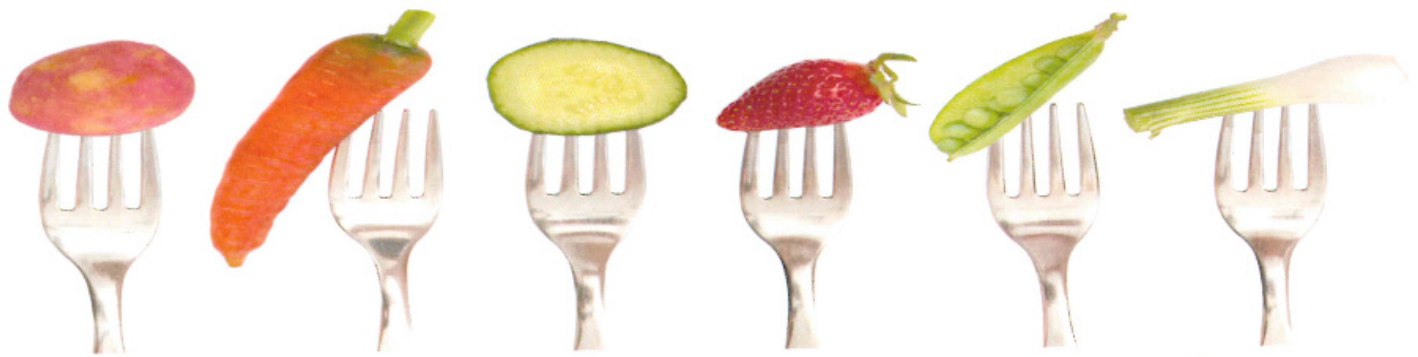
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The Central Ohio Area Agency on Aging is grateful to our community advertising partners, who make it possible for this edition of Older Adults™

to be published. The guide offers valuable information concerning care for older adults, individuals with disabilities, families and caring friends.



COAAA works to develop a network of quality programs and services that informs and promotes individual choice, independence and dignity for older adults, individuals with disabilities, families, and the community.

Our services include:

- In-Home Services: including *PASSPORT*, *Franklin County Senior Options*, *MyCare Case Management* for Aetna and *MyCare Waiver Service Coordination* for Molina, and *Ohio Home Care Waiver Case Management* for CareSource
- Caregiver Network
- Assisted Living Waiver Program
- Medicare Outreach
- Information and Assistance

COAAA also implements Older Americans Act programs and advocates for seniors at the local, state and federal levels.

We hope this guide provides you with helpful information and encourages you to find out more about community services available in your town.

Best wishes,

Cindy Farson  
Director/Central Ohio Area Agency on Aging

Published on behalf of the Central Ohio Area Agency on Aging  
3776 South High Street, Columbus, OH 43207

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## HOW TO USE THIS GUIDE

The Older Adults Guide is designed to group companies and agencies by category. Each main category is noted by a black header box. Within that category we break down listings into sub categories. Occasionally, when there are numerous listings across the counties, listings are further broken down by county. For example:

### Senior Centers

Senior Centers is the heading of the section

### HOME DELIVERED MEALS

Home Delivered Meals is a sub-heading under Senior Centers

#### ■ DELAWARE COUNTY

SourcePoint 1-800-994-2255  
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The specific listings are broken down by county where applicable.

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Check the Table of Contents in the front of this Guide for a breakdown of categories. If you still cannot find what you are looking for, consult the Index at the back of the Guide.

## About This Guide

This directory is the most comprehensive listing and explanation of providers and services who cater to the needs of mature adults. It is designed to work for YOU! It takes up little shelf space, yet ties together in an "at your fingertips" format all the services, programs and products most needed by older adults. Information contained herein has been supplied by the organizations and facilities. While the information has been thoroughly cross-referenced and phone verified as of March, 2019, the Central Ohio Area Agency on Aging and Senior Impact Publications, LLC assume no responsibility for omissions or errors. We welcome all updates and corrections. You can email edits to us at [info@seniorimpact.net](mailto:info@seniorimpact.net).

**This easy-to-use handbook of services for senior citizens is most helpful for:**

- |                                     |   |
|-------------------------------------|---|
| • Medicare Advantage member benefit | • Nursing Home Personnel  |
| • Medicare Consumers                | • Ministers and Clergy  |
| • Family Caregivers                 | • Hospital Discharge Planners   |
| • Physicians                        | • Caseworkers   |
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| • Human Resource Directors          |   |
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## A Caregiver's Checklist for Planning Ahead

People over the age of 85 are the fastest growing segment of our population. Well over half of the US adult population either is or expects to be a family caregiver. Planning ahead for the possibility of caregiving, making decisions ahead of time, locating resources, and having open discussions with family members can help alleviate potential problems. Listed below are a few things to carefully consider when getting affairs in order before a disaster or medical emergency arises.

### **General Questions**

- ✓ Who will be the primary caregiver?
- ✓ How will other family members be involved?
- ✓ Which responsibilities can be shared? How?

### **Financial and Legal questions**

- ✓ Do you know the bank accounts, account numbers, and types of accounts of your loved one?
- ✓ Do you know what assets your loved one has, their value and locations?
- ✓ Where are deeds and titles to all property?
- ✓ Do you know all insurance information? Company name(s), policy number(s), beneficiary as stated on the policies and the type of insurance owned? (health, life, long term care, automobile, etc)
- ✓ What is the social security amount? Is it directly deposited? Where?
- ✓ Where are social security and Medicare cards located?
- ✓ What are the debts? Mortgages, car payments?
- ✓ Does your loved one have an updated will, a power of attorney, a durable power of attorney? Where are these documents?
- ✓ Has an Advanced Directive been prepared and given to the primary physician and any relatives who may need this?

### **Physical condition questions**

- ✓ Has your loved one had a recent physical? A geriatric assessment?
- ✓ What medications are being taken? Prescription? Over the counter?
- ✓ Do you need to consult with your loved one's pharmacist and doctor to see if any medications cause interactions or should be avoided?

### **Housing questions**

- ✓ Can your loved one live alone?
- ✓ What housing options are acceptable to your loved one and family? Is a nursing facility or assisted living facility needed? Is your loved one on waiting lists for these facilities if they are (or soon will be) needed?
- ✓ Is senior housing an option?

### **End of life questions**

- ✓ What are your loved ones wishes for funeral and burial arrangements?
- ✓ Have any arrangements already been secured? What is the name and location of the funeral home?



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<b>Apr. 10</b>	<b>2019</b>	<b>5:30 p.m.</b>
<b>May 15</b>	<b>2019</b>	<b>10 a.m. &amp; 2 p.m.</b>
<b>June 12</b>	<b>2019</b>	<b>5:30 p.m.</b>
<b>July 17</b>	<b>2019</b>	<b>2:00 p.m.</b>
<b>Aug. 7</b>	<b>2019</b>	<b>5:30 p.m.</b>
<b>Sept. 18</b>	<b>2019</b>	<b>2:00 p.m.</b>
<b>Oct. 16</b>	<b>2019</b>	<b>5:30 p.m.</b>
<b>Nov. 20</b>	<b>2019</b>	<b>2:00 p.m.</b>
<b>Dec. 4</b>	<b>2019</b>	<b>5:30 p.m.</b>

'Medicare for Beginners' workshops are located at:  
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### CAREGIVER TIP

The following are home safety tips for persons caring for someone with Alzheimer's Disease:

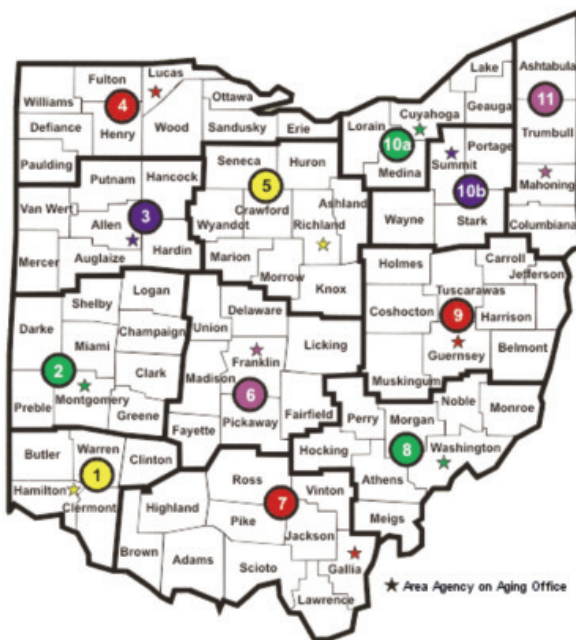
- Install secure locks on all outside windows and doors, especially if the person is prone to wandering. Remove the locks on bathroom doors to prevent the person from accidentally locking himself or herself in.
- Use childproof latches on kitchen cabinets and anyplace where cleaning supplies or other chemicals are kept.
- Label medications and keep them locked up. Also make sure knives, lighters and matches, and guns are secured and out of reach
- Keep the house free from clutter. Remove scatter rugs and anything else that might contribute to a fall. Make sure lighting is good both inside and out.
- Be alert to and address kitchen-safety issues, such as the person forgetting to turn off the stove after cooking. Consider installing an automatic shut-off switch on the stove to prevent burns or fire.



### 10 Tips for Family Caregivers

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

## Your Area Agencies on Aging



**Council on Aging of SW Ohio (PSA 1)** (513) 721-1025  
175 TRI COUNTY PKWY., STE 175, CINCINNATI 45246

**PSA 2 Area Agency on Aging** (937) 341-3000  
40 W. 2ND ST., STE. 400, DAYTON 45402

**Area Agency on Aging 3, Inc.** (419) 222-7723  
200 HIGH ST., STE. 2A, LIMA 45801

**Area Office on Aging of NW Ohio, Inc. (PSA 4)** (419) 382-0624  
2155 ARLINGTON AVE., TOLEDO 43609

**PSA 5 Area Agency on Aging, Inc.** (419) 524-4144  
2131 PARK AVE. WEST, ONTARIO 44906

**Central Ohio Area Agency on Aging (PSA 6)** (614) 645-7250  
3776 SOUTH HIGH ST., COLUMBUS 43207

**PSA 7 Area Agency on Aging** (740) 245-5306  
F32-URG, P.O. BOX 500, RIO GRANDE 45674

**PSA 8 Area Agency on Aging** (740) 373-6400  
PO BOX 370, RENO 45773

**Area Agency on Aging Region 9, Inc.** (740) 439-4478  
1730 SOUTHGATE PKWY., CAMBRIDGE 43725

**Western Reserve Area Agency on Aging (PSA 10a)** (216) 621-8010  
925 EUCLID AVE., STE. 600, CLEVELAND 44115

**Area Agency on Aging 10B, Inc.** (330) 896-9172  
1550 CORPORATE WOODS PKWY., UNIONTOWN 44685

**Area Agency on Aging 11, Inc.** 1-800-686-7367  
5555 YOUNGSTOWN-WARREN RD., STE. 2685 - 2ND FL., NILES 44446



# Glossary of Terms

## Alzheimer's Disease

Alzheimer's (A.D.) is a form of dementia that is a progressive, degenerative and incurable disease that attacks brain cells, resulting in impaired memory, thinking and behavior. It is not a natural consequence of aging.

## Congregate Meal Sites

Most centers also serve as group meal locations. This program is funded by the Older Americans Act (OAA). It is intended for persons 60 years of age or older to have one nutritionally balanced meal on weekdays. Advance meal order reservations are required by each center. OAA Congregate Meal Programs encourage a monetary donation. Others charge fees which are adjustable according to ability to pay. Some Congregate Meals or nutrition sites are also in senior apartments, churches, temples or community centers. Transportation to these meal programs is often available.

## Dementia

Dementia is the loss of intellectual functions (such as memory deficit or confusion) that interfere with daily living. Many conditions cause or mimic dementia, including depression, tumors, drug reactions, nutritional deficiencies and degenerative physiological diseases. Geriatric assessment can help determine cause and suggest treatment that may improve or reverse behavior patterns.

## Home Delivered Meals/Meals on Wheels

Persons age 60+ who are homebound, need help preparing complete meals and have no other means of obtaining a complete meal can request home delivery. The hot meal is balanced to provide one-third of the daily recommended requirements and many programs also deliver a second daily brown bag supplemental meal. Some special dietary restrictions such as low cholesterol, diabetic and low salt are followed. **Drivers for these programs also provide some monitoring of the homebound person.** Home Delivered Meals are funded by sources including federal funding from Title III C-2 of the Older Americans Act. Some programs operate on donations. Others set fixed fees for meals and delivery.

## ICDS – Integrated Care Delivery System:

A system of comprehensive service management of the full continuum of Medicare and Medicaid benefits, including long-term services and supports, for Medicare-Medicaid Enrollees.

## Senior Centers

Centers are places where older adults can gather and make new friends. While programs vary by center,

most offer social and nutritional outreach programs, health screenings and counseling, and a variety of educational, fitness and volunteer programs. Some centers may charge a small annual membership fee.

## TRANSPORTATION TERMS

### Curb to curb

Requires a rider to be able to walk from house to curb to enter vehicle.

### Home to door

Service assists or carries the rider from the home to the vehicle and through the door of the destination. A person in need of this service should call and confirm distance to be carried, number of steps and allowable weight.

### Escort Service

A person accompanies an older adult or a small group who need assistance getting to and from medical appointments, shopping or banking.

## ESTATE PLANNING TERMS

### Conservatorship or Guardianship

Court appointed person who makes legal and/or financial decisions for a person (ward) who is unable to manage his/her own affairs and/or property. There are strict court procedures for supervising and maintaining conservatorship and guardianship.

### Joint Tenancy

Two or more people (such as a couple) own or hold title to an asset with right of survivorship. If held with right of survivorship, probate is avoided until the death of the last joint tenant/spouse. There are pros and cons of joint tenancy which should be discussed with an attorney.

### Probate

Court proceeding which arranges for resolution of all legal and financial matters of the deceased. Title and asset changes are made according to the wishes in a valid will, or according to state directives in the absence of a will. Probate takes an average of nine to 24 months. Fees include attorneys, court, asset appraisals and sometimes bond premiums (5-15 % of estate value). Information is public record. Probate proceedings are required in every state in which property is owned. Ways to avoid probate include joint ownership of all assets such as bank accounts, IRA's, life insurance and house. These will all go into probate, however, upon the death of the second spouse.

**Revocable Living Trust**

A planning tool that takes the place of a will and avoids probate. Transfers assets to a trust that is administered by a named trustee, which could be yourself. Allows you to pass certain assets to children tax free, and to designate who will receive your assets and who will manage and distribute them after your death or disability. A successor trustee will assume management without need for a legal guardianship. It can be changed or revoked at any time.

**Unlimited Marital Deduction**

No estate taxes are imposed on surviving spouse regardless of size of estate. However, estate tax is imposed at the time of death of the surviving spouse if the estate exceeds a certain amount.

**Will**

A legal document which declares how you want your assets distributed after your death.

**HOME HEALTH CARE TERMS****Care Coordination/Case Management**

Professional social worker or nurse makes in-home assessment and determines individual plan of care. Makes sure that care is achieving its purpose towards client safety and recovery.

**Clinical Nurse Specialists**

Have extensive training in a subspecialty such as geropsych or ET or IV therapy. Specialists train family members to help provide care for the patient.

**Discharge Planner**

Works with patients and family at hospital discharge to guide in decisions for nursing home placement, home health care, rehabilitation, therapies, etc.

**Hi-tech Specialty Nursing**

Includes home transfusion therapies, central line, porta catheters and dialysis services.

**Home Health Aide (Personal Care)**

Assistance with personal care such as bathing, dressing, walking, etc. Generally not covered by insurances.

**Home Health Care**

These agencies offer a range of services that allow you to remain at home with some assistance in daily living, whether medical, personal hygiene, companionship, rehabilitation and support to aid the healing process after illness, surgery, or injury. If you need several services, a medical social worker will visit you in your home to determine what services you need and will help you arrange for them.

**Home Infusion Therapies**

Enteral (ET): Nutritional tube feedings through stomach  
 Paraenteral (TPN): Venous nutritional feedings  
 IV: Venous medication delivery

**Homemaker Services**

Assist with light housekeeping, meal planning and preparation, laundry, eliminate safety hazards, accompany to appointments, running errands and grocery shopping. Generally not covered by insurances.

**Medical Social Work**

Licensed Social Worker consults with patient and family, making referrals for chronic medical problems and to available community resources.

**Occupational Therapy**

Includes exercises, adaptive equipment, splinting, joint protection, energy conservation.

**Skilled Care**

Care provided by a registered nurse such as injections and medication administration; occupational, physical, or speech therapy; and social work services. Generally covered through Medicare, Medicaid or other insurances.

**SENIOR HOUSING TERMS****Adult Day Services or Day Treatment**

Daytime attendance, care, activities and services are a bridge, in some cases, for persons who wish to remain in their own homes but need assistance in personal care and can no longer cook for themselves. Can also provide respite for families and serve as an "outing" for persons seldom able to leave home.

**Adult Foster Home**

A residence certified by the Central Ohio Area Agency on Aging that provides accommodations, supervision and personal care services (bathing, grooming, dressing, feeding, medication reminders, etc.) for one or two adults unrelated to the owner of the residence.

**Adult Care Facility (ACF)**

ADULT FAMILY HOME (THREE TO FIVE UNRELATED ADULTS)

ADULT GROUP HOME (SIX TO 16 UNRELATED ADULTS)

Licensed by the Ohio Department of Health to provide accommodations and 24-hour supervision for three to 16 adults unrelated to the owner(s), at least three of whom are provided personal care. Typically facilities provide a room, three meals a day and limited personal help such as bathing, dressing and getting in and out of bed. Costs and quality of care vary widely.



### Assisted Living

A marketing term used by facilities that may combine apartment-style living with supportive services designed to help older adults live in an independent setting for as long as possible. Facilities may be licensed as Residential Care Facilities by the Ohio Dept. of Health. Units may include private bedroom, cooking area, bathroom, locked doors and individual temperature controls. Supportive services may include housekeeping, personal care, routine nursing services (meds, special diets, dressings), service coordination and health monitoring.

### Assisted Living Waiver

A statewide program open to adults who are financially eligible for Medicaid and determined by COAAA to need a "Nursing facility level of care," the same requirements as for the PASSPORT program. The program pays the costs of care in an Assisted Living facility. The consumer is responsible for "room and board" expenses. Eligible consumers can select from any participating licensed assisted living provider. Those interested in participating in the waiver may call COAAA at (614) 645-7250 or 1-800-589-7277.

### Congregate Living

Independent rental housing in which meals are served in a congregate setting and housekeeping, laundry and transportation may be provided, but not supervision of personal care.

### Continuing Care Retirement Communities (CCRC's)

Accredited to offer living arrangements from independent to skilled nursing. CCRCs may require the payment of an entrance or endowment fee in exchange for a promise of continuing care to the resident for a prescribed period, usually the life of the resident. CCRCs will arrange for nursing care or provide it on site. Some fees are partially refundable according to pre-arranged published terms.

### Extended Care/Subacute Care Hospital Rooms

Some hospitals offer private rooms on a temporary basis for those who cannot go home, but do not want to move into a continuing care facility.

### Hospice Care

For those who have a terminal illness and require 24-hr. care. These programs address the medical, emotional and spiritual needs of both the patient and families.

### Independent Living

Broad term encompassing many types of housing options meaning that a person maintains own living area and attends to personal care needs.

### Intermediate Nursing Care

Persons with chronic disabilities or illness, who require more than the services offered by retirement homes, assisted living or home health may benefit from this option. This service provides 24-hour care for someone who cannot manage to live independently at home. Intermediate care facilities certified by Medicare/Medicaid provide daily activities, social programs, and dining facilities under the supervision of a licensed dietician, as well as housekeeping, linen and laundry service. Some facilities have beauty/barber shops and other amenities.

### Nursing Facilities (Nursing Homes), Skilled Nursing Facility or Health Care Center

A 24-hour nursing care and rehabilitation center that meets federal regulations for Medicare and/or Medicaid. Care is supervised by a nurse under the direction of a physician medical director. Includes dietary, pharmaceutical and social activities services. All licensing/certification reports are available for public inspection. Reports list any deficiencies or corrections needed.

### Rehabilitation/Skilled Nursing

This care is often a necessary step between the hospital and home. Your physician will help you decide when your level of recovery is such that you no longer need acute care in a hospital, but continue to need rehabilitation therapy and/or skilled nursing care. Your physician will send comprehensive continuity of care, medication and therapy orders to the nursing facility. Your physician and healthcare team will help you determine goals to help you return home. Additionally, a plan of care will be developed to take care of your needs at home. Your nursing facility discharge planner will help you arrange for home health, Meals on Wheels, and/or other services that may be required.

### Residential Care Facilities (Rest Homes)

Licensed by the Ohio Department of Health to provide accommodations for 17 or more adults unrelated to the housing owner(s), to provide supervision and personal care services (bathing, grooming, dressing, feeding, medication reminders, etc.) for at least 3 residents and supervise special diets or medications to at least 1 resident.

#### TAKE NOTE

Financial and legal advisors agree...children and their aging parents need to have a will, a durable power of attorney, healthcare power of attorney and a list of assets.



### Respite Care

Short-term stay in a nursing facility to allow the family/caregiver some rest. Sometimes, this time away from home allows the care recipient an opportunity to socialize, participate in mentally stimulating recreational activities and to make new friends.

### Retirement Community

Housing for older adults with organized amenities such as transportation and social activities. On-site meals, banking, health screenings, pharmacy and sundry shopping may be available. All require monthly rental fees with varying lease terms, security deposits and rental agreements. There are profit and not-for-profit facilities.

### Seniors Apartment Building

Some apartments rent only to those over a certain age. In some cases, units have been equipped with amenities and provide some services to specifically benefit older adults.

### Sub-acute Care

This is a term for care which requires extensive nursing but not direct physician care. Patients do not need the full range of hospital services but do need between four to seven hours of skilled nursing care and/or additional therapy services. Emphasis is on rehabilitation and stays typically do not last beyond a few months. Some examples of common sub-acute cases include brain and spinal cord injuries, infusion therapies, respiratory problems, cancer, stroke, AIDS and head trauma. The necessity to reduce health care costs is why this new level of care is offered through hospitals, nursing homes and rehabilitative facilities.

### Subsidized Apartments

If persons meet low income qualifications, government programs will pay additional housing costs that exceed 30-35% of income. There may be very long waiting lists in some areas.

### LEGAL TERMS

See also *Finances* and *Medical Insurance*.

### Advance Directives

Allows you to express wishes in advance to let physicians and others know what medical treatments are acceptable in the event of terminal illness or temporary incapacity. The Living Will directive supercedes the Durable Power of Attorney for Health Care. Advance planning is extremely important for these complex decisions. You may want to consult with an attorney.

### Conservatorship

Created voluntarily at the request of a physically infirm, but competent, adult to place his property or person under court supervised care.

### Durable General Power of Attorney

Gives power to another to make legal or financial decisions such as check cashing, banking needs, filling out tax forms, etc., if you are unable to do so. The powers can be narrow or broad. You should be careful when using a form to assign power of attorney because many are often flawed and not legally binding.

### Durable Power of Attorney for Health Care

Gives power to another to make medical decisions if you are unable to do so. It should be used along with a Living Will. Living Wills are limited to life and death medical care. It is an important companion document. A form can be obtained from the State Bar Association.

### Living Trust

Allows you to transfer ownership of property and assets to a trust which is administered by someone you appoint, including yourself. There are both changeable and non-changeable (revocable and irrevocable) trusts, each of which have differing effects on taxes and government benefits.

### Medicaid Trust

A legal document that protects assets if you are confined to a nursing home and will apply for Medicaid.

### Residents' Rights

Should be prominently posted, entitling residents to the highest quality of care with dignity, respect, full information about fees, charges and the right to privacy.

### Representative Payee

The person designated by the Social Security or Veterans' Administration to receive a benefit check on behalf of another person. For example, a check for James Smith is paid to Lucy Jones. (Lucy Jones must be able to provide a full accounting of her use of the money on behalf of James Smith if requested to do so.) The designation may be altered by requesting a change at the SSA or VA office.

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## Helpful Questions to Ask

### HOME HEALTH CARE QUESTIONS

- ☒ What services do we need? What will they cost, per visit or per hour, including overtime or holiday charges? How are charges calculated? Is there a minimum number of hours or days per week? What happens when our insurance and/or Medicare runs out?
- ☒ How is the agency accredited and is it Medicare and/or Medicaid certified?
- ☒ Will the same person be reliable, dependable and available throughout all care? Is there a nursing supervisor who oversees all care and will help address any questions or problems?
- ☒ Does the agency screen and bond all caregivers and guarantee that its workers are protected with written personnel policies and benefits such as social security, liability, malpractice insurance and worker's comp?
- ☒ Are regular physicals and TB screening required for all workers? Do providers have CPR certification?
- ☒ Will the agency consult with our physician and family to develop a written care plan with specific duties caregivers are to perform, at what intervals and for how long? Will necessary personnel know what our needs are?
- ☒ Does the agency have 24 hours/day, 7 days/week service in case of emergencies?
- ☒ Will the agency teach caregivers the health care skills so the patient can work towards regaining independence?
- ☒ How long has the agency been in business? Is it affiliated with any hospital, community or social service agency?
- ☒ How often will we be billed and who will we pay? Is third party reimbursement available? Will the agency file Medicare, Medicaid, HMO and private insurance claims?

### HOSPICE QUESTIONS

- ☒ What's the response to your very first call?
- ☒ If hospital care is needed, does the patient have choice of hospital and physician?

- ☒ What will the actual out-of-pocket costs be?
- ☒ How long will it take to begin hospice service?
- ☒ How often does someone visit?
- ☒ Does the patient need 24-hour care?
- ☒ What services and how many hours are provided?
- ☒ What relationship does your doctor have with the provider?
- ☒ What is the average caseload carried by each nurse?
- ☒ Will inpatient care be provided in a designated hospice unit?
- ☒ What happens if the patient no longer needs in-hospital care but cannot go home?
- ☒ What nursing homes are under contract with the hospice provider?
- ☒ Will the same team stay with the patient throughout the entire length of care?
- ☒ How often will a home health aide visit if your patient has intensive physical care needs?
- ☒ Are there any special services or therapies offered which meet your patient's specific needs and wishes?
- ☒ Will someone be with the family at the time of death?
- ☒ What long term bereavement family support is available?
- ☒ What happens if Medicare or private insurance coverage ends?
- ☒ Will the hospice service file insurance claims for the family? How will out-of-pocket expenses be handled?
- ☒ Who can be called after normal business hours and how fast do they respond?
- ☒ How long has the hospice service been in business in the area and is it affiliated with any hospital, community or social service agency?

## HOUSING QUESTIONS

**If I wish to remain in my own home, what services will I need, and can I afford them? What about:**

- Repair and maintenance?
- Home modification?
- Personal care assistance?
- Nursing care?
- Cooking?
- Companionship, safety and reassurance?

**If I choose to move to an older adult living community, will I be able to have:**

- Privacy?
- Emergency assistance and security?
- Laundry and housekeeping service?
- My own furnishings?
- A place that feels comfortable?
- Good food and a selection of food?
- Transportation, shopping and preferred worship services?
- My preferred diet and have in-room tray service if I decide I'm not feeling well?
- My own phone? And be able to have my family and friends visit when I like?
- Scheduled activities that I like?
- Insurance billing help?

**Do I:**

- Need respite care?
- Like the management, the people, their approach, philosophy and styles?
- Like the decor and feel at home?
- Feel comfortable with the religious affiliation and planned services?
- Understand all room costs and additional fees?
- Feel secure about the financial stability of the owners/management?

### IMPORTANT!

Many people have lawyers establish trusts but do not move assets into them. All assets passed via a will must first pass through probate. Assets placed in a trust are not subject to probate. Make sure to make provisions to fund your trust. Before assets have been spent down, make sure you purchase a funeral insurance plan.



## NURSING FACILITY QUESTIONS

- ☒ Does the facility provide the skilled services you need?
- ☒ Does the facility have planned group activities such as bingo, pet therapy, trips, celebrations, etc.?
- ☒ Is the facility Medicare/Medicaid certified?
- ☒ What happens if your money runs out and you rely on Medicaid for payment?
- ☒ Are Medicaid beds available? If not, how long is the waiting period?
- ☒ Are location and visiting times convenient for family and friends?
- ☒ What is your first impression about the odor, cleanliness, decor and atmosphere?
- ☒ Do residents appear to enjoy the staff and do staff members know the residents by name?
- ☒ How responsive are the staff to your and your loved one's requests?
- ☒ Can roommates be changed easily if requested?
- ☒ Is the philosophical or religious orientation of the facility compatible with yours?
- ☒ What are the staffing ratios?
- ☒ What personal items may be retained to provide a satisfactory level of familiarity and comfort?
- ☒ Are residents mostly well-groomed and out of bed?
- ☒ How are the costs calculated, including single vs. double occupancy, laundry, therapy, activities, special diets, medical supplies, telephone and television?

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**TAKE NOTE**

You're not alone! You don't have to miss work to care for an elderly relative. Your local Area Agency on Aging or Senior Center can help you find providers and services including meals, transportation, homemaker and chore services and adult day supervision. Also ask if Eldercare benefits programs are available through your employer.



## **Helpful Toll-Free Numbers**

**AGING RELATED**

Food and Drug Complaints . . . . .	1-800-282-1955
Legal Hotline (Pro Seniors) . . . . .	1-800-488-6070
Long-Term Care Ombudsman . . . . .	1-800-282-1206
Medicare . . . . .	1-800-633-4227
Ohio Department of Insurance . . . . .	1-800-686-1526
Social Security Administration . . . . .	1-800-772-1213
Talking Books . . . . .	1-800-424-9100
Utility Consumer Hotline . . . . .	1-877-742-5622
Veterans Administration . . . . .	1-800-827-1000

**HEALTH HOTLINES**

Alzheimer's Disease . . . . .	1-888-458-2823
Blindness & Impaired Vision . . . . .	1-800-424-8666
Drug Abuse . . . . .	1-800-537-8098
Eldercare Locator . . . . .	1-800-677-1116
Fraud Line . . . . .	1-800-873-7283
Health & Communicable Disease . . . . .	1-800-232-4636
Home Weatherization/Energy Assistance Program . . . . .	1-800-282-0880
Medicare (Fraud) . . . . .	1-800-447-8477
National Health Info. Clearinghouse . . . . .	1-800-336-4797
Organ Donation . . . . .	1-800-528-2971
Surgery (Second Opinion) . . . . .	1-800-633-4227

**DISEASE SPECIFIC**

Alzheimer's Association . . . . .	1-800-272-3900
American Cancer Society . . . . .	1-800-227-2345
American Council of the Blind . . . . .	1-800-424-8666
American Diabetes Association . . . . .	1-800-342-2383
American Heart Association . . . . .	1-800-282-0291
American Kidney Fund . . . . .	1-800-638-8299
American Liver Foundation . . . . .	1-800-465-4837
National Parkinson Foundation . . . . .	1-800-473-4636
American Speech, Language & Hearing Association . . . . .	1-800-638-8255
Arthritis Foundation . . . . .	1-800-283-7800
Lung Disease Association . . . . .	1-800-222-5864
National Multiple Sclerosis Society . . . . .	1-800-FIGHT MS

Additional numbers can be found on the web at [www.ohio.gov](http://www.ohio.gov). Click on "Government."

# General Information & Referral, Community Outreach

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**Tell them you saw it in Older Adults™.**

**AREA AGENCIES ON AGING**

An Area Agency on Aging is a public or private non-profit agency, designated by the state to address the needs and concerns of all older adults at the local level. An Area Agency on Aging is a generic term. These agencies can provide information on services in their locale, as well as other specific activities related to their state. In general, all Area Agencies provide three primary services for Americans age 60+:

- Advocate for all older Americans within their service area.
- Identify the needs of the elderly in their areas and create multi-year plans for the development of comprehensive, community-based services to meet those needs.
- Administer Older Americans Act funds and other funds to implement the plan.

## Primary Resource Information & Referral Agencies

These primary resource agencies for older adults provide information about local services and resources available for seniors. All either provide or refer for advocacy and counseling, health screenings, emergency help, wellness programs, meals, outreach, social activities and transportation.

*If you don't know where to begin looking, start here!*

### Ohio Department

#### of Aging (614) 466-5500 or 1-800-266-4346

OMBUDSMAN AND BENEFITS CHECK-UP 1-800-282-1206

BENEFITS CHECK-UP 1-800-648-1176

GOLDEN BUCKEYE - REPLACEMENT CARDS 1-800-243-5678

246 N. HIGH ST., 1ST FL., COLUMBUS 43215

[www.aging.ohio.gov](http://www.aging.ohio.gov)

Distributes federal and state funds for health and human services to older adults through Ohio's 12 Area Agencies on Aging. Coordinates the following programs: PASSPORT long term care, Benefits Check-Up, assisted living waiver, Ombudsman, Golden Buckeye Program and Ohio Senior Health Insurance Information Program (OSHIIP) with the Ohio Department of Insurance. Joined Hearts in Giving, Ohio Senior Citizen's Day, the Ohio Senior Citizens Hall of Fame and the Elder Caregiver Award Ceremony.

### PHONE ASSISTANCE FOR OHIOANS

**2-1-1 - Community Services** - Ohioans in over half the state may dial 2-1-1 to receive referrals to housing assistance, alcohol counseling, senior citizen programs, mental health services and more.

For more information, visit

[www.211ohio.net](http://www.211ohio.net)

#### 3-1-1 - Government Services -

Residents can use this service to access non-emergency government services, such as to report a pothole or complain about noise-related violations. Limited to the Columbus area.

**7-1-1 - Services for the Hearing Impaired** - Consumers can dial this code to access Telecommunications Relay Service, which allows voice calls to be interpreted by devices used by the deaf and hearing-impaired community.

**8-1-1 - Call Before Digging** - This code will allow residents to provide advance notice before digging to ensure safety.

**Please Note:** Most of these services are free, though some may not be available via cellular or Internet telephone service.



### Ohio Civil Rights Commission (OCRC)

DELAWARE, FAIRFIELD, FRANKLIN, LICKING, PICKAWAY

AND UNION COUNTIES

(614) 466-2785

30 E. BROAD ST., 5TH FL., 43215

MADISON COUNTY

(937) 285-6500

DAYTON REGIONAL OFFICE, POINT WEST III, 3055 KETTERING

BLVD., STE. 111, DAYTON 45439

[www.crc.ohio.gov](http://www.crc.ohio.gov)

Enforces state laws against discrimination. OCRC receives and investigates charges of discrimination in employment, public accommodations, housing, credit and higher education on the bases of race, color, religion, sex, national origin, disability, age, ancestry, or familial status.

### ■ FRANKLIN COUNTY

#### Central Ohio Area Agency

#### on Aging (614) 645-7250 or 1-800-589-7277

3776 SOUTH HIGH ST., COLUMBUS 43207

[www.coaaa.org](http://www.coaaa.org)

A Long Term Care Consultation is a one-stop service to empower older adults and their families with information and access to services to help maintain independence and live at home. Administers federal and state funds and develops services in Central Ohio to help older adults maintain independence. Serves Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union counties.

#### Franklin County Senior Options

(614) 525-6200

TTY

1-800-750-0750

ADMINISTRATION

(614) 525-5230

FRANKLIN COUNTY OFFICE ON AGING

280 E. BROAD ST., 3RD FL., COLUMBUS 43215

[www.officeonaging.org](http://www.officeonaging.org)

Case Managers provide information and access to needed services for Franklin County older adults, their friends and families.

#### HandsOn Central Ohio 24 Hrs (614) 221-6766 or 2-1-1

TTY

(614) 341-2272

FOOD LINE

(614) 341-2282

1105 E. SCHROCK RD., COLUMBUS 43229

[www.handsoncentralohio.org](http://www.handsoncentralohio.org)

24 hour information and referral line for Franklin Co. citizens to appropriate human service agencies.

*Tell them you saw  
it in:*

**OLDERAdults**





## Doctor Visit Checklist: Be Prepared!

It's common for most people to forget what they want to ask their doctor, or they think their doctor is too busy to spend extra time with them. Remember, this is scheduled time with the doctor. And you're entitled to answers to your questions. In order to make the most of your visit to the doctor, it's important to be prepared. Use this helpful checklist to prepare for your next doctor visit.

### **Prior to a Doctor Visit (take this information with you):**

1. Write down your questions.
2. Write down any changes in your symptoms or condition.
3. Take a copy of your prescription formulary list – you can find it in your insurance company enrollment packet or at your insurance carrier's website.
4. Write down alternative treatments or medications that you'd like to discuss with your physician.
5. Make a list of the current medications you're taking (over the counter and prescriptions).
6. Other:

### **During Your Doctor Visit:**

1. If your doctor prescribes a name brand medication, ask about a generic equivalent. Doing so may help you save on out-of-pocket costs.
2. Ask if the prescribed medication is on your formulary list (give your doctor a copy). Using medications on the list can help you save on out-of-pocket costs. Visit your insurance carrier's website to print out a copy of the formulary list.
3. Ask your doctor for samples of the medication he/she prescribed. This way you can try the medication for a few days to see if it's effective for you. If it is, then you can fill your doctor's prescription; if not, it hasn't cost you anything.
4. Be sure to review the list of symptoms, questions and medications that you've prepared.
5. When appropriate, talk to your doctor about other treatment options. Make sure you're well informed. Discuss which treatment would be most beneficial and cost-effective for you.
6. Other:

### **Jewish Family Services**

**(614) 231-1890**

1070 COLLEGE AVE., COLUMBUS 43209

[www.jfs.columbus.org](http://www.jfs.columbus.org)

Skilled team provides service navigation to families, caregivers and the elderly to reduce the time spent searching for the right resources for your specific needs. Counseling, referrals, case management and more.

### **Senior Hotline**

NORTH CENTRAL MENTAL HEALTH SERVICES

**(614) 294-3309**

MAIN OFFICE

**(614) 299-6600**

1301 N. HIGH ST., COLUMBUS 43201

Answers any questions related to older adults.

### **Upper Arlington Commission on Aging (614) 583-5326**

1945 RIDGEVIEW RD., BLDG. 2, UPPER ARLINGTON 43221

[www.uacoa.com](http://www.uacoa.com)

Primary advocacy for those age 60+ in Upper Arlington. Also has "Kind Call" program.

### **■ DELAWARE COUNTY**

#### **SourcePoint (740) 363-6677 or 1-800-994-2255**

800 CHESHIRE RD., DELAWARE 43015

[www.MySourcePoint.org](http://www.MySourcePoint.org)

Clearinghouse for information, assistance and services for older adults and their families. Medical transport, home delivered meals, adult day services, emergency response systems and personal care assistance.

#### **HelpLine of Delaware and Morrow Counties**

24 HOURS

**1-800-684-2324**

11 N. FRANKLIN ST., DELAWARE 43015

### **■ FAIRFIELD COUNTY**

#### **Fairfield County 2-1-1**

24 HOURS

**211 or (740) 687-0500**

CRISIS HOTLINE

**(740) 687-8255 (TALK)**

108 W. MAIN ST., STE. C, LANCASTER 43130

[www.mowfc.org](http://www.mowfc.org)

Information, referral and crisis intervention in Fairfield County.

#### **Meals on Wheels – Older Adult**

**Alternatives of Fairfield County**

**(740) 681-5050**

253 BOVING RD., LANCASTER 43130

### **■ FAYETTE COUNTY**

#### **Fayette County Commission on Aging**

**(740) 335-2159 or (740) 333-3554**

1179 S. ELM ST., WASHINGTON COURT HOUSE 43160

SENIOR CITIZEN OUTREACH SERVICE

[www.fayettcoa.com](http://www.fayettcoa.com)

Information & referral. Helps with medical papers, HEAP applications, Golden Buckeye Cards and more. Confidential in-home visits and telephone reassurance available at no charge. Serves Washington Court House, Jeffersonville and Fayette County.

## ■ **LICKING COUNTY**

**Licking County Aging Program,  
Inc. (LCAP)** (740) 345-0821 or 1-800-452-0097  
1058 E. MAIN ST., NEWARK 43055  
www.lcap.org

Nutrition, transportation, adult day center, home health programs and senior center activities. Center meals at 10 dining sites throughout the county, home-delivered meals and wheelchair transportation. Helps with homemaker, respite care, bathing and chores.

## ■ **MADISON COUNTY**

**Madison County Senior Center**  
VOICE/TTY (740) 852-3001  
280 W. HIGH ST., LONDON 43140  
Adult day ctr., transportation homemaking, supportive services, health and wellness and hot meal at lunch.

## ■ **PICKAWAY COUNTY**

**Pickaway Senior Center** (740) 474-8831  
2105 CHICKASAW DR., P. O. BOX 565, CIRCLEVILLE 43113  
www.pickawayseniors.org

## ■ **UNION COUNTY**

**Richwood Civic Center** (740) 943-2310  
235 GROVE ST., STE. 200, RICHWOOD 43344  
Provides recreation and educational activities.

Information and referral. Also “ask Connie” advocacy program to help seniors with prescription drug plans, Medicare, insurance, benefits, bills, etc.

## **Union County Senior Services** (937) 644-1010

940 LONDON AVE., SUITE 1800, MARYSVILLE 43040

www.co.union.oh.us/Senior-Services-Home/

Information, referral, advocacy and supportive services. Helps with medical papers, HEAP applications and Golden Buckeye Cards. Confidential in-home visits, personal care, homemaking, Senior Companion, legal aid and telephone reassurance.

## ADDITIONAL RESOURCE AGENCIES

**AARP Ohio Office** 1-866-389-5653  
TTY 1-877-434-7598

17 S. HIGH ST., STE. 800, COLUMBUS 43215

Material on subject matters of interest to older adults. Works to enhance the quality of life for all as we age. Attempts to lead positive social change and provide value to members through information, advocacy and service.

**Eldercare Locator** 1-800-677-1116

www.eldercare.acl.gov

Gives callers access to extensive network of state and local organizations that serve older people anywhere in the United States. Will refer caller to local and state offices on aging for information and assistance in an older person's community. 9 A.M. – 8 P.M., M–F.

# Senior Centers

See Glossary for more information.

## ■ **FRANKLIN COUNTY**

**Bexley Recreational Senior  
Citizens Programs** (614) 559-4310  
165 N. PARKVIEW AVE., BEXLEY 43209

**Blendon Township Senior Center** (614) 882-1260  
6330 S. HEMPSTEAD RD., WESTERVILLE 43081

**Frances Steube Community Center** (614) 837-8276  
22 S. TRINE ST., CANAL WINCHESTER 43110

**Dublin Community Sr. Citizens** (614) 410-4550  
5600 POST RD., DUBLIN 43017

**Evans Center** (614) 277-1060  
4330 DUDLEY AVE., GROVE CITY 43123

## CAREGIVER TIP

**Why do I need a support group?** If you are a caregiver for a person who is frail or has cognitive impairments, attending support groups can help you feel less alone and more in control of your life. By talking to others who share their experiences in coping with the disease, you can learn useful information and tips to help you with the problems and decisions you may face.

**Gahanna Senior Center** (614) 342-4265  
480 ROCKY FORK BLVD., GAHANNA 43230

**Grandview Senior Center** (614) 488-8792  
1515 W. GOODALE BLVD., COLUMBUS 43212

**Groveport Senior Center** (614) 836-4599  
7370 GROVEPORT RD., GROVEPORT 43125

**Hilliard - Phyllis A. Ernst Senior Ctr.** (614) 876-0747  
3810 VETERANS MEMORIAL DR., HILLIARD 43026

**Jewish Community Center -  
New Horizons 60+** (614) 231-2731  
1125 COLLEGE AVE., COLUMBUS 43209

**Obetz Community Center** (614) 491-4546  
1650 OBETZ AVE., OBETZ 43207

**Prairie Township Senior Center** (614) 878-5110  
4616 W. BROAD ST., COLUMBUS 43228

**Reynoldsburg Senior Citizens Center** (614) 866-5890  
1520 DAVIDSON DR., REYNOLDSBURG 43068

**Riverside John J. Gerlach Center  
for Senior Health** (614) 566-5858  
3830 OLENTANGY RIVER RD., COLUMBUS 43214



**Upper Arlington Senior Center** (614) 583-5320  
1945 RIDGEVIEW RD., UPPER ARLINGTON 43221

**Westerville Senior Center** (614) 901-6560  
310 W. MAIN ST., WESTERVILLE 43081

**Whitehall Senior Citizens Center** (614) 328-2879  
4924 ETNA RD., WHITEHALL 43213

**Worthington-Griswold Center** (614) 842-6320  
777 HIGH ST., WORTHINGTON 43085

**Columbus Recreation and Parks** (614) 645-3300  
1111 E. BROAD ST., COLUMBUS 43205

**Barnett Community Center** (614) 645-3065  
1184 BARNETT RD., COLUMBUS 43227

**Beatty Community Center** (614) 645-3218  
247 NORTH OHIO AVE., COLUMBUS 43203

**Dodge Community Center** (614) 645-3176  
667 SULLIVANT AVE., COLUMBUS 43215

**Gillie Senior Center** (614) 645-3106  
4425 MORSE CENTER DR., COLUMBUS 43229

**Golden Hobby Shop** (614) 645-8329  
630 S. THIRD ST., COLUMBUS 43206

**Indian Mound Community Center** (614) 645-3224  
3901 PARSONS AVE., COLUMBUS 43207

**Lazelle Woods Community Center** (614) 645-5330  
8140 SANCUS BLVD., COLUMBUS 43081

**Marion Franklin Community Ctr.** (614) 645-3612  
2801 LOCKBOURNE RD., COLUMBUS 43207

**Martin Janis Senior Center** (614) 645-5954  
600 E. 11TH AVE., COLUMBUS 43211

**Schiller Community Center** (614) 645-3156  
1069 JAEGER ST., COLUMBUS 43206

**Westgate Community Center** (614) 645-3264  
455 S. WESTGATE AVE., COLUMBUS 43204

**Whetstone Community Center** (614) 645-3217  
3923 N. HIGH ST., COLUMBUS 43214

#### ■ **DELAWARE COUNTY**

**SourcePoint** (740) 363-6677 or 1-800-994-2255  
800 CHESHIRE RD., STE. B, DELAWARE 43015  
www.MySourcePoint.com

These senior citizen social clubs meet monthly:

**Ashley Senior Citizens** (740) 747-2658

**Bellpoint Area Senior Citizens** (740) 369-0652

**Big Walnut Senior Citizens** (740) 965-4636

**Genoa Township Senior Citizens** (740) 965-2640

**Joy Senior Group** (614) 891-1157

**Olentangy Area Senior Citizens** (614) 846-3854

**Ostrander Sr. Citizens** (740) 362-1815 or 363-0948

**Prospect Senior Citizens** (740) 494-2989

#### ■ **FAIRFIELD COUNTY**

**Olivedale Senior Center** (740) 687-6655  
253 BOVING RD., LANCASTER 43130

**Pickerington Senior Citizen Center** (614) 837-3020  
150 HEREFORD DR., PICKERINGTON 43147

The following senior citizen clubs meet monthly:

**Amanda Senior Citizens** (740) 969-4665

**Baltimore Senior Citizens** (740) 862-4283

**Bremen Senior Citizens** (740) 569-4457

**Canal Winchester Senior Citizens** (740) 837-8276

**Carroll Senior Citizens** (740) 756-4525

**Fairfield Beach Senior Citizens** (740) 467-2234

**Millersport Senior Citizens** (740) 619-2438

**Pleasantville Sociables** (740) 653-5499

**Rushville Senior Citizens** (740) 654-5499

**Stoutsville Senior Club** (740) 474-3924

**Sugar Grove Senior Citizens** (740) 653-8681

#### ■ **FAYETTE COUNTY**

**Commission on Aging** (740) 335-2159  
1179 S. ELM ST., WASHINGTON COURT HOUSE 43160

**Senior Citizens of Fayette County** (740) 335-4868  
723 DELAWARE ST., WASHINGTON COURT HOUSE 43160

#### ■ **LICKING COUNTY**

**Granville Fellowship, Inc.** (740) 587-1333  
PO Box 257, 3825 COLUMBUS RD., BLDG. G, GRANVILLE 43023

**Heritage Hall Senior Center/Licking County Aging Program** (740) 345-0821 or 1-800-452-0097  
1058 E. MAIN ST., NEWARK 43055

#### ■ **MADISON COUNTY**

**Madison Co. Senior Citizens Center** (740) 852-3001  
280 W. HIGH ST., LONDON 43140

**Mt. Sterling Community Center** (740) 869-2453  
164 E. MAIN ST., MT. STERLING 43143

The following are senior citizen clubs:

**Devonshire of London** (740) 852-4870

#### ■ **PICKAWAY COUNTY**

**Pickaway Senior Ctr.** (740) 474-8831 or (740) 474-8831  
2105 CHICKASAW DR., P.O. BOX 565, CIRCLEVILLE 43113

#### ■ **UNION COUNTY**

**Community and Seasoned Citizens** (937) 644-9801  
900 COLUMBUS AVE., PO Box 277, MARYSVILLE 43040

**Pleasant Valley Center** (614) 873-8870  
390 ALLGYER DR., PLAIN CITY 43064

**Richwood Civic/Senior Center** (740) 943-2310  
235 GROVE ST., RICHWOOD 43344

Meals M-F, 11:20 A.M. Also mobile meals.

**Union County Senior Services** (937) 644-1010  
940 LONDON AVE., STE. 1800, MARYSVILLE 43040

**Windsor & Community Seniors, Inc.** (937) 644-8464  
376 ROSEHILL DR., STE. C, MARYSVILLE 43040

**CONGREGATE MEAL LOCATIONS****LifeCare Alliance Dining Locations in Franklin Co. (614) 278-3130**

Centers provide socialization and sustain and improve participant's health and wellness. Limited transportation.

**■ DOWNTOWN**

**Jaycee Arms**, 266 E. MAIN ST.

**Nazareth Towers**, 300 E. RICH ST.

**■ EAST SIDE**

**Asbury North United Methodist**, 1586 CLIFTON AVE.

**Eastland Manor Apts.**, 4225 MACSWAY AVE. (FRI. ONLY)

**Leo Yassenoff Jewish Center**, 1125 COLLEGE AVE.

**Mt. Vernon Plaza**, 1035 ATCHESON RD.

**Ottawa Ridge**, 1155 NOE BIXBY RD..

**■ NORTH**

**Corban Commons**, 3426 AGLER RD.

**Hampton Woods Apts.**, 2819 E. DUBLIN GRANVILLE RD.

**St. Stephen's Community House**, 1500 E. 17TH AVE.

**■ WEST**

**Carrie's Cafe**, 670 HARMON AVE.

**Hilltop Senior Village**, 300 OVERSTREET WAY

**■ SOUTH**

**Marion Franklin Comm. Ctr.**, 2801 LOCKBOURNE RD. (M, F)

**■ GAHANNA**

**Stygler Village**, 140 IMPERIAL DR.

**■ GROVE CITY**

**Evans Senior Center**, 4330 DUDLEY AVE.

**■ WHITEHALL**

**Maplewood Senior Apartments**, 91 MAPLEWOOD DR.

**■ ASIAN MEAL PROGRAM:**

Asian cuisine served at restaurants throughout Columbus – 6 days a week A majority of the restaurants are on the northwest side of Columbus. Everyone is invited! For restaurant locations, call (614) 437-2861.

**■ SOMALI SENIOR CHOICE**

Vouchers are available for meals at select Somali restaurants serving East African Halaal cuisine. For more information, please call (614) 437-2861.

**■ DELAWARE COUNTY**

**SourcePoint** (740) 363-6677 or 1-800-994-2255

**Ashley Villa Apts.**, 240 MAIN ST., ASHLEY 43003

**Georgetowne Village Square**, 100 GEORGETOWNE DR., 43015

**Rainbow Place Apts.**, 150 N. WALNUT ST., SUNBURY 43074

**Second Ward Community Center**, 50 ROSS ST., 43015

**SourcePoint**, 800 CHESHIRE RD., 43015

**St. Michael's Comm.**, 35 LEXINGTON BLVD., DELAWARE 43015

**■ FAIRFIELD COUNTY/CONGREGATE MEAL SITES****Meals on Wheels Older Adult Alternatives of**

**Fairfield Co., Inc.** 1-866-654-9830 or (740) 681-5050

AGING SERVICES OFFICE, 253 BOVING RD., LANCASTER 43130

**Livingston Arms Apts.**, 207 S. LIVINGSTON AVE.

**Mt. Pleasant Place Apts.**, 963 PRESTIGE BLVD., LANCASTER

**Pershing House**, 1551 N. COLUMBUS ST., LANCASTER

**Pleasant View Place Apts.**, 1690 CHARTWELL DR., LANCASTER

**Sister Lucille's Place at Meals on Wheels**,

253 BOVING RD., LANCASTER 43130

**United Methodist Church**, 227 E. HIGH ST., AMANDA 43102

**Windsor Place Apts.**, 141 GRACELAND DR., LANCASTER 43130

**Ye Olde Village Diner**, 46 EAST COLUMBUS ST., PICKERINGTON

**■ FAYETTE COUNTY**

*See Home Delivered Meals on page 31.*

**■ LICKING COUNTY**

**Candlewick Commons**, 15 S. 3RD. ST., NEWARK

**Chimes Terrace**, 65 S. WILLIAMS ST., JOHNSTOWN

**LEADS Center**, 12536 ADAMS LN. SW, PATASKALA

**Mitchell Retirement Village**, 1030 S. 30TH ST., HEATH

**LCAP/Heritage Hall**, 1058 E. MAIN ST., NEWARK

**Oak Hill Manor**, 1 CROSS ST., UTICA

**Sharon Glyn**, 914 SHARON VALLEY RD., NEWARK

**Terrace Gardens**, 85 W. CHURCH ST., NEWARK

**Washington Square Apts.**, 340 EASTERN AVE., NEWARK

**Water's Edge Comm. Ctr.**, 4852 WALNUT RD., BUCKEYE LAKE

**■ MADISON COUNTY****LifeCare Alliance Congregate Meal Program**

**at Meadowview Senior Residence (614) 278-3153**

To reserve a lunch, call the day before you plan to attend.

**Madison County Senior Center (740) 852-3001**

280 W. HIGH ST., LONDON 43140

Meals Monday-Friday 11:30 A.M. – 1 P.M. at the center.

**■ PICKAWAY COUNTY**

**Pickaway Senior Center (740) 474-8831 or 474-8617**

2105 CHICKASAW DR., CIRCLEVILLE 43113

[www.pickawayseniors.org](http://www.pickawayseniors.org)

**■ UNION COUNTY**

**Richwood Civic Center**

**(740) 943-2310**

235 GROVE ST., RICHWOOD 43344

Education, recreation, information and referral, and more. Mobile and congregate meals M-F, 11:20 A.M.

