

# Explore Your Options

A Kansas Guide to Information and In-Home Services



Jayhawk Area Agency on Aging Directory of Services

# Explore Your Options:

Fall 2014 - 20th Edition



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**This publication is also available at [www.kdads.ks.gov](http://www.kdads.ks.gov)**

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## Introduction

Welcome to the 20th Edition of Explore Your Options. This book will help you through the maze of services available to Kansas seniors and those with disabilities. It is designed to help you take an active role in making decisions that affect your health care and living situation. Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay at home can be a great comfort. The purpose of this book is to let you know about possible services in your community that you can use to find solutions that meet your special needs.

**Part One** will provide you with a better understanding of the kind of agencies and services that can help you stay at home.

**Part Two** will discuss housing and long term care options. This will be of interest if you are considering moving or if you have been residing in a nursing home and are planning to return to your home.

**Part Three** includes maps and lists of various agencies and organizations that may be able to provide more information.

**Part Four** will allow you to find information about what particular services are available in your county. For various reasons, a service may be available but not listed. We encourage you to call the Aging and Disability Resource Center at 1-855-200-2372 for more information. Staff will provide you with current information about services in your county and connect you with the right people to discuss those services.

It is our hope that this guide will be a useful tool as you build solutions that may help you remain at home longer.

**Visit our web site at [www.kdads.ks.gov](http://www.kdads.ks.gov)**

**It is linked to many other resources that will help you explore your options.**

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## Is there anyone to help me figure out what I need?

Sometimes it's easier to put a jigsaw puzzle together than to figure out how to find affordable services that will come to your home and assist you with those necessary tasks that have become increasingly difficult to manage by yourself. When you call the Aging and Disability Resource Center (ADRC), you can talk to an information and assistance professional or an options counselor who can help you figure out what you need and how to find the right services. If needed, there may also be people who can visit you in your home to talk things over.

Case managers are people who can help when you are puzzled by multiple problems that make staying at home seem too difficult. If you are thinking about moving to a nursing home, a case manager can discuss your options and possible solutions. A case manager will help you start services and check back regularly, if necessary, to see that things are working out for you.

Sometimes case managers use other names such as "care managers" or "care coordinators," but the service should be the same. To find a case manager, call the Aging and Disability Resource Center, a Resource Center for Independent Living (for people under age 60), or a private agency of your choice. Private agencies may charge from \$50 to \$150 per hour.

## Are you hiring help at home?

Once you've decided what services you need, the next step is to choose whom you want to provide those services. This can be a scary time, because you may feel vulnerable to the strangers coming to help you. "Will I be safe?" or "Will they take advantage of me?" may be questions you are asking yourself.

If you are working with a case management entity, she or he may be able to assist you in locating quality people to come into your home. But whether you are hiring your own helpers or working with a case manager, there are some questions you can ask and steps you can take to make sure that you know what to expect and are satisfied with the quality of people scheduled to help you.

When hiring helpers at home, ask or do the following BEFORE they enter your home:

- Ask the agency for references (people who know about the agency and the kind and quality of work it does), and check them out. Ask questions like:
- Does the agency have extra insurance on its employees to cover theft and/or breakage?
- Is it a member of the Better Business Bureau or the Chamber of Commerce?

If so, has anyone lodged a complaint about the agency or one of its employees?

If you are not satisfied with the answers to any of these questions, look for another agency.

Ask for references on each employee and check them out. This is especially important if you are hiring someone who is not from a known agency.

Interview the worker. If possible have a family member or friend with you the first time you meet the worker or during any interviews you have. Remember, you will likely feel more comfortable if someone you trust is there as you get to know your new helper. There are many books and articles with questions on how to interview or professional staff that can provide assistance.

Ask about the training and supervision of the people you are hiring. Some questions may be:

- Is the worker trained to do the kind of work you need done? By whom?
- What kind of supervision do they receive? (should it be under a nurse or social worker)?
- What task is each worker allowed by law to perform? You should not ask workers to jeopardize their jobs by asking them to do things that they are not allowed or trained to do.

Ask how payment arrangements are made (if possible, **NEVER** pay cash):

- Will you be billed **AFTER** the services are provided or do you pay **BEFORE** you get them?
- What if you are not satisfied or the worker doesn't show up? Do you get a credit? How do you get another worker?
- What kind of receipt is provided for services? When you have hired someone to shop for you, insist that they provide you with receipts for purchases they've made for you.
- Will you have to sign or initial a timesheet? Will staff have to use your telephone for verification of their arrival and departure?
- Do not give a worker access to your checking account, credit cards or Social Security number.

For the first few times, ask for identification **BEFORE** letting the person into your home. Read their card, badge, etc., and make sure this is who you are expecting. If not, contact the agency before opening your door.

Ask for and expect regular contact with the helper's supervisor. Make sure you can reach the supervisor whenever there is a problem or concern about the worker.

Remove temptation. Once you have hired someone to help you, take a look around your home.

- Do you have valuable jewelry that will be noticed by the worker? If so, put it in a safe deposit box or other secure location.
- Do you have a lot of cash on hand? It is never safe to have money tucked away in a drawer. Put it in the bank.
- Do you have your blank checks and bank statements sitting on a desk in plain view? Again, put them away. Purchasing a small locking file cabinet for such items can remove a lot of temptation for others.
- Do you have valuable or fragile family heirlooms? Now may be the time to give those items to whomever you have selected to receive them after you are gone. You can still have the pleasure of seeing these items when you visit their home without the worry of accidental breakage.

Remember that you are the customer and have the right to expect courteous, respectful help from people who are on time and work hard. This is true regardless of the funding source used to pay for the services. As helpers, they have the right to expect prompt payment for service (usually to their agency) and be treated with respect.

If you do your homework, you will likely find terrific people who will help make the changes in your life easier to handle... and you may also make some wonderful new friends.

**What are your responsibilities in hiring help at home? Should you pay federal or state employment taxes for a household worker?**

An IRS publication dealing with this subject, “Handbook for Employers,” is available by calling **800-870-3676** and requesting Publication Number 926 or access the web at [www.irs.gov](http://www.irs.gov)

There are two basic things you must decide:

- Is the person “your” employee, or is he or she working for you on a contract basis?
- Did you pay this person less than \$1,900 in 2014? This amount may go up slightly each year.

Employees could include babysitters, caretakers, health aides, housekeepers, maids, nannies, private nurses, cleaning people, yard workers, and other similar domestic workers. The worker is your employee if you control not only what work is done, but how it is done. Usually you will provide the tools and equipment your employee uses. If the worker controls how the work is done, the worker is not your employee but is self-employed. A self-employed worker usually provides his or her tools and offers services to the general public. There are also rules about hiring people who are not citizens of this country.

**How do you pay these taxes?**

If the person is your employee, and you paid him or her more than \$1,900 in a year, you may need to withhold and pay Social Security and Medicare taxes, pay federal unemployment tax, or you may need to do both. You do not need to withhold federal income tax from your household employee’s wages. If your employee asks you to withhold it, you can choose to do so. There are forms to be filled out and submitted to the IRS along with your payment.

This is a complicated issue. IRS does not accept ignorance of the law as an excuse. If you hire someone to work in your home regularly and pay him or her more than \$1,900, please investigate the tax consequences. More information is available on the web at [www.irs.gov](http://www.irs.gov) or you may choose to talk with a financial planner or tax preparer. You may also call the IRS at 800-829-1040 with your tax questions.

## Part One: Services and Information that help you remain in your home

### 2-1-1

**2-1-1** is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. United Way **2-1-1** will help callers find resources for basic human needs such as food banks, clothing closets, shelters, transportation, support for children, youth and families, physical and mental health resources and employment services.

**2-1-1** is an easy way to get help or give help. One call gives people access to thousands of community resources. All **2-1-1** calls are confidential and free.

### Adult Abuse

In Kansas vulnerable adults are persons 18 years of age or older who are alleged to be unable to protect their own interests, who are harmed or threatened with harm (financial, mental, physical) through action or inaction by themselves or others. This includes the elderly, physically disabled, mentally ill and developmentally disabled individuals.

Protective services for vulnerable adults living in their own homes are provided by the Department for Children and Families (DCF). Protective services for vulnerable adults living in a licensed residential home are provided by the Kansas Department for Aging and Disability Services (KDADS) for the purpose of preventing or alleviating abuse, neglect, exploitation or fiduciary abuse.

A report should be made when an adult is in a harmful situation or in danger of being harmed, unable to protect himself/herself, a specific incident or pattern of incidents suggests abuse, neglect, or financial abuse, or exploitation is occurring. A report should also be made when an adult is unable to provide for or obtain the services necessary to ensure their safety and well-being or to avoid physical or mental harm or illness. Specific information is needed in a report. Be sure to include the name of the person, their exact location, any information about the nature of the abuse, neglect, financial abuse or exploitation and specific names,

addresses and phone numbers of any caretakers, next of kin, witnesses or the alleged abuser.

#### **Elderly Living at Home:**

Call your local DCF office or 800-922-5330 (also for child abuse)

#### **Institutional Abuse Hotline:**

800-221-7973

#### **Person Living in a Licensed Residential Home or Hospital**

800-842-0078

### Adult Day Care

Adult day care centers provide a variety of services, from health care to recreation. Centers are usually open during working hours and may stand alone or be located in senior centers, adult care homes, or religious organizations. Adult day care staff may monitor medications, provide hot meals and snacks, and social activities. Currently, adult day care centers are licensed by the Kansas Department for Aging and Disability Services. It is important to visit the center, talk with staff, and speak with other families who use the center to make sure that the center is able to meet your needs.

For more information, contact the Aging and Disability Resource Center, hospital, doctor, senior center, public health department, or look in the county specific Directory of Services under "Adult Day Care." A statewide listing of licensed Adult Day Care Providers is available online at [www.kdads.ks.gov](http://www.kdads.ks.gov).

## Aging and Disability Resource Connection (ADRC)

Aging and Disability Resource Centers are welcoming and accessible places where individuals can obtain information and assistance in locating home and community-based long-term care services and institutional care. ADRCs purpose is to streamline access to long-term support services and empower individuals to make informed choices about their care. ADRCs do this by providing consumers with information on their options for services, as well as assistance with application processes, eligibility determinations and follow-up as needed. In doing so, ADRCs help people conserve their personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term institutional care.

ADRCs have strong partnerships with a wide variety of service providers and organizations to facilitate referrals to those organizations according to the customers' needs and choices. The Kansas Aging and Disability Resource Center has a public-access website at [www.kdads.ks.gov](http://www.kdads.ks.gov) with a statewide On-line Resource Database of services and a variety of other tools to provide information and assist consumers and family caregivers with their long-term care needs.

Services provided by ADRCs include:

- Options Counseling
- Person-Centered Transition support following hospitalization or nursing home stays.
- Functional eligibility assessments for HCBS waivers including physical disabilities, traumatic brain injury and frail elderly
- Follow-up to ensure customers' goals are being achieved and that needed services are being provided.

Call 1-855-200-2372 or see Map on Page 28 for the Aging and Disability Resource Center for your area.

## Alzheimer's Disease and Related Dementia

Dementia is a general term for several diseases that cause changes in an individual's orientation, ability to remember, reasoning and judgment. Ability to learn, personality, language skills and a person's perception can also be affected. The losses caused by dementia interfere with a person's ability to function normally in personal, social and occupational activities.

Alzheimer's disease accounts for 60 to 80 percent of all dementia cases. It is an irreversible progressive brain disorder that occurs gradually and results in memory loss, behavior and personality changes and a decline in thinking abilities. It is the sixth leading cause of death among adults.

It is estimated over 5 million Americans suffer with the disease. The number of Americans with Alzheimer's and other dementias is increasing every year because of the steady growth in the older population. (*From the 2009 Alzheimer's Association - Alzheimer's Disease Facts and Figures Report*)

Individuals who are having dementia symptoms should discuss the signs with their family physician. The physician will order the appropriate tests or refer the individual to another physician, or to an Alzheimer's diagnostic center. An early and thorough diagnostic workup is important to rule out other diseases and conditions that can also cause dementia. The diagnostic process could include medical history, psychiatric evaluation, physical examination, neurological exam and laboratory tests.

The Alzheimer's Association Safe Return Program assists in the safe return of individuals with Alzheimer's or a related dementia who wander and become lost. It is a nationwide identification, support and registration program working at the community level. Contact the Alzheimer's Association for registration information.

Alzheimer's disease is a medical condition and not a psychological or emotional disorder. The more you, your family and friends learn about the disease, the more everyone will be able to support one another.

The Kansas Alzheimer's Association provides support groups, training for caregivers and health care professionals, video/book library for loan or purchase, publications, referrals, newsletters, diversity outreach and safe return registry.

### **Alzheimer's Association Chapters in Kansas**

Heart of America Chapter  
3846 W. 75th Street,  
Prairie Village, KS 66208 913-831-3888 or  
800-272-3900 [www.alz.org/kansascity/index.asp](http://www.alz.org/kansascity/index.asp)

Heart of America Chapter  
Northeast Kansas Regional Office  
3625 SW 29th St., Ste 102  
Topeka, KS 66614  
785-271-1844 or 800-272-3900

Central and Western Kansas Chapter  
1820 E. Douglas Avenue, Wichita, KS 67214  
316-267-7333 or 800-272-3900  
[www.alz.org/centralandwesternkansas](http://www.alz.org/centralandwesternkansas)

The following organizations provide information and resources:

National Alzheimer's Association  
225 N. Michigan Ave., Floor 17  
Chicago, IL 60601  
800-272-3900 24-hour care counselor  
[www.alz.org](http://www.alz.org) message boards/chat rooms at  
[www.alz.org/messageboards](http://www.alz.org/messageboards)

Parkinson Foundation of the Heartland  
8900 State Line Road, Suite 320  
Overland Park, KS 66206  
913-341-8828 [www.parkinsonheartland.org](http://www.parkinsonheartland.org)

National Parkinson Foundation, Inc.  
200 SE 1st St., Ste 800  
Miami, FL 33131  
800-473-4636  
[www.parkinson.org](http://www.parkinson.org)

## **Assistive Devices and Technology**

Assistive technology can be any item, piece of equipment, or product that is used to increase, maintain or improve the living and working capabilities of people with disabilities. Examples of assistive devices include Braille printers, computer-based communication systems, electronic page-turners for books, power wheelchairs, talking books and calculators, bath benches, grab bars and telephone devices for persons with hearing impairments.

Check with the Aging and Disability Resource Center, church, civic group, veterans' organization, senior center or lending closet for assistive devices such as wheelchairs, walkers, hospital beds, etc. You may also contact the statewide lending closet at Occupational Center of Central Kansas (OCCK) in Salina at 800-526-9731. There may be other lending agencies in your area.

In addition, the agencies listed below provide information and referral, advice on financing, training, and technical assistance about assistive devices and technology. You may also contact the Aging and Disability Resource Center or local Center for Independent Living for additional information and financing suggestions. See the maps on pages 28 and 30 for one near you.

Envision, Wichita 888-311-2299

Kansas Assistive Technology Access Sites  
Kansas Equipment Exchange  
800-526-3648 or [www.atk.ku.edu](http://www.atk.ku.edu)

K-Loan (low interest loans)  
866-465-2826 V/TT  
620-421-6554 V/TT

Occupational Center of Kansas (OCCK),  
Salina 800-526-9731 TDD/TTY 785-827-9383

United Cerebral Palsy of Kansas,  
316-688-1888 ext. 538

## Blind and Visually Impaired Services

DCF provides a variety of employment and independent living services for Kansans who are blind or visually impaired. Vocational Rehabilitation provides services to help individuals achieve or maintain competitive integrated employment. The Business Enterprise Program provides career opportunities in food service facilities, snack shops, and vending machine routes. Independent Living services are available for persons who are age 55 or older. Contact them at **866-213-9079**.

Ikan represents a consortium of independent living centers, headed by Prairie Independent Living Resource Center (PILR) Hutchinson, that are working in 76 counties to provide provision of independent living services for persons who are age 55 and older who experience blindness or visual impairments. Ikan has five core services: individual and system advocacy, peer counseling, information and referral, independent living skills training, and deinstitutionalization. They also offer orientation and mobility training, Braille transcription, and assistive technologies.

Contact an Independent Living Resource Center for more information and to see if these services are available in your area.

## Family Caregiver Support Program (FCSP)

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is not an easy role, nor is it one for which most of us are prepared. Whether you are a caregiver, know a caregiver or are expecting to become a caregiver, there is information and assistance to help. Call the Aging and Disability Resource Center (see page 28).

The Family Caregiver Support Program (FCSP) is a federally funded program under the Older Americans Act (OAA). In Kansas, Aging and Disability Resource Centers provides FCSP designed to assist caregivers in the areas of health and finance, and in making decisions and solving problems related to their caregiving roles. FCSP services may be provided to a:

- Caregiver - an adult family member, or another individual, who is an informal provider of in-home and/or community care to an older individual who is 60 years of age or older, or an adult caring for an individual with Alzheimer's Disease or a related disorder with neurological or organic brain dysfunction.
- Grandparent or relative by blood, marriage, or adoption who is age 55 or older providing care for a child who is younger than 19, and; 1) lives with the child; 2) acts as the primary caregiver of the child; and 3) is raising the child either formally through legal custody or guardianship, or informally.
- Grandparent or relative by blood or marriage who is age 55 or older providing care for an individual, age 19 to 59, with a disability. This caregiver cannot be the individual's parent.

Each Aging and Disability Resource Center (ADRC) will receive an allocation of funds for FCSP service delivery. The ADRC will determine what the service needs are for their specific area through public hearings, focus groups, etc. The services that may be available include:

- Information
- Assistance
- Caregiver Training
- Individual Counseling
- Support Groups
- Respite Care - Respite enables a caregiver to be temporarily relieved from their caregiving responsibilities
- Supplemental Services

For more information on this program, contact the Aging and Disability Resource Center. See page 28 for the one closest to your area.

## Disability Services

**Home and Community Based Services for the Physically Disabled (HCBS-PD)** This program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines. Individuals 65 years of age and older who meet the eligibility guidelines and were being served by the HCBS/PD waiver before the age of 65 years may choose to continue services or choose to access services through the HCBS/FE Waiver. Services available include: Assistive Services, Home Delivered Meals, Personal Services, Personal Emergency Response System/Installation, Medication Reminder/Installation, Medication Reminder Dispenser, and Sleep Cycle Support.

Services for this program are coordinated through Centers for Independent Living and independent case management agencies.

**Centers for Independent Living** are non-residential, community-based, private, non-profit organizations that are designed and operated by individuals with disabilities. The Centers for Independent Living offer varied services which may include individual and system advocacy, information and referral services, peer counseling, independent living skills, training, advocacy and legal services, housing assistance, personal skills instructions, help in obtaining assistive devices, communication services, and services through the Home and Community Based Waiver Services for the Physically Disabled program.

Call the Center for Independent Living for your area for more information. Refer to the map on page 30 for further information.

## Kansas Department for Children and Families (DCF)

Formerly the Kansas Department of Social and Rehabilitation Services (SRS), these offices provide a variety of cash assistance services and programs for families and older adults. Assistance might be available to help with food, heating costs, or medical expenses.

Some specific examples of programs are the Low Income Energy Assistance Program (LIEAP) which offers a one-time payment towards your winter heating

cost. This program is available only January through March each year. Food Assistance programs include the cash assistance program using a Vision card or the Emergency Food Assistance Program (TEFAP) commodity program. Eligibility criteria must be met for most programs under DCF.

DCF also determines Medicaid financial eligibility for assistance in paying nursing home costs. If you have a family member in a nursing home and can no longer private pay for their care, contact DCF for more information and an application form. If only one spouse is in the nursing home, you can also apply for a Division of Assets to help protect some assets for the at home spouse.

Contact the DCF office serving your area, check their website [www.dcf.ks.gov](http://www.dcf.ks.gov) or call **888-369-4777**.

## Kansas Commission on Disability Concerns (KCDC)

KCDC provides disability-related information to the people of Kansas. Some of the key resources are disability service maps, disability resources, Americans with Disability Act (ADA) information, legislative information and more.

In addition, KCDC offers information on topics to assist people with disabilities in living as equal citizens. Contact them at **800-295-5232**, 711 for Relay Service or online at [www.KCDCinfo.com](http://www.KCDCinfo.com)

## Driving

Giving up driving is very difficult for most people. Driving gives a person freedom and control, a sense of self-esteem and independence. Often concerns arise about elderly parents, neighbors or friends and their ability to drive safely. Some signs to watch for include: forgetting how to get to familiar places, failure to follow traffic signs, poor judgment of distance, making turns that are too wide or too tight, making poor decisions in traffic such as failing to yield or too slow to react to emergencies. Another sign is a series of fender-bender accidents.

Here are some simple tips to help you drive safely longer.

- Have regular check-ups including eye and hearing exams
- Take part in an exercise program so that you maintain your health and can react quickly
- Ask your doctor if any of your medications can affect your driving
- Reduce noise in your car; turn off the radio
- Ask passengers to not disturb you in high traffic or confusing situations
- Reduce long distance driving
- Plan rest stops along the way and allow plenty of time
- Do not use a cell phone while driving
- Do not travel with your pets unless they are restrained
- Avoid high traffic times and areas; drive only during the daylight hours
- Do not drive in bad weather; wear your seat belt properly; call 511 for road conditions
- Make sure your car seat and mirrors are adjusted for your height
- Keep your car well-maintained and equipped with emergency equipment such as a flashlight and blanket
- Take a refresher driving course to improve your skills and possibly get a discount on your insurance

As you begin thinking about driving less, consider other options. For example, is there a church van that provides transportation to church or can you create a car pool? Is there a pharmacy or grocery store that will deliver free or for a small fee? When there is a family event or major outing, ask other family members if you can ride with them.

Call the Aging and Disability Resource Center to find out about driver safety training opportunities in your area. There may also be other transportation options available in your area. The telephone number is **855-200-2372**.

## Eldercare Locator

The Eldercare Locator is a national toll-free referral number funded by the U.S. Administration on Aging (AoA) to assist older people and their families in finding community services anywhere in the country.

Eldercare Locator Information Specialists take calls Monday through Friday, 8 a.m. to 7 p.m. All calls are confidential. Recorded voice messaging is available 24 hours a day. The toll-free number to call is **800-677-1116**. Information is also available on line at [www.eldercare.gov](http://www.eldercare.gov)

## Emergency Alert Systems

Many local hospitals and some specific agencies rent special emergency alert devices (sometimes called “personal emergency response” services). These devices can be easily activated by an individual if trouble occurs. Some devices are designed to be worn around the neck; others are designed to be placed at a fixed location in the home. When activated the device sends an emergency signal that calls for help. Emergency alert devices are helpful for persons with life threatening medical conditions and those who live alone.

The emergency alert devices, such as “LifeLine,” have a one-time installation fee, plus a monthly charge. There may be some assistance in paying the charge. Contact the Aging and Disability Resource Center at **855-200-2372** for local information.

## Fraud and Scams

“No one can take advantage of me; I’m too smart for that!” This phrase is often used by people who think they won’t be a victim. Unfortunately, it does happen and it can happen to anyone. Senior citizens are especially vulnerable because they have a steady income, are at home more and are generally more trusting. Examples of common problems include door-to-door sales, home repair scams, Medicare and Medicaid fraud, mail order fraud and identity theft. Remember, if it sounds too good to be true, it probably is.

The following resources may be able to help if you or someone you know becomes a victim or you believe someone is trying to take advantage of you.

Kansas Senior Medicare Patrol (SMP) or Kansas Department for Aging and Disability/SHICK programs  
**800-860-5260**

Federal Trade Commission **877-438-4338**  
(identity theft) [www.ftc.gov](http://www.ftc.gov)

Kansas Attorney General,  
Consumer Protection Division **800-432-2310**  
or [www.ksag.org](http://www.ksag.org)

Kansas Charity Check,  
[www.KsCharityCheck.org](http://www.KsCharityCheck.org) (check out Kansas charitable organizations before giving)

Kansas Insurance Department, [www.ksinsurance.org](http://www.ksinsurance.org)  
**800-432-2484**

Medicaid Fraud and Abuse **866-551-6328**

Office of the Kansas Securities Commission,  
**800-232-9580** or [www.ksc.ks.gov](http://www.ksc.ks.gov)

No-Call Telemarketing, **888-382-1222**  
(to stop telemarketing calls)

Reduce junk mail by writing:  
Mail Preference Services  
P.O. Box 643  
Carmel, NY 10512  
[www.dmachoice.org](http://www.dmachoice.org)

To Report Mail Fraud:  
Postal Inspection Services **877-876-2455**  
<http://postalinspectors.uspis.gov>

Annual Free Credit Report:  
Equifax, Experian, Trans Union  
**877-322-8228** or [www.annualcreditreport.com](http://www.annualcreditreport.com)

Opt Out of Unsolicited Credit and Insurance offers  
**888-567-8688**  
[www.optoutprescreen.com](http://www.optoutprescreen.com)

## Health Insurance and Prescription Drugs

Medicare information is available on the [www.medicare.gov](http://www.medicare.gov) website, including the option to enroll in Medicare Part D insurance. The Senior Health Insurance Counseling for Kansas (SHICK) program has volunteer counselors available statewide to answer questions about Medicare, explain the different policies and options, and help you enroll in Medicare Part D. SHICK volunteers offer confidential assistance and do not represent any insurance company. These volunteers are available to answer questions about Medicare, Medicare Supplement Insurance, Medicare Prescription Drug Coverage (Part D), Long-Term Care and other insurance concerns.

Volunteers can assist Medicare beneficiaries in applying to the Social Security Administration for extra help in paying for their Part D coverage. Volunteers can help beneficiaries apply for low-cost prescription drugs if the cost of prescription drugs creates a financial hardship. For the program nearest you, contact Senior Health Insurance Counseling for Kansas at **800-860-5260**. You may also want to check the Kansas Department for Aging and Disability Services website at [www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick](http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick)

### Helpful Insurance Booklets

The Kansas Insurance Department produces several booklets on health insurance. These are available from the Consumer Assistance Division of the Kansas Insurance Department at **800-432-2484**. The booklets include the Medicare Supplemental Insurance Shoppers Guide and the Long Term Care Insurance Shoppers

## Home Health Care

Home health care can include skilled nursing, occupational, respiratory, speech and physical therapy, or home health aide. It can include assistance with dressing, bathing, toileting, and self-administered medications. Home health care covers the use of assistive devices such as walkers, hospital beds, wheelchairs, and oxygen. Home health care is usually medically oriented and is different from the homemaker

and personal care services. People who provide home health care can be registered and licensed practical nurses, therapists, or homemaker-home health aides. They usually work through a home health agency, hospital, or public health department.

Kansas home health agencies must be licensed and surveyed annually. Also ask the agency if they are accredited by additional professional organizations and request a copy of the accreditation report. All home health agencies are required to follow the Client Bill of Rights and a copy should be given to each client. If you have any care related problems, call **800-842-0078**.

Medicare or Medicaid may pay for home health visits if all of the following conditions are met. You: a) must be homebound; b) need intermittent skilled nursing care, physical therapy, or speech therapy; c) must be under the care of a doctor who determines you need home health care and sets up a home health care plan; d) must use a home health agency certified to provide Medicare services; e) meet the age and resource eligibility guidelines when using Medicaid. You do not have to pay a deductible or coinsurance when you receive home health care covered by Medicare, with the exception of a 20% co-payment on durable medical equipment (like a wheelchair). Private insurance, Medicare supplement or long term care insurance may also cover some home health care expenses. Many home health agencies also offer services on a private pay basis. There may be other sources of funding assistance available as well. Call the Aging and Disability Resource Center for programs and eligibility information (page 28).

Home health agencies and adult care homes are required by Kansas law to check the criminal backgrounds of the people who have worked for them less than five years and of the people who apply for employment with them. Upon request by the agencies, the Kansas Department of Health and Environment makes the criminal background checks through the Kansas Bureau of Investigation records.

In general, home health agencies and adult care homes may not permit people to work for them who have been convicted of the Kansas crimes of capital murder, first degree murder, second degree murder, voluntary manslaughter, assisting suicide, mistreatment of a dependent adult, rape, indecent liberties with a child, aggravated indecent liberties with a child, aggravated

criminal sodomy, indecent solicitation of a child, aggravated indecent solicitation of a child, sexual exploitation of a child, sexual battery, or aggravated sexual battery or of similar crimes under Federal or other state's laws. However, home health agencies and adult care homes are allowed to employ persons convicted of some types of crimes against persons, sex offenses, and crimes affecting family relationships (except those types of crimes listed above) as long as more than five years have passed since the potential employee satisfied the criminal sentence or parole.

For in-home services that aren't provided by home health agencies or adult care homes, and are funded through KDADS or the Aging and Disability Resource Centers, KDADS requires direct service providers to obtain sworn statements disclosing criminal convictions from the applicants, employees, and contractors who perform the in-home services.

Customers who choose individuals to provide in-home services for them under the self-directed care option of the Medicaid Home and Community Based Services Program are responsible for requesting a criminal background check from their service providers.

### **Where can I find more information?**

Your hospital or physician may be your first source of information about home health care, but you may also call your public health department or the Aging and Disability Resource Center. The county specific Directory of Services or your telephone book's Yellow Pages (under "Home Health," "Home Care Services," "Nurses," or "Nursing Services") are also good sources of information.

## **Home and Community Based Services – (HCBS)**

The following is a list of the Home and Community Based Service Waivers available in Kansas under Medicaid:

- The **HCBS/Autism** Waiver provides services to children with Autism to receive early intensive intervention treatment and allow primary caregivers to receive needed support through services.

- The **HCBS/ Intellectual and Developmental Disabilities (IDD)** Program serves individuals age 5 and over who meet the definition of intellectual disability or having a developmental disability or are eligible for care in an Intermediate Care Facility for Individuals with an Intellectual Disability (ICF/IID).
- The **Technology Assistance (HCBS-TA)** Program serves individuals who are age 0 through 21 years, chronically ill or medically fragile and dependent upon a ventilator or medical device to compensate for the loss of vital bodily function and require substantial and ongoing daily care by a nurse, comparable to the level of care provided in a hospital setting, or other qualified caregiver under the supervision of a nurse to avert death or further disability.

Furthermore, the individual is hospitalized or at imminent risk of hospitalization, whose illness or disability, in the absence of home care services, would require admission to a hospital. The individual must be determined eligible for Medicaid.

- The **Traumatic Brain Injury (HCBS-TBI)** Waiver program is available for individuals who have sustained a traumatic brain injury caused by an external physical force, such as blunt or penetrating trauma or from accelerating-decelerating forces. The program provides rehabilitative services needed after injury to support regaining of functional skills necessary for the individual to remain in the community and be as independent as possible in a safe, healthy environment. The HCBS/TBI program services individuals 16 to 64 years of age who meet the criteria for TBI rehabilitation facility placement.
- The **Physically Disabled (HCBS-PD)** program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines..
- **Frail Elderly (HCBS-FE)** The HCBS-FE program may enable a person to stay in his or her home or make other successful living arrangements in the community. In order to qualify for the HCBS-FE program, a person must be 65 years old, meet Medicaid income eligibility guidelines, and meet Medicaid long-term care functional assessment criteria.

- **Serious Emotional Disturbance (SED)**  
The Home and Community Based Services Serious Emotional Disturbance (SED) Program serves as an alternative to inpatient psychiatric treatment for children and youth with mental health disorders. The program provides for the traditional Medicaid financial criteria to be waived and for children to be assessed for Medicaid financial eligibility based solely upon the child’s income and resources and not that of the household. In addition to traditional Mental Health Services (Outpatient Therapy and Medication Management, for example) and State Plan Medicaid Services (Targeted Case Management and Community Psychiatric Support and Treatment, for example), SED program members can access an additional six (6) services not otherwise available:

- Parent Support, Education and Training
- Attendant Care
- Professional Resource Family Care
- Wrap around Facilitation
- Short Term Respite Care
- Independent Living/Skills Building

SED program services are provided by Community Mental Health Centers around the state. Only a qualified mental health professional (QMHP) employed by one of the centers can determine if a child or youth meets the clinical criteria for SED program eligibility.

These programs require both financial and functional eligibility to be met. The DCF office will notify you by letter and tell you how much your monthly obligation will be. Once eligibility is met, coordination of services is through a managed care organization. Contact the ADRC at 855-200-2372 or the DCF office closest to your location for further information.

## Hospice

Hospice is a service that provides care and support to individuals and families coping with terminal illness. There are many independent providers of Hospice services. A physician’s orders are required to receive Hospice care. Each patient is cared for by a team. Nursing and other medical and home-health personnel, social workers, chaplains and volunteers provide a range of services including pain relief, symptom management and supportive services for the patient and

caregiver. Hospice agencies are certified and surveyed by the Kansas Department of Health and Environment.

Services are provided whether the patient lives in a private home or a nursing home. The patient should be under a doctor's direction and services are done in cooperation with a designated caregiver. Arrangement for inpatient care is made when needed. Hospice staff assists the caregiver in caring for the individual. Members of the care team will visit on a regular basis or at the request of the caregiver. Staff can be reached 24 hours a day, seven days a week.

Hospice care may be covered by Medicare and/or Medicaid if the patient has Part A Medicare, a physician's orders and a diagnosis of terminal illness.

Check with other insurance options to see if hospice coverage is provided.

Hospice agencies are located across Kansas. Discuss this option with your primary care physician to determine if it will help in your individual situation.

## **KanCare/Medicaid**

KanCare was designed to provide comprehensive managed care for Kansans on Medicaid. KanCare delivers person-centered, coordinated care and is expected to generate better health outcomes. It also aims to curb the growth of spending on Medicaid services in Kansas. Spending will continue to increase, but at a slower pace than under the old, fragmented Medicaid program. Three managed care organizations (MCOs) have signed contracts to provide services across the state. These organizations will coordinate delivery of the Medicaid services already being provided, as well as preventative dental care for adults, heart and lung transplants and bariatric surgery.

More information on KanCare is available at [www.kancare.ks.gov](http://www.kancare.ks.gov) or to apply for Medicaid, contact the Department of Children and Families office for your area.

If you are already enrolled in KanCare contact the managed care organization you are assigned to:  
Amerigroup: 800-600-4441, TTY: 800-855-2880

Sunflower: 877-644-4623, TTY: 888-282-6428  
United: 877-542-9238, TTY: #711

**KanCare Ombudsman** - The KanCare Ombudsman provides an independent and confidential resource for Kansas Medicaid members', with a primary focus on individuals participating in an HCBS waiver program or receiving other long-term care services through KanCare, and assists members in resolving their concerns.

[Kancare.ombudsman@kdads.ks.gov](mailto:Kancare.ombudsman@kdads.ks.gov)  
**855-643-8180**  
[www.KanCare.ks.gov/ombudsman.htm](http://www.KanCare.ks.gov/ombudsman.htm)

## **Information and Referral/Assistance**

Finding the right agency and the right phone number when you need help can be difficult. Aging Information and Referral/Assistance (I&R/A) provides seniors with a skilled professional who will help link them to the information or service they need. I&R/A Specialists will ask questions in order to find out what community or public assistance is available, what eligibility criteria must be met and help connect you with the right agencies or organizations. While each Area Agency on Aging has an I&R/A program, the way the service is provided varies. See the map on page 28 for the Area Agency on Aging closest to you.

## **Legal Assistance**

Each Aging and Disability Resource Center contracts with a legal service provider in their area to provide legal assistance to seniors age 60 or older. A Senior Citizen Law Project (SCLP) attorney will consult with you about your issue. These legal service providers handle civil legal issues only. See page 28 to locate the SCLP in your area.

Legal assistance may also be available through the Elder Law Hotline. The Elder Law Hotline provides access to legal services for Kansas seniors age 60 or older. Hotline attorneys are available to answer questions for civil cases only. You will not be charged for the call or attorney time. You may call the Elder Law Hotline toll free number **888-353-5337** from 9:00 a.m. to 4:30 p.m. Monday through Friday, except legal

holidays. When you call, an intake person will take general information about you and transfer your call to an attorney. Attorneys who work with the Hotline are SCLP attorneys or private attorneys who handle elder law issues. The hotline also provides referrals to private attorneys through the Elder Law Referral Panel. These attorneys will charge you for their services.

## **“Meals on Wheels” and Home-Delivered Meal Programs**

Home-delivered meals are available in many Kansas communities to individuals who have been determined to meet established eligibility criteria. Meals are delivered by volunteers. Frozen or “shelf-stable” meals requiring minimal preparation may be available in some areas. Some providers deliver two meals daily, but most deliver only one. Special diets may be available to those who need them. In some areas of the state, (e.g. remote, rural areas) a multi-day supply of meals may be delivered. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses, regardless of age, can also receive a meal on a contribution basis if it is in the senior’s best interest.

For more information, check the county specific Directory of Services under “Meals - Home Delivered,” or call your Aging and Disability Resource Center.

## **Medicare Savings Program**

The Medicare Savings Program is a federal program which assists Medicare beneficiaries in paying for Part A, Part B and Part D coverage. The Medicare Savings Program may help pay premiums, deductibles and co-insurance amounts, depending on income. To be eligible for this program, Medicare beneficiaries’ must meet monthly income guidelines and maximum asset limits. Assets include money in a checking or savings account, stocks, or bonds. Countable assets do NOT include your home, a car, burial plots, up to \$1,500 for burial expenses, furniture, or up to \$1,500 of life insurance.

Individuals need to request a Medicare Savings Program application from their area Department for Children and Families (DCF) office. Acceptance into this program does not require an in-person interview though you will be required to provide financial information. Contact the DCF office in your area or call **888-369-4777**.

## **Mental Health**

Good mental health that results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity is necessary to age successfully. (*Mental Health Report of Surgeon General, 1999*) This does not mean that an older person never experiences any problems or disease, but that symptoms are treated and controlled, and do not interfere with leading a rewarding life. Unfortunately, many older people still believe the myth that mental health problems result from personal failure or weakness. This stigma means that they may not want to admit that a problem or symptom exists, and they do not seek help.

Mental disorders are not part of the normal aging process. Circumstances that can contribute to the development of mental health disorders in older adults include social isolation, stressful living conditions, bereavement, acute and chronic health conditions, and the burden of having to take care of a seriously impaired family member. Those who are at greatest risk have a great deal of stress, have difficulty adapting to changes in circumstances and routines, do not have supportive relationships, have difficulty relying on others to help cope with losses, or tend to have a negative outlook on life. Many older people develop mental health problems for the first time when they are in their later years. It is important to remember that these problems are treatable.

An individual primary care physician can help; however, the most successful treatment involves both medication and counseling therapies. Community Mental Health Centers (CMHC) receive state and local funds to provide mental health services to individuals in their provider area. They have sliding-scale fees and accept Medicaid, Medicare, private insurance and private pay. The Community Support Programs of the CMHCs generally organize services for the targeted population at the local level for adults. Case management is one of the core services. This network of CMHCs form an integral part of the total mental health system in Kansas. The independent, locally operated CMHCs are dedicated to fostering a quality, freestanding system of services and programs for the benefit of citizens needing mental health care and treatment. CMHCs initiate and maintain close cooperative working relationships with other groups, organizations, and individuals having similar interests and goals. The Community Mental Health Centers in Kansas are listed on page 31.

## Money Follows the Person Demonstration Grant

Money Follows the Person (MFP) is a demonstration grant that permits funding to “follow the person” to the most appropriate and preferred setting of that resident’s choice. Kansans can be served in the community as an alternative to nursing home care. This program shifts Medicaid’s traditional emphasis on institutional care to a system offering greater choices that include Home and Community Based Services (HCBS) and help eliminate barriers that prevent residents from transitioning back into the community. This grant is administered through the Kansas Department for Children and Families (DCF), Kansas Department on Aging and Disability Services (KDADS) and Kansas Department of Health and Environment (KDHE). MFP provides transitional opportunities to individuals eligible for the following HCBS waiver populations: Frail Elderly, Physically Disabled, Traumatic Brain Injury and Intellectual/Developmentally Disability.

### To be eligible for this program the person must:

- Be a current resident of a nursing home or intermediate care facility for mental retardation (ICF/MR) with three months continuous stay, not counting Medicare reimbursement days
- Be Medicaid eligible at least one day prior to receiving MFP services
- Meet the functional eligibility for waived services
- Have an interest in moving back to the community

### Services offered under the MFP demonstration:

- HCBS waived services specific to the waiver the individual would qualify for
- Transition services - up to \$2,500 start-up cost.
- Home modification/assistive technology above the \$7,500 lifetime cap
- Transition Coordination Services
- Targeted Case Manager Service
- Therapeutic Support (for only two waiver populations)

The MFP demonstration grant has specific criteria of housing options; customers cannot reside in Residential Care Facilities, Homes Plus or Board and Care Homes and non-qualifying Assisted Living Facilities.

Contact your Aging and Disability Resource Center for more information. (see page 28).

## Program of All-Inclusive Care for the Elderly (PACE)

The Program of All-Inclusive Care for the Elderly (PACE) was developed by Medicare/Medicaid to meet the health-care needs of individuals who wish to continue to live in their communities.

The PACE program provides comprehensive health care services designed to:

- Enhance the quality of life and independence for older Kansans.
- Maximize dignity of and respect accorded to older Kansans.
- Enable older Kansans to live in their communities as long as possible.
- Preserve and support the older Kansan’s family unit.

A team of professional and paraprofessional staff assesses the participant’s needs, develops a plan of care with the individual and his/her caregiver, and delivers all services (including hospital and other acute care and, when necessary, nursing home services). The PACE provider coordinates and provides all needed preventive, primary, acute and long-term care services, so that older Kansans who need nursing home level of care can continue living in the community. The PACE service package must include all Medicare- and Medicaid-covered services.

Those interested should contact one of the PACE organizations for an initial overview of PACE. To be eligible to enroll in the program an individual must meet the following requirements:

- Be 55 years of age or older;
- Be assessed to meet the functional eligibility guidelines established by the State of Kansas;
- Reside in the service area of the PACE organization; and
- Meet any additional program-specific eligibility conditions imposed under the PACE program agreement.

Currently, Kansas has two PACE Organizations: **Via-Christi HOPE** serving Sedgwick County, **316-858-1111** and **Midland Care Connections** serving Shawnee, Douglas, Jackson, Jefferson, Osage, Pottawatomie and Wabaunsee counties, **785-232-2044**. They will begin service on January 1, 2015 in Marshall, Nemaha, Lyon counties.

Via Christi will be expanding PACE services to Miami, Franklin and Johnson counties and Midland PACE will be expanding into Brown, Doniphan, Atchison, Leavenworth and Wyandotte counties within the next year. The state has contracted with Bluestem Communities as a new PACE provider. Bluestem's PACE center will be located in McPherson, KS providing services to Lincoln, Ottawa, Ellsworth, Saline, Dickinson, Rice, McPherson, Marion, Reno and Harvey counties in the future; contact **Bluestem Communities** at **316-284-2900** for information in regards to enrollment in those counties.

Contact the PACE organization in your service area for further information.

Please go to [www.kdads.ks.gov](http://www.kdads.ks.gov) for update on PACE expansion areas or contact the Aging and Disability Resource Center at **855-200-2372** for current information on locations.

## Respite Care

Respite care provides time off for persons caring for family members. Respite care, sometimes called adult care sitting, provides relief and allows the caregiver to take care of themselves, too.

There are many types of services which may be used to provide caregivers the break they need. It can be as simple as asking a family member to sit with your loved one for brief periods of time. You may also choose to have a respite worker come into your home for a few hours, take your loved one to an Adult Day Care Center or an adult care home that provides respite care.

Today, family members are the primary caregivers of older persons. About 6.6 million Americans aged 65 and older currently receive long-term care services; family members provide two-thirds of the care. Caregivers are mostly female, usually wives and daughters.

They often have many other responsibilities. To maintain a caregiver role over time, a person needs occasional relief.

Start by contacting family, friends, your local senior center, public health department, hospital, religious organization, adult care home, or your Aging and Disability Resource Center (ADRC) You can also find providers of respite services in your area listed in the county specific Directory of Services.

## Self-Help and Support Groups

Support and self-help groups are usually small groups of people who have something in common, like caring for someone with Alzheimer's Disease or someone who is recovering from a stroke. Participants get together, usually once a month, to discuss their situations and concerns. Some groups have a professional social worker or nurse who coordinates the group, while others operate on their own.

Support groups are usually free of charge, while some with professional coordinators may ask for a small donation (which can usually be waived if necessary) to cover the cost of the professional's time.

For information about various support and self-help groups in your area, contact the Aging and Disability Resource Center, your doctor's office or the Self-Help Network. The Self-Help Network is a nonprofit, statewide information center that can give you more information about support groups in your area. Currently, the Network can provide referrals to Kansas and national support groups, organizations, and help lines. Call the Self-Help Network toll free at **800-445-0116** or go to [www.wichita.edu/ccsr](http://www.wichita.edu/ccsr).

## **Senior Care Act**

This program provides in-home services for persons who are age 60 and over. Senior Care Act services vary by county. Services are offered on a sliding fee scale, based on your income and liquid assets. Customers pay between donation and 100% of the cost of the service. Availability of services is limited to budget constraints.

### **Eligibility Guidelines:**

Potential customers must be 60 years of age or older and must demonstrate impairment in two or more activities of daily living and three or more instrumental activities of daily living with a minimum score.

Call your Aging and Disability Resource Center (ADRC) for more information. (See page 28).

## **Senior Centers and Nutrition Sites**

Senior Centers are often gathering places for seniors in Kansas communities. They're a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed in the county specific Directory of Services to find out more information.

**Nutrition and/or Meal Sites** offer lunch programs for people 60 years and older and their spouses. Nutrition programs (sometimes called meal sites), can be found at some Senior Centers, or they may be located in community centers or churches. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses regardless of age can also receive a meal on a contribution basis. For information on "Meals on Wheels" see page 14.

## What is your nutritional health?

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

**INSTRUCTIONS:** Read the statements below. Circle the number in the YES column for those that apply to you or someone you know.

### NUTRITIONAL CHECKLIST.....YES

Do you eat less than 2 meals daily.....	3
Do you eat less than 2 servings of fruits and vegetables daily? .....	1
Do you eat less than 2 servings of dairy products (milk, cheese, yogurt, etc.) daily?.....	2
Do you usually drink less than 6 glasses of water, milk, or juice daily?.....	0
Do you drink 3 or more alcoholic beverages daily?.....	2
Do you take 3 or more different prescriptions and/or over-the-counter drugs daily?.....	1
Do you have problems with dentures, teeth, or mouth, which make it hard to eat?.....	2
Have you made changes in the kind and/or amount of food you eat because of an illness and/or condition?.....	2
Are you physically not always able to grocery shop, cook and/or feed yourself?.....	2
Do you eat alone most of the time.....	1
Do you feel that you usually do not have enough money to buy the food you need?.....	4
Have you gained or lost more than 10 pounds in the last 6 months?.....	2
	<b>TOTAL</b> _____

### TOTAL Your Nutritional Score. If it's . . .

- 0-2** Good! Recheck your nutritional score in 6 months.
- 3-5** You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle.
- 6 or more** You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian or other qualified Health or Social Service professional. Talk with them about any problems you may have. Consider using your local nutritional programs and/or meal sites discussed in this section.

## Substance Abuse Prevention, Treatment and Recovery

The Shawnee Regional Prevention and Recovery Services program Senior Prevention/Intervention Counseling and Education (S.P.I.C.E.) is a statewide initiative through funding by Substance Abuse Prevention, Treatment and Recovery. The S.P.I.C.E. program assists professionals, caregivers and older adults coping with substance abuse or mismanagement of medications. With training, staff from each region of Kansas will be able to speak on the topic of substance abuse and the mismanagement of medications, offer educational material, perform on-site assessments, and provide resources for interventions and treatment. Refer to the map on page 33 for a Regional Prevention Center near you. Information is also available on their web site at [www.parstopeka.com](http://www.parstopeka.com).

## Tax Refunds - Food Sales Tax Credit & Homestead Property Tax Refund

The **Food Sales Tax Credit**, which will be available for tax years commencing on or after January 1, 2013, will be claimed on the individual's Kansas income tax return. In order to qualify for the credit:

- (1) The taxpayer must have purchased food in Kansas.
- (2) The taxpayer must have had federal adjusted gross income for the year that did not exceed \$30,615.
- (3) During the entire tax year a taxpayer filing single, head of household, or married filing separate, or the taxpayer and the taxpayer's spouse if married filing jointly, must be domiciled in Kansas. Domicile does not include a correctional facility, jail or prison.
- (4) During the entire tax year a taxpayer filing single, head of household, or married filing separate, or the taxpayer or the taxpayer's spouse if married filing jointly, must be either: (a) A person having a disability, regardless of age; (b) A person without a disability who is 55 years of age or older; or (c) A person without a disability who is younger than 55 years of age who claims an exemption for one or more dependent children under 18 years of age.

The amount of the credit is \$125 for every exemption claimed on the taxpayer's federal income tax return, except that no deduction shall be counted for a dependent

unless the dependent is under 18 years of age. Those filing as head of household will not be allowed an extra exemption.

The credit is to be applied against the taxpayer's Kansas income tax liability after all other credits allowed under the Kansas income tax act. The credit is not refundable, and cannot be carried forward.

The **Homestead Refund** is a rebate program for the property taxes paid by homeowners. The refund is based on a portion of the property tax paid on a Kansas resident's home. The maximum refund is \$700.

To qualify you must be a Kansas resident, living in Kansas the entire year. Your total household income must be \$33,400 or less for 2014.

You must also meet one of the following requirements:

- You were born before Jan. 1, 1959; OR
- You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
- You must have had a dependent child living with you all of last year who was born before Jan. 1, 2014, and was under the age of 18 the entire year.

**Safe Senior** is a property tax refund program administered under the provisions of the Kansas Homestead Act (property tax refund). SAFE SENIOR is also referred to as, "Kansas Property Tax Relief for Low Income Seniors."

The refund is 75 percent of the 2014 general property tax paid or to be paid - as shown of the 2014 real estate tax statement for the residence in which the claimant lived in 2014. The 2014 property tax consists of the 1st half which is due Dec. 20, 2014 and the 2nd half which is due May 10, 2015. The property tax is the total of both the 1st and 2nd half taxes.

A claimant may receive either a Homestead or a SAFE SENIOR refund but not both.

You must meet all the following requirements for the SAFE SENIOR refund:

- Kansas resident all of 2014,
- Owned a home in Kansas during 2014,
- Aged 65 years or older for all of 2014 (born before Jan. 1, 1949) and
- “Household income” of \$18,900 or less in 2014.

### **Homestead Refund Advancement Program**

This program provides eligible homeowners with the opportunity to apply a portion of their anticipated Homestead refund to help pay the first half of their property tax.

There is a question on Form K-40H asking the homeowner whether they want their next year’s homestead advancement sent directly to their County Treasurer. If the box is checked on the 2014 K-40H, the 2015 homestead advancement will be sent directly from Kansas Department of Revenue to the County Treasurer. This eliminates the need for the homestead claimant to physically deliver the homestead eligibility letter to the County Treasurer.

If you do not check this box, you cannot participate in the homestead advancement program, and none of your homestead refund will be used to pay your 2015 property taxes.

All taxes must be filed by April 15 each year. If you have a question about the Kansas Homestead program or need help to complete your claim, call the Kansas Department of Revenue (KDOR) at **785-368-8222**. Forms can be requested at **785-296-4937**. Information and forms are also available on the KDOR web site at [www.ksrevenue.org](http://www.ksrevenue.org). Personal assistance to complete your claim is available from the Topeka Assistance Center or from free volunteer tax assistance programs. Contact your local Aging and Disability Resource Center, Community Action Program, senior center, library or county clerk to find assistance in your area.

## Part Two: Housing and Long Term Care

The key to making any move is good planning and knowing all the choices available to you. The following has been included to provide information on different kinds of housing options. It is important that you read any admission agreement you sign and fully understand the terms of that agreement. You may also want to request a copy of the agreement so that you can review it at home before signing and later when questions arise.

Since the availability of the different types of housing discussed below will vary depending on where you live, you will want to check the county specific Directory of Services or contact your Aging and Disability Resource Center listed on page 28.

### Types of Housing Options

**Senior Apartment Living** . . . is usually an apartment complex that provides each tenant a full apartment, kitchen appliances, laundry facilities, and 24-hour security. Services such as scheduled activities, transportation, and meal service may or may not be included. Continuing Care Retirement Communities usually include this level of housing in their option pack. They are not licensed by the state.

**Continuing Care Retirement Community (CCRC)** . . . is a campus that offers a range of housing opportunities that may include independent living houses or apartments, assisted living, apartments, residential health care, living units, adult day care, homes plus, and nursing facility. Services may also vary from no assistance to assistance by a licensed nurse. Residents select the type of housing and level of care that fits their needs and then move to another type and level of care if their situation calls for it.

**Adult Care Home** . . . is a nursing facility, nursing facility for mental health, intermediate care facility for the mentally retarded, assisted living facility, residential health care facility, home plus, boarding care home or adult day care facility, all of which are required to be licensed by the Secretary of the Kansas Department for Aging and Disability Services.

**Nursing Facility** . . . is a place or facility/home operating 24 hours a day, seven days a week, caring for six or more individuals. A licensed nurse is on duty 24 hours a day 7 days a week. See page 28 for payment options for this level of care.

**Assisted Living Facilities** . . . are licensed and are usually located in apartment-type buildings that are free standing or attached to a nursing home. Each apartment in the facility has a kitchen, a bathroom with a shower or tub, and a separate or combined sleeping, living, and storage area. The facility also has common areas such as a living room, activity area and dining room. Support services are provided to promote the people's privacy, freedom, and independence. Some people may not need any assistance, while other people may need assistance with transportation, light housekeeping, meal preparation, medications, bathing, dressing, and health care. Supervised nursing care provided by certified nurse aides is available twenty-four hours a day, seven days a week. Although a licensed nurse must be available at all times to respond to the certified nurse aides request for assistance for the people who live at the facility, facilities vary as to whether or not a nurse is on duty on a regular basis in the facility. The facility may coordinate health care services with outside agencies to provide therapy or care for individuals. The people living in an assisted living facility cannot employ private individuals to assist with their care.

**Residential Health Care Facilities** . . . are licensed apartment type buildings that are freestanding or attached to a nursing home. An individual living unit is similar to an assisted living apartment with exception of not having a microwave or stove for cooking. Alternatively, the individual living unit can be only a room with a combined sleeping, living, and storage area. The toilet room may or may not have a shower or tub and may be private or shared with another living unit. The facility has common areas such as a living room, bathing rooms, and dining room. If the facility is attached to a nursing home, it may share some common areas with the nursing home. Staffing, assistance, and services are the same as in an assisted living facility.

**Homes Plus** . . . are licensed private home residences or facilities for twelve people or less. A person may share a bedroom or have a private bedroom. All the people share the common spaces of the home. Meals are provided. Supervised nursing care provided by certified

nurse aides is available twenty-four hours a day, seven days a week. Staffing, assistance and services are the same as in an assisted living facility or residential health care facility.

**Boarding Care Homes** . . . are licensed private home residences or facilities for up to ten people. A person may share a bedroom or have his or her own bedroom. All the people share the common spaces of the home. Non-certified or non-licensed staff provide supervision twenty-four hours a day, seven days a week. The only assistance and services the people may receive are meals, laundry, housekeeping, and supervision for self-administration of medication. This type of facility DOES NOT provide personal, medical, or skilled nursing care. The resident must be able to walk and manage his or her own affairs.

### **What are the costs and how can I get more information?**

The cost of these different housing options will vary depending on the size of your apartment, amount of services you want or need, the facility's location, and management. Some housing may be able to lower the rent cost based on an individual's income.

Services may be funded in assisted living and residential health care facilities and homes plus by the Medicaid program if the owner of the facility chooses to participate in the Home and Community Based Waiver Program. The owner of the facility, the potential resident, and the case manager would negotiate the room and board cost and the service plan. The resident would pay the negotiated room and board cost and Medicaid would pay the service cost. Some facilities will have waiting lists, so it is wise to plan ahead if you are considering moving into one of these housing alternatives. Medicare does not pay for room and board and services in assisted living and residential health care facilities, homes plus, or boarding care homes. Contact the Aging and Disability Resource Center, DCF office, or the local housing authority in your area for more information and assistance.

### **Important Questions to Ask Before You Sign a Contract**

- When is a nurse on duty in the facility?
- Who pays for transportation for medical purposes?
- How much will it cost, including add-ons to the rent?
- What is the cost and policy on telephones/TVs/Cables TV hook-up?
- Are pets allowed? If so, is there an extra deposit?
- Are there any restrictions on visitors or overnight guests?
- How are cleaning standards maintained? Does someone inspect apartments? Are the inspections announced or unannounced?
- Will the home or facility accept Medicaid payment for service?
- Can the rent be based on my income?
- What is the policy on retaining my apartment if I have a change of health or would need to be hospitalized? Is that policy part of the contract?
- What are some situations that may cause an increase in my rent and services?
- What are the costs for services like transportation, laundry, meals, etc?
- If you will need parking, is it included or is there an extra fee for parking?
- What are the conditions under which I may have to leave the facility?
- What fees am I still responsible for if I am discharged per my own choice or by the facility?

It is important that you read the contract and fully understand the terms of the contract. Keep a copy and refer to it when questions arise.

### **Are You Considering Moving to a Nursing Facility?**

**Everyone seeking admission to a nursing facility must be reviewed by the PASRR/CARE process before entering a Medicaid-certified nursing home. A CARE assessment may only be administered by a certified CARE assessor.**

CARE stands for Client Assessment Referral and Evaluation. The CARE assessment program is operated by the Kansas Department for Aging and Disability Services. The Aging and Disability Resource Centers and some hospitals have assessors who conduct the CARE assessment. The CARE program was authorized by the 1994 Kansas Legislature and a section of the CARE assessment is required by federal law. This section is referred to as Preadmission Screening and Resident Review (PASRR). There are two levels of assessment – Level 1 must be completed prior to nursing home placement. Level 2 is a further evaluation for specialized services related to Intellectual/Developmental Disability or Related Conditions and/or Mental Health.

### **There are three goals of this free assessment.**

- Provide customers individualized information on long term care options;
- Determine appropriate placements in long term care facilities; and
- Collect data regarding individuals being assessed for possible nursing facility placement.

The “level of care” score obtained from the assessment is provided to the Kansas Department for Children and Families (DCF) for those wishing to utilize Medicaid as payment for nursing home care. This is a functional eligibility score and DCF will determine a financial eligibility score.

### **Participating in the CARE assessment**

The CARE assessment takes about one hour and is designed to evaluate your health and ability to perform daily activities such as bathing, dressing, shopping, laundry, etc. Through the CARE assessment process, the assessor will review with you the services that are available in your community so that you can make an informed decision regarding what services will meet your long-term care needs. After the assessment, you may decide to remain in your home, at which time (with your permission) the CARE assessor can make referrals for the community-based services or you may choose to enter a nursing home.

The Aging and Disability Resource Center coordinates the CARE Assessment. When you determine a need for nursing facility care, contact your ADRC, which can

be found on Page 28 of this guide. The ADRC Intake staff will take some initial information and assign your assessment to a qualified assessor. You can invite whoever you think will help answer questions about your long-term care needs. The assessor will cover your potential long term care needs and service options with you at the time of the assessment.

You will be given a copy of the assessment and a Certificate of Assessment, which will either indicate you may enter a nursing home or you need further evaluation. The nursing home will need these documents. If the assessment shows a need for further evaluation, you may not enter a nursing home until a Level II evaluation is completed. If you decide to enter a nursing home, you should take a copy of the certificate with you. If you lose your certificate, you or the nursing home may contact the Aging and Disability Resource Center for another copy. The CARE assessment is not Medicaid eligibility. If you need Medicaid assistance, you will need to apply through the Kansas Department of Children and Families (DCF) office.

## **Important Information About Selecting a Nursing Facility**

If you need 24-hour a day nursing care, several options are available. Sometimes, moving to a nursing home is the best option. When you are selecting a nursing home, the following steps will help ensure that you will be satisfied with your new home.

### **Ask for Recommendations**

Talk to people you trust to help you make a good choice, such as family, friends, or your doctor or other health care providers.

### **Narrow Your Search**

Consider factors that may be important such as location, special care needs, religious or cultural preferences, availability of a room and cost. Once these have been determined, narrow your search to those nursing homes that meet minimum requirements.

To find out additional information about your preliminary choices, you may want to access the Medicare website, [www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp). This is a database that provides information and survey findings on nursing homes participating in the Medicare and/or Medicaid programs. This information includes:

- Number of beds and type of ownership
- Resident information, including
- the percent with depression or pressure sores, pain or urinary tract infections
- Survey/ inspection summaries
- Staffing ratios

This web site also has numerous Medicare publications, including one on how to choose a nursing home. A list of licensed adult care homes, Kansas Adult Care Provider Directory, is available at [www.kdads.ks.gov/LongTermCare/FacReports/FacReport\\_Index.html](http://www.kdads.ks.gov/LongTermCare/FacReports/FacReport_Index.html). The Directory also provides under each Nursing home's name, reports of its most recent survey/inspection conducted by the Kansas Department for Aging and Disability Services. The report contains information on areas of resident rights, care, and services where the home did not meet federal and/or state regulations. If you do not have access to a computer, your local library can be of assistance or call **1-800-Medicare**.

### Visit Potential Nursing Homes

It is suggested that you visit a nursing home you are considering at least twice, one scheduled visit and one unannounced visit. The first visit should be a guided tour by a staff member to familiarize you with the home and its services. During this visit, you should ask to see a contract to find out the cost of care and any additional fees that may be charged for items such as haircuts, cable television, and activities. Also, if you have not been able to read the online survey report, ask to see a copy. The unannounced second visit will allow you the opportunity to see how staff interact with residents, how the meals are served, and how actively involved residents are in determining their own daily schedules, including time of rising and going to bed. Look for activities that you find to be of interest.

### Paying for Care

As a rule, paying for nursing home care is a major concern because it is expensive. Following is a summary of resources that are generally used:

- Medicare, under limited conditions, will pay for short-term stays following a qualifying hospital stay. To learn more about Medicare, contact Kansas Senior Health Insurance Counseling for Kansas (SHICK) at **800-860-5260**.

- Medicare Supplemental Insurance – often called Medigap coverage. Private insurance that covers such costs as deductibles and co-insurance, may or may not pay for skilled nursing care, usually dependent on whether or not Medicare pays.
- Personal Resources – savings and other investments.
- Long-Term Care Insurance – private insurance that pays for a variety of care situations, including home health care, adult day care and nursing facilities. Benefits and coverage vary according to each policy.
- Medicaid – a State and Federal program that will pay most nursing home costs for people with limited income and assets, after personal resources have been exhausted. Your area DCF office can determine if you are financially eligible for this program.

When visiting a nursing home, it is important to find out which payment options they accept, as not all nursing homes are certified to accept residents whose care is paid for by Medicare and/or Medicaid.

### Resident Rights

Nursing home residents have rights and certain protections under the law. The nursing home must give all new residents a list of these rights, which typically include the following:

- Respect: You have the right to be treated with dignity and respect.
- Services and fees: You must be informed in writing about services and fees before you enter the nursing home.
- Money: You have the right to manage your own money or to choose someone else you trust to do this for you.
- Privacy: You have the right to privacy, and to keep and use your personal belongings and property as long as it doesn't interfere with the rights, health, or safety of others.
- Medical care: You have the right to be informed about your medical condition, medications, and to see your own doctor.
- You also have the right to refuse medications and treatments.

### Other Research Options

There are other resources for evaluating nursing homes. Following is an alphabetical list of contacts and their function, along with other resource materials.

Kansas Adult Care Executives: 785-273-4393 or [www.k-a-c-e.org](http://www.k-a-c-e.org)

Kansas Advocates for Better Care 800-525-1782 or [www.kabc.org](http://www.kabc.org)

Kansas Department for Aging and Disability Services: 800-432-3535 or [www.kdads.ks.gov](http://www.kdads.ks.gov)

Complaint hotline for nursing home care and other licensed adult care homes 800-842-0078

Kansas Department for Children and Families (DCF): 888-369-4777 or [www.dcfkansas.org](http://www.dcfkansas.org) determines financial eligibility for Medicaid services

Kansas Health Care Association: 785-267-6003, [www.khca.org](http://www.khca.org)

Kansas Long-Term Care Ombudsman: 877-662-8362, [www.kansasombudsman.ks.gov](http://www.kansasombudsman.ks.gov) An advocate for nursing home residents.

Leading Age: 800-264-5242 or [www.leadingagekansas.org](http://www.leadingagekansas.org)

## PEAK Initiative

(Promoting Excellent Alternatives in Kansas Nursing Homes)

Consumers are encourage to ask all adult care homes the following questions that incorporate PEAK domains, core values and supporting principles of person centered care:

**Resident Choice** – How do the Residents choose their daily routine?

- **Food** – How do the Residents choose what, when, and where they eat?
- **Sleep** – How do the Residents select the time they will awaken, nap, or go to bed?
- **Daily schedules** – How do the Residents decide how they will spend their day? What are the opportunities for engaging and meaningful activity as well as spontaneity?
- **Bathing** – How do the Residents select their type of bathing, frequency, and time of day?

**Staff Empowerment** – How are staff empowered to carry out the choices of the Residents?

- **Education** – What does the home have in place to provide formal training on person-directed care to all staff?
- **Decision making** – How do staff closest to the Resident have a voice in care planning? How are staff empowered to make decisions on a day-to-day basis things related to Resident choice?
- How are **Direct-care** staff able to make decisions about their own work and how they will carry out Resident-directed care plans?
- **Relationships** – Describe some of the meaningful relationships staff members have with the Residents for whom they provide care.
- **Career development** – What does the home have in place to promote the staff's personal and professional development?

**Home Environment** – Do the Residents' personal and public spaces provide opportunities for personalization, privacy, and individual comfort?

- **Resident room** – Are the rooms comfortable and accommodating? Does it reflect their personal preferences (furniture, pictures, belongings)?
- **Resident-use space** – Are all the spaces (dining room, living room, den, etc.) comfortable and accommodating?

**Meaningful Life** – How do the Residents have opportunities and assistance to continue to pursue a purposeful life?

- **Community Involvement** – How do the Residents have opportunities to build new relationships and connections and maintain existing ties to the broader community?
- How do **Residents have opportunities to help others?** (e.g. Residents assisting other Residents, coat drives, community garden, recycling, mentoring).
- How are **Individual spiritual and psychosocial needs met?**
- How does **End of life care**, and rituals honor Resident choice? Are expectations in the care plan and reviewed with Resident and family as needed?

## **Kansas Long-Term Care Ombudsman Program**

The Kansas Long-Term Care Ombudsman Program was created by the federal Older Americans Act and is administered by the Office of the State Long-Term Care Ombudsman.

The primary purpose of the program is to ensure quality care to residents of long-term care facilities. The Ombudsman serves as a resident advocate who seeks to promote individual rights, dignity and independence. The Kansas Long-Term Care Ombudsman program consists of volunteers serving residents of nursing homes and residential care facilities to provide support and assistance with any problems or complaints.

Long-Term Care Ombudsmen are an advocate for residents of long-term care facilities; a person who is concerned with protecting the civil and human rights of elderly persons in long-term care facilities; a problem-solver and a mediator; an objective investigator of complaints.

Residents and their relatives and friends of residents in long-term care facilities and personal care homes may utilize the ombudsman program. Long term care staff and administrators may also use the program.

Call an ombudsman if you have questions or concerns about resident rights, transfer and discharge rights or other care issues.

To contact the Office of the State Long-Term Care Ombudsman call or write:

Kansas Long-Term Care Ombudsman Program  
Landon State Office Building, 900 SW Jackson,  
Suite 1041, Topeka, KS 66612  
**785-296-3017 or 877-OMBUD-62 or 877-662-8362**  
**(toll free)**  
<http://www.kansasombudsman.ks.gov>

## **Kansas Veterans Benefits**

The Kansas Commission on Veterans Affairs offers many services for Kansas veterans, spouses, widows/widowers, mothers, fathers and dependent children. Some of these benefits are:

The Kansas Soldier's Home - The historic Fort Dodge facility offers a library, museum, recreation center, fitness room, nursing home, three domiciliary residence halls, 60 cottages and a Veterans Cemetery. Priority for admission of veterans will first be made on the basis of severity of medical care required; second consideration will be of the veteran's ability to pay for care; transfers from other institutions will have the lowest priority. Information on application, eligibility and admission to the Kansas Soldiers Home can be obtained by contacting the Kansas Veterans Affairs Office at 714 Sheridan, Fort Dodge, KS 67801 or call **620-227-2121 Extension 146**, email [admissions@ksh.state.ks.us](mailto:admissions@ksh.state.ks.us)

The Kansas Veteran's Home opened in May of 2000, in Winfield, Kansas. The facility is set on a large hilltop campus overlooking the Walnut Valley that will be the future location of the Kansas Veterans Cemetery at Winfield as well. This renovated home offers three levels of care to eligible residents: assisted living, skilled nursing and special care for residents with Alzheimer's Disease or related dementia.

Information on application, eligibility and admission to the Kansas Veterans Home can be obtained by contacting the Home's Clinical Director at **620-221-9479, ext. 250**, 1220 World War II Memorial Drive, Winfield, Kansas 67156. Visit the KCVA website [www.kcva.org](http://www.kcva.org) to learn more.

Other services that may be available to Kansas veterans, spouses, widows/widowers, mothers, fathers and dependent children include: compensation and pension benefits, education and training, life insurance, guaranteed home mortgage loans, vocational training and job assistance, health care (including long term care), or burial.

Whom do I call for more information?  
Kansas Commission on Veterans Affairs,  
700 SW Jackson, Room 1004  
Topeka, Kansas 66603  
**785-296-3976**  
[www.kcva.org](http://www.kcva.org) or to find a field office close to you, see page 35.

## Other Specialized Housing Options

**Home Remodeling** . . . is sometimes all that is needed to make your own home work for you again. You may need grab bars in the bathroom, a ramp to the front door, or more light in the kitchen. Some people are able to get these changes made with the help of family, friends, churches, etc., but others need a little extra assistance.

The Aging and Disability Resource Center can help you figure out what changes will be most helpful to you, and can provide useful information in talking with carpenters, plumbers, and others to do the necessary work. In some cases, the Aging and Disability Resource Center may also be able to help locate assistance to pay for these changes. For more information, check the county specific Directory of Services under “Home Repair” or call the Aging and Disability Resource Center (see page 28).

**Reverse Mortgages or Home Equity Conversion Loans** . . . allow a person to borrow money using their house as collateral. The money is converted to lump sum, line of credit or monthly payments for a given period or for life. Consumer education and counseling is required by a HUD approved housing agency. The counselor will discuss all the options available and help determine eligibility. After counseling, the process is similar to that of purchasing a home – loan application, processing, appraisals and signing of the loan prior to disbursement of funds. The loan is repayable upon the death of the borrower, sale of the home or a permanent move from the home. The repayment usually cannot exceed the value of the home or sale price.

**For more information, contact one of the following resources:**

Housing and Urban Development (HUD)  
[www.hud.gov/buying/rvrsmort.cfm](http://www.hud.gov/buying/rvrsmort.cfm)

Fannie Mae 800-732-6643  
[www.fanniemae.com](http://www.fanniemae.com)

National Reverse Mortgage Lenders Assn.  
[www.reversemortgage.org](http://www.reversemortgage.org)

## Part Three: Contact Information

### Resources for Aging Information on the Internet

Internet access is like having the world’s largest library and resource center at your fingertips. The Internet is full of information you couldn’t find in a newspaper, see on television or read in a library. You can find the answer to most questions with a quick search, at any time or on any day. If you don’t have a home computer with Internet access, try your local library or Senior Center. Most have equipment available and someone who can assist you in your search.

**Kansas Department for Aging and Disability Services (KDADS)**  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

**Aging and Disability Resource Center (ADRC)**  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

**Kansas Area Agencies on Aging – (K4A)**  
[www.k4a.org](http://www.k4a.org)

**Kansas Department for Children and Families (DCF)**  
[www.dcf.ks.gov](http://www.dcf.ks.gov)

**State of Kansas**  
<http://www.kansas.gov>

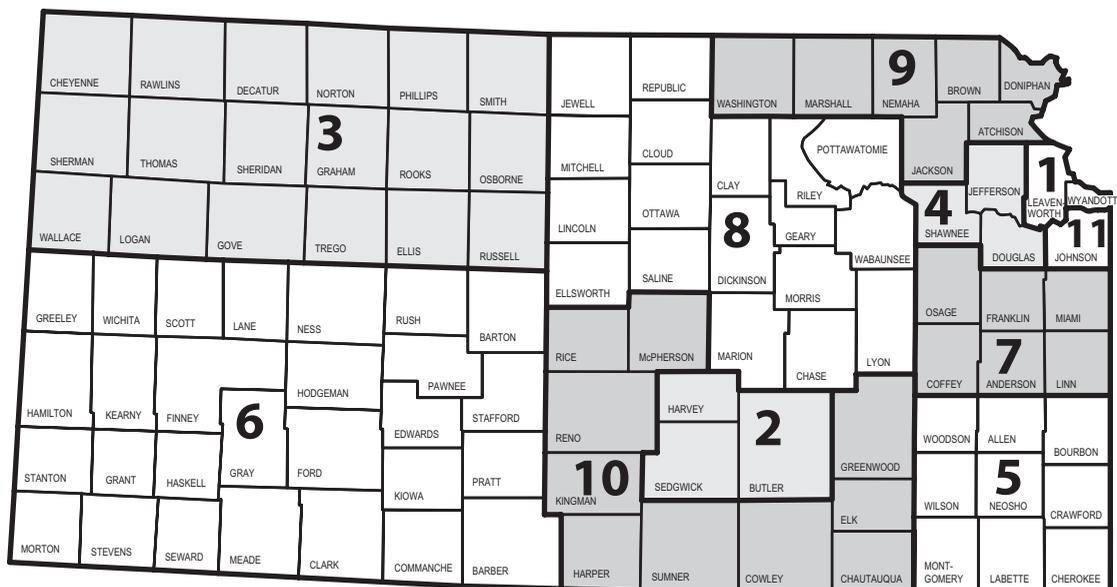
**Kansas Attorney General’s Office**  
[www.ag.ks.gov](http://www.ag.ks.gov)

**Kansas Insurance Department (KID)**  
[www.ksinsurance.org](http://www.ksinsurance.org)

**Kansas Disabilities Rights Center**  
[www.drckansas.org](http://www.drckansas.org)

**Kansas Secretary of State**  
[www.kssos.org](http://www.kssos.org)

# Aging and Disability Resource Centers (ADRC) 855-200-2372



## 1. Wyandotte-Leavenworth ADRC: Kansas City

Information 913-573-8531 or  
888-661-1444  
Legal Services 913-621-0200  
Website: [www.wycokck.org](http://www.wycokck.org)

## 2. Central Plains ADRC: Wichita

Information 316-660-5120 or  
800-367-7298  
Legal Services 888-353-5337  
Website: [www.cpaaa.org](http://www.cpaaa.org)

## 3. Northwest Kansas ADRC: Hays

Information 785-628-8204 or  
800-432-7422  
Legal Services 785-625-4514  
Website: [www.nwkaaa.com](http://www.nwkaaa.com)

## 4. Jayhawk ADRC: Topeka

Information 785-235-1367 or  
800-798-1366  
Legal Services 785-354-8531  
Website: [www.jhawkaaa.org](http://www.jhawkaaa.org)

## 5. Southeast Kansas ADRC: Chanute

Information 620-431-2980 or  
800-794-2440  
Legal Services 620-232-1330  
Website: [www.sekaaa.com](http://www.sekaaa.com)

## 6. Southwest Kansas ADRC: Dodge City

Information 620-225-8230 or  
800-742-9531  
Legal Services 888-353-5337  
Website: [www.swkaaa.org](http://www.swkaaa.org)

## 7. East Central Kansas ADRC: Ottawa

Information 785-242-7200 or  
800-633-5621  
Legal Services 800-479-6520  
Website: [www.eckaaa.org](http://www.eckaaa.org)

## 8. North Central/Flint Hills ADRC: Manhattan

Information 785-776-9294 or  
800-432-2703  
Legal Services 785-537-2943  
Website: [www.ncfhaaa.com](http://www.ncfhaaa.com)

## 9. Northeast Kansas ADRC: Hiawatha

Information 785-742-7152 or  
800-883-2549  
Legal Services 785-336-6016  
Website: [www.nekaaa.org](http://www.nekaaa.org)

## 10. South Central Kansas ADRC: Arkansas City

Information 620-442-0268 or  
800-362-0264  
Legal Services 888-353-5337  
Website: [www.sckaaa.org](http://www.sckaaa.org)

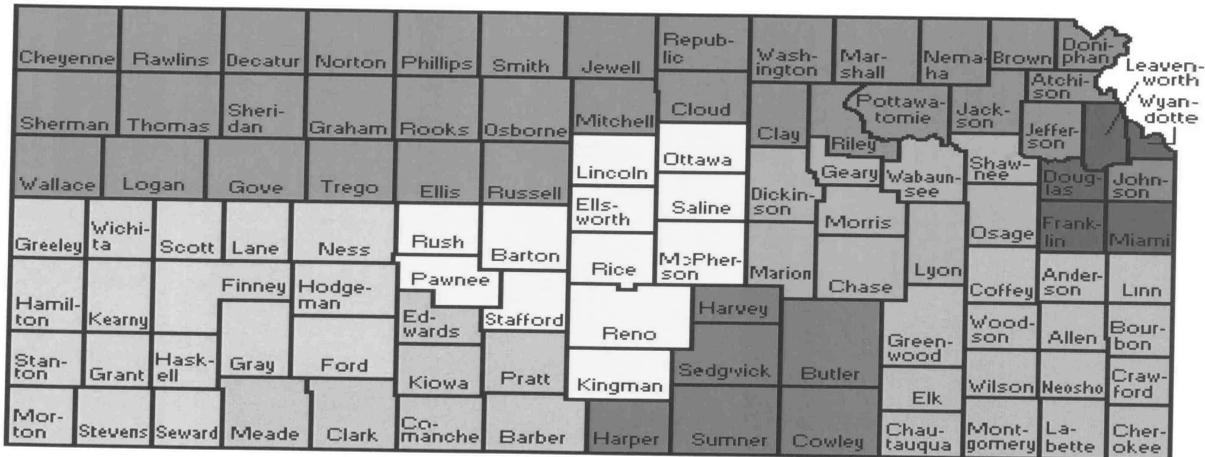
## 11. Johnson County ADRC: Olathe

Aging Info Line 913-715-8861 or  
Information 888-214-4404  
Legal Services 913-621-0200  
Website: <http://hsa.jocogov.org>

# Long Term Care Ombudsman Offices

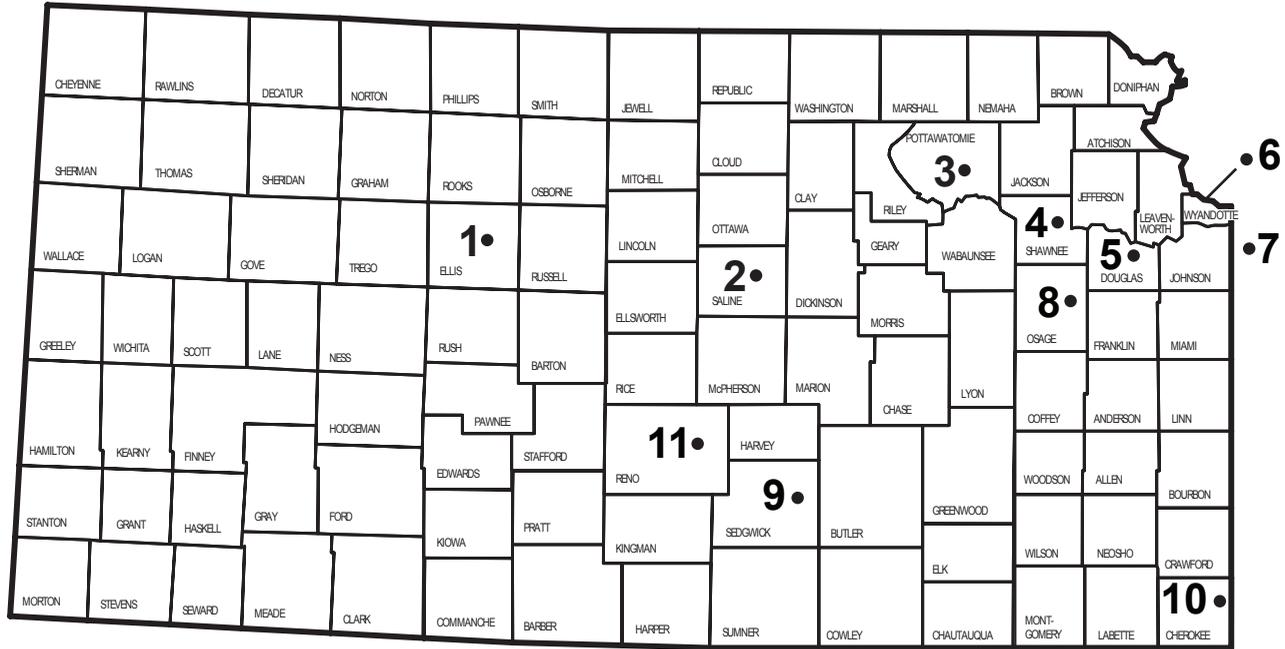
877-662-8362 (toll free)

8:00 a.m. - 5:00 p.m.



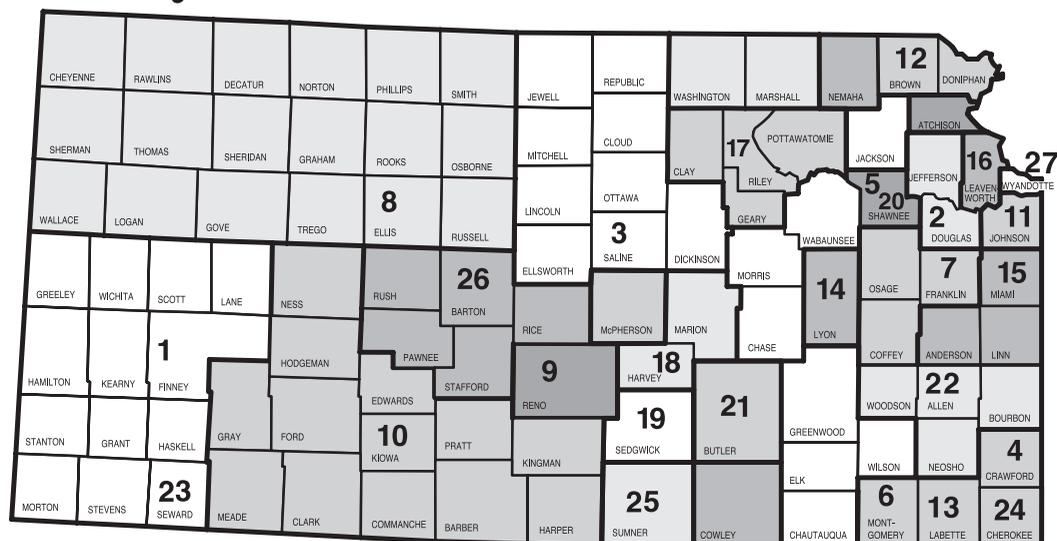
Office	Address, City, State, Zip	Phone
Region 1	600 Andrew Ave, South Hutchinson, KS 67505	620-728-0180
Region 2	900 SW Jackson, Ste. 1041 Topeka, KS 66612	785-296-2962
Region 3	16010 Metcalf, Suite 105 Stilwell, KS 66085	913-236-9385
Region 4	130 S. Market, #5063 Wichita, KS 67202	316-347-1429
Region 5	1509 Avenue P Dodge City, KS 67801	620-225-2439
Region 6	PO Box 1812 Hays, KS 67601	785-628-3121
Region 7	900 SW Jackson, Suite 1041 Topeka, KS 66612	785-296-6017
Region 8	16010 Metcalf, Suite 105 Stilwell, KS 66085	620-230-0743
Region 9	130 S Market, Suite 563 Wichita, KS 67202	316-640-3710

# Centers For Independent Living



1. LINK, Inc.	Hays	800-569-5926
2. Independent Connection	Salina	800-526-9731
3. Three Rivers, Inc.	Wamego	800-555-3994
4. Topeka Independent Living Resource Center	Topeka	785-233-4572
5. Independence, Inc.	Lawrence	785-841-0333
6. Coalition for Independence	Kansas City, KS	913-321-5140
7. The Whole Person, Inc.	Kansas City, MO	800-878-3037
8. Resource Center for Independent Living	Osage City	800-580-7245
9. Independent Living Resource Center	Wichita	800-479-6861
10. Southeast Kansas Independent Living Resource Center	Parsons	800-688-5616
11. Prairie Independent Living Resource Center	Hutchinson	888-715-6818
Statewide Independent Living Council of Kansas, Inc.	Topeka	800-217-4525

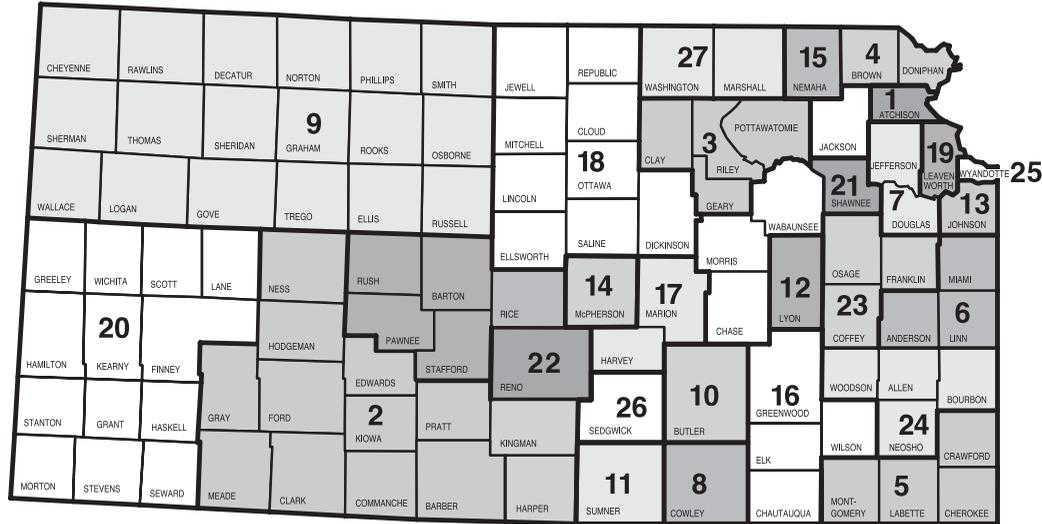
# Community Mental Health Centers of Kansas



Consult this map to find the Community Mental Health Center (CMHC) serving your area. The city listed with each organization indicates the Center's office location. Service areas may include other counties.

1.	Area Mental Health Center	Garden City	620-276-6470
2.	Bert Nash CMHC, Inc.	Lawrence	785-843-9192
3.	Central Kansas MHC	Salina	785-823-6322
4.	CMHC of Crawford County	Pittsburg	620-231-5130
5.	Family Service & Guidance Center	Topeka	785-232-5005
6.	Four County MHC	Independence	620-331-1748
7.	Elizabeth Layton Center	Ottawa	785-242-3780
8.	High Plains CMHC	Hays	785-628-2871
9.	Horizons Mental Health Center	Hutchinson	620-931-2317
10.	Iroquois Center for Human Development	Greensburg	620-723-2272
11.	Johnson County MHC	Mission	913-826-1500
12.	Kanza MH & Guidance Center	Hiawatha	785-742-7113
13.	Labette Center for MH Services	Parsons	620-421-3770
14.	MHC of East Central KS	Emporia	620-343-2211
15.	Elizabeth Layton MHC	Paola	913-557-9096
16.	The Guidance Center	Leavenworth	913-682-5118
17.	Pawnee Mental Health Services	Manhattan	785-587-4300
18.	Prairie View, Inc.	Newton	316-284-6400
19.	Comcare of Sedgwick County	Wichita	316-660-7655
20.	Valeo Behavioral Health Care	Topeka	785-228-3071
21.	South Central MH Counseling Center	Augusta	316-775-5491
22.	Southeast Kansas MHC	Iola	620-365-8641
23.	Southwest Guidance Center	Liberal	620-624-8171
24.	Spring River MH & Wellness	Riverton	620-848-2300
25.	Sumner County MHC	Wellington	620-326-7448
26.	Center for Counseling & Consultation Services	Great Bend	620-792-2544
27.	Wyandot Center for Community Behavioral Healthcare	Kansas City	913-233-3300

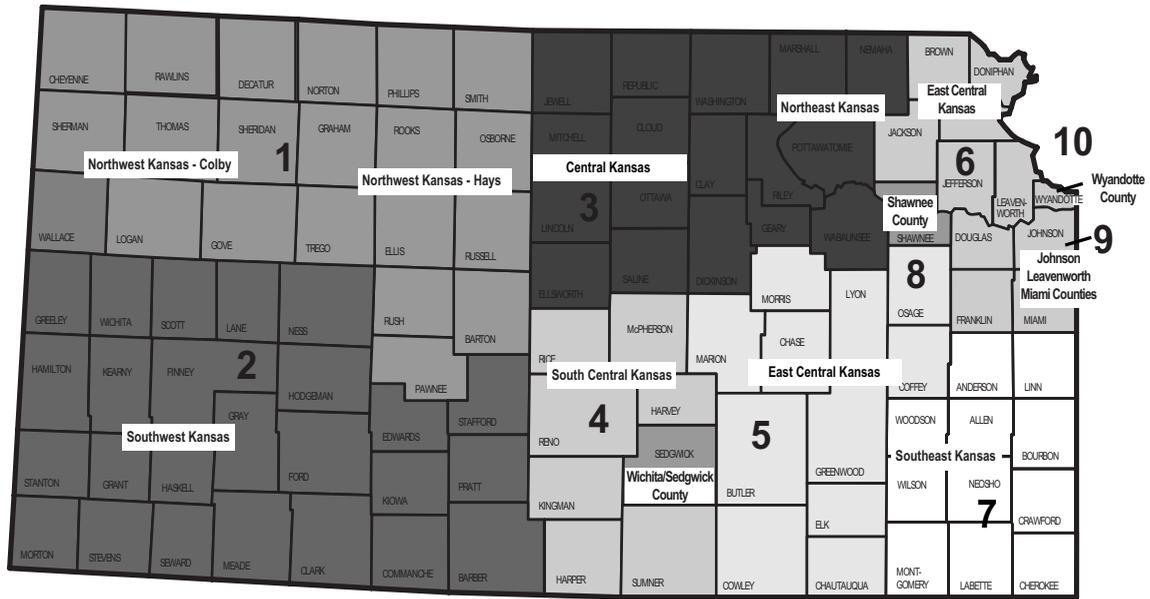
# Community Developmental Disability Organizations



**Consult this map to find the Community Developmental Disability Organization serving your area. The city listed with each organization indicates location of office. Service areas may include other counties.**

1.	Achievement Services for Northeast Kansas	Atchison	913-367-2432
2.	Arrowhead West, Inc.	Dodge City	620-227-8803
3.	Big Lakes Developmental Center, Inc.	Manhattan	785-776-9201
4.	Brown County Developmental Services, Inc.	Hiawatha	785-742-3959
5.	CDDO of Southeast Kansas	Columbus	620-429-1212
6.	Tri-Ko., Inc.	Osawatomie	913-755-3025
7.	Cottonwood, Inc.	Lawrence	785-842-0550
8.	Cowley County Developmental Services, Inc.	Winfield	620-221-5404
9.	Developmental Services of Northwest Kansas	Hays	785-625-5678
10.	CDDO of Butler County	El Dorado	316-322-8777
11.	Futures Unlimited, Inc.	Wellington	620-326-8906
12.	Hetlinger Developmental Services	Emporia	620-342-1087
13.	Johnson County Developmental Support	Lenexa	913-826-2600
14.	McPherson County CDDO	McPherson	620-245-5211
15.	Nemaha County Training Center	Seneca	785-336-6116
16.	New Beginnings Enterprises, Inc.	Neodesha	620-325-3333
17.	Harvey-Marion County CDDO	Newton	316-283-7997
18.	Disability Planning Organization of Kansas, Inc.	Salina	785-823-3173
19.	Riverside Resources, Inc.	Leavenworth	913-651-6810
20.	Southwest Developmental Services, Inc.	Garden City	620-275-7521
21.	Shawnee County CDDO	Topeka	785-232-5083
22.	Reno County CDDO	Hutchinson	620-663-2219
23.	COF Training Services, Inc.	Ottawa	785-242-5035
24.	Tri-Valley Developmental Services, Inc.	Chanute	620-431-7401
25.	Wyandotte County CDDO	Kansas City	913-573-5502
26.	Sedgewick County CDDO	Wichita	316-660-7630
27.	TwinValley Dev. Services	Greenleaf	785-747-2251

# Regional Prevention Centers



Consult this map to determine the Regional Prevention Center serving your area.

1. Smoky Hill Foundation for Chemical Dependency	Hays	785-625-5521
2. RPC of Southwest Kansas	Garden City	620-276-9624
3. Central Kansas Foundation	Salina	785-825-6224
4. Preferred Family Healthcare	Wichita	316-943-2051
5. MHC of East Central Kansas	Emporia	620-340-6085
6. DCCA , Inc	Lawrence	785-841-4138
7. Preferred Family Healthcare	Iola	620-365-8408
8. RPC of Shawnee	Topeka	785-266-8666
9. Johnson County MHC	Olathe	913-715-7880
10. Mirror, Inc	Kansas City	913-371-9668

# Kansas Social Security Offices

National Automated Toll-Free 800-772-1213

TTY 800-325-0778

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

Office hours are Monday, Tuesday, Thursday, Friday - 9:00 a.m. to 3:00 p.m.  
Wednesday - 9:00 a.m. - Noon.

Office	Address, City, State, Zip	Telephone/fax
Dodge City	2204 Summerlon Cir, Dodge City, KS 67801	877-694-5494
Hays	1212 E. 27th St., Hays, KS 67601	888-552-7176
Hutchinson	811 E. 30th Ave., Suite A, Box 2107, Hutchinson, KS 67502	877-846-8333
Independence	2125 N. Penn Ave., Independence, KS 67301	877-512-3855
Joplin	4102 S. Arizona Ave., Joplin, MO 64804	866-964-7421
Kansas City	850 Nebraska Ave., Kansas City, KS 66101	866-331-2197
Lawrence	1440 Wakarusa Dr., Ste 200, Lawrence, KS 66049	866-698-2561
Lenexa	15375 W. 95th St., Lenexa, KS 66214	877-445-9978
Manhattan	1121 Hudson Avenue, Suite A, Manhattan, KS 66503	877-840-5741
Salina	1410 E. Iron, Suite 7, Salina, KS 67401	877-405-3494
St. Joseph	1402 N. Woodbine Rd, St. Joseph, MO 64506	888-366-6148
Topeka	600 SW Commerce Place, Topeka, KS 66615	888-327-1271
Wichita	3216 N. Cypress St., Wichita, KS 67226-6515	866-931-9173
Nevada, MO (Bourbon County only)	120 S Commerce, Nevada, MO 64772	888-808-5441

# Kansas Commission on Veterans Affairs

Veterans Administration National Toll-Free Number 800-827-1000

[www.kcva.org](http://www.kcva.org) or [www.va.gov](http://www.va.gov)

Kansas Persian Gulf War Health Initiative 800-513-7731

Field Office	Address/City/State/Zip	Telephone
Colby	990 S. Range, Suite 3 Colby, KS 67701	785-462-3572
Emporia	702 Commercial St., Kress Center, Suite 1D, Emporia, KS 66801	620-342-3347
Ft. Dodge	714 Sheridan, Unit 87 Ft. Dodge, KS 67843	620-225-4041
Hays	207 East 7th Street, Ste C Hays, KS 67601	785-625-8532
Hutchinson	1625 E 30th Hutchinson, KS 67501	620-662-7131
Independence	201 N. Pennsylvania, Ste. 105 Independence, KS 67301	620-331-0540
Junction City	Municipal Building, Box 311 Junction City, KS 66441	785-238-4522
Lawrence	745 Vermont Street Lawrence, KS 66044	785-843-5233
Leavenworth	Dwight D. Eisenhower VA Medical Center 4101 S. 4th Street Leavenworth, KS 66048	913-682-2000 800-574-8387 (Am. Legion) x54297 800-952-8387 (VFW) x54296
Manhattan	317 Houston St. Manhattan, KS 66502	785-587-0373
Overland Park	10107 W. 105, Ste B Overland Park, KS 66212	913-371-5968
Salina	1410 East Iron, Ste 3B Salina, KS 67401	785-823-2862
Topeka	700 SW Jackson, Suite 1004 Topeka, KS 66603	785-296-3976
	Colmery-O'Neil VA Medical Center 2200 Gage Topeka, KS 66622	785-350-3111 800-574-8387 x 54489 (Am. Legion) 800-574-8387 x 54491 (VFW)
Wichita	VA Medical and Regional Office 5500 East Kellogg, PO Box 21318 Wichita, KS 67218	316-688-6869 888-878-6881 x 56869 (Am. Legion) 888-878-6881 x 56801(VFW)
Winfield	Kansas Veterans Home 1220 WWII Memorial Drive Winfield, KS 66156	620-221-9021

## Part Four - Directory of Services

### Service Providers By County

This section lists providers of information and services to senior Kansans by county for Planning and Service Area (PSA) 04. For various reasons, a provider may be available but not listed, or listed and no longer available. Phone numbers also change. Contact the Jayhawk Area Agency on Aging for the most current information in your county.

Every effort has been made to ensure the accuracy of the information provided. However, human (and computer) errors do happen. If you find inaccurate information, please contact the Jayhawk Area Agency on Aging at the phone number on the back of this booklet.

If you provide information and/or services to seniors and wish to be included in this directory of services, contact the Jayhawk Area Agency on Aging. The Kansas Department for Aging and Disability Services, in cooperation with the Area Agencies on Aging, reserves the right to determine the appropriateness of the material included. The purpose of this directory is to provide information that will allow senior Kansans to remain in their homes as long as possible and to maintain their security, dignity, and independence.

If you would like a list of licensed nursing facilities in your county, contact the Jayhawk Area Agency on Aging, call **800-432-3535** or access information on the web at [www.kdads.ks.gov](http://www.kdads.ks.gov) or [www.medicare.gov/nhcompare](http://www.medicare.gov/nhcompare).

**The Kansas Department for Aging and Disability Services (KDADS) does not endorse the products, services or manufacturers in this booklet. Names appear solely because they are considered a source of information. KDADS assumes no liability for the use or contents of any product or service mentioned in this resource directory.**

**It is a misdemeanor to use the information in this directory for the purpose of selling or offering to sell property or services to the entities listed herein except in the limited circumstances provided for in KSA 21-3914.**



Published by the Kansas Department for Aging and Disability Services  
503 S. Kansas Avenue  
Topeka, KS 66603  
1-800-432-3535

**This directory is also available at [www.kdads.ks.gov](http://www.kdads.ks.gov)**

# *Jayhawk Area Agency on Aging, Inc*



2910 SW Topeka Blvd  
Topeka KS 66611  
Phone 785-235-1367  
Toll Free (800) 798-1366  
Fax 785-354-8424  
Email [info@jhawkaaa.org](mailto:info@jhawkaaa.org)  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

The Jayhawk Area Agency on Aging provides a number of direct and contracted services for the 60+ populations.

**Aging Information:** your first stop in accessing aging services...providing information on aging issues, services, and resources over the phone or in person by appointment

**Aging Publications:** a variety of print and electronic materials providing important information of interest to senior adults and family caregivers.

**Geriatric Case Management:** works with older adults and their families to assess complex situations to enable seniors to live independently at home.

**Family Caregiver Support:** information, assistance and support for individual family caregivers.

**Nutrition Program:** Hot nutritious meals served five days a week at locations throughout the three county area also offering education, recreation, and socialization opportunities. Meals delivered to homebound persons through a network of volunteer delivery drivers.

**CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors):** offers senior dining at select locations in the three county area.

**Transportation Program:** provides transportation to meal sites, grocery shopping, medical appointments and senior centers.

**In Home Services:** provides assistance with personal care needs, light housekeeping, and personal emergency response systems.

**SHICK (Senior Health Insurance Counseling for Kansas):** trained volunteers work with individuals to provide information about Medicare, Medicare supplements and insurance plans, long-term care insurance and prescription drug assistance.

**Aging and Disability Resource Center:** A trusted source of information where people of all ages, abilities and income levels, and their caregivers, can obtain assistance in planning for their long-term service and support needs.

**Information, Referral and Assistance:** link individuals to a wide variety of community supports and services.

**Options Counseling:** This person-centered service provides information and supports the individual in making informed choices about their long-term care service options.

**Assessments:** Functional eligibility assessments for Home and Community Based Services (HCBS) waivers of Frail Elderly, Physical Disability, and Traumatic Brain Injury, as well as Money Follows the Person (MFP), and PACE (Program of All Inclusive Care for the Elderly). The ADRC also completes the CARE (Client Assessment, Referral and Evaluation) for those individuals entering a nursing facility.

Jayhawk Area Agency on Aging does not recommend specific service providers. Providers listed in Explore Your Options may not necessarily include all resources in the area, nor is inclusion meant to be recommendation or endorsement of a particular service or organization.

# DOUGLAS COUNTY

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## **ABUSE/NEGLECT/ EXPLOITATION/ FRAUD**

Adult Protective Services  
Lawrence Area Department for  
Children and Families Office  
Lawrence, 785-832-3700 or 800-  
922-5330

City of Lawrence, Kansas  
Human Relations Division  
Lawrence, 785-832-3310

Douglas County Citizens  
Committee on Alcoholism Center  
(DCCCA)  
Lawrence, 785-841-4138

Lawrence: Headquarters  
Counseling Center  
24-Hour Community  
Information  
Lawrence, 785-841-2345  
Baldwin City,  
888-899-2345

Kansas Advocates for Better Care  
Lawrence, 785-842-3088 or  
800-525-1782  
[www.kabc.org](http://www.kabc.org)

Kansas Attorney General  
Topeka, 785-296-2215 or  
888-428-8436

Kansas Department for Aging and  
Disability Services (KDADS)  
Adult Care Complaint Program  
800-842-0078

Kansas Domestic Violence and  
Sexual Assault Hotline  
888-363-2287

Kansas Elder Law Hotline  
888-353-5337

Kansas Long Term Care  
Ombudsman  
(Institutional concerns, questions  
or concerns about residents rights,  
transfer and discharge rights or  
other care issues), 785-296-3017 or  
877-662-8362

Kansas Protection  
Reporting Center  
Answering Service  
800-922-5330

## **ADULT DAY CARE**

Allie's Village Memory Care  
Homes, LLC,  
Lawrence, 785-856-4181  
[www.alliesvillagehomes.com](http://www.alliesvillagehomes.com)

Baldwin Healthcare and  
Rehabilitation Center  
Baldwin City,  
785-594-6492  
[www.baldwinhealthcare.com](http://www.baldwinhealthcare.com)

Cooper's Home Care  
Lawrence, 785-865-2525  
[www.coopershomecareks.com](http://www.coopershomecareks.com)

Midland Care  
Lawrence, 785-842-3627 or  
800-491-3691

Neuvant House  
Lawrence, 785-856-7900  
[www.neuvanthouse.com](http://www.neuvanthouse.com)

The Windsor of Lawrence  
Lawrence, 785-832-9900

**AGING, ADVOCACY &  
SUPPORT SERVICES**  
Aging and Disability  
Resource Center  
855-200-2372

Alcoholics Anonymous  
24-hour Hotline:  
785-842-0110

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Centro Hispano  
Resource Center  
Lawrence, 785-843-2039

Douglas County Advocacy  
Council on Aging  
Contact: Judy Bellome

Douglas County Coalition on  
Aging  
Contact: Megan Poindexter  
785-842-3159 or Jill Enyart  
785-841-0333

Douglas County  
Senior Services, Inc.  
Lawrence, 785-842-0543 or  
877-295-3277  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Independence, Inc.  
Lawrence, 785-841-0333  
TDD: 785-841-1046  
[www.independenceinc.org](http://www.independenceinc.org)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
[www.jhawkaa.org](http://www.jhawkaa.org)

Kansas Advocates for  
Better Care, Lawrence  
785-842-3088 or  
800-525-1782  
[www.kabc.org](http://www.kabc.org)

Kansas Department for Aging and  
Disability Services  
Topeka, 785-296-4986 or  
800-432-3535  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

# DOUGLAS COUNTY

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Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222

Kansas Taxpayer Advocate  
316-352-7506

Kansas Foundation for Medical  
Care, Inc., Topeka  
785-273-2552 or  
800-432-0770  
www.kfmc.org

Kansas Health Consumer  
Coalition  
Topeka, 785-232-9997  
www.kshealthconsumer.com

Lawrence-Douglas County  
Health Dept.  
Project Lively  
Lawrence, 785-856-5353  
www.ldchealth.org

Lawrence Public Library  
Lawrence, 785-843-3833 ext 115  
www.lawrence.lib.ks.us  
(Delivery for homebound,  
bookmobile & programming for  
older adults)

National Committee to Preserve  
Social Security and Medicare  
800-966-1935  
www.ncpssm.org

Sand Castles, Inc.  
Lawrence, 785-832-2345  
www.sandcastlesonline.com

Stormont-Vail Senior Services,  
Healthwise 55 Resource Center  
Topeka, 785-354-6787

## **ALZHEIMER'S/DEMENTIA SUPPORT and INFORMATION**

(See also Mental Health  
or Community Health)

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Bridge Haven Memory Care  
Residence  
Lawrence, 785-856-5512  
www.mybridgehaven.com

ComfortCare Homes of  
Baldwin City,  
785-594-2603  
www.ComfortCareBaldwin.com

Douglas County  
Senior Services, Inc.  
Caregiver Support Group  
Lawrence, 785-842-0543  
www.dgcoseniorservices.org

Jayhawk Area Agency  
on Aging  
Lawrence, 785-235-1367 or  
800-798-1366  
www.jhawkaaa.org

Visiting Nurses  
Lawrence, 785-843-3738

## **APARTMENT COMPLEXES INDEPENDENT LIVING RETIREMENT COMMUNITIES**

(\*) = Subsidized  
Arbor Court at Alvamar  
Lawrence, 785-841-6845

(\*) Babcock Place  
Lawrence, 785-842-8358  
www.ldcha.org

Brandon Woods at Alvamar  
Lawrence, 785-838-8000  
www.brandonwoods.com

(\*) Clinton Place  
Lawrence, 785-841-1000  
www.ldcha.org

Drury Place at Alvamar  
Lawrence, 785-841-6845  
www.druryplacealvamar.com

(\*) Edgewood Homes  
Lawrence, 785-842-8110  
www.ldcha.org

Firetree Retirement Villas  
Baldwin City,  
785-594-6996

(\*) Orchid Lane Leisure Living  
Baldwin City,  
785-594-6996

(\*) Hill Crest Apartments  
Eudora, 785-542-1755

Lawrence Presbyterian Manor  
Lawrence, 785-841-4262  
www.lawrencepresbyterianmanor.  
Org

Meadowlark Estates  
Lawrence, 785-842-2400

(\*) Peterson Acres &  
Peterson Acres II  
Lawrence, 785-842-8358  
www.ldcha.org

(\*) Pine Crest I and II  
Apartments  
Eudora, 785-542-1020

Prairie Commons  
Lawrence, 785-843-1700  
www.prairiecommonsapts.com

(\*) Prairie Ridge Place  
Lawrence, 785-841-8660

(\*) Signal Ridge  
Baldwin City,  
785-594-3794

Silverleaf Retirement Village  
Baldwin City,  
785-979-4039

# DOUGLAS COUNTY

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Medicalodges of Eudora  
Eudora, 785-542-2176  
www.medicalodgeseudora.com

(\*) Vermont Towers  
Lawrence, 785-841-6026

Wyndam Place  
Senior Apartments  
Lawrence, 785-749-4646  
www/beacon-mgm.com

## ASSISTED LIVING

(\*) = Accepts Medicaid

Brandon Woods at Alvarmar  
Lawrence, 785-838-8000  
www.brandonwoods.com

Bridge Haven at Alvarmar  
Lawrence, 785-371-1106

Bridge Haven Care Cottage  
Lawrence, 785-856-1630

Bridge Haven Memory Care  
Residence  
Lawrence, 785-856-5512  
www.mybridgehaven.com

Lawrence Presbyterian Manor  
Lawrence, 785-841-4262

Neuvant House  
Lawrence, 785-749-4200

Pioneer Ridge Assisted Living  
Lawrence, 785-749-4200

Pioneer Ridge  
Retirement Community  
Lawrence, 785-749-2000

Professional Comfort Care  
Lawrence, 785-832-8260

(\*) Vintage Park  
Baldwin City,  
785-594-4255  
www.vintageparkbaldwin.com

(\*) The Windsor of Lawrence  
Lawrence, 785-832-9900

**ASSISTIVE TECHNOLOGY**  
(Includes Medical Equipment &  
Adaptive Equipment)

Advanced Home Care  
Lawrence, 785-841-2200 or  
800-827-9406

Audio-Reader  
Lawrence, 785-864-4600 or  
800-772-8898  
www.reader.ku.edu

Assistive Technology for Kansas/  
Kansas Equipment Exchange  
800-526-9731  
www.occk.com/kee.cfm

Baldwin Therapy Services  
Baldwin City,  
785-594-3162  
www.lawrence.therapy.services.  
com

Bath Innovations  
Walk-in-Bath Tubs  
913-912-1750

Criticare Home Health  
Services, Inc.  
Lawrence, 785-749-4878 or  
800-527-9596  
www.criticarehhs.com

First United Methodist Church  
Lawrence, 785-841-7500

Great Plains Regional Deaf-Blind  
Listserv-GPDBList  
Subscribe at:  
groups.yahoo.com/group/gpdblist

Hanger Orthopedic  
Group, Inc.  
Orthotics & Prosthetics  
(Accepts Medicare & Medicaid)  
Topeka, 785-232-5382  
www.hanger.com

Independence, Inc.  
Lawrence, 785-841-0333 or  
888-824-7277  
TDD: 785-841-1046  
www.independenceinc.org

Jayhawk Area Agency on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
www.jhawkaaa.org

K-Loan  
(Reduced interest financing and  
flexible term financing)  
866-465-2826  
http://k-loan.net

Kansas Telecommunications  
Access Program (T.A.P.)  
Topeka, 785-234-0200 or  
800-526-3648  
www.kansastap.org

Knoll Patient Supply  
Lawrence, 785-842-5585 or  
800-842-5587

Lawrence Therapy Services  
Lawrence, 785-842-0656

Medical Arts Pharmacy  
Lawrence, 785-843-4160

Pathway- Kansas Specialty Dog  
Service (Guide dogs, Service dogs,  
Facility dogs) 785-325-2256  
www.ksds.org

Talking Books  
620-341-6280 or  
800-362-0699

# DOUGLAS COUNTY

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VFW Post # 852  
Lawrence, 785-843-2078  
[www.vfw852.com](http://www.vfw852.com)

**BLIND SERVICES**  
(See Vision Assistance)

**CAREGIVER RESOURCES  
& INFORMATION**

(See also Aging Services or Respite)

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Douglas County  
Senior Services, Inc.  
Caregivers Support Group  
Lawrence, 785-842-0543  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

**CASE MANAGEMENT  
ECKAN**

Lawrence, 785-841-3357

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

Lawrence-Douglas County  
Health Dept. Project Lively  
Lawrence, 785-856-5353  
[projectlivelyinfo@ldchealth.org](mailto:projectlivelyinfo@ldchealth.org)  
[www.ldchealth.org](http://www.ldchealth.org)

Sand Castles, Inc.  
Lawrence, 785-832-2345  
[www.sandcastlesonline.com](http://www.sandcastlesonline.com)

**COMMODITIES**  
(See Food/Groceries)

**COMMUNITY HEALTH  
ORGANIZATIONS &  
SUPPORT GROUPS**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
[www.ahelpinghandhc.com](http://www.ahelpinghandhc.com)

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

American Medical System  
800-543-9632

American Red Cross  
Lawrence, 785-843-3550

Beyond Loss Support Workshop  
Warren-McElwan Mortuary  
Lawrence, 785-843-1120

Douglas County  
Senior Services, Inc.  
Caregiver Support Group  
Lawrence, 785-842-0543  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Dr. Gaston Mobile Podiatrist  
Lawrence, 785-766-2322  
[lgaston@sunflower.com](mailto:lgaston@sunflower.com)  
(Foot Care)

Grief & Loss Support Group,  
Grace Hospice  
Lawrence, 785-841-5300

Grief Share,  
Lawrence, 785-843-3072

Health Care Access  
Lawrence, 785-841-5760  
<http://healthcareaccess.org>

Heartland Community  
Health Center  
Lawrence, 785-841-7297

Kansas Foundation for Medical  
Care, Inc., Topeka  
(Medicare Beneficiaries only)  
785-273-2552 or 800-432-0770  
[www.kfmc.org](http://www.kfmc.org)

Lawrence/Douglas County  
Health Department  
Lawrence, 785-843-3060  
[www.ldchealth.org](http://www.ldchealth.org)

National Suicide Prevention  
Lifeline  
800-273-8255 or  
Lawrence, 785-841-2345

Stroke Support Group  
Kreider Rehab Services  
Lawrence Memorial Hospital  
785-505-2712 or  
785-505-3266

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

**CONSUMER RESOURCES**

Baldwin City Hall  
Baldwin City,  
785-594-6427

Centro Hispano  
Resource Center  
Lawrence, 785-843-2039

Douglas County Citizens  
Committee on Alcoholism Center  
(DCCCA)  
Lawrence, 785-841-4138  
[www.dccca.org](http://www.dccca.org)

# DOUGLAS COUNTY

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Eudora City Hall  
Eudora, 785-542-2153

KDHE Office of  
Vital Statistics  
(Birth, Death, Marriage Records)  
Topeka, 785-296-1400  
[www.kdheks.gov/vital](http://www.kdheks.gov/vital)

Kansas Department of Revenue  
Taxpayer Assistance  
785-368-8222  
Kansas taxpayer advocate  
316-352-7506

Kansas Legal Services  
Topeka, 785-233-2068 or  
800-723-6953  
[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

Kansas State Board of  
Mortuary Arts  
Topeka, 785-296-3980  
[www.kansas.gov/ksbma](http://www.kansas.gov/ksbma)  
(Information about pre-planning  
funeral arrangements)

Kansas State  
Driver's License Station  
Lawrence, 785-843-9593

Lawrence City Hall  
Lawrence, 785-832-3000  
[cityhall@lawrenceks.org](mailto:cityhall@lawrenceks.org)  
[www.ci.lawrence.ks.us/](http://www.ci.lawrence.ks.us/)

Lawrence Parks and Recreation  
Lawrence, 785-832-3450  
[parksrec@lawrenceks.org](mailto:parksrec@lawrenceks.org)  
[lawrenceks.org/lprd/home](http://lawrenceks.org/lprd/home)

**CONTINUING CARE  
RETIREMENT  
COMMUNITY**  
Brandon Woods  
at Alvamar  
Lawrence, 785-838-8000  
[www.brandonwoods.com](http://www.brandonwoods.com)

Lawrence Presbyterian Manor  
Lawrence, 785-841-4262

Medicalodges Eudora  
Eudora, 785-542-2176  
[www.medicalodgeseudora.com](http://www.medicalodgeseudora.com)

Pioneer Ridge  
Health Center  
Lawrence, 785-749-2000

## **DEAF & HARD OF HEARING RESOURCES**

Audient (Hearing aid help for low  
income people)  
866-956-5400  
<http://audientalliance.org>

Independence, Inc.,  
Lawrence, 785-841-0333  
[www.independenceinc.org](http://www.independenceinc.org)

K-Loan  
(Reduced interest financing and  
flexible term financing on assistive  
technology)  
866-465-2826  
<http://k-loan.net>

Kaw Valley Hearing,  
Lawrence, 785-330-5396  
[www.kawvalleyhearing.com](http://www.kawvalleyhearing.com)

Lawrence Hearing  
Aid Center  
Lawrence, 785-749-1885

Lawrence Otolaryngology  
Associates, LLC  
Lawrence, 785-841-1107

Kansas Commission for the Deaf  
and Hard of Hearing (KCDHH)  
Topeka, 785-368-8034 or  
800-432-0698 (TTY)  
785-368-8046 (TTY)

Marston Hearing Center  
Lawrence, 785-843-8479

NuEar Hearing,  
Lawrence, 785-727-1319  
[www.allamericanhearing.com](http://www.allamericanhearing.com)

Schiefelbusch Speech-Language-  
Hearing Clinic,  
Lawrence, 785-864-4690

Starkey Hearing Foundation  
Hear Now Program  
800-328-8602  
[www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)

**DENTAL ASSISTANCE**  
(\* - Accept Medicaid  
Affordable Dentures  
800-336-8873

(\* ) Douglas County Dental Clinic  
(Reduced fees sliding scale)  
Lawrence, 785-312-7770  
[www.dcdclinic.org](http://www.dcdclinic.org)

Johnson Community College  
Dental Hygiene Program  
Overland Park  
913-469-3808, Ext. 1  
(\$10 services – x-rays, cleaning,  
preventative and referrals only)

K-Loan  
(Reduced interest financing and  
flexible term financing)  
866-465-2826  
<http://k-loan.net>

UMKC School of Dentistry  
Kansas City, MO  
816-235-2100

## **DISABILITY RESOURCES**

Blind or Visually Impaired  
Kansas City,  
816-421-5848

Bert Nash CMCH, Inc.  
785-843-9192

# DOUGLAS COUNTY

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Class, Ltd  
785-429-1212

Cottonwood, Inc.  
785-842-0550

Department for Children Families  
(DCF)  
Kansas City,  
913-826-7300

Drug and Alcohol Prevention  
(DCCCA)  
Lawrence, 785-841-4138

Families Together  
Topeka, 785-233-4777

Independence, Inc.  
Lawrence, 785-841-0333

Jayhawk Area Agency  
on Aging  
Aging and Disability Resources  
Center (ADRC)  
Lawrence, 785-235-1367

Jobs for Veterans  
Topeka, 785-235-5627

Kansas Commission of  
Veterans Affairs  
785-843-5233

Kansas Human Rights Commission  
(KHRC)  
Topeka, 785-296-3206 or  
888-793-6847

Kansas Legal Services  
Topeka, 785-354-8531

Kansas Rural Development  
Manhattan, 785-776-7582

Kansas Small Business  
Development Centers  
785-843-8844

Kansas Special Education  
Advisory Council  
lesli@familiestogetherinc.org

Long-Term Care Ombudsman  
620-230-6017 or  
877-662-8362

Mental Health Northeast Region  
913-826-7373

National Alliance of Mental Illness  
(NAMI)  
800-539-2660

Self-Advocate Coalition of Kansas  
(SACK)  
Lawrence, 888-354-7225

Senior Health Insurance  
Counseling For Kansas (SHICK)  
800-860-5260 or  
Douglas County Senior Services  
Lawrence, 785-842-0543

Ticket to Work  
Lawrence, 866-698-2561

Tri-Ko, Inc.  
913-755-3025

Rehabilitation Services  
Lawrence, 785-832-3700

Workforce Centers of Kansas  
Topeka, 785-235-5627

Working Healthy Program  
Kansas City,  
913-279-7173

## **DRIVING COURSE AND DRIVING INFORMATION**

AARP Driver Safety Course  
Contact: Douglas County  
Senior Services  
Lawrence, 785-842-0543

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Bill Kennedy's Driver  
Education Schools, Senior  
Driving Evaluation Program  
785-272-1961 or  
800-557-7357  
www.kennedydrivered.com

Driver's License Station  
Lawrence, 785- 843-9593

**EDUCATION & LITERACY**  
Adult Education Connection  
Lawrence, 785-832-5960

Centro Hispano  
Resource Center  
Lawrence, 785-843-2039

Computer Learning Center  
Independence, Inc.  
Lawrence, 785-841-0333 or  
888-824-7277  
785-841-1046 TDD  
www.independenceinc.org

Douglas County  
Extension Office  
Lawrence, 785-843-7058

Douglas County  
Senior Services, Inc.  
Lawrence, 785-842-0543  
www.dgcoseniorservices.org

Lawrence Memorial Hospital  
Education Department  
Lawrence, 785-840-3072

Lawrence Public Library  
Lawrence, 785-843-3833  
www.lawrence.lib.ks.us

# DOUGLAS COUNTY

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Osher Lifelong Learning Institute  
Lawrence, 785-864-5823  
877-404-5823

Sand Castles, Inc.  
Lawrence, 785-832-2345  
www.sandcastlesonline.com

University of Kansas  
Center for Community Outreach  
Lawrence, 785-864-4073  
www.cco.ku.edu

University of Kansas  
Continuing Education  
Lawrence, 785-864-5823 or  
877-404-5823  
kuce@ku.edu  
www.continuinged.ku.edu  
(Seniors can audit classes.)

## **EMERGENCY ALERT DEVICES**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Lifeline Stormont Vail  
Topeka, 785-354-6333

Project Livesaver, Douglas County  
Sherriff's Departments  
785-832-5204

Home Buddy  
Wichita, 316-262-8339 or  
866-922-8339  
office@homebuddy.org  
www.HomeBuddy.org

LifeFone  
White Plains, NY  
www.lifefone.com  
1-800-882-2280

Rueschoff Security Services  
Lawrence, 785-843-2182  
800-279-2121

Trust Home Care  
Wichita, 316-683-7700  
info@trusthomecare.com  
www.trusthomecare.com

Visiting Nurses  
Lawrence, 785-843-3738  
www.kansasvna.org

## **EMERGENCY SERVICES** (Could include: food, utilities, prescriptions, rent assistance)

American Red Cross Chapter  
Lawrence, 785-843-3550

Ballard Community Center  
Lawrence, 785-842-0729  
www.ballardcenter.org

Douglas County  
Senior Services, Inc.  
Lawrence, 785-842-0543  
www.dgcoseniorservices.org

ECKAN  
Lawrence, 785-841-3357

Headquarters Douglas County  
24-Hour Community  
Information  
Lawrence, 785-841-2345  
(National Suicide Prevention  
Lifeline:  
800-273-8255)

Kansas Commission for the Deaf  
and Hard of Hearing (KCDHH)  
Topeka, 785-368-8034 or  
800-368-8046 TTY

Penn House  
Lawrence, 785-842-0440

Salvation Army  
Lawrence, 785-843-4188

## **EMPLOYMENT ASSISTANCE**

Lawrence Workforce Center  
785-840-9675

Older Kansans Employment  
Program (OKEP)  
Let's Help, Inc.  
Topeka, 785-234-6208  
Fax 785-354-7145

Topeka Workforce Center  
Topeka, 785-235-5627

Senior Community Services  
Employment Program (SER)  
913-232-9249

## **EXERCISE PROGRAM** (See Recreation)

**FARM & RURAL ASSISTANCE**  
USDA Service Center  
Conservation District Office  
Lawrence,  
785-843-4288 #3

Farm Service Agency  
Lawrence,  
785-843-4260 #2  
www.fsa.usda.gov

Kansas Agricultural  
Mediation Services  
800-321-3276  
www.oznet.ksu.edu/kams

Kansas Rural Family Helpline  
866-327-6578

USDA Rural Development  
Oskaloosa, 785-843-4260

## **FINANCIAL ASSISTANCE & INFORMATION**

Department for Children and  
Families—Medicaid, food & cash  
assistance, work programs  
Lawrence, 785-832-3700

# DOUGLAS COUNTY

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Housing and Credit  
Counseling, Inc.  
Lawrence, 785-749-4224  
[www.hcci-ks.org](http://www.hcci-ks.org)

Kansas Department of Revenue  
Taxpayer Assistance  
785-368-8222

Kansas taxpayer advocate  
316-352-7506

Lawrence Area Department for  
Children and Families office (DCF)  
Lawrence, 785-832-3700  
[www.dcf.ks.gov](http://www.dcf.ks.gov)

Social Security  
Lawrence, 785-843-2254 or  
866-698-561  
[www.ssa.gov](http://www.ssa.gov)

## **FOOD/GROCERY ASSISTANCE**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192

Ballard Community Center  
Lawrence, 785-842-0729  
[www.ballardcenter.org](http://www.ballardcenter.org)

Catholic Charities Northeast  
Kansas  
Lawrence, 785-856-2694  
[www.catholiccharatiesks.org](http://www.catholiccharatiesks.org)

ECKAN  
Lawrence, 785-841-3357

LINK  
Lawrence, 785-331-3663  
[www.linklawrence.org](http://www.linklawrence.org)

Penn House  
Lawrence, 785-842-0440

Salvation Army  
Lawrence, 785-843-4188

## **GRIEF AND LOSS SUPPORT**

(See also Hospice)  
Grief & Loss Support Group -  
Grace Hospice  
Lawrence, 785-841-5300

Grief Share,  
Lawrence, 785-843-3072

Midland Care  
Lawrence, 785-842-3627 or  
800-491-3691

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

## **HEALTH SCREENINGS**

(See Community Health  
Services)

## **HEARING ASSISTANCE** (See Deaf and Hard of Hearing)

## **HIGHER EDUCATION**

University of Kansas- 1450  
Jayhawk Blvd, Lawrence, KS  
66045  
785-864-2700

Haskell Indian Nations University  
785-749-8404

Pinnacle Career Institute  
785-841-9640

## **HOME HEALTH**

(\*) Licensed

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
[www.ahelpinghandhc.com](http://www.ahelpinghandhc.com)

At Home, Inc.  
Lawrence, 785-856-1714  
[www.athomeks.com](http://www.athomeks.com)

\*Baldwin Therapy Services  
Baldwin City,  
785-594-3162

Benefits of Home  
785-727-1816  
[www.benefitsofhome.com](http://www.benefitsofhome.com)

\*Caregivers Home Health  
Lawrence, 785-749-0300  
or 785-354-0767  
[www.CaregiversKansas.com](http://www.CaregiversKansas.com)

\*Gentiva Home Health  
Home Rehab/Nursing Services  
Overland Park,  
913-906-0522  
[www.gentiva.com](http://www.gentiva.com)

\*Graceful Home  
Health Care  
Lawrence, 785-424-2785

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
[heart2heartkansas.com](http://heart2heartkansas.com)

\*Home Connect  
Health Services  
Lawrence, 913-627-9222

Home Instead Senior Care  
Lawrence, 785-856-8181  
Topeka, 785-272-6101  
[www.homeinstead.com/584](http://www.homeinstead.com/584)

Home Town Health Care  
Topeka, 888-387-1160

Integrity Home Care  
Leawood, 866-974-1616  
[www.integrityhc.com](http://www.integrityhc.com)

Interim HealthCare  
Topeka, 785-272-1616  
[www.interimhealthcare.com](http://www.interimhealthcare.com)

# DOUGLAS COUNTY

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Kansas Elder Care  
Lawrence, 785-856-5555

Lawrence Helpers, Inc.  
Lawrence, 785-331-5850

\*Lawrence Therapy Services  
Lawrence, 785-842-0656

Midland Care  
Lawrence, 785-842-3627 or  
800-491-3691

Walgreens infusions services  
(infusion only)  
Overland Park,  
800-475-1101

\*Professional Comfort Care  
Lawrence, 785-832-8260

\*Professional Sitters  
Home Health  
Lawrence, 785-842-3301  
www.prosittershomehealth.com

\*Trinity In-Home Care  
Lawrence, 785-842-3159  
www.trinityinhomecare.com

\*Visiting Nurses  
Lawrence, 785-843-3738  
www.kansasvna.org

\*Windsor Place  
At-Home Care  
Lawrence, 785-843-4800  
hc\_lawrence@windsorplace.net

## HOME PLUS

Allie's Village Memory Care, LLC  
Lawrence, 785-856-4181

Bridge Haven at Alvamar  
Lawrence, 785-371-1106  
www.mybridgehaven.com

Bridge Haven  
Care Cottage  
Lawrence, 785-371-1106  
www.mybridgehaven.com

Bridge Haven Memory Care  
Residence  
Lawrence, 785-371-1106  
rwilson@mybridgehaven.com  
www.mybridgehaven.com

By Grace Home  
Lawrence, 785-331-4688  
psuinc@sunflower.com

ComfortCare Homes  
of Baldwin City,  
785-594-2603

## HOME REPAIR

City of Lawrence  
Community Development  
Neighborhood Resources  
Lawrence, 785-832-3000

Independence, Inc.  
Lawrence, 785-841-0333 or 888-  
824-7277  
TDD: 785-841-1046  
www.independenceinc.org

## IN- HOME SERVICES

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

At Home, Inc.  
Lawrence, 785-856-1714  
www.athomeks.com

Benefits of Home  
Senior Care  
Lawrence, 785-727-1816  
www.benefitsofhome.com

Caregivers Home Care  
Lawrence, 785-749-0300  
or 785-273-2839  
www.CaregiversKansas.com

Getiva Health Services  
913-422-1576  
www.gentiva.com

Graceful Home Healthcare  
Lawrence, 785-424-2785  
www.gracefulhealthcare.com

Heart 2 Heart  
In- Home Care  
785-764-9946  
www.heart2heartkansas.com

Home Helpers  
Lawrence, 785-856-2292

Home Instead Senior Care  
Lawrence, 785-856-8181  
www.homeinstead.com

Independence, Inc.  
Lawrence, 785-841-1067

Kansas Elder Care  
Lawrence, 785-856-5555

Lawrence Helpers, Inc.  
Lawrence, 785-331-5850

Midland Care  
Lawrence, 785-842-3627 or  
800-491-3691

Professional Comfort Care  
Lawrence, 785-832-8260  
www.professionalcomfortcare.com

Professional Sitters  
Home Health  
Lawrence, 785-842-3301 or  
888-485-1927

Resource Center for  
Independent Living  
Topeka, 785-267-1717 or  
877-719-1717  
www.rcilinc.org

# DOUGLAS COUNTY

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Trinity In-Home Care  
Lawrence, 785-842-3159  
[www.trinityinhomecare.com](http://www.trinityinhomecare.com)

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

Windsor Place  
At-Home Care  
Lawrence, 785-843-4800

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
[www.ahelpinghandhc.com](http://www.ahelpinghandhc.com)

## **HOSPICE**

AseraCare Hospice  
Lawrence, 785-840-0820 or  
855-532-8878  
[www.aseracare.com](http://www.aseracare.com)

Crossroads Hospice  
Lenexa, 913-850-7500  
Fax 913-850-7598

Gentiva Hospice  
Lenexa, 913-541-0266  
[www.gentiva.com](http://www.gentiva.com)

Grace Hospice  
Lawrence, 785-841-5300 or  
800-396-7778

Kansas Elder Care  
Lawrence, 785-856-5555

Heartland Hospice  
Topeka, 785-271-6500  
[www.hcr-manorcare.com](http://www.hcr-manorcare.com)

Harden Hospice  
Topeka, 785-273-4357  
[www.hospicecareofkansas.com](http://www.hospicecareofkansas.com)

Midland Care  
Lawrence, 785-842-3627 or  
800-491-3691

PRN Home Health  
and Hospice  
Topeka, 785-232-0440 or  
800-222-6344  
Fax 785-456-7194  
[www.prnhomehealthhospice.com](http://www.prnhomehealthhospice.com)

Professional Comfort Care  
Lawrence, 785-832-8260

Southern Care Hospice  
Lawrence, 913-906-9497 or  
877-476-4352  
[www.southerncaresinc.com](http://www.southerncaresinc.com)

Sunflower Health Care  
785-233-0262

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

## **HOUSING ASSISTANCE & INFORMATION**

Housing and Credit  
Counseling, Inc.  
Lawrence, 785-749-4224  
[www.hcci-ks.org](http://www.hcci-ks.org)

Kansas Legal Services  
Lawrence, 785-838-3401 or  
800-723-6953  
[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

Lawrence-Douglas County  
Housing Authority  
785-842-8110

## **INFORMATION AND REFERRAL ASSISTANCE**

Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Baldwin City  
Public Library  
Baldwin City,  
785-594-3411  
[www.baldwincitylibrary.org](http://www.baldwincitylibrary.org)

Ballard Community Center  
Lawrence, 785-842-0729  
[www.ballardcenter.org](http://www.ballardcenter.org)

Centro Hispano  
Resource Center  
Lawrence, 785-843-2039  
Douglas County

Senior Services, Inc.  
Lawrence, 785-842-0543  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Elder Care Locator  
800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

Eudora Public Library  
Eudora, 785-542-2496  
[www.eudorapubliclibrary.org](http://www.eudorapubliclibrary.org)

Housing and Credit  
Counseling, Inc.  
Lawrence, 785-749-4224  
[www.hcci-ks.org](http://www.hcci-ks.org)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

Kansas Advocates for Better Care,  
Lawrence, 785-842-3088 or  
800-525-1782  
[www.kabc.org](http://www.kabc.org)

Kansas Commission on  
Veterans Affairs  
Topeka, 785-296-3976  
[www.kcva.org](http://www.kcva.org)

# DOUGLAS COUNTY

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Kansas Department on Aging and Disability Services (KDADS)  
Topeka, 785-296-4986 or  
800-432-3535  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222  
Kansas taxpayer advocate  
316-352-7506

Lawrence/Douglas County  
Health Department  
Lawrence, 785-843-0721  
[www.ldchealth.org](http://www.ldchealth.org)

Lawrence Public Library  
Lawrence, 785-843-3833  
[www.lawrence.lib.ks.us](http://www.lawrence.lib.ks.us)

Stormont-Vail  
Healthwise 55  
Topeka, 785-354-6787

University of Kansas  
Information Center –  
KU Info  
Lawrence, 785-864-3506  
[www.kuinfo.ku.edu](http://www.kuinfo.ku.edu)

**INSURANCE/MEDICARE/  
MEDICAID**  
(Information/ Assistance/  
Referral)

Centers for Medicare and  
Medicaid Services (CMS)  
(Call about local seminars and  
health fairs for your Medicare  
health plan choices and to report  
complaints.)  
Kansas City,  
816-426-5233

Douglas County  
Senior Services, Inc.  
Lawrence, 785-842-0543 or  
800-860-5260  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

Kansas Foundation for Medical  
Care, Inc. (KFMC)  
Topeka 785-273-2552 or  
800-432-0770  
[www.kfmc.org](http://www.kfmc.org)  
(Provides information on  
Medicare beneficiary's rights.  
Ensures Medicare patients receive  
medical care that is necessary,  
appropriate and of high quality.)

Kansas Insurance Department  
Topeka, 785-296-3071  
[commissioner@ksinsurance.org](mailto:commissioner@ksinsurance.org)  
[www.ksinsurance.org](http://www.ksinsurance.org)

Lawrence Area Department for  
Children and Families Office  
Lawrence, 785-832-3700

Medicare – General Hotline  
800-633-4227  
877-486-2048 TTY  
[www.medicare.gov](http://www.medicare.gov)

Railroad Retirement Board  
877-772-5772  
[www.rrb.gov](http://www.rrb.gov)

Social Security  
(Sign up for Medicare)  
Lawrence  
800-772-1213  
800-325-0778 TTY  
[www.ssa.gov](http://www.ssa.gov)

State Medicaid  
Assistance Office  
(Low-income programs to help pay  
medical bills.)  
800-766-9012

**INTERPRETATION/  
CULTURAL AWARENESS**  
Centro Hispano  
Resource Center  
Lawrence, 785-843-2039

**LEGAL SERVICES**  
Douglas County  
Legal Aid Society  
Lawrence, 785-864-5564

Kansas Attorney General  
Consumer Protection Line  
Topeka, 785-296-2215 or  
800-432-2310  
[www.ag.ks.gov](http://www.ag.ks.gov)

Kansas Elder Law Hotline  
888-353-5337

Kansas Legal Services  
Topeka, 785-354-8531 or  
800-723-6953  
[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

**MEAL SITES/CHAMPSS  
LOCATIONS**  
(\* Babcock Place  
Lawrence, 785-842-0543 or  
871-295-3277

Baldwin City Senior Center,  
Baldwin City,  
785-842-0543  
or 871-295-3277

Lawrence Senior Center  
Lawrence, 785-842-0543 or  
871-295-3277

LINK  
Lawrence, 785-331-3663  
[www.linklawrence.org](http://www.linklawrence.org)

Pine Crest II  
Eudora, 785-542-0543 or  
871-295-3277

Salvation Army  
Lawrence, 785-843-4188

# DOUGLAS COUNTY

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## \*CHAMPSS LOCATIONS

(CHAMPSS meal program serving sites: CHAMPSS card required)  
Call Jayhawk Area Agency on Aging at 785-235-1367 for more information.

Hy-Vee at 3504 Clinton Parkway

Hy-Vee at 4000 West Sixth St.

## MEALS - HOME DELIVERED

Douglas County Senior Services, Inc.  
Lawrence, 785-842-0543 or 877-295-3277  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Magic Meals  
785-554-4524  
[www.MealsLikeMagic.com](http://www.MealsLikeMagic.com)

Meals-on-Wheels  
Lawrence, 785-830-8844  
[www.lawrencemow.org](http://www.lawrencemow.org)

Mom Meals 866-204-6111

Optimal Living,  
Lawrence, 785-832-8770  
[www.olmeals.com](http://www.olmeals.com)

## MEDICAL EQUIPMENT

(See Assistive Technology)

## MEDICAL SERVICES

(See Community Health Services)

## MEMORY CARE FACILITIES

Allie's Village Memory Care Homes, LLC  
Lawrence, 785-856-4181  
[www.alliesvillagehomes.com](http://www.alliesvillagehomes.com)

The Arbor at  
Brandon Woods  
Lawrence, 785-838-8000

Bridge Haven at Alvamar  
Lawrence, 785-371-1106  
[www.mybridgehaven.com](http://www.mybridgehaven.com)

Bridge Haven Care Cottage  
Lawrence, 785-371-1106  
[www.mybridgehaven.com](http://www.mybridgehaven.com)

Bridge Haven Memory Care  
Lawrence, 785-371-1106

ComfortCare Homes of  
Baldwin City,  
785-594-2603

Neuvant House,  
Lawrence, 785-856-7900  
[www.neuvanthouse.com](http://www.neuvanthouse.com)

Prairie House Memory Care at  
Lawrence Presbyterian Manor  
Lawrence, 785-841-4262  
[www.lawrencepresbyterianmanor.org](http://www.lawrencepresbyterianmanor.org)

The Windsor of Lawrence  
Lawrence, 785-832-9900

## MENTAL HEALTH

Awakenings,  
Lawrence, 785-318-0220  
[awakeningskc.com](http://awakeningskc.com)

Bert Nash Community  
Mental Health  
Lawrence, 785-843-9192  
[www.bertnash.org](http://www.bertnash.org)

Bonnie Uffman, PhD  
Senior In-home Counseling  
Lawrence, 785-760-0057  
[bonuff@gmail.com](mailto:bonuff@gmail.com)

Christian Psychological Services  
Lawrence, 785-843-2429  
[intake@cpskansas.org](mailto:intake@cpskansas.org)  
[www.cpskansas.org](http://www.cpskansas.org)

Douglas County Citizens  
Committee on Alcoholism  
Center (DCCCA)  
Lawrence, 785-841-4138  
[www.dccca.org](http://www.dccca.org)

Headquarters Douglas County  
24-Hour Community  
Information  
Lawrence, 785-841-2345  
Baldwin City, 888-899-2345

Sand Castles, Inc.  
Lawrence, 785-832-2345  
[www.sandcastlesonline.com](http://www.sandcastlesonline.com)

University of Kansas  
Psychological Clinic  
785-864-4121

## PARKINSON'S DISEASE

(See Alzheimer's/Dementia support and information and/or community health)

## RECREATION/ SOCIALIZATION

(See also Meal Sites)

AARP  
Douglas County Chapter 1696  
Pattie Johnston, President  
785-749-2489

Baldwin City  
Recreation Commission  
Baldwin City,  
785-594-3670  
[www.baldwinrec.org](http://www.baldwinrec.org)

Eudora Community Center  
Eudora, 785-542-1725

Douglas County  
Senior Services, Inc.  
Leisure and Learning  
Lawrence, 785-842-0543  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

# DOUGLAS COUNTY

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Eudora, 785-542-3434  
[www.eudoraparksandrec.org](http://www.eudoraparksandrec.org)

Fit Plus 50 Personal Training  
785-218-1170

Kansas Senior Olympics  
Topeka, 785-251-2975

Lawrence Arts Center  
785-843-2787  
[www.lawrenceartscenter.org](http://www.lawrenceartscenter.org)

Lawrence Parks and Recreation  
785-832-3450  
<http://lawrenceks.org/lprd/home>

Lumberyard Arts Center  
Baldwin City,  
785-594-3186  
[www.lumberyardartscenter.org](http://www.lumberyardartscenter.org)

New Horizons Band  
Lawrence, 785-865-3519

Older Women's League  
Kaw Valley  
[www.kawvalleyowl.org](http://www.kawvalleyowl.org)

Oldsters United for  
Responsible Service (OURS)  
Contact: Douglas County  
Senior Services  
Lawrence, 785-842-0543

**REHABILITATION**  
Advantage Medical Group  
Lawrence, 785-749-0130  
[www.admedgroup.com](http://www.admedgroup.com)

Baldwin Healthcare and  
Rehabilitation Center  
Baldwin City,  
785-594-6492

Baldwin Therapy Services  
Baldwin City,  
785-594-3162  
[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)

Bird Physical Therapy  
Lawrence, 785-331-0106  
[www.birdpt.com](http://www.birdpt.com)

Brandon Woods  
at Alvamar  
Lawrence, 785-838-8000  
[www.brandonwoods.com](http://www.brandonwoods.com)

Caregiver's Home Health Agency  
Lawrence, 785-838-800  
[www.brandonwoods.com](http://www.brandonwoods.com)

Medicalodges Eudora  
Eudora, 785-542-2176  
[www.medicalodgeseudora.com](http://www.medicalodgeseudora.com)

Lawrence Memorial Therapy  
Services,  
Lawrence, 785-505-2712  
[www.lmh.org](http://www.lmh.org)

Lawrence Memorial Eudora  
Therapy Services,  
Eudora, 785-542-3344  
[www.lmh.org](http://www.lmh.org)

Lawrence Memorial South  
Therapy Services,  
Lawrence, 785-505-3780  
[www.lmh.org](http://www.lmh.org)

Lawrence Therapy Services  
Lawrence, 785-842-0656

Neu Physical Therapy  
Lawrence, 785-842-3444  
Baldwin City,  
785-594-4100

Pioneer Ridge  
Retirement Community  
Lawrence, 785-749-2000

Quantum Shift Physical Therapy  
Lawrence, 785-856-7389  
[www.quantumshiftpt.com](http://www.quantumshiftpt.com)

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

Warrender Physical Therapy  
Lawrence, 785-856-3220  
[warrenderpt@sunflower.com](mailto:warrenderpt@sunflower.com)

**RESPIRE CARE**  
A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
[www.ahelpinghandhc.com](http://www.ahelpinghandhc.com)

At Home, Inc.  
Lawrence, 785-856-1714  
[www.athomeks.com](http://www.athomeks.com)

Baldwin Healthcare and  
Rehabilitation Center  
Baldwin City,  
785-594-6492

Benefits of Home  
Senior Care Lawrence,  
785-727-1816  
[www.benefitsofhome.com](http://www.benefitsofhome.com)

Brandon Woods of Alvamar  
Lawrence, 785-838-8000  
[www.brandonwoods.com](http://www.brandonwoods.com)

ComfortCare Homes of  
Baldwin City,  
785-594-2603

Getiva Health Services  
Lawrence, 913-422-1576  
[www.gentiva.com](http://www.gentiva.com)

Graceful Home Healthcare  
Lawrence, 785-424-2785  
[www.gracefulhealthcare.com](http://www.gracefulhealthcare.com)

Home Instead Senior Care  
Lawrence, 785-856-8181  
Topeka, 785-272-6101  
[www.homeinstead.com/584](http://www.homeinstead.com/584)

Independence, Inc.  
Lawrence, 785-841-1067

Lawrence Helpers, Inc.  
Lawrence, 785-331-5850

# DOUGLAS COUNTY

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Lawrence Presbyterian Manor  
Lawrence, 785-841-4262

Medicalodges Eudora  
Eudora, 785-542-2176  
www.medicalodgeseudora.com

Professional Sitters  
Home Health  
Lawrence, 785-842-3301 or  
888-485-1927  
prositters@sunflower.com

Trinity In-Home Care  
Lawrence, 785-842-3159  
www.trinityinhomecare.com

The Windsor of Lawrence  
Lawrence, 785-832-9900

Veterans Administration  
Topeka, 785-350-3111

Visiting Nurses  
Lawrence, 785-843-3738  
www.kansasvna.org

Windsor Place  
At-Home Care  
Lawrence, 785-843-4800  
hc\_lawrence@windsorplace.net

**RETIREMENT  
COMMUNITIES**  
(See Apartment Complex)

**SHOPPING**  
A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Home Instead Senior Care  
Lawrence, 785-856-8181  
Topeka, 785-272-6101  
www.homeinstead.com/584

Professional Comfort Care  
Lawrence, 785-832-8260

Trinity In-Home Care  
Lawrence, 785-842-3159  
www.trinityinhomecare.com

Visiting Nurses  
Lawrence, 785-843-3738  
www.kansasvna.org

**SUPPORT GROUPS**  
(See Community Health  
Services)

**TAX ASSISTANCE**  
AARP Tax Foundation Aides  
Douglas County Senior Services  
Lawrence, 785-842-0543  
www.dgcoseniorservices.org

Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222

Kansas taxpayer advocate  
316-352-7506

VITA  
Ballard Community Center  
Lawrence, 785-842-0729  
www.ballardcenter.org

VITA  
Penn House  
Lawrence, 785-842-0440

**TRANSPORTATION**  
A Helping Hand Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Angel Flight Central  
(Free air flights for people in need  
requiring medical treatment)  
866-569-9464  
wings@angelflightcentral.org  
www.angelflightcentral.org

At Home, Inc.  
Lawrence, 785-856-1714  
www.athomeks.com

Douglas County  
Senior Services, Inc.  
Senior Wheels  
Lawrence, 785-842-0543  
www.dgcoseniorservices.org

Home Instead Senior Care  
Lawrence, 785-856-8181  
Topeka, 785-272-6101  
www.homeinstead.com/584

Independence, Inc.  
Lawrence, 785-841-0333 or  
888-824-7277  
TDD: 785-841-1046  
www.independenceinc.org

Lawrence Transit System  
785-864-4644  
785-312-7063 TDD  
www.lawrencetransit.org

MTM (Medical Provider)  
888-240-6497

Trinity In-Home Care  
Lawrence, 785-842-3159  
www.trinityinhomecare.com

**UTILITY ASSISTANCE**  
American Red Cross  
Lawrence, 785-843-3550

Assurance Wireless (Phone)  
1-888-898-4888 www.  
assurancewireless.com

ATT LIFELINE (Phone)  
800-341-2355

Catholic Charities  
Northeast Kansas  
Lawrence, 785-856-2694  
ww.catholiccharatiesks.org

**\*Emergency Service Council  
Applications are made  
through these agencies:**

# DOUGLAS COUNTY

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Ballard Community Center  
Lawrence, 785-842-0729  
[www.ballardcenter.org](http://www.ballardcenter.org)

Douglas County  
Senior Services, Inc  
Lawrence, 785-842-0543

ECKAN  
Lawrence, 785-841-3357

Penn House  
Lawrence, 785-842-0440

Salvation Army  
Lawrence, 785-843-4188

Low Income Energy  
Assistance Program (LIEAP)  
Apply through Department for  
Children and Families (Jan-Mar)  
Lawrence, 785-832-3700

Project Deserve  
(Westar Electric customers only)  
800-383-1183

**VETERANS AFFAIRS**  
Kansas Commission on  
Veterans Affairs  
Topeka, 785-296-3976  
[www.kcva.org](http://www.kcva.org)

**VISION SERVICES**  
AlphaPointe  
Kansas City,  
816-421-5848

Audio-Reader  
Lawrence, 785-864-4600 or  
800-772-8898  
[www.reader.ku.edu](http://www.reader.ku.edu)

Talking Books  
620-341-6280 or  
800-362-0699

**VOLUNTEER  
OPPORTUNITIES**  
Alzheimer's Association  
Prairie Village,  
913-831-3888  
or 800-272-3900

Douglas County  
Senior Services, Inc.  
Lawrence, 785-842-0543  
[www.dgcoseniorservices.org](http://www.dgcoseniorservices.org)

Kansas Advocates for  
Better Care, Lawrence  
785-842-3088 or  
800-525-1782  
[www.kabc.org](http://www.kabc.org)

Roger Hill Volunteer Center  
Lawrence, 785-856-5030

Trinity In-Home Care  
Lawrence, 785-842-3159  
[www.trinityinhomecare.com](http://www.trinityinhomecare.com)

Visiting Nurses  
Lawrence, 785-843-3738  
[www.kansasvna.org](http://www.kansasvna.org)

**WEATHERIZATION**  
City of Lawrence  
Neighborhood Resources Dept  
Lawrence, 785-832-7700

ECKAN  
Lawrence, 785-841-3357

# JEFFERSON COUNTY

## **ABUSE/NEGLECT/ EXPLOITATION/ FRAUD**

DCF reporting center,  
800-922-5330

Kansas Abuse/Neglect Answering  
Service  
800-922-5330

Calls answered from  
7:00 am - 11:00 pm

Kansas Department for Aging and  
Disability Services Adult Care  
Complaint Program  
800-842-0078  
(8:00 am-5pm M-F)

## **ADULT DAY CARE**

Deer Park North  
Meriden, 785-484-0100

Hickory Pointe Care &  
Rehabilitation  
Oskaloosa, 785-863-2108

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

## **ALZHEIMER'S/DEMENTIA SUPPORT AND INFORMATION**

Alzheimer's Association  
785-271-1844 or  
800-272-3900  
www.alz.org/kansascity

Alzheimer's Disease Education and  
Referral Center  
Call toll-free at:  
800-438-4380

American Security & Surveillance  
(American Emergency Response)  
Topeka, 785-845-1463

Blassingame Home  
Care LLC  
785-286-2273

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

## **APARTMENT COMPLEXES INDEPENDENT LIVING RETIREMENT COMMUNITIES**

(\*) = Subsidized

(\*) Cedar Tree Apartments  
Lull & Owen  
Meriden, 785-484-2128

(\*) Jefferson Village  
Winchester, 800-339-4721

(\*) Oak Hills  
Valley Falls, 785-945-6626

(\*) Plaza Garden  
Perry, 785-597-5923

(\*) Sunset Haven  
Valley Falls, 785-945-3272

## **ASSISTED LIVING**

(\*) = Accepts Medicaid  
Deer Park  
Meriden, 785-484-0100

Jefferson Suites  
Assisted Living  
Winchester, 913-774-4340

Midland Care  
Valley Falls, Linwood Homeplus  
785-945-3634

(\*) Valley View Health Center  
Valley Falls,  
785-945-3832

(\*) Village East  
Nortonville, 913-886-6400

## **ASSISTIVE TECHNOLOGY**

(Includes Medical Supply &  
Adaptive Equipment)  
American Care Equipment  
Overland Park, 913-383-3456 Fax  
913-383-3797

Audio-Reader  
Lawrence, 785-864-4600 or  
800-772-8898  
Fax 785-864-5268  
www.reader.ku.edu

Clocks Medical Supply, Inc.  
Winfield, 620-221-0550 or  
800-362-1314  
Fax 620-221-7460

Great Plains Regional Deaf-Blind  
Listserv GPDBList -

(\*) Hanger Orthopedic  
Group, Inc.  
Orthotics & Prosthetics (Accepts  
Medicare & Medicaid)  
Topeka, 785-232-5382  
www.hanger.com

Independence, Inc  
Lawrence,  
Voice: 785-841-0333 TDD:  
785-841-1046

Jefferson County Service  
Organization (To loan: wheel  
chairs, walker, toilet risers)  
Oskaloosa, 785-863-2637

K-Loan  
(Reduced Interest Financing and  
flexible term financing)  
866-465-2826  
Fax 620-342-6400  
www.k-loan.net

Knoll Patient Supply  
Topeka, 785-232-5972

# JEFFERSON COUNTY

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Lawrence Medical Equipment  
Lawrence, 800-447-2044

Pathway- Kansas Specialty Dog  
Service (Guide dogs, Service dogs,  
Facility dogs) 785-325-2256  
www.ksds.org

Resource Center for Independent  
Living  
Osage City, 785-528-3105 or  
800-580-7245  
Fax 785-528-3665  
www.rcilinc.org

Starr Medical Supply Inc.  
Wamego, 785-456-7827  
www.starrmedical.com

Talking Books  
800-432-2925

## **CAREGIVER RESOURCES & INFORMATION**

(See also Respite)  
Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Jefferson County  
Health Department  
Oskaloosa, 785-863-2447

Jefferson County  
Service Organization  
Oskaloosa, 785-863-2637

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

Jefferson County Service  
Organization  
Oskaloosa, 785-863-2637

Social Security  
Topeka, 888-327-1271  
www.socialsecurity.gov

Stormont-Vail Senior  
Resource Center  
Topeka, 785-354-6694

## **CASE MANAGEMENT**

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Jefferson County  
Health Department  
Home Health and Hospice  
Oskaloosa, 785-863-2447

## **CHORE SERVICES**

Hospice of Atchison  
Atchison  
913- 367-2131

Jefferson County  
Service Organization  
Oskaloosa, 785-863-2637

Meriden Adult Services-Plus  
Meriden, 785-484-2699

Preferred Registry  
of Nurses (PRN)  
Wamego, 785-456-7764 or  
800-222-6344

## **COMMUNITY HEALTH ORGANIZATION & SUPPORT GROUPS**

Alcohol and Drug Abuse Referral  
800-821-4357

Al-Anon  
800-344-2666

Ask- A- Nurse  
Shawnee Mission  
Medical Center  
Shawnee Mission,  
913-676-7777

Dr. Gaston Mobile Podiatrist  
Lawrence, 785-766-2322  
lgaston@sunflower.com  
(Foot Care)

F.W. Houston Medical Center  
Winchester, 913-774-4340

Guidance Center  
Oskaloosa, 785-863-2929

Heartland Medical  
Lawrence, 785-841-7297

Jefferson County  
Health Department  
Oskaloosa, 785-863-2447

Kansas Foundation for Medical  
Care, Inc. (Quality Care Advocates  
for Medicare Beneficiaries only)  
Topeka, 785-273-2552 or  
800-432-0407  
Fax 785-273-5130  
www.resourcemedicarequality.org

Marian Clinic  
Topeka, 785-233-8081  
www.marianclinic.org

## **DEAF & HARD OF HEARING RESOURCES**

Audient (Hearing aid help for low  
income people nationwide)  
866-956-5400  
<http://audientalliance.org/>

Kansas Commission for the Deaf  
and Hard of Hearing  
785-368-8034 or  
800-432-0698

# JEFFERSON COUNTY

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Starkey Hearing Foundation: Hear Now Program  
Eden Prairie, MN  
800-328-8602  
Application request:  
800-648-4327  
Fax 952-947-4997  
www.sotheworldmayhear.org

## DENTAL SERVICES

Affordable Dentures  
Topeka, 785- 693-2611

Central Dental Center  
Wichita, 316-945-9845  
(Dentures: \$345 both upper & lower plates)

Dental Lifeline Network  
Topeka, 785.273.1900  
www.dentallifeline.org/kansas

Douglas County Dental Clinic  
Lawrence, 785-312-7770

Flint Hills-Emporia Clinic  
Emporia, 620-342-4864  
www.flinthillshealth.org

Johnson Community College  
Dental Hygiene Program  
Overland Park  
913-469-3808, Ext. 1  
(\$10 services – x-rays, cleaning, preventative and referrals only)

Kansas Mission of Mercy  
www.ksdentalfoundation.org

University of Missouri -  
Kansas City  
School of Dentistry  
Kansas City, MO  
816-235-2111  
www.umkc.edu

Marian Clinic Dental  
Topeka, 785-233-2800  
www.marianclinic.org

## DISABILITY RESOURCES

Assistive Technology  
Topeka, 785-267-1717

Cottonwood, Inc.  
Lawrence, 785-842-0550

DCCCA, Inc  
Lawrence, 785-841-4138

Employment Training  
Topeka, 785-233-2068

Families Together  
Topeka, 785-233-4777

Independence Inc.  
Lawrence, 785-841-0333

Jayhawk ADRC  
Topeka, 785-235-1367

Jobs for Veterans Program  
Topeka, 785-235-5627

Kansas Board of Education  
913-287-5165

Kansas Commission on  
Veterans Affairs  
Kansas City,  
913-371-5968

Kansas Department for Children  
and Families  
Topeka, 785-296-2500  
TTY: 785-296-4026

Kansas Human Rights Commission  
785-296-3206

Kansas Legal Services  
Topeka, 785-354-8531

Kansas Rural Development  
Manhattan, 785-776-7582

Kansas Small Business  
Development Centers  
Lawrence, 785-843-8844

Kansas Special Education  
Advisory Council  
785-291-3097

Kansas Transit Provider Directory  
Hiawatha, 785-742-7113

Long-Term Care Ombudsman  
Office  
785-296-6017

Mental Health Advocacy Group  
Topeka, 785-580-3021

Mental Health Field Staff  
913-826-7373

Rehabilitation Services  
Lawrence, 785-832-3700

Self-Advocate Coalition of Kansas  
(SACK)  
Lawrence, 785-749-5588

Senior Health Insurance  
Counseling for Kansas (SHICK)  
KDADS, 800-860-5260, Topeka, or  
Jayhawk Aging and Disability  
Resource Center, 785-235-1367

Services for Kansans Who are  
Blind or Visually Impaired  
Kansas City,  
816-421-5848

Social Security  
888-327-1271

The Guidance Center  
Leavenworth,  
913-682-5118

Ticket to Work  
Lawrence, 866-698-2561

# JEFFERSON COUNTY

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Workforce Centers of Kansas  
Topeka, 785-235-5627

Working Healthy Program  
785-296-5136

## **EMERGENCY ALERT DEVICES (Lifeline)**

Home Buddy  
Wichita, 316-262-8339 or  
866-922-8339  
Fax 316-941-2856  
www.HomeBuddy.org

Jefferson County  
Service Organization  
Oskaloosa, 785-863-2637

LifeFone  
White Plains, NY  
800-882-2280, Ext. 305  
www.lifefone.com

Lifeline - Jefferson County  
Memorial Hospital  
Winchester, 913-774-4340

Rueschhoff Locksmith and  
Security Services  
Lawrence, 800-279-2121

**EMERGENCY SERVICES**  
(Could include: food, utilities and/  
or rent assistance)

God's Store House  
Meriden, 785-246-0353

The Clothes Closet  
785-945-3211

**FARM & RURAL ASSISTANCE**  
USDA Rural Development  
Administrative Offices  
Topeka, 785-271-2730

USDA Farm Service Agency  
Oskaloosa, 785-863-2221

Kansas Rural Family Hotline  
800-321-3276

Kansas Agricultural  
Mediation Services  
800-321-3276  
www.oznet.ksu.edu/kams

## **FINANCIAL ASSISTANCE & INFORMATION**

Housing and Credit  
Counseling, Inc  
Topeka, 785-234-0217

Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222

Kansas taxpayer advocate  
316-651-2100

K-Loan  
(Reduced Interest Financing and  
flexible term financing)  
866-465-2826  
Fax 620-342-6400  
www.k-loan.net

Low Income Energy  
Assistance Program (LIEAP)  
Apply through Department for  
Children and Families  
Oskaloosa, 800-766-3777

Social Security  
Topeka, 888-327-1271  
www.socialsecurity.gov

## **FOOD PANTRY**

Crossroads Cowboy Church  
Williamstown  
Email- sharlyn47@gmail.com

God's Storehouse  
Meriden, 785-246-0353

Heartland SHARE program  
(Lower Cost Groceries)  
785-234-6208

Jefferson County Service  
Organization  
Oskaloosa, 785-863-2637

Oskaloosa United Methodist  
Church  
785-863-2592

Pantry of Hope  
Nortonville 913-886-6585

Valley Falls  
Valley Falls,  
785-224-7714

Williamstown Assembly Of  
God Harvester's Mobile Food  
Distribution

## **FRIENDLY VISITOR**

Catholic Charities  
Northeast Kansas  
Topeka, 785-233-6300  
www.catholiccharatiesks.org

**GRIEF AND LOSS**  
(See Also Hospice)

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

## **HOME HEALTH**

(\*) Licensed  
A Helping Hand Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Advantaged Home  
Care, Inc.  
Topeka, 785-267-4433  
Fax 785-273-1744

# JEFFERSON COUNTY

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Advocare  
Wamego, 785-456-8910 or  
800-767-8718

Blassingame Home  
Care LLC  
785-286-2273

Caregivers Home Health  
Topeka 785-354-0767

Caring Hearts, Inc.  
Topeka, 866-291-3017

Heartland Home Care  
Meriden, 785-484-2699

Integrity Home Care  
Springfield, 888-793-1795  
www.integrityhc.com

Jefferson County  
Health Department,  
Home Health & Hospice  
Oskaloosa, 785-863-2447

Kansas Rehabilitation Hospital  
Home Health Services  
Topeka, 785-235-6600  
Fax 785-232-8545  
www.kansasrehabhospital.com

\*Meriden Adult  
Services-Plus  
Meriden, 785-484-2699

Midland Care  
Lawrence, 785-842-3627 or 800-  
491-3691

PRN Home Health Hospice  
Topeka, 800-222-6344

St. Francis Home Health  
Topeka, 785-295-8240

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

Windsor Place At-Home Care  
Lawrence, 785-843-4800

**HOME REPAIR**  
(See also Chore Service)  
NEK-CAP  
Hiawatha, 785-740-4001

**IN-HOME SERVICES**  
A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Advantaged Home  
Care, Inc.  
Topeka, 785-267-4433  
Fax 785-273-1744

Advocare  
Topeka, 800-767-8718

Blassingame Home  
Care, LLC  
Topeka, 785-286-2273

Comfort Keepers  
Topeka, 785-267-8200

Heartland Home Care  
Meriden, 785-484-2699

Jayhawk Area Agency  
on Aging  
(For more information)  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Jefferson County  
Health Department  
Oskaloosa, 785-863-2447

Meriden Adult  
Services-Plus  
Meriden, 785-484-2699

Professional Comfort Care  
Lawrence, 785-832-8260

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

Windsor Place  
At-Home Care  
Lawrence, 785-843-4800

Caregivers Home Health  
Topeka, 785- 354-0767

Homebound Health &  
Care Service  
Topeka, 785-267-1010

Home Health and Hospice  
Oskaloosa, 785-863-2447

**HOME PLUS**  
Deer Park North  
Meriden, 785-484-0100

**HOSPICE**  
A Helping Hand Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Catholic Community Hospice  
Topeka, 785-357-5107  
Fax 785-233-7234  
www.catholiccharitiesks.org

Harden Hospice  
Topeka, 785-273-4357  
www.hospicecareofkansas.com

Atchison Hospital Home Health  
Hospice Atchison  
913-367-2131, ext. 146

Jefferson County  
Health Department,  
Home Health & Hospice  
Oskaloosa, 785-863-2447

# JEFFERSON COUNTY

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Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

Sunflower Health Care  
785-233-0262

## **HOUSING ASSISTANCE & INFORMATION**

Housing and Consumer Credit Counseling, Inc  
Topeka, 785-234-0217

Nek-Cap, Inc.  
(Rent Assistance and rental property Options)  
Oskaloosa, 785-863-2372

## **INFORMATION AND REFERRAL ASSISTANCE**

Jayhawk Area Agency on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Jefferson County  
Health Department  
Oskaloosa, 785-863-2447

Jefferson County  
Service Organization  
Oskaloosa, 785-863-2637

Stormont-Vail Senior  
Resource Center  
Topeka, 785-354-6787  
www.jfcountyks.com

## **INSURANCE/ MEDICARE/ MEDICAID**

(Information/ Assistance/ Referral)  
Jayhawk Area Agency on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Kansas Foundation for Medical Care, Inc.  
785-273-2552 or 800-432-0407  
(Provides information on Medicare beneficiary's rights. Ensures Medicare patients receive medical care that is necessary, appropriate and of high quality.)

Kansas Insurance Department  
Topeka, 785-296-3071 or  
800-432-2484  
www.ksinsurance.org

Medicare - (General) Hotline:  
800-633-4227  
Hearing & Speech Impaired:  
877-486-2048

National Committee to Preserve Social Security and Medicare  
800-966-1935  
www.ncpssm.org

Office of the Inspector General Fraud & Abuse Hotline:  
800-269-0271 (Call if you feel a health care provider has fraudulently billed the Medicare Program)

Railroad Retirement Board  
800-808-0772  
www.rrb.gov

Senior Health Insurance Counseling of Kansas (SHICK)  
800-860-5260

Jefferson County Service Organization  
Oskaloosa, 785-863-2637

Social Security  
Topeka, 888-327-1271  
www.socialsecurity.gov

## **LEGAL SERVICES**

Kansas Elder Law Hotline  
888-353-5337

Kansas Legal Services  
Topeka, 785-354-8531  
To apply for assistance:  
800-723-6953  
www.kansaslegalservices.org

## **MEAL SITES/ CHAMPSS LOCATIONS**

Friendship Meals - Hannah Apartment Complex  
Oskaloosa, 785-863-2411

F.W. Huston  
Medical Center  
Winchester, 913-774-3394

Heartland Home Care  
(Thursdays only)  
Meriden, 785-484-2699

Jefferson County Service Origination  
785-863-2637

Meals on Wheels, Inc.  
Topeka, 785-295-3980  
www.mowks.org

St. Aloysius Catholic Church  
Meriden, 785-484-3312

**\*CHAMPSS LOCATIONS**  
(CHAMPSS meal program serving sites: CHAMPSS card required)  
Call Jayhawk Area Agency on Aging at 785-235-1367 for more information.

Route 92 Café at  
409 Jefferson St.

Mac's Grill at 408 Sycamore St.

# JEFFERSON COUNTY

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## **MEALS - HOME DELIVERED**

Meals on Wheels, Inc.  
Topeka, 785-295-3980  
(Delivery available in these communities: Grantville, McLouth, Meriden, Nortonville, Oskaloosa, Ozawkie, Perry Valley Falls, Winchester)

Magic Meals  
785-554-4524  
www.MealsLikeMagic.com  
(Jefferson Co. resident's delivery charge may apply)

Mom's Meals  
866-204-6111

## **MENTAL HEALTH**

Adolescent and Adult Partial Hospital Program  
Stormont-Vail West  
Topeka, 785-270-4600  
www.storemontvail.org

Envision at Jefferson County Memorial Hospital  
Winchester,  
913-774-4340  
www.jcmhospital.org

NE Kansas Guidance Center  
Oskaloosa, 785-863-2929

## **RESPIRE CARE**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Alzheimer's Association  
Prairie Village,  
913-831-3888 or 24 hr information and support line  
800-272-3900

Blassingame Home  
Care LLC  
785-286-2273

Hickory Pointe & Rehab. Center  
Oskaloosa, 785-863-2108

SW Huston Medical Center  
Hospital - Senior Living Center  
Winchester, 913-774-4340  
www.jcmhospital.org

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

## **SOCIAL & REHABILITATION SERVICES**

Kansas Department for Children and Families (DCF)  
Hiawatha, 785-742-7186 or  
1-800-766-3777

## **TRANSPORTATION**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Blassingame Home  
Care LLC  
785-286-2273

Jefferson County  
Service Organization  
Oskaloosa, 785-863-2637

## **UTILITY ASSISTANCE**

Doorstep Inc.  
785-357-5341

Good Shepard  
Tonganoxie, 913-845-3964

Let's Help Inc.  
785-234-6208

Low Income Energy Assistance Program (LIEAP) Jan- Mar  
Apply through Department for Children and Families Oskaloosa,  
785-863-2223

Telephone (low income assistance)  
For more information about Kansas Lifeline or Link Up America, call your local telephone company. The number is on your telephone bill or in the front part of the telephone directory.

## **VOLUNTEER SERVICES**

Jefferson County Service Organization  
Oskaloosa, 785-863-2637

# SHAWNEE COUNTY

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## **ABUSE/NEGLECT/ EXPLOITATION/ FRAUD**

Kansas Department for Aging and Disability Services

\*Nursing home, care homes, abuse or neglect: 800-842-0078

[www.kdads.ks.gov](http://www.kdads.ks.gov)

\*Hospital, home health agency, etc. abuse or neglect: 800-842-0078

<http://www.kdheks.gov>

Kansas Protection Report Center  
*(Abuse, Neglect, Exploitation)*

Topeka, 800-922-5330

<http://www.dcf.ks.gov>

Better Business Bureau of NE KS, Inc.

Wichita 316-263-3146 or 800-856-2417

[www.kansasplains.bbb.org](http://www.kansasplains.bbb.org)

Center for Safety & Empowerment  
Topeka, 785-354-7927

24-hour Crisis Hotline Number:  
888-822-2983

Consumer Protection Division  
Topeka, 785-296-3751 or

800-432-2310

<http://ag.ks.gov/in-your-corner-kansas/home>

KanCare Ombudsman

*(Assists beneficiaries to navigate and access covered health care services and supports)*

Toll Free 855-643-8180

Office 785-296-6270

TTY 711

Fax 785-296-0256

Kansas Advocates for Better Care

Lawrence, 785-842-3088 or 800-525-1782

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

Kansas Attorney General  
Topeka, 785-296-2215 or 888-428-8436

[www.ag.ks.gov](http://www.ag.ks.gov)

The Kansas Crisis Hotline  
1-888-363-2287

*(24-hour statewide hotline linking victims of domestic violence and sexual assault to local services)*

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

Kansas Elder Law Hotline  
Topeka, 888-353-5337

Kansas Foundation for Medical Care, Inc.

*(Educates consumers so they can make informed decisions about healthcare)*

Topeka, 785-273-2552 or 800-432-0407

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

Kansas Long-Term Care Ombudsman *(provides a free resident advocate program)*

Topeka, 785-296-2962 or 877-662-8362

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

Valeo Behavioral Health Care

Topeka, 785-233-1730

Crisis Line: 785-234-3300

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

## **ADDICTIONS**

(See Mental Health)

## **ADULT DAY PROGRAMS**

Brewster Place Retirement Community

Topeka, 785-267-1666

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

Clare Bridge of Topeka  
Brookdale Senior Living  
(For Alzheimer/Dementia)

Topeka, 785-271-5100

Fax 785-271-8529

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

Hillsdale Place

Topeka, 785-383-7094

Legacy on 10th Ave

Topeka, 785-233-8918

Midland Care

Topeka, 785-232-2044

800-491-3691

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

Oakley Place of Rossville  
Rossville, 785-221-7740

Oakley Place of Topeka  
Topeka, 785-232-6000

Rossville Valley Manor  
Rossville, 785-584-6104

Topeka Adult Care Center  
Topeka, 785-233-7397

Winter Meadow

Homes Inc.

Topeka, 785-234-2989 or 785-383-4531

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

## **AGING, ADVOCACY & SUPPORT SERVICES**

Aging and Disability Resource Center (ADRC)

Toll Free 855-200-2372

Alcoholics Anonymous

24hr Hotline:

785-842-0110

# SHAWNEE COUNTY

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Alzheimer's Association  
Topeka, 785-271-1844 or  
800-272-3900  
[www.alz.org/kansascity](http://www.alz.org/kansascity)

Americans with Disabilities Act  
800-514-0301 or  
800-514-0383 TTY  
[www.ada.gov](http://www.ada.gov)

Catholic Charities of  
NE Kansas  
Topeka, 785-233-6300  
[www.catholiccharitiesks.org](http://www.catholiccharitiesks.org)

Community Resources Council  
Topeka, 785-233-1365  
Fax 785-233-1905  
[www.crcnet.org](http://www.crcnet.org)

Disability Determination Services  
Topeka, 785-267-4440

Disability Rights  
Center of Kansas  
Topeka, 785-273-9661 or  
877-776-1541  
TDD 877-335-3725  
[www.drckansas.org](http://www.drckansas.org)

El Centro of Topeka  
Topeka, 785-232-8207  
[www.elcentrooftopeka.org](http://www.elcentrooftopeka.org)

ElderCare Locator  
800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

KanCare Ombudsman  
*(Assists beneficiaries to navigate  
and access covered health care  
services and supports)*  
Toll Free 855-643-8180  
Office 785-296-6270  
Fax 785-296-0256

Kansas Advocates for  
Better Care  
Lawrence, 785-842-3088 or  
800-525-1782  
[www.kabc.org](http://www.kabc.org)

Kansas Department for Aging and  
Disability Services  
Topeka, 785-296-4986 or  
800-432-3535  
TTY 785-291-3167  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

Kansas Department of Revenue  
\*Taxpayer Assistance  
785-368-8222  
\*Taxpayer Advocate  
316-651-2100  
[www.ksrevenue.org](http://www.ksrevenue.org)

Kansas Foundation for Medical  
Care, Inc.  
*(Educates consumers so they can  
make informed decisions about  
healthcare)*  
Topeka, 785-273-2552 or  
800-432-0407  
[www.kfmc.org](http://www.kfmc.org)

Kansas Health Consumer Coalition  
Topeka, 785-232-9997  
Fax 785.232.9998  
[www.kshealthconsumer.com](http://www.kshealthconsumer.com)

Kansas Legal Services  
Topeka, 785-354-8531  
800-723-6953 application  
phone number  
[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

Kansas Long Term Care  
Ombudsman  
*(Institutional concerns or questions  
about resident's rights, transfer  
and discharge rights or other care  
issues)*  
Topeka, 785-296-2962 or  
877-662-8362  
[www.kansasombudsmanksgov.com](http://www.kansasombudsmanksgov.com)

Kansas State Board of Mortuary  
Arts *(Pre-planning funeral  
arrangements/Memorial planning  
guide)*  
Topeka, 785-296-3980  
[www.kansas.gov/ksbma](http://www.kansas.gov/ksbma)

National Committee to Preserve  
Social Security and Medicare  
Senior Hotline:  
800-998-0180  
[www.ncpssm.org](http://www.ncpssm.org)

Safe Streets  
Topeka, 785-266-8666

Shawnee County  
Health Agency  
Topeka, 785-251-2000  
[www.shawneehealth.org](http://www.shawneehealth.org)

Shawnee County Medical  
Society, Inc.  
Health Access  
785-235-0996  
[www.scmsha.org](http://www.scmsha.org)

The Solution Outreach Center at  
OCCK Inc.  
*(Connects people with disabilities  
of all ages to the tools needed  
to live as full participants in the  
community)*  
Salina, 785-827-9383 or  
800-526-3648  
[www.occk.com/outreach.cfm](http://www.occk.com/outreach.cfm)

Stormont-Vail  
Health Connections  
*(Answers to Your Health Questions,  
Find a Physician)*  
Topeka, 785-354-5225  
[www.stormontvail.org](http://www.stormontvail.org)

Stormont-Vail  
Healthwise 55  
Resource Center  
Topeka, 785-354-6787

# SHAWNEE COUNTY

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TARC Inc.  
Topeka, 785-232-0597  
www.tarcinc.org

Topeka Rescue Mission  
Topeka, 785-354-1744

Day to Day Needs Information –  
785-354-1744 opt. 5  
trmonline.org

Topeka & Shawnee County Public  
Library  
Topeka, 785-580-4400  
Text Us: 785-783-0096  
www.tscpl.org

Women's Institute for a Secure  
Retirement  
*(Education and advocacy that will  
improve long-term financial quality  
of life for women)*  
Washington, DC  
202-393-5452  
www.wiserwomen.org

## **ALZHEIMER'S/ DEMENTIA SUPPORT AND INFORMATION**

Alzheimer's Association  
785-271-1844 or  
800-272-3900  
www.alz.org/kansascity

Alzheimer's Disease Education and  
Referral Center, Call toll-free at:  
800-438-4380  
Send e-mail to: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

MedicAlert® + Alzheimer's  
Association Safe Return, Online:  
medicalert.org/safereturn  
888-572-8566

## **APARTMENT COMPLEXES INDEPENDENT LIVING**

### **RETIREMENT COMMUNITIES**

(\*) = Subsidized  
Aldersgate Village Retirement  
Community  
Topeka, 785-478-9440  
www.aldersgatevillage.org

Arbor Court Retirement  
Community at Topeka  
Topeka, 785-273-6847

Arbor Valley  
Senior Homes  
Topeka, 785-806-3699

Atria Hearthstone  
Retirement Community  
Topeka, 785-234-6225  
www.atriaseniorliving.com

Brewster Place  
Retirement Apartments  
Topeka, 785-267-1666  
Fax 785-267-9355  
www.brewsterplace.org

(\*) Capitol Village  
Topeka, 785-233-8165

(\*) Century Plaza  
Topeka, 785-267-0960

Cottages of Topeka  
Topeka, 785-232-4300

(\*) The First Apartments  
Topeka, 785-272-6700  
Fax 785-272-9286  
www.thefirstapartments.org

(\*) Jefferson Villas  
Topeka, 785-357-6227  
Fax 785-357-7214

(\*) Knightsbridge Manor  
Topeka, 785-233-0870  
Fax 785-233-0311

(\*) La Colonia  
Topeka, 785-354-4225  
www.lacoloniatopeka.com

(\*) Landmark Plaza  
Topeka, 785-233-5769  
Fax 785-233-0191

Lexington Park  
Independent Living  
Topeka, 785-273-4545  
Fax 785-272-3071  
www.midwest-health.com

(\*) Luther Place Apartments  
Topeka,  
785-273-2944  
www.lutherplace.net

Martin Creek Place  
Topeka, 785-273-2944  
www.martincreek.net

McCrite Plaza Topeka  
Topeka, 785-267-2960  
www.mccriteretirement.com

(\*) Mission Towers  
Topeka, 785-266-5656

(\*) Pearl Place Apartments  
Rossville, 785-584-6868

(\*) Pioneer Curtis Homes  
Topeka, 785-232-8715

Pioneer Motive  
Power Place  
Topeka, 785-232-8001

(\*) Polk Plaza  
Topeka, 785-357-0307  
www.tha.gov

# SHAWNEE COUNTY

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(\*) Plaza West Apartments  
Topeka, 785-272-5660  
Email: plazawest@cohenesrey.com

(\*) RoseHill Place  
Topeka, 785-228-3666  
www.rosehillplace.info

(\*) Rossville Apartments  
Rossville, 785-584-9900

(\*) Santa Fe Place Apartments  
Topeka, 785 234-3386

(\*) Shorey Villa  
Topeka, 785-233-6269

(\*) Southbrook Apartments &  
Townhomes  
Topeka, 785-273-6116  
www.midlandmgmt.com

T-Town Home  
Topeka, 785-234-1614

(\*) Tennessee Town  
Topeka, 785-357-8842

Thornton Place  
Topeka, 785-392-6745  
www.holidaytouch.com

Topeka Presbyterian Manor  
Topeka, 785-272-6510  
Fax 785-272-5728  
www.topekapresbyterianmanor.org

(\*) Tyler Towers  
Topeka, 785-357-8842

(\*) Valley Springs Senior Housing  
Auburn, 785-256-7100

(\*) Wesparke Village  
Topeka, 785-273-7000  
www.wesparke.info

**ASSISTED LIVING**  
**(\*)=Accepts Medicaid**  
(\* Aldersgate Village  
Topeka, 785-478-9440  
www.aldersgatevillage.org

Atria Hearthstone  
Assisted Living  
Topeka, 785-234-6806  
Fax 785-235-5709  
www.atriahearthstone.com

(\*) Brewster Place  
Assisted Living  
Topeka, 785-267-1666  
www.brewsterplace.org

Clare Bridge Brookdale  
Senior Living  
*(For Alzheimer's and Dementia)*  
Topeka, 785-271-5100  
Fax 785-271-5595  
www.brookdaleliving.com

(\*) Countryside Health Center  
Topeka, 785-234-6147  
Fax 785-232-8781  
www.midwest-health.com

(\*) Fairlawn Heights  
Topeka, 785-272-6880  
Fax 785-272-6948

Homestead Assisted Living  
Topeka, 785-272-2200  
Fax 785-272-3862

(\*) Homestead of Auburn  
Auburn, 785-256-7100  
Fax 785-256-7902

(\*) Peggy Kelly House I  
Topeka, 785-234-8888  
Fax 785-234-0885

(\*) Peggy Kelly House II  
Topeka, 785-273-3773  
Fax 785-271-6638

Legend at Capital Ridge Assisted  
Living and Memory Care Topeka,  
785-272-9400  
www.legendseiorliving.com

Lexington Park  
Assisted Living  
Topeka, 785-440-0400  
Fax 785-440-0498  
www.lexingtonparkcommunity.  
com

Meriden Adult  
Services-Plus  
Meriden, 785-484-2380

McCrite Plaza Topeka  
Topeka, 785-267-2960  
www.mccriteretirement.com

(\*) Oak Creek Senior Living  
Topeka, 785-272-2601

(\*) Rolling Hills Health Center &  
Assisted Living Apartments  
Topeka, 785-273-2202

(\*) Rose Villa (for Veterans)  
Topeka, 785-232-0671

Topeka Presbyterian Manor  
Topeka, 785-272-6510  
Fax 785-272-5728  
www.topekapresbyterianmanor.org

## **ASSISTIVE TECHNOLOGY (Includes Medical Equipment & Adaptive Equipment)**

American Care Equipment  
Overland Park,  
913-383-3456  
Fax 913-383-3797

Apria Health Care  
Topeka, 785-272-7191 or  
800-277-4288  
Fax 785-272-0358  
www.apria.com

# SHAWNEE COUNTY

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Assistive Technology of Topeka  
*Resource Center for Independent Living (RCIL)*  
785 267-1717  
Fax 785-267-1711  
www.atk.ku.edu

Assistive Technology for Kansans  
Device Loan System  
*(Equipment can be borrowed from the ATK Equipment Loan System for up to four weeks)*  
Topeka, 800-526-3648

Audio-Reader  
Lawrence, 785-864-4600 or  
800-772-8898  
www.reader.ku.edu

Banner Mobility  
Resources, Inc.  
Topeka, 785-235-3070

Clock Medical Supply  
Winfield, 620-221-0550 or  
800-362-1314  
www.clockmedical.com

Community Action  
Topeka, 785-235-9296

Criticare Home Health  
Services, Inc.  
Lawrence, 785-749-4878 or  
800-527-9596  
www.criticarehhs.com

Disability Rights Center of  
KS *(Kansans with disabilities who need access to Assistive Technology)*  
Topeka, 785-273-9661 or  
877-776-1541  
TDD 877-335-3725  
www.drckansas.org

K-Loan – The Kansas Assistive  
Technology Loan Program  
*(Manages a low interest loan program and a directed savings program.)*  
Topeka, 866-465-2826  
www.k-loan.net

Kansas Braille Transcription  
Institute  
Wichita, 316-265-9692

Kansas Deaf-Blind Project  
Kansas City,  
913-305-3086  
www.kansasdeafblind.kssdb.org

KSDS, Inc. Assistance Dogs  
*(Guide Dogs, Service Dogs, Facility Dogs)*  
Washington, KS  
785-325-2256  
www.ksds.org

Hair Secrets  
*(Hair wigs)*  
Topeka, 785-272-3600

Hanger Clinic: Orthotic &  
Prosthetic Solutions  
Topeka, 785-232-5382  
www.hanger.com

Helen Keller National Center  
(HKNC)  
Shawnee Mission  
913-677-4562  
www.HKNC.org

Home Elevator Company  
Wichita, 316-721-2225 or  
800-798-3150  
www.homeelevators.com

Jayhawk Pharmacy and  
Patient Supply  
Topeka, 785-228-9700 or  
785-235-9700

Kansas Commission for the Deaf  
and Hard of Hearing  
Topeka, 785-368-8034  
800-432-0698 (voice/TTY)  
785-368-8046 (TTY)  
http://www.dcf.ks.gov

Kansas Equipment Exchange  
*Resource Center for Independent Living (RCIL)*  
Topeka, 785-267-1717

Older Blind Independent Living  
Program  
*(Provides the vision-impaired with skills for independent living)*  
Topeka, 785-296-7744 or  
800-547-5789

Kansas Talking Books  
*(Provides personalized library support and materials in a specialized format to eligible Kansas residents to ensure that all may read)*  
Emporia, 620-341-6280 or  
800-362-0699

Kansas Telecommunications  
Access Program –TAP  
*Resource Center for Independent Living (RCIL)*  
Topeka, 785-267-1717  
www.kansastap.org

Lohmann & Rauscher, Inc.  
Topeka, 785-862-1100 or  
800-279-3863

Medventures Inc  
Topeka, 785-862-1806

Munns Medical  
Discount Store  
Topeka, 785-228-0187

# SHAWNEE COUNTY

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Resource Center for  
Independent Living  
Topeka, 785-267-1717 or  
800-580-7245

Fax 785-528-3665

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

Starr Medical Supply Inc.

Wamego, 785-456-7827

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

Topeka & Shawnee County  
Public Library

Red Carpet Senior Services

*(Delivers to congregate living sites  
and individuals in their homes on a  
regularly-scheduled basis)*

Topeka, 785-580-4545

<http://tscpl.org/services/red-carpet>

Topeka Independent Living

Resource Center (TILRC)

Topeka, 785-233-4572

TTY: 785-233 1815

Fax 785-233-1561

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

Topeka ReBath

Topeka, 785-266-9800

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

## **BATHING ASSISTANCE**

(See In-Home Services)

## **BOARD AND CARE HOMES**

(\*) = **Accepts Medicaid**

Cottage Senior Care, LLC

Mission, 913-428-6898

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

Moore Adult Care Home

Topeka, 785-286-2859

Rose Villa Residential

Care Facility

Topeka, 785-232-0671

(\*) Topeka Adult

Care Center

Topeka, 785-233-7397

## **CANCER**

American Cancer Society

Topeka, 785-273-4422 or

800-359-1025

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

American Cancer Society

Kansas Guest Room Program

*(Provides free or discounted*

*overnight accommodations to  
cancer patients who have traveled  
at least 50 miles from their homes  
to receive treatment)*

Topeka, 785-273-4422 or

800-227-2345

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

American Cancer

Society Wigs

*(Provides free wigs, turbans, hats  
and/or scarves to individuals who  
experience hair loss related to  
cancer)*

Topeka, 785-273-4422

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

St. Francis Comprehensive

Cancer Center

Topeka, 785-295-8836

St. Francis Leukemia & Lymphoma

Support Group

785-295-8263

St. Francis Ostomy Group

785-295-7800

St. Francis Prostate Cancer

Support Group

785-295-8038

## **CAREGIVER RESOURCES**

Alzheimer's Association

785-271-1844 or

800-272-3900

[www.alz.org/kansascity](http://www.alz.org/kansascity)

Caregiver Action Network

800-896-3650

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

Caring Connections

*(provides people with information  
and support when they are  
planning ahead, caring for a  
loved one, living with an illness or  
grieving a loss)*

HelpLine - 800-658-8898

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

Customized Senior Navigator

Angi Heller-Workman, BSW,

Private Care Manager

[angi.workman@gmail.com](mailto:angi.workman@gmail.com)

(785) 640-1304

Eldercare Locator

800-677-1116

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

Family Caregiver Alliance

San Francisco, CA

800-445-8106

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

Family Caregiver Support Program

Topeka, 785-235-1367

Grandparents as Caregivers Cash

Assistance Program

888-369-4777

[www.dcf.ks.gov](http://www.dcf.ks.gov)

Grandparent Caregiver

Support Group

Topeka, 785-286-2329

Jayhawk Area Agency

on Aging

Topeka, 785-235-1367 or

800-798-1366

Fax 785-235-2443

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

# SHAWNEE COUNTY

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Kansas City Partnership for  
Caregivers (KCPC)  
Kansas City,  
816-932-9822

Kansas Lifespan Respite Coalition  
Wichita, 316-218-9363  
www.ksrespite.com

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

National Hospice and Palliative  
Care Organization  
Alexandria, VA  
703-837-1500 or  
800-646-6460  
www.nhpco.org  
Email: nhpco\_info@nhpco.org

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

**CASE MANAGEMENT**  
Customized Senior Navigator  
Angi Heller-Workman, BSW  
Private Care Manager  
angi.workman@gmail.com  
Topeka, 785-640-1304

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Resource Center for Independent  
Living (RCIL)  
Topeka, 785-267-1717 or  
800-580-7245  
Fax 785-528-3665  
www.rcilinc.org

Shawnee County Health Agency,  
Gatekeepers Program (short term  
case management)  
Topeka, 785-251-2751  
www.shawneehealth.org

TARC (HCBS IDD)  
Topeka, 785-232-0597 Ext. 311  
Fax 785-235-8041  
www.tarcinc.org

Topeka Independent Living  
Resource Center (TILRC)  
785- 233-4572 V/TDD  
785- 233-1815 TTY  
Fax 785- 233-1561  
www.tilrc.org

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

**CHORE SERVICES**  
Community Action  
Topeka, 785-235-9296

Elder Helpers  
734-330-2734 or  
email: help@elderhelpers.org  
www.elderhelpers.org

United Way of Greater Topeka  
2-1-1 Program  
Topeka, Dial 2-1-1 or  
888-413-4327  
www.211us.org

United Way of Greater Topeka,  
Retired & Senior Volunteer  
Program (RSVP)  
Topeka, 785-228-5124  
www.unitedwaytopeka.org

**CLOTHING BANKS**  
(See Emergency Services)

**COMMODITIES**  
Harvester's Community Food  
Network, KC, Mo. 816-929-3220  
www.harvesters.org

**COMMUNITY HEALTH  
ORGANIZATIONS &  
SUPPORT GROUPS**  
Alzheimer's Association  
785-271-1844 or  
800-272-3900  
www.alz.org/kansascity

American Cancer Society  
Topeka, 785-273-4422

American Heart Association  
Heartland Affiliate, Inc  
Topeka, 785-272-7056  
www.americanheart.org

American Lung Association  
of Kansas  
800-LUNGUSA  
www.kslung.org

Antioch Family Life Center  
Topeka, 785-232-1937

Arthritis Foundation  
(*Kansas Chapter*)  
800-362-1108  
www.arthritis.org

Centers for Disease Control and  
Prevention  
Atlanta, GA  
800-232-4636  
TTY 888-232-6348 24  
www.cdc.gov

Center for Safety and  
Empowerment  
Support Groups & Counseling  
Topeka, 785-354-7927 or  
888-822-2983

# SHAWNEE COUNTY

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Cotton-O'Neil Diabetes and  
Endocrinology Center  
Diabetes Learning Center  
Topeka, 785-368-0416

Community Blood Center  
Topeka, 785-233-0195  
www.savealifenow.org

The Compassionate Friends  
*(Providing Grief Support After the  
Death of a Child)*  
Topeka, 785-272-4895  
www.compassionatefriends.org

East Topeka Senior Center  
Topeka, 785-232-7765

Health Wise 55  
Stormont-Vail Hospital  
Topeka, 785-354-6787

Identity Theft Hotline  
877-438-4338

Kansas Foundation for  
Medical Care, Inc.  
*(Quality Care Advocates for  
Medicare Beneficiaries only)*  
Topeka, 785-273-2552 or  
800-432-0407

Kansas Rehabilitation Hospital  
Home Referral Program  
Phone interview  
785-232-8524  
Fax 785-232-8556

Leukemia - Lymphoma Society  
316-266-4050  
www.lls.org

Marian Clinic  
Topeka, 785-233-8081  
Fax 785-233-8952  
www.marianclinic.org

Martin de Porres  
Dental Clinic  
Topeka, 785-233-2800  
www.marianclinic.org

Meadowlark New Voice Club, c/o  
Topeka Ear, Nose and Throat  
785-233-0500

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

National Alliance for  
Hispanic Health  
Washington, D.C.  
202-387-5000  
www.hispanichealth.org

National Multiple Sclerosis Society  
Branch  
Topeka, 785-272-5292 or  
800-344-4867  
www.nationalmssociety.org

NE Kansas Parkinson Association  
Topeka,  
785-478-9045

Office of Civil Rights  
800-368-1019  
www.dhhs.gov/ocr

Oncology Support Group  
785-295-7800

Osteoporosis Helpline  
800-624-2663  
TTY: 202-466-4315  
www.niams.nih.gov

Ostomy Support Group  
785-273-4422

Parkinson's Foundation  
800-327-4545

Positive Connections  
Topeka, 785-232-3100  
www.pcneks.org

Shawnee County  
Health Agency  
Topeka, 785-291-2490  
Fax 785-291-2498

Shawnee County Health Agency  
Gatekeepers Program  
*(Help any adult living in Shawnee  
County have the opportunity to be  
connected to health care, mental  
health services, appropriate  
housing, emergency aid, and  
support services)*  
Topeka, 785-251-2751  
www.shawneehealth.org

Shawnee Regional Prevention &  
Recovery Services  
Topeka, 785-266-8666  
www.parstopeka.com

Valeo Behavioral  
Health Care  
Topeka, 785-233-1730  
Crisis Line: 785-234-3300  
www.valeotopeka.org

Women's Recovery Center  
Topeka, 785-233-5885

## **COMPANIONSHIP SERVICES**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Advocare  
Wamego, 785-456-8910 or  
800-767-8718  
www.advocarehomecare.com

Angels At Home Care  
Topeka, 271-4376  
www.angelsathomecareks.com

# SHAWNEE COUNTY

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Blassingame Home  
Care, LLC  
Topeka, 785-286-2273  
www.blassingamehomecare.com

Benefits of Home  
Lawrence, 785-727-1816  
www.benefitsofhome.com

Caregivers Home Care  
Topeka, 785-354-0767 or  
785-217-5330

Cottage Senior Care, LLC  
Mission, 913-428-6898  
www.cottageseniorcare.com

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
www.heart2heartkansas.com

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
www.homeinstead.com/584

Home Town Health Care  
Topeka, 888-387-1160  
Email: info@hometownhealthcare.  
net

Interim HealthCare  
Topeka, 785-272-1616  
www.interimhealthcare.com

Midland Care  
Topeka, 785-232-2044  
www.midlandcareconnection.org

Professional Comfort Care  
Lawrence, 785-832-8260

Professional Sitters  
Home Health  
Lawrence, 785-842-3301  
www.prosittershomehealth.com

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

## CONSUMER RESOURCES CIVIC/PROTECTION/ SERVICE ORGANIZATIONS

AARP Kansas Office  
Topeka, 866-448-3619  
Fax 785-232-8259

City Offices:  
Auburn, 785-256-2426  
Rossville, 785-584-6155  
Silver Lake, 785-582-4280  
Topeka, 785-368-3754  
www.topeka.org

Federal Citizen Information Center  
(FCIC)  
*(answers to questions about  
consumer problems and  
government services)*  
www.publications.usa.gov  
Consumer Protection  
Judicial Center  
www.ftc.gov/ftc/consumer.htm

Driver's License Exam Station  
*(Open Tues – Friday)*  
Topeka, 785-266-7380,  
(See Also AARP )

Federal Trade Commission  
Identity Theft Complaints  
877-438-4338  
www.ftc.gov

Greater Topeka Chamber of  
Commerce  
Topeka, 785-234-2644  
www.topekachamber.org

Housing and Consumer  
Credit Counseling  
Topeka, 785-234-0217  
www.hcci-ks.org

Kansas Attorney General Topeka,  
Topeka,  
785-296-2215  
or 888-428-8436  
Fax: 785-296-6296  
www.ag.ks.gov

KDHE Department of Vital  
Statistics  
*(Birth, Death, Marriage Records)*  
785-296-1400  
www.kdheks.gov/vital

Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222  
Kansas taxpayer advocate  
316-352-7506

League of Women  
Voters of Kansas  
Topeka, 785-234-5152

Medicare Fraud/Abuse  
*(You may be eligible for a reward  
of up to \$1,000)*  
1-800-MEDICARE  
TTY/TDD 800-633-4227

National DO NOT CALL Registry  
888-382-1222  
www.donotcall.gov

Safe Streets/Safe Solutions  
Community Dispute  
Resolution Service  
Topeka, 785-266-4606  
Fax 785-266-3833

The Senior Citizens League –  
*(Protecting and Defending Benefits  
for Seniors)*  
800-333-8725  
www.seniorsleague.org

# SHAWNEE COUNTY

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United Way of  
Greater Topeka  
Topeka, 785-273-4804

Voter Registration  
Shawnee County  
Election Office  
Topeka, 785-266-0285

**MAILING LISTS:**  
**(Call either of the next two  
listings to request your name be  
removed from all mailing lists.)**

Mail Preference Service -  
Direct Marketing Association  
Farmingdale, NY  
212-768-7277  
www.dmaconsumers.org

Donnelly Marketing – Info Group  
Data Base Operations  
Ames, IA  
888-633-4402

**CONTINUING CARE  
RETIREMENT COMMUNITY**  
Aldersgate Village  
Topeka, 785-478-9440  
www.aldersgatevillage.org

Brewster Place  
Retirement Center  
Topeka, 785-267-1666  
www.brewsterplace.org

Lexington Park  
Topeka, 785-440-0400 or  
785-440-0399

McCrite Plaza  
Retirement Center  
Topeka, 785-267-2960

Topeka Presbyterian Manor  
Topeka, 785-272-6510  
Fax 785-272-5728  
www.topekapresbyterianmanor.org

## **DEAF & HARD OF HEARING RESOURCES**

Audient (*Hearing aid help for low  
income people nationwide*)

866-956-5400  
<http://audientalliance.org/>

Heartspring Hearing Center  
Wichita, 800-835-1043

Hearing Aid Help-line  
800-521-5247

Starkey Hearing Foundation  
Hear Now Program  
Eden Prairie, MN  
800-328-8602  
Application request:  
800-648-4327  
www.sotheworldmayhear.org

K-Loan  
(*Reduced Interest Financing and  
flexible term financing*)  
866-465-2826  
Fax 620-342-6400  
www.k-loan.net

KS Commission for the Deaf and  
Hard of Hearing (KCDHH)  
Topeka, 785-368-8034 or  
800-432-0698 (voice/TTY)  
<http://www.dcf.ks.gov>

Kansas Relay Service, Inc  
Lawrence, TTY:  
800-766-3777

Kansas State University  
Speech and Hearing Center  
Manhