

# DEMENTIA CAREGIVER RESOURCES, INC.

Leading Caregivers into: HOPE HELP HEART ♥ LIGHT GROWTH LOVE

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

### HOTLINE - HELPLINE - REFERRALS

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

Free, confidential, multi-lingual, 24-hour community central source information, services, and resources for Pinellas and across the nation. 211 Tampa Bay Cares is now **First Contact** [www.firstcontact.org](http://www.firstcontact.org)

### **ABUSE HOTLINE** Abuse - Neglect - Exploitation

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

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

### **PASCO & PINELLAS HELPLINE at the AGING and DISABILITY RESOURCE CENTER 1(800)96-ELDER**

For inquiries from outside of the local area Call: (727)217-8111 1(800)963-5337

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

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

**FLORIDA DEPARTMENT OF ELDER AFFAIRS:** <https://elderaffairs.org/programs-services/>

### **ADULT-DAY CARE (ADC) and HEALTH SERVICES**

- **NEIGHBORLY CARE NETWORK** [www.neighborly.org/](http://www.neighborly.org/) (727)573-9444  
*Meals on Wheels, Senior Dining, Adult Day Care, Transportation*
- **MARIA'S ADULT DAY CARE** Seminole [www.mariacares.com/](http://www.mariacares.com/) (727)393-7711
- **RUTH'S PROMISE ADC** Largo <https://www.ruthspromise.net/> (727)585-9969
- **SEA BREEZE ADC – St. Petersburg** <https://www.seabreezeadultdaycenter.com/> (727)623-9092
- **WEISSMAN DAY CENTER – St. Petersburg** <http://menorahmanor.org/adult-day-center> (727)302-3900

### **SUNCOAST P A C E**

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

(727)289-0062

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY - Comprehensive Health Care & Support

### **ALZHEIMER'S AND RELATED DISORDERS INFORMATION AND RESOURCES**

- **ALZHEIMER'S FOUNDATION OF AMERICA** [www.alzfdn.org/](http://www.alzfdn.org/) (866)232-8484
- National Alzheimer's Association [www.alz.org/](http://www.alz.org/) (800)272-3900
- **LEWY BODY** Dementia Association <https://www.lbda.org/> (404)418-7396
- **PARKINSON'S** Disease Information <https://www.michaeljfox.org/> (800)708-7644
- Boston University's **Chronic Traumatic Encephalopathy** (CTE) Center <http://www.bu.edu/cte/>
- **FRONTOTEMPORAL** Degeneration <https://www.theaftd.org/> (866)507-7222
- **NATIONAL INSTITUTE on AGING** <https://www.nia.nih.gov/health/topics> (800)222-2225  
↑ A-Z Health Topics Information and Resources from the National Institutes of Health (NIH)

### **CLINICAL STUDIES**

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



Light for the Journey - Courage for the Soul

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**VETERANS INFORMATION National VA** [www.va.gov/](http://www.va.gov/) (800)827-1000

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

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

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

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



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