**Windsor Community Seniors, Inc.**

**(937) 644-8459**

376C ROSEHILL DR., STE. C, MARYSVILLE 43040



**HOME DELIVERED MEALS**

® = Passport Provider

### ■ **AREAWIDE AND FRANKLIN COUNTY**

#### **Simply EZ Home Delivered Meals** ®

(614) 308-1844 or 1-877-EZ-MEAL1 (396-3251)

3593 INTERCHANGE RD., COLUMBUS 43204

www.simplyez.net

Home delivered meals provided through the Central Ohio Area Agency on Aging. Serves 35 counties in Ohio. See our ads on this page and the inside front cover.

#### **Global Meals** ® (614) 252-4813 or 1-888-928-2323

2761 E. 4TH AVE., COLUMBUS 43219

www.globalmeals.com

Serves all counties serviced by the Centrao Ohio Area Agency on Aging. See our ads on this page and the back cover.

#### **Clossman Catering** ® (513) 942-7744

#### **Grannies Cooked Delivered Meals** ® (740) 277-6445

1217 S. BROAD ST., LANCASTER 43130

#### **Lifecare Alliance** ® (614) 278-3130

1699 W. MOUND ST., COLUMBUS 43223

#### **Mom's Meals** ® 1-866-716-3257

### ■ **DELAWARE COUNTY**

#### **SourcePoint** ® (740) 363-6677 or 1-800-994-2255

800 CHESHIRE RD., DELAWARE 43015

www.MySourcePoint.org

### ■ **FAIRFIELD COUNTY**

#### **Meals on Wheels Older Adult Alternatives**

**of Fairfield Co., Inc.** ® (740) 681-5050

253 BOVING RD., LANCASTER 43130

### ■ **FAYETTE COUNTY**

#### **Fayette Co. Commission on Aging** ® (740) 335-2159

1179 S. ELM ST., WASHINGTON COURT HOUSE 43160

### ■ **LICKING COUNTY**

#### **Flint Ridge Village** ® (740) 344-0388

65 McMILLEN DR., NEWARK 43055

#### **Granville Centenary United Methodist Church**

(740) 587-0022

102 BROADWAY, GRANVILLE 43023

#### **Licking County Aging Program** ® (740) 345-0821

1058 E. MAIN ST., NEWARK 43055

### ■ **MADISON COUNTY**

#### **Madison County Meals on Wheels – provided by Lifecare Alliance**

(740) 845-7325 or 1-866-357-4677

PO BOX 187, LONDON 43140



**Simply EZ**  
Home Delivered Meals

**Fresh and delicious healthy meals**  
877-396-3251 | 614-308-1844  
www.simplyez.net



**GLOBAL MEALS**  
TASTE THE DIFFERENCE

The New Generation of  
*Home Delivered Meals*

Large Variety of Meals  
Excellent Consumer Care  
Multiple Funding Sources

**Our goal is to deliver high-quality delicious meals right to our consumer's door.**  
We offer an amazing variety of options with our Standard and Kosher menus, and incredible flavors with our Specialty Menus. Plus, our Modified Diets menus meet dietary needs without sacrificing taste.

**FUNDING SOURCES  
SERVING ALL OF OHIO**

*Contact us for more info or to get started today!*  
1.888.928.2323  
help@globalmeals.com  
www.globalmeals.com



# Caring for an incontinent loved one at home

...can be a blessing  
or a challenge.

These major challenges  
can be handled with the  
**right product.**

- Skin irritation
- Infections / UTP's
- Offensive urine odor
- Leakage/wet linen
- Interruption of sleep  
and social activities

Different product  
performance levels are  
available to meet every  
need:

- Light
- Moderate
- Heavy
- Overnight

Your choice of product  
style and absorbency  
should be guided by a  
simple principle: "follow  
the path of the least  
deviation from normal  
toileting behavior."

Economic good sense:  
Choose the product that  
gives the best value not  
just the lowest cost per  
unit. A higher perform-  
ing product may cost a  
little more but it can  
save a lot of related  
costs.

**The end result** is a  
blessing for all:

- Less stress/less work
- More free time
- Normal socialization
- Greater peace of mind.



## A Guide for Selecting the Right Product

A key to remember is to assess the specifics of your situation so that you match the product to the "individual's situation." This is called "individual-centered care." Below is an Assessment Guide to help you through the process. Critical elements to consider are: a) type of incontinence: urinary and/or bowel; b) mobility (it's about ease of "getting around"); c) mental alertness; d) caregiver availability. The following "scoring tool" will help in selecting the right style and absorbency level.

### Assessment Scoring Tool

Please use this form to help guide the choice of product style and capacity. In each category below indicate in the **Score Box** the number that best describes the situation. When done total the scores at the bottom and refer to the **Product Styles** shown on the right.

#### Condition Assessment Score Box

##### Continence Level - Urinary

- 0 = *Continent*; individual is not incontinent  
1 = *Usually continent*; individual is rarely incontinent; may have one episode per week  
2 = *Occasionally incontinent*; may have a couple of episodes a week; but not daily  
3 = *Frequently incontinent*; incontinent daily; but may have periods of continence  
4 = *Incontinent*; multiple episodes of incontinence throughout the whole day

##### Continence Amount - Urinary

- 0 = *Continent*  
1 = *Light*; less the 3.4 oz. per episode  
2 = *Moderate*; 3.4-10.1 oz. per episode  
4 = *Heavy*; 10.1-16.9 oz. per episode  
6 = *Super Heavy*; greater than 18.6 oz. per episode

##### Continence Amount - Fecal

- 0 = *Continent*; no fecal episodes  
2 = *Light*; occasional fecal smears  
4 = *Moderate*; occasional fecal episodes  
6 = *Total*; fecal incontinence

##### Toileting Ability/Mobility

- 0 = *No assistance*; ambulatory  
1 = *Minimal assistance*; may need a little help with sitting up  
2 = *Moderate assistance*; needs physical assistance from at least one caregiver  
4 = *Unable/immobile*; unable to ambulate to bathroom and/or cannot use commode or bedpan

##### Mental/Physical/Level of Orientation

- 0 = *Oriented*; able to communicate clearly  
2 = *Slightly confused*; sometimes communicates needs  
4 = *Confused*; unable to communicate needs  
6 = *Skin condition is fair to poor*; breakdown exists or is likely

##### Total Score

Add the numbers above from each category. Match the total score to the number in the score column. The product styles directly to the right are appropriate solutions for the incontinence level.

#### Score Column

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26

#### Product Style and Capacity

##### Light Protection



##### Moderate Protection



##### Heavy Protection



##### Maximum Protection



##### Added Protection\*

\*Adds absorbency, prevents leakage



Turn to the Incontinence Supply section in this publication for a listing of suppliers. For assistance in using this guide, call 1-866-245-9006.



## ■ **PICKAWAY COUNTY**

**Pickaway Senior Center** <sup>®</sup> (740) 474-8831  
2105 CHICKASAW DR., CIRCLEVILLE 43113  
Home delivered and congregate meals.

## ■ **UNION COUNTY**

**Memorial Meals** 1-800-686-4677  
MEMORIAL HOSPITAL OF UNION CO. (937) 578-2445  
500 LONDON AVE., MARYSVILLE 43040

# Transportation

See Glossary of Terms

For more detailed information about transportation resources, visit [www.coaaa.org/resources](http://www.coaaa.org/resources).

See Primary Outreach agencies and Senior Centers for referral and matching with an escort program near you.

♿ = wheelchair accessible

**Ohio Bureau of Motor Vehicles** 1-800-589-8247  
HANDICAP PARKING (614) 752-7800  
NON-DRIVER ID (614) 752-7600  
1970 W. BROAD ST., COLUMBUS 43223  
[www.bmv.ohio.gov/driver\\_license.stm](http://www.bmv.ohio.gov/driver_license.stm)

State identification cards are issued to non-drivers of any age. Applicant must have certified birth certificate and proof of Social Security number. Cost is \$8.50. Card is valid for four birthdays. Apply at any local deputy registrar license agency. Handicap parking placard, \$3.50.

## DRIVING SAFETY AND EVALUATION

**AAA Ohio Auto Club** (614) 431-7891 or 1-800-323-5486, ext. 7891  
[www.ohio.aaa.com](http://www.ohio.aaa.com)  
Driver Improvement for the Mature Operator,  
DriveSharp brain fitness software program.

**AARP Driver Safety Program** 1-888-227-7669  
ON-LINE COURSE 1-800-350-7025  
CLASSROOM COURSE 1-877-846-3299

**Grady Memorial Driver Rehabilitation** (740) 615-2660

**Ohio Health** (614) 788-9059  
3363 TREMONT RD., UPPER ARLINGTON 43221

**OSU Driver Rehabilitation - Older Driver Program** (614) 685-5600  
2050 KENNY RD., STE. 3300, COLUMBUS 43221  
Provides driver rehabilitation evaluations.

## IMPORTANT

**Routine ambulance transport is not the same as emergency care. If you need emergency care, call 911.**



## ADDITIONAL FOOD RESOURCES

**FOOD Pantry Network of Licking Co.** (740) 344-7401

**Franklin County Senior Options** (614) 525-6200  
ADMINISTRATION (614) 525-5230  
FRANKLIN COUNTY OFFICE ON AGING  
280 E. BROAD ST., 3RD FL., COLUMBUS 43215  
Has information on delivery and shopping services.

## TRANSPORTATION RESOURCES

### ■ **FRANKLIN COUNTY**

**5 Star Transportation Services** <sup>®</sup> (614) 407-1111  
2999 EAST DUBLIN GRANVILLE RD., STE. 105, COLUMBUS 43231

**American Red Cross of Greater Columbus**  
FRANKLIN COUNTY (614) 253-6705  
995 E. BROAD ST., COLUMBUS 43205  
Free transportation to residents age 60+. Medical and non-medical appt's. Minimum 10-14 day notice. Free.

**BEAT (Bexley Extended Area Transit)** (614) 237-4216  
Provides transportation for groups of seniors to appointments, entertainment and shopping. Groups only, no individual transportation. No wheelchair lifts. Call for rates.

**Best Choice Transportation** <sup>®</sup> (614) 554-2324  
6500 BUSCH BLVD., COLUMBUS 43229

**Blendon Township Senior Center** (614) 882-1260  
Transportation to doctors, hairdresser and grocery. 24-hour or more notice. Members only, but new members welcome. Charge for non-township residents.

**Canal Winchester Senior Transportation Program** (614) 834-4700  
For those living in Canal Winchester school district age 60+ or disabled. 2 day notice required.

**Central Ohio Area Agency on Aging - PASSPORT Program** (614) 645-7250  
[www.coaaa.org/index.php](http://www.coaaa.org/index.php)  
For age 60+ and who would need nursing home care without community services to stay at home. Must meet income requirements.

**Central Ohio Transit Authority (COTA)** (614) 228-1776  
COTA MAINSTREAM <sup>♿</sup> (614) 275-5833  
TTY (614) 275-5878  
[www.cota.com/accessibility-for-riders-with-disabilities/mobility-or](http://www.cota.com/accessibility-for-riders-with-disabilities/mobility-or)  
[www.cota.com/senior-riders](http://www.cota.com/senior-riders)

For those with a functional disability preventing them from riding regular COTA bus. Visit website or call for application.

**Clark Transportation Services LLC ® (614) 886-4214**  
4555 GROVES RD., UNIT 16, COLUMBUS 43232

**Clintonville-Beechwood Community Resource Center ♿ (614) 268-3539**

3222 N. HIGH ST., COLUMBUS 43202

Free trips for medical appointments, grocery and social activities for zip codes 43202, 43214, 43210, and 43224. Call to enroll.

**Columbus Cancer Clinic (614) 263-5006**

To cancer treatment only. Must be Franklin Co. resident. Must be able to get in and out of vehicle. Free service.

## CARING FOR GOOD NUTRITION

**Make dining a pleasure and reap the nutrition benefits by implementing the following:**

- ❖ Create a relaxed environment during mealtimes.
  - Keep the pace leisurely and the conversation pleasant.
  - Don't dwell if one refuses to eat.
- ❖ If weight loss or minimal appetite are concerns,
  - Offer smaller portions and more frequent meals or snacks. For example, serve six small meals per day, rather than 3 meals per day.
  - Provide a variety of high calorie, nutrient rich foods, such as cream of vegetable soup with powdered milk added, mashed potatoes with butter and whole milk, creamed spinach, or apples with peanut butter and honey.
  - Consider providing an instant breakfast drink made with milk as a snack.
- ❖ Serve a variety of nutritious, comfort foods.
- ❖ If your loved one has difficulty using utensils, be flexible and offer finger foods. Some examples are diced vegetables, bite size chicken, cheese cubes.
- ❖ If your loved one has swallowing problems, slightly thickened liquids may help. Examples are vegetable juice and fruit nectars. Please seek medical advice for further evaluation and food texture modifications.
- ❖ Ensure water and other fluids are available all day. Include juices, broth, gelatin, ice pops, decaffeinated coffee or tea.

**As a Caregiver, don't forget to take care of your own nutritional needs.**

*For further questions, please contact:*

**Central Ohio Area Agency on Aging**  
3776 South High St., Columbus 43207  
**www.coaaa.org (614) 645-7250 or 1-800-589-7277**

**Comfort Keepers (614) 263-1998**

Transportation for persons age 18+ including door through door services. Assistance with home management. Call for free information.

**Critical Care Transport (614) 775-0421**

To and from anywhere in Ohio and the U.S.

**Disabled American Veterans**

[www.dav.org/veterans/need-a-ride](http://www.dav.org/veterans/need-a-ride)

**Dublin Taxi (614) 766-6666**

Call for rates.

**Elder Choices of Central Ohio (614) 221-3659**

Senior Options and Title XX participants only. Age 60+. Advanced notice to medical appointments and grocery.

**Express Medical Transportation ® (614) 898-7777**

5918 SHARON WOODS BLVD., #170, COLUMBUS 43229

**Franklin County Dept. of Job & Family Services (614) 233-2381**

For Medicaid recipients. Medical appointments only through taxi cab.

**Franklin County Senior Options (614) 525-6200**

Age 60+ who qualify for program. Call to apply.

**GL Transport (614) 892-2488**

2168 CLOVERLEAF ST. E, COLUMBUS 43232

**Grove City Evans Senior Center (614) 277-1060**

Senior Center members and residents of Jackson Twp. To medical appointments and non-medical needs within Grove City and Jackson Twp. \$2/round trip. 3 day advance notice.

**Groveport Senior Transportation (614) 836-7433**

Groveport resident. No cost, 60+ or disabled. Medical apts. or personal transport. 2 day advance notice.

**Hands On Central Ohio (614) 221-2255**

**Hilliard Phyllis A. Ernst Senior Center (614) 876-0747**

Mon.-Thurs. To grocery and lunch. Serves Wellington Village, Woodview Court, Sturbridge and Horizons. Lunch at senior center or grocery.

**Home Instead Senior Care**

SOUTHERN FRANKLIN COUNTY (614) 849-0200

NORTH CENTRAL FRANKLIN COUNTY (614) 486-6643

Door through door transport. Call for rates.

**I.N.A. Family, Inc. ® (614) 238-3155**

9181 S. OLD STATE RD., LEWIS CENTER 43035

**Leukemia/Lymphoma Society (614) 476-7194**

\$100 stipend that can be used towards transportation for any blood cancer patient.

**Moonstar Transportation ® (614) 260-6617**

Curb to curb transport.



**Mount Carmel Connection (614) 466-6742**

Wheelchair, medical only- \$40 each way plus \$3/mile (in Franklin Co. only); Stretcher \$280 each way plus \$9/mile (all over state). Need 1 week advanced notice.

**National Multiple Sclerosis Society 1-800-344-4876**

Disease specific. Doctor visits and support groups. Call to apply.

**Obetz Community Senior Center (614) 491-4546**

Obetz Village and Hamilton Twp. residents. Medical appointments in a 20 mile radius. 24 hour notice.

**On Time Medical Transport (614) 471-7395****Ohio Home Care (614) 466-6742****Ohio Transportation Resources and Shuttle Services ® (614) 495-6453**

E DUBLIN GRANVILLE RD # 201, COLUMBUS 43229

**Open Hands Transportation (614) 866-7100**

Services to the elderly and those with special needs.

**Public Shuttle Ohio Transportation (614) 596-5231**

Individual and group transport. Call for rates.

**Ride Solutions 1-888-742-RIDE (7433)**

Organizes carpooling to/from work or school. Free

**Riverside John J. Gerlach Center for Senior Health (614) 566-5858**

3830 OLENTANGY RIVER RD., COLUMBUS 43214

Partner with Red Cross to provide transportation throughout Franklin Co.

Cost, \$20/trip. 5 A.M.-5 P.M.,

M-F, 8 A.M.-4:30 P.M. Sat.

AdvantAge members receive 10th trip free.

**ADVANTAGE PROGRAM (614) 566-5062**

Age 50+ throughout Franklin Co. M-F, 5 A.M.-5 P.M.,

Sat. 8 A.M.-4:30 P.M. \$20 each way for members, 10th trip is free.

**Safelift Transportation (614) 299-7766****Second Home Transportation ® (614) 414-0077**

2556 MORSE RD., COLUMBUS 43231

**St. Stephen's Community House (614) 294-6347**

1500 E. 17TH AVE., COLUMBUS 43219

Serves zip codes 43004, 43211, 19, 24, 29, and 31.

Call ahead to apply.

**Susan G. Komen Foundation (614) 465-6636**

For breast cancer patients.

**VA Transportation & (614) 257-5624**

[www.va.gov/healthbenefits/vts/locations.asp](http://www.va.gov/healthbenefits/vts/locations.asp)

For veterans who use wheelchairs or are stretcher bound.

**Urban Express & (614) 253-7000**

Wheelchair transport across county lines. Flat rates based on distance.

**TAKE NOTE**

Call your local Senior Center first to see what transportation services are available to you in your neighborhood.

Some doctors and hospital outpatient services have free transportation to and from office visits.

**VA Transportation (614) 257-5624**

Call for requirement information.

**Van Tran (614) 559-0330****Westerville Senior Center & (614) 901-6560**

310 W. MAIN ST., WESTERVILLE 43081

For members residing in the city limits of Westerville for programs at the senior and community center (as available), and within the Westerville School District.

**Wheelchair Express & (614) 578-9513**

Door to door transportation to medical appointments.

**Yana Transportation ® (614) 208-5808**

550 S CLEVELAND AVE., SUITE G, WESTERVILLE 43081

**Yellow Cab of Columbus (614) 444-4444****■ DELAWARE COUNTY****Catch-A-Ride (740) 833-6588**

\$5 flat rate -Delaware city limits. Out-of-town rates are based on distance traveled in addition to \$5 base rate.

**Concord Counseling Center (614) 882-9338, ext. 230**

For Delaware Co. residents age 60+ living in Westerville and zip codes 43081, 43082 and 43054. Donations accepted.

**Delaware Area Transit Agency (DATA) (740) 363-3355**

119 HENDERSON CT., DELAWARE 4301

[www.ridedata.com](http://www.ridedata.com)

Mon. - Fri. 9-5, 2 days advanced notice. Medical or non-medical. In Delaware City. Call for rates.

**Delaware County Veterans Service (740) 833-2012**

Free transportation to VA clinics in Columbus, other VA clinics on case-by-case basis.

**Delaware Transportation Services ® (614) 891-8022**

5900 SHARON WOODS BLVD., #C, COLUMBUS 43229

**SourcePoint (740) 363-6677 or 1-800-994-2255**

800 CHESHIRE RD., DELAWARE 43015

[www.MySourcePoint.org](http://www.MySourcePoint.org)

For Delaware Co. residents age 60+ and caregivers.

Includes door through door services. Sliding scale fee.

**■ FAIRFIELD COUNTY****Canal Winchester Senior Transportation Program (614) 834-4700**

For those living in Canal Winchester school district age 60+ or disabled. 2 day notice required.

**Fairfield Center for disAbilities and Cerebral Palsey** ♿ ☎ (740) 653-5501  
681 E. SIXTH AVE., LANCASTER 43130  
www.fcdcp.org

Door through door services to qualified Fairfield Co. residents attending medical appointments. Self pay.

**Fairfield County Veterans Service Commission** (740) 652-7920  
www.fairfieldcountyvets.org  
For veterans to various VA medical centers.

**Lancaster Public Transit System Mobility Program** (740) 681-5086  
746 LAWRENCE, LANCASTER 43130  
www.ci.lancaster.oh.us/dept/transit  
One-way ride in Fairfield Co. is \$1 for elderly or disabled. Fill out application.

**Meals on Wheels - Older Adults Alternatives of Fairfield County, Inc.** ♿ (740) 681-5050  
253 BOVING RD., LANCASTER 43130  
To meals at Sister Lucille's Place meal site. Age 60+.

#### ■ FAYETTE COUNTY

**Community Action of Fayette County** (740) 335-7282  
1400 US HWY 22 NW, WASHINGTON COURT HOUSE 43160  
www.cacfayettecounty.org/transportation  
\$1 fare/stop in Wash. Courthouse. \$1.50 fare/stop from Wash. Courthouse to/from rural area of county. Half-price fares for disabled and those age 65+. Negotiated mileage for out-of-county services to medical facilities.

**Fayette Co. Commission on Aging** ♿ ☎ (740) 335-2159  
1179 S. ELM ST., WASHINGTON COURT HOUSE 43160  
www.fayettecoa.com/services/transportation  
\$1 per stop suggested donation. Age 60+.

#### ■ LICKING COUNTY

**Carol Strawn Center** ☎ (740) 345-5190  
126 W. CHURCH ST., NEWARK 43055

**Catholic Social Services** (740) 345-2565  
1031 BRICE ST., NEWARK 43055  
www.colssc.org

Providing Licking County veterans and seniors FREE transportation to non-emergency medical appointments. Door-to-door assistance and wheelchair accessible vehicles are available.

**Licking County Aging Program** ☎ (740) 345-0821  
1058 E. MAIN ST., NEWARK 43055  
www.lcap.org/transportation

For those age 60+. Transportation to meal sites, medical, dental and vision appointments. 3 day notice needed.

**Licking Co. Transit** (740) 670-5185 or 1-800-350-7071  
Door to door transport for those age 65+ and disabled. \$3 charge.

**Licking Co. Yellow Cab Taxi** (740) 345-3334  
Tokens can be purchased for \$1.50

#### ■ MADISON COUNTY

**Madison County Senior Center** ♿ ☎ (740) 852-3001  
280 W. HIGH ST., LONDON 43140  
Co. residents age 60+. Priority to physician offices, hospitals, clinics, therapy, grocery and pharmacy. Other trips made after priorities met. Local trips schedule 1-2 days in advance, out of town trips, 5-7 days.

#### ■ PICKAWAY COUNTY

**PART (Pickaway Area Rural Transit)** (740) 474-8835  
**Pickaway County -PICCA** (740) 474-6513  
\$1.60 in Circleville; \$1.60 plus 60¢/mile outside of Circleville. For senior citizens and handicapped.

**Pickaway Plains** (740) 474-7787 or 1-877-474-4180  
Non-emergency transport for those meeting medical necessity. Ambulette transport.

**Pickaway Senior Center** ♿ ☎ (740) 474-8831  
2105 CHICKASAW DR., CIRCLEVILLE 43113  
For those age 60+. Medical appointments, grocery, senior center activities within the county.

#### ■ UNION COUNTY

**Richwood Civic Center** (740) 943-2310  
235 GROVE ST., STE. 200, RICHWOOD 43344  
Transport by UCATS. 20 mi. radius of Richwood.

**UCATS (Union County Agency Transportation Service)** (937) 642-5100 or 1-877-488-2287  
www.co.union.oh.us/ucats

For those age 60+ or disabled. \$2 each way in county and \$20 round trip for adjacent counties. 24 hour notice for in county, 72 hour notice for out of county. Also transport for eligible veterans to VA medical facilities, as referred by VA medical staff.

**Union County Veteran's Service Commission** (937) 642-7956 or 1-800-686-2308  
835 E. FIFTH ST., MARYSVILLE 43040-1531  
Transport for veterans and spouses to VA medical facilities, as referred by VA medical staff.

#### AMBULANCE SERVICES

Some people need professional assistance in getting to surgical or therapy sessions, chemo treatments, etc. Hospital or private ambulance services can meet this need. Always check with your physician/hospital for service.

#### ■ FAIRFIELD COUNTY

**Mid-Ohio Ambulance Service** . . . . . (740) 654-6100

#### ■ FAYETTE COUNTY

**American Ambulette & Ambulance** . . (740) 335-5433  
**Fayette County EMS** . . . . . (740) 335-6137  
**MedCare** . . . . . 1-877-819-8193



**■ FRANKLIN COUNTY****Columbus Connection** .....(614) 487-1408**■ LICKING COUNTY****Courtesy Ambulance Service** .....(740) 522-8588**■ MADISON COUNTY****Med-Trans** .....1-800-854-2137**■ PICKAWAY COUNTY****Pickaway Plains** . 1-877-474-4180 or (740) 474-7787**Most Services Offer:**

- 24 hour/7 day service
- Direct billing for Medicare/Medicaid, secondary insurance
- Family member or friend can ride along
- Stretcher service

**Average Costs (base)**

- Rates are usually quoted base cost plus additional charge per mile. Ask for exact quotes for your needs. Ask for all available discounts.
- Most services accept Medicare, Medicaid and other insurance assignment.
- Services will bill Medicare, Medicaid, insurance carriers. Most will bill patients for charges not covered by Medicare, Medicaid and secondary insurance.
- Some services are better explaining and pursuing Medicare covered charges. Know your rights. Shop for best price and terms from at least two services.

**Methods of Transport:****Ambulance**

Request this mode of transportation if:

- Emergency response is required
- For any reason the patient cannot safely be transported by other means (therefore meeting medical necessity requirements).
- Requiring any care or monitoring in route to destination.

**Stretcher Van**

Request this mode of transportation if the patient:

- Must remain supine or in laying position during transport
- Must not require any care or monitoring during transport.

**Paralift**

Request this mode of transportation if:

- Patient can safely remain seated in a wheelchair during transport and is not at risk of wandering.
- Patient cannot require any care or monitoring during the transport. (See note below.)

**Van**

Request this mode of transportation if:

- Patient needs no assistance and is ambulatory.
- Patient must not require any care or monitoring during transport. (See note below.)

**Note:** If the patient has an oxygen tank and is able to self administer the oxygen, this form of transport is acceptable. If not, use an ambulance.

## Important Documents Checklist

Use this checklist to keep track of your key papers. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

**Insurance**

- ☐ Medicare card
- ☐ Secondary health
- ☐ Life
- ☐ Special care
- ☐ Long Term Care
- ☐ Catastrophic Illness
- ☐ Auto
- ☐ Home
- ☐ Other

**Legal**

- ☐ Auto title
- ☐ Deeds
- ☐ Living will
- ☐ Living trust
- ☐ Power of attorney
- ☐ Power of attorney for health
- ☐ Trust papers
- ☐ Will

**Life Events**

- ☐ Birth certificate
- ☐ Burial plot
- ☐ Funeral arrangements
- ☐ Immigration/naturalization papers
- ☐ Marriage/divorce papers
- ☐ Military papers
- ☐ Social Security card

**Financial**

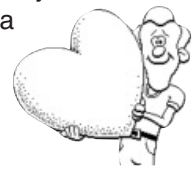
- ☐ Bank notes
- ☐ Bank savings accounts
- ☐ Bonds
- ☐ Broker name/phone
- ☐ Certificates of deposit
- ☐ Checking account
- ☐ Credit card list
- ☐ IRAs
- ☐ Mortgage papers
- ☐ Mutual funds
- ☐ Safety deposit key/combination
- ☐ Stock certificates
- ☐ Tax records

**STRETCHER TRANSPORTATION**

**Access Med Ambulance Services** . . . (614) 337-1100  
**MedCare Ambulance** . . . 1-877-819-8193  
**ProCare** ® . . . (740) 670-3499  
**Portsmouth EMS** . . . (740) 808-8020  
**Tritan EMS** . . . (614) 253-8476

**CHOOSING A WALKER**

When researchers compared a commonly used four-legged, two-wheeled walker with a newer three-legged, three-wheeled walker, the three-wheeler came out ahead in terms of patient satisfaction.



(Study published in the *Journal of the American Geriatrics Society*)

**Gay and Lesbian Organizations****■ LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) ORGANIZATIONS**

There are many organizations dedicated to providing services for the GLBT community, including support services, social programs and aging advocacy efforts.

**Equitas Health** (614) 299-2437  
 AIDS/HIV/STD HOTLINE 1-800-332-2437  
 4400 N. HIGH ST., STE. 300, COLUMBUS 43214  
[www.equitashealth.com](http://www.equitashealth.com)

Free community information and education with resource library open to the public. Bibliography on HIV/AIDS in positive persons, their family members, significant others and general public.

**BRAVO Buckeye Region AntiViolence Organization** (614) 294-7867 or 1-866-86BRAVO  
 PO Box 82068, COLUMBUS 43202  
[www.bravo-ohio.org](http://www.bravo-ohio.org)

Works to eliminate violence perpetrated on basis of sexual orientation and or gender identification, domestic violence and sexual assault through prevention, education, advocacy, violence documentation and survivor services both with and on behalf of the lesbian, gay, bisexual and transgender communities.

**Equality Ohio** (614) 224-0400  
 118 E. MAIN ST., COLUMBUS 43215  
[www.equalityohio.org](http://www.equalityohio.org)

**Stonewall Columbus** (614) 299-7764  
 1160 N. HIGH ST., COLUMBUS 43201  
[www.stonewallcolumbus.org](http://www.stonewallcolumbus.org)

Stonewall Columbus serves the Central Ohio GLBT community by providing a community center and offering programming and services that enhance the well-being and visibility of our diverse community through discovery, affirmation and celebration. Trailblazer program for those 50+. M-F, 10 A.M.-5 P.M.

**■ NATIONAL GAY, LESBIAN, BISEXUAL AND TRANSGENDER (GLBT) ORGANIZATIONS**  
**The Lambda Legal Defense and Education Fund** (212) 809-8585  
 120 WALL ST., 19TH FL., NEW YORK, NY 10005  
[www.lambdalegal.org](http://www.lambdalegal.org)

Identifies discrimination towards gay and lesbian elderly, especially in long term care facilities.

**The LGBT Aging Issues Network** 1-800-537-9728  
 575 MARKET ST., STE. 2100, SAN FRANCISCO, CA 94105  
[www.asaging.org/ain](http://www.asaging.org/ain)

Multidisciplinary research and wide-ranging dialogue through publications and conferences. Members receive quarterly newsletter and bi-monthly e-mail.

**National Center for Lesbian Rights** 1-800-528-6257  
 870 MARKET ST., STE. 370, SAN FRANCISCO, CA 94102  
[www.nclrights.org](http://www.nclrights.org)

Free legal information and workshops.

**☛ Phone tips for seniors:**

- Start a buddy system. You and a friend or relative can set a special time when you call each other every day. It's an easy way to keep track of each other.
- People who live alone can list only first and middle initials in the telephone directory to avoid calls.
- Use answering machines to keep potential burglars guessing about who's home and who's not. Women living alone may ask a male friend or relative to make the recording using your telephone number only.

**Stop telephone scams**

by keeping these tips in mind:

- Hang up if a marketer calls before 8 A.M. or after 9 P.M.
- If you suspect a scam, call the State Attorney General. If you have been the victim of a scam, call the National Fraud Information Center at 1-800-876-7060 or the Office of Inspector General at 1-800-409-9926.
- Resist high pressure sales. True businesses will respect the word "no."
- Tell the seller not to call back.
- Get written information before you commit to anything.

**When you're out:**

- Make sure someone knows where you're going and when you expect to return.
- Carry change for emergency telephone and transportation use.
- Carry a shriek alarm.
- When using a bus or other public transportation, sit as near the driver as possible.

Sources: Federal Trade Commission, Bellsouth, Senior Citizens Against Crime



## TAKE NOTE

### Living Trusts vs. Wills

The Federal Government allows individuals and couples to pass some or all of their estate to their heirs tax free. This can be accomplished with a professionally prepared will or a living trust – depending on the circumstances.

Living trusts can be an effective estate planning tool but they are not needed by everyone. Funding a trust means transferring assets such as your home, car or bank accounts into the legal entity (trust) from your own name. Assets then are owned by the trust – not yourself. You or someone you designate then administers the trust as the trustee. If you name yourself as trustee, you still retain total control of those assets in the trust.

Unlike a will, the use of which alone still requires probate at death, a living trust is executed during a person's lifetime. You can administer your own trust, and upon your death or incapacitation, a named successor trustee will assume management. This prevents probate and/or the need to apply for guardianship or conservatorship. There are both changeable and non-changeable (revocable and non-revocable) trusts, each of which have differing effects on taxes and government benefits.

Any tax deferred accounts, such as an IRA or 401(k), should not be placed in trust. The IRS considers this a taxable distribution and will charge you taxes and a penalty.

### Considerations:

Living Trust	Simple Will
<ul style="list-style-type: none"> <li>• Can distribute my estate according to my wishes.</li> <li>• A living trust allows for effective tax planning strategies with the maximum level of control.</li> <li>• Avoid probate and/or attorney fees associated with probate.</li> <li>• Probate is expensive and slow. Files are open to the public. Wills can be challenged by heirs who are legally entitled to notice of distribution.</li> <li>• No cut-off for creditors to file claims.</li> <li>• Avoids probate in each state in which property is owned.</li> <li>• A named successor trustee assumes management upon your incapacitation without the need to petition the court to name a conservator to act for you.</li> <li>• If your life insurance policy is owned by the trust, and your estate is worth more than the allowable limit, the trust will have to pay taxes on the proceeds.</li> <li>• Guardianship is avoided in the event of incapacity.</li> <li>• Generally simpler and less time consuming than probate.</li> </ul>	<ul style="list-style-type: none"> <li>• Can effectively accomplish the same with joint ownership and designation within a will.</li> <li>• There are many strategies which can be used to reduce or eliminate federal and state taxes with or without a living trust.</li> <li>• You can hold property in joint names or Payable at Death accounts. Assets with named beneficiaries also avoid probate.</li> <li>• It depends on the complexity of your estate. Trust administration can also be expensive, slow, and complex. Very few people actually go to court to read files.</li> <li>• No claims can be filed after one year.</li> <li>• Your will must be validated by the probate court in each state in which you own property.</li> <li>• Provides a safeguard against a dishonest heir or trustee. Probate court requires strict accounting and closely supervises estate administration.</li> <li>• Life insurance proceeds are not taxable to an individual while that individual is living.</li> <li>• A Durable Power of Attorney can accomplish the same thing in most cases without incurring the expense of setting up a Living Trust or having to fund it.</li> </ul>

## Consumer Help & Information

### Handy forms and guides in this section:

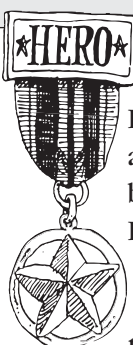
Living Trusts vs. Wills . . . . .	37
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### Advertisers who offer services that pertain to this section:

#### Employment

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**Don't forget to use your Golden Buckeye Card for discounts offered by Ohio businesses!**



### How do I get my medals?

If you are due medals for acts of honor and bravery, you can have them issued by sending the request on Standard Form 180, Request Pertaining to Military Records. If you can't get a copy of Form 180, type or handwrite a request including your full name, birthdate, signature, branch of service, service ID or Social Security number, dates of service, a copy of your discharge papers, and address and daytime phone.

All services write to: Military Personnel Records Center, 9700 Page Ave., St. Louis, MO 63132-5100; or fax request to (314) 801-9195

or call for all services, (314) 801-0800

## Discount Programs

**See also** AARP, Education & Leisure, Energy Assistance, Homestead Exemption, Prescription Help, Emergency Assistance, Disability Resources and Transit.

Many businesses and restaurants offer senior citizen discounts, special shopping hours, and incentive programs and/or clubs. Some arts and entertainment events also offer special rates for seniors.

### LOCAL AGENCIES

#### Benefits Check-up via the Benefit Bank 1-800-648-1176

OHIO ASSOCIATION OF FOOD BANKS

Free service which helps people identify local, state and federal assistance programs that can help improve their quality of life. A confidential questionnaire is accessible from any computer with internet access or by calling and requesting a hard copy be mailed.

#### Central Ohio Transit Authority (COTA) (614) 228-1776 TTY (614) 228-1832

SENIOR DISCOUNT CARDS, 33 N. HIGH ST., COLUMBUS 43215

[www.cota.com](http://www.cota.com)

COTA offers half-price fares on regular service to seniors age 65+.

#### Golden Buckeye Program 1-800-422-1976

246 N. HIGH ST., 1ST FL., COLUMBUS 43215

Golden Buckeye card holders enjoy percent-off savings and special offers from participating merchants, as well as savings on prescription drugs from participating pharmacies. If you are turning 60 and have a valid driver's license, a card will be automatically mailed to you. Free to all Ohio residents age 60+ and all persons with a Medicare-certified disability. Apply for a replacement card at most senior centers and libraries.

#### Golden Hobby Shop (614) 645-8329

COLUMBUS RECREATION AND PARKS DEPARTMENT

GERMAN VILLAGE, 630 S. THIRD ST., COLUMBUS 43206

Sells new handicrafts made by Ohio residents age 50+ on consignment. Tues.-Sat., 10 A.M.-5 P.M.

### PROPERTY TAX

#### Homestead Exemption

(SEE COUNTY AUDITOR'S OFFICES IN HOUSING SECTION)

Homeowners, age 65 and older, and people who are permanently disabled, regardless of age, may be eligible for a reduction in their property tax. Application must be made after the first Monday in January and not later than the first Monday in June. Eligible taxpayers may also apply for the reduction on their house trailers.

### DON'T FORGET

Always ask if a senior citizen's discount is available!



### RECREATION

Free hunting and fishing licenses for those age 66+ at Walmart and selected retail stores which sell outdoor equipment. Additionally, free fur-taking, deer, turkey and Wetland Habitat stamps are available through the Ohio Div. of Wildlife. Senior Centers may also have forms.

#### National Park Services

CUYAHOGA NATIONAL PARK

DAYTON AVIATION HERITAGE

HOURS: M-S 8:30 A.M. - 5:00 P.M. (EXCEPT THANKSGIVING, CHRISTMAS AND NEW YEAR'S DAY)

UNITED STATES DEPARTMENT OF THE INTERIOR

1849 C ST. NW, WASHINGTON, D.C. 20240

America the Beautiful senior pass offers free admission to federally operated parks, monuments, historic sites, recreation areas, wildlife refuges and other land agencies after payment of one \$10 lifetime fee (pass is free for permanently disabled). Obtainable only in person to legal citizens age 62+ in most federally operated recreational sites. Also allows 50% discount on some boat launching and camping fees in national parks (not lodging). Does not apply to county, state or city parks. Also does not apply to concessions operated privately.

#### Ohio Dept. of Natural Resources

(614) 265-6565 or 1-800-WILDLIFE (945-3543)

DIV. OF WILDLIFE, 2045 MORSE RD., BLDG. G, COLUMBUS 43229  
[www.dnr.state.oh.us/](http://www.dnr.state.oh.us/)

Certain Ohio residents may be eligible for free licenses and should contact the Ohio Division of Wildlife to verify specific eligibility requirements. You can find the applications online, under Features; click on Wildlife Publications, then Laws & Regulations, then Free Fishing License Application or Free License Application. Or call the number above.

Resident Adult Licenses - for Ohio residents age 18-65 at the time of purchase. Resident Reduced-Cost Senior Licenses - for Ohio residents age 66+ who were born on or after 1/1/47. Resident Free Senior Licenses - for Ohio residents born on or before 12/31/46.

#### Riverside John J. Gerlach Center for Senior Health

(614) 566-5858

3830 OLENTANGY RIVER RD., COLUMBUS 43214

Education and fitness programs. Provides a positive perspective to aging.

### CAREGIVER TIP

Remember to replace the batteries in your smoke detector when you change your clock in the Spring and Fall.





## Safety and Security

**See also** *Adult Protective Services, Advocacy, Primary Information and Referral Agencies, Emergency Help, Legal Help and Medical Emergency Response Systems.*

### County Emergency Management Agencies (EMA)

**DELAWARE COUNTY EMA** (740) 833-2180 or 2181  
10 COURT ST., DELAWARE 43015

**FAIRFIELD COUNTY EMA** (740) 654-4357  
241 W. MAIN ST., STE. 100, LANCASTER 43130

**FAYETTE COUNTY EMA** (740) 335-8264  
133 S. MAIN ST., STE. L15, WASHINGTON COURTHOUSE 43160

**FRANKLIN COUNTY OFFICE OF EMERGENCY MANAGEMENT AND HOMELAND SECURITY** (614) 794-0213  
5300 STRAWBERRY FARMS BLVD., COLUMBUS 43230

**LICKING COUNTY OFFICE OF HOMELAND SECURITY AND EMERGENCY MANAGEMENT** (740) 670-5577  
155 E. MAIN ST., NEWARK 43055

**MADISON COUNTY EMA** (740) 852-4200  
271 ELM ST., LONDON 43140

**PICKAWAY COUNTY EMA** (740) 477-1165  
165 E. MAIN ST., CIRCLEVILLE 43113

**UNION COUNTY EMA** (937) 645-3174  
940 LONDON AVE., MARYSVILLE 43040

### CONSUMER PROTECTION

**Better Business Bureau of Central Ohio** (614) 486-6336 or 1-800-759-2400  
1169 DUBLIN RD., COLUMBUS 43215  
www.bbb.org

Provides consumer/business related services including prepurchase information on various topics such as home improvement, buying new and used cars, and insurance. Mediation and arbitration services.  
Automated 24-hr service to get a report on a business.

**Office of Attorney General** (614) 466-4986  
PAL (PUBLIC ACTION LINE) 1-800-282-0515  
CONSUMER PROTECTION DIVISION  
30 E. BROAD ST., 14TH FL., COLUMBUS 43215-3400  
www.ohioattorneygeneral.gov  
Answers questions and takes complaints. Will help try to obtain fair settlements.

**The Ohio Consumer's Counsel** (614) 466-8574 or 1-877-742-5622  
10 WEST BROAD ST., STE. 1800, COLUMBUS 43215-3485  
occ.ohio.gov  
Provides information on financial assistance programs and has consumer education publications.

**Public Utilities Commission** 1-800-686-7826  
www.puco.ohio.gov  
Helps residential utility consumers resolve complaints.  
Provides information on educational publications and assistance programs.

### CRIME WATCH/POLICE

**Community Crime Patrol** (614) 291-4262  
248 E. 11TH AVE., COLUMBUS 43201  
www.communitycrimepatrol.org  
Patrollers walk through the Univ., Hilltop, Merion Village, Franklinton, German Village, and parks and recreation areas to maintain safety. Personal property ID program.

### Columbus Division of Police, Strategic Response Bureau

www.columbuspolice.org/units/srb  
Uniformed officers provide movies, presentations and literature on crime prevention. Free residential security analysis.

### ■ FRANKLIN COUNTY

**Franklin County Sheriff's Office** (614) 525-3333  
373 S. HIGH ST., FLOOR 2-B, COLUMBUS 43215

**Bexley** ..... (614) 559-4444

**Blendon Township** ..... (614) 882-8500

**Brice Village** ..... (614) 525-3333

**Canal Winchester** ..... (740) 652-7911

**Clinton Township** ..... (614) 471-5720

**Dublin** ..... (614) 889-1112

### ■ DELAWARE COUNTY

**Delaware City Police Department** (740) 203-1111  
70 N. UNION ST., DELAWARE 43015

**Delaware County Sheriff's Dept.** (740) 833-2800  
844 U.S. 42 NORTH, DELAWARE 43015

### ■ FAIRFIELD COUNTY

**Fairfield County Sheriff's Department** (740) 652-7900  
345 LINCOLN AVE., LANCASTER 43130  
Are you OK?/CARE/Call Reassurance program.

**Lancaster City Police Department** (740) 687-6680  
130 S. BROAD ST., LANCASTER 43130  
Has Neighborhood Watch program.

### ■ FAYETTE COUNTY

**Fayette County Sheriff's Department** (740) 335-6170  
113 E. MARKET ST., WASHINGTON COURT HOUSE 43160

**Washington Court House Police** (740) 636-2375  
130 N. FAYETTE ST., WASHINGTON COURT HOUSE 43160

### ■ LICKING COUNTY

**Licking County Sheriff's Department** (740) 349-6400  
155 E. MAIN ST., NEWARK 43055

### Police Departments

**Granville Police Department** ..... (740) 587-1234

**Heath Police Department** ..... (740) 522-2141

**Newark Police Department** ..... (740) 670-7201

**■ MADISON COUNTY**

**Madison County Sheriff's Department (740) 852-1212**  
P.O. Box 558, LONDON 43140

**West Jefferson (614) 879-7672**

**■ PICKAWAY COUNTY**

**Pickaway County Sheriff's Department (740) 474-2176**  
600 ISLAND RD., P.O. Box 100, CIRCLEVILLE 43113

**■ UNION COUNTY**

**Union County Sheriff's Department (937) 654-4110**  
221 W. FIFTH ST., MARYSVILLE 43040

**VICTIM / WITNESS ASSISTANCE PROGRAMS**

**Ohio Victims of Crime Compensation 1-800-582-2877**  
ATTORNEY GENERAL'S OFFICE, 150 E. GAY ST., 25TH FL., 43215  
[www.ohioattorneygeneral.com](http://www.ohioattorneygeneral.com)

Reimburses innocent victims who suffered personal injury as a result of violent crime for their out-of-pocket expenses not covered by other sources. Expenses include medical costs, wages lost from not working, counseling costs, rehab and funeral expenses for a deceased victim. To be eligible, victims must report the crime, file an application for compensation and be able to prove expenses.

**Columbus City Attorney's Office (614) 645-7385**  
375 S. HIGH ST., 17TH FL., COLUMBUS 43215

Program designed to help any person who is a witness to or victim of a misdemeanor crime, primarily domestic violence and stalking. Provides personal escorts to municipal court and individual case information. Victims may call with any court-related question, problem or concern. Referrals available. 8:00 A.M. – 4:30 P.M. M – F.

**Delaware County Prosecutor's Office (740) 368-1545**  
70 N. UNION ST., DELAWARE 43015

Provides for the needs of battered spouses and victims

of violent crimes through coordination with existing community resources. Clients meet victim's witness assistant at Co. prosecutor's office. M–F, 8:30 A.M.–5 P.M.

**Fairfield County Victim Assistance (740) 681-4734**  
201 S. BROAD ST., LANCASTER 43130

**Fayette County Victim Witness Div. (740) 335-8033**  
133 S. MAIN ST., LOWER LEVER, WASHINGTON COURT HOUSE 43160

**Franklin County Victim Witness Unit (614) 525-6472**  
PROSECUTOR'S OFFICE, 373 S. HIGH ST., 14TH FL., 43215

Provides information regarding the practices and procedures of the justice system and victims' rights. Assists with filing compensation forms. Offers support and services to victims and witnesses in felony cases.

**Licking County Prosecutor's Office (740) 670-5545**  
20 S. 2ND ST., 4TH. FL., NEWARK 43055

**Madison County Prosecutor's Office (740) 852-2259**  
59 N. MAIN ST., LONDON 43140

**Pickaway County Victim of Crime Program (740) 474-1781**  
165 E. MAIN ST., PO Box 246, CIRCLEVILLE 43113

**SART/SANE Project of Union County**  
MEMORIAL HOSPITAL (937) 578-2786

Compassionate, humane services for victims of sexual assault. 24 hour, 7 day a week emergency on call.

**Union County Victim of Crime Assistance Program (937) 645-4163 or 1-800-258-8278**

PROSECUTOR'S OFFICE, 221 W. 5TH ST., RM. 333, MARYSVILLE 43040

Emergency support for those who have been victimized by a crime, including counseling, shelter and legal help. Advocacy for victims of crime, clothing and shelter. Legal and court advocacy and help in filing for victim's reparations. M–F, 8 A.M. – 5 P.M.

## Finances and Estate Planning

See also *Medicare, Long Term Care, Medigap, Guardianship and Advance Directives.*

See Glossary of Terms for Estate Planning definitions.

**FINANCIAL SERVICES FOR OLDER ADULTS**

**Apprisen Financial Advocates (614) 552-2222**  
690 TAYLOR RD., STE. 150, GAHANNA 43230  
[www.apprisen.com](http://www.apprisen.com)

Open Mon–Fri. Free budget assistance, preventive credit counseling, reverse mortgage counseling, credit reviews, financial fitness program and housing counseling.

*Tell them you saw it in...  
Older Adults!*

**Catholic Social Services (740) 452-5057 or 1-800-536-5057, ext. 1**  
FRANKLIN COUNTY: 197 E. GAY ST. COLUMBUS 43215  
LICKING COUNTY: 1031 BRICE STREET, NEWARK 43055  
[www.colscss.org](http://www.colscss.org)

**Money Management:** We help independent seniors successfully manage their own finances and protect them from financial exploitation. Services are provided by a licensed social worker who is able to assist the senior by preparing a monthly budget, assisting with bill pay and check deposits, making connections with financial and legal resources, and preparing for long term needs.

**Payee Services:** We provide individualized financial management to those unable to manage their own financial affairs. We set up an individualized monthly budget, account for all income, pay bills, and ensure

that the client has spending money for food and essentials each week.

**Clintonville-Beechwood Community Resources Center (CRC)** (614) 268-3539

14 W. LAKEVIEW AVE., COLUMBUS 43202

Personal Finance Management Services to seniors living in Franklin Co. age 60+. Free program.

**PHA Financial Advocates** (614) 863-1788

4500 E. BROAD ST., COLUMBUS 43213

Assist seniors with personal financial mgmt. services.

**Public Employees Retirement System (PERS)** 1-800-222-7377

277 E. TOWN ST., COLUMBUS 43215-4642

Age and service retirement, disability benefit and survivor benefit programs for the employees of Ohio. Health care coverage may be available to eligible benefit recipients.

**Senior Advisor Group** (740) 474-1288

125 W. MAIN ST., CIRCLEVILLE 43113

### TAXES

Many individual tax returns are filed by, or on behalf of, individuals who **were not required to file**. If earned income is below the minimum IRS threshold amount (changes yearly), you do not have to file. Exceptions apply. Call the IRS at **1-800-829-1040**. For forms or publications, call the IRS Form Distribution Center at **1-800-829-3676**.

**AARP Tax Aide** 1-888-227-7669

[www.aarp.org/taxaide](http://www.aarp.org/taxaide)

Free income tax preparation. Interested persons must bring copies of complete prior year tax forms, current year forms and individual information. Services intended for low income seniors from Feb. 1 - April 15.

### VA AID AND ATTENDANCE BENEFIT

This benefit is for Veterans and their surviving spouses. It is for individuals who require the regular attendance of another person to assist in bathing, dressing, and meal preparation, medication monitoring or other activities of daily living. It helps those who reside in assisted living communities, residential care homes, skilled nursing facilities and those receiving personal in-home care. Income qualifications apply, however some unreimbursed medical expenses can assist in reducing countable income.

Eligibility: any Veteran with 90 days consecutive active duty services, any Veteran who served at least one day during active war time, surviving spouse of a Veteran if married at the time of Veteran's death. Go to [www.va.gov](http://www.va.gov) and use the Veterans On-line Application (VONAPP) or contact your VA Regional office. To locate the closest regional office, visit the VA website or call 1-800-827-1000.

**HandsOn Central Ohio** (614) 221-6766

[www.handsoncentralohio.org](http://www.handsoncentralohio.org)

Tax preparation assistance for elderly in Franklin Co.

**Ohio Income Tax Assistance** 1-800-282-1780

P.O. Box 530, COLUMBUS 43266

[www.tax.ohio.gov](http://www.tax.ohio.gov)

Assists with questions about Ohio state income tax.

### VETERAN SERVICES

**American Red Cross**

AMERICAN RED CROSS OF GREATER COLUMBUS

**DELAWARE COUNTY** (740) 362-2021 or 548-7300

380 HILLSMILLER RD., DELAWARE 43015

**FAIRFIELD COUNTY** (740) 652-7920

277 E. MAIN ST., LANCASTER 43130

**FAYETTE COUNTY** (740) 335-3101

201 S. MAIN ST., BOX 833, WASHINGTON COURT HOUSE 43160

**FRANKLIN & MADISON COUNTIES** (614) 253-2740

995 E. BROAD ST., COLUMBUS 43205

**LICKING COUNTY** (740) 349-9442

143 S. 30TH ST., NEWARK 43055

**MADISON COUNTY** (740) 845-9939

21 W. 5TH ST., LONDON 43140

**PICKAWAY COUNTY** (740) 474-5736 or 207-5054

1180 N. COURT ST., STE. C2, CIRCLEVILLE 43113

**UNION COUNTY** (937) 642-6651

112 E. FIFTH ST., P.O. BOX 129, MARYSVILLE 43040

Provides financial and personal counseling, support groups and crisis intervention.

**Chalmers P. Wylie Outpatient Clinic** (614) 257-5200

DEPT. OF VETERANS AFFAIRS, 420 N JAMES RD., COLUMBUS 43219

**Franklin Co. Veterans Service Comm.** (614) 525-2500

MEMORIAL HALL, 280 E. BROAD ST., RM. 100, 43215

[www.franklincountyohio.gov/vets](http://www.franklincountyohio.gov/vets)

Helps with claims, emergency financial assistance. M, W, Th, F, 7:30 A.M.-4 P.M.

**Military Retiree Activities Program** (614) 338-8198

DSCC, 3990 E. BROAD ST., BLDG. 30, COLUMBUS 43213-0297

Assists military retirees, their family members and surviving spouses with prescription drugs.

**Ohio Dept. of Veterans' Services**

77 S. HIGH ST., 7TH FL., COLUMBUS 43215 1-888-387-6446

VETERANS' HOTLINE

(614) 644-0898

[www.dvs.ohio.gov](http://www.dvs.ohio.gov)

Voice message informs you to leave information for military request form to be mailed or faxed to you.

**U.S. Department of Veterans Affairs** 1-800-827-1000

[www.va.gov](http://www.va.gov)

Advises veterans and their families or survivors.



### **Veterans Readjustment Counseling Center**

(614) 257-5550

30 SPRUCE ST., COLUMBUS 43215

www.vetcenter.va.gov

Counseling for vets and their families who served in WW II, Korea, Vietnam, Grenada, Panama, Persian Gulf, Lebanon, Bosnia, Somalia, or the global war on terrorism. Also serves any veteran who has been sexually harassed or traumatized while in service.

### **Veterans Service Commission**

(937) 642-7956

835 E. FIFTH ST., STE. B, MARYSVILLE 43040

www.co.union.oh.us/veterans

### **Vietnam Veterans of America**

(614) 228-0188

35 E. CHESTNUT ST., STE. 416, COLUMBUS 43215-4131

www.vvaohio.com

Assists veterans in applying for VA benefits and pension. Services for families affected by Agent Orange. Rehab services to veterans who have served time in prison.

### **■ DELAWARE COUNTY**

#### **Veteran's Service Office**

(740) 833-2010

149 N. SANDUSKY, DELAWARE 43015

Emergency financial aid assistance in filing VA claims and transportation to VA facilities within 50 miles for those veterans who have no other means.

### **■ FAIRFIELD COUNTY**

#### **Veteran Services**

(740) 652-7920

227 E. MAIN ST., LANCASTER 43130

Call for specific information about benefits and claims.

### **■ FAYETTE COUNTY**

#### **Veterans Service Center**

(740) 335-1610

133 S. MAIN ST., STE. L11, WASHINGTON COURT HOUSE 43160

### **■ LICKING COUNTY**

#### **Veterans Services**

(740) 670-5430

### **■ MADISON COUNTY**

#### **Veteran's Service Center**

(740) 852-0676

COURTHOUSE, 1 N. MAIN ST., RM. 011, LONDON 43140

Files VA claims concerning disability, pensions, widow's pensions, etc. Emergency aid such as food, prescription, utilities and rent. Transport to VA clinics. M-F, 8 A.M.-4 P.M.

### **Veterans of Foreign Wars Post 7005 (614) 879-6333**

1 VETERANS WAY, WEST JEFFERSON 43162

Assists all veterans and their families.

### **■ PICKAWAY COUNTY**

#### **Veterans Service Commission**

(740) 474-3650

141 W. MAIN ST., STE. 300, CIRCLEVILLE 43113

Provides emergency relief to veterans.

### **■ UNION COUNTY**

#### **Veteran's Service**

##### **Commission**

(937) 642-7956 or 1-800-686-2308

238 W. SIXTH ST., MARYSVILLE 43040

Financial assistance and claims for VA benefits.

Provides no cost transportation to VA or VA-referred medical facilities.

### **VFW Post 3320**

(937) 644-1080

15237 INDUSTRIAL PKWY., P.O. BOX 319, MARYSVILLE 43040

Loans hospital equipment for short periods of time (wheelchairs, hospital beds, walkers, canes, crutches, etc.).

### **VETERAN'S TRANSPORTATION NETWORK**

#### **Veterans Transportation Program (Wheelchair & Stretcher Transport)**

*Point of contact for scheduling:* 614-388-7676

*Purpose:* Provide Special Mode Transportation to wheelchair and stretcher patients. Patients who can transfer to wheelchair without assistance are not eligible.

*Requirement(s):* Veteran must have an approved Travel Consult in by their Primary Care provider requesting the special mode transportation. Social worker or Nurse can enter this for approval.

*How to get on the schedule:* Once approved call (614) 388-7676 to request transportation. This should be scheduled as far in advance as possible.

*Who Qualifies:*

- 30% or more Service Connected Veterans who requires wheelchair or stretcher Transport.
- Non service connected veterans who are under the VA pension threshold (less than ~ \$12,600 in annual income for single veteran)

#### **Volunteer Transportation Network (Ambulatory Vets)**

*Point of contact for scheduling:* (614) 388-7200

*Purpose:* Provide transportation to and from VA medical appointments for veterans who live within Franklin Co.

*Requirements:* Vet must be ambulatory and able to transfer in and out of the van without assistance

*How to get on the schedule:* Call (614) 388-7200 to request transportation. This should be scheduled as far in advance as possible.

*Who Qualifies:*

- Potentially any veteran as long as they are able to transfer in and out of van without assistance. Due to limited availability veteran must have no other option for transport.

*Veteran's Service Commission*

- Transportation available to Franklin County residents for VA appointments only.
- Limited wheelchair transport available.
- Must submit application along with DD214
- They receive an approval letter and have to call VSC to arrange all transport.

# Advocacy, Legal & Self Empowerment

## ADVOCACY

**See also** *Primary Resources, Senior Centers, Consumer, Legal and Health Insurance.*

### 311 Call Center (614) 645-3111

90 W. BROAD ST., COLUMBUS 43215

[www.311.columbus.gov](http://www.311.columbus.gov)

Helps citizens with information and problem resolution regarding City of Columbus services.

### AARP MEMBERSHIP INFORMATION 1-888-687-2277

[www.aarp.org](http://www.aarp.org)

### Catholic Social Services (740) 452-5057 or 1-800-536-5057, ext. 1

FRANKLIN COUNTY: 197 E. GAY ST. COLUMBUS 43215

LICKING COUNTY: 1031 BRICE STREET, NEWARK 43055

[www.colscss.org](http://www.colscss.org)

We serve adults age 60+ and provide a range of services including in-home assessment, assistance with benefits, money management, medical advocacy, and information and referral. Ongoing case management services are provided to help older adults remain independent in the community and enhance their quality of life. Services offered M-F, 8:30 A.M. – 5:00 P.M.

### Disability Rights Ohio 1-800-282-9181 or (614) 466-7264

50 W. BROAD ST., STE. 1400, COLUMBUS 43205

Provides legal advocacy and rights protection to a wide range of people with disabilities. This includes assisting individuals with problems such as abuse, neglect, discrimination, access to assistive technology, special education, housing, employment, community integration, voting and rights protection issues.

### IKOR of Columbus (614) 956-1231

7866 AVELEEN COURT NORTH, DUBLIN 43016

[www.ikorglobal.com/columbus](http://www.ikorglobal.com/columbus)

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

### Long Term Care Ombudsman Program (614) 345-9198 or 1-800-536-5891

EASTER SEALS CENTRAL AND SOUTHEAST OHIO,

3830 TRUAMAN COURT, HILLIARD 43026

Seeks resolution of problems and advocates for the rights of home care consumers and residents of long-term care facilities with the goal of enhancing the quality of life and care of consumers. The Region 6

Long-Term Care Ombudsman serves eight counties in Ohio including: Franklin, Delaware, Fairfield, Fayette, Licking, Madison, Pickaway, and Union. Ombudsman staff and volunteers focus their time on educating elderly residents and their families, empowering them to know their rights and to voice their concerns.

## LEGAL RESOURCES

### Capital University Legal Clinic (614) 236-6245

303 E. BROAD ST., COLUMBUS 43215

Low cost legal assistance. Services include Will preparation, Living Will assistance, power of attorney, domestic problems and criminal misdemeanor. Only accepts cases in late August and early December.

### Columbus City Attorney's Office (614) 645-5807

77 N. FRONT ST., COLUMBUS 43215

Responsible for the initial screening of all non-police filed complaints. Complainants are interviewed to identify problem and determine the most appropriate action to be taken. M-F, 9 A.M. – 7 P.M.; Sat. 10 A.M. – 10 P.M.

#### NIGHT PROSECUTOR'S MEDIATION PROGRAM

Free service staffed by professional mediators assists individuals, neighborhoods and agencies in resolving disputes without a need for formal legal action. The program handles neighbor disputes, friend and roommate disputes, animal and noise complaints, and more. Program operates daily in the evening.

### Columbus Bar Association (614) 221-0754

175 S. THIRD ST., 11TH FL., COLUMBUS 43215

Lawyer referral service.

### Community Mediation Services (614) 228-7191

67 JEFFERSON AVE., 2ND FL., COLUMBUS 43215

An alternative to the court system. Disputing parties meet with a neutral third party to help negotiate a mutually acceptable settlement. M-F, 9 A.M. – 5 P.M.

### Disability Rights Ohio (614) 466-7264

TTY (614) 728-2553 or 1-800-282-9181

50 W. BROAD ST., STE. 1400, COLUMBUS 43215

[www.disabilityrightsohio.org](http://www.disabilityrightsohio.org)

Protection and advocacy services for people with disabilities experiencing rights violations that are related to the disability. Ombudsman service is available to handle complaints.

### Legal Aid Society of Columbus (614) 224-8374

1108 CITY PARK AVE., COLUMBUS 43206

150 OAK ST., MARION 43302 (740) 383-2161

SOURCEPOINT LEGAL AID CLINIC (FORMERLY COUNCIL FOR OLDER ADULTS) (740) 363-6677 or 1-800-994-2255

800 CHESHIRE RD., STE. A, DELAWARE 43015

[www.columbuslegalaidsociety.org](http://www.columbuslegalaidsociety.org)

Provides free legal advice and representation in civil cases. Income limitations apply.

**Legal Hotline for Older Ohioans--****Pro Seniors, Inc.****1-800-488-6070**

7162 READING RD., STE. 1150, CINCINNATI 45237

www.proseniors.org

Provides free legal information to Ohio residents age 60+. If a problem can't be resolved over the phone, an attempt is made to match you with an attorney who can help at a fee you can afford. Handles problems related to nursing facilities, adult care facilities, home care, Medicare, Medicaid, Social Security, protective services, insurance and landlord/tenant problems.

**Southeastern Ohio Legal Services**LICKING COUNTY **(740) 345-0850 or 1-888-831-9412**

12 W. LOCUST ST., NEWARK 43055

PICKAWAY COUNTY **(740) 773-0012 or 1-800-686-3668**

11 E. SECOND ST., CHILLICOTHE 45601

Handles civil or administrative cases such as divorce, dissolution, tenant/landlord and child custody cases. No criminal or traffic cases.

**GUARDIANSHIP****IKOR of Columbus****(614) 956-1231**

7866 AVELEEN COURT NORTH, DUBLIN 43016

www.ikorglobal.com/columbus

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

**Volunteer Guardian Program**FRANKLIN COUNTY **(614) 645-3883 or (614) 645-1928**DELAWARE, FAYETTE AND LICKING COUNTIES **1-800-589-7277**FAIRFIELD/PICKAWAY CO'S **(614) 645-1928 or (740) 215-1234**ALL COUNTIES TOLL FREE **1-800-589-7277**CENTRAL OHIO AREA AGENCY ON AGING,  
3776 SOUTH HIGH ST., COLUMBUS 43207

email: coaaa@coaaa.org

Program recruits, screens and trains volunteers to be "guardian of the person" for adults who have no family, no assets and are assessed as mentally incapacitated. Volunteers must be at least age 21, willing to undergo police background check and give personal references. Basic and continuing education training required.

**TO OBTAIN LEGAL RECORDS****Birth and Death Certificates****(614) 466-2531**

OHIO DEPT. OF HEALTH, OFFICE OF VITAL STATISTICS

225 NEILSON ST., COLUMBUS 43215

www.odh.ohio.gov

Cost of a certified birth or death certificate is \$21.50. If the death occurred between 1908-1944, write to the Ohio Historical Society, 1982 Velma Ave., Columbus,

OH 43211 or call (614) 297-2510 or 1-800-653-6446.

FRANKLIN COUNTY **(614) 645-7333**DELAWARE COUNTY **(740) 368-1700**FAIRFIELD COUNTY **(740) 687-7090**

FAYETTE COUNTY HEALTH DEPARTMENT/ARCHIVES

Has records since 1908 **(740) 335-5910**Has records prior to 1908 **(740) 333-3510**LICKING COUNTY **(740) 349-6535**MADISON COUNTY **(740) 852-0756**PICKAWAY COUNTY **(740) 474-3990**UNION COUNTY **(937) 642-2053****Marriage Certificates**FRANKLIN COUNTY **(614) 525-3894**DELAWARE COUNTY **(740) 833-2680**FAIRFIELD COUNTY **(740) 652-7462**FAYETTE COUNTY **(740) 335-0640**LICKING COUNTY **(740) 670-5812**MADISON COUNTY **(740) 852-0756**PICKAWAY COUNTY **(740) 474-1524**UNION COUNTY **(937) 645-3029****Probate Court**FRANKLIN COUNTY **(614) 525-3894**DELAWARE COUNTY **(740) 833-2680**FAIRFIELD COUNTY **(740) 652-7075**FAYETTE COUNTY **(740) 335-1180**LICKING COUNTY **(740) 670-5080**MADISON COUNTY **(740) 852-0756**PICKAWAY COUNTY **(740) 474-1524**UNION COUNTY **(937) 645-3029**

Handles estates, guardianships, trusts, conservatorships, will contests, name changes, delayed birth registrations, corrections to birth records, adoptions, declarations of paternity, birth and death records, and marriage licenses.

**VOTING RESOURCES/ABSENTEE BALLOTS****Board of Elections**FRANKLIN COUNTY **(614) 525-3100**ABSENTEE VOTING **(614) 525-3470**

280 E. BROAD ST., 1ST FL., STE. 100, COLUMBUS 43215

DELAWARE COUNTY **(740) 833-2080**

2079 US HWY. 23N, PO BOX 8006, DELAWARE 43015

FAIRFIELD COUNTY **(740) 652-7000**

951 LIBERTY DR., LANCASTER 43130

FAYETTE COUNTY **(740) 335-1190**

135 S. MAIN ST., WASHINGTON COURT HOUSE 43160

LICKING COUNTY **(740) 670-5081**

20 S. SECOND ST., NEWARK 43055

MADISON COUNTY **(740) 852-9424**

1423 ST. RT. 38 SE, LONDON 43140

PICKAWAY COUNTY **(740) 474-1100**

835 E. FIFTH ST., STE 800, CIRCLEVILLE 43113

UNION COUNTY **(937) 642-2836**

940 LONDON AVE., STE. 7016, MARYSVILLE 43040

Requests for ballot must be made no sooner than 35 days before, or later than the Saturday prior to, election.



**American Association of University Women**

DELAWARE COUNTY (740) 363-5583

Registered voters can call helpline for transportation to voting polls. Scheduled during voting poll hours.

**League of Women Voters – Metro Columbus**

(614) 837-1089

17 S HIGH ST #650, COLUMBUS 43215

9 A.M. – 5 P.M. TUES., WED., FRI.

Publishes voter information bulletin, Central Ohio Civic Directory and other materials on the electoral process. Sponsors town meetings and Candidate Nights.

**ELECTED REPRESENTATIVES****Senator Sherrod Brown (D) (202) 224-2315**

448 RUSSELL SENATE OFFICE BLDG., WASHINGTON, DC 20510

www.brown.senate.gov

**Senator Rob Portman (R) (202) 224-3353**

1338 RUSSELL SENATE BLDG., WASHINGTON, DC 20510

www.senate.gov

**Employment****AARP Foundation - Senior Community Service Employment Program (SCSEP)**

COLUMBUS WEST/MADISON COUNTY

(614) 258-7295

CENTRAL OHIO (EAST)

(614) 322-0600

www.aarp.org/aarp-foundation/our-work/income/scsep/

The Senior Community Service Employment Program (SCSEP) is a paid community service and work based training program for income eligible job seekers age 55+. SCSEP provides service-based training at local non-profit and public organizations. Each SCSEP participant provides an average of 18 community service hours per week to prepare for unsubsidized opportunities with our employer network. Employers, non-profit organizations and job seekers are encouraged to connect with the SCSEP provider serving your county. See our ad on page 15.

**■ FRANKLIN COUNTY****Central Ohio Workforce Investment Corporation****(COWIC) - JOBLEaders (614) 559-5052**

1111 E. BROAD ST., COLUMBUS 43205

**Dress for Success Columbus (614) 291-5420**

1204 N. HIGH ST., COLUMBUS 43201

www.dressforsuccess.org/columbus

**Employment For Seniors, Inc. (614) 863-1219**

4300 E. BROAD ST., STE. B, COLUMBUS 43213

www.employseniors.org

**Career Transition Institute (614) 297-0040**

www.careertransitioninstitute.org

A membership/service group for those seeking career

**Rep. Bob Gibbs (7th District) (R) (202) 225-6265**

329 CANNON HOUSE OFFICE BLDG., WASHINGTON, DC 20515

gibbs.house.gov

Fairfield, Franklin, Fayette, and Pickaway.

**Rep. Troy Balderson (12th District) (R) (614) 523-2555**

www.balderson.house.gov

All of Delaware County, western half of Licking County and northeast Franklin County.

**Rep. Steve Stivers (15th District) (R) (202) 225-2015**

3790 MUNICIPAL WAY, HILLIARD 43026

All of Madison County, all of Union County and southwest portions of Franklin County.

**Governor Mike DeWine (614) 466-3555**

RIFFE CENTER, 77 S. HIGH ST., 30TH FL, COLUMBUS 43215

www.ohio.gov

**Ohio Attorney General****Dave Yost****(614) 466-4986**

30 E. BROAD ST., 14TH FL., COLUMBUS 43215-3400

www.ohioattorneygeneral.gov

or employment change in executive, managerial, technical or other professional positions. Search training program, office support services, job opportunity library, more.

**Jewish Family Services (614) 237-9675**

1070 COLLEGE AVE., COLUMBUS 43209

**Southeast Vocational Services (614) 294-7117**

3770 N. HIGH ST., COLUMBUS 43214

**Vantage Workforce****Solutions (614) 586-1975 or 1-866-487-1687**

4300 E. BROAD ST., COLUMBUS 43202

**New Directions (614) 849-0028**

199 E. RICH ST., COLUMBUS 43215

Employment help, career development, counseling, education and personal development for women.

**■ COUNTY SERVICES****Delaware County**

JOB AND FAMILY SERVICES – JOB LINK

**(740) 833-2300**

145 N. UNION ST., DELAWARE 43015

Assessment, employment counseling, vocational skills training and job seeking workshops. Individual attention. Special target groups include dislocated workers and persons 55 and older. Also has VET representative.

**Licking County**

OHIO MEANS JOBS

**(740) 670-8700**

DEPARTMENT OF JOB AND FAMILY SERVICES,

998 E. MAIN ST., NEWARK 43055

**Pickaway County**

WORKFORCE SERVICES UNLIMITED (740) 474-7518  
200 E. HIGH ST., CIRCLEVILLE 43113

Workforce Investment Act (WIA) provides an evaluation, training and job placement program. May work full or part-time. Must meet WIA guidelines.

PICKAWAY CO. DEPT. OF JOBS & FAMILY SVCS. (740) 474-7588  
1005 S. PICKAWAY ST., CIRCLEVILLE 43113

**Pickaway, Fairfield and Ross Counties**

JOBS ONE STOP (740) 420-7339  
PICKAWAY COUNTY DEPARTMENT OF JOB & FAMILY SERVICES,  
1005 S. PICKAWAY ST., CIRCLEVILLE 43113

[www.pickawayjfs.org](http://www.pickawayjfs.org)

Unemployment compensation, assistance in job search and Targeted Job Tax Credit. 7:30 A.M.-4 P.M.

**Union County**

EXPERIENCE WORKS 1-866-397-9757  
624 N. MAIN ST., LIMA 45802  
[www.experienceworks.org](http://www.experienceworks.org)

Provides paid job training and experience for older adults on limited income to work for non-profit organizations, for an hourly wage up to 20 hrs./wk. in 34 Ohio co's.

## Education and Leisure

**AARP** 1-888-687-2277  
TTY 1-877-434-7598  
17 S. HIGH ST., STE. 800, COLUMBUS 43215  
601 E ST. N.W., WASHINGTON, D.C. 20049  
[www.aarp.org](http://www.aarp.org)

A wide variety of educational and advocacy resource materials important to the lives of older adults.

### ELDERHOSTELS

Elderhostels offer inexpensive learning and vacation opportunities. For a catalog, write to 75 Federal St., Boston, MA 02110-1941.

### COLLEGES AND UNIVERSITIES

The state helps subsidize costs for courses in state supported schools, which are attended for non-credit by older adults through "Program 60." You pay nothing or only nominal fees. Classes are subject to availability. Many local school districts, colleges and universities offer year-round educational programs for older adults. Many are available at no charge.

**Columbus State Community College** (614) 287-5353  
550 E. SPRING ST., COLUMBUS 43216  
Has Good As Gold Educational Program.

**E Learning at OSU** (614) 292-8860  
OFFICE OF DISTANCE EDUCATION AND ELEARNING,  
100 MOUNT HALL, 1050 CARMACK RD., COLUMBUS 43210

**Ohio State University Extensions**

FRANKLIN COUNTY (614) 866-6900  
530 W. SPRING ST., COLUMBUS 43215  
DELAWARE COUNTY  
149 N. SANDUSKY ST., DELAWARE 43015 (740) 833-2030  
FAIRFIELD COUNTY (740) 653-5419  
831 COLLEGE AVE., STE. D, LANCASTER 43130  
FAYETTE COUNTY (740) 335-1150  
1415 U.S. RTE. 22 SW, STE. 100, WASHINGTON COURT HOUSE 43160  
LICKING COUNTY (740) 670-5315  
771 E. MAIN ST., STE 103, NEWARK 43055

MADISON COUNTY (740) 852-0975  
217 ELM ST., P.O. BOX 230, LONDON 43140  
PICKAWAY COUNTY (740) 474-7534  
110 ISLAND RD., STE. B, P.O. BOX 9, CIRCLEVILLE 43113  
UNION COUNTY (937) 644-8117  
18000 ST. RT. 4, STE. E, MARYSVILLE 43040

A variety of educational programs and services in the following areas: Agriculture, family and consumer sciences, family nutrition and master gardening programs. The goal is to improve the quality of life.

**Ohio University** 1-800-444-2910  
ELEARNING OHIO, 102 HANING HALL, ATHENS 45701  
[www.ohio.edu](http://www.ohio.edu)

**Ohio Wesleyan University** (740) 368-2000  
61 S. SANDUSKY ST., DELAWARE 43015

**Otterbein University** (614) 823-1500  
OFFICE OF CONTINUING STUDIES, 1 S. GROVE ST., WESTERVILLE 43081

**The Works** (740) 349-9277  
55 S. FIRST ST., NEWARK 43055

### READING RESOURCES

**Columbus Metropolitan Library**  
LARGE PRINT BOOKS INFORMATION LINE (614) 645-2275  
96 S. GRANT AVE., COLUMBUS 43215  
[www.columbuslibrary.org](http://www.columbuslibrary.org)

**Fayette County Carnegie Public Library** (740) 335-2540  
127 S. NORTH ST., WASHINGTON COURT HOUSE 43160  
8 N. MAIN, JEFFERSONVILLE 43128 (740) 426-9292

**London Public Library** (740) 852-9543  
20 E. FIRST ST., LONDON 43140

**Licking County Public Library**  
101 W. MAIN ST., NEWARK 43055 (740) 349-5500  
EMERSON MILLER BRANCH (740) 344-2155

# Volunteer Opportunities

See also *AARP, Area Agencies on Aging, Guardianship Program, and Senior Centers* in this guide.

## Delaware County Volunteer Center–Connections (740) 363-5000 or 1-800-VOLUNTEER

39 W. WINTER ST., DELAWARE 43015

[www.connectionsvolunteercenter.org](http://www.connectionsvolunteercenter.org)

Clearinghouse matches volunteers with opportunities. Register to be eligible for volunteers or for volunteer opportunities. Seminars with continuing education and senior companion program. Disaster preparedness. M–Th., 9 A.M.–4 P.M.

## HandsOn Central Ohio (614) 221-2255

VOLUNTEER INFORMATION & REFERRAL (614) 341-2277

ADMINISTRATIVE LINE (614) 221-6766

195 N. GRANT AVE., COLUMBUS 43215

24-hour information and referral service matches a person's skills, interests, time, availability and location preference to volunteer positions in education, health, social welfare and arts organizations in Franklin Co.

## Licking Memorial Hospital Volunteer Department (220) 564-4044

1320 W. MAIN ST., NEWARK 43055

## Literacy United (937) 644-2796

940 LONDON AVE., STE. 1600, MARYSVILLE 43040

Program matches tutors and students. Volunteer tutors receive training and support.

## Memorial Hospital of Union County Volunteer Program (937) 644-6115 or 1-800-686-4677

500 LONDON AVE., MARYSVILLE 43040

## Catholic Social Services - Senior Volunteer Opportunities

197 E. GAY ST., COLUMBUS 43215

[www.colscss.org](http://www.colscss.org)

## SENIOR COMPANION PROGRAM (614) 857-1237

Pairs a low-income senior with a homebound senior to provide needed socialization and non-medical assistance so that clients can remain independent in their homes. Companions must be at least 55 years old, able to volunteer at least 15 hours per week, and pass a background check. Companions enjoy the comradery of fellowship with other companions at monthly in-service trainings, and receive a stipend and expense reimbursement in some counties.

### TAKE NOTE

Hospitals, hospice providers, social service agencies, neighborhood senior centers and religious organizations all have an ongoing need for volunteers.



## FOSTER GRANDPARENT PROGRAM (614) 857-1225

Pairs volunteer seniors with at-risk youth in the Columbus community to help students be prepared and do better in school. No prior experience working with children or teaching is necessary. You must be at least 55 years old, be able to volunteer 15 hours/week, meet income requirements, and pass a background check. Foster Grandparents receive a stipend, travel reimbursement, and monthly in-service trainings.

## Service Corps of Retired Executives (SCORE) (614) 469-2357

401 N. FRONT ST., STE. 200, COLUMBUS 43215-2542

[www.scorecolumbus.org](http://www.scorecolumbus.org)

Retired business people lend expertise on a one-on-one basis. Workshops and seminars. M–F, 10 A.M.–2 P.M.

## SourcePoint (740) 363-6677 or 1-800-994-2255

800 CHESHIRE RD., STE. B, DELAWARE 43015

[www.MySourcePoint.com](http://www.MySourcePoint.com)

More than 60 volunteer positions offered, including roles in the office, in-home care program, Meals on Wheels, enrichment center, and special events.

## Volunteer Guardian Program

FRANKLIN COUNTY (614) 645-3883 or (614) 645-1928

DELAWARE AND FAYETTE COUNTIES 1-800-589-7277

FAIRFIELD AND PICKAWAY COUNTIES (740) 215-1234

ALL COUNTIES TOLL FREE 1-800-589-7277

CENTRAL OHIO AREA AGENCY ON AGING,

3776 SOUTH HIGH ST., COLUMBUS 43207

E-mail: [coaaa@coaaa.org](mailto:coaaa@coaaa.org)

Recruits, screens and trains volunteers to become “guardian of the person” for adults who have no family, no assets and who are assessed as mentally incapacitated. Volunteers must be at least age 21, willing to undergo police background check and give personal references. Basic and continuing education training is required.

## Volunteers of America (614) 253-6100

1776 E. BROAD ST., 43203

[www.voago.org](http://www.voago.org)

Accepts donations of clothing, household items, furniture, appliances, cars, boats, trucks, etc. Operates thrift stores and emergency shelters throughout the city.

### TAKE NOTE

When originating a General Power of Attorney, make sure there is a clause specifically stating that a copy is as good as the original notarized one. Make copies and send one to each financial institution well in advance of when you'll need to execute it. Some have their own form and will not accept yours (even though it has been drafted by an attorney). You will still need the original for some financial settlements such as closing on the sale of a house.





## Advance Directives

**See also** *Legal Advocacy*, and *Powers of Attorney*

### Living Will

(See pages 49–54 for forms) A Living Will tells doctors what to do when you are too sick to communicate. It can indicate when medical treatment should stop, or whether you want passive feeding to be withdrawn. The directives are limited only to care which artificially or technologically postpones death—not comfort care. The Living Will must be signed by you, witnessed by a notary or two non-related adults, excluding your physician and nursing home advisor (a nursing home employee may be a witness). At the time of determination, your attending and one additional physician must certify terminal condition or permanently unconscious state.

### Of Special Note

- ☒ If you want food and water withheld if you are in a permanently unconscious state, you must indicate this by both checking a box on the form and initialing.
- ☒ A Living Will supersedes a Durable Power of Attorney for Health Care with respect to life sustaining care decisions.
- ☒ An oral request to your physician, family member or health care worker revokes the signed document.

- ☒ Health care providers are required to inform you of your right to refuse or accept medical treatment. Always ask up front what the provider's policy is in honoring advance directives.

- ☒ A Living Will applies only to situations of terminal illness and permanent unconsciousness—not to those who have Alzheimer's, had strokes, degenerative disorders or conditions that are not immediately life threatening.

### Durable Power of Attorney for Health Care

Everyone should have one! A Durable Power of Attorney for Health Care appoints a person to make medical decisions for you in situations that your Living Will did not anticipate such as mental or physical incompetency.

**To obtain forms**, call

Leading Age Ohio  
2233 North Bank Dr., Columbus 43220  
(614) 763-0036 or 1-800-776-9513

**Or you can obtain the forms for free at**  
[www.leadingageohio.org](http://www.leadingageohio.org)

## Funeral Preplanning

Not a favorite topic, but absolutely essential in total estate planning. There are over 50 decisions which need to be made at the time of death. Decisions about the funeral director's services, including length of visitation, type and locations of religious services, securing the clergy, the eulogy, flowers, escort, selecting memorial cards and card verses and writing and placement of a newspaper obituary. Choices of burial vault, casket, cemetery plot, cemetery marker, urn embalming and restorative or cosmetic services must also be selected. Disposition of the physical body involves decisions about organ and/or body donation, burial or cremation.

The average funeral cost is \$5,500. Average cemetery costs range from \$1,800 to \$5,000. By preplanning, you determine what your costs will be by making decisions about plot, vault, marker, interment or mausoleum space.

Both prepaid funeral and cemetery contracts should be made to ensure peace of mind and the honoring of one's wishes. A burial insurance plan should be pre-purchased before a family member begins to spend down assets in a skilled nursing center.

There are several prefunding options available including an insurance policy which guarantees that all costs of the services and funeral items that you purchase will be paid for at the time of death. All policies have built-in

inflation clauses to cover the costs of those items at the time of death. Check with your funeral director on what items are guaranteed and what is the best plan for you. You can pre-plan without having to pre-fund.

### FUNERAL PLANNER RESOURCES

#### Funeral Consumers' Alliance of Central Ohio

(614) 263-4632

P.O. Box 14835, COLUMBUS 43214  
[www.funeralsohio.org](http://www.funeralsohio.org)

Provides information and assists in the preplanning of an inexpensive funeral or cremation.

#### Ohio Funeral Directors Association 1-800-589-6332

2501 N. STAR, P.O. BOX 21760, COLUMBUS 43221  
[www.ohio-fda.org](http://www.ohio-fda.org)

#### OSU Dept of Biomedical Education and Anatomy

(614) 292-4831

279 HAMILTON HALL, 1645 NEIL AVE., COLUMBUS 43210  
[go.osu.edu/bodydonation](http://go.osu.edu/bodydonation)

#### The Pine Box Agency, LLC

(614) 532-5012

471-G MORRISON RD., GAHANNA 43230

#### Ohio Cremation and Memorial Society (614) 840-0900

[www.ohiocremation.org](http://www.ohiocremation.org)

## State of Ohio Living Will Declaration Notice to Declarant

The purpose of this Living Will Declaration is to document your wish that life-sustaining treatment, including artificially or technologically supplied nutrition and hydration, be withheld or withdrawn if you are unable to make informed medical decisions and are in a terminal condition or in a permanently unconscious state. This Living Will Declaration does not affect the responsibility of health care personnel to provide comfort care to you. Comfort care means any measure taken to diminish pain or discomfort, but not to postpone death.

If you would not choose to limit any or all forms of life-sustaining treatment, including CPR, you have the legal right to so choose and may wish to state your medical treatment preferences in writing in a different document.

Under Ohio law, a Living Will Declaration is applicable only to individuals in a terminal condition or a permanently unconscious state. If you wish to direct medical treatment in other circumstances, you should prepare a Health Care Power of Attorney. If you are in a terminal condition or a permanently unconscious state, this Living Will Declaration controls over a Health Care Power of Attorney.

You should consider completing a new Living Will Declaration if your medical condition changes, or if you later decide to complete a Health Care Power of Attorney. If you have both documents, you should keep copies of both documents together, with your other important papers, and bring copies of both your Living Will and your Health Care Power of Attorney with you whenever you are a patient in a health care facility.



# State of Ohio Living Will Declaration of

\_\_\_\_\_  
(Print Full Name)

\_\_\_\_\_  
(Birth Date)

I state that this is my Ohio Living Will Declaration. I am of sound mind and not under or subject to duress, fraud or undue influence. I am a competent adult who understands and accepts the consequences of this action. I voluntarily declare my wish that my dying not be artificially prolonged. If I am unable to give directions regarding the use of life-sustaining treatment when I am in a terminal condition or a permanently unconscious state, I intend that this Living Will Declaration be honored by my family and physicians as the final expression of my legal right to refuse health care.

**Definitions.** Several legal and medical terms are used in this document. For convenience they are explained below.

**Anatomical gift** means a donation of all or part of a human body to take effect upon or after death.

**Artificially or technologically supplied nutrition or hydration** means the providing of food and fluids through intravenous or tube “feedings.”

**Cardiopulmonary resuscitation or CPR** means treatment to try to restart breathing or heartbeat. CPR may be done by breathing into the mouth, pushing on the chest, putting a tube through the mouth or nose into the throat, administering medication, giving electric shock to the chest, or by other means.

**Declarant** means the person signing this document.

**Donor Registry Enrollment Form** means a form that has been designed to allow individuals to specifically register their wishes regarding organ, tissue and eye donation with the Ohio Bureau of Motor Vehicles Donor Registry.

**Do Not Resuscitate or DNR Order** means a medical order given by my physician and written in my medical records that cardiopulmonary resuscitation or CPR is not to be administered to me.

**Health care** means any medical (including dental, nursing, psychological, and surgical) procedure, treatment, intervention or other measure used to maintain, diagnose or treat any physical or mental condition.



**Health Care Power of Attorney** means another document that allows me to name an adult person to act as my agent to make health care decisions for me if I become unable to do so.

**Life-sustaining treatment** means any health care, including artificially or technologically supplied nutrition and hydration, that will serve mainly to prolong the process of dying.

**Living Will Declaration** or **Living Will** means this document that lets me specify the health care I want to receive if I become terminally ill or permanently unconscious and cannot make my wishes known.

**Permanently unconscious state** means an irreversible condition in which I am permanently unaware of myself and my surroundings. My physician and one other physician must examine me and agree that the total loss of higher brain function has left me unable to feel pain or suffering.

**Terminal condition** or **terminal illness** means an irreversible, incurable and untreatable condition caused by disease, illness or injury. My physician and one other physician will have examined me and believe that I cannot recover and that death is likely to occur within a relatively short time if I do not receive life-sustaining treatment.

*[Instructions and other information to assist in completing this document are set forth within brackets and in italic type.]*

**Health Care if I Am in a Terminal Condition.** If I am in a terminal condition and unable to make my own health care decisions, I direct that my physician shall:

1. Administer no life-sustaining treatment, including CPR and artificially or technologically supplied nutrition or hydration; and
2. Withdraw such treatment, including CPR, if such treatment has started; and
3. Issue a DNR Order; and
4. Permit me to die naturally and take no action to postpone my death, providing me with only that care necessary to make me comfortable and to relieve my pain.

**Health Care if I Am in a Permanently Unconscious State.** If I am in a permanently unconscious state, I direct that my physician shall:

1. Administer no life-sustaining treatment, including CPR, except for the provision of artificially or technologically supplied nutrition or hydration unless, in the following paragraph, I have authorized its withholding or withdrawal; and
2. Withdraw such treatment, including CPR, if such treatment has started; and
3. Issue a DNR Order; and
4. Permit me to die naturally and take no action to postpone my death, providing me with only that care necessary to make me comfortable and to relieve my pain.

**Special Instructions.** By placing my initials at number 3 below, I want to specifically authorize my physician to withhold or to withdraw artificially or technologically supplied nutrition or hydration if:

1. I am in a permanently unconscious state; and
2. My physician and at least one other physician who has examined me have determined, to a reasonable degree of medical certainty, that artificially or technologically supplied nutrition and hydration will not provide comfort to me or relieve my pain; and
3. I have placed my initials on this line: \_\_\_\_\_

**Notifications.** [Note: You do not need to name anyone. If no one is named, the law requires your attending physician to make a reasonable effort to notify one of the following persons in the order named: your guardian, your spouse, your adult children who are available, your parents, or a majority of your adult siblings who are available.]

In the event my attending physician determines that life-sustaining treatment should be withheld or withdrawn, my physician shall make a reasonable effort to notify one of the persons named below, in the following order of priority:

[Note: If you do not name two contacts, you may wish to cross out the unused lines.]

First Contact:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Second Contact:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

### Anatomical Gift (optional)

**INSTRUCTIONS:** If you elect to make an anatomical gift, please complete and file the attached "Donor Registry Enrollment Form" with the Ohio Bureau of Motor Vehicles to ensure that your wishes will be honored.

\_\_\_\_ I wish to make an anatomical gift.

\_\_\_\_ I *do not* wish to make an anatomical gift.

Upon my death, the following are my directions regarding donation of all or part of my body:

In the hope that I, \_\_\_\_\_ (name of donor), may help others upon my death, I hereby give the following body parts: \_\_\_\_\_

(indicate specific parts or all body parts) for any purpose authorized by law: transplantation, therapy, research or education. [Cross out any purpose that is unacceptable to you.]

This is a legal document under the Uniform Anatomical Gift Act or similar laws.

If I do not indicate a desire to donate all or part of my body by filling in the lines above, no presumption is created about my desire to make or refuse to make an anatomical gift.

**Donor Registry Enrollment Form.** I have completed the Donor Registry Enrollment Form:

\_\_\_\_\_ Yes \_\_\_\_\_ No

**NOTE:** If you modify or revoke your decision regarding anatomical gifts, please remember to make those changes in your Living Will, Health Care Power of Attorney, and Donor Registry Enrollment Form.

**No Expiration Date.** This Living Will Declaration will have no expiration date. However, I may revoke it at any time.

**Copies the Same as Original.** Any person may rely on a copy of this document.

**Out of State Application.** I intend that this document be honored in any jurisdiction to the extent allowed by law.

**Health Care Power of Attorney.** I have completed a Health Care Power of Attorney:

\_\_\_\_\_ Yes \_\_\_\_\_ No

### **SIGNATURE**

*[See below for witness or notary requirements.]*

I understand the purpose and effect of this document and sign my name to this Living Will Declaration on \_\_\_\_\_, 20 \_\_\_\_\_, at \_\_\_\_\_, Ohio.

\_\_\_\_\_  
DECLARANT

*[You are responsible for telling members of your family, the agent named in your Health Care Power of Attorney (if you have one), and your physician about this document. You also may wish to tell your religious advisor and your lawyer that you have signed a Living Will Declaration. You may wish to give a copy to each person notified.]*

*[You may choose to file a copy of this Living Will Declaration with your county recorder for safekeeping.]*

### **WITNESSES OR NOTARY ACKNOWLEDGMENT**

*[Choose one.]*

*[This Living Will Declaration will not be valid unless it either is signed by two eligible witnesses who are present when you sign or are present when you acknowledge your signature, or it is acknowledged before a Notary Public.]*

*[The following persons **cannot** serve as a witness to this Living Will Declaration: the agent or*



*any successor agent named in your Health Care Power of Attorney; your spouse; your children; anyone else related to you by blood, marriage or adoption; your attending physician; or, if you are in a nursing home, the administrator of the nursing home.]*

**Witnesses.** I attest that the Declarant signed or acknowledged this Living Will Declaration in my presence, and that the Declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence. I further attest that I am not an agent designated in the Declarant's Health Care Power of Attorney, I am not the attending physician of the Declarant, I am not the administrator of a nursing home in which the Declarant is receiving care, and I am an adult not related to the Declarant by blood, marriage or adoption.

\_\_\_\_\_, residing at \_\_\_\_\_  
Signature

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Print Name

Dated: \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_, residing at \_\_\_\_\_  
Signature

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Print Name

Dated: \_\_\_\_\_, 20\_\_\_\_

**OR**

**Notary Acknowledgment.**

State of Ohio

County of \_\_\_\_\_ ss.

On \_\_\_\_\_, 20\_\_\_\_, before me, the undersigned Notary Public, personally appeared \_\_\_\_\_, known to me or satisfactorily proven to be the person whose name is subscribed to the above Living Will Declaration as the Declarant, and who has acknowledged that (s)he executed the same for the purposes expressed therein. I attest that the Declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence.

\_\_\_\_\_  
Notary Public

My Commission Expires: \_\_\_\_\_

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## HELP AT HOME

### My own case management/contingency plan

List family, friends and/or agencies who could help with these tasks, or could help in an emergency.

#### Meal preparation/shopping or home-delivered meals:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Routine housework/laundry:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Administer finances:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Home health care (including giving medication):

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Transportation:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Feeding:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Bathing/dressing/grooming/toileting:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Care coordination/arranging for services (friendly visitor, telephone reassurance):

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Additional family, friends, agencies, church members, pastors, etc., that could be contacted for emergency help:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

# Crisis, Mental Health & Caregiver Support Services

## Handy forms and guides in this section:

Help at Home Checklist: My Own Case  
Management/Contingency Plan . . . . .55

## Advertisers who offer services that pertain to this section:

Alzheimer's Association . . . . .9  
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for Senior Health . . . . .7  
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## CAREGIVER TIP

Many older adults who have lived in isolation for a long time find new friends and new experiences to keep connected once they become residents in adult housing facilities. Transportation for groceries and doctors' appointments are arranged as well as regular social activities and outings.

## MEDICARE DRUG DISCOUNT PROGRAMS

The following numbers and websites can help assist people with prescription drug program qualification and help answer any questions you may have.

**R<sub>x</sub>**

### Helpful Phone Numbers

Medicare Information Line	1-800-633-4227
Ohio Senior Health Insurance Program Hotline	1-800-686-1578
Ohio's Best Rx	1-866-923-7879

### Helpful Websites

Medicare	www.medicare.gov
Ohio Dept. of Insurance	www.insurance.ohio.gov
Central Ohio Area Agency on Aging	www.coaaa.org

# Social Services and Emergency Assistance

## STOP ELDER ABUSE!



Persons 60+ are in need of protective services if they are known or suspected to be suffering from abuse, neglect, or exploitation to an extent that either life is endangered or physical harm, mental anguish, or mental illness is likely to result.

## ELDER ABUSE AND NEGLECT

### Some Indicators of Elder Abuse

#### Abuse: Physical, Psychological, Sexual

- Change in behavior
- Cuts, bruises, burns
- Confinement
- Isolation
- Harassment

#### Neglect: By Self or Others

- Mental confusion
- Poor hygiene/environment
- Inadequate health care
- Unable to perform tasks of daily living

#### Exploitation

- Unusual bank withdrawals
- Change in power of attorney or legal matters
- Lack of personal belongings
- Different signatures on checks

## ADULT PROTECTIVE SERVICES

**FRANKLIN COUNTY** (614) 525-5230  
280 E. BROAD ST., RM. 300, COLUMBUS 43215

**DELAWARE CO. DEPT. OF JOB & FAMILY SVCS.** (740) 833-2340  
140 N. SANDUSKY STREET, DELAWARE, OH 43015

**FAIRFIELD COUNTY** (740) 652-7889  
239 W. MAIN ST., LANCASTER 43130

**FAYETTE COUNTY** (740) 335-2755  
133 S. MAIN ST., WASHINGTON COURT HOUSE 43160

**LICKING COUNTY** (740) 670-8800  
74 S. SECOND, P.O. BOX 5030, NEWARK 43058-5030

**MADISON COUNTY** (740) 852-4770  
200 MIDWAY ST., LONDON 43140

**PICKAWAY COUNTY** (740) 474-7588  
110 ISLAND RD., P.O. BOX 610, CIRCLEVILLE 43113

**UNION COUNTY** (937) 644-1010 or 1-800-248-2347  
940 LONDON AVE., STE. 1800, MARYSVILLE 43040

## CRISIS INTERVENTION

### Center for New Beginnings

LICKING COUNTY (740) 349-8719 or 1-800-686-2760  
60 N. 1ST ST., NEWARK 43055

### Central Ohio

**Poison Center** (614) 228-1323 or 1-800-222-1222  
TTY (614) 228-2272

700 CHILDRENS DR., COLUMBUS 43205

24-hour 7-day poison information and treatment service.

### CHOICES for Victims of Domestic Violence

24-HOUR CRISIS LINE (614) 224-4663

500 W. WILSON BRIDGE RD., STE. 245, WORTHINGTON 43085

www.choicescolumbus.org

Provides information and referral, temporary shelter for battered women and their children, individual and group counseling, education and training.

### Crisis Help/Suicide Prevention 24-hour Hotlines

FRANKLIN COUNTY (614) 221-5445  
NORTH CENTRAL MENTAL HEALTH SERVICES (614) 221-5445  
DELAWARE COUNTY (740) 369-3316 or 1-800-684-2324  
FAYETTE COUNTY (740) 335-6935  
FAIRFIELD COUNTY (740) 687-8255  
LICKING COUNTY (740) 345-4357 or 1-800-544-1601  
MADISON COUNTY 1-800-218-9500  
PICKAWAY COUNTY (740) 477-2579  
UNION COUNTY 1-800-731-5577

### Jewish Family Services

(614) 231-1890

1070 COLLEGE AVE., COLUMBUS 43209

### Lighthouse, Inc.

FAIRFIELD COUNTY (740) 687-4423

P.O. BOX 215, LANCASTER 43130

Shelter, counseling and other supportive services to any victim of domestic violence.

### Mount Carmel Crime & Trauma Assistance Program

(614) 234-5000

793 W. STATE ST., COLUMBUS 43222

Counseling and advocacy for survivors of violent crimes.

### Project Woman

1-800-634-9893

525 E. HOME RD., SPRINGFIELD 45503

Provides shelter for battered women, support groups, community education and 24-hour crisis assistance. Also legal advocacy and counseling.

### Senior Hotline

FRANKLIN COUNTY (614) 294-3309

NORTH CENTRAL MENTAL HEALTH SERVICES

Answers any questions related to older adults. 24 hrs.

### Turning Point

(740) 382-8988 or 1-800-232-6505

330 BARKS RD. W, P.O. BOX 875, MARION 43302

www.turningpoint6.org

Serves Crawford, Delaware, Marion, Morrow, Union and Wyandot counties.



## COMMUNITY ACTION ORGANIZATIONS

Provides installation of insulation and other materials and furnace repairs for low income families and assists with HEAP applications. Some agencies also provide minor home repair for qualified homeowners.

COMMUNITY ACTION PARTNERSHIP OF DELAWARE, MADISON AND UNION COUNTIES

DELAWARE COUNTY (740) 369-3184

555 SUNBURY RD., DELAWARE 43015

MADISON COUNTY (740) 852-3511

255 WEST HIGH ST., LONDON 43140

FAIRFIELD COUNTY (740) 653-4146

1743 E. MAIN ST., P.O. BOX 768, LANCASTER 43130

FAYETTE COUNTY (740) 335-7282

1400 US Rt. 22 NW, WASHINGTON COURT HOUSE 43160

FRANKLIN COUNTY (614) 252-2799

IMPACT COMMUNITY ACTION, 700 BRYDEN RD., COLUMBUS 43215

LEADS (LICKING COUNTY) (740) 349-8606

159 WILSON ST., NEWARK 43055

PICCA (PICKAWAY COUNTY) (740) 477-1655

469 E. OHIO ST., P.O. BOX 67, CIRCLEVILLE 43113

## UTILITIES ASSISTANCE

For more detailed information about utilities resources, visit [www.coaaa.org/resources](http://www.coaaa.org/resources).

**American Electric Power** 1-800-683-7036

[www.dollarenergycfund.org](http://www.dollarenergycfund.org)

Neighbor to Neighbor Program. Referral required.

### The Breathing Association

1520 OLD HENDERSON, COLUMBUS 43220 (614) 457-4570

APPOINTMENT LINE HEAP/PIPP 1-866-861-6399

[www.breathingassociation.org](http://www.breathingassociation.org)

HEAP applications and window air conditioners.

**Columbia Gas of Ohio** 1-800-344-4077

200 CIVIC CENTER DR., COLUMBUS 43215

[www.columbiagasohio.com](http://www.columbiagasohio.com)

Offers special bill payment options, home weatherization services and protection from service disconnection during the winter months.

### ■ HEAP Locations in Franklin County

MAIN OFFICE (614) 457-4570

1520 OLD HENDERSON RD., COLUMBUS 43220

EAST LOCATION (614) 566-0750

4850 E. MAIN ST., COLUMBUS 43213 (OFF S. HAMILTON RD.)

AGLER LOCATION (614) 566-0750

3433 AGLER RD., STE. 1500, COLUMBUS 43219

(OFF N. CASSADY ROAD)

GLADDEN LOCATION (614) 227-1600

183 HAWKES AVE., COLUMBUS 43223 (OFF W. BROAD ST.)

**Mid-Ohio Regional Planning Commission** (614) 228-2663

111 LIBERTY ST., STE. 100, COLUMBUS 43215

**Weatherization Assistance Program** - Franklin County.  
Income-eligible applicants may receive free home

repairs (if needed) including added insulation, furnace and hot water repair/replacement, or refrigerator to make homes more safe and comfortable, lower utility bills and help the environment.

### Franklin County Housing Rehabilitation Program -

Housing assistance and construction supervision for major repairs for income eligible homeowners outside Columbus but in Franklin County.

### Ohio Department of

**Development** 1-800-282-0880 or (614) 644-6600

TDD/TTY 1-800-686-1557

77 S. HIGH ST., 29TH FL., 43216

[www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov)

### HEAP (Home Energy Assistance Program)

Provides a one time credit on heating bill between specified months each year.

Customers using bulk fuels, customers of rural cooperatives or municipal utilities, and customers with 1 meter serving several accounts will receive a voucher redeemable through their supplier.

Household income must be at or below 200% of federal poverty guidelines. Amount of aid varies.

Apply online at

[http://development.ohio.gov/is/is\\_heap.htm](http://development.ohio.gov/is/is_heap.htm).

Applications also available at post offices, libraries and Community Action Agencies and the following :

- Area Agencies on Aging
- Breathing Association, 1-866-861-6399

### E-HEAP (Winter Crisis Program)

Assistance provided is a one-time benefit for electricity, gas, or bulk fuel if utility disconnected or shut-off notice issued. Available: Nov. 1 – March 31.

Eligibility: Income up to 175% of Federal Poverty Guidelines

Apply at local community action agency. Call to verify information required to complete application. Face to face interview required. A representative may apply on behalf of individuals who are homebound. Inquire about home-based interview if homebound and without a representative.

### Summer Crisis Program

A one-time credit up to \$175.00 on electric bill for households with income at or below 175% of federal poverty level. Program typically open July 1-Aug 31. No shut-off notice required. Amount of assistance varies. Applicants must have a household member age 60+, or a household member with a medical necessity verified by their physician. Window air conditioner or fan may also be available. Apply at local community action organization. Face to face interview required.

### Percentage of Income Payment Program (PIPP Plus)

An Ohio income-based payment plan for gas and electric

(Continued on Pg. 58)

### Free Smoke Alarms and Installation

Help keep your family safe! Call the Columbus Division's Smoke Alarm Hotline at (614) 724-0935 for more information about this program.

service. To be eligible household income must be at or below 150% of federal poverty level. Service must be through a regulated gas or electric utility company. PIPP Plus payments stay the same year round for gas and electric. Customers receive a monthly credit toward the accrued balance when monthly payments are made in full and on time. Income must be verified annually. Apply through local community action agencies.

PIPP Plus Payments are:

6% of income or \$10, whichever is greater for gas

6% of income or \$10, whichever is greater for electric

10% of income for all-electric homes

### **The Ohio Consumer's Counsel (614) 466-8574 or 1-877-PICK-OCC**

10 W. BROAD ST., STE. 1800, COLUMBUS 43215-3485

[www.pickocc.org](http://www.pickocc.org)

Provides information relative to utilities assistance.

#### **Ohio Home Weatherization Assistance Program**

Those qualifying may be eligible for home weatherization.

Priority given to those with disabilities, the elderly, those with no heat and mothers with children.

### **Public Utilities Commission of Ohio 1-800-686-7826**

Helps resolve complaints. Provides information on educational publications and assistance programs.

### **PHONE ASSISTANCE**

Phone companies help low-income adults obtain and maintain phone service at discounted rates. A discount on traditional land-line phone service or a free cell phone with free minutes is offered by various wireless companies. For people on Medicaid, SNAP, SSI, SSDI, TANF, Section 8, HEAP, Free Lunch Program, at a homeless shelter, in a nursing home, or who have income up to 135% of Federal Poverty Guidelines. For a landline discount, contact local telephone company; for a cell phone, contact wireless companies in your area to find out if they offer the Lifeline phone.

### **AT&T Lifeline 1-888-256-5378**

### **Basic Telephone Service Assistance— PUCO (614) 466-3292 or 1-800-686-PUCO (7826)**

TTY 1-800-686-1570

180 E. BROAD ST., COLUMBUS 43215-3793

[www.puco.ohio.gov](http://www.puco.ohio.gov)

### **CenturyLink 1-855-954-6546**

### **Frontier 1-888-579-1877**

### **Windstream 1-800-347-1991**

### **FOOD STAMPS AND MEDICAID**

### **Supplemental Nutrition Assistance Program (SNAP)**

FRANKLIN COUNTY (614) 233-2000

Eligibility based on number of people in the household and gross monthly income. A household consists of an individual or group of individuals who

live together and purchase and prepare their food together. Income limit at or below 130% of poverty guidelines. Households with members who are older adults or disabled may qualify if income is over the limit. Living expenses are reviewed to determine monthly benefit amount. Benefits provided via the Ohio Direction Card. Applications are taken at the county Departments of Job & Family Services below.

### **County Dept. of Job & Family Services—Medicaid**

**OHIO MEDICAID HOTLINE 1-800-324-8680**

**FRANKLIN COUNTY (614) 233-2000**

1721 NORTHLAND PARK AVE., COLUMBUS 43229

**DELAWARE COUNTY (740) 833-2300 or (740) 548-7313**

140 N. SANDUSKY ST., DELAWARE 43015

**FAIRFIELD COUNTY (740) 652-7889**

239 W. MAIN ST., LANCASTER 43130

**FAYETTE COUNTY (740) 335-0350**

133 S. MAIN ST., 1ST FL., WASHINGTON COURT HOUSE 43160

**LICKING COUNTY (740) 670-8800**

74 S. SECOND, BOX 5030, NEWARK 43058

**MADISON COUNTY (740) 852-4770**

200 MIDWAY ST., LONDON 43140

**PICKAWAY COUNTY (740) 474-7588**

110 ISLAND RD., CIRCLEVILLE 43113

**UNION COUNTY (937) 644-1010 or 1-800-248-2347**

940 LONDON AVE., STE. 1800, PO BOX 389, MARYSVILLE 43040

### **FRANKLIN COUNTY OPPORTUNITY CENTERS**

**EAST (614) 212-1993**

1055 MT. VERNON AVE., COLUMBUS 43203

**NORTHEAST (614) 233-2851**

1721 NORTHLAND PARK AVE., COLUMBUS 43229

**SOUTH (614) 233-2000**

3723 S. HIGH ST., COLUMBUS 43207

**WEST (614) 233-2912**

314 N. WILSON RD., COLUMBUS 43204

**NURSING HOME UNIT (614) 233-2833**

### **COMMUNITY SUPPORT AND SHELTER**

Many programs provide supportive services. Outreach staff can advise about public benefits and social services available during an in-home assessment. If you have a problem and are not sure what to do, call Franklin County Senior Options at (614) 525-6200 or the Central Ohio Area Agency on Aging at 1-800-589-7277.

### **American Red Cross**

AMERICAN RED CROSS OF GREATER COLUMBUS

FRANKLIN & MADISON COUNTIES (614) 253-2740

995 E. BROAD ST., COLUMBUS 43205

PO BOX 833 WASHINGTON COURT HOUSE 43160

**FAIRFIELD COUNTY (740) 687-5585**

121 W. MULBERRY, LANCASTER 43130

**LICKING COUNTY (740) 349-9442**

143 S. 30TH ST., NEWARK 43058

**UNION COUNTY (937) 642-6651**

108 N. MAIN ST., MARYSVILLE 43040

**Catholic Social Services** 1-800-536-5057, ext. 1  
197 E. GAY ST., COLUMBUS 43215 (614) 221-5891  
www.colscss.org

**Supportive Services:** We serve adults age 60+ and provide a range of services including in-home assessment, assistance with benefits, money management, medical advocacy, and information and referral. Ongoing case management services are provided to help older adults remain independent in the community and enhance their quality of life. Services are offered M-F, 8:30 A.M. – 5:00 P.M.

1031 BRICE ST., NEWARK 43055 (740) 452-5057

**Money Management:** We help independent seniors successfully manage their own finances and protect them from financial exploitation. Services are provided by a licensed social worker who is able to assist the senior by preparing a monthly budget, assisting with bill pay and check deposits, making connections with financial and legal resources, and preparing for long term needs.

**Columbus Coalition for the Homeless** (614) 228-1342 or 1-888-474-3587  
1015 E. MAIN ST., STE. 200, COLUMBUS 43205

A coalition of service providers, currently and formerly homeless people, and concerned citizens.

**Community Resources Center** (614) 268-3539  
SENIORS SUPPORTIVE SVCS., 3222 N. HIGH ST., COLUMBUS 43202  
No shelter assistance.

**Dublin Furniture Banc** (614) 333-6207  
6253 OLD AVERY RD., DUBLIN 43016  
M-F, 9 A.M.-5 P.M. Furniture assistance. Referral required from community organizations. Accepts donations.

**Faith Mission** (614) 224-6617  
245 N. GRANT AVE., COLUMBUS 43215  
Emergency shelter, hot meals, free medical, dental and vision services.

**First Community Church, Heart to Heart Office** (614) 488-0681  
1320 CAMBRIDGE BLVD., COLUMBUS 43212  
Short term volunteer support for those in NW Columbus. Friendly visits, food and chore services. Tu, Th., 8:30–11 A.M.

**Franklin County Homeless Hotline Free Stores** 1-888-474-3587  
UNITED METHODIST, 946 PARSONS AVE. (614) 443-1713  
Tu., Th., Sat., 10 A.M.–1 P.M., W; 1–4 P.M., F., 3–6 P.M.  
WESTSIDE FREE STORE, 61 S. POWELL AVE. (614) 351-5480  
M, 10 A.M.–12 P.M., Th, 3-5:30 P.M., Sat, 12–2:30 P.M.

**Friends of the Homeless, Inc.**  
MEN'S SHELTER (614) 360-0251  
WOMEN'S SHELTER - REBECCA'S PLACE (614) 251-2937  
924 E. MAIN ST., COLUMBUS 43205  
Emergency shelter for single women, men's emergency shelter, housing, transition and employment services.

**The Furniture Bank** (614) 272-9544  
118 SOUTH YALE AVE., COLUMBUS, OH 43222  
Furniture assistance. Referral by social service organization required.

**Gladden Food Pantry** (614) 228-2498  
318 S. GLENWOOD AVE., COLUMBUS 43223

**HandsOn Central Ohio**  
EMERGENCY FOOD REFERRAL (614) 341-2282  
HOMELESS HOTLINE 1-800-4-SHELTER (474-3587)  
195 N. GRANT AVE., COLUMBUS 43215  
M, W, F 7:00 A.M. – 4:00 P.M.; Tu, Th 7:00 A.M. – 8:00 P.M.  
Homeless hotline. Calls answered 24/7.

**Joint Organization/Inner City Needs (JOIN)** (614) 241-2531  
578 E. MAIN ST., COLUMBUS 43215  
Emergency assistance with utility bills, prescriptions and referrals for those 60+. M-F, 10–11:30 A.M. and 1–2 P.M.

**Mid-Ohio Food Bank** (614) 274-7770  
3960 BROOKHAM DR., GROVE CITY 43123

**Miles House** (614) 278-0180  
2582 W. BROAD ST., COLUMBUS 43204  
24-HOUR CRISIS HOTLINE (614) 276-2273  
Crisis respite facility for mentally ill patients. 8 beds.

**Native American Indian Center** (614) 443-6120  
67 E. INNIS, COLUMBUS 43207  
www.naicco1975.org  
Emergency clothing assistance to anyone in need.  
Food pantry for 43206 and 43207 zip codes.

**The Neighborhood House, Inc.** (614) 252-4941  
1000 ATCHESON ST., COLUMBUS 43203  
Emergency food pantry for neighborhood residents after the 10th of the month on Tues. and Thurs.

**Neighborhood Services Food Pantry** (614) 297-0592  
1950 N. FOURTH ST., COLUMBUS 43201  
Clothing, three day supply of food once/month. Must have photo ID and proof of address. M–Th., 10 A.M.–1 P.M. For zip codes 43201, 02, 10 and 11.

**Netcare Corporation** (614) 276-2273  
199 S. CENTRAL AVE., COLUMBUS 43223  
741 E. BROAD ST., COLUMBUS 43205  
24 hour mental health and substance abuse, crisis and assessment services.

**NNEMAP** (614) 297-0533  
NEAR NORTHSIDE EMERGENCY MATERIAL ASSISTANCE PROGRAM  
677 E. 11TH AVE., COLUMBUS 43211

**Ohio Council of Churches** (614) 885-9590  
6230 BUSCH BLVD., STE. 430, COLUMBUS 43229



**Open Shelter, Inc.** (614) 461-0407  
61 E. MOUND ST., COLUMBUS 43215  
Day service program, furniture and clothing assistance. Meals served M-F. Dinner served M, Tu., Th., 5:30 P.M., at 501 E. Broad St. Call ahead.

**Rehoboth Temple** (614) 252-8219  
1111 E. LONG ST., PO BOX 83326, COLUMBUS 43203  
Meals on the 4th Wed., 11:30 A.M.

**Refuge Baptist Food Pantry** (614) 253-8730  
400 N. 20TH ST., COLUMBUS 43203  
Last 2 weeks of month, 11 A.M.-1 P.M., M, W, F.

**Salvation Army** ADMINISTRATION (614) 221-6561  
966 E. MAIN ST., COLUMBUS 43205  
WEST MOUND WORSHIP & SERVICE CENTER (614) 274-7600  
2300 W. MOUND ST., COLUMBUS 43204  
CHAPEL AT WORTHINGTON WOODS (614) 846-1884  
WORSHIP AND SERVICE CENTER, 760 WORTHINGTON WOODS BLVD., WORTHINGTON 43085  
CITADEL CORPS & SENIOR  
CITIZEN CENTER (614) 221-8890  
SOUTHEAST WORSHIP & SERVICE CENTER (614) 253-6811  
966 E. MAIN ST., COLUMBUS 43205  
LICKING COUNTY (740) 345-8120  
250 E. MAIN ST., NEWARK 43055  
Emergency food and clothing, food pantry, utility and rent assistance, and friendly visiting.

**St. Stephens Community House** (614) 294-6347  
1500 E. 17TH AVE., COLUMBUS 43219

**Thrift Stores of Ohio**  
MAIN OFFICE (614) 899-6595  
SULLIVANT AVE. (614) 275-4196  
4340 W. BROAD ST., COLUMBUS 43228  
CENTRAL POINT SHOPPING CENTER (614) 272-6281  
647 HARRISBURG PIKE, COLUMBUS 43223  
GREAT SOUTHERN SHOPPING CENTER (614) 491-5305  
67 GREAT SOUTHERN BLVD., COLUMBUS 43207  
4618 E. BROAD ST., COLUMBUS 43213 (614) 751-6936  
NORTHERN LIGHTS SHOPPING CENTER (614) 263-7993  
3351 CLEVELAND AVE., COLUMBUS 43224  
Retail used clothing.

**YMCA/YWCA**  
YMCA, 40 W. LONG ST., COLUMBUS 43215 (614) 573-3616  
Rooms for single men.  
YWCA, 65 S. 4TH ST., COLUMBUS (614) 224-9121, ext. 1270  
Rooms for single women.

#### ■ **FRANKLIN COUNTY**

**HandsOn Central Ohio** (614) 341-2282  
Information and referral for emergency food assistance.

**Community Kitchen, Inc.** (614) 252-6428  
640 S. OHIO AVE., COLUMBUS 43205  
Free meal, 8-9, 11:30 A.M.-12:45 P.M., M-Sat. 5-6 P.M., Sat.-Sun. in parking lot (Salvation Army truck).  
Clothing, toiletries and bus passes for new job or medical appointment. Tu.-F, 10 A.M.-2 P.M. Free to all.

**Gladden Community House** (614) 227-1600  
183 HAWKES AVE., COLUMBUS 43223  
Food pantry delivers to seniors (60+) in Franklinton and SW expansion. Proof of address needed. Pantry hands out food orders, M, 1-3 P.M., Tu., Th., F, 9 A.M.-3 P.M.; W, 1-3 P.M. Senior outreach at Hawk's Ave. office.

**His Place Ministry St. John's Episcopal** (614) 221-9328  
1003 W. TOWN ST., COLUMBUS 43222  
Wed evening meal. No lunches. Closed July and August.

**Holy Cross Church St. Lawrence Haven** (614) 228-0799  
200 S. 5TH ST., COLUMBUS 43215  
Food pantry, M-F, 1-3 P.M.

**Holy Family Soup Kitchen** (614) 461-9444  
57 S. GRUBB ST., COLUMBUS 43215  
M-F, 10:30 A.M.-12:30 P.M.

**Victory Ministries, Inc.** (614) 252-2500  
2955 SWITZER AVE., COLUMBUS 43219  
Emergency food and clothing once per month for all ages. Proof of address and photo ID required.

**Volunteers of America** (614) 253-6100  
1776 E. BROAD ST., COLUMBUS 43203  
Operates thrift stores and emergency shelters throughout the city. Accepts donations.

#### ■ **DELAWARE COUNTY**

**Helpline of Delaware and Morrow Counties, Inc.** (740) 369-3316 or 211  
Information and referral for emergency food assistance.

**Big Walnut Friends Who Share** (740) 965-9596  
P.O. BOX 424, 100 W. CHERRY ST., SUNBURY 43074  
Food, clothing, furniture, blankets and appliances to Big Walnut School district residents in need. Senior day, 2nd Sat., 10 A.M.-12 P.M., Wed., 9-11:30 A.M., 2nd and 4th Tues., 6:30-8 P.M. for clients.

**People in Need** (740) 363-6284  
138 JOHNSON DR., DELAWARE 43015  
May be referred by social service agency or client may call. Assistance with utility bills and water deposits, housing, medical and miscellaneous needs. Food pantry. Also holiday assistance - sign up early.

#### ■ **FAIRFIELD COUNTY**

**Fairfield County Information and Referral Services** (740) 687-0500 or 211  
108 W. MAIN ST., STE. C, LANCASTER 43130  
Information and referral for emergency food assistance.

**Lutheran Social Svcs.** (740) 653-2012 or (740) 653-2265  
1681 E. MAIN ST., LANCASTER 43130  
For single aduhomeless. 5:30 P.M. - 7:30 A.M. Case mgmt. for homeless or near homeless families.

**Lutheran Food Pantry** (740) 687-5130  
2045 E. MAIN ST., LANCASTER 43130  
No fee or age requirement. 3-day supply of groceries with a referral from a social service organization or Information and Referral of Fairfield County.

**Maywood Mission** (740) 653-5734  
1029 S. BROAD ST., LANCASTER, 43130  
Thrift store and food pantry.

**Salvation Army** (740) 687-1921  
228 W. HUBERT AVE., LANCASTER 43130

**St. Vincent DePaul Society** (740) 653-6037  
424 E. LOCUST ST., LANCASTER 43130  
Food and furniture.

### ■ **FAYETTE COUNTY**

**Fayette County Community Action** (740) 335-7282  
Information and referral for emergency food assistance.

**Church Women United Clothing Bank**  
321 BROADWAY, WASHINGTON COURT HOUSE 43160  
Open 1st Thurs. and 3rd Sat. each month. No phone.

**St. Vincent DePaul Society** (740) 335-5000  
ST. COLMAN CHURCH  
219 S. NORTH ST., WASHINGTON COURT HOUSE 43160

### ■ **LICKING COUNTY**

**Catholic Social Services** 1031 BRICE ST., NEWARK 43055  
www.colscss.org  
TRANSPORTATION (740) 345-0353  
Providing Licking County veterans and seniors FREE transportation to non-emergency medical appointments. Door-to-door assistance and wheelchair accessible vehicles are available.

SUPPORTIVE SERVICES (740) 345-2565  
Program serves adults age 60+ and provides a range of services to include: in-home assessment, assistance with benefits, money management, medical advocacy, end of life planning, and information and referral. Ongoing case management services are provided to help older adults remain independent in the community.

**Food Pantry Network of Licking Co.** (740) 344-7401  
1035 BRICE ST., NEWARK 43055

**Licking County Aging Program, Inc.** (740) 345-0821 or 1-800-452-0097  
1058 E. MAIN ST., NEWARK 43055

**Salvation Army** (740) 345-8120  
250 E. MAIN ST., NEWARK 43055

**St. Vincent DePaul Society** (740) 349-8425  
135 WILSON ST., NEWARK 43055  
Tues., 7-8 P.M.; Thurs., 10 A.M.-12 P.M.

**YMCA** (740) 345-9622  
470 W. CHURCH ST., NEWARK 43055  
Silver Sneakers program, warm-water pool, exercise.

### ■ **MADISON COUNTY**

**Bridges** (740) 852-3511  
MADISON COUNTY, 306 LAFAYETTE ST., LONDON 43140  
Limited emergency financial assistance includes water bills and prescriptions.

**Madison County Information** (740) 845-1475  
Information and referral for emergency food assistance.

**First United Methodist Church** (740) 869-3577  
110 S. LONDON ST., MT. STERLING 43143  
Assistance to transients, homeless and travelers.

**Food thru Faith** (740) 852-4735  
51 W. CENTER ST., LONDON 43140  
Emergency food 1 time/month. Soc. Sec. card and proof of address needed. Tues. and Thurs., 9 A.M.-12 P.M.

**Madison County Emergency Mgmt.** (740) 852-4200  
271 ELM ST., LONDON 43140  
Assists in evacuation, relocation, financial assistance, etc. Contracted with Franklin Co. Red Cross Chapter.

**Madison County Senior Center** (740) 852-3001  
280 W. HIGH ST., LONDON 43140  
Supportive services for the community age 60 or older.

**Madison County Food Pantry** (740) 852-5822  
135 MAPLE, LONDON 43140  
Free food for 3 days. Picture ID. W, S, 9 A.M. - 12 P.M.

**Plain City Presbyterian Church** (614) 873-5011  
231 E. MAIN ST., PLAIN CITY 43064  
Food, financial assistance and pastoral counseling.

**West Jefferson Ministerial Assoc** (614) 879-8130  
36 S. CENTER ST., W. JEFFERSON 43162  
Food, financial and pastoral assistance.

### ■ **PICKAWAY COUNTY**

**Pickaway County Community Action (PICCA)** (740) 477-1655  
469 E. OHIO ST., P.O. BOX 67, CIRCLEVILLE 43113  
Information and referral for emergency food assistance. Food pantry, prescriptions and counseling.

**Circleville Presbyterian Church** (740) 474-4791  
134 E. MOUND ST., CIRCLEVILLE 43113  
Warm meal 5 - 6 P.M. M, W, F. Closed holidays.

### ■ **UNION COUNTY**

**Union County Dept. of Job and Family Services** (937) 644-1010  
Information and referral for emergency food assistance.

**Milford Center-United Methodist Church** (937) 349-3741  
55 E. STATE ST., MILFORD CENTER 43045  
Food pantry at church every Friday, 8:30 A.M. - 12:00 P.M.

**Union County Food Pantry****(937) 644-3248**

333 ASH ST., MARYSVILLE 43040  
Recorded message.

**Hope Center****(937) 303-4209**

212 CHESTNUT ST., MARYSVILLE 43040

Open Tues. and Thurs., 5 – 7 P.M., Sat. 9 A.M. – 12 P.M.  
and first Thurs. of the month, 12 – 2 P.M.

## Companionship

**Catholic Social Services****(614) 857-1237**

197 E. GAY ST., COLUMBUS 43215

[www.colscss.org](http://www.colscss.org)

**Senior Companion Program:** Pairs a low-income senior with a homebound senior to provide needed socialization and non-medical assistance so that clients can remain independent in their homes. Companions must be at least 55 years old, able to volunteer at least 15 hours per week, and pass a background check. Companions enjoy the comradery of fellowship with other companions at monthly in-service trainings, and receive a stipend and expense reimbursement in some counties.

**Jewish Family Services****(614) 559-0184**

FRIENDLY VISITOR PROGRAM, 1070 COLLEGE AVE., COLUMBUS 43209

Regular monthly visits reduce isolation of Jewish seniors.  
Keeps seniors engaged mentally and emotionally.

### TELEPHONE REASSURANCE

Provides a friendly phone call each day to alleviate some loneliness, check on well-being and provide seniors with information regarding community services. All recipients of calls are requested to provide emergency contact names and numbers in case of an emergency.

**■ FRANKLIN COUNTY****Gladden Community House****(614) 227-1636**

183 HAWKES AVE., COLUMBUS 43223

Friendly visiting, telephone reassurance and help with insurance forms for residents age 60+ in Franklinton and Southwest Expansion.

**Kind Call****(614) 457-5084 or 583-5326**

1945 RIDGEVIEW RD., UPPER ARLINGTON 43221

Serves area covered by Upper Arlington police.

**Salvation Army****(614) 221-6561**

966 E. MAIN ST., COLUMBUS 43205

WEST MOUND WORSHIP &amp; SERVICE CENTER

**(614) 274-7600**

2300 W. MOUND ST., COLUMBUS 43204

CITADEL CORPS &amp; SENIOR CITIZEN CENTER

**(614) 253-6811**

966 E. MAIN ST., COLUMBUS 43205

Senior Center is open Tuesday and Thursday.

SOUTHEAST WORSHIP &amp; SERVICE CENTER

**(614) 253-6811**

966 E. MAIN ST., COLUMBUS 43205

League of Mercy is a friendly visiting program for those in hospitals and nursing home.

### TAKE NOTE

Always call your local Senior Center first to see what programs and services are available to you in your own neighborhood.

**■ LICKING COUNTY****Smile Maker by Licking County****Aging Program, Inc.****(740) 345-0821**

1058 E. MAIN ST., NEWARK 43055

Friendly check-up calls to give seniors more safety and security in their own homes.

**■ MADISON COUNTY****Madison Co. Senior Center**VOICE/TTY **(740) 852-3001**

280 W. HIGH ST., LONDON 43140

### BIRTHDAY/ANNIVERSARY GREETINGS

**Greetings from the White House****(202) 456-1414**

OFFICE OF THE PRESIDENT, WHITE HOUSE, GREETING OFFICE,  
RM. 39, WASHINGTON, D.C. 20502

[www.whitehouse.gov/greetings](http://www.whitehouse.gov/greetings)

The President will send a greeting card to persons celebrating their 80th or later birthday and to couples celebrating their 50th anniversary. A 6 week advance notice is required. Letter of request should include person's name, address, age and date of birth, or the number of years married for an anniversary.

**The Today Show****(202) 885-5018**

WILLARD SCOTT, NBC TODAY SHOW, 4001 NEBRASKA AVE. NW.,  
WASHINGTON, DC 20016

For persons age 100+, send a photograph, name, address, birth date and short description about the person at least one month in advance. Call for details.

### PET SUPPORT

**Cat Welfare Association****(614) 614-268-6096**

741 WHETMORE RD., COLUMBUS 43214

Cat shelter. Adoption, spay/neuter assistance.

**Citizens for Humane Action****(614) 891-5280**

3765 CORPORATE DR., COLUMBUS 43231

**Columbus Dog Connection****(614) 471-9000**[www.columbusdogconnection.com](http://www.columbusdogconnection.com)

Lists pet rescue organizations offering pets for adoption.  
Referral for pet food pantries and medical help.

**Columbus Health Department****(614) 645-6134**

RABIES VACCINATION CLINIC

Low-cost rabies vaccinations for pets.

**Homeward Bound/****Licking County Humane Society****(740) 323-2100**

825 THORNWOOD DR., HEATH 43056



**Hospets** (614) 266-3267  
Volunteer pet care for seniors and hospice patients.

**Lutheran Church Charities K-9 Comfort Dog Ministry** (614) 451-1880

**Pets for People**  
HUMANE SOCIETY OF DELAWARE COUNTY (740) 369-7387  
4920 S. R. 37 EAST, DELAWARE 43015  
www.hsdcoho.org

Low cost spaying and neutering services and animal adoption program.

CAPITAL AREA HUMANE SOCIETY (614) 777-7387  
3015 SCIOTO DARBY EXECUTIVE COURT, HILLIARD 43026  
www.cahs-pets.org

Pet adoption, training, pet therapy/visitation programs, animal rescue and cruelty investigation.

HUMANE SOCIETY OF MADISON COUNTY (614) 879-8368  
HUMANE SOCIETY OF UNION COUNTY (937) 642-6716  
16540 COUNTY HOME RD., MARYSVILLE 43040  
www.uchspets.org

Attempts to place small animals when seniors move to skilled care, custodial housing, etc. 10% off dog adoption with Golden Buckeye Card. Kitty Connection - adopt a cat at no cost and pay only \$10/year for shots (seniors only).



**Pet Loss Support Group** (614) 895-3416  
THE LAURELS OF WALDEN PARK., 5700 KARL RD. 43229  
Meets second and fourth Tues, 7 - 8:30 P.M. On bus line.

**Shelter Outreach Services of Ohio (SOS)** (614) 396-8707  
3121 W. BROAD ST., COLUMBUS 43204  
www.sosohio.org

Non-profit spay and neuter service. Affordable pet spay, neuter, vaccination, etc. for low-income families.

#### BEREAVEMENT/WIDOW SUPPORT

**Here are some thoughts to help you cope with the death of a loved one...**

- Use this time of change to rid yourself of everything in your life that doesn't work for you. Don't do anything out of a sense of obligation that does not feel good.
- Give yourself permission to grieve and talk about your loss, your love, happy times and memories.
- Recognize that other people care but might be uncomfortable and don't know what to say to you. Be assertive and help them remember the good times they, too, shared with your loved one.
- Ask for and accept help. Recognize that anger, sadness, loneliness and fear are okay feelings. Your friends and family want to help but you must let them help you.

**North Community Counseling Centers**  
4897 KARL ROAD, COLUMBUS 43229 (614) 846-2588  
1495 MORSE RD., STE. B3, COLUMBUS 43229 (614) 267-7003  
2300 W. BROAD ST., COLUMBUS 43204 (614) 279-7690

**Steps Toward Healing** (614) 533-6060  
800 McCONNELL DR., COLUMBUS 43214  
Grief support group at HomeReach Hospice.

#### GRANDPARENT SUPPORT

A grandchild raised by a grandparent in Ohio is eligible for monthly benefits in Medicaid funds and for Kinship Care assistance. With Kinship Care, a grandparent can choose one of two programs. The programs offer cash assistance, including child care. Income limitations apply.

A grandparent's legal and financial rights vary by type of custody. Adoption, a foster care license and limited or full guardianship provide different rights. For example, a grandparent might need official custody such as guardianship to obtain medical information. Birth parents still have some rights, including visitation.

**Kinship Care** refers to a temporary or permanent arrangement in which a relative or any non-relative adult who has a long-standing relationship or bond with the child has taken over the full-time substitute care of a child whose parents are unable or unwilling to do so.

**Kinship Services** can include: Financial assistance, information on public benefits, referral to medical and legal services, respite care, support groups and day camps.

**Kinship Permanency Incentive Program (KPI)** - Kinship families who obtained legal custody or guardianship of a child on or after July 1, 2005 may be eligible to receive a cash payment in 6 payments over a 36 month period. The amount varies each year. Benefits are available on a first come, first served basis. KPI is a state initiative and families can apply through their county Department of Job and Family Services. In Franklin County, families should contact Franklin Co. Children's Services at (614) 341-6035.

**Clintonville-Beechwald Community Resources Center** (614) 268-3539  
3222 N. HIGH ST., COLUMBUS 43202

Support to caregivers who are raising children that cannot be cared for by their parents.

**Kinship Navigator Program** (614) 341-6175 or 341-6161

FRANKLIN COUNTY CHILDREN'S SERVICES

Provides general information and referral, as well as assistance with clothing, rent, beds/dressers, food vouchers and occasionally utilities to relatives who are caring for children who were previously in the care of FCCS. The FCCS case must be closed. Respite care is available three times in a 90 day period, the maximum time for each respite service is 3 days.

**Tell them you saw it in...Older Adults!**

## Mental Health Resources

### ■ **FRANKLIN COUNTY**

**Access Ohio** (614) 367-7700  
6400 E. BROAD ST., COLUMBUS 43213  
www.accessohio.com

**Catholic Social Services** (614) 221-5891  
197 E. GAY ST., 2ND FL., COLUMBUS 43215  
www.colscss.org

**Counseling:** We offer individual, couple, and family counseling for a wide range of issues including anxiety, depression, trauma, and relationship problems. Mental health counseling is provided using a variety of treatment modalities.

**Columbus Area, Inc.** (614) 252-0711  
1515 E. BROAD ST., COLUMBUS 43205  
Serves Greater Columbus with counseling, outreach, crisis intervention, therapy and case management.

**Concord Counseling Services** (614) 882-9338  
700 BROOKSEDGE BLVD., WESTERVILLE 43081  
Works with the Westerville Senior Center to provide advice on medical and/or insurance forms, limited transportation, and widowhood and Alzheimer's support.

**Directions** (614) 251-0103  
COUNSELING & CLINICAL SERVICES, 1414 E. BROAD ST., 43205  
Living Well program provides counseling and case mgmt.

**Dublin Counseling Center** (614) 889-5722  
299 CRAMER CREEK CT., DUBLIN 43017  
Individual, couples, group and family counseling available. Case management services available to assist with linkage to resources.

**Jewish Family Services** (614) 231-1890  
SENIOR SERVICES DEPT., 1070 COLLEGE AVE., COLUMBUS 43209  
Licensed Independent Social Workers provide counseling to seniors and their families at the office or in the home. Case management, referrals and linkage provided for those age 60+.

**Mental Health America  
Franklin County, Inc.** (614) 221-1441  
2323 W. 5TH AVE., STE. 160, COLUMBUS 43205  
Information, referral and support.

### NEED MORE INFORMATION?

Visit us on the web at **www.seniorimpact.net** for more information on topics of interest to seniors and caregivers. View the Older Adults Guide online, learn about events in your area, read about relevant issues currently affecting the senior community, and much more!



**NetCare Access** (614) 274-9500  
24 HOURS (614) 276-CARE (2273) or 1-888-276-CARE  
199 S. CENTRAL AVE., COLUMBUS 43223  
www.netcareaccess.org

Gateway organization for crisis intervention and assessment for Franklin County. In-home assessments.

**North Central Mental Health Services** (614) 299-6600  
SUICIDE/CRISIS HOTLINE (614) 221-5445  
SENIOR HOTLINE (614) 294-3309  
1301 N. HIGH ST., COLUMBUS 43201  
338 GRANVILLE ST., GAHANNA 43230 (614) 475-7090  
Counsels older adults and their families on conflict, grief support and caregiving. Has support programs.

**North Community Counseling Centers**  
4897 KARL RD, COLUMBUS 43229 (614) 846-2588  
1495 MORSE RD., STE. B3, COLUMBUS 43229 (614) 267-7003  
2300 W. BROAD ST., COLUMBUS 43204 (614) 279-7690  
Counseling and support programs in three locations.

**Ohio Department of Mental Health and Addiction  
Services** (614) 466-2596 or 1-877-275-6364  
30 E. BROAD ST., 36TH FL., COLUMBUS 43215  
www.mha.ohio.gov

Operates the Residential State Supplement Program (RSS), which provides financial assistance to adults who have increased needs due to a disability that is not severe enough to require long term care in an institution, such as a nursing home or a hospital. Individuals use RSS, which supplements their income, to pay the monthly allowable fee (or "rent") for accommodations, supervision and personal care services at eligible living arrangements in the community.

**Ohio Hospital for Psychiatry** (614) 449-9664  
24 HOUR INTAKE RESPONSE (614) 444-7472  
880 GREENLAWN AVE., COLUMBUS 43223

**Ohio Institute of Pastoral Care** (614) 885-2431  
TOUCHSTONE COUNSELING SERVICES  
733 E. DUBLIN GRANVILLE RD., STE. 203, COLUMBUS 43229

**One Healthy Place - Pataskala** (740) 348-192

**The PEER Center West** (614) 453-4840  
860/866 W. BROAD ST., COLUMBUS 43222  
www.thepeercenter.org

**Southeast Inc.**  
1455 S. FOURTH ST., COLUMBUS 43207 (614) 444-0800  
16 W. LONG ST., COLUMBUS 43215 (614) 225-0990  
Individual and family counseling, case management and psychiatric medication management.

**Syntero** (614) 457-7876  
 OLDER ADULTS PROGRAM & CAREGIVER CONSULTATION PROGRAM  
 3645 RIDGE MILL DR., HILLIARD 43026  
 Caregiver Consultation Program and grief support.

**Twin Valley Behavioral Healthcare** (614) 752-0333  
 2200 W. BROAD ST., COLUMBUS 43223

#### ■ **DELAWARE COUNTY**

**Access Ohio**  
 250 S. HENRY ST., DELAWARE 43015 (740) 369-4882  
 75 CLAIRE DAN DR., POWELL 43065 (614) 396-5665  
 Case management services for individuals with severe mental health issues. Also counseling and crisis assessment.

#### **HelpLine**

24-HOUR CRISIS LINE (740) 369-3316 or 1-800-684-2324  
 11 N. FRANKLIN ST., DELAWARE 43015  
 Suicide prevention, information and referral.  
 Emergency financial assistance after business hours.

**Maryhaven in Delaware** (740) 203-3800  
 88 N. SANDUSKY ST., DELAWARE 43015  
 www.maryhaven.com

#### ■ **FAIRFIELD COUNTY**

**Fairfield Mental Health Consumer Group** (740) 654-0477  
 1663 E. MAIN ST., LANCASTER 43130

**New Horizons Youth & Family Center** (740) 687-0835  
 1592 GRANVILLE PK., LANCASTER 43130  
 PICKERINGTON AREA COUNSELING SERVICES (614) 834-1919  
 437 HILL ROAD N., PICKERINGTON 43147  
 2652 KULL RD., LANCASTER (740) 277-6733  
 www.newhorizonsmentalhealth.org  
 Counseling, psychiatric, psychological, community support and early mental health intervention services.

**Psychiatric Health Services** (740) 687-8680  
 FAIRFIELD MEDICAL CENTER, 401 N. EWING ST., LANCASTER 43130  
 Physician referral needed.

#### ■ **FAYETTE COUNTY**

**Paint Valley ADAHM Board** (740) 773-2283 or 1-800-906-6757  
 394 CHESTNUT ST., CHILlicothe 45602  
 www.pvadamh.org  
 Crisis counseling, day treatment, psychiatric evaluation, counseling, geriatric services and case management.

#### ■ **LICKING COUNTY**

**Behavioral Healthcare Partners of Central Ohio, Inc. (Formerly Moundbuilders Guidance Center)** (740) 788-0247  
 65 MESSIMER DR., NEWARK 43055  
 www.bhccpartners.org

**Licking County Alcoholism Prevention Program (LAPP)** (740) 927-6862 or 1-800-872-6281  
 621 W. BROAD ST., STE. 2F, PATASKALA 43062  
 www.thewoodland.org

**Licking Memorial Behavioral Health Services & Addiction Medicine - Shepherd Hill** (740) 348-4873  
 200 MESSIMER DR., NEWARK 43055

**The Main Place of Licking County** (740) 345-6246  
 112 S. 3RD ST., NEWARK 43055  
 www.themainplace.org

**Mental Health America of Licking Co.** (740) 522-1341  
 65 MESSIMER DR., NEWARK 43055  
 www.mhalc.org

**Pathways** 24 HOURS (740) 345-6166  
 1627 BRYNMAWR, NEWARK 43055  
 www.pathwaysofcentralohio.com  
 Crisis and information line. Also makes referrals.

**The Woodlands** (740) 349-7066  
 195 UNION ST., STE. B1, NEWARK 43055  
 www.thewoodland.org  
 Therapeutic counseling services to the elderly

#### ■ **MADISON COUNTY**

**Mental & Recovery Board of Clark, Green and Madison Counties** (740) 322-0648  
 1055 E. HIGH ST., SPRINGFIELD 45504  
 www.mhrb.org

**Mental Health Services for Clark and Madison Counties** (740) 852-6256  
 201 N. MAIN ST., LONDON 43140  
 www.mhsc.org  
 Psychiatric evaluations to assess need for psychotropic medication, family and individual counseling.

#### ■ **PICKAWAY COUNTY**

**Scioto Paint Valley Mental Health Ctr.** (740) 474-8874  
 145 MORRIS RD., CIRCLEVILLE 43113  
 www.spvmhc.org

#### ■ **UNION COUNTY**

**Consolidated Care** (937) 644-9192 or 1-800-262-5995  
 24 HOUR HOTLINE 1-800-224-0422  
 715 S. PLUM ST., MARYSVILLE 43040  
 www.unioncountyconsolidatedcareinc.com

**Union County Mental Health Recovery Board** (937) 642-1212 or 1-800-731-5577  
 131 N. MAIN ST., STE. A, MARYSVILLE 43040  
 Government appointed board affiliated with National Mental Health America. Education and information.



## Geriatric Assessment

Many older people experience multiple medical problems, frequent falls, memory and functional problems. Outpatient evaluations are needed to determine the strengths of the patient as well as the problems so that resources can be identified and used to promote as much independence, safety and lifestyle satisfaction as possible. Upon completion of medical assessment, a coordinated care plan is provided. Medicare covers some costs.

### GERIATRIC ASSESSMENT CENTERS

#### **Catholic Social Services (740) 345-2565**

1031 BRICE ST., NEWARK 43055

[www.colscss.org](http://www.colscss.org)

**Supportive Services Licking Co.** provides general geriatric assessment (non-medical) to determine needed services for seniors age 60+ to remain safe and independent in the community. Information & referral assistance provided.

#### **IKOR of Columbus (614) 956-1231**

7866 AVELEEN COURT NORTH, DUBLIN 43016

[www.ikorglobal.com/columbus](http://www.ikorglobal.com/columbus)

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

#### **Long Term Care**

#### **Consultation (614) 645-7250 or 1-800-589-7277**

CENTRAL OHIO AREA AGENCY ON AGING

3776 SOUTH HIGH ST., COLUMBUS 43207

[www.coaaa.org](http://www.coaaa.org)

Free in-home or phone consultation about long-term care options and community-based services that can help keep you or a loved one at home. Will help you assess your needs and available services, discuss eligibility and financial resources, and create a care plan.

#### **Jewish Family Services (614) 559-0119**

1070 COLLEGE AVE., COLUMBUS 43209

#### **Licking Co. Aging Program, Inc. (740) 345-0821**

1058 E. MAIN ST., NEWARK 43055

#### **Syntero (formerly NW Counseling) (614) 457-7876**

OLDER ADULTS PROGRAM & CAREGIVER CONSULTATION PROGRAM

3645 RIDGE MILL DR., HILLIARD 43026

#### **Ohio Hospital for Psychiatry (614) 449-9664**

24 HOUR INTAKE RESPONSE

(614) 444-7472

880 GREENLAWN AVE., COLUMBUS 43223

#### **OhioHealth Riverside Methodist**

#### **Hospital**

(614) 566-5858

OHIOHEALTH JOHN J. GERLACH CENTER FOR SENIOR HEALTH

3830 OLENTANGY RD., COLUMBUS 43214

#### **Senior Services**

(614) 294-5181

GOODWILL COLUMBUS, 1331 EDGEHILL RD., COLUMBUS 43212

### ASSESSMENTS

#### **Signs Suggesting a Need to Assess:**

- Caregiver/family stress
- Incontinence
- Functional/Activities of Daily Living impairment
- Confusion/memory impairment
- Depression, loneliness
- History of frequent falls, marked weakness
- Malnutrition or eating problems
- Noncompliance to health care plan
- Repetitive emergency room visits/hospital admissions

#### **An Assessment Generally Includes:**

- Examination of prior medical records
- A complete physical
- Family involvement
- Multi-disciplinary evaluations

#### **Multi-disciplinary Evaluations Done by:**

##### **Geriatric Social Workers**

Aids family counseling and referral to available community resources such as home care, respite and transport.

##### **Geropsychiatrists**

Physicians who are specialists in the psychological needs of older adults.

##### **Geriatric Medical Specialists**

Specialists in unique problems of the elderly including memory loss, incontinence and falling.

##### **Related Health Care & Prevention Professionals**

Physical therapists, nutritional and occupational therapists and counselors who offer specific disease support and diagnostic lab tests including x-rays and vision and hearing evaluations.

### GERIATRIC CARE MANAGERS

A geriatric care manager (PGCM) is a professional, such as a social worker, counselor, nurse, or gerontologist who specializes in assisting older people and their families attain the highest quality of life given their circumstances.

### How a Geriatric Care Manager Can Help

- Conduct care planning assessments to identify problems and provide solutions.
- Screen, arrange and monitor in-home or other services.
- Provide crisis intervention.
- Offer counseling and support.
- Assist with moving an older person to or from a retirement complex, assisted care home, or nursing home.
- Review financial, legal, or medical issues and offer referrals to geriatric specialists to avoid future problems while conserving financial resources.
- Provide consumer education and advocacy.
- Act as a liaison to families at a distance, overseeing care and quickly alerting families to problems.

**Behavioral Science** (614) 291-7600  
100 W. 3RD AVE., STE. 200, COLUMBUS 43201

**ElderLife Solutions, Ltd.** (614) 476-2289  
PO Box 2012, DUBLIN 43017

**Guided Patient Services, Inc** (614) 981-5951  
P.O. Box 2722 WESTERVILLE 43086

**IKOR of Columbus** (614) 956-1231  
7866 AVELEEN COURT NORTH, DUBLIN 43016  
www.ikorglobal.com/columbus  
IKOR helps improve the lives of seniors and disabled

### Life Care Management

*Our professional team of experts help you navigate the complexities of aging.*



Patient Advocacy | Financial Advocacy | Personal Needs Coordination

#### Melanie Hankinson

Managing Director, IKOR of Columbus

Phone: (614) 956-1231

Website: ikorglobal.com/columbus

melanie.hankinson@ikorcolumbus.com



individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

**Ripple Life Care Planning** (614) 408-9928  
565 METRO PLACE SOUTH, STE. 300, DUBLIN 43017  
www.ripplelifecareplanning.com

**Senior Support Services, LLC** (614) 887-7750  
PO Box 594, PICKERINGTON 43147

## Caregiver Support / Adult Day Services

### CAREGIVER SUPPORT AND RESPITE CARE

**Alzheimer's Association – Central Ohio Chapter** (614) 457-6003  
24/7 HELPLINE 1-800-272-3900  
NATIONAL TDD 1-866-403-3073  
1379 DUBLIN RD., COLUMBUS 43215  
DELAWARE COUNTY (740) 363-1365  
ANDREWS HOUSE, 39 W. WINTER ST., DELAWARE 43015  
www.alz.org/centralohio

Support services for caregivers and care receivers who have memory loss. Our chapter provides education, counseling, care consultations, support groups, and other services for 14 counties.

**Caregiver Consultation Program** (614) 457-7876  
SYNTERO, 3645 RIDGE MILL DR., HILLIARD 43026

Individual consultations in-person or by phone.  
Can meet in-home, business or other location. Day, evening and weekend appointments. No charge.

### National Family Caregiver Support Program

Provides information, services and support to family and friends caring for an older adult. Services include respite care, counseling, education and flexible assistance to address individual needs.

CENTRAL OHIO AREA AGENCY ON AGING 1-800-589-7277

**DELAWARE COUNTY:** (740) 363-6677 or 1-800-994-2255  
SOURCEPOINT

**FAIRFIELD COUNTY:** (740) 681-5050  
MEALS ON WHEELS - OLDER ADULT ALTERNATIVES OF FAIRFIELD CO., INC.

**FAYETTE COUNTY:** (740) 335-7282  
COMMUNITY ACTION COMMISSION OF FAYETTE COUNTY

**FRANKLIN COUNTY:** (614) 525-6200  
FRANKLIN COUNTY OFFICE ON AGING

**LICKING COUNTY:** (740) 345-0821 or 1-800-452-0097  
LICKING COUNTY AGING PROGRAM

**MADISON COUNTY:** (740) 852-3001  
MADISON COUNTY SENIOR CENTER

**PICKAWAY COUNTY:** (740) 474-8831  
PICKAWAY SENIOR CENTER

**UNION COUNTY:** (937) 644-1010  
UNION COUNTY SENIOR SERVICES

### CAREGIVER TIP

Day to day help with grooming, bathing, dressing, feeding or homemaking is provided in the home by home health aides. Medicare usually only pays for a home health aide for a short time and requires the person to also be receiving a "skilled" service. Skilled services include nursing care, physical, occupational or speech therapies.

**National Multiple Sclerosis Society  
Ohio Buckeye Chapter** 1-800-344-4867  
Provides respite care for families living with MS.

### ■ **LICKING COUNTY**

**Licking County Aging Program, Inc.** (740) 345-0821  
1058 E. MAIN ST., NEWARK 43055

### ■ **MADISON COUNTY**

**Madison County Senior Citizens  
Center, Inc.** (740) 852-3001 or 852-7323  
280 W. HIGH ST., LONDON 43140  
[www.mcsenior.org](http://www.mcsenior.org)

Wellness Clinic has informative classes for caregivers.  
Counseling, supportive services, handouts, guest  
speakers and group discussion. Classes are held in the  
Madison House, first Thurs. of the month at 6 P.M.

### ■ **PICKAWAY COUNTY**

**Pickaway Senior Center** (740) 474-8831  
2105 CHICKASAW DR., CIRCLEVILLE 43113  
Provides primary caregiver with up to 2 hours of time  
per week for personal shopping and other activities.

## ADULT DAY SERVICES

**Adult Day Enrichment of New Albany** (614) 939-0350  
20 S 3RD ST., NEW ALBANY 43054

**Buckeye Adult Day Care** (614) 476-0388  
3278 MORSE RD., COLUMBUS 43231  
2643 NORTHLAND PLAZA, COLUMBUS 43231 (614) 882-6296

**Columbus Adult Daycare** (614) 392-2017  
611 K PARK MEADOW RD., WESTERVILLE 43081

**Community Health Connection, Inc.** (614) 880-0628  
4550 HEATON RD., COLUMBUS 43229

**Compassion Care Center** (614) 423-7959  
5975 CLEVELAND AVE., COLUMBUS 43231

**Columbus West Park Adult Day Svcs.** (614) 845-8988  
1855 REFUGEE RD. BLDG. B, COLUMBUS 43207

**Embassy Forest Hills** (614) 891-1111  
2841 E. DUBLIN-GRANVILLE RD., COLUMBUS 43231

**Golden Age Day Care Services** (614) 351-8351  
464 INDUSTRIAL MILE, COLUMBUS 43228

**Himalayan Care Center, LLC** (614) 259-3155  
2457 E. DUBLIN GRANVILLE RD., COLUMBUS 43229

**Ideal Adult Daycare, Inc.** (614) 884-4541  
4731 E. BROAD ST. #102, COLUMBUS 43213

**Licking County Aging Program** (740) 345-0821  
1058 E. MAIN ST., NEWARK 43055

**Profound Day Health Care** (614) 218-6502  
5834 COLUMBUS SQ., COLUMBUS 43231

**Second Home Adult Day Service** (614) 414-0077  
2556 MORSE RD., COLUMBUS 43231

**Stanton Homes, Inc.** (614) 829-5202  
818 ROSE AVE., COLUMBUS 43219

**Washington's Intergenerational** (614) 866-0100  
4241 EASTLAND SQ. DR., STE. A, COLUMBUS 43232

### ■ **FAIRFIELD COUNTY**

**Fairfield Center for Disabilities** (740) 653-5501  
681 E. SIXTH AVE., LANCASTER 43130

**The Samaritan Ctr. Adult Day Svcs.** (740) 687-1921  
228 W. HUBERT AVE., LANCASTER 43130  
[www.lancaster.salvationarmyoh.org](http://www.lancaster.salvationarmyoh.org)

### ■ **LICKING COUNTY**

**Licking County Aging Program** (740) 345-4771  
1058 E. MAIN ST., NEWARK 43055

**Carol Strawn Center** (740) 345-5190  
126 WEST CHURCH ST., NEWARK 43055

### ■ **MADISON COUNTY**

**Madison County Senior Center, Inc.** (740) 852-3001  
280 W. HIGH ST., LONDON 43140

## CAREGIVER TIP

If you are a caregiver for someone who must leave the home due to incapacity or hospitalization, you may have many questions:

- How do I handle inquiries of caring friends and family while giving the loved one needed time and space?
- How do I handle family and friends with differing thoughts about current care and after care?
- How do I care for the home and bills while he/she is gone?
- How do I handle the selling of the home and related assets if returning home is not possible?

Try these resources for help:

- Talk with your social worker at the hospital, residential care facility or nursing home.
- Contact Care Management Services.
- Do you have friends who've coped with the same issues? Talk with them and learn from their experiences.
- Consider attending a caregiver support group.
- Talk with your employer about the availability of elder care consultation and referral services.
- Call your Area Agency on Aging or Senior Center.
- USE THIS GUIDE!

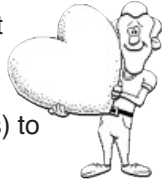


**PICKAWAY COUNTY**

**Pickaway Senior Center** (740) 474-8831  
2105 CHICKASAW DR., P.O. BOX 565, CIRCLEVILLE 43113

**CAREGIVER TIP**

You may be eligible to receive a tax credit of up to 30% of the cost of adult day care or in-home care if you hire someone (and make proper Social Security contributions) to take care of your parent while you work.



## Family Support Services

**Long Term Care Consultation** (614) 645-7250 or 1-800-589-7277  
CENTRAL OHIO AREA AGENCY ON AGING  
3776 SOUTH HIGH ST., COLUMBUS 43207  
www.coaaa.org

Free in-home or phone consultation about long-term care options and community-based services that can help keep you or a loved one at home. Will help you assess your needs and available services, discuss eligibility and financial resources, and create a care plan.

**Catholic Social Services**  
197 E. GAY ST., COLUMBUS 43215 (614) 221-5891  
1031 BRICE ST., NEWARK 43055 (740) 345-2565  
www.colscss.org

**Supportive Services:** We serve adults age 60+ and provide a range of services including in-home assessment, assistance with benefits, money management, medical advocacy, and information and referral. Ongoing case management services are provided to help older adults remain independent in the community and enhance their quality of life. Services are offered M-F, 8:30 A.M. to 5:00 P.M.

**Clintonville/Beechwood Community Resources Center** (614) 268-3539  
3222 N. HIGH ST., 43202  
Outreach and support services for those age 60+. Serves zip codes: (43) 202 and 214. Weekly trips to grocery and shopping. Bi-monthly outings. Social gatherings.

**Governor's Council on People with Disabilities** 1-800-282-4536  
400 E. CAMPUS VIEW BLVD., COLUMBUS 43235

**Jewish Family Services** (614) 559-0119  
1070 COLLEGE AVE., COLUMBUS 43209  
Service navigation, referral, linkage and consultation to assess and identify the resources needed.

**Licking County Department of Job and Family Services** (740) 670-8800  
ADULT PROTECTIVE SERVICES, 74 S. 2ND ST., NEWARK 43055

**DAY PROGRAM**

**Senior Additional Growth Experiences (SAGE)** (614) 294-5181  
GOODWILL COLUMBUS, 1331 EDGEHILL RD., COLUMBUS 43212  
Individualized support services on two shifts for older adults with mental retardation and/or developmental disabilities. Socialization, community activities, volunteer work, leisure and recreational activities.

**St. Stephen's Community House** (614) 294-6347  
1500 E. 17TH AVE., COLUMBUS 43219  
Provides friendly visiting, counseling, emergency supplies and transportation.

**DEVELOPMENTAL DISABILITY RESOURCES**

**The Arc of Ohio** (614) 487-4720 or 1-800-875-2723  
1335 DUBLIN RD., STE. 100-A, COLUMBUS 43215  
Membership association of people with intellectual and developmental disabilities, their families, friends, interested citizens and professionals in the disability field. Under Ohio law, represents families in legislative decisions.

**Developmental Disabilities County Boards**

<b>FRANKLIN COUNTY</b>	(614) 475-6440
2879 JOHNSTOWN RD., COLUMBUS 43219	
<b>DELAWARE COUNTY</b>	(740) 368-5802 or 369-5819
7991 COLUMBUS PIKE., LEWIS CENTER 43035	
<b>FAIRFIELD COUNTY</b>	(740) 652-7220
795 COLLEGE AVE., LANCASTER 43130	
<b>FAYETTE PROGRESSIVE INDUSTRIES</b>	(740) 335-7453
1330 ROBINSON RD., WASHINGTON COURT HOUSE 43160	
<b>LICKING COUNTY</b>	(740) 349-6588
116 N. 22ND ST., NEWARK 43055	
<b>MADISON COUNTY</b>	(740) 852-7050
500 ELM ST., LONDON 43140	
<b>PICKAWAY COUNTY</b>	(740) 477-3353
200 E. HIGH ST., CIRCLEVILLE 43103	
<b>UNION COUNTY</b>	(937) 645-6733
1280 CHARLES LN., MARYSVILLE 43040	

**ETHNIC SUPPORT**

**Aroub Shanaah, MD** (614) 533-4000  
7630 RIVERS EDGE DR., COLUMBUS 43235  
Primary care physician who speaks Arabic, French and English. Specializes in geriatrics.

**Columbus Literacy Council** (614) 282-7661  
92 JEFFERSON AVE., COLUMBUS 43215  
English as a second language classes (ESL).

**Tell them you saw it in...Older Adults!**

**Community Refugee & Immigration Services (CRIS)**

1925 E. DUBLIN-GRANVILLE RD., 43229 (614) 235-5747  
 3000 W. BROAD ST., COLUMBUS 43204 (614) 279-1354  
 4889 SINCLAIR RD., STE. 111, 43229 (614) 840-9634  
[www.crisohio.org](http://www.crisohio.org)

Free assistance to eligible individuals with immigration concerns. Assists with forms.

**■ ASIAN****Asian American Community Services (614) 220-4023**

4700 REED RD., STE. B, COLUMBUS 43220  
[www.aacsohio.org](http://www.aacsohio.org)

Services include community education, health care and prevention, interpreting and translation.

**CAREGIVER TIP**

Sometimes older adults can experience emotional difficulties and/or behave strangely due to medications they are taking. Consult with your loved one's healthcare provider to discuss possible causes.

## Alzheimer's Services

See Skilled Nursing Facilities on Page 122 for a listing of Memory Care Facilities.

**Alzheimer's (A.D.)...**is a form of dementia that is a progressive, degenerative and incurable disease that attacks brain cells, resulting in impaired memory, thinking and behavior. It is not a natural consequence of aging.

**Dementia...**Is the loss of intellectual functions (such as memory deficit or confusion) which are required for daily living. Many conditions cause or mimic dementia, including depression, tumors, drug reactions, nutritional deficiencies and degenerative physiological diseases. Geriatric assessment can help determine cause and suggest treatment that can improve or reverse behavior patterns.

**Alzheimer's Association – Central Ohio**

**Chapter (614) 457-6003**  
 24/7 HELPLINE **1-800-272-3900**  
 NATIONAL TDD **1-866-403-3073**  
 1379 DUBLIN RD., COLUMBUS 43215  
 DELAWARE COUNTY (740) 363-1365  
 ANDREWS HOUSE, 39 W. WINTER ST., DELAWARE 43015  
[www.alz.org/centralohio](http://www.alz.org/centralohio)

Support services for caregivers and care receivers who have memory loss. Our chapter provides education, counseling, care consultations, support groups, and other services for 14 counties.

**Caregiver Consultation Program (614) 457-7876**

SYNTERO, (FORMERLY NW COUNSELING) 1560 FISHINGER RD., 43221  
 One-on-one consultations are available in person or over the telephone. Can meet in the home, business or other location. Daytime, evening and weekend appointments are available. No charge.

**■ HISPANIC****Ohio Hispanic Coalition (614) 840-9934**

6161 BUSCH BLVD., STE. 311, COLUMBUS 43229  
[www.ohiohispaniccoalition.org](http://www.ohiohispaniccoalition.org)

Free services to Latinos in Central Ohio. Improves the well-being and quality of life of all Latinos through advocacy, education, training and access to services.

**■ RUSSIAN****Jewish Community Center (614) 559-0108**

1125 COLLEGE AVE., COLUMBUS 43209

ESL classes and citizenship preparation. Activities for Russian speaking seniors.

**Jewish Family Services (614) 231-1890**

1070 COLLEGE AVE., COLUMBUS 43209

Bilingual and bicultural case manager provides service navigation for seniors and family members.

**Central Ohio Area Agency on Aging (614) 645-7250 or 1-800-589-7277**

3776 SOUTH HIGH ST., COLUMBUS 43207

Offers free workshops to assist with planning for and managing the care of a loved one. Workshops are available upon request to community groups. These provide practical information to assist families with everyday challenges. Topics include: The Aging Network: What It has to Offer You; Navigating the Health Care Maze; Caring for Someone at Home; Caring for Someone in a Care Facility; Family Dynamics & Aging; Caring for a "Difficult" Family Member; Preventing Burnout.

**Franklin County Senior Options (614) 525-6200**

TDD **1-800-750-0750**  
 FRANKLIN COUNTY OFFICE ON AGING  
 280 E. BROAD ST., 3RD FL., COLUMBUS 43215

Call for information about caregiver and respite services.

**The Ohio State University Ctr. for Cognitive and Memory Disorders (614) 293-4969**

MARTHA MOREHOUSE OUTPATIENT CARE, 2050 KENNY RD., 43221

**Parkside Village Senior Living Community -****The Glen Specialized Memory****Care Program (614) 794-9300**

730 N. SPRING RD., WESTERVILLE 43082

[www.danburyseniorliving.com/places/parkside-village](http://www.danburyseniorliving.com/places/parkside-village)

The area's most dynamic retirement community.

Check us out and see for yourself why Parkside Village is dedicated to setting a new standard of senior living!

See our ad on Page 5.

**CAREGIVER TIP**

More than seven of 10 people with Alzheimer's Disease live at home and over 75 percent of home care is provided by family and friends. The remainder is "paid" care costing an average of \$12,500 per year. Families pay most of that out of pocket. Alzheimer's Disease is the third most expensive disease in the U.S. after heart disease and cancer.

— The Alzheimer's Association

## **Transient Crimes and Elder Fraud** **What *You* Need to Know**

Most crimes committed against older adults are "transient crimes", many involving home repairs or diversions where a person requests to come into the home to use the bathroom, ask for a drink of water, or to "check out" an unreported problem.

### **Older adults are especially vulnerable to be victims of transient crimes because they:**

- ☞ Live alone and are eager to socialize.
- ☞ Know that they can't make needed repairs and fear losing independence, thinking that family members will believe that they are unable to maintain their own home.
- ☞ Are eager to please and be helpful.
- ☞ Have money at home and in the bank.
- ☞ May have declining eyesight, hearing or memory which hinders understanding and identification for prosecution.
- ☞ May be susceptible to intimidation and influence.

**BE AWARE**

- No matter how good it sounds, you really can't get something for nothing or get a "deal" that's too good to pass up.
- Do not allow ANY stranger into your home. No exceptions. Bathrooms and water are usually just a few short blocks away – a stranger does not need yours.
- All gas, water, electric and cable workers have ID badges and would never ask to "check your system" to gain entry, offer to "correct" a problem or a cash refund.
- Do not sign any contract or use any service offered by a person that approaches you cold by phone or especially "door to door."
- Get all work contracts in writing with firm quotes and detailed description of the work to be performed, wait at least three days until the work begins and if you have any questions at all, talk it over with someone you trust.

Be on the alert for findings of non-existent "damage", failure to perform work and extortion for higher payment after the job is completed.

**Call Your Local Police**

Source: Cincinnati Police Department

# Medicare, Medicaid & Medical Insurance Coverage

## **Handy forms and guides in this section:**

### **Transient Crimes and Elder Fraud:**

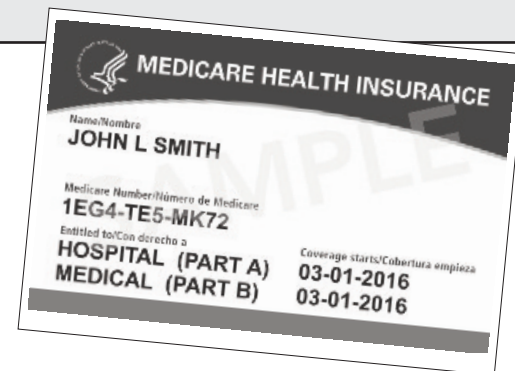
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### **Medicare/Insurance Providers**

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**CAREGIVER TIP**

If you are a member of a Medicare HMO plan, you must use skilled nursing and rehabilitation facilities that are listed in the provider directory.



**New Medicare cards** were issued to all persons with Medicare coverage in 2018. These cards contain a unique number that does not identify an individual's social security number.

If lost, a new Medicare card can be obtained by contacting Social Security.



# Social Security and Health Care Insurance

## SOCIAL SECURITY

Social Security is the nation's largest financial assistance program for the elderly. The program funds a variety of benefits, including: Medicare, Survivors Benefits, Disability Benefits and Retirement Benefits.

**Social Security Administration** **1-800-772-1213**  
 TTY **1-800-325-0778**  
[www.socialsecurity.gov](http://www.socialsecurity.gov)  
 M – F 7 A.M. – 7 P.M. (BEST TO CALL BEFORE 9 A.M. OR AFTER 5 P.M.)

### Social Security and Medicare Office Locations:

COLUMBUS OFFICE HOURS: M, TU., TH. F 9 A.M. – 4 P.M.,  
 W, 9 A.M. – 12 P.M.

**DOWNTOWN** **1-866-964-1940**  
 200 N. HIGH ST., RM. 225, COLUMBUS 43215  
**EAST OFFICE** **1-866-592-0733**  
 220 S. HAMILTON, COLUMBUS 43213  
**NORTH OFFICE** **1-866-789-0957**  
 1051 WORTHINGTON WOODS BLVD., WORTHINGTON 43085  
**WEST OFFICE** **1-866-656-0178**  
 1060 GEORGESVILLE RD., COLUMBUS 43228  
**DELAWARE & UNION COUNTIES** **1-888-475-0296**  
 1363 WELLNESS DR., MARION 43302  
**FAIRFIELD COUNTY** **1-877-841-5712**  
 252 VENTURE PL., LANCASTER 43130  
**FAYETTE AND PICKAWAY COUNTIES** **1-877-452-6971**  
 44 STONERIDGE DR., CHILLICOTHE 45601  
**LICKING COUNTY** **1-866-737-3514**  
 125 DERBY DOWNS RD., NEWARK 43055  
**MADISON COUNTY** **1-877-405-1451**  
 1610 N. LIMESTONE ST., SPRINGFIELD 45503

**To apply:** You should apply 3 months before you want benefits to begin. You can file over the Internet, over the telephone or at an office. Call to schedule an appointment. You must provide, bank routing number and account number for direct deposit. All documents will be returned.

**Medicare** is a federal health insurance program for people age 65+ as well as certain disabled individuals. There are two parts to Medicare. Part A is hospital insurance, which helps pay for care in a hospital and skilled nursing facility, home health care and hospice care. Part B is medical insurance, the outpatient arm of Medicare, which helps pay for doctors, outpatient hospital care and other medical services. Part D is the Medicare Prescription Drug Program. Most people do not have to pay for Medicare Part A. Part B is optional with a 2019 premium of \$135.50. Income over \$85,000 single/\$170,000 married can result in higher premiums. If you do not want Part B you must decline it. Otherwise the premium will be automatically deducted from your monthly check. If you are not covered under an employer health insurance plan at age 65, you should

enroll in Part B during a 7-month enrollment period. If you delay enrolling and are not covered by an employer health insurance plan, you will pay a 10 percent penalty on your premium for every year you delayed enrolling in Part B.

**Survivors Benefits** are payable to qualified widow(er)s and dependent children of a worker who died and is insured for Social Security benefits. Survivors benefits are intended to replace, in part, income that is lost due to the worker's death. Widow(er)s may receive survivors benefits as early as age 60, or age 50 if they are disabled and unable to do substantial work. Under certain conditions, divorced widow(er)s may be entitled to benefits on a divorced spouse's record if they were married at last 10 years. Social Security may pay a lump sum death benefit to a surviving spouse or dependent child(ren) of a deceased worker.

**Disability Benefits** are payable to workers who are unable to do substantial work because of a physical and/or mental condition that is expected to last at least a year or lead to the worker's death. A worker must be insured for disability benefits; for most workers, that means they have worked 5 of the last 10 years. Family members may also qualify for benefits on the disabled worker's record. The average disability benefit in 2018 was \$1,180/ month. The maximum disability benefit in 2018 was \$2,788/month.

**Retirement Benefits** are payable to workers who are at least 62 and have earned the 40 credits needed to be insured for benefits. The retired worker's spouse, minor children and disabled children who became disabled before age 22 may also be eligible for benefits on the worker's record. A worker may earn up to 4 credits a year, so he or she needs at least 10 years of part-time work to be insured for retirement benefits. Work credits have nothing to do with the monthly benefit amount. Benefits are calculated based on the worker's 35 years of highest earnings indexed for inflation. If you choose to retire before full retirement age (65-67, depending on the year you were born), you will receive permanently reduced monthly benefits. The closer you are to full retirement age, the higher your benefit will be. Workers who postpone collecting benefits past full retirement age may earn delayed retirement credits up until age 70 and boost their monthly benefit amount. The average Social Security retirement benefit as of January, 2019 is \$1,461/month (the amount changes monthly).

**Tell them you saw it in...**  
**Older Adults!**

## INCOME LIMITATIONS ON SS BENEFITS

Social Security is now basing full retirement age based on birthdate. (Not automatically at age 65.)

Birth Year	Full Retirement Date
1937 or before	65
1938	65 and 2 months
1939	65 and 4 months
1940	65 and 6 months
1941	65 and 8 months
1942	65 and 10 months
1943–1954	66

Full retirement age is 67 if born after 1959.

Limitations are imposed on wages, self-employment income and some pension income. A person earning more than the wage limitation receives reduced Social Security income.

**BELOW FULL RETIREMENT AGE ANNUAL INCOME LIMIT: \$17,640**

For every \$2 earned above the limit, \$1 will be withheld from Social Security payment.

**IN THE YEAR YOU TURN FULL RETIREMENT AGE: LIMIT IS \$46,920**

\$1 in benefits are deducted for every \$3 you earn over \$46,920 before the month you reach full retirement.

Beginning with full retirement birth month, earnings no longer limit benefits.

**FULL RETIREMENT AGE ANNUAL INCOME LIMIT: NONE (WAGES ONLY)**

## SUPPLEMENTAL SECURITY (SSI)

SSI is a federal program which makes monthly payments to disabled or aged (age 65+) individuals who have limited income and resources. To be eligible a person cannot have over \$2000 in assets and a couple over \$3000, excluding the home and, in most instances, one car. A Social Security representative must help determine eligibility. The SSI maximum monthly check amounts are \$711 (single) and \$1,157 (couple) in 2019. Benefit amounts may be adjusted each year.

## MEDICARE

**See local Social Security Administration offices on Page 76 to apply in person. Or call:**

PHONE APPLICATIONS

**1-800-772-1213**

TTY

**1-800-325-0778**

[www.cms.hhs.gov](http://www.cms.hhs.gov) (for general information)

[www.medicare.gov](http://www.medicare.gov) (for people with Medicare)

**To Apply:** If you already receive Social Security benefits and are nearing age 65, you will be

## TAKE NOTE

If you have Part D and are having trouble paying for your prescriptions, you may qualify for assistance or “EXTRA HELP” to pay for the drug benefit. Call the Central Ohio Area Agency on Aging at 614-645-7250 or 1-800-589-7277 to find out if you qualify for EXTRA HELP.



automatically enrolled effective the month you are 65. Your Medicare card will be mailed to you prior to your 65th birthday if you are already receiving a Social Security benefit. If you do not want Medicare Part B, which is optional, follow the instructions that come with the card.

If you are nearing age 65 and not yet getting Social Security or Medicare, you can apply for both at the same time. To make sure that your Medicare Part B coverage start date is not delayed, you should apply three months before the month you turn 65. This is the beginning of your 7 month Initial Enrollment Period. To apply, you can call or visit your local Social Security office, call Social Security at 1-800-772-1213 or apply over the Internet at [www.socialsecurity.gov](http://www.socialsecurity.gov) if you meet certain rules.

If you do not receive Social Security benefits and you only want to apply for Medicare because you are nearing 65, you can apply by visiting your local Social Security office, or by calling Social Security at 1-800-772-1213. You should apply 3 months before the month you turn 65. This is the beginning of your 7 month Initial Enrollment Period.

### Part A: Hospital Insurance

Covers the first 60 days of semi-private hospital care and up to 100 days of post-hospital skilled rehabilitative care in a hospital or skilled nursing facility (nursing home). Coverage of skilled nursing home care requires three consecutive midnights of admitted hospital care. There is a difference between being in the hospital and being admitted. Benefit period begins with day one of hospitalization and ends after you have been out of a hospital or not used skilled nursing care for 60 consecutive days.

### Part B: Medical Insurance

Pays doctor bills, many preventative services, outpatient care, home health care, ambulance, lab and therapies for eligible Social Security recipients who agree to pay the monthly premium. This fee is deducted from their Social Security check.

### Part B: Approved Amount

Medicare, not you or your doctor, makes the decision of an approved amount for each specific medical service. The doctor must be certified by Medicare. Medicare will only pay 80% of the approved amount which may be less than the fee you're charged. You must pay 20% of the approved amount.

### Part D: Prescription Drug Plan

See Page 77 for an overview of the plan.

Plan Considerations:

- All plans have a different cost structure!
- Late enrollees may incur a 1% penalty for each month of delay
- Those with limited incomes/resources may qualify

**Assignment**

Medical providers who accept Medicare payments are required to accept the Medicare approved amount for service or supplies. They may not charge you more than the deductible and 20% coinsurance. Example: You go to a doctor who accepts Medicare and you have already paid the \$161 deductible. The Medicare approved amount for the service you receive is \$200. Medicare would pay 80%, or \$160. You are responsible for no more than the remaining 20%, or \$40.

**Preventative services covered by Medicare:**

- Annual wellness exam
- Glaucoma tests
- Prostate cancer screening
- Bone mass measurement
- Mammogram (screening)
- EKG screening
- Abdominal aortic aneurysm screening.
- Cardiovascular screening
- Colorectal cancer screenings
- Diabetes screenings and self-management training
- Flu, pneumonia and Hepatitis B shots
- Medical nutrition therapy services
- Pap test and pelvic exam (includes breast exam)
- Physical exam (one-time in first 12 months on Medicare)
- Smoking cessation counseling
- Alcohol misuse screening and counseling
- Depression screening
- HIV Screening
- Obesity screening and counseling
- Sexually transmitted infections screening and counseling

Note: For most preventative services the Part B deductible and co-insurance will likely be waived.

**Medicare Hotline****1-800-633-4227**

TTY/TDD

**1-877-486-2048**

TO REPORT FRAUD

**1-800-447-8477**

Voice activated prompts.

**PATIENT'S RIGHTS UNDER MEDICARE**

- To be admitted to the hospital when it is medically necessary
- To stay in the hospital until it is medically safe to leave
- To receive good quality health care.

If you think you are being asked to leave the hospital **before you are medically ready**, ask the hospital for a written notice of explanation immediately. If you want to appeal, do so immediately to:

**Ohio KePRO, at 1-855-408-8557**

ROCK RUN CENTER, SUITE 100, 5700 LOMBARDO CENTER DRIVE  
INDEPENDENCE, OHIO 44131  
www.ohiokepro.com

**QMB AND SLMB MEDICARE BENEFICIARY**

**QMB** (Qualified Medicare Beneficiary) **1-800-324-8680**  
**and SLMB** (Specified Low Income Medicare Beneficiary)

Helps pay Medicare premiums, deductibles and all co-payments for low income elderly and disabled.

**QMB Assistance:**

Like a free Medicare supplemental policy. The state pays all Part B premiums, deductibles and co-insurance.

**SLMB Assistance:**

State pays only Part B monthly premiums.

**QI-1 Assistance:**

State pays Part B only.

Eligibility*:	Single	Married
<b>QMB</b>		
Monthly Income	\$1,032	\$1,392
<b>SLMB</b>		
Monthly Income	\$1,234	\$1,666
<b>QI-1</b>		
Monthly Income	\$1,386	\$1,872
<b>Total Assets</b>		
for each program:	\$7,730	\$11,600

**BENEFITS THROUGH A MEDICARE HMO, PPO, PFFS**

The Center for Medicare and Medicaid Services (CMS) pays a Medicare Advantage Plan to offer Medicare benefits to its members. Plans may charge monthly fees plus co-payment charges. These plans offer comprehensive medical care including routine checkups and may offer other benefits not covered by original Medicare such as dental care. Emphasis is on preventive medical care and care coordination. You may be required to use the plan's doctors and facilities. When you are outside the service area, you have access to all Medicare certified providers for urgent and emergency care. You can join a plan that serves your county, regardless of your health, unless you have been determined to have end-stage renal disease. If you join a Medicare Advantage Plan, you retain all the rights enjoyed by people with Original Medicare.

**MEDICARE CLAIMS ASSISTANCE**

Hospitals will process claim forms for you through their senior membership programs if you have bills connected with their hospital or physicians. Many home health care agencies also process claim forms for their services. Small businesses that specialize in this can be found in the Yellow Pages under Insurance Claims Processing and Medical Claims Processing.

**Tell them you saw it in...****OLDERAdults™**



**IKOR of Columbus** (614) 956-1231  
 7866 AVELEEN COURT NORTH, DUBLIN 43016  
[www.ikorglobal.com/columbus](http://www.ikorglobal.com/columbus)

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

**Medicare Advocacy Program (MAP) 1-800-488-6070**

Medicare often denies or stops payment incorrectly. Pro Seniors enlists Medicare advocates to take steps to make sure that Medicare pays when it should. Know your rights. Don't lose necessary health care because of an unfair Medicare denial.

**Ohio Department of Insurance** 1-800-686-1526 or (614) 644-2658  
 50 W. TOWN ST., 3RD FL., STE. 300, COLUMBUS 43215  
[www.insurance.ohio.gov](http://www.insurance.ohio.gov)

Investigates and regulates Ohio insurance (life, health, accident, managed care, auto, homeowner and credit).

**Ohio Senior Health Insurance Information Program (OSHIIP) 1-800-686-1578 or (614) 644-3458**  
 OHIO DEPT. OF INSURANCE, 50 W. TOWN ST., STE. 300, 43215  
[www.insurance.ohio.gov](http://www.insurance.ohio.gov)

Trained volunteers provide counseling and publications about insurance and assistance with doctor and hospital bills.

## COMMUNITY MEDICAID

### Home and Community Based Medicaid

Application for Medicaid must be made with your county's Department of Job and Family Services. Some counties have offices in more than one location. Medicaid is a joint federal/state assistance program for people who cannot afford to pay for medical care. The aged, blind, or disabled may qualify for Community Medicaid. Financial criteria including income and assets also apply. Community Medicaid coverage includes prescriptions, doctor visits, limited dental and vision care. Other procedures/equipment may need prior authorization by the Medicaid insurance office. Always check with your doctor to make sure services are covered.

Eligibility requirements for Institutional Medicaid (residents in nursing facilities) and Home and Community-Based Medicaid Waiver programs are different than Community Medicaid. Please contact the Dept. of Job and Family services in your county for more information.

## 2019 Part D – Prescription Drug Coverage

All people with Medicare are able to enroll in plans that cover prescription drugs. Plans vary based on income, but in general, this is how they work:

- ☑ Keep in mind that all plans have a different cost structure, and late enrollees may incur a 1% penalty for each month of delay.
- ☑ Annual Deductible - You pay 100% of drug costs until your deductible is met (\$0 - \$415 in 2019).
- ☑ Basic monthly premiums, \$33.19 (extended coverage may cost more).
- ☑ Initial Coverage - Coverage and cost sharing begins until you meet the Initial Coverage limit (\$3,820 in 2019 - this is what you and your plan pay combined).
- ☑ Coverage Gap - When your total drug costs exceed \$3,820, your cost-sharing is 25% of covered brand name drugs and 37% of covered generics. Previously, the coverage gap or, "donut hole" was so called because you had to pay 100% of your drug costs. The discount subsidy will gradually increase over the the next several years until the donut hole is eliminated in 2020.
- ☑ Catastrophic Coverage - Catastrophic coverage begins when you reach the out-of-pocket threshold. Beneficiaries will then pay a small amount (about 5%) for covered brands. Your plan will pick up the remainder during this phase.
- ☑ Those with limited incomes/resources may qualify for extra help (Limited Income Subsidy - LIS) through the Social Security Administration.

### Questions about Medicare?

Call the COAAA Medicare Outreach Specialist at 1-800-589-7277, or to register for our Medicare for Beginners Workshops

Or for the latest information about Medicare, visit [www.medicare.gov](http://www.medicare.gov) or call: 1-800-MEDICARE (1-800-633-4227). To get a copy of this information in Spanish, call 1-800-MEDICARE (1-800-633-4227).

TTY users should call 1-877-486-2048.

## BENEFITS RESOURCES

### Benefits Information 1-800-282-1206

OHIO DEPARTMENT OF AGING ELDER RIGHTS DIVISION  
50 W. BROAD ST., 9TH FL., COLUMBUS 43215-3363  
[www.aging.ohio.gov](http://www.aging.ohio.gov)

Free service which helps people identify local, state and federal assistance programs that can help improve their quality of life. A confidential questionnaire is accessible from any computer with internet access or by calling and requesting a hard copy via mail.

## HOME AND COMMUNITY BASED MEDICAID

### PASSPORT (614) 645-7250 or 1-800-589-7277

CENTRAL OHIO AREA AGENCY ON AGING  
[www.coaaa.org](http://www.coaaa.org)

Federal/state program for those 60+ at risk for nursing facility admission but who may remain safely at home with managed care and support. Services include personal care, homemaker/chore services, adult day care, meals, medical supplies, etc., as well as Community Medicaid covered services. Income and financial limits apply as well as nursing facility level of care. Financial eligibility is determined by the County Department of Job and Family Services. Assessment for physical eligibility and care management are provided by the AOA.

The 2019 need standards are provided by the AOA. The Medicaid income and asset standards for the PASSPORT waiver are the same as nursing home Medicaid standards. These standards are different from those for community Medicaid. To inquire about eligibility, please contact PASSPORT.

## MY CARE OHIO

Designed to provide comprehensive, coordinated services to certain Medicare & Medicaid eligible adults in five of COAAA's eight counties: Delaware, Franklin, Madison, Pickaway & Union. Person selects a Managed Care Organization to oversee their health care, Aetna Better Health Ohio, Buckeye Health Plan or Molina

### Caregivers

...often try to "do it all." Adult Day Care centers, home health care services and

respite programs can be a lifeline for caregivers, providing a welcome break from the stress and demands of caring for a loved one.

Some cities provide a free, consultation about community-based services that can help you care for a loved one.

Call your local Area Agency on Aging for more information, or to see if any programs apply to you.

Healthcare Ohio in Central Ohio. Services include medical care, long term care & behavioral health services as well as coordinated care management. In-home waiver coordination provided by COAAA.

**Aetna Better Health of Ohio** 1-855-364-0974  
[www.aetnabetterhealth.com/Ohio](http://www.aetnabetterhealth.com/Ohio)

**Buckeye Health Plan - MyCare Ohio** 1-866-549-8289  
TTY 1-800-750-0750  
[mmp.buckeyehealthplan.com](http://mmp.buckeyehealthplan.com)

**Medical Mutual** 1-800-825-7604  
TTY 711

**Molina Healthcare** 1-855-665-4623

## PRESCRIPTION ASSISTANCE

A wide-range of programs exists to help consumers who are struggling to afford their prescription drugs. To simplify your search for help, first check out your eligibility for programs offering broad prescription coverage, such as Medicare, Medicaid, Veterans and Military Retiree benefits. Contact information for these is included in this guide. If you are not eligible for these broader programs, or if you have gaps in coverage, then read on for a sampling of local, state, and national programs that offer assistance – and some helpful suggestions!

### Medicare Drug Benefit (Part D)

See the chart on Page 75 for prescription drug benefits. Remember, each year from October 15 to December 7, you have the option to switch to a different Medicare prescription drug plan.

The following organizations can help you with: Choosing a Medicare Prescription Drug Plan, Enrolling in a plan, Applying for EXTRA HELP, Questions about the Part D benefit

- Ohio Senior Health Insurance Information Program (OSHIIP): 1-800-686-1578 or [www.insurance.ohio.gov](http://www.insurance.ohio.gov)
- Central Ohio Area Agency on Aging: (614) 645-7250 or 1-800-589-7277 or [www.coaaa.org](http://www.coaaa.org)
- Medicare: 1-800-633-4227 or [www.medicare.gov](http://www.medicare.gov)

### Veterans Assistance

To find out if you qualify for Veterans Administration healthcare and prescription drug benefits, call 1-877-222-VETS (8387) or [www.va.gov](http://www.va.gov), [www.dvs.ohio.gov](http://www.dvs.ohio.gov). There are also some veteran's assistance websites at [www.vetsfirst.org](http://www.vetsfirst.org) and [www.veteranaid.org](http://www.veteranaid.org).

## TAKE NOTE

For assistance specific to veterans and their families, please see the *Veterans' Services* section on Page 43.

## Quick Summary of 2019 Medicare Benefits

### PART A Helps pay for medically necessary inpatient care in a hospital or skilled nursing facility

Service	Benefit Period	What You Pay	What Medicare Pays of Approved Amounts	Those Eligible	What's Not Covered
<b>Hospital or skilled nursing care</b> In-hospital semiprivate room, meals and skilled nursing.	Hospital Days: 1–60 61–90 91–150 151+	Hospital Days: \$1,340 deductible \$335 per day \$670 per day You pay in full	Balance Balance Balance \$0	People age 65 or older.  Some people under age 65 with disabilities.  People with end-stage renal disease.	Private rooms (unless medically necessary)  Private duty nursing  Part B Medicare services  Personal convenience items (TV, telephone)  First three pints of blood
<b>Mental Health Coverage</b> as an inpatient in a mental hospital limited to 190 days in a lifetime.	Same as above with a 190 day lifetime limit.	Same as above with a 190 day lifetime limit.	Benefit period begins on the first day of admission for the same condition. An admission on day 61 or later requires a new \$1,364 deductible.		
<b>Post-hospital</b> skilled rehabilitative care in a skilled nursing facility after a 3 day hospital stay.	Hospital Days: 1–20 21–100 101+	\$0 \$167.50 per day You pay in full.			

### PART B Helps pay for doctor services, preventive screenings, home health care, hospice, medical equipment and supplies

<b>Physician visits</b> and diagnostic consults, lab tests, physical, occupational, and speech therapies, approved chiropractic, X-rays including mammograms, outpatient surgical services, eyeglasses after cataract surgery, durable medical equipment and supplies including prosthetic devices and shoes for diabetics, ambulance transport, in-area emergency services, outpatient mental health care.	Not applicable as long as monthly premiums are paid.	\$185 annual deductible; \$135.50/mo. More if income over \$85,000 single/\$170,000 married; 20% of Medicare approved amount;	80% of the Medicare approved amount after the \$185 deductible.	Enrollees paying the monthly part B premium.	Some preventative care, routine physical exam, eye or foot care, dental, glasses, (except after cataract surgery) hearing aids, orthopedic shoes, private nursing, prescription drugs, immunizations (except those listed under preventive care) most medical costs incurred out of the USA.
<b>Home Health Care</b> includes doctor ordered skilled nursing care, hospice services, physical, speech and occupational therapies, home health aide services and medical supplies.	Not applicable as long as Medicare conditions are met.	After \$185 annual deductible, nothing for services; 20% of the equipment and supplies cost.	Balance	Patient must be home-bound and under a doctor's order for intermittent skilled care or terminally ill for hospice services.	Custodial care, including bathing, grooming, toileting, help getting in and out of bed. For hospice, treatments not related to pain relief.
<b>Preventive care</b> including annual mammograms, colorectal and prostate screenings, annual bone mass measurement, flu & pneumonia shots, Hepatitis B for those at medium to high risk, pelvic exams every 24 mo's; pelvic exams and pap smears (see Page 64 for complete list).	Not applicable.	After \$185 deductible, nothing for services; 20% of the equipment and supplies cost. 25% of colonoscopy if performed as an outpatient.	All costs for fecal occult blood test, Pap smear lab test, pelvic and breast exams, PSA test, flu and pneumonia shots. Balance (80%) of everything else.	Enrollees paying the monthly part B premium.	Cosmetic surgery. Routine or yearly medical exams. Other screening tests or shots except those listed on Page 65.
<b>Lab tests, biopsies, urinalysis</b>	Not applicable.	Nothing after \$185 deductible.	All costs after \$185 deductible.	Enrollees paying the monthly part B premium.	
<b>Blood</b>	Not applicable.	First three pints unless you replace them; 20% of rest	Balance	Enrollees paying the monthly part B premium.	

### CUSTOMER SERVICE

If you join a Medicare Advantage Plan (HMO, PPO, PFFS), call their customer service number directly with questions you have about your care or benefits.

If you use traditional Medicare health insurance benefits, call for:

- Part A Hospital and SNF Claims:
- Part B Claims:

**1-800-MEDICARE or 1-800-325-0778 TTY**

**Take Note:** When an insurance company limits your coverage or denies you coverage, you have the right to appeal the decision. Call KePRO at 1-855-408-8557.

To get a copy of the federal government handbook, audiotape, Braille, large print or Spanish versions of *Medicare and You*, call **1-800-MEDICARE or 1-877-486-2048 TTY** or visit **www.medicare.gov**



### Military Retirees Assistance

Uniformed Services Retirees (including retired members of the National Guard and Reserves) who served 20 years in the military, their family members and survivors, and some former spouses (who have not remarried) should call the Defense Manpower Data Center Support Office: 1-800-538-9552 to explore eligibility for medical coverage and the TRICARE Senior Pharmacy Program. Additional information is available at:

**[www.tricare.osd.mil/pharmacy](http://www.tricare.osd.mil/pharmacy)**

### Patient Assistance Programs (PAPs)

PAPs are programs offered by drug companies that provide medications FREE to those who qualify.

- Eligibility criteria vary with each program.

- Medicare beneficiaries MAY be eligible for PAPs while in the Part D coverage gap.
- Most PAPs do not assist consumers who have government benefits such as Medicaid, or those with private insurance.
- To apply, consumers need to know which companies manufacture their medications.

The following websites will help you to find this information, determine PAP eligibility, and print/submit applications:

**[www.rxassist.org](http://www.rxassist.org)**

Partnership for Prescription Assistance 1-888-477-2669 or **[www.pparx.org](http://www.pparx.org)**

## Long Term Care Insurance

Most people begin paying for nursing home care from savings and assets, which can be quickly used up. Once a person has become basically impoverished, (see Medicaid eligibility requirements) the Medicaid federal/state government-funded insurance program pays for care. Anyone with substantial assets to protect, in addition to a house, in the event of illness, should research long term care insurance.

### COMPANY CHECKLIST

- ✓ How long has the company been in the long term care business? A good company should have been in business at least a couple years. Don't be taken in by low premiums to attract customers.
- ✓ Research the company's financial strength. *A.M. Best* is an industry-respected independent rating firm. A+ Superior or A Excellent is okay. Stay away from any rating below A. Ask your agent for a copy.
- ✓ Watch out for quick 2–3 day turnaround time for policy approval. Expect a four week turnaround for approval.
- ✓ What is the company's claim paying record? Know the percentage of claims paid by the company. If new, excessive claims may raise rates in future years.

### TAKE NOTE

You need three documents to help protect your wishes or to assume responsible caregiving for a loved one — a general durable power of attorney (for financial and legal matters), a living will and a durable power of attorney for health care. Some medical authorities may be reluctant to follow a patient's living will orders.

It's important to tell your doctor, executor, guardian, family and close friends where they are located. Make sure all copies are signed and notarized.

- ✓ How has the company treated current policyholders when they update? Have enhancements been written on a guaranteed basis, for additional cost or has medical requalification been required?
- ✓ Make sure the company performs medical underwriting at the time of application rather than at claim time.

### POLICY CHECKLIST

- ✓ Is the policy tax qualified? You may get a tax break and better protection.
- ✓ Make sure the policy has a guaranteed renewable clause so you can't be cancelled or singled out for rate increases.
- ✓ Check for inflation protection—5% of daily benefit compounded annually. This type of inflation option has level premiums which is important because premiums increase with age.
- ✓ Check to assure that the waiver of premium applies to both nursing home and home health care. This continues to cover you at no cost while collecting benefits.
- ✓ A good policy does not require you to be hospitalized before benefits are payable. The need for nursing home care and/or home health care may differ from the reason for hospitalization.
- ✓ Look for policies that cover home health carefully. Most long term nursing care is provided inside the home.
- ✓ All levels of nursing care should be covered: skilled, intermediate and custodial. How are they defined? What are the Activities of Daily Living (ADLs) that the company uses? How are they defined and how many must be lost to trigger benefits?

- ✓ What is the length of the benefit period? Does the policy allow you to use your nursing home benefits in the home when home health care benefits are exhausted and vice versa?
- ✓ What is the deductible or waiting period? This can range from 0 to 365 days. It should be one that fits your budget since most people begin paying for nursing home care from savings and assets.

## TERMS

See also *Glossary of Terms in front of Guide.*

### Activities of Daily Living

Activities necessary to maintain independent living. May include bathing, grooming, dressing, toileting, transferring and eating.

### Custodial/Personal Care

Provides personal, non-medical help with the activities of daily living such as dressing, bathing, eating and other routine activities.

### Elimination Period and Exclusion

Refers to the waiting period of the policy; the initial number of days before benefits are paid. Any

condition or expense not paid for by a policy.

### Guaranteed Renewable

This means a policy cannot be cancelled unless you fail to pay premiums when they are due. Premiums cannot be raised unless there is a rate increase for all policy holders in a particular group.

### Medicare Certified

Long term care policies require that care be Medicare certified to qualify for benefits. This means a doctor's order for care must be issued.

### Pre-existing Conditions

Medical conditions that existed, were diagnosed or were under treatment prior to the issuance of the policy.

## PROVIDERS

### UHCAN Ohio (Universal Health Care Action Network of Ohio)

(614) 505-9460

360 S. 3RD STREET, COLUMBUS 43215

[www.uhcanohio.org](http://www.uhcanohio.org)

Information on and referral to affordable health care options to persons who are uninsured or underinsured.

# Medigap Insurance

## Do You Need Medigap or MedSup Insurance?

Not if you belong to a Medicare Advantage Plan or are a Qualified Medicare Beneficiary (QMB).

## How Medigap Insurance Can Be Sold

Ten standard policies, plans A, B, C, D, F, G, K, L, M and N may be sold in Ohio in 2019. They may be sold under different names by different companies, so always ask what letter plan you are considering. The most popular plan is Plan C. Once you have selected a plan that is suitable for you, check the premium various companies charge. The plans are regulated and the coverage for a given plan is the same for all companies selling that plan regardless of differences in premiums.

## All companies must offer Plan A – Basic Benefits:

- Part A and Part B Deductibles must be met first.
- Includes 100% Part B coinsurance
- Basic Part A coinsurance + 365 days
- Hospice Coverage - Part A coinsurance
- Blood - first 3 pints/year

## NEED MORE INFORMATION?

Visit us on the web at [www.seniorimpact.net](http://www.seniorimpact.net) for more information on topics of interest to seniors and caregivers. View the Older Adults Guide online, learn about events in your area, read about relevant issues currently affecting the senior community, and much more!



## MEDIGAP INSURANCE CONSIDERATIONS

- ✓ What are the policy exclusion limits for covered services?
- ✓ If the annual premium is low, how much will it go up with age?
- ✓ Will I have to wait before benefits will be paid?
- ✓ Will I wait before existing health problems are covered?

**Take Note:** It may be a good idea to keep your Medigap policy for a few months if you purchase a Medicare Advantage plan. This allows you time to decide if the Advantage plan is to your liking.

## Additional Information Available:

For more information about Medigap plans or details about each plan you may call:

### Central Ohio Area Agency on Aging

(ASK FOR MEDICARE OUTREACH SPECIALIST)

1-800-589-7277

### OSHIIP Hotline

[www.ohio.insurance.gov](http://www.ohio.insurance.gov)

1-800-686-1578

## Dementia Checklist

The following are behaviors often observed in people with varying degrees of dementia. Please check the column which indicates how often your relative displays each one.

SYMPTOMS	Never Occurred	Sometimes (1-2x week)	Frequently (3-6x week)	Daily
1. Wandering				
2. Getting Lost				
3. Asking the same questions over and over again				
4. Being suspicious or accusative				
5. Losing or misplacing things				
6. Not recognizing familiar people				
7. Forgetting what day it is				
8. Hiding things (money, jewelry, etc.)				
9. Starting but not finishing things				
10. Destroying property				
11. Doing things that embarrass you				
12. Being constantly restless				
13. Being constantly lethargic				
14. Being constantly talkative				
15. Talking little or not at all				
16. Waking you up at night				
17. Engaging in behavior that is potentially dangerous to others or self				
18. Reliving situations from the past				
19. Fearful of water - of strangers - of sounds				
20. Seeing or hearing things that are not there (hallucinations or illusions)				

Other behaviors not listed \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



HOME HEALTH AGENCY COMPARISON		
ABOUT THE AGENCY	A	B
Number of Years in Business		
Accreditation		
Certified (Medicare/Medicaid)		
24 hours/day, 7 days/week availability		
How is phone answered if emergency		
Has written supervised care plan		
Same person(s) to provide service		
Person(s) bonded		
Liability insurance		
Other:		
BILLING INFORMATION	A	B
Basic hourly charges for skilled nursing:		
for health aide		
for personal/homemaker		
for therapy		
for medical equipment		
for other services		
Minimum hours per day		
Calculation of travel time		
Overtime and holidays		
Frequency of billing		
Files insurance claims		
Accepts Medicare assignment		
Other:		

# Medical & Health Care Services

## *Handy forms and guides in this section:*

Home Health Agency Comparison Checklist	.81
Medication Checklist	.89
Doctor Visit Checklist	.97
How to Communicate Your Loved One's Symptoms Regarding Overall Well Being	.100
Caregiver Emergency Help Guide	.102

## *Advertisers who offer services that pertain to this section:*

### Hospital Health Care Systems

Riverside Methodist Hospital	.7
------------------------------	----

### Home Health Care Agencies

Comfort Keepers	.85
Home Instead	.15
Wesley at Home	.11

### Speech & Hearing Disabilities

Clear Captions	.15
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### Incontinence Assistance

Principle Buisness Enterprises - Tranquility Incontinence Products	.3, 13, 30, 95
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### Hospice

Hospice Services of Methodist ElderCare	.11
VITAS Healthcare	.5

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# Hospital Health Care Systems

Hospitals provide a wide range of services including emergency assistance, health screening and monitoring programs, rehabilitation, home health care and aides, physician referral and family and pastoral counseling.

The term "health care system" is used to encompass the wide range of places/systems that are currently available. Examples of health care systems include neighborhood locations, mobile units, specific disease assessment and treatment centers, as well as hospital ownership of home health agencies, hospices, medical equipment providers and continuing care living facilities.

## Hospital Financial Assistance Programs

If you need medical care provided in a hospital setting but are unable to pay for it, you may be eligible for free or reduced fee care at local hospitals through the Hospital Care Assistance Program (HCAP). To be eligible for HCAP you must be an Ohio resident and cannot be a recipient of Medicaid. Eligibility for HCAP is also based on Federal Poverty Guidelines. Individual hospitals may also have their own financial assistance programs with different rules and procedures. HCAP and other hospital assistance programs cover hospital charges only and do not assist with other provider charges. Patients can apply for HCAP prior to a needed hospital procedure/admission. Patients can also apply up to 3 years after they are notified about HCAP (even if the bill has been sent to collections). To apply for financial assistance with hospital charges contact the hospital's patient financial services department.

**SUN Behavioral Columbus** (614) 706-2786  
900 E DUBLIN GRANVILLE RD., COLUMBUS 43229  
www.suncolumbus.com

Dedicated to providing our patients and their families with all levels of care, including inpatient hospitalization, partial hospitalization, and intensive outpatient. Patients, families, and referring professionals can call SUN 24/7 for a free assessment.

## Doctors Hospital

GENERAL INFORMATION (614) 544-1000  
DEPT. OF SOCIAL WORK (614) 544-1023  
PATIENT INFORMATION (614) 544-1000  
5100 W. BROAD ST., COLUMBUS 43228

**Dublin Methodist Hospital** (614) 544-8000  
7500 HOSPITAL DR., DUBLIN 43016

## Grant Medical Center

GENERAL INFORMATION (614) 566-9000  
PATIENT INFORMATION (614) 566-9310  
111 S. GRANT AVE., COLUMBUS 43215  
www.ohiohealth.com

**James Cancer Hospital** (614) 293-3300  
SOLOVE RESEARCH INST., 300 W. 10TH AVE., COLUMBUS 43210  
www.jamesline.com

## Mount Carmel East

GENERAL INFORMATION (614) 234-6000  
PATIENT INFORMATION (614) 234-6220  
CASE MANAGEMENT/SOCIAL SERVICES (614) 234-6085  
6001 E. BROAD ST., COLUMBUS 43213  
www.mountcarmelhealth.com

## Mt. Carmel St. Ann's

GENERAL INFORMATION (614) 898-4000  
PATIENT INFORMATION (614) 898-4100  
CASE MANAGEMENT/SOCIAL SERVICES (614) 898-4385  
500 S. CLEVELAND AVE., WESTERVILLE 43081  
www.mountcarmelhealth.com

## Mount Carmel West

GENERAL INFORMATION (614) 234-5000  
PATIENT INFORMATION (614) 234-5060  
CASE MANAGEMENT/SOCIAL SERVICES (614) 234-5165  
793 W. STATE ST., COLUMBUS 43222  
www.mountcarmelhealth.com

## The Ohio State University Wexner Medical Center

GENERAL INFORMATION (614) 293-8000  
SOCIAL WORK SERVICES (614) 293-8427  
PATIENT INFORMATION (614) 293-8300  
OUTPATIENT REHABILITATION (614) 293-4523  
450 W. 10TH AVE., COLUMBUS 43210  
www.medicalcenter.osu.edu

## The Ohio State University Hospital East

GENERAL INFORMATION (614) 257-3000  
SOCIAL WORK SERVICES (614) 257-3257  
PHYSICIAN REFERRAL (614) 293-5123  
1492 E. BROAD ST., COLUMBUS 43205  
www.medicalcenter.osu.edu

## Riverside Methodist Hospitals

GENERAL INFORMATION (614) 566-5000  
MEDICAL SOCIAL SERVICES (614) 566-5397  
PATIENT INFORMATION (614) 566-5221  
SENIOR HEALTH (614) 566-5858  
ADVANTAGE MEMBERSHIP PROGRAM (614) 566-5858  
3535 OLENTANGY RIVER RD., COLUMBUS 43214

## ■ DELAWARE COUNTY

### Grady Memorial Hospital

561 W. CENTRAL AVE., DELAWARE 43015 (740) 615-1000  
SOCIAL SERVICES (740) 615-2589  
www.ohiohealth.com

## ■ FAIRFIELD COUNTY

### Fairfield Medical Center

401 N. EWING ST., LANCASTER 43130 (740) 687-8000  
PHYSICIAN REFERRAL (740) 687-8687  
HEARTBURN CENTER (740) 689-6486  
ORTHOPEDIC PROGRAM (740) 687-8276  
www.fmchealth.org

**■ FAYETTE COUNTY**

**Veterans Affairs Medical Ctr. (740) 773-1141, ext. 7771**  
17273 S.R. 104, CHILLICOTHE 45601  
[www.chillicothe.va.gov](http://www.chillicothe.va.gov)

**Fayette County Memorial Hospital (740) 335-1210**  
1430 COLUMBUS AVE., WASHINGTON COURT HOUSE 43160  
[www.fcmlh.org](http://www.fcmlh.org)

**■ LICKING COUNTY**

**Licking Memorial Hospital (220) 564-4000**  
1320 W. MAIN ST., NEWARK 43055

**Medical Center of Newark (740) 522-7800**  
2000 TAMARACK RD., NEWARK 43055

**Newark Valley Urgent Care (740) 522-0222**  
1906 TAMARACK RD., NEWARK 43055

**Shepherd Hill Hospital (740) 348-4870 or 1-800-223-6410**  
200 MESSIMER DR., NEWARK 43055

**■ MADISON COUNTY**

**Madison County Hospital, Inc. (740) 845-7000**  
210 N. MAIN ST., LONDON 43140  
[www.madisoncountyhospital.com](http://www.madisoncountyhospital.com)

**Springfield Regional Medical Center (937) 523-1000**  
100 NORTH ST., SPRINGFIELD 45502  
[www.community-mercy.org](http://www.community-mercy.org)

**■ PICKAWAY COUNTY**

**Berger Hospital (740) 474-2126**  
600 N. PICKAWAY ST., CIRCLEVILLE 43113  
[www.bergerhealth.com](http://www.bergerhealth.com)

**■ UNION COUNTY**

**Memorial Hospital of Union County (937) 644-6115 or 1-800-686-4677**  
500 LONDON AVE., MARYSVILLE 43040  
[www.memorialhosp.org](http://www.memorialhosp.org)

**SENIOR MEMBERSHIP PROGRAMS****Benefits of Membership**

- Physician referral and care coordination
- Processing of claims and insurance forms
- Free newsletter, magazine or information
- Discounts on medical and pharmaceutical products, parking and other hospital services
- Travel clubs or discounted tours and trips
- Free health screenings and education programs
- Rehabilitation, counseling and support groups

**AdvantAge Membership Program (614) 566-5858**  
OHIOHEALTH RIVERSIDE JOHN J. GERLACH CENTER FOR SENIOR HEALTH, 3830 OLENTANGY RIVER RD., COLUMBUS 43214  
[www.ohiohealth.com/gerlachcenter-advantagemembership](http://www.ohiohealth.com/gerlachcenter-advantagemembership)  
Membership; \$15/one or \$20/two

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**CARE PLANNING****Long Term**

**Care Consultation (614) 645-7250 or 1-800-589-7277**  
CENTRAL OHIO AREA AGENCY ON AGING,  
3776 SOUTH HIGH ST., COLUMBUS 43207  
[www.coaaa.org](http://www.coaaa.org)

Free in-home or phone consultation about long-term care options and community-based services that can help keep you or a loved one at home. Will help you assess your needs and available services, discuss eligibility and financial resources, and create a care plan.

**Franklin County Senior Options (614) 525-6200**

FRANKLIN CO. OFFICE ON AGING, 280 E. BROAD ST., 3RD FL., 43215  
Free assessment of need for community-based services and development of a plan for care can be provided for Franklin County residents age 60+.

**SourcePoint (740) 363-6677 or 1-800-994-2255**  
800 CHESHIRE RD., DELAWARE 43015  
[www.MySourcePoint.org](http://www.MySourcePoint.org)

**COMMUNITY MEDICAL SERVICES**

**Columbus Medical Association (614) 240-7410**  
1390 DUBLIN RD., COLUMBUS 43215  
Physician reference. Also operates a free clinic.

**Mount Carmel (614) 546-4200**  
COMMUNITY OUTREACH, 6150 E. BROAD ST., COLUMBUS 45213

**NOOR Community Clinic (614) 516-3075**  
RARDIN OSU FAMILY PRACTICE CTR., 2231 N. HIGH ST., 45201

**Ohio Health Primary Care (614) 533-6800**  
2222 WELCOME PLACE, COLUMBUS 43209

**Union County Special Needs Council (937) 642-6911**  
UNION COUNTY HEALTH DEPARTMENT  
940 LONDON AVE., STE. 1100, MARYSVILLE 43040

For individuals who do not fit into a specific category of human services or are unable to wait for an agency's review process. The council provides assistance to such persons who do not qualify for other means of aid when funds are available.

**COMMUNITY HEALTH CLINICS**

Provide health care services to individuals of all ages. Care includes prevention, diagnosis, treatment, pharmacy, laboratory and follow-up services. Special emphasis at these centers is given to the care of those who cannot afford such services, the elderly and those who find health services inaccessible. All services are provided on a sliding fee scale according to your income and family size.

**CNHC at Maryhaven .....(614) 526-5420**  
1791 ALIM CREEK DR., STE. 100, COLUMBUS 43207  
**Columbus Northeast Health Center . . .(614) 645-1600**  
3433 AGLER RD., STE. 2800, COLUMBUS 43219

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**Columbus West Health & Wellness Ctr.** (614) 645-2300  
2300 WEST BROAD ST., COLUMBUS 43204

**East Central Health Center** ..... (614) 645-5535  
1180 E. MAIN ST., COLUMBUS 43205

**Fruit of the Vine Free Clinic** ..... (614) 291-5101  
171 E. FIFTH AVE., COLUMBUS 43201

**John R. Maloney Southside** ..... (614) 645-3163  
3781 S. HIGH ST., COLUMBUS 43207

**St. Stephen's Health Center** ..... (614) 645-2700  
1500 E. 17TH AVE., COLUMBUS 43219

**Vineyard Community Center** ..... (614) 259-5500  
6000 COOPER RD., WESTERVILLE 43081

**Licking Co. Community Health Clinic** (740) 345-1113  
144 W. MAIN ST., NEWARK 43055

**Madison County Emergency Medical District**  
24 HOURS/7 DAYS (740) 852-5390, ext. 12  
40 E. CENTER ST., LONDON 43140  
Emergency medical service and free blood pressure screenings at squad bay.

**Madison County Senior Citizens Center, Inc.** (740) 852-3001  
280 W. HIGH ST., LONDON 43140  
Nurse on staff. Aerobics and an adult daycare center. Alzheimer's and Diabetes support groups.

**Rocking Horse Community Health Center** (740) 845-7286  
212 N. MAIN ST., LONDON 43140

#### HOME VISITING PHYSICIANS/NURSES

**At Your Door Visiting Healthcare Services** (614) 284-4114  
Takes most insurances and Medicaid.

**Central Ohio Nurse Practitioner Services (formerly Doctors House Call)** (614) 328-5555

**Dr. Santo Anthony Gaetta** (614) 760-7425

**Holy Hills Healthcare Services – Nana Dwomo CNP, and Louis Bowman MD** (614) 626-6000

**Visiting Physicians Association** (614) 840-1688  
355 E. CAMPUS VIEW BLVD., STE. 180, COLUMBUS 43235

#### PRESCRIPTION DRUGS

**Manufacturer's Assistance Programs (MAPS)** are special pharmaceutical company programs that provide medications at no cost to people who cannot afford the medications they need. To be eligible, you can have no other private or publicly funded coverage for medications. Each drug company has different criteria. The programs listed below assist with the entire

application process for the many drug company programs. The websites provide access to the applications but do not assist with eligibility or renewal. Upon approval of the application, the company ships a 90-day supply of medication or a voucher to the patient's doctor for dispensing. Applications usually must be renewed every 90 days.

**Catamaran** 1-800-476-DRUG (3784)  
www.mycatamaranrx.com  
Mail order service which locates affordable prescription drugs. Offers up to an 80% savings and everyone qualifies. Call for a free quote or visit online.

**Golden Buckeye Prescription Drug Savings Program/Ohio's Best Rx** 1-866-301-6446  
Offers prescription discounts to Ohio residents age 60+ and residents age 18-59 with a total and permanent disability. Accessed via the Golden Buckeye Card. Applications available at senior centers and libraries. Automatic membership through Golden Buckeye Card.

**Novartis - Patient Assistance Now** 1-800-245-5356  
www.patientassistancenow.com  
Resource integrates company and non-company programs that may help patients pay for their medicines. Website assists in finding program to fit your needs to help pay for medications.

**Partnership for Prescription Assistance** 1-888-477-2669  
www.pparx.org  
Helps qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them.

**Pharmaceutical Research & Manufacturers of America (PHRMA)** (202) 835-3400  
www.phrma.org  
If you cannot afford drugs and you meet eligibility requirements, PHARMA will send a directory of manufacturers that offer assistance programs.

**Rx Outreach**  
www.rxoutreach.org  
Website which helps find savings on medications and supplies. Highlights include:

- Free glucometer with purchase of box of test strips
- Those with insurance and Medicare are eligible
- Free standard shipping within U.S.
- For most medications, the cost of a 90-day supply is the same regardless of how many pills you take each day
- No application or enrollment fee

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Older Adults!**

## ■ **FRANKLIN COUNTY**

### **Prescription**

#### **Access (614) 645-5556 or 1-888-299-3615**

Assists residents of Franklin County in determining eligibility and applying for drug company programs that provide prescription medications at little or no cost. Identifies other community resources/programs

that assist with obtaining affordable medications.

The following websites will also assist consumers in accessing the drug company programs:

[www.themedicineprogram.com](http://www.themedicineprogram.com)  
[www.needymeds.org](http://www.needymeds.org)

## **Home Health Care**

See Glossary of Terms

### **Selecting an Agency**

This is a personal decision that must be made based upon your needs. Senior centers, hospital discharge planners or social service workers, physicians, United Way agencies, religious and senior citizens groups can all help.

### **RANGE OF SERVICES**

Many agencies provide free assessments to determine the most cost effective plan of care. Per visit or hourly rates vary by agency and also depend on the skill level, acuity of care, length and timing of services needed.

### **Medicare Coverage Guidelines**

Qualifying for home health benefits under Medicare is never guaranteed. Minimally, the patient must be:

- Homebound,
- Under the care of an M.D. who requests skilled care
- In need of skilled nursing or physical therapy services on an intermittent basis. (A patient who requires more than intermittent care, but refuses alternatives, is *not* eligible.)

### **Examples of Medicare covered skilled nursing services:**

- wound dressing involving prescription drug and aseptic technique
- bladder and bowel training in the case of incontinence
- colostomy or ileostomy care
- injections
- respiratory, physical, speech or occupational therapies

**Medicare does not cover any private duty nursing costs.** A patient may be frail and require support services such as enemas, incontinence care, bathing, personal grooming, ambulatory assistance, transfer from bed to chair, prompting for performance of basic activities of daily living (ADLs), meal preparation and feeding, dressing, homemaking, chore and companion services. Medicare will not pay if the guidelines listed above are not met.

### **AGING SERVICES**

#### **PASSPORT (614) 645-7250 or 1-800-589-7277**

CENTRAL OHIO AREA AGENCY ON AGING  
 3776 SOUTH HIGH ST., COLUMBUS 43207  
[www.coaaa.org](http://www.coaaa.org)

Helps eligible persons 60 and older who are at risk of nursing home placement remain in their homes with supportive healthcare and homemaking services.

#### **SourcePoint® (740) 363-6677 or 1-800-994-2255**

800 CHESHIRE RD., DELAWARE 43015  
[www.MySourcePoint.org](http://www.MySourcePoint.org)

#### **Fayette County Community**

#### **Action Commission (740) 335-7282**

1400 US RT. 22, WASHINGTON COURT HOUSE 43160

#### **Franklin County Office on Aging**

**(614) 525-5230**

280 E. BROAD ST., 3RD FL., COLUMBUS 43215

#### **Licking Co. Aging Program, Inc.**

**(740) 345-0821**

1058 E. MAIN ST., NEWARK 43055

#### **Madison County Senior Center**

**(740) 852-3001**

280 W. HIGH ST., LONDON 43140

#### **Meals on Wheels – Older Adult**

#### **Alternatives of Fairfield County**

**(740) 681-5050**

253 BOVING RD., LANCASTER 43130

In-Home Care Services Make  
*life better*



At *Comfort Keepers*, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes. Our *Comfort Keepers* help keep minds, bodies and lives active, happy and healthy through Interactive Caregiving.

- **Companionship** • **Laundry, Cooking**
- **Alzheimer's/Dementia Care**
- **Light Housekeeping** • **24 Hour Care**
- **Private Duty Nursing** • **Grooming, Dressing**
- **Personal Care Services:**

\* Bathing, Hygiene \* Incontinence Care \* Medication Management


**Comfort  
Keepers.**

**Call us Today  
(614) 263-1998**

**Pickaway Senior Center** (740) 474-8831  
2105 CHICKASAW DR., P. O. BOX 565, CIRCLEVILLE 43113

**Union County Senior Services via Department of Human Services** (937) 644-1010  
940 LONDON AVE., STE. 1800, MARYSVILLE 43040

### HOME HEALTH AND HOMEMAKER PROVIDERS

**Older Adults™** would like to thank the following providers whose support makes the printing of this guide possible.

Ⓟ = Passport Provider

**Comfort Keepers** Ⓟ (614) 263-1998  
3620 N HIGH ST., STE. 101, COLUMBUS 43214  
www.comfortkeepers.com

Providing high-quality senior care, elderly care and home care services in Columbus, Bexley, Worthington, Upper Arlington, Dublin, Grandview Heights. We offer a **free in-home assessment** to help determine the services you, or a loved one, may need.

**Home Instead Senior Care**  
3220 RIVERSIDE DR., C4, COLUMBUS 43221 (614) 486-6643  
263 EAST LIVINGSTON AVE., COLUMBUS 43215 (614) 849-0200  
www.homeinstead.com

Dependable home care by experienced CAREGivers<sup>SM</sup>. Your local Home Instead Senior Care office is your connection to compassionate, reliable, one-on-one, non-medical assistance.

**Wesley At Home** (614) 633-9826  
5155 N. HIGH STREET, COLUMBUS 43214  
www.WesleyAtHome.com

Wesley At Home is a membership organization dedicated to fostering independence through companion, concierge and transportation services, as well as access to our network of Preferred Providers.

### Other Providers:

1 Amazing Home Health Care Ⓟ (614) 986-7231  
Serves all counties.  
24-Seven Home Healthcare Ⓟ (614) 762-6767  
Serves all counties.  
3-C Home Care Ⓟ (614) 471-4300  
Serves all counties.  
6 Roses Home Health Care Ⓟ (614) 826-5015  
Serves Franklin County.  
A American Home Health Experts Ⓟ (614) 694-2911  
Serves Franklin, Fairfield and Licking counties.  
AAU Home Health Care Ⓟ (614) 505-7825  
Delaware, Fairfield, Franklin, Licking and Union co's.  
A-1 Preferred Sources Ⓟ (614) 268-3800  
Serves Franklin, Fairfield and Licking co's.  
A Plus Home Health Care Agency Ⓟ (614) 759-1440  
Serves all counties.  
Aaran Home Care Ⓟ (614) 895-1188  
Serves Delaware, Franklin, Licking and Fairfield co's.

Abble Home Services (614) 890-2100  
Serves all counties.  
Able Support Services Ⓟ (614) 436-3791  
Franklin, Licking, Madison, Pickaway and Delaware co's.  
Accent Care Home Health Ⓟ (740) 474-7826  
Serves all co's.  
Accountable Home Care (614) 336-3663  
Serves Franklin County  
Addus Home Care Ⓟ (614) 846-8209  
Franklin, Fairfield, Madison, Pickaway and Delaware co's.  
Adu's Care Ⓟ (240) 423-2870  
Serves Delaware, Fairfield and Franklin co's.  
Advance Home Care Ⓟ (614) 436-3611  
Serves all counties.  
Advanced Senior Support Home Health Ⓟ (614) 891-7480  
Serves Franklin, Delaware and Licking co's.  
Advantage Home Health Care Ⓟ (614) 430-9616  
Serves all counties.  
Aging in Place Home Healthcare Ⓟ (740) 858-7270  
Serves all counties.  
All Home Health Services Ⓟ (614) 915-0403  
Serves Franklin County.  
All Nation Home Healthcare Ⓟ (614) 396-6787  
Serves Franklin and Licking co's.  
All Unity Home Health Ⓟ (614) 429-1170  
Serves Franklin, Licking, Fairfield and Union co's.  
Alliance Healthcare Partners Ⓟ (614) 231-8103  
Serves all co's.  
Alliance Home Health Care Svcs. Ⓟ (614) 928-3053  
Serves all co's.  
Almis Home Healthcare Ⓟ (614) 601-6131  
Serves Franklin County.  
Alpha and Omega Supported Living Ⓟ (740) 858-7270  
Serves Franklin County.  
Alta Home Health Care Ⓟ (614) 891-2582  
Serves Delaware, Franklin, Fairfield and Licking co's.  
Alternative Care Home Health Ⓟ (614) 420-4433  
Serves Franklin and Licking co's.  
Altimate Care Ⓟ (614) 794-9600  
Serves all counties.  
Ambassador Home Health Services Ⓟ (614) 577-1950  
Serves Franklin and Fairfield co's.  
AMEA Healthcare, LLC Ⓟ (937) 209-8157  
Serves Franklin, Delaware, Madison and Union co's.  
American Senior Care Center Ⓟ (614) 867-5607  
Serves Franklin and Union co's.  
Americare Healthcare Services Ⓟ (614) 273-0086  
Serves all counties.  
America's Home Health Agency Ⓟ (614) 252-7833  
Serves Delaware, Franklin, Fairfield and Licking co's.  
America's Home Health Services Ⓟ (614) 274-0400  
Serves Delaware, Union and Franklin co's.  
Amity Home Care Services Ⓟ (740) 477-6842  
Serves all counties.  
Anchor Home Healthcare, LLC Ⓟ (614) 759-2273  
Serves Franklin, Delaware and Licking counties.  
Angels Extended Care Home Health Svc. Ⓟ (614) 367-7724  
Serves Franklin, Fairfield and Licking counties.  
Arcadia Home Healthcare Services Ⓟ (614) 601-6131  
Serves Franklin County.  
Ash Brothers Home Health Care Ⓟ (614) 882-3600  
Serves all counties.



Aspen Home Healthcare, LLC ®	(614) 475-7773
Serves Franklin County.	
Assist Home Health Care ®	(614) 794-9100
Serves all counties.	
Assisted Care by Black Stone ®	(614) 232-6200
Serves all counties.	
Atlas Home Health Care ®	(614) 532-8204
Serves Franklin County.	
Autumn Springs Health Care Services ®	(614) 367-1925
Serves Fairfield and Franklin co's.	
Baby Boomers Home Health Care ®	(614) 888-1100
Serves all counties.	
Beck Home Health Services ®	(614) 577-1497
Serves all counties.	
Beloved Healthcare Services ®	(614) 845-8969
Delaware, Fairfield, Franklin, Pickaway and Licking co's.	
Best Choice Home Health Care ®	(614) 396-8446
Serves Franklin and Licking co's.	
Best Nursing Care ®	(330) 751-9500
Serves all counties.	
Better Health Services ®	(614) 407-5487
Serves Delaware, Licking and Franklin co's.	
Better Living Home Health Care ®	(614) 601-6013
Serves Franklin and Union co's.	
Bono Home Health Care ®	(614) 785-5176
Serves all counties.	
Boschulte's Pride II, LLC ®	(614) 751-6308
Serves Delaware, Fairfield, Licking and Franklin co's.	
BrightStar Healthcare ®	(614) 442-1000
Delaware, Fairfield, Licking, Madison and Franklin co's.	
Buckeye Health Agency ®	(614) 899-2478
Serves all counties.	
Buckeye Home Healthcare Services	(614) 396-6886
Serves Fairfield, Franklin and Licking co's.	
Buckeye Home Healthcare, Inc.	(614) 776-3372
Serves Franklin, Licking and Fairfield co's.	
Burley Helping Hands, LLC ®	(614) 313-2394
Serves Franklin County.	
Capital Home Health, Inc. ®	(614) 818-2708
Serves Franklin and Licking counties.	
Caregiver, USA Corp. ®	(614) 408-9939
Serves Delaware, Franklin and Union co's.	
Caring Heart Home Health Agency ®	(614) 231-2442
Serves Franklin and Licking co's.	
Caring Hearts Home Health Services ®	(614) 863-6950
Serves Franklin County.	
Central Ohio Elderly Care Plus ®	(614) 453-5247
Serves all counties.	
Central Ohio Home Help Agency ®	(614) 884-0793
Serves Franklin, Fairfield, Pickaway and Licking co's.	
Charles P. Bradley's Constance Care ®	(740) 477-8689
Fayette, Fairfield, Franklin, Madison and Pickaway co's.	
Chosen Home Care Services ®	(614) 725-4663
Serves Franklin, Licking and Fairfield co's.	
Classic Healthcare Services ®	(614) 848-3900
Serves all counties.	
Columbia Home Health Care ®	(614) 308-0100
Serves Delaware, Licking, Pickaway and Franklin co's.	
Columbus Family Health Care ®	(614) 896-8148
Serves all counties.	
Columbus Global Family Care ®	(614) 833-4282
Delaware, Fairfield Franklin and Licking co's.	

## Tell them you saw it in... Older Adults!

Columbus Global Health Services ®	(614) 337-2580
Serves all counties.	
Columbus Home Health Services ®	(614) 985-1464
Serves all counties but Pickaway and Union.	
ComForcare Senior Services ®	(614) 864-9446
Serves all but Fayette and Union co's.	
Comfort Health Care Plus ®	(614) 891-7100
Franklin, Fairfield, Licking, Madison and Delaware co's.	
Comfort Home Health Care ®	(614) 865-9999
Serves Franklin, Fairfield and Delaware co's.	
Compassion Home Health Care ®	(614) 794-8722
Serves all counties.	
Constant Care Home Health Services ®	(614) 601-6202
Serves Franklin and Fairfield co's.	
Covenant Home Health Agency ®	(614) 522-0521
Serves Fairfield, Franklin and Licking co's.	
Covenant Home Health Care ®	(614) 465-9123
Serves all counties.	
Dedicated Nursing Associates ®	1-877-411-8350
Serves Franklin, Fayette, Madison and Delaware co's.	
Dependable Home Healthcare ®	(614) 929-5231
Serves Franklin and Madison co's.	
Devoted Home Health Care, LLC ®	(614) 895-0372
Serves all counties.	
DHL Home Health Care ®	(614) 987-5813
Serves Franklin County.	
Dhulmar Transportation ®	(614) 436-3900
Serves all co's.	
Diamond Home Care ®	(614) 594-2430
Serves all counties.	
Diamond Home Health Care ®	(614) 841-0060
Serves Franklin and Delaware co's.	
Discovery Home Healthcare ®	(614) 778-5702
Serves all counties.	
Distinguished Orthopaedic Home Care ®	(614) 501-6650
Serves all counties.	
Diverse Home Care ®	(614) 222-0899
Serves all counties.	
Diversified Health Management ®	(614) 338-8888
Serves all counties.	
Divine Healthcare Services ®	(614) 899-6767
Serves Franklin, Pickaway and Delaware co's.	
Divine Home Health Care, LLC ®	(614) 523-1400
Serves all but Fayette and Union co's.	
Dominion Healthcare Services	(614) 725-0066
Serves Franklin and Delaware co's.	

### CAREGIVER TIP

**Homemaker services** are available for individuals who are unable to perform their own housekeeping, grocery shopping, or other errands.

**Personal care services** may include bathing, toileting, help in walking or getting out of a bed or chair, grooming and feeding.



**TAKE NOTE**

A physician must provide written approval for home health care to qualify for Medicare, Medicaid and private insurance reimbursement.



Dynamic Home Health Services ®	(614) 344-7535
Serves all counties.	
Easton Health Agency ®	(614) 880-9402
Serves all Fayette and Union co's.	
Easton Home Care ®	(614) 418-5840
Serves Delaware, Franklin, Fairfield and Licking co's.	
EBE Healthcare, LLC ®	(614) 414-0057
Serves all co's.	
Elite Home Health Care ®	(614) 471-0200
Serves Fairfield, Franklin and Delaware co's.	
EmanciCare Home Health ®	(614) 547-0282
Fayette, Franklin, Delaware, Union and Licking co's.	
Enhanced Home Health Care ®	(614) 433-7266
Serves Franklin, Licking, Delaware and Fairfield co's.	
Eva Bright Home Health & Transportation ®	(614) 815-7510
Serves Delaware, Fairfield and Franklin co's.	
Excel Health Services ®	(614) 794-0006
Serves all counties.	
Extended Life Home Care ®	(614) 476-4400
Serves Franklin and Madison co's.	
F & R Healthcare Services ®	(614) 396-6596
Serves Franklin County.	
Family Choice Home Healthcare Svcs. ®	(614) 396-6596
Serves Franklin, Licking and Delaware co's.	
Family Focus Home Health, LLC ®	(614) 863-1291
Serves all counties.	
Family Healthcare Center ®	(614) 436-6568
Serves Franklin and Licking co's.	
Family Service Providers ®	(614) 778-0778
Serves all counties.	
Fell's Quality Home Care ®	(740) 452-3848
Serves Fairfield and Licking co's.	
First Light HomeCare ®	(614) 495-0276
Serves Delaware, Franklin and Licking co's.	
Franklin Home Health Care ®	(614) 430-5986
Serves all counties.	
Friendly Care Agency ®	(614) 868-9015
Franklin, Madison, Pickaway, Licking and Delaware co's.	
Friendly Care, Inc. ®	(614) 300-2882
Franklin, Fayette, Madison, Union and Fairfield co's.	
Frontier Health Care Services ®	(614) 751-8884
Serves all counties.	
Full Care Home Health ®	(614) 476-8310
Serves Franklin, Licking, Delaware and Pickaway co's.	
Generations Too ®	(614) 888-8825
Delaware, Fairfield, Franklin, Licking and Pickaway co's.	
Golden Home Health Care ®	(614) 577-0955
Serves all counties.	
Golden Rule Home Health Care ®	(614) 322-9606
Serves all counties.	

**TAKE NOTE**

A doctor's written prescription to take a bath or shower and to change clothing, can sometimes be helpful for a forgetful or non-cooperative older adult.



Good Hearts Care Services ®	(614) 615-2858
Serves Franklin County.	
Good Samaritan Home Health Care ®	(614) 500-4408
Serves all counties.	
Greystone Home Health ®	(614) 310-3772
Serves Fairfield and Licking co's.	
Hamilton Health Care ®	(614) 221-0022
Serves Franklin, Fairfield and Licking co's.	
Healthpro Staffing ®	(614) 864-7340
Delaware, Franklin, Fairfield, Madison and Licking co's.	
Healthy Life Home Healthcare ®	(614) 865-3368
Franklin, Licking, Fairfield, Madison, Pickaway and Delaware co's.	
High Point Home Health ®	(937) 592-9800
Serves Union County.	
Hilliard Home Care ®	(614) 742-7777
Serves Delaware and Franklin co's.	
Hocking Valley Home Health ®	(740) 654-1000
Serves Fairfield, Pickaway and Licking co's.	
Holding Hands Group ®	(614) 942-6224
Serves all counties.	
Home Care Concierge	(614) 793-8845
Serves Franklin County.	
Holistic Comfort Care Services ®	(315) 383-4884
Serves Franklin, Fairfield and Licking co's.	
Home Health Care Alliance of Ohio ®	(614) 781-0530
Serves all counties.	
Home Health Connection, Inc. ®	(614) 839-4545
Serves Franklin, Madison and Delaware co's.	
Home Helpers ®	1-888-575-0185
Serves Delaware and Licking co's.	
Home Instead Senior Care ®	(740) 321-3330
Serves Licking County.	
Homeland Health Services ®	(614) 895-0520
Serves Franklin, Delaware, Licking and Fairfield co's.	
Horizon Healthcare Center ®	(614) 532-8119
Serves Franklin, Delaware and Pickaway co's.	
Horizon Healthcare Services, LLC ®	(614) 776-3303
Serves all co's.	
Horizon Home Health Care Agency ®	(614) 279-2933
Serves all counties.	
ICare Health Services ®	(614) 896-8100
Serves all counties.	
IHS Services, Inc. ®	(614) 436-0854
Serves all counties.	
Increased Behavior Alternatives ®	(614) 430-9590
Serves all counties.	
Independent Home Care, Inc. ®	(614) 231-9242
Franklin, Fairfield, Delaware, Licking and Union co's.	
Integrity Home Health ®	(614) 414-7808
Serves Franklin, Delaware, Fairfield and Licking co's.	
Interim HealthCare ®	(614) 552-3400 or (740) 349-8700
Serves all counties.	
International Quality Healthcare ®	(937) 278-9999
Serves Delaware, Franklin, Fairfield and Licking co's.	
Ivory Home Health Services ®	(614) 221-5035
Serves all counties.	
J & J Consulting and Home Health ®	(614) 755-4840
Serves all counties.	
JATD Senior Care & Consulting ®	(614) 868-3844
Serves Franklin County.	

JoAnn's Healthcare Nursing Svc. ® (330) 559-9893  
Serves Delaware, Franklin, Madison and Licking co's.

Kayland Partners ® (614) 567-7021  
Serves Delaware, Fairfield and Franklin co's.

L. A. Home Healthcare ® (614) 840-9300  
Serves Franklin County.

LaBelle Home Health Care Services ® (614) 367-0881  
Fayette, Franklin, Fairfield, Licking and Delaware co's.

Legacy Home Healthcare Services ® (614) 842-2010  
Serves Franklin County.

Liberty Healthcare Services ® (740) 467-0477  
Serves all counties.

Liberty Home Health Care of Ohio ® (614) 825-9556  
Serves all counties.

Licking County Aging Program ® (740) 345-0821  
Serves and Licking County.

Life Star Home Care ® (614) 468-1888  
Serves all counties.

Lifesaver Health Care ® (614) 866-5433  
Franklin, Fairfield, Licking, Madison and Pickaway co's.

Lifetime Home Health Care ® (614) 882-1101  
Serves all counties.

Lighthouse Community LLC ® (614) 626-8893  
Serves Franklin, Fairfield, Delaware and Union co's.

Living Life Home Care ® (614) 322-9210  
Serves all counties.

Love'n Comfort Home Health ® (614) 845-0852  
Serves all counties.

Loving Care Home Health ® (740) 852-7755  
Serves Franklin, Fayette, Union and Madison co's.

Marimart Health Care ® (614) 470-9755  
Serves all counties.

Max Healthcare Services ® (614) 423-8585  
Serves all but Union and Madison co's.

Maxim Healthcare ® (614) 880-1210  
Serves all counties.

## MEDICATION CHECKLIST

List your medications here, then keep this list in your purse or wallet. You can also make copies of your list to keep at home or work or to give to family members.

Take it with you to your doctor appointments and review the list with a pharmacist.

	Drug A	Drug B	Drug C
What is the brand name of the drug?			
What is the generic name?			
What is the strength (dose)?			
Why am I taking it?			
How many should I take?			
How often must I take it?			
How long must I take it?			
Will there be side effects? What are they?			
Are there side effects I should report to my doctor immediately?			
Should I take it with meals?			
Are there driving or other restrictions?			
Will it interact with other meds or with alcohol?			
Is there anything else I should know about taking this drug?			
Note any medication allergies:			



Medina Home Healthcare ®	(614) 396-6806	Prime Home Care ®	(614) 863-1998
Serves Franklin County.		Serves all counties.	
Madison Home Health Services ®	(614) 394-9105	Prime Home Health Care ®	(614) 987-7938
Serves all counties.		Serves all counties.	
Mercy Home Health Services ®	(614) 396-6610	PRN Home Health Care of Ohio ®	(740) 653-1776
Serves Franklin, Licking and Delaware co's.		Serves Franklin, Fairfield and Pickaway co's.	
Midwest Home Healthcare ®	(614) 888-8979	Pro Health Care Services ®	(614) 856-9111
Serves Franklin County.		Serves Delaware, Fairfield, Franklin and Licking co's.	
Miracle Health Care ®	(614) 237-7702	Professional Home Health Care 2 ®	(614) 268-8480
Serves all counties.		Serves Franklin County.	
Moonlight Home Health Care ®	(614) 396-7345	Pure Health Care ®	(614) 457-0909
Serves all but Fairfield County.		Serves Franklin, Fairfield, Licking and Delaware co's.	
N & H Services ®	(614) 575-9000	Quality Home Health Care Agency ®	(614) 300-5777
Serves all counties.		Serves Franklin, Licking, Madison and Delaware co's.	
Nationwide Home Health Care ®	(614) 322-2242	Raamis Community Home Health Care ®	(614) 985-1881
Serves all counties.		Serves all counties.	
New Era Home Health Care ®	(614) 863-7552	Raphael Health Care, LLC ®	(614) 451-7000
Serves all counties.		Serves Franklin and Delaware co's.	
New Generation Health Services ®	(614) 340-9600	Relay Home Care Services ®	(614) 414-6144
Serves Franklin, Licking and Delaware co's.		Serves all co's.	
New Millenium Home Health Care ®	(614) 882-7782	Reliable Home Health Care ®	(614) 333-5315
Serves Delaware, Fairfield and Franklin co's.		Serves all counties.	
Nordstar Home Health Services ®	(614) 725-0336	Remedial Health Care Services ®	(614) 436-3330
Serves all counties.		Serves all counties.	
North Care Health Services ®	(614) 633-0538	Renaissance Healthcare ®	(614) 626-2101
Serves all counties.		Serves Franklin, Licking, Pickaway and Fairfield co's.	
Nurse Medical Healthcare Services ®	(614) 801-1300	Right Care Home Healthcare ®	(614) 655-2040
Serves Fairfield, Franklin and Licking co's.		Serves, Franklin, Fairfield, Delaware and Licking co's.	
Ohio Senior Home Care ®	(614) 470-6070	Right Choice Home Health Care ®	(614) 794-7571
Serves Franklin, Fairfield, Licking and Delaware co's.		Serves all counties.	
Omega Home Health Services ®	(614) 431-6444	Ritechoice Healthcare Services ®	(614) 591-4424
Serves Franklin County.		Serves all co's.	
Optima Home Health Services ®	(614) 861-2727	River's Crossing Home Care ®	(614) 447-1690
Serves all counties.		Serves Franklin, Fairfield, Madison and Delaware co's.	
Optimum Home Health Care ®	(614) 846-8833	Rx Home Health ®	(614) 252-7931
Serves all counties.		Serves all but Fayette County.	
Pacific Home Health Services, LLC ®	(614) 882-1038	Seed Sowers ®	(614) 265-2523
Serves all but Fayette County.		Serves all but Fayette and Union co's.	
Patience Healthcare ®	(614) 441-4447	Senior Helpers	(614) 430-3800
Serves all counties.		Serves Franklin County	
Patience Home Healthcare Svcs. ®	(614) 279-8075	Serenity Home Health Agency ®	(614) 396-8067
Serves all counties.		Serves Franklin County.	
Perfect Hands Healthcare ®	(614) 436-6500	Serenity Home Healthcare Services ®	(614) 781-0400
Serves all counties.		Serves all but Fayette County.	
Philemon Home Health Care, LLC ®	(614) 414-6487	Siblings Home Health Care ®	(614) 626-3108
Serves Franklin, Fairfield and Delaware co's.		Serves all but Fayette County.	
Phoenix Home Health Care ®	(614) 888-8885	Signature Care, Inc. ®	(614) 751-9901
Serves all counties.		Serves all counties.	
Pickaway Senior Center ®	(740) 474-8831	Spring Home Health Care ®	(614) 863-1998
Serves Pickaway County.		Serves Delaware, Fairfield, Franklin and Licking co's.	
Pinnacle Home Health Corp. ®	(404) 808-5839	Star Services ®	(614) 939-4400
Serves Delaware and Franklin co's.		Serves Franklin, Licking, Delaware and Fairfield co's.	
Precious Health Care ®	(614) 268-3295	Sunrise Family Homecare ®	(614) 272-0900
Serves all counties.		Serves all counties.	
Premier Choice Health Services ®	(614) 896-6420	Supreme Home Healthcare ®	(614) 396-6590
Serves all counties.		Serves all but Fayette and Union co's.	
Premier Home Care ®	(614) 863-8950	Supreme Touch Home Health Svcs. ®	(614) 488-2266
Serves all counties.		Serves all counties.	
Premium Healthcare Services ®	(614) 501-3034	Tashay 1 Home Healthcare ®	(614) 367-1883
Serves all counties.		Delaware, Fairfield, Franklin, Union and Licking co's.	
Prestige Home Health Services ®	(614) 966-2141	Tatiana's Home Care ®	(614) 389-7699
Serves all but Pickaway and Fayette co's.		Serves all counties.	

Tender Home Care Providers ®	(614) 626-4798
Serves all but Fayette and Union co's.	
Tender Nursing Care ®	(614) 856-3508
Serves Fairfield, Franklin, Pickaway and Licking co's.	
Thalia Healthcare ®	(614) 593-3702
Serves Franklin County.	
The Gentle Hands Care Agency ®	(614) 252-5224
Serves all co's.	
The Patience Home Healthcare Svcs. ®	(614) 279-8075
Serves all counties.	
The Shepherd's Hands ®	(614) 626-4826
Serves Franklin County.	
The Sun Home Health ®	(740) 362-5035
Serves Delaware, Licking, Union and Franklin co's.	
Triad Home Health Services ®	(614) 836-4949
Serves Franklin, Fairfield and Pickaway co's.	
Trinity Home Health ®	(614) 577-0766
Serves all counties.	
Trinity Home Healthcare ®	(614) 522-0230
Serves all counties.	
Twins With Care Home Health Care ®	(740) 422-8656
Delaware, Fairfield, Franklin, Licking and Pickaway co's.	
Ultimate Home Healthcare Services ®	(614) 868-6970
Serves all co's.	
United Home Health Services ®	(614) 372-2273
Serves Franklin and Delaware co's.	

## Tell them you saw it in... Older Adults!

United P Plus ®	(614) 725-2888
Serves Franklin, Fairfield and Delaware co's.	
Unity Home Healthcare ®	(614) 418-9447
Serves Franklin, Fairfield, Madison and Licking co's	
Universal Medical Staffing ®	(614) 274-9092
Serves all but Union and Fayette co's	
Uplift Healthcare Services Inc.	(614) 759-6400
Serves all co's.	
Vine Home Health Care ®	(614) 987-8055
Serves Delaware, Fairfield, Franklin and Licking co's.	
Vision Home Health Care ®	(614) 338-8100
Serves all counties.	
Visiting Angels ®	(614) 561-0075
Serves Franklin, Pickaway, Union and Madison co's.	
Vizion One ®	(614) 436-7300
Serves Delaware and Franklin co's.	
Wise Medical Staffing, Inc. ®	(740) 775-4108
Serves all co's.	
Zimam Home Health Care ®	(614) 849-0550
Serves all counties.	
ZNC Healthcare ®	(614) 556-0619
Serves all counties.	

## Disability Resources and Services

Rehabilitation services include physical, occupational and speech therapy and are provided to restore people to their highest level of function. Typically rehab services are offered upon discharge from a hospital stay, and are often provided for in a skilled nursing home and hospitals that have a dedicated program for therapy services. Rehab services are covered by Medicare, Medicaid and most private insurance plans.

**Able Data** **1-800-227-0216**  
An electronic data base that provides information on equipment to assist the disabled with daily living.

**Assistive Technology of Ohio** **1-800-784-3425**  
1314 KINNEAR RD., AREA 1700, COLUMBUS 43212

**Clear Captions** **(614) 601-8994**  
[www.clearcaptions.com](http://www.clearcaptions.com)  
email: [stephanie.blaine@clearcaptions.com](mailto:stephanie.blaine@clearcaptions.com)  
Captioned phone that displays text of conversations in near-real time on a large color touchscreen so you can see and hear what callers are saying. Call to find out how to get your **free** caption phone.

**Central Ohio Area Agency on Aging** **(614) 645-7250 or 1-800-589-7277**  
3776 SOUTH HIGH ST., COLUMBUS 43207  
[www.coaaa.org](http://www.coaaa.org)  
**Specialized Recovery Services (SRS)**  
Individuals diagnosed with a serious and persistent

mental illness, a diagnosed chronic condition, or who are active on the solid organ or soft tissue transplant waiting list may be eligible for this program. Services available through the SRS program include recovery management, individualized placement and support, and peer support. Individuals eligible for the SRS program also receive full Medicaid coverage. The **Ohio Home Care Waiver Program** is a long-term care program that meets the needs of financially eligible children and adults who have significant disabilities and/or mental health needs. Without the services available through this waiver, these individuals are at risk of hospital or nursing home placement. The Ohio Home Care Waiver supports the consumer's independence in their own home by giving them control and choice over the in-home care they receive.

**U.S. Department of Justice Civil Rights Division** **(202) 514-0301 or 1-800-514-0301**  
TTY **(202) 514-0383 or 1-800-514-0383**  
950 PENNSYLVANIA AVE. NW, WASHINGTON, D.C. 20530  
[www.ada.gov](http://www.ada.gov)

Contact for information about the Americans with Disabilities Act. Information is available in Braille, large print, audiotapes, or on computer disk.

**CENTERS FOR INDEPENDENT LIVING****Mobile Center for Independent Living (614) 443-5936**

690 S. HIGH ST., COLUMBUS 43206

www.mobileonline.org

Advocacy, independent living skills training, info. and referral, Home Choice deaf equipment program.

**Ctr. for Disability Empowerment (CDE) (614) 575-8055**

510 E. NORTH BROADWAY, 4TH FL., COLUMBUS 43214

A community-based, non-residential center for independent living that is driven by the choice and direction of people with disabilities. CDE serves individuals of any age, with any disability, who are residents of Franklin and Delaware co's. Information and referral, peer support, independent living trainers/community connectors, advocacy and nursing home transition services. Provides information and training related to the Americans with Disabilities Act.

**Opportunities for Ohioans****with Disabilities 1-800-282-4536 or (614) 438-1200**

150 E. CAMPUS VIEW BLVD., COLUMBUS 43235

Rehab services for those with physical and mental disabilities. Administers federal and state funds providing for vocational rehab and employment opportunities.

**Southeastern Ohio Center for Independent Living****(740) 689-1494 or 1-888-957-6245**

418 SOUTH BROAD ST., LANCASTER 43130

**DEVELOPMENTAL DISABILITIES****County Boards of Developmental Disabilities****FRANKLIN COUNTY (614) 475-6440**

2879 JOHNSTOWN RD., COLUMBUS 43219

**DELAWARE COUNTY (740) 368-5802 or 369-5819**

7991 COLUMBUS PIKE., LEWIS CENTER 43035

**FAIRFIELD COUNTY (740) 652-7220**

795 COLLEGE AVE., LANCASTER 43130

**FAYETTE PROGRESSIVE INDUSTRIES (740) 335-7453**

1330 ROBINSON RD., WASHINGTON COURT HOUSE 43160

**LICKING COUNTY (740) 349-6588**

116 N. 22ND ST., NEWARK 43055

**MADISON COUNTY (740) 852-7050**

500 ELM ST., LONDON 43140

**PICKAWAY COUNTY (740) 477-3353**

200 E. HIGH ST., CIRCLEVILLE 43103

**UNION COUNTY (937) 645-6733**

1280 CHARLES LN., MARYSVILLE 43040

**Goodwill Columbus (614) 294-5181****TTY (614) 583-0293**

1331 EDGEHILL RD., COLUMBUS 43212

Helps individuals learn work and social skills. Provides adult day support, community-integrated work and activity opportunities, vocational habilitation, activity groups and socialization programs, all in a safe, structured and caring environment.

*Sage Senior Services* are for individuals with developmental disabilities who are age 45+. Offers work opportunities, volunteer work, leisure and recreational activities, socialization, and community activities.

**HANDICAPPED PARKING PERMITS****Handicapped Parking Card****1-800-589-8247**

BUREAU OF MOTOR VEHICLES, BOX 16520, COLUMBUS 43216

www.bmv.ohio.gov

Applicants **must** get a form from their local license bureau and obtain a physician prescription of need. Completed forms, including the doctor's written prescription, can be taken to a local agency for card. Cost is \$3.50.

**VISUAL DISABILITIES****American Foundation****for the Blind****1-800-AFB-LIND or 1-800-232-5463**

M-F 9 A.M.-4 P.M.

**Opportunities for Ohioans with****Disabilities****1-800-282-4536 or (614) 466-7730**

BUREAU OF SERVICES FOR THE VISUALLY IMPAIRED

150 E. CAMPUS VIEW BLVD., COLUMBUS 43235

Prescribes magnifiers and training in the use of low vision aids and teaches mobility skills. Provides counseling and training for daily living skills.

**Eye Care America****1-877-887-6327**

P.O. BOX 429098, SAN FRANCISCO, CA 94142

www.eyecareamerica.org

For those 65+ who have not seen an ophthalmologist in the last three years. Helps those who cannot pay.

**Library for the Blind & Physically Handicapped****The State Library of Ohio****(614) 644-6895**

17121 LAKESHORE BLVD., CLEVELAND 43110

**Licking County Center for the Visually Impaired****(740) 345-4600**

67 N. FIFTH ST., NEWARK 43055

M-F, 8 A.M.-12 P.M.; 1-3 P.M.

**Lighthouse Guild****1-800-284-4422**

www.lighthouseguild.org

Education and programs about age-related vision impairment. Low-vision products such as large print books, talking and large print clocks, and more.

**Lions Eye Bank****(614) 545-2057**

262 NEIL AVE., STE. 140, COLUMBUS 43215

Education about eye donation and vision research issues. Provides donated eyes for corneal transplants.

**Nat. Federation of the Blind of Ohio (614) 935-6965**

PO BOX 82055, COLUMBUS 44320

www.nfbohio.org

Publishes "Voice of the Diabetic," a free quarterly publication available in print, audiocassette or email.



**News Reel Magazine** 1-888-723-8737  
5 E. LONG ST., STE. 1001, COLUMBUS 43215  
Provides taped news about legislation, taxes, guide dogs, new services, laws and other interests of the blind.

**Prevent Blindness Ohio** 1-800-331-2020  
1500 W. THIRD AVE., STE. 200, COLUMBUS 43212  
www.preventblindness.org  
Access to donated comprehensive, professional eye exams, follow-up care, education and eyewear to adults who are uninsured or underinsured and income is within 200% of the federal poverty guidelines.

**Ohio Lions, Inc.** STATEWIDE REFERRAL (614) 539-5060  
4074 HOOVER RD., GROVE CITY 43123  
Provides fundraising assistance in support of charities serving the visually impaired as well as youth activities.

**South Dakota Association of the Blind** (605) 336-6628  
2617 W. MINNEHAHA DR., SIOUX FALLS, SD 57105  
Has large size print checking registers, address books and calendars. Gadgetry program with adaptive devices.

**Talking Book Program** (614) 644-6895  
Books on cassette, record and braille. Special playing equipment is needed. Users must be certified.

**VOICECorps Reading Service** (614) 274-7650  
2955 W. BROAD ST., COLUMBUS 43204  
www.voicecorps.org  
Broadcasts reading of printed materials such as magazines and newspapers to those unable to read due to visual or physical disabilities. No charge but donations accepted.

#### **SPEECH & HEARING DISABILITIES**

TDD/TTY users have speech and hearing impairments and use a device which enables them to communicate via written phone messages.

® - Audiologists who accept Ohio Medicaid

**Advanced Hearing Aid Centers** (740) 353-1110  
Complete hearing care services in home to all Medicaid and PASSPORT recipients.

**Affordable Hearing Solutions** (614) 449-0022  
1430 S HIGH ST., COLUMBUS 43207

**American Speech, Language and Hearing Association**  
CONSUMER AFFAIRS DIVISION 1-800-638-8255  
www.asha.org

**Clear Captions** (614) 601-8994  
www.clearcaptions.com  
email: stephanie.blaine@clearcaptions.com  
Captioned phone that displays text of conversations in near-real time on a large color touchscreen so you can see and hear what callers are saying. Call to find out how to get your **free** caption phone.

**Columbus Speech and Hearing Ctr. ®**  
510 EAST N. BROADWAY, COLUMBUS 43214 (614) 263-5151  
TTY (614) 263-2299, ext. 513  
www.columbusspeech.org  
Free hearing screenings and donor hearing aid program.

**Deaf Services Center** (614) 841-1991  
5830 N. HIGH ST., WORTHINGTON 43085  
OPERATES SOUTHWEST COMMUNITY CENTER OF THE DEAF  
www.dsc.org  
Interpreting, referral and support in public assistance, Social Security, social service and adult education regarding income tax, health and budgeting.

**Franklin County Senior Options** (614) 525-6200  
TDD 1-800-750-0750  
FRANKLIN CO. OFFICE ON AGING, 280 E. BROAD ST., 3RD FL., 43215

**HandsOn Central Ohio** (614) 221-6766

**Hear USA** (614) 764-1510  
7136 MUIRFIELD RD., DUBLIN 43017

**Independent Living Aids** 1-800-537-2118  
An infrared headset enables you to listen to the TV, stereo or VCR at a louder volume than others in the room.

**Luebbe Hearing Services ®**  
5074 N. HIGH ST., COLUMBUS 43214 (614) 431-1010

**Nordstar Audiology and Balance Ctr. ®** (614) 834-4364  
417 HILL RD. N, PICKERINGTON 43147

**Ohio Ear Institute ®** (614) 891-9190  
387 COUNTY LINE RD. W, STE. 115, WESTERVILLE 43082

**Ohio ENT ®** (614) 273-2230  
1810 MACKENZIE DR., COLUMBUS 43220

**Ohio Message Relay Service** 1-800-750-0750  
NEW CUSTOMER SERVICE 1-800-676-3777  
24-hour access to phone lines. Enables hearing impaired persons who use TTY devices to communicate with telephone users who do not use TTY devices.

**Professional Hearing Care Services** (614) 447-9671  
3006 N. HIGH ST., STE. C, COLUMBUS 43202  
www.prohcs.com

**South East, Inc.** (614) 225-0990  
DEAF TEAM, 16 W. LONG ST., COLUMBUS 43215  
Provides case management, health and mental health services, advocacy, training, and info and referral.

#### **REMEMBER**

Most diabetic and respiratory equipment and supplies are covered by Medicare. These include syringes, test strips, glucometers, and lancets for diabetics, and nebulizers, oxygen tubing and some unit dose medication solutions for those with respiratory problems. Check with your doctor for more information.

**Westerville Public Library** (614) 882-7277  
126 S. STATE ST., WESTERVILLE 43081  
www.westervillelibrary.org

#### ■ **DELAWARE COUNTY**

**Delaware Speech & Hearing Center** (740) 369-3650  
494 W. CENTRAL AVE., DELAWARE 43015  
www.delawareshc.org

#### ■ **FAIRFIELD COUNTY**

**Fairfield Medical Center**  
**Speech Pathology** (740) 687-8152 or (740) 687-8948  
1143 E. MAIN ST., LANCASTER 43130

#### ■ **LICKING COUNTY**

**Clear Choice Hearing Center** (740) 344-1304  
88 McMILLAN DR., #A, NEWARK 43055

**Speech and Language Pathology** (220) 564-4000  
LICKING MEMORIAL HOSPITAL, 1320 W. MAIN ST., NEWARK 43055

#### **ADDITIONAL ACCESSIBILITY RESOURCES**

##### **American Automobile Association (AAA)**

Lists accessibility for those with hearing impairments and wheelchairs as a feature of the hotels, motels and restaurants included in their annual travel guides.

## **Medical Equipment & Adaptive Devices**

See also *Health Related Agencies*.

® = Passport Provider

**Across the States Construction & Remodeling** ® (614) 424-1496  
Home improvement services. Where perfectness & professionalism meet. See our ad on Page 15.

**ActivStyle** ® 1-800-651-6223

**American Medical Equipment** ® (614) 237-1133  
861 TAYLOR RD., #1, GAHANNA 43230

**Assistive Solution** ® (937) 259-8762  
93R COMPARK DR., DAYTON 45459

**A.T. Ohio** (614) 292-2390 or 1-800-784-3425  
1314 KINNAR RD., COLUMBUS 43212  
www.atohio.engineering.osu.edu  
Works with disabled to promote the availability and utilization of assistive technology for devices and services.

**Capital City Home Improvement** ® (740) 474-4429  
665 GRANITE DR., #A, CIRCLEVILLE 43113

**Clear Captions** (614) 601-8994  
www.clearcaptions.com  
email: stephanie.blaine@clearcaptions.com  
Captioned phone that displays text of conversations in near-real time on a large color touchscreen so you can

**General Electric Answer Center** 1-800-626-2000  
24 HOURS/7 DAYS  
www.geappliances.com

Free Braille overlays/special knobs for visually impaired customers with GE, Hotpoint or post-1988 RCA major appliances. Give model/serial number of your appliance.

#### **Vehicle Adaptation**

COLUMBUS MOBILITY SPECIALISTS (614) 825-8996  
FITZPATRICK'S - GROVEPORT 1-800-545-1102  
MC MOBILITY - PLAIN CITY 1-800-834-8301

#### **ASSISTANCE DOGS**

**Canine Companions for Independence** (740) 548-4447  
4989 S.R. 37 E., DELAWARE 43015  
www.cci.org

Skilled assistance dogs for people with physical disabilities and hearing impairments. M-F, 8 A.M. - 5 P.M.

**Pilot Dogs/Hearing Dogs, Inc.** (614) 221-6367  
625 W. TOWN ST., COLUMBUS 43215  
www.pilotdogs.org

Dogs free of charge to alert for sounds such as knocking, baby crying, alarms and TTY. Teaches people with hearing impairments to work with the trained dog.

see and hear what callers are saying. Call to find out how to get your **free** caption phone.

**National Seating and Mobility** ® (614) 294-5585  
306 E. FIFTH AVE., COLUMBUS 43201

**Dasco Home Medical Equipment** ® (614) 901-2226  
375 N. WEST ST., WESTERVILLE 43082

**Diabetic Supplies** (614) 481-9841 or 1-800-231-3241  
2140 RIVERSIDE DR # 4, COLUMBUS 43221

**The Drug Store Pharmacy** ® (614) 491-3446  
2940 GROVEPORT RD., COLUMBUS 43207

**Duraline Medical Products** ® 1-800-654-3376  
324 WERNER ST., PO BOX 67, LEIPSIC 45856

**Franklin County Senior Options** (614) 525-6200  
TDD 1-800-750-0750  
FRANKLIN CO. OFFICE ON AGING, 280 E. BROAD ST., 3RD FL., 43215  
www.officeonaging.org

**Goodcare by CPCI** ® (740) 652-9250  
242 W. SIXTH AVE., LANCASTER 43130

**Healthcare Online** ® (614) 246-5093  
526 N. CASSADY AVE., COLUMBUS 43209

**Home Care Delivered** ® 1-800-565-6167

**Home Products Healthcare** ① 1-800-425-1101  
1250 W. DOROTHY LN., STE. 303, DAYTON 45409

**Hoveround Corp.** 1-800-542-7236

**Ideal Medical Supply, Inc.** 1-866-405-0861

**J & J Mobility** ① (740) 417-9240  
884 STRATFORD RD., DELAWARE 43015

**Lorraine Surgical Supply Co.** ① (216) 281-4777

**Medical Service Company** ① 1-877-974-2865  
1740 HARMON AVE., UNIT G, COLUMBUS 43223

**MedScope America** ① 1-800-645-2060

**Paradyne Medical Services** 1-866-557-0080  
3996 KENT RD., BLDG. A, STOW 44224

**Patriot Medical** ① (614) 888-8452  
651 BEAR RUN LN., LEWIS CENTER 43035

**Rehab Medical of Columbus** ① (614) 430-8936  
480 E. WILSON BRIDGE DR., #F, WORTHINGTON 43085

**Sonshine Medical** ① (330) 491-0041  
6590 MIDDLEBRANCH AVE. NE, CANTON 44721

**Stateline Medical Equipment** ① (937) 452-6270

**Stuart Medical Services** ① (513) 687-9681  
3864 McMANN RD., STE. B, CINCINNATI 45245

**United Patient Care, Inc.** ① (937) 644-8554  
702 MILFORD AVE., MARYSVILLE 43040

■ **FAIRFIELD COUNTY**  
**Hanger Orthopedics** (740) 654-1884  
111 N. EWING ST., LANCASTER 43130

■ **FAYETTE COUNTY**  
**Fayette Commission on Aging** (740) 335-2159  
1179 S. ELM ST., WASHINGTON COURT HOUSE 43160  
Loan closet has wheelchairs, walkers, canes and other items available from donations.

■ **LICKING COUNTY**  
**Arensberg Pharmacy #2** (740) 344-2192  
1650 W. CHURCH ST., NEWARK 43055

**Capital Prosthetic and Orthotic Ctr.** (740) 522-3331  
55 S. TERRACE AVE., NEWARK 43055

*Tell them you saw it in...  
Older Adults!*

# Medicaid Eligible?

Your loved one  
may be eligible for  
**incontinence products**  
under Ohio Medicaid and  
PASSPORT benefits.



OHIO  
MADE

**FREE Sample!**  
**1-866-245-9006**

Mention code: **OA19**

**SELECT**  
Incontinence Products

**ComfortCare**  
Incontinence Products

Products from the makers of

**TRANQUILITY**  
PREMIUM PROTECTION  
[www.TranquilityProducts.com](http://www.TranquilityProducts.com)

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\*Incontinence Products Proudly Made in the U.S.A. from domestic and imported materials (except item #2602)



**Helping Hands** (614) 837-3732  
 235 DILEY RD. N, PICKERINGTON 43147  
 Loans walkers, wheelchairs, crutches, canes, beds, etc.

### ■ **MADISON COUNTY**

**Madison County Senior Center** (740) 852-3001  
 280 W. HIGH ST., LONDON 43140  
 Wheelchairs, shower benches, potty chairs, walkers  
 and canes for loan.

### ■ **UNION COUNTY**

**VFW Post 3320** (937) 644-1080  
 15237 INDUSTRIAL PKWY., MARYSVILLE 43040  
 Loans out equipment for short periods of time (canes,  
 wheelchairs, hospital beds, walkers, crutches, etc.).

## INCONTINENCE

**Principle Business Enterprises – Tranquility  
 Incontinence Products** 1-800-467-3224, ext. 7  
 PO BOX 129, DUNBRIDGE, OH 43414-0129  
[www.tranquilityproducts.com](http://www.tranquilityproducts.com)

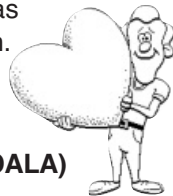
**Ohio-made Tranquility Brands of Incontinence  
 Products.** Ask your medical supply provider for **Ohio-  
 made Tranquility brand(s) of Incontinence Products!**  
 Tranquility Brands are manufactured near Bowling  
 Green, Ohio, and are the MOST absorbent  
 incontinence products available to consumers on  
 Ohio Medicaid & Waiver programs. SUPPORT Ohio-  
 made Tranquility brand(s) of incontinence products  
 for those on Ohio Medicaid & Waiver programs.  
 Call for a FREE sample, and a list of Ohio-made  
 Tranquility Brands of incontinence products providers.

## HELPFUL HOUSING WEBSITES

### NURSING HOME DATABASE

[www.medicare.gov](http://www.medicare.gov) or [www.ltcoho.org](http://www.ltcoho.org)

The Federal government keeps a database of the  
 over 17,000 nursing homes in the United States.  
 Information is available on 10 quality indicators,  
 examining such things as the prevalence of physical  
 restraints at a facility and the percentage of residents  
 who have bed sores. Also available is information  
 found during annual inspections, such as  
 deficiencies and complaint investigation.  
 The information can also be accessed  
 by calling **1-800-MEDICARE**.



**THE OHIO ASSISTED LIVING ASSOCIATION (OALA)**  
[www.ohioassistedliving.org](http://www.ohioassistedliving.org)

OALA has recently produced a Directory of Assisted  
 Living Residences in Ohio. The directory contains in-  
 depth information on services, fees and special  
 programs offered by facilities. The directory is also  
 available at your public library and hospitals.

*Tell them you saw it in...Older Adults!*

### Incontinence is...

- The loss of bladder or bowel control;
- A medical condition, not a disease;
- Not a "normal" part of growing old or the aging process;
- A common condition that affects approximately 25 million Americans;
- Treatable – a variety of options are available.

### It is essential to contact a health professional to determine the specific cause of incontinence.

There are many specialists available to assist in the assessment of bladder control conditions and to provide further information on treatment options. Organizations which can assist you with information on treatment, products and services available include:

**Simon Foundation for Continence** 1-800-23-SIMON  
[www.simonfoundation.org](http://www.simonfoundation.org)

**Natl. Assoc. for Continence (NAFC)** 1-800-BLADDER  
[www.nafc.org](http://www.nafc.org)

## MEDICAL EMERGENCY RESPONSE SYSTEMS

These systems allow a person to wear a remote button around the neck or wrist and summon help 24 hrs a day. In voice or non-voice activated units, an alert goes out to a response center which tries to contact the subscriber, then pre-designated persons if necessary. Some systems have a timer option where, if the person does not reset a button every 24 hours, an alert is sent to the response center.

### Providers:

**ADT Security Systems** ® .....1-877-456-1787  
**AlternaCare Visiting Aides** ® .....(740) 653-2224  
**Alert One** .....1-800-693-5433  
**Alerts 911** .....(561) 332-1500  
**ConnectAmerica.com** ® .....1-800-215-4206  
**Critical Signal Technologies** ® .....1-888-557-4462  
**Fayette County Memorial Hospital** ... (740) 333-2945  
**First Response Monitoring** ® .....(614) 818-4077  
**Guardian Medical Monitoring** ® .....1-888-349-2400  
**Habitec Security** ® .....(419) 534-4697  
**Healthcom** ® .....1-800-525-6237  
**Home Medical Monitoring** .....(614) 868-0918  
**MedScope America** ® .....1-800-645-2060  
**Older Adult Alternatives of Farfield Co.** ® 1-888-349-2400  
**Philips Lifeline** ® .....1-800-368-2925  
**Rural Metro Helpline** ® .....(216) 242-0033  
**Schmidt Security Pro** ® .....(419) 526-4747  
**Security One** ® .....(614) 868-0918  
**Target Microsystems** ® .....(740) 928-2276  
**VRI** ® .....1-800-860-4230

## Health and Wellness Programs

Health Departments provide a variety of health services including flu and pneumonia vaccines and various health screenings at area senior centers and community locations.

**American Red Cross** (614) 253-2740  
 995 E. BROAD ST., COLUMBUS 43205  
**FAYETTE COUNTY** (740) 335-3101  
 201 S. MAIN ST., BOX 833, WASHINGTON COURT HOUSE 43160  
**DELAWARE COUNTY** (740) 362-2021 or 548-7300  
 380 HILLSMILLER RD., DELAWARE 43015  
**FAIRFIELD COUNTY** (740) 687-5585  
 121 W. MULBERRY, LANCASTER 43130  
**LICKING COUNTY** (740) 349-9442  
 143 S. 30TH ST., NEWARK 43055  
**MADISON COUNTY** (740) 845-9939  
 21 W. 5TH ST., LONDON 43140  
**PICKAWAY COUNTY** (740) 474-5736 or 207-5054  
 1180 N. COURT ST., STE. C2, CIRCLEVILLE 43113  
**UNION COUNTY** (937) 642-6651  
 112 E. 5TH ST., MARYSVILLE 43040  
 Blood pressure screenings, first aid and CPR training,  
 and senior disaster preparedness classes.

**Fayette County Health Department** (740) 335-5910, (740) 335-2159  
 Blood pressure screenings and flu shots. Walking,  
 exercise, health and nutrition education programs.

**Fire Division, Office of Comm. Relations** (614) 645-7377  
 3639 PARSONS AVE., RM., 146, COLUMBUS 43207  
[www.fire.columbus.gov](http://www.fire.columbus.gov)  
 Blood pressure checks at fire stations. Speakers, Smoke  
 Detector Program, slide programs and literature.

**“Healthy, Well & Wise”** (614) 645-3875  
 CENTRAL OHIO AREA AGENCY ON AGING or 1-800-589-7277  
 3776 SOUTH HIGH ST., COLUMBUS 43207  
[www.coaaa.org](http://www.coaaa.org)

Skilled and experienced presenters provide free 30-minute to one-hour presentations on a variety of health-related topics at community meetings of 10 or more.

**Healthy U:** Free 6 week workshop proven to help people with chronic conditions and or diabetes self-manage their condition better. It's never too late to start a path to healthier living.

**Matter of Balance:** See Page 10 for information.

**Medicare for Beginners Workshop:** A no-sale, unbiased presentation about your Medicare options. Held at COAAA. Call for schedule. RSVP requested.

**Caregiver Workshops: Tools for Independent Living:** Series of presentations for individuals and families covering the caregiving continuum.

**Licking County Health Department** (740) 349-6535  
 675 PRICE RD., NEWARK 43055

**Madison County Senior Center** (740) 852-3001  
 280 W. HIGH ST., LONDON 43140

Blood pressure and glucose screenings county-wide, in-home assessments and visits, health education.



### Doctor Visit Checklist

Most people forget what they want to ask their doctor, or they think their doctor is too busy to spend extra time with them. Remember, this is scheduled time with the doctor. You're entitled to answers to your questions. In order to make the most of your visit to the doctor, it's important to be prepared. Use this helpful checklist to prepare for your next visit.

#### Prior to a Doctor Visit (take this with you):

1. Write down your questions.
2. Write down changes in your symptoms or condition.
3. Take a copy of your prescription formulary list – you can find it in your insurance company enrollment packet or at your insurance carrier's website.
4. Write down alternative treatments or medications that you'd like to discuss with your physician.
5. Make a list of the current medications you're taking (over the counter and prescriptions).
6. Other:

#### During Your Doctor Visit:

1. If your doctor prescribes a name brand medication, ask about a generic. Doing so may help you save on out-of-pocket costs.
2. Ask if the prescribed medication is on your formulary list (give your doctor a copy). Using medications on the list can help you save on out-of-pocket costs. Visit your insurance carrier's website to print out a copy of the formulary list.
3. Ask your doctor for samples of the medication he/she prescribed. This way you can try the medication for a few days to see if it's effective for you. If it is, then you can fill your doctor's prescription; if not, it hasn't cost you anything.
4. Be sure to review the list of symptoms, questions and medications that you've prepared.
5. When appropriate, talk to your doctor about other treatment options. Make sure you're well informed. Discuss which treatment would be most beneficial and cost-effective for you.
6. Other:

*Tell them you saw it in...Older Adults!*

**Memorial Hospital of Union County Health Center** (937) 578-2580 or 1-800-686-4677, ext. 2580  
500 LONDON AVE., MARYSVILLE 43040

**Olivedale Senior Center (Fairfield Co.)** (740) 687-6655  
253 BOVING RD., LANCASTER 43130  
Exercise pool, exercise equipment and instruction.

## Hospice Care

Hospice is an option when a patient is determined to have a life-limiting illness that is no longer responding to treatment or the patient has decided to forgo any further treatment for their illness. Hospice then provides care at the end of life- treating symptoms like pain, shortness of breath and anxiety along with addressing the emotional and spiritual needs of the patient and family. Hospice care is provided by an interdisciplinary team made up of physicians, nurses, hospice aides, social workers, chaplains, bereavement managers and trained volunteers. Hospice care can be provided in a variety of settings: in-home, in hospital or in a nursing home. Hospice is covered by Medicare, Medicaid and most private insurance plans.

Hospice is provided to patients who have reached an end stage to any illness such as stroke, heart, lung, kidney and liver disease, dementia, Parkinson's disease and neurological disorders like ALS.

### Components of Hospice Care

- Offers pain-comforting, not curative treatment
- Treats the person, not the disease
- Emphasizes quality, rather than length of life
- Considers the entire family, not just the patient
- Help and support to patient and family on a 24-hr. basis

Hospice services are provided by a team of trained professionals including physicians, nurses, counselors, clergy, social workers, therapists, aides and volunteers. Not all hospice providers can give the same level of care in the home setting. Ask if the hospice provider offers Intensive Comfort Care. This is a level of care offered under the Medicare hospice benefit that enables the patient to remain at home during increased times of symptoms. A patient's home could be their private home, retirement community, assisted living facility or nursing home. With Intensive Comfort Care - i.e., Continuous Care - there can be up to 24 hour care provided (but at least 8 hours during a 24 hour period) at the bedside until the symptoms are improved. This eliminates the need for the patient to leave their home and go into an inpatient unit for this treatment.

**Robert K. Fox Family Y of Fairfield Co.** (740) 654-0616  
465 W. SIXTH AVE, LANCASTER 43130  
Jointly Speaking with the Arthritis Foundation, aqua zumba, waterwalking and water aerobics.

**SUN Behavioral Columbus** (614) 706-2786  
900 E DUBLIN GRANVILLE RD., COLUMBUS 43229

**Union County Family YMCA** (937) 303-9285  
1150 CHARLES LE., MARYSVILLE 43040  
[www.unioncountymca.org](http://www.unioncountymca.org)  
Active older adults exercise classes, shallow water aquasize, warm water aquasize, senior yoga and more.

### PROVIDERS

**Older Adults™** would like to thank the following providers whose support makes the printing of this guide possible.

**Hospice Services at Methodist Elder Care** (614) 451-6700  
124 B DORCHESTER SQ., SUITE 200, WESTERVILLE 43081  
[www.methodisteldercare.org/hospice](http://www.methodisteldercare.org/hospice)  
Hospice Services at Methodist ElderCare focuses on medical and personal comfort for individuals and their caregivers with focus on honoring individual beliefs and traditions.

**VITAS Healthcare** (614) 822-2700  
655 METRO PLACE SOUTH, STE. 770, DUBLIN 43017  
[www.vitas.com](http://www.vitas.com)  
Over 35 years of experience. Bringing the best in hospice services to Central Ohio, the VITAS team reduces cost, provides quality care, manages transitions from one care setting to another, and empowers patients and their family caregivers.

### Other Providers:

Berger Hospice (740) 420-7950 or 1-888-474-3525  
1170 North Court St., Ste. B, Circleville 43113

Fairhope Hospice & Palliative Care (740) 654-7077  
282 Sells Rd., Lancaster 43130

Heartland Hospice (614) 498-6456  
6500 Busch Blvd., Suite 210 Columbus 43229

Hospice of Central Ohio 1-800-804-2505  
2269 Cherry Valley Rd., Newark 43055

### CAREGIVER TIP

Not only does hospice benefit the terminally ill, it also benefits the family through grief support services. Bereavement counseling is available for a year after the loved one has died.





Loving Care Hospice  
56 S. Oak St., London 43140 (740) 852-7755  
779 London Ave., Marysville 43040 (937) 644-1928

Midwest Care Alliance (614) 763-0036 or 1-800-776-9513  
855 S. Wall St., Columbus 43206

Mount Carmel Hospice (614) 234-0200  
1144 Dublin Rd., Columbus 43215

Odyssey HealthCare (614) 414-0500 or 1-877-637-9432  
540 Officecenter Place, Ste. 100, Gahanna 43230

Universal Home Health and Hospice (740) 845-7550  
701 S. Main St., London 43310

## Health-Related Agencies & Services

Most agencies provide advocacy, counseling, support and telephone reassurance. Informational literature is available with a phone call. Services are free unless noted. Most agencies have a speaker's bureau. Hospitals and senior centers provide health and wellness programs.

### AIDS/HIV

Ohio AIDS Information Hotline 1-800-332-2437

### ALCOHOL

#### Alcohol Recovery Program

DELAWARE COUNTY (740) 369-6811  
118 STOVER DR., DELAWARE, 43015  
FAIRFIELD COUNTY (740) 687-4500  
201 S. COLUMBUS ST., LANCASTER, 43130  
FAYETTE RECOVERY CENTER (740) 335-8228  
5 FAYETTE CTR., WASHINGTON COURT HOUSE 43160  
LICKING COUNTY (740) 366-7303  
62 E. STEVENS ST., NEWARK 43055  
PICKAWAY COUNTY (740) 477-1745  
319 LOGAN, CIRCLEVILLE 43113  
UNION COUNTY (CONSOLIDATED CARE) (937) 644-9192  
715 S. PLUM ST., MARYSVILLE 43040

#### Alcoholics

**Anonymous** (614) 253-8501 or 1-800-242-1729  
651 W. BROAD ST., COLUMBUS 43215  
[www.aacentralohio.org](http://www.aacentralohio.org)

Central Ohio Group Fellowship serves 22 counties.  
Call for info, times for AA meetings and 12 step contacts.

### ARTHRITIS/LUPUS

**Arthritis Foundation,**  
**Central Ohio** (614) 876-8200 or 1-888-382-4673  
3740 RIDGE MILL DR., HILLIARD 43026  
FAIRFIELD COUNTY BRANCH (740) 654-4334  
[www.arthritis.org](http://www.arthritis.org)

Information and doctor referral, self-help courses, support groups and arthritis aquatics. Home assessments based on financial need. Most fees based on ability to pay.

**National Fibromyalgia Partnership** 1-866-725-4404  
PO BOX 2355, CENTREVILLE, VA 20122

Information, lists of support groups and phone advice to those experiencing symptoms of fibromyalgia.

### TAKE NOTE

Arthritis ranks as the number one cause of disability in the US. Of the 40 million Americans suffering from arthritis, more than 15 million are age 65+. For about 7 million, arthritis limits the ability to perform everyday tasks such as dressing, climbing stairs, getting in and out of bed and walking.



### Lupus Foundation of America - Greater Ohio Chapter

1-888-665-8787

12930 CHIPPEWA RD., BRECKSVILLE 44141

Provides information and support groups.

### ASTHMA/ALLERGY

See *Lung Association*.

### CANCER SUPPORT

#### American Cancer Society

HOTLINE 1-800-227-2345 or 1-888-ACS-OHIO  
5555 FRANTZ RD., DUBLIN 43017  
[www.cancer.org](http://www.cancer.org)

Research, prevention, early detection, patient support services, mammography support program and more.

### PEOPLE FIRST LANGUAGE

People First Language focuses on the person first, the disability last. It describes what the person has, not what he/she is. No one "suffers from," or "is afflicted with" or is a "victim of" anything! Nor is anyone "wheelchair-bound." There are people who USE wheelchairs. Their wheelchairs allow them the freedom to go where they want to go! People First Language to use...

- People with disabilities - not disabled person
- People with intellectual disabilities or he has a cognitive disability
- My son has autism - not autistic son
- She has Down Syndrome
- He is a person with a seizure disorder
- He uses a wheelchair
- She has a developmental disability
- He has no speech
- She has a learning disability
- She has an emotional disturbance
- Typical instead of "normal"

## **How to Communicate Your Loved One's Symptoms Regarding Overall Well Being, Pain and More**

### **Overall Well-being**

- ☐ Is the patient eating well? Any sudden changes in diet or fussiness about eating? Any sudden cravings?
- ☐ Is his weight stable? If not, what is happening?
- ☐ Is he sleeping well? Unable to fall asleep? Wakes up and is unable to go back to sleep? Has nightmares? Sleeps restlessly?
- ☐ Is he getting some kind of exercise? Suddenly doing more or less than typical?
- ☐ Is there any sign of abuse or neglect that you've noticed? If so, what is it?

### **General Condition**

- ☐ Does the patient seem to have "slowed down" noticeably since the last visit? If so, in what way?
- ☐ Does he have any unusual bleeding? Where? How much?
- ☐ Does he seem to be breathing easily? If not, what is the quality of the breathing?  
Rapid Shallow Gasping Rattling Other \_\_\_\_\_
- ☐ Does he cough when he eats or drinks?
- ☐ Is his digestive system working well? If not, what seems to be the matter?  
Excessive gas Heartburn Diarrhea Constipation Other \_\_\_\_\_
- ☐ Are his limbs moving as they usually do? Is he struggling to handle things?
- ☐ Have any rashes or welts appeared recently? Where? What do they look like?
- ☐ Has a mole changed shape or become dark? Has a new one appeared somewhere? If so, where?
- ☐ In general, does the treatment plan seem to be working? If not, what seems to be wrong?
- ☐ Is a particular problem the reason for this office visit? If so, what are the major symptoms or concerns?

### **Pain**

- ☐ Is the patient complaining about pain? What does he say it feels like?  
Sharp Stabbing Dull Pounding Achy Tingling Other \_\_\_\_\_
- ☐ Where is it located?  
All over Headache Abdomen Limbs  
Other location \_\_\_\_\_
- ☐ On a scale of 1-10, with 1 being no pain and 10 being the worst pain imaginable, how does the patient rate his pain?
- ☐ How long has the pain lasted?
- ☐ Does it move around or stay in one place?
- ☐ Does it come and go, or is it there all the time?
- ☐ Does the pain seem to occur in relation to something else (e.g., eating, standing up suddenly, while reaching for something overhead)?
- ☐ Is there anything that makes the pain better or worse?
- ☐ Does pain medication help? If so, how much?

### **Medications**

- ☐ Is the patient taking his medications on time? At the prescribed dose? If not, what seems to be going wrong?
- ☐ Is he complaining about or suffering from any side effects? If so, what are they (drowsiness, hyperactivity, etc.)?
- ☐ Does anything seem to have suddenly changed in his response to medication? If so, what is it?
- ☐ Did he stop taking a medication for any reason? If so, why and what happened as a result?

### **Emotional & Mental Well-being**

- ☐ Does the patient seem to be as mentally sharp and alert, or has there been a noticeable decrease in mental function? What are the symptoms?
- ☐ How is his memory, both long-term and short-term? Has it changed recently? If so, in what way?
- ☐ Can he still do and enjoy activities as in the past? Has something suddenly become boring or unpleasant?
- ☐ Does he feel responsible for being ill and/or angry about his condition?
- ☐ Does he fear the truth and put off doctor visits based on what he thinks the doctor may say about his problem?
- ☐ Is he able to laugh and enjoy life?
- ☐ Does he seem to be more emotionally overwrought than usual? In what way?  
Anxious Depressed Fearful Sad Hyped-up Excitable  
Other \_\_\_\_\_

### **Spiritual Well-being**

- ☐ Are there any restrictions on treatment that need to be considered due to the patient's spiritual beliefs or practices? If so, what are they?
- ☐ Has the patient continued his usual spiritual practices (e.g., going to church, meditation, saying the rosary, prayer, using a home altar)? If not, what has changed?
- ☐ Has he started expressing doubts about faith or spiritual practices?
- ☐ Does he seem more reflective and quiet than usual? If so, does this seem to be okay?
- ☐ Is he starting to talk about wanting to "go home" in the sense of dying?

### **Other Conditions**

Each illness has its own set of unique symptoms. Ask your doctor if there are particular symptoms that should be monitored.

*Excerpted from Communicating Effectively with Healthcare Providers*

©National Family Caregivers Association  
[www.nfcares.org](http://www.nfcares.org) 800/896-3650

**Breast Cancer Support Groups** (614) 566-3498  
RIVERSIDE HOSP., ELIZABETH BLACKWELL CTR.  
Held the 2nd Wed. of each month at 7 P.M.

**Cancer Resource Center** (740) 348-1996  
LICKING HOSPITAL, 1320 W. MAIN ST., 5TH FL., NEWARK 43055

**Cancer Support Community  
Central Ohio** (614) 884-4673  
1200 OLD HENDERSON RD., COLUMBUS 43220

## DENTAL

**Clevemore Family Dentistry** (614) 269-7594  
4533 CLEVELAND RD., COLUMBUS 43231  
Somali speaking dentist.

**Columbus Dental Society** (614) 895-2371  
663F PARK MEADOW RD., WESTERVILLE 43081  
Referral service for low income. Not a dental office.

**Dental Options** 1-888-765-6789

**Physicians Care Connction** (614) 884-2441  
240 PARSONS AVE., COLUMBUS 43215

## DIABETES

**See also** National Federation of the Blind's *Voice of the Diabetic* under *Visual Disabilities*.

**Central Ohio Diabetes Association** (614) 884-4400  
1100 DENNISON AVE., COLUMBUS 43201  
FAYETTE MEMORIAL HOSPITAL DIETICIAN (740) 333-2777  
1430 COLUMBUS AVE., WASHINGTON COURT HOUSE 43160  
MADISON CO., 210 N. MAIN ST., LONDON 43140 (740) 845-7232  
www.diabetesohio.org  
Free blood tests, education and nutrition counseling.  
Limited medical supplies if eligible.

**American Diabetes  
Association** 1-800-342-2383 or (614) 436-1917  
471 E. BROAD ST., STE. 1630, COLUMBUS 43215  
www.diabetes.org  
Provides patient education support groups, books,  
video tapes, pamphlets and other resource materials.

**Diabetic Supplies** (614) 481-9841 or 1-800-231-3241  
2140 RIVERSIDE DR # 4, COLUMBUS 43221

## TAKE NOTE

Of the 16 million Americans who have diabetes, only half are diagnosed. Over three million sufferers of diabetes are age 65+. Complications from diabetes include blindness, amputation, heart disease, kidney failure and premature death.



## EPILEPSY

**Epilepsy Alliance  
Ohio** (614) 725-1031 or 1-877-804-2241  
3857 N HIGH ST., STE. 206, COLUMBUS 43214  
www.epilepsy-ohio.org

**OSU Comprehensive Epilepsy  
Program** (614) 293-4969  
2050 KENNY RD., 7TH FL., COLUMBUS 43221  
Counseling to assist patients to live independently.

## HEART

**American Heart & Stroke  
Association** (614) 848-6676 or 1-800-282-0291  
5455 N. HIGH ST., COLUMBUS 43214  
www.americanheart.org  
Education, research and community service programs to reduce early death or disability. Free literature on by-pass surgery, cholesterol control, heart problems, high blood pressure and pacemakers.

## KIDNEY

**National Kidney Foundation  
of Ohio** (614) 882-6184 or 1-800-242-2133  
2800 CORPORATE EXCHANGE DR., STE. 260, COLUMBUS 43231  
www.nkfofOhio.org  
Emphasizes education about the organ donor program and kidney disease prevention. Provides some direct services to patients referred by social workers.

## LEUKEMIA

**Leukemia & Lymphoma Society** (614) 476-7194  
2225 CITY GATE DR., STE. E, COLUMBUS 43219  
www.lls.org  
Aid up to \$100 for drugs, blood transfusions, x-ray therapy and costs to treatments. Education and referral..

## LUNG

**American Lung Association of  
Midland State** (614) 279-1700 or 1-800-LUNG-USA  
5900 WILCOX PL., DUBLIN 43016  
www.midlandlung.org  
Public education and outreach, smoking cessation and programs for those with chronic lung problems.

**The Breathing Association** (614) 457-4570, ext. 124  
1520 OLD HENDERSON RD., COLUMBUS 43220  
Help people stop smoking through behavior changing counseling, patches and gum.



## Caregiver Emergency Help Guide



**Complete this form for easy reference if you need help. Post in a place obvious to friends, family and emergency personnel.**

Doctor's Name/Phone \_\_\_\_\_

Clergy Name/Phone \_\_\_\_\_

Hospital Choice \_\_\_\_\_

Full Name of Patient \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Social Security No. \_\_\_\_\_

Medicare # \_\_\_\_\_ Medicaid # \_\_\_\_\_

Veteran/Military I.D. \_\_\_\_\_

Health Insurance Carrier/Policy No. \_\_\_\_\_ Phone \_\_\_\_\_

Add'l Insurance Carrier \_\_\_\_\_

Policy No. \_\_\_\_\_ Phone \_\_\_\_\_

### WHO TO CALL

Name/Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name/Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Accountant/Phone \_\_\_\_\_

Insurance Agent/Phone \_\_\_\_\_

Lawyer/Phone \_\_\_\_\_

### MEDICATIONS, DOSAGE, AND FREQUENCY (INCLUDE OVER-THE-COUNTER IF USED REGULARLY)

Pharmacy \_\_\_\_\_ Phone \_\_\_\_\_

Medication	Prescription No.	Dosage	Prescribed By

Allergies \_\_\_\_\_

Health History/Health Problems \_\_\_\_\_

### TAKE NOTE

**Fighting Inflammation.** Eat at least 3 servings weekly of foods rich in omega-3 acids, including fish (salmon, tuna, trout, mackerel, herring or sardines) and flaxseed (available at health food stores and some drug stores). It also helps to lose weight and exercise.

### NEUROMUSCULAR DISEASES

**ALS Association** CENTRAL OHIO (614) 273-2572  
1170 OLD HENDERSON RD., STE. 221, COLUMBUS 43220  
[www.alsohio.org](http://www.alsohio.org)

Group meetings, telephone support and equipment loans to help with communication and daily living.

**Muscular Dystrophy Association** (614) 841-1014  
500 W. WILSON BRIDGE RD., STE. 105, WORTHINGTON 43085  
[www.mdausa.org](http://www.mdausa.org)

Diagnostic service, follow-up clinic service, physical, occupational and respiratory therapy, genetic counseling.

**National Multiple Sclerosis Society** 1-800-344-4867  
OHIO BUCKEYE CHAPTER (614) 880-2290  
651 G LAKEVIEW PLAZA BLVD., WORTHINGTON 43085  
[www.msohiobuckeye.org](http://www.msohiobuckeye.org)

Limited financial assistance to people with MS. MS Peer Connection, support groups and publications. Also transportation for medical appointments.

### PARKINSON'S DISEASE

**Parkinson's Foundation Ohio** (614) 890-1901 or 1-866-920-6673  
PARKINSON CARELINE (614) 682-9900  
2800 CORPORATE EXCHANGE DR., STE. 360, COLUMBUS 43231  
[www.ParkinsonOhio.org](http://www.ParkinsonOhio.org)

Free literature, monthly newsletter, support groups, community exercise and speech classes.

### STROKE

**Mount Carmel** (614) 234-5160  
[www.mountcarmelhealth.com](http://www.mountcarmelhealth.com)

Stroke support group 3rd Tues. of the month. Call for details. Transportation assistance available.

**OSU Stroke Center** (614) 293-4969  
2050 KENNY RD., 7TH FL., COLUMBUS 43221

### IMPROVING BALANCE

Try this exercise to help improve your balance. Stand to the side of a counter and put your hand on it for support. Position one foot directly in front of the other; the heel of the front foot should just touch the toes of the back foot. Distribute your weight evenly on both feet. Steady yourself and let go of the counter. Hold the position for 10 seconds.



**☛ Is Staying at Home the Healthiest or Best Financial Alternative?** Here are questions for consideration and a worksheet to help you decide.

#### CONSIDERATIONS

- Are you eating right?
- Who can be there to help you when you are sick?
- Are you taking proper care of your home?
- Do you feel safe?
- Are you lonely?
- Can you get out in the winter when you need banking services, groceries and medicine?
- How do you get to church, shopping and doctor's appointments?
- Are you afraid of falling?

#### MONTHLY EXPENSES

	At Home	Retirement Community or Senior Apt.
<b>Major Household</b>		
Property taxes	\$ _____	\$ _____
Home insurance	\$ _____	\$ _____
Air conditioning/heat	\$ _____	\$ _____
Water	\$ _____	\$ _____
Mortgage or rent	\$ _____	\$ _____
Condo or association fee	\$ _____	\$ _____
<b>Maintenance</b>		
General home repairs	\$ _____	\$ _____
Accessibility repairs	\$ _____	\$ _____
Trash removal/recycling	\$ _____	\$ _____
Lawn care	\$ _____	\$ _____
Household chores	\$ _____	\$ _____
Painting	\$ _____	\$ _____
Cleaning	\$ _____	\$ _____
Exterminating	\$ _____	\$ _____
Security system	\$ _____	\$ _____
<b>Personal</b>		
Groceries	\$ _____	\$ _____
Laundry	\$ _____	\$ _____
Emergency response system	\$ _____	\$ _____
Car or bus expenses/insurance	\$ _____	\$ _____
Medication reminders	\$ _____	\$ _____
Cable TV	\$ _____	\$ _____
Health club fee/exercise programs	\$ _____	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>	<b>\$ _____</b>

## Housing & Skilled Health Care Facilities

#### *Handy forms and guides in this section:*

Is Staying at Home the Healthiest or Best Financial Alternative? . . . . .	103
Independent/Assisted Living Checklist . . .	111
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#### *Advertisers offering services in this section:*

Across the States Construction & Remodeling . . . . .	15
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Mayfair Village Senior Living Community, Mayfair Village Nursing Center . . . . .	9
Wesley Glen, Wesley Ridge . . . . .	11
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*Tell them you saw it in...Older Adults!*

# Housing Options

## See Glossary of Terms

There are numerous public and private housing facilities which are specifically designed for older adults. Many apartment units have been built especially for older persons. Some apartment houses may be the site of a senior center or congregate meals. Others have transportation and outreach with a nearby senior center.

### INFORMATION AND ASSISTANCE

#### Columbus Housing Division

50 WEST GAY ST., COLUMBUS 43215-9040

[www.columbus.gov/housingdivision](http://www.columbus.gov/housingdivision)

Various programs and services provided to the disabled and seniors in need. Must meet eligibility requirements.

**CHORES PROGRAM (614) 258-6392**

Up to \$1,000 worth of materials and labor at no cost.

**HOME MODIFICATION PROGRAM (614) 645-8526**

Up to \$20,000 grant for owner-occupants and renters for persons with disabilities residing in the property.

**DEAF MODIFICATION PROGRAM (614) 841-9991**

Specialized equipment is provided free of charge for owner-occupants or renters for persons with disabilities residing in the property.

**EMERGENCY REPAIR PROGRAM (614) 645-8526**

Up to \$7,500 grant for owner-occupant of single family residential structure (doubles not eligible).

**HOME SAFE AND SOUND INITIATIVE (614) 645-8526**

Up to \$20,000 grant for owner-occupant of single family residential structure (doubles not eligible).

**TOOL LIBRARY (REBUILDING TOGETHER**

**CENTRAL OHIO) (614) 258-6392**

Tools for home repair projects can be borrowed.

**CITY-WIDE ROOF REPLACEMENT PROGRAM (614) 645-8526**

Up to \$20,000 grant for owner-occupant of single family residential structure (doubles not eligible).

**VACANT PROPERTY PREVENTION (614) 645-8526**

Up to \$40,000 low-interest or deferred loan for owner-occupant of single family residential structure (doubles not eligible).

**ACQUISITION AND RELOCATION**

**COMPLIANCE SERVICES (614) 645-6516**

Funds for moving and other eligible expenses determined on a case-by-case basis.

**LEAD SAFE COLUMBUS (614) 645-6739**

Up to \$8,500 grant for lead-based paint hazard control.

**IKOR of Columbus (614) 956-1231**

7866 AVELEEN COURT NORTH, DUBLIN 43016

[www.ikorglobal.com/columbus](http://www.ikorglobal.com/columbus)

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors

are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

#### Long Term

**Care Consultation (614) 645-7250 or 1-800-589-7277**

CENTRAL OHIO AREA AGENCY ON AGING

3776 SOUTH HIGH ST., COLUMBUS 43207

[www.coaaa.org](http://www.coaaa.org)

Free in-home or phone consultation about long-term care options and community-based services that can help keep you or a loved one at home. Will help you assess your needs and available services, discuss eligibility and financial resources, and create a care plan.

**SourcePoint (740) 363-6677 or 1-800-994-2255**

800 CHESHIRE RD., DELAWARE 43015

[www.MySourcePoint.org](http://www.MySourcePoint.org)

Information, referrals, and in-home services that help older adults live safely at home. May be able to provide effective alternatives to nursing home care.

### METROPOLITAN HOUSING AUTHORITIES

Administers public housing for senior citizens and disabled persons and single individuals and families with limited income. Also provides information and applications for Section 8 rent subsidies available to people living in privately owned houses or apartments.

#### Columbus Metropolitan Housing Authority (CMHA)

**ADMISSIONS DEPARTMENT (614) 421-6180**

**SECTION 8 DEPARTMENT (614) 421-6178**

**TTY (614) 421-6209**

880 E. 11TH AVE., COLUMBUS 43211

**DELAWARE/UNION COUNTY (740) 369-1881**

222 CURTIS ST., P.O. BOX 1292, DELAWARE 43015

**FAIRFIELD COUNTY (740) 653-6618**

315 N. COLUMBUS ST., LANCASTER 43130

**FAYETTE COUNTY (740) 335-7525**

121 E. EAST ST., WASHINGTON COURT HOUSE 43160

**LICKING COUNTY (740) 349-8069**

144 W. MAIN ST., NEWARK 43055

**MADISON COUNTY (740) 852-1888**

179 S. MAIN ST., LONDON 43140

**PICKAWAY COUNTY (740) 477-2514**

176 RUSTIC DR., CIRCLEVILLE 43113

### TAKE NOTE

Before spending down assets to pay for nursing home care, make sure to purchase a pre-paid funeral and burial insurance plan.





**ADDITIONAL RESOURCES**

**Columbus Urban League** (614) 258-8475  
 788 MT. VERNON AVE., COLUMBUS 43203  
 Helps in landlord/tenant disputes, listing of low income housing, discrimination, general housing information and foreclosure counseling.

**Licking Co. Coalition for Housing** (740) 345-1970  
 23 1/2 S. PARK PL., STE. 200, NEWARK 43055

**Long Term Care Ombudsman Program** (614) 345-9198 or 1-800-536-5891  
 EASTER SEALS CENTRAL AND SOUTHEAST OHIO,  
 3830 TRUEMAN COURT, HILLIARD 43026  
 Serves Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union co's. Assists residents of certified and licensed facilities (nursing homes, adult care, residential care and foster homes) with problems, questions, or complaints about their care or rights violations and consults regarding adult care placements. Also serves recipients of community-based services.

**Senior Transition Services** (614) 783-5461  
 5564 SHERRICK DR., CANAL WINCHESTER 43110  
 Assists with moving, packing and unpacking, etc.

**FORECLOSURE ASSISTANCE**

If you are going through or facing foreclosure in Franklin Co., there are several resources that can assist you!

Homeport (formerly Columbus Housing Partnership)  
 (614) 221-8889  
[www.homeportohio.org](http://www.homeportohio.org)

Housing Services Department  
 (614) 257-6300 ext 300 / Fax: (614) 257-6316  
[www.cul.org](http://www.cul.org)

HandsOn Central Ohio  
 (614) 221-6766  
[www.handsoncentralohio.org](http://www.handsoncentralohio.org)

Homes on the Hill CDC  
 (614) 275-4663  
[www.hoth-cdc.org](http://www.hoth-cdc.org)

Legal Aid Society of Columbus  
 (614) 241-2001  
[www.columbuslegalaids.org](http://www.columbuslegalaids.org)

Mid-Ohio Regional Planning Commission  
 (614) 233-4181  
[www.morpc.org](http://www.morpc.org)

The Franklin County Treasurer's website has more information on these resources and more at [www.franklincountyohio.gov/treasurer](http://www.franklincountyohio.gov/treasurer) - click the "Foreclosure Intervention" tab on the left side.



1001 Parkview Blvd.  
 Columbus, OH 43219  
[kensingtoncolumbus.com](http://kensingtoncolumbus.com)

Contact us today for a tour:  
 (614) 252-5276

**Independent, Assisted Living & Memory Care**

- Customized assisted living care
- 24-hour on-site licensed nurse
- 24-hour emergency response system
- Scheduled transportation
- Daily activities
- Short term respite available

*Love where you live!*

**HOMESTEAD EXEMPTION**

Homeowners age 65+ or permanently disabled may be eligible for a reduction in their property tax. Application must be made Between 1st Monday in January and 1st Monday in June. Also applies to owners of house trailers.

**County Auditor's Offices**

<b>FRANKLIN COUNTY</b>	(614) 525-3240
373 S. HIGH ST., 21ST FL., COLUMBUS 43215	
<b>DELAWARE COUNTY</b>	(740) 833-2900
140 N. SANDUSKY ST., DELAWARE 43015	
<b>FAIRFIELD COUNTY</b>	(740) 652-7020
210 E. MAIN ST., LANCASTER 43130	
<b>FAYETTE COUNTY</b>	(740) 335-6461
133 S. MAIN ST., STE. 303, WASHINGTON COURT HOUSE 43160	
<b>LICKING COUNTY</b>	(740) 670-5040
20 S. SECOND ST., NEWARK 43055	
<b>PICKAWAY COUNTY</b>	(740) 474-4765
COURTHOUSE, 207 S. COURT ST., CIRCLEVILLE 43113	
<b>MADISON COUNTY</b>	(740) 852-9717
P.O. BOX 47, LONDON 43140	
<b>UNION COUNTY</b>	(937) 645-3003
233 W. SIXTH ST., P.O. BOX 420, MARYSVILLE 43040	

**CAREGIVER TIP**

Stroke is the leading cause of adult disability and the third leading cause of death in the United States. Unfortunately, most people do not know the warning signs of stroke or seek immediate medical attention when they occur. The warning signs of stroke are:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body;
- Sudden confusion or trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination;
- Sudden severe headache with no known cause.



## Home Improvement & Chore Services

Many neighborhood organizations assist with minor housing repair needs. Senior Centers often keep lists of reliable, reputable and reasonable repair services. Minor home repair can be obtained for persons in need who are age 60 and older, income eligibility criteria apply. Call **Franklin County Senior Options at (614) 525-6200.**



### Across the States Construction & Remodeling ®

**(614) 424-1496**

Home improvement services. Where perfectness & professionalism meet. See our ad on Page 15.

### Columbus Department of Development, Housing Division **(614) 645-7277**

**Emergency Repair** program provides low-interest loans or grants for repairs, furnaces and hot water tanks up to \$7,500. Call (614) 645-8526 for assistance.

**Chores Program** provides smaller modifications and repairs. Call the following agencies - specify that you are calling for the Chores Program. LifeCare Alliance - (614) 278-3130; Rebuilding Together - (614) 258-6392; Economic and Comm. Develop. Inst. - (614) 559-0115

### Clintonville/Beechwood – Community Resources **(614) 267-3050**

SENIOR SERVICE PROGRAM, 3222 N. HIGH ST., COLUMBUS 43202  
Home repair and maintenance. Spring and Fall chore svcs.

### Community Action Organization of Delaware, Madison and Union Counties **(937) 642-4986**

232 NORTH MAIN ST., STE. G, MARYSVILLE 43040  
Home repair.

### Double Portions **(614) 427-0861**

6956 E. BROAD ST., #307, COLUMBUS 43213  
[www.doubleportions.com](http://www.doubleportions.com)  
Senior residential inspection service.

### Economic and Community Development Institute **(614) 559-0115**

Minor Home Repair Program provides those age 60+ or disabled funds for minor home repairs. Must meet income eligibility requirements. Typical repair, \$1,000.

### Fayette County Metropolitan Housing **(740) 335-7525**

121 E. EAST ST., WASHINGTON COURT HOUSE 43160

### Fayette County Weatherization **(740) 335-7282**

1400 RT. 22 NW, WASHINGTON COURT HOUSE 43160

### Homeport **(614) 221-8889**

562 E. MAIN ST., COLUMBUS 43215  
[www.homeportohio.org](http://www.homeportohio.org)

Helps low income adults with referrals to rent or renovate/purchase a home.

### Housing Rehabilitation Services **(614) 525-5962**

Federal Community Block Program providing funds for handicap accessibility modifications, urgent repairs, private sewage systems and private well repairs or replacements. All Franklin Co. except City of Columbus.

### Lancaster Community Dev. Dept. **(740) 687-6663**

111 S. BROAD ST., STE. 217, LANCASTER 43130

Provides funds to Lancaster's homeowners to rehabilitate their owner-occupied homes.

### Licking Co. Aging Program, Inc. ® **(740) 345-0821**

1058 E. MAIN ST., NEWARK 43055

Maintenance and chore services to eligible seniors.

### Meals on Wheels – Older Adult Alternative of Fairfield County, Inc. **(740) 681-5050**

253 BOVING RD., LANCASTER 43130

Limited funds for necessary repairs on homes owned by people age 60+. The repairs must be for health or safety related problems or to fulfill zoning regulations.

### Mid-Ohio Regional Planning Commission (MORPC)

HOUSING REHABILITATION **(614) 233-4171**

WEATHERIZATION **(614) 621-1171**

111 LIBERTY ST., COLUMBUS 43215

#### HOME REPAIR SERVICES

Works with low- to moderate-income homeowners to help maintain and improve their homes through several home repair programs. Eligibility is based on household income, ownership of the home, and location. Depending on eligibility, services may address structural issues, health and safety related issues, and exterior repairs.

#### HOME WEATHERIZATION PROGRAM

MORPC provides free home weatherization and safety checks for income-eligible renters and homeowners throughout Franklin Co. Services may include repair or replacement of furnaces and water heaters, attic and sidewall insulation, and replacement of refrigerators and light bulbs. These programs make the home safer and more comfortable while lowering utility bills.

### Newark Division of Community Dev. **(740) 670-7774**

40 W. MAIN ST., STE. 407, NEWARK 43055

Deferred loans for owner-occupied home improvements.

### Pickaway Co. Community Action Org. **(740) 477-1655**

469 E. OHIO ST., CIRCLEVILLE 43113

Home repair.

### Rebuilding Together Central Ohio **(614) 258-6392**

2771 E. 4TH AVE., COLUMBUS 43219

[www.rtccentralohio.org](http://www.rtccentralohio.org)

Quality emergency repairs and home modifications to low income seniors. *National Rebuilding Day* in April. Volunteers make repairs to home and revitalize communities. Access to tools free of charge.

**Tub Cutter!** (614) 991-5967  
6185 BEAVER LAKE DR., GROVE CITY 43123

#### MINOR HOME MODIFICATION/REPAIR

**101 Mobility** ® (740) 548-5440  
**Across the States Construction** ® (614) 424-1496  
**Black Bronco Construction** ® (614) 313-7374  
**Creative Housing** ® (614) 418-7725  
**Creative Independent Living Solutions** ® (740) 403-4016  
**Custon Home Elevator & Lift** ® 1-800-730-5438  
**Home Sense Enterprises** ® (330) 785-9999  
**L.E.A.D.S.** ® (614) 349-8606  
**MGR Construction** ® (614) 804-4757  
**Mobility Marketplace** ® (614) 481-8100  
**Peterson's Professional Serivces** ® (419) 565-5830

#### COMMUNITY ACTION ORGANIZATIONS

Provides installation of insulation and other materials and furnace repairs for low income families and assists with HEAP applications. Some agencies also provide minor home repair for qualified homeowners.

**COLUMBUS IMPACT COMMUNITY ACTION** (614) 252-2799  
700 BRIDEN RD., COLUMBUS 43215  
**DELAWARE COUNTY** (740) 369-3184 or 1-800-858-4452  
555 SUNBURY RD., DELAWARE 43015  
**FAIRFIELD COUNTY** ® (740) 653-4146  
1743 E. MAIN ST., P.O. BOX 768, LANCASTER 43130

**FAYETTE COUNTY** (740) 335-7282  
1400 U.S. RT. 22 NW, WASHINGTON COURT HOUSE 43160  
**LEADS (LICKING COUNTY)** (740) 349-8606  
116 WILSON ST., NEWARK 43055  
**MADISON COUNTY** (740) 852-3511  
255 W. HIGH ST., LONDON 43140  
**PICCA (PICKAWAY COUNTY)** (740) 477-1655  
469 E. OHIO ST., P.O. BOX 67, CIRCLEVILLE 43113  
**UNION COUNTY** (937) 642-4986 or 1-800-858-4452  
648 CLYMER RD., STE. 130, MARYSVILLE 43040

#### PEST CONTROL

**Bed Bug Burners** (330) 285-1552  
330 TALMADGE RD., KENT 44220  
  
**Bed Bug Home Preparation Service** (330) 931-8371  
1895 BASSWOOD DR., KENT 44240  
  
**EcoSystems Pest Elimination** (614) 798-8485  
4899 RAYS CIRCLE, DUBLIN 43016  
  
**Truly Nolen** (614) 436-3455  
18 E. COLUMBUS ST., CANAL WINCHESTER  
  
**Varment Guard**  
**Environmental Services** (614) 794-8169  
5220 WESTERVILLE RD., COLUMBUS 43231

## Adult Care Facilities and Adult Foster Homes

These facilities typically provide a room, three meals a day and limited personal help such as bathing, dressing and getting in and out of bed. Since capacities are small,

there may be a waiting list. ( ) indicates capacity.  
Adult Care Facilities are licensed by the Ohio Department of Mental Health.

#### DELAWARE COUNTY

**Galena Manor** (3-5)  
(740) 936-5212

**Mitchell House** (3-5)  
(614) 506-2890

#### FAIRFIELD COUNTY

**Good Shepherd** (6-16)  
(740) 569-7243

**Kathy's Kare Haven** (5)  
(740) 969-2923

**Stimmell's Elderly Care** (5)  
(740) 687-0542

#### FRANKLIN COUNTY

**A Blessed Business I** (3-5)  
(614) 297-6733

**A Blessed Business II** (3-5)  
(614) 725-2222

**A Hamishe Home** (3-5)  
(614) 725-5996

**Blanton Health Care** (3-5)  
(614) 871-3531

**Blanton House I**  
(614) 871-3531

**Blanton House II**  
(614) 871-3531

**Comfortable Housing** (3-5)  
(614) 604-9171

**Crandall House** (3-5)  
(614) 396-6279

**Eason House** (3-5)  
(614) 396-6194

**Esther's Place** (3-5)  
(614) 436-5333

**Mentor ABI, LLC** (3-5)  
(614) 774-5400

**My Brother's Other Place** (4)  
(614) 295-8911

**My Brother's Place** (4)  
(614) 332-6403

**My Friends Place** (5)  
(614) 253-2393

**Our Family Home I, 2, 4** (3-5)  
(614) 558-1828

**Our Family Home - Harlem** (3-5)  
(614) 558-1828

**Longview** (3-5)  
(614) 553-7760

**Pete's Place** (3-5)  
(614) 554-7697

**Powell House** (3-5)  
(614) 476-8579

**Reach Out A Hand** (3-5)  
(614) 428-5779

**Rosencrance Home** (3-5)  
(614) 269-7048

**Senior Home Choice 1** (3-5)  
(614) 655-2017

**Senior Home Choice II** (3-5)  
(614) 604-8623

**The Jessie Mae Home** (3-5)  
(614) 219-7018

**TMC Helping Hands I** (3-5)  
(614) 338-0207



**TMC Helping Hands II (3-5)**  
(614) 477-2243

**TMC Helping Hands III (3-5)**  
(614) 295-8626

#### LICKING COUNTY

**Altmaier House (6-16)**  
(740) 788-0375

**River Valley Apts. (3-5)**  
(740) 349-3071

**Wolfe Foster Home (3-5)**  
(740) 281-0004

#### MADISON COUNTY

**Mt. Sterling Place (6-16)**  
(740) 869-7669

**Sisters Elderly Life (6-16)**  
(740) 852-3988

**Sisters On Elm (12)**  
(740) 852-0605

#### PICKAWAY COUNTY

**Howard Care (16)**  
(740) 477-1806

**Lemaster's (2)**  
(740) 601-4249

**Maze Care Home (6-16)**  
(740) 474-4158

**The Caring Touch (11-12)**  
(740) 983-6542

**We Care Court (3)**  
(740) 474-3440

#### UNION COUNTY

**Serendipity Place (1-2)**  
(937) 943-2257

## Senior Independent Living Facilities/Apartments

**Older Adults®** would like to thank the following facilities whose advertising support have made the printing of this guide possible.

W - Assisted Living Waiver Provider

#### FRANKLIN COUNTY

##### ■ NORTH

**Mayfair Village Senior Living Community** (614) 889-6202

3011 HAYDEN RD., COLUMBUS 43235

[www.MayfairVillageRetirement.com](http://www.MayfairVillageRetirement.com)

Residents can choose from assisted living and independent living options based on their needs. Caring associates are available 24/7 to offer support and create a friendly atmosphere that residents are proud to call home. Personalized services and amenities based around senior needs and interests. We make it easy for residents to engage in exciting activities and programs as our associates take care of details such as housekeeping and maintenance. See our ad on Page 9.

**Parkside Village Senior Living Community** (614) 794-9300

730 N. SPRING RD., WESTERVILLE 43082

[www.DanburySeniorLiving.com](http://www.DanburySeniorLiving.com)

The area's most dynamic retirement community. Check us out and see for yourself why Parkside Village is dedicated to setting a new standard of senior living! See our ad on Page 5.

**Seton Square North** (614) 451-1752

1776 DREW AVENUE, COLUMBUS 43235

[www.colcss.org](http://www.colcss.org)

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

**Wesley Glen W** (614) 888-7492

5155 N. HIGH ST., 43214

[www.wesleyglen.com](http://www.wesleyglen.com)

Wesley Glen is a Continuing Care Retirement Community where you can enjoy the comfort of familiar surroundings offering independent living, assisted living, memory care, Adult Day Care Service and rehabilitation services. See our ad on Page 11.

**Worthington Christian Village** (614) 846-6076

165 HIGHBLUFFS BLVD., 43235

The Village is a faith-based, non-profit, complete senior living community offering Independent Living, Assisted Living, and Skilled Rehab & Long-Term Care in our Health Care Center. See our ad on Page 7.

##### ■ SOUTH

**Seton Square South** (614) 492-1076

155 HIGHVIEW BLVD., COLUMBUS 43207

[www.colcss.org](http://www.colcss.org)

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

##### ■ WEST

**Seton Square West** (614) 308-0910

3999 CLIME ROAD, COLUMBUS 43228

[www.colcss.org](http://www.colcss.org)

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

##### ■ NORTHEAST

**Kensington Place** (614) 252-5276

1001 PARKVIEW BLVD., 43219

See our ad on Page 15.

**Tell them you saw it in...Older Adults!**

**■ NORTHWEST****Claremont Retirement Village****(614) 761-2011**

7041 BENT TREE BLVD., 43235

www.crvillage.com

Private screened in patios.  
Spacious 1 and 2 bedroom apartments.  
Pet friendly - no pet fees.  
See our ad on Page 9.

**Wesley Ridge W****(614) 759-0023**

2225 TAYLOR PARK DR., REYNOLDSBURG 43068

www.wesleyridge.com

Wesley Ridge is a Continuing Care Retirement Community where you can enjoy the comfort of familiar surroundings offering independent living, assisted living, memory care, Adult Day Care Service and rehabilitation services. See our ad on Page 11.

**FAIRFIELD COUNTY****Seton Lancaster****(740) 689-8706**

232 GAY STREET, LANCASTER 43130

www.colcss.org

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

**Seton Square East****(614) 861-5606**

1235 BRIARCLIFF RD., REYNOLDSBURG 43068

www.colcss.org

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

**FAYETTE COUNTY****Seton Washington Court House W****(740) 335-1180**

400 NORTH GLENN AVE., WASHINGTON C.H. 43160

www.colcss.org

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

**MADISON COUNTY****Seton London****(740) 852-3042**

350 CAMBRIDGE DRIVE, LONDON 43140

www.colcss.org

We provide service coordination and case management services at 14 Seton Square affordable senior living facilities throughout Ohio. See our ad on Page 11.

**Tell them you saw it in...Older Adults!****OTHER FACILITIES****W - Assisted Living Waiver Provider****■ Franklin County North**

Claremont Retirement Village

(614) 761-2011

7041 Bent Tree Blvd., 43235

Commons at Buckingham

(614) 224-3848

328 Buckingham St., 43215

Commons at Grant

(614) 224-2988

398 S Grant Ave., Columbus 43215

Danbury Senior Living

(614) 339-0459

2870 Snouffer Rd., Columbus 43235

Emeritus at Chestnut Hill

(614) 855-3700

5055 Thompson Rd., 43230

Feridean Commons Sr. Housing

(614) 898-7488

6885 Freeman Rd., Westerville 43082

Inniswood Village

1-844-841-5770

1195 North St., Westerville 43081

Melbourne Village

(614) 888-1413

90 Highland Terr., Worthington 43085

Oakleaf Village W

(614) 431-1739

5500 Karl Rd., Columbus 43229

Ravine at Central College

(614) 794-1333

630 South Sunbury Rd., Westerville 43081

Trillium Brookdale Crossing

(614) 734-1000

3500 Trillium Crossing, 43235

The Village at Westerville

(614) 882-3782 122 beds

215 Huber Village Blvd., Westerville 43081

Westminster-Thurber Community W

(614) 228-8888

717 Neil Ave., 43215

Winchester Station

(614) 471-0140

3257 Millerbrook Ct., 43224

Worthington Place (614) 840-0335

5861 Roche Dr., Columbus 43229

**■ Franklin County East**

Argus Court

(614) 236-5661

3400 Vision Center Ct., 43227

Argus Green

(614) 236-5661

3400 Vision Center Ct., 43227

Barnett Plaza

(614) 235-4320

1400 Barnett Rd., 43227

Chestnut Grove

(614) 577-9138

831 Acorn Grove Dr., Blacklick 43004

Commons at Livingston

(614) 235-4426

3349 East Livingston Ave., 43227

## Tell them you saw it in...Older Adults!

Corban-Commons Apartments  
(614) 337-1577  
3426 Corban Commons Dr., 43219

Creekside at the Village  
(614) 559-5500  
2200 Welcome Pl., 43209

Ottawa Ridge Apartments  
(614) 367-9803  
1155 Noe Bixby Rd., 43213

Poindexter Place  
(614) 972-7821  
211 North Champion Ave., 43203

Walnut Grove  
(614) 868-0605  
751 Chestnut Grove Dr., Blacklick 43004

The Woodlands Assisted Living  
(614) 755-7591  
5380 East Broad Street, 43213

Woods on Country Club Road  
(614) 501-0496  
851 Country Club Rd., Whitehall 43213

■ **Franklin County West**  
Hilltop Senior Village  
(614) 276-3017  
300 Overstreet Way, 43228

Lincoln Gardens  
(614) 878-4394  
110 Sturbridge Rd., Columbus 43228

Lincoln Lodge Ret. Residence W  
(614) 870-1123  
4959 Medfield Way, 43228

Lincoln Village W  
(614) 870-1123  
4959 Medfield Way, Columbus 43228

Park West Court Apartments  
(614) 278-9370  
600 Industrial Mile Rd., 43228

Woodridge Place  
(614) 272-8960  
3565 Clime Rd., 43228

■ **Franklin County Northeast**  
Friendship Village of Columbus  
(614) 890-8282  
5800 Forest Hills Blvd., 43231

The Forum at Knightsbridge  
(614) 451-6793  
4590 Knightsbridge Blvd., 43214

Three Creeks Senior Living  
(614) 300-1177  
5435 Morse Rd., Gahanna 43230

Stygler Village W  
(614) 475-2255  
140 Imperial Dr., Gahanna 43230

Sugar Grove Square  
(614) 882-7757  
530 S. State St., Westerville 43081

Woods at Central College  
(614) 895-0959  
700 East St., Westerville 43081

■ **Franklin County Northwest**  
Abbey Church Village  
(614) 792-6733  
6003 Abbey Chapel Dr., Dublin 43017

Dublin Retirement Village  
(614) 764-2800  
6470 Post Rd., Dublin 43016

Horizon Apartments  
(614) 876-1919  
3940 Moundview Rd., Hilliard 43026

NCR Avondale  
(614) 319-3353  
5215 Avery Rd., Dublin 43016

Stoneridge Court  
(614) 792-8224  
4105 Stoneridge Ln., Dublin 43017

Wellington Village  
(614) 777-8553  
5863 Scioto-Darby Rd., Hilliard 43026

Woodview Court  
(614) 527-0662  
3623 Heritage Club Dr., Hilliard 43026

■ **Franklin County Southeast**  
Castleton Gardens  
(614) 863-6478  
1620 Lonsdale Rd., 43232

Commons at Chantry  
(614) 863-9772  
5500 Millersfield Dr., 43232

The Woodlands at Eastland  
(614) 866-2080  
2469 Kimberly Pkwy. E., 43232

■ **Franklin County Southwest**  
Carriage Court W  
(614) 871-8000  
2320 Sonora Dr., Grove City 43123

Village Place  
(614) 275-9850  
1489 October Ridge Ct., 43223

■ **Central City**  
Royal York Apartments  
(614) 258-9448  
1445 E. Broad St., 43205

YMCA—Central Branch  
(614) 224-1131  
40 W. Long St., 43215

■ **Delaware County**  
Austin Manor  
(740) 363-0211  
95 Elizabeth St., Delaware 43015

Georgetown Village Square  
(740) 548-5060  
100 Georgetown Dr., Delaware 43015

Powell Senior Living  
(614) 796-4107  
10351 Sawmill Parkway, Powell 43065

Oakhurst Place Apartments  
(740) 369-5267  
2178 Bruce Rd., Delaware 43015

Ohio Living MooreSarah  
(740) 362-9641  
26 N. Union St., Delaware 43015

Rainbow Place  
(740) 965-3459  
150 N. Walnut St., Sunbury 43074

St. Michael's Community  
(740) 363-3748  
35 Lexington Blvd., Delaware 43015





# Independent/Assisted Living Comparison Checklist

## BASIC FEE STRUCTURE

### Entrance Fee/Terms

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### Lease Term/Deposit

---

### Owner/Affiliation/Years in Business

---

### Living Units Monthly Charge

☐ Studio

---

☐ One bedroom

---

☐ Two bedroom

---

☐ Cottage

---

☐ Furnished for any of above

---

### Food Service Monthly Charge

Breakfast:

☐ Continental

---

☐ Full

---

Lunch

---

Dinner

---

In-room charge

---

Equipped kitchen:

☐ Electric/gas

---

☐ Microwave

---

### Utilities Monthly Charge

Air conditioning/heat

---

### Housekeeping Monthly Charge

Housekeeping weekly/biweekly

---

Linens weekly/biweekly

---

### Home Health Services Charge

On-site medical services/nurse/24 hours

---

Post surgery or acute illness

---

Phone call medication reminders

---

Pulse or blood pressure check in apartment

---

Assistance with bathing, grooming, dressing

---

Additional home health/medical care:

---



---

### Additional Charges

Cable

---

Phone

---

Transportation

---

Other:

---



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### MONTHLY TOTAL

## AMENITIES

### Safety and Security

☐ 24 hour entry monitor/security

☐ Locked entrance

☐ Sprinkler/smoke detector

24 hour emergency call

☐ in bathroom

☐ in bedroom

☐ Non-skid bathroom grab

☐ Hall handrails/guardrails

### Social and Health Programs

☐ Activities planned (cultural, educational, leisure, social)

☐ Exercise programs

☐ Health screenings

☐ Resident services coordinator

### Transportation

☐ as personally needed

☐ as scheduled

### Convenience and Errands

☐ Bank

Laundry

☐ in building (coin)

☐ on floor (coin)

☐ unit hook-up

☐ Parking reserved

☐ Pharmacy

☐ Phone outlets pre-wired

☐ Post office

☐ Trash removal

Other:

## SERVICES

☐ Bathing/personal held sprayers

☐ Cable TV hook-up/satellite dish

☐ Chapel

☐ Decor choice/allowance

☐ Draperies

☐ Exercise room

☐ Fireplace

☐ Fishing lake

☐ Furnished units

☐ Game room/activities

☐ Gardening area/greenhouse

☐ Gazebo

☐ Guest rooms

☐ Individual patio/veranda

☐ Hot water dispenser

☐ Levered door handles

☐ Library

☐ Lockers

☐ Lounge with TV/without TV

☐ Meeting room & private dining

☐ Outdoor nature paths

☐ Pets allowed

☐ Pool/spa/Jacuzzi/sauna

☐ Private dining

☐ Putting green

☐ Workshop

Other:

**■ Fairfield County**

Grand Haven Commons  
(614) 322-9290  
7500 Tussing Rd., Reynoldsburg 43068

Mt. Pleasant Place  
(740) 681-9659  
963 Prestige Blvd., Lancaster 43130

Pleasant View Place  
(740) 689-1113  
1690 Chartwell Dr., Lancaster 43130

Sycamore Creek Senior Living  
(614) 349-4125  
611 Windmill Dr., Pickerington 43147

Timber Creek  
(740) 654-9727  
154 Little Brook Dr., Lancaster 43130

**■ Licking County**

Blue Heron Manor  
(740) 928-1327  
16 Flamingo Ct., Hebron 43025

Chapel Grove Inn & Cottages W  
(740) 522-4663  
1400 Chapel Way, Heath 43056

CrossRoads Manor  
(740) 928-0359  
1153 6th St., Hebron 43025

Flint Ridge Village  
(740) 344-0388  
65 McMillen Dr., Newark 43055

Kendall at Granville  
(740) 587-2840  
2158 Columbus Rd. SW, Granville 43023

Northtowne Senior Living  
(740) 366-3685  
1821 Calash Ct., Newark 43055

Ridgeview Manor Apts.  
1-888-339-4721  
209 Clark Dr., Johnstown 43031

Sanctuary Senior Living  
(740) 366-2969  
425 Senior Dr. E, Newark 43055

Sharon Glyn Village  
(740) 366-8797  
914 Sharon Valley Rd., Newark 43055

Terrace Gardens Apartments  
(740) 349-9260  
85 W. Church St., Newark 43055

Washington Square Plaza Apts.  
(740) 349-8353  
340 Eastern Ave., Newark 43055

**■ Madison County**

Londonerry Ltd. Apartments  
(740) 852-2721  
267 Bowman Ct., London 43140

Madison Lamplight Court Apts.  
(740) 852-1763  
6 Lamplight Ct., London 43140

Meadowview Village  
(740) 869-2813  
338 W. Main St., Mt. Sterling 43143

Pleasant Valley Colony  
(614) 873-8119  
390 Allgyer Dr., Plain City 43064

**■ Pickaway County**

Ashville Senior Apartments  
(740) 983-2222  
100 Abby Ct., Ashville 43103

**■ Union County**

The Meadows Apartments  
(937) 642-8881  
504 Meadows Dr., Marysville 43040

## Subsidized Senior Living Facilities

**FRANKLIN COUNTY****■ North**

Capital Park Apartments  
(614) 471-1204  
2144 Agler Rd., 43224

Carriage House of Columbus  
(614) 267-6942  
3535 Derbyshire Dr., 43224

Elim Manor  
(614) 863-4640  
3180 Elim Manor Ct., 43232

Jaycee Village  
(614) 890-6711  
5905 Beechcroft Rd., 43229

Parkridge Village  
(614) 475-5364  
4340 Thornapple Circle E., 43231

Restoration Plaza  
(614) 846-0040  
4800 Tamarack Blvd., 43229

**■ East**

Argus Court (disabled or over 62)  
(614) 236-5661  
3400 Vision Center Ct., 43227

Bexley Heritage Apartments  
(614) 338-2380  
2115 Astor Ave., Bexley 43209

Chandler Arms  
(614) 231-0306  
305 N. Gould Rd., 43209

Chandler Arms II  
(614) 231-0306  
285 N. Gould Rd., 43209

Eastway Village  
(614) 863-4640  
4239 E Broad St., 43213

Maplewood Heights  
(614) 235-6760  
91 Maplewood Ave., 43213

Nelson Park Apartments  
(614) 258-4053  
1994 Maryland Ave., 43219

Robert A. Cassidy Manor  
(614) 231-9949  
1370 Barnett Rd., 43227

Seton Square East  
(614) 861-4860  
1235 Briarcliff Rd., Reynoldsburg 43068

Sterling Court  
(614) 237-4694  
3190 Sterling Ln. B, 43219

**■ South**

Marion Square  
(614) 421-6345  
1316 Marion Rd., 43207

Seton South  
(614) 492-9944  
155 Highview Blvd., 43207

Southfield Tabernacle Commons  
(614) 491-8108  
300 Obetz Rd., 43207

**■ West**

Cherry Blossom Apartments  
(614) 853-2315  
5225 Cherry Creek Pkwy. N., 43228

Franklin Manor Apartments  
(614) 276-7118  
1475 Stimmel Rd., 43223

Murray Commons  
(614) 870-6232  
4785 Beacon Hill Rd., Ste. 100, 43228

Oakbrook Manor  
(614) 372-8239  
4312 Westport Rd., 43228

Stratford Place  
1-800-385-2527-  
383 Inah Ave., 43228

Wedgewood Village Apt's.  
(614) 272-2800  
777 Wedgewood Dr., 43228

Wildwood Village  
(614) 274-8392  
2895 La Vista Dr., 43204

**■ Northeast**

Beckley Townhouses  
(614) 475-5182  
4725 Bayview Pl., 43230

Columbus Colony Housing  
(614) 890-6152  
1165 Colony Dr., Westerville 43081

Crossroads Plaza and Apt's.  
(614) 475-5671  
2943 Cassady Ct. S., 43219

Harris House  
(614) 899-1997  
200 S. State St., Westerville 43081

The Heritage  
(614) 471-2416  
2444 Gatewood Rd., 43219

New Salem Manor  
(614) 337-2190  
2760 Sunbury Rd., Columbus 43219

**■ Northwest**

Friendship Village of Dublin  
(614) 426-0334  
6000 Riverside Dr., Dublin 43017

Love Zion Manor  
(614) 476-3833  
2436 Innis Rd., 43224

Seton Square North  
(614) 451-1995  
1776 Drew Ave., 43235

## Tell them you saw it in... Older Adults!

St. George on the Commons  
(614) 451-1479  
4800 Knightsbridge Blvd., 43214

Sturbridge Green  
(614) 876-0192  
3750 Sturbridge Ct., Hilliard 43026

**■ Southeast**

Burwick Grove  
(614) 239-8560  
3240 Tradan Dr., 43232

Canal Village  
(614) 837-2008  
73 Covenant Way, C. Winchester 43110

Eastland Manor  
(614) 861-7234  
4225 Macsway Ave., 43232

Melanie Manor  
(614) 871-4509  
2346 Sonora Dr., Grove City 43123

**■ Southwest**

Griggs Village  
(614) 221-0443  
721 Griggs Ave., 43223

Groewood Place  
(614) 539-1022  
4301 Stoner Dr., Grove City 43123

Southpark Apartments  
(614) 221-9016  
841 Greenfield Dr., 43223

**■ Central City**

Columbus Elderly Apartments  
(614) 263-5152  
155 N. 17th St., 43203

Jaycee Arms  
(614) 228-1201  
266 E. Main St., 43215

Jenkins Terrace  
(614) 421-6373  
1100 E. Broad St., 43205

Mt. Vernon Plaza  
(614) 253-8627  
1035 Atcheson St., 43203

Nazareth Towers  
(614) 464-4780  
300 E. Rich St., 43215

**DELAWARE COUNTY**

Ashley Villa  
(740) 747-2658  
240 Main St., Ashley 43003

Delaware Village  
(740) 369-1313  
675 Fern Dr., Delaware 43015

Londontown Apartments  
(740) 363-1235  
300 Chelsea St., Delaware 43015

Sunnyview Square  
(740) 369-9042 or 369-1313  
69 Rock Creek Dr., Delaware 43015

**FAIRFIELD COUNTY**

Hunterwood Park  
(740) 687-1314  
330 Trace Dr., Lancaster 43130

Lancaster Club  
(740) 653-3616  
180 Sells Rd., Lancaster 43130

Pickfair Square  
(614) 833-2772  
310 Jericho Rd., Pickerington 43147

Pleasant View  
(740) 468-3495  
114 Academy, Pleasantville 43148

Pleasantville Commons  
(443) 863-5271  
3600 Richland Rd., Pleasantville 43148

Windsor Place  
(740) 687-1664  
141 Graceland Dr., Lancaster 43130

**FAYETTE COUNTY**

Hattie Jackson Commons  
(740) 335-5404  
1215 Gregg St., WCH 43160

Jeffersonville Green Apartments  
(740) 426-6564  
11 Colonial Dr., Jeffersonville 43128

Seton Washington Court House  
(740) 335-2292  
400 N. Glenn Ave., WCH 43160

The Village Court Apartments  
(740) 335-1412  
611 Village Ct., WCH 43160



Washington Park Apartments  
(740) 335-8169 (Disabled or over 62)  
99 Summit Ln., WCH 43160

### LICKING COUNTY

Candlewick Commons  
(740) 349-0636  
15 S. Third St., Newark 43055

Chimes Terrace  
(740) 967-0707  
65 S. Williams St., Johnstown 43031

Conine Village  
(740) 927-2660  
611 Conine Way, Pataskala 43062

Mitchell Retirement Village I and II  
(740) 522-8535  
1030-1080 S. 30th St., Heath 43056

Oak Hill Manor  
(740) 892-2353  
1 Cross St., Utica 43080

### MADISON COUNTY

Bristol Square  
(614) 879-9200  
111 Bristol Sq., West Jefferson 43162

Devonshire Apartments  
(740) 852-4870  
198 Elm St., London 43140

Devonshire West  
(614) 879-4187  
97 S. Twin St., W. Jefferson 43162

Madison Square Apartments  
(614) 873-3533  
445 Fairfield Dr., Plain City 43064

Seton London  
(740) 852-4233  
350 Cambridge, London 43140

### PICKAWAY COUNTY

Eden Place Senior Housing  
(740) 477-3181  
1175 Atwater Ave., Circleville 43113

Holland Terrace/Ross Commons  
(740) 495-5811  
293 S. Main, New Holland 43145

Louise Terrace Senior Housing  
(740) 983-2912  
270 Lexington Ave., Ashville 43103

Pickaway Terrace  
(740) 474-8700  
2195 Arapaho Dr., Circleville 43113

### UNION COUNTY

Helen W. Evans Apartments  
(937) 644-1829  
821 Milcrest Dr., Marysville 43040

Richwood Green  
(740) 943-2332  
235 Grove St., Richwood 43344

Windsor Manor Apartments ©  
(937) 644-2905  
376 Rosehill Dr., Marysville 43040

## Assisted Living/Residential Care Facilities by County

Older Adults® would like to thank the following facilities whose advertising support have made the printing of this guide possible.

W - ASSISTED LIVING WAIVER PROGRAM

### DELAWARE COUNTY

**Parkside Village Senior Living Community** (614) 794-9300  
730 N. SPRING RD., WESTERVILLE 43082  
[www.DanburySeniorLiving.com](http://www.DanburySeniorLiving.com)

The area's most dynamic retirement community.  
Check us out and see for yourself why Parkside Village is dedicated to setting a new standard of senior living! See our ad on Page 5.

### FRANKLIN COUNTY

**Claremont Retirement Village** (614) 761-2011  
7041 BENT TREE BLVD., 43235  
[www.crville.com](http://www.crville.com)

Studio and 1 Bedroom apartments  
Affordability, Simplicity, and Inspired by Family.  
See our ad on Page 9.

**Tell them you saw it in...  
Older Adults!**

### Mayfair Village Senior Living Community

(614) 889-6202

3011 HAYDEN RD., COLUMBUS 43235  
[www.MayfairVillageRetirement.com](http://www.MayfairVillageRetirement.com)

Residents can choose from assisted living and independent living options based on their needs. Caring associates are available 24/7 to offer support and create a friendly atmosphere that residents are proud to call home. Personalized services and amenities based around senior needs and interests. We make it easy for residents to engage in exciting activities and programs as our associates take care of details such as housekeeping and maintenance. See our ad on Page 9.

### Wesley Glen W

(614) 888-7492

5155 N. HIGH ST., 43214  
[www.wesleyglen.com](http://www.wesleyglen.com)

Wesley Glen is a Continuing Care Retirement Community where you can enjoy the comfort of familiar surroundings offering independent living, assisted living, memory care, Adult Day Care Service and rehabilitation services. 127 beds. See our ad on Page 11.

### Worthington Christian Village

(614) 846-6076

165 HIGHBLUFFS BLVD., COLUMBUS 43235  
[www.wcv.org](http://www.wcv.org)

The Village is a faith-based, not-for-profit, complete senior living community offering Independent Living, Assisted Living, and Skilled Rehab & Long-Term Care in our Health Care Center. 60 beds. See our ad on Page 7.

**FAIRFIELD COUNTY****Wesley Ridge W (614) 759-0023**

2225 TAYLOR PARK DR., REYNOLDSBURG 43068

www.wesleyridge.com

Wesley Ridge is a Continuing Care Retirement  
Community where you can enjoy the comfort of

familiar surroundings offering independent living,  
assisted living, memory care, Adult Day Care Service  
and rehabilitation services. 136 beds. See our ad on  
Page 11.

**OTHER FACILITIES**

W - Assisted Living Waiver Program

**■ Delaware County**

Abbingdon of Powell W

(740) 369-0048 54 beds

3100 Willowbrook Way, Delaware 43015

Centrum at Willow Brook W

(740) 369-6400 133 beds

100 Willow Brook Way, Delaware 43015

Delaware Court

(740) 369-6400 25 beds

4 New Market Dr., Delaware 43015

Feridean Commons

(740) 898-7488 66 beds

6885 Freeman Rd., Delaware 43015

First &amp; Main of Lewis Center

(740) 513-2270 150 beds

8875 Green Meadows Dr., Lewis Ctr, 43035

Ganzhorn Suite

(740) 356-9810 68 beds

10272 Sawmille Pkwy., Powell 43065

Inn at Bear Trail W

(740) 879-3181 105 beds

8199 Monroe Dr., Lewis Ctr. 43035

Inn at Olentangy Trail W

(740) 417-9287 120 beds

36 Corduroy Rd., Delaware 43015

Powell Assisted Living &  
Memory Care

(614) 796-4107

10351 Sawmill Pkwy., Powell 43065

Sarah Moore Home W

(740) 362-9641 21 beds

26 N. Union St., Delaware 43015

Willow Brook at Delaware Run W

(740) 201-5640 290 beds

100 Delaware Crossing W, Delaware 43015

**■ Fairfield County**

Abbingdon of Pickerington W

(614) 577-0822 55 beds

9480 Blacklick-Eastern Rd., 43147

Amber Park

(614) 908-1089 172 beds

401 Hill Rd. N, Pickerington 43147

Bickford of Lancaster W

(740) 689-9944 113 beds

1834 County Side Dr., Lancaster 43130

Carriage Court- Lancaster W

(740) 777-9649 104 beds

800 Beck's Knob Rd., Lancaster 43130

Carroll Place

(740) 204-7084 56 beds

3682 Dolson Ct. NW, Carroll 43112

Inn at Winchester Trail W

1-800-885-2527 116 beds

6401 Winchester Tr., Canal Winch 43110

Landings of Lancaster W

(740) 681-9903 50 beds

241 Wittier Dr. S, Lancaster 43130

Primrose Retirement Communities W

1-800-885-2527 136 beds

1481 Wesley Way, Lancaster 43130

Reflections Retirement Community

(740) 653-1423 58 beds

2750 W. Fair Ave., Lancaster 43130

**■ Fayette County**

Carriage Court – Washington CH W

(740) 777-6790 84 beds

500 N. Glenn Ave., Washington CH 43160

**■ Franklin County**

Abbingdon Of Arlington W

1-866-587-1335 48 beds

1320 Old Henderson Rd., 43220

Alpine House of Columbus W

(614) 505-3531 80 beds

1001 Schrock Rd., 43229

Ashford on Broad, The W

(614) 641-2995

4801 E. Broad St., Columbus 43213

Ashford at Sturbridge, The W

3700 Sturbridge Ct., Hilliard 43026

Brookdale Chestnut Hill

(614) 321-8726 125 Beds

5055 Thompson Rd., Columbus 43230

Brookdale Lakeview Crossing

1-888-900-6191 99 Beds

4000 Lakeview Crossing, Groveport 43125

Brookdale Muirfield

(614) 336-3677 100 Beds

7220 Muirfield Dr., Dublin 43017

Brookdale Cooper Rd.

(614) 794-2499 151 Beds

690 Cooper Road, Westerville 43081

Brookdale Pinnacle

1305 Lamplighter Drive, Grove City 43123

(614) 653-9337 135 Beds

Brookdale Trillium Crossing

(614) 734-1000 120 Beds

3500 Trillium Crossing, Columbus 43235

Brookdale Westerville W

(614) 794-2499 151 beds

6377 Cooper Rd., Westerville 43081

Carriage Court – Grove City W

(614) 871-8000 76 beds

2320 Sonora Dr., Grove City 43123

Carriage Court - Hilliard W

(614) 529-7470

3570 Heritage Club Dr., Hilliard 43026

The Convallarium at Indian Run

(614) 761-1188 8 beds

6430 Post Rd., Dublin 43016

Dr. Roy A. Burkhart Center

(614) 486-9511 74 beds

1802 Riverside Dr., 43212

Dublin Assisted Living &amp; Memory

(614) 389-0308 99 Beds

6480 Post Rd., Dublin 43016

First &amp; Main of New Albany

(740) 513-3044 150 Beds

245 E. Main St., New Albany 43230

First Community Village W

(614) 324-4455

1800 Riverside Dr., Columbus 43212

Gardens at Whetstone W  
(614) 457-1100 72 beds  
3710 Olentangy River Rd., 43214

Gardens of Scioto  
(614) 923-7000  
433 Obetz Ste. 200, Columbus 43201

Glenmont Center  
(614) 876-0084 10 beds  
4599 Avery Rd., Hilliard 43026

Glenwood Alzheimer's Special Care  
(614) 210-3397 66 Beds  
6355 Emerald Plwy., Dublin 43016

Grand, The  
(614) 889-8585 40 Beds  
4500 John Sheilds Pkwy, Dublin 43017

Hilliard Ass't. Living & Memory Care  
(614) 503-7665  
4303 Trueman Blvd., Hilliard 43026

Hoover Haus  
(614) 875-7600 22 beds  
3675 Hoover Rd., Grove City 43123

The Inn at Summit Trail W  
(740) 919-4977 119 beds  
8115 Summit Rd., Reynoldsburg 43068

Inniswood Village 1-844-841-5770  
1195 North St., Westerville 43081

Mayfair Village Retirement Comm.  
(614) 889-6202 172 beds  
3011 Hayden Rd., 43235

National Church Residences Mill Run  
(614) 771-0100  
3550 Fishinger Blvd., Hilliard 43026

New Albany Care Center W  
(614) 855-8866 42 beds  
5691 Thompson Rd., 43230

Oakleaf Village W (614) 431-1739  
5500 Karl Rd., Columbus 43229

Sage Park Special Alzheimer's Care  
(614) 384-3748 66 beds  
5201 Morse Rd., Gahanna 43230

The Sanctuary at Tuttle Crossing W  
(614) 760-8870 56 beds  
4880 Tuttle Rd., Dublin 43017

Scioto Community W  
(614) 491-2000  
433 Obetz Rd., 43207

Stafford Village (614) 846-2648  
814 Hartford, Worthington 43085

Stygler Commons (614) 342-4588  
165 N. Stygler Rd., Gahanna 43230

Summit's Trace Healthcare Ctr. W  
(614) 257-4331 111 beds  
935 N. Cassady Ave., 43219

Sunrise of Bexley  
(614) 235-3900 75 beds  
2600 E. Main St., Bexley 43209

Sunrise of Dublin  
(614) 718-2062 120 Beds  
4175 Stoneridge Lane, Dublin 43017

Sunrise of Worthington  
(614) 846-6500 105 beds  
6525 N. High St., Worthington 43085

Sunrise on The Scioto  
(614) 457-3500 75 beds  
3500 Riverside Dr., 43221

Three Creeks Senior Living  
(614) 300-1177  
5435 Morse Rd., Gahanna 43230

Traditions at Stygler Commons W  
(614) 475-8778 54 beds  
167 N. Stygler Rd., Gahanna 43230

The Village at Westerville  
(614) 882-3782 73 beds  
215 Huber Village Blvd., Westerville 43081

Villas at St. Therese  
(614) 864-3576 50 beds  
25 Noe-Bixby, 43213

Willow Brook Christian Home  
(614) 885-3300 34 beds  
55 Lazelle Rd., Worthington 43235

The Woodlands of Columbus W  
(614) 755-7591 127 beds  
5380 East Broad Street, 43213



## ■ Licking County

Brookdale Newark W  
(740) 366-0005 50 beds  
331 Goosepond Rd., Newark 43055

Chapel Grove Inn W  
(740) 522-4663 120 beds  
1400 Chapel Way, Heath 43056

Chestnut House  
(614) 577-8638  
771 Chestnut Grove Dr., Banklick 43004

Chimes Terrace W  
(740) 967-2015  
65 S. Williams St., Johnstown 43031

Kendal at Granville  
(740) 321-0400 20 beds  
2158 Columbus Rd., Granville 43023

Sharonbrooke, Inc. W  
(740) 366-7333 125 beds  
920 Sharon Valley Rd., Newark 43055

## ■ Madison County

Bluebird Retirement Community  
(740) 281-5841 130 Beds  
2260 St. Rt. 56 SW, London 43140

Edgewater Place W  
(614) 873-9700 80 bed  
11351 Lafayette Plain City Rd., 43064

The Madison House  
(740) 845-0145 104 beds  
351 Keny Blvd., London 43140

## ■ Pickaway County

Brown Memorial Home  
(740) 474-6238 15 beds  
158 E. Mound St., Circleville 43113

Pickaway Manor Studios  
(740) 474-6036 25 beds  
391 Clark Dr., Circleville 43113

Wyngate at Circleville, The  
(740) 474-1411 66 Beds  
745 Northridge Rd., Circleville 43113

## ■ Union County

Brookdale Marysville W  
(614) 738-7342 101 Beds  
1565 London Ave., Marysville 43040

Carriage Court – Marysville W  
(937) 240-0635 70 beds  
717 S. Walnut St., Marysville 43040



## Reverse Mortgage Loans

Reverse mortgage loans enable persons age 62+ to get cash (a loan) that is not paid back until you move out of your home, no matter how long that turns out to be. This loan relies only on home equity, so advanced age, low income, and even bad credit (except debt to the Federal Government), does not prevent this loan from going through.

The most popular form of Reverse Mortgage is the Home Equity Conversion Mortgage (HECM) which is the one described here. The HECM loan is done through private lenders who compete for your business, but these loans are backed 100% by the Federal Government through the Department of Housing and Urban Development (HUD).

### How Much Can I Borrow?

The following chart gives examples of the amount of money available at an interest rate of 3.97%. The interest rate in the discussion here is variable monthly (a slightly higher, variable yearly rate is also offered); the lower the interest rate, the more money that is available to the homeowner.

There are several choices for taking the money available; a line of credit, a monthly payment for life ("tenure") for a specified period, or any combination of these methods. Notice that the older you are, the greater the amount available.

Maximum Claim Amount*	Tenure Monthly Payment (by age)		
	65	75	85
\$185,000	\$577	\$764	\$1,155
135,000	409	545	830
85,000	239	324	501
Line of Credit or Cash Advance by Age			
\$185,000	\$99,139	\$116,638	\$135,633
135,000	70,239	83,188	97,383
85,000	41,039	49,438	58,833

\* The Maximum Claim Amount is either the FHA lending limit in the County, or your home value, whichever is less.

### PROS AND CONS OF REVERSE MORTGAGES

#### Pros Include:

- A free educational session conducted by a trained counselor is required before you enroll with a lender.
- No monthly mortgage payments.
- A "low" interest rate applies and accumulates only on the funds borrowed so far.
- No repayment until you move; for co-owners, no repayment until you both move.
- Existing mortgages will be paid off with Reverse Mortgage Funds (as long as there are enough proceeds to do so).

- If you are receiving public benefits (such as SSI or Food Stamps), Reverse Mortgage proceeds can be managed in a way that does not interfere with benefits.

#### Cons Include:

- High start-up costs. While these are not paid out of pocket, there is an immediate debt on the home. So this loan is costly if you move out of the home soon.
- Required repairs must be less than 15% of the home value (if repair needs are greater, other programs may help - ask your counselor).
- Any existing mortgage must be paid off, so if existing debt is too large, the Reverse Mortgage might not provide enough money to do so.

#### More Questions?

For more information, or to schedule a **free** counseling session in your home, go to the website [www.aarp.org](http://www.aarp.org), or call one of the reverse mortgage lenders listed.

### REVERSE MORTGAGE COUNSELORS

Reverse mortgage counseling is always required for any FHA reverse mortgage. This counseling is always free.

**Apprisen Financial Advocates** **1-800-355-2227**  
4500 E. BROAD ST., COLUMBUS 43213

**Fayette County Community Action** **(740) 335-7282**  
1400 US RT. 22 NW, WASHINGTON COURT HOUSE 43160

**Fairfield County Community Action** **(740) 653-4146**  
1743 E. MAIN ST., LANCASTER 43130

**Homeport** **(614) 221-8889**  
3443 AGLER RD., COLUMBUS 43219  
[www.homeportohio.org](http://www.homeportohio.org)

### REVERSE MORTGAGE LENDERS

**Cross Country Mortgage** ..... **(614) 842-6044**  
**Fannie Mae** ..... **1-800-732-6643**  
**Met Life** ..... **(614) 432-1070**

### CAREGIVER TIPS

- More than half of the seniors who apply for reverse mortgages are eligible for Supplemental Social Security. Income received from reverse mortgages does not affect Social Security or Medicare. Since these payments are considered a loan, they do not affect Medicaid or Passport eligibility requirements.
- The cost to obtain a reverse mortgage is greater than forward loans. For the very elderly who wish to remain in their home, and need the funds to do so, the additional cost may be worthwhile.



## Nursing Facilities/Nursing Homes

See Glossary of Terms

**Nursing facilities are not necessarily the “last step” for patients.** If someone requires constant supervision and there is no one to provide this care, nursing facilities can provide temporary respite and support. There are many home health care and assisted living alternatives. A person does not necessarily need to move into a nursing facility simply because he or she is having health problems or cannot manage to live independently at home. The options depend upon the duration and type of services required as well as the level of care that can be afforded. Nursing facilities may be owned and operated by a philanthropic or non-profit organization such as a church or religious organization or a proprietary, for-profit corporation, family or individual. Philanthropic nursing facilities are not necessarily less expensive than proprietary nursing facilities. Many facilities have waiting lists, especially for Medicare beds.

Family members may feel frustrated or guilty about not being able to personally care for a parent or other loved one. Nursing home administrators, religious and health care professionals, and the Long Term Care Ombudsman can provide helpful perspectives.

**If Nursing Home Placement is the Appropriate Option** you will need a Universal Pre-Admission Review (UPAR). This is a state required service for anyone who is entering a Medicaid certified nursing facility and provides an assessment and offers information about options for the most appropriate long term care. For more information call PASSPORT at **1-800-589-7277**. To make the transition most effective, a prospective resident, the family and physician may be involved in the decision making process.

- Encourage as much independent decision making as possible by the prospective resident.
- Move as many personal effects as possible into the room to foster familiarity and comfort.
- Assure the person that a family member is always reachable by phone.

### ADVICE AND REFERRAL RESOURCES

**Alzheimer’s Association – Central Ohio Chapter** (614) 457-6003  
 24/7 HELPLINE 1-800-272-3900  
 NATIONAL TDD 1-866-403-3073  
 1379 DUBLIN RD., COLUMBUS 43215  
 DELAWARE COUNTY (740) 363-1365  
 ANDREWS HOUSE, 39 W. WINTER ST., DELAWARE 43015  
[www.alz.org/centralohio](http://www.alz.org/centralohio)

Our chapter provides education, counseling, care consultations, support groups, and other services for 14 counties.

### Delaware County Department of Job and Family Services (740) 833-2300 or 1-800-899-3180

140 N. SANDUSKY ST., 2ND FL., DELAWARE 43015

Assistance placing eligible individuals in local nursing homes, eligibility info and applications for financial aid (Medicaid) to assist in paying nursing home costs.

### Franklin County Department of Job and Family Services (614) 233-2912

NURSING HOME UNIT, 314 N. WILSON RD., COLUMBUS 43204

Eligibility information and applications for financial aid (Medicaid) to assist paying nursing home costs.

### IKOR of Columbus (614) 956-1231

7866 AVELEEN COURT NORTH, DUBLIN 43016

[www.ikorglobal.com/columbus](http://www.ikorglobal.com/columbus)

IKOR helps improve the lives of seniors and disabled individuals through advocacy and life management services. Advocates work to empower our clients to obtain the best quality of life possible. Through a holistic approach, we review and analyze what factors are influencing the individual medically, environmentally, psychosocially and financially. Once our analysis is complete, we map out an individualized life plan and provide ongoing management of the process.

### Long Term Care Ombudsman Program (614) 466-5500 or 1-800-266-4346

Serves Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union co’s. Advocates for residents in nursing homes, board and care homes, assisted living and community-based services. Investigates and resolves complaints concerning residents’ rights and quality of life issues. Also monitors legislation and care.

### Ohio Dept. of Aging (614) 466-5500 or 1-800-266-4346

246 N. HIGH ST., 1ST FL., COLUMBUS 43215

[www.aging.ohio.gov](http://www.aging.ohio.gov)

For Ohio’s Long Term Care Consumer Guide, visit [www.ltc.ohio.gov](http://www.ltc.ohio.gov)

### Ohio Health Care Association (614) 436-4154

55 GREEN MEADOWS DR. S., LEWIS CENTER 43035

Provides an information kit on choosing a long-term care facility and makes referrals to member facilities.

### PASSPORT (614) 645-7250 or 1-800-589-7277

CENTRAL OHIO AREA AGENCY ON AGING/CARE CHOICE OHIO  
 3776 SOUTH HIGH ST., COLUMBUS 43207

[www.coaaa.org](http://www.coaaa.org)

Offers advice and eligibility screening for in-home services instead of nursing home placement.

## Tell them you saw it in...Older Adults!

### FINANCIAL AND LEGAL PRE-PLANNING

#### Long Term Care Insurance

Many people begin paying for nursing home care from savings and assets which can quickly be used up. Once a person becomes impoverished, (see Medicaid eligibility requirements), Medicaid pays for care. A spouse with assets of \$150,000 to protect (excluding the house, one car and wedding rings), should research long term care insurance. Monthly premium costs are based on age and benefit coverage, benefit amount and waiting period (like a deductible). Monthly premium payments may be included as part of your tax deductible medical expenses.

#### Medicaid Estate Planning

There are many complex financial and legal decisions to be made for nursing home placement, and pre-planning is critical. Annual nursing home costs average \$80,000. Families usually begin paying for nursing home care from savings. Medicare coverage of nursing home care is extremely limited. Most people deplete their savings and rely on government-funded Medicaid insurance. You should consult an attorney for Medicaid estate planning. To prevent impoverishment, planning can be done five years in advance of nursing home placement. In limited situations, planning can be done sooner than five years, but the further in advance the planning is done, the better. Medicaid may not pay for nursing home care if transfers are made within 60 months of applying for benefits.

#### Requirements for Medicaid Coverage

- Assets are split between the couple.
- A spouse in the community may keep between \$25,282 - \$126,420, depending on their specific situation. If both spouses are in a nursing home and both applying for Medicaid, each spouse must have less than \$2,000 of countable assets.
- A single resident's countable assets cannot exceed \$2,000.
- A resident's total gross monthly income from all sources must be less than the Special Income Level (\$2,313 in 2019) or a Qualified Income Trust must be established.

Some nursing homes do not provide care for residents who rely on Medicaid. You should contact the facility to ensure they accept Medicaid before your loved one is admitted.

#### CAREGIVER TIP

Some nursing home residents have frail bodies but very alert minds. Others may not be able to process numbers to play bingo, but enjoy trips out to a park, or to see holiday decorations. Study the activities schedule to make sure your loved one will have access to the types if activities he or she will enjoy and look forward to.

❁ **Is nursing home placement the best decision?** This chart will help you sort out what options are available and affordable.

### FINANCIAL RESOURCES

#### Monthly Income (including savings)

Social Security income \_\_\_\_\_  
 Pension \_\_\_\_\_  
 Union/VA benefits \_\_\_\_\_  
 Interests, annuities \_\_\_\_\_  
 Dividends \_\_\_\_\_  
 Other assets \_\_\_\_\_

#### Other Resources

Medicare insurance \_\_\_\_\_  
 Private insurance \_\_\_\_\_  
 Assets \_\_\_\_\_

#### Total Income and Resources

### MONTHLY NURSING HOME COST FOR:

Skilled care \_\_\_\_\_  
 Personal care \_\_\_\_\_  
 Therapies \_\_\_\_\_  
 Pharmacy \_\_\_\_\_  
 Medical equipment/supplies \_\_\_\_\_  
 Other \_\_\_\_\_

#### Total Nursing Home Cost

Income/Cost Variance \_\_\_\_\_

### SERVICES TO ENABLE YOU TO REMAIN AT HOME

#### Availability/Monthly Cost for:

Accessibility remodeling \_\_\_\_\_  
 Adult day care \_\_\_\_\_  
 Companionship \_\_\_\_\_  
 Emergency response \_\_\_\_\_  
 Friendly visitors \_\_\_\_\_  
 Home chore services \_\_\_\_\_  
 Home delivered meals \_\_\_\_\_  
 In-home personal care \_\_\_\_\_  
 In-home skilled care \_\_\_\_\_  
 Telephone reassurance \_\_\_\_\_  
 Respite care \_\_\_\_\_

#### TOTAL

### ALTERNATIVE HOUSING ARRANGEMENTS

Home remodeling \_\_\_\_\_  
 Home sharing \_\_\_\_\_  
 Adult Care homes \_\_\_\_\_  
 Assisted living \_\_\_\_\_  
 Congregate housing \_\_\_\_\_  
 Seniors apartment \_\_\_\_\_



## MEDICARE COVERAGE

Medicare reimbursement for any one service is never guaranteed. Services listed are usually covered by Medicare. Applicable only in Medicare certified nursing facilities. Pays any costs over \$167.50 per day for days 21–100 per benefit period if patient:

- Has been admitted for at least three consecutive nights.
- Has been admitted for skilled nursing care for a condition treated in the hospital.
- Is admitted within 30 days of leaving hospital.
- Has doctor's authorization.

Also pays up to 210 days of hospice care for terminally ill.

### Medicare Helps Pay for:

(Providers must be Medicare certified.)

- Medical social services.
- Bed in semi-private room (two–four beds per room) and all meals including special diets.

## Do's and Don'ts of 911

**Dial 911 only for an emergency.** Emergencies include a serious medical problem, fire, any life-threatening situation or if you see a crime in progress. If you must call 911, speak calmly and clearly:

- Describe the type of incident you are reporting
- Describe your location and the emergency location
- Provide a description of those involved in incident
- Do not hang up until the dispatcher tells you to
- Follow any instructions the dispatcher gives you
- Secure pets that may interfere with responders
- Gather any medications a person may be taking

**Do not dial 911 for a non-emergency.** Take the time now to find the numbers you might need to call in the event of a non-emergency.

### If in Doubt call 911

**Fill in these phone numbers. Make a copy and post this by your telephone or on your refrigerator.**

#### Police

PHONE \_\_\_\_\_

#### Sheriff

PHONE \_\_\_\_\_

#### Fire

PHONE \_\_\_\_\_

#### Ambulance

PHONE \_\_\_\_\_


#### Family Member

NAME/PHONE \_\_\_\_\_

#### Neighbor

NAME/PHONE \_\_\_\_\_

## TAKE NOTE

If you receive Medicare benefits through a Medicare Advantage Plan, you do not need Medigap insurance. You may wish to maintain your Medigap policy until you are sure you are satisfied with a plan's services. 

- Necessary nursing services.
- Drugs, medical supplies, appliances and equipment (wheelchairs, crutches and braces).
- Doctor's services (if you have Part B coverage).

### Medicare Does Not Help Pay for:

- Personal comfort or convenience items such as phone, radio or television furnished at the patient's request.
- Private duty nursing.
- An extra charge for use of a private room, unless the patient needs it for medical reasons and the doctor orders it.

## MEDICAID COVERAGE

Applicable in Medicaid certified nursing facilities. Pays if local Human Svcs. dept. decides nursing care medically necessary and patient meets eligibility requirements.

### Medicaid Will Pay: (Provider must be Medicaid certified.)

- Skilled nursing and laundry services.
- Semi-private room, meals and special diets if prescribed by doctor.
- Drugs and medical supplies.
- Physician ordered "restorative" services such as physical, occupational, hearing and speech therapy and diagnostic evaluation visits.
- Some transport to and from hospital and nursing home.
- A bed for 30 days for therapeutic visits or hospital stays. During the 31st day, patient must privately pay to hold bed or go back on the Medicaid waiting list.

### Medicaid Will Not Pay for:

- Private duty nursing.
- Rest home care or custodial care.
- Personal comfort or convenience items, unless medically necessary and ordered by the doctor.
- Non-essential or experimental services.
- Beauty/barber shop services.
- Dry cleaning.
- Transportation costs to visit families and friends.
- Continued stay in a facility if the resident's level of care does not match the facility's certification level (if alternate placement available).

## TAKE NOTE

You need an attorney for Medicaid estate planning. To prevent impoverishment, trusts must be set up five years in advance of nursing home placement. Medicaid will not pay nursing home bills for 60 months after assets are transferred. This can cause significant financial hardship for a community spouse.

## Skilled Nursing Facilities by County

**Older Adults®** would like to thank the following facilities whose advertising support have made the printing of this guide possible.

### FRANKLIN COUNTY

**Claremont Retirement Village** (614) 761-2011  
7041 BENT TREE BLVD., 43235  
www.crvillage.com

Studio and 1 Bedroom apartments  
Affordability, Simplicity, and Inspired by Family.  
See our ad on Page 9.

**Mayfair Village Nursing Center** (614) 889-6320  
3000 BETHEL RD., COLUMBUS 43235  
www.MayfairVillageNursingCenter.com

Conveniently located in northwest Columbus, Ohio, with convenient access to the area's top hospitals. The only facility accredited by The Joint Commission within 25 miles, Mayfair Village Nursing Center is a perfect choice of nursing home. Our skilled team of caregivers utilizes a holistic approach to care, giving each patient and resident a fresh approach to healing. Focusing on inpatient and outpatient rehabilitation with 24-hour skilled nursing care, our residents and patients experience a homelike environment, dedicated staff, comfortable surroundings and individualized care plans that promote maximum independence. See our ad on Page 9.

**Wesley Glen W** (614) 888-7492  
5155 N. HIGH ST., 43214  
www.wesleyglen.com

Wesley Glen is a Continuing Care Retirement Community where you can enjoy the comfort of familiar surroundings offering independent living, assisted living, memory care, Adult Day Care Service and rehabilitation services. 69 beds. See our ad on Page 11.

**Tell them you saw it in...  
Older Adults!**

### OTHER FACILITIES

#### ■ Franklin County

Altercare of Canal Winchester  
(614) 834-2500 72 beds  
6725 Thrush Dr., Canal Winchester 43110

Altercare of Hilliard  
(614) 771-4400 72 beds  
4660 Trueman Blvd., Hilliard 43026

Arlington Court Nursing Home  
(614) 451-5677 130 beds  
1605 NW Professional Plaza, 43220

Astoria Place  
(614) 228-5900 120 Beds  
44 S. Souder Ave., Columbus 43222

Buckeye Terrace Rehab & Nursing  
(614) 882-4055 70 Beds  
140 N. State St., Westerville 43086

Capital City Gardens & Rehab  
(614) 464-2273 104 Beds  
920 Thurber Dr. W., Columbus 43215

Columbus Alzheimer Care Center  
(614) 459-7050 99 beds  
700 Jasonway Ave., 43214

Columbus Center  
(614) 276-4400 100 beds  
4301 Clime Rd. N., 43228

**Worthington Christian Village** (614) 846-6076  
165 HIGHBLUFFS BLVD., 43235

The Village is a faith-based, non-profit, complete senior living community offering Independent Living, Assisted Living, and Skilled Rehab & Long-Term Care in our Health Care Center. 50 beds. See our ad on Page 11.

### DELAWARE COUNTY

**Parkside Village Senior Living Community** (614) 794-9300

730 N. SPRING RD., WESTERVILLE 43082  
www.DanburySeniorLiving.com

The area's most dynamic retirement community. Check us out and see for yourself why Parkside Village is dedicated to setting a new standard of senior living! See our ad on Page 5.

### FAIRFIELD COUNTY

**Wesley Ridge W** (614) 759-0023  
2225 TAYLOR PARK DR., REYNOLDSBURG 43068  
www.wesleyridge.com

Wesley Ridge is a Continuing Care Retirement Community where you can enjoy the comfort of familiar surroundings offering independent living, assisted living, memory care, Adult Day Care Service and rehabilitation services. 136 beds. See our ad on Page 11.

### CAREGIVER TIP

Moving a loved one into a nursing home is an act of love, not a denial of duty. Many older adults who have lived in isolation for a long time find new friends and new experiences to keep connected with life once they become residents. Additionally, the very frail often significantly improve with regular medical care and a healthy nutrition program.

Call the **Long Term Care Ombudsman** for further information and advice on nursing home selection.  
**(614) 221-5891 or 1-800-536-5891**

Columbus Colony  
(614) 891-5055 150 beds  
1150 Colony Dr., Westerville 43081

Continuing Healthcare of Gahanna  
(614) 475-8778 99 Beds  
167 North Stygler Rd., Gahanna 43230

Convallarium at Indian Run  
(614) 761-1188 90 beds  
6430 Post Rd., Dublin 43017

Creekside Care Center  
(614) 337-1066 112 Beds  
5151 North Hamilton Rd., Columbus 43230

Crown Pointe Care Center  
(614) 459-7293  
1850 Crown Park Ct., 43235

Darby Glenn Nursing &  
Rehabilitation Center  
(614) 777-6001  
4787 Tremont Club Dr., Hilliard 43206

Eastland Health Care & Rehab  
(614) 868-9306 93 beds  
2425 Kimberly Pkwy. E., 43232

Forest Hills Center  
(614) 891-1111 75 beds  
2841 E. Dublin-Granville Rd., 43231

Healthcare Center at the Forum  
(614) 451-6793 60 beds.  
4590 Knightsbridge Blvd., 43214

Heartland of Uptown Westerville  
(614) 882-1511 174 beds  
140 Old County Line Rd., Westerville 43081

Heartland of Westerville  
(614) 895-1038 130 beds  
1060 Eastwind Dr., Westerville 43081

Heartland of Dublin  
(614) 210-0541 120 Beds  
4075 W. Dublin-Granville Rd., 43017

Highbanks Care Center  
(614) 888-2021  
111 Lazelle Rd. East, Worthington 43235

The Laurels of Hilliard  
(614) 876-7356 122 beds  
5471 Scioto Darby Rd., Hilliard 43026

The Laurels of Norworth  
(614) 888-4553 150 beds  
6830 N. High St., Worthington 43085

The Laurels of Worthington  
(614) 885-0408 100 beds  
1030 N. High St., Worthington 43085

Manor at Whitehall  
(614) 501-8271 150 beds  
4805 Langley Ave., Whitehall 43213

McNaughten Pointe  
(614) 751-2525  
1425 Yorkland Rd., 43232

Meadow Grove Transitional Care  
(740) 594-1600  
5919 Blue Star Rd., Grove City 43123

Mill Run Care Center  
(614) 527-3000 66 beds  
3399 Mill Run Dr., Hilliard 43026

Mohun Health Care Center  
(614) 416-6132 72 beds  
2320 Airport Dr., 43219

Monterey Care Center  
(614) 875-7700 200 beds  
3929 Hoover Rd., Grove City 43123

Mother Angeline McCrory Manor  
(614) 751-5700 147 beds  
5199 E. Broad St., 43213

New Albany Care Center  
(614) 855-8866 67 beds  
5691 Thompson Rd., 43230

Otterbein New Albany  
(614) 400-5596 50 Beds  
6690 Liberation Way, New Albany 43054

Otterbein Gahanna  
(614) 831-2600 50 Beds  
402 Liberty Way, Gahanna 43230,

The Sanctuary at Tuttle Crossing  
(614) 760-8870 66 beds  
4880 Tuttle Rd., Dublin 43017

Scioto Point  
(614) 224-5738 99 beds  
740 Canonby Pl., 43223

Summit's Trace  
(614) 252-4987 210 beds  
935 N. Cassady Ave., 43219

Villa Angela Care Center  
(614) 854-5420  
5700 Karl Rd., 43229

West Park  
(614) 274-4222 100 beds  
1700 Heinzerling Dr., 43223

Whetstone Care Center  
(614) 457-1100 200 beds  
3700 Olentangy River Rd., 43214

Woodview Care & Rehab.  
(614) 276-8222 100 Beds  
2770 Clime Road, Columbus 43223

**■ Delaware County**  
Arbors at Delaware  
(740) 369-9614 117 beds  
2270 Warrensburg Rd., Delaware 43015

Country Club Center V  
(740) 369-8741 50 beds  
478 S. Sandusky St., Delaware 43015

Country View of Sunbury  
(740) 965-3984  
14961 N. Old 3-C Hwy., Sunbury 43074

Delaware Court Healthcare Center  
(614) 369-6400 75 beds  
4 New Market Dr., Delaware 43015

Sarah Moore Health Care Center  
(740) 362-9641 32 Beds  
26 N. Union St., Delaware 43015

**■ Fairfield County**  
Arbors at Carroll  
(740) 654-1641 99 beds  
3680 Dolson Ct., Carroll 43112

Country Lane Gardens and Rehab  
(740) 536-7381 150 beds  
7820 Pleasantville Rd., Pleasantville 43148

Crestview Manor Nursing Home  
(740) 654-2634 180 beds  
957 Becks Knob Rd., Lancaster 43130

Echo Manor  
(614) 864-1718 99 beds  
10270 Blacklick Eastern Rd. NW,  
Pickerington 43147

Homestead Center  
(614) 653-8630 102 bed  
1900 E. Main St., Lancaster 43130

Lanfair Nursing Home  
(740) 687-5100 84 beds  
1590 Chartwell St., Lancaster 43130

Main Street Terrace Care Center  
(740) 653-8767 50 beds  
1318 E. Main St., Lancaster 43130

**Tell them you saw it in...Older Adults!**



Pickerington Care & Rehab  
(614) 863-1858 96 beds  
1300 Hill Road N., Pickerington 43147

#### ■ Fayette County

Court House Manor  
(740) 335-9290 100 beds  
555 N. Glenn Ave., WCH 43160

Four Seasons Nursing & Rehab  
(740) 895-6101 75 Beds  
201 Courthouse Pkly, WCH 43160

Signature Healthcare of Fayette Co.  
(937) 335-9270 99 beds  
375 Glenn Ave., WCH 43160

St. Catherine's Manor  
(740) 335-6391 68 beds  
250 Glenn Ave., WCH 43160

#### ■ Licking County

Arlington Care Center  
(740) 344-0303 143 beds  
98 S. 30th St., Newark 43055

### COMING SOON...OUR UPDATED WEBSITE!

Visit us at **www.seniorimpact.net** for more information on topics of interest to seniors and caregivers. View the Older Adults Guide online, search for specific services, read about relevant issues currently affecting the senior community, and much more!



Flint Ridge Nursing & Rehab.  
(740) 348-1300 101 beds  
1450 W. Main St., Newark 43055

Heath Pulmonary Care Center  
(740) 522-1171 150 beds  
717 S. 30th St., Heath 43056

Kendal at Granville  
(740) 321-0400 32 beds  
2158 Columbus Rd., Granville 43023

Newark Care & Rehab  
(740) 344-0357 300 beds  
75 McMillen Dr., Newark 43055

Newark Hills Health & Rehab Ctr.  
(740) 345-9197 48 beds  
17 Forry St., Newark 43055

Pataskala Oaks Care Center  
(740) 927-9888 86 beds  
144 E. Broad St., Pataskala 43062

Price Road Health & Rehab Center  
(740) 633-2321 81 beds  
151 Price Rd., Newark 43055

Tuscany Gardens  
(740) 964-0803 123 beds  
7400 Hazelton-Etna Rd., Pataskala 43062

Utica Nursing Home  
(740) 892-3414 32 beds  
233 N. Main St., Utica 43080

#### ■ Madison County

Arbors West  
(614) 879-7661 99 beds  
375 W. Main St., West Jefferson 43162

London Health & Rehab Center  
(740) 852-3100 79 beds  
218 Elm St., London 43140

#### ■ Pickaway County

Brown Memorial Home, Inc.  
(740) 474-6238 44 beds  
158 E. Mound St., Circleville 43113

Circleville Center  
(740) 477-1695 100 beds  
1155 Atwater Ave., Circleville 43113

Logan Elm Health Care Center  
(740) 474-3121 101 beds  
370 Tarlton Rd., Circleville 43113

Pickaway Manor Care Center  
(740) 474-6036 99 beds  
391 Clark Dr., Circleville 43113

#### ■ Union County

Monarch Skilled Nursing & Rehab  
(937) 642-1026 50 beds  
730 Milcrest Dr., Marysville 43040

Prestige Gardens  
(937) 644-8836 100 beds  
755 Plum St., Marysville 43040

### “AGING” WEBSITES

**www.coaaa.org**  
Central Ohio Area Agency on Aging

**www.aarp.org/oh**  
AARP (Ohio Office)

**www.aoa.gov**  
U.S. Admin. on Aging

**www.dhhs.gov**  
U.S. Dept. of Health and Human Services

**www.cms.gov**  
Center for Medicare and Medicaid

**www.ncoa.org**  
National Council on Aging

**www.usa.gov**  
Federal and State aging websites

**www.nsccl.org.**  
National Senior Citizens Law Center

**www.seniornet.org**  
SeniorNet

**www.asaging.org**  
American Society on Aging

**www.ssa.gov**  
Social Security Admin.

**www.olderadults.net**  
Older Adults Guide Online

**www.muohio.edu/scripps**  
Miami Univ. Scripps Gerontology Center

**www.ohioaging.org**  
Ohio Association of Area Agencies on Aging

**www.aging.ohio.gov**  
Ohio Dept. of Aging

**www.naela.org**  
Nat. Academy of Elder Law Attorneys

**www.eldercare.acl.gov**  
Eldercare Locator



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**Tell them you saw it in...  
 Older Adults!**



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# Central Ohio Area Agency on Aging Summary of Programs and Services



## Contact us:

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The mission of the Central Ohio Area Agency on Aging (COAAA) is to inform and support people as they navigate the experience of aging or disability. COAAA serves as the Aging and Disability Resource Network for eight counties: **Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union.**

\* **Medicaid Waiver programs help provide long-term care services in the community to people who would otherwise be in an institution or nursing home.**

Program Name	Who It Is For/What It Does	Basic Services and Benefits	Eligibility Requirements
<b>PASSPORT</b>	An alternative to nursing home care. Helps financially eligible, disabled older adults remain safe and independent at home.	<ul style="list-style-type: none"> <li>Homemaking</li> <li>Transportation</li> <li>Emergency Response</li> <li>Personal Care</li> <li>Meals/Nutrition</li> <li>Care Management</li> <li>Home Modification</li> <li>Medical Equipment</li> <li>Adult Day Care</li> <li>Nursing</li> </ul>	<ul style="list-style-type: none"> <li>60 or older</li> <li>Have qualifying functional impairments (need assistance with bathing, meals, etc.)</li> <li>Medicaid-waiver eligible*</li> </ul>
<b>Ohio Home Care Waiver</b>	An alternative to nursing home care. Meets the needs of financially eligible individuals who have significant health care needs due to a disabling condition.	<ul style="list-style-type: none"> <li>Homemaking</li> <li>Transportation</li> <li>Emergency Response</li> <li>Personal Care</li> <li>Meals/Nutrition</li> <li>Care Management</li> <li>Home Modification</li> <li>Medical Equipment</li> <li>Adult Day Care</li> <li>Nursing</li> </ul>	<ul style="list-style-type: none"> <li>59 years of age or younger</li> <li>Have qualifying functional impairments (need assistance with bathing, meals, etc.)</li> <li>Medicaid-waiver eligible*</li> </ul>
<b>Assisted Living Waiver</b>	Provides care for Medicaid-eligible adults in an approved assisted living facility. An alternative for people needing more care, but not a nursing home.	<ul style="list-style-type: none"> <li>Private room/bath</li> <li>24 hour on-site response</li> <li>Meals, Personal Care and Homemaking</li> <li>Care Management and Social Activities</li> </ul>	<ul style="list-style-type: none"> <li>21 or older</li> <li>Require same level of assistance as PASSPORT</li> <li>Medicaid-waiver eligible*</li> </ul>
<b>MyCare Ohio</b>	Provides comprehensive, coordinated services to Medicare and Medicaid eligible adults in designated service areas.	An individual selects a managed care organization to oversee health care (in Central Ohio, either Aetna Better Health of Ohio or Molina Healthcare of Ohio). Services include medical care, long term care and behavioral health services as well as coordinated care management. COAAA provides in-home waiver service coordination.	Age 18 or older with <b>both</b> Medicare and Medicaid in 29 Ohio counties including Delaware, Franklin, Madison, Pickaway, and Union in Central Ohio.
<b>Specialized Recovery Services (SRS)</b>	Helps individuals with severe and persistent mental illness, certain diagnosed chronic conditions, or those on the solid organ or soft tissue transplant waiting list.	<ul style="list-style-type: none"> <li>Assistance in developing a specific care plan</li> <li>Help with finding and keeping a job</li> <li>Support from others with similar life experiences</li> <li>Individuals eligible for the SRS program also receive full Medicaid coverage.</li> </ul>	<ul style="list-style-type: none"> <li>21 years of age or older</li> <li>Meet diagnosis criteria</li> <li>Medicaid-waiver eligible*</li> </ul>



Program Name	Who It Is For/What It Does	Basic Services and Benefits	Eligibility Requirements
<b>Franklin County Senior Options</b>	Home-care program funded by the Franklin County Senior Services Levy.	<ul style="list-style-type: none"> <li>Adult Day Services</li> <li>Homemaker and Personal Care</li> <li>Transportation</li> <li>Meals/Nutrition</li> <li>Emergency Response Services</li> <li>Minor Home Repair</li> </ul>	<ul style="list-style-type: none"> <li>60 or older and a Franklin County resident</li> <li>Have unmet need for service</li> <li>Verify income/assets; sliding fee scale</li> </ul>
<b>Local Senior Programs in Central Ohio Counties</b>	Services vary by county and can include Older Americans Act, State, and local levy funding to community agencies to provide 'safety net' for those ineligible for other services.	<ul style="list-style-type: none"> <li>Delaware: 740-363-6677 or 800-994-2255</li> <li>Fairfield: 740-681-5050 or 866-654-9830</li> <li>Fayette: 740-335-2159</li> <li>Licking: 740-345-0821 or 800-452-0097</li> <li>Madison: 740-852-3001</li> <li>Pickaway: 740-474-8831</li> <li>Union: 937-644-1010 or 866-722-9629</li> </ul>	<ul style="list-style-type: none"> <li>Generally 60 or older</li> <li>Cost varies depending on the service and program</li> </ul>
<b>Caregiver Support Program</b>	Caregivers of older adults and individuals with a disability.	<ul style="list-style-type: none"> <li>Provides information, advice, and education about respite care and other supportive services.</li> <li>To apply for caregiver services, contact your county agency listed above; in Fayette County, call 740-335-7782.</li> </ul>	<ul style="list-style-type: none"> <li>Information and education for all caregivers.</li> <li>Respite and support services: Care recipient must be 60 or older and live in one of the eight counties served by the COAAA.</li> </ul>
<b>Medicare Outreach</b>	Free services from knowledgeable staff who educate individuals and groups about Medicare.	<ul style="list-style-type: none"> <li>Medicare for Beginners workshops</li> <li>Medicare presentations to groups</li> <li>One-on-one assistance via phone, email, or in-person</li> </ul>	No age or income requirements
<b>Long-Term Care Consultations</b>	A free, customized, in-home consultation that helps individuals understand how to meet current or future long-term care needs.	Information about long-term care services and support that helps seniors in maintaining their independence.	No age or income requirements
<b>Wellness Programs</b>	Chronic disease management and falls management workshops and wellness presentations.	<ul style="list-style-type: none"> <li>Matter of Balance</li> <li>Healthy U</li> <li>Healthy, Well &amp; Wise</li> </ul>	No age or income requirements
<b>Volunteer Guardian Program</b>	Recruits, screens, trains, and supports volunteer guardians of the person for adults who lack medical decision making capacity and who live in a group care setting.	<ul style="list-style-type: none"> <li>Volunteers are appointed by the County Probate Court as Guardians of the Person</li> <li>Volunteers are trained and supported in their role by COAAA staff</li> </ul>	Serves vulnerable residents of care facilities in Delaware, Fairfield, Fayette, Franklin, Licking, and Pickaway counties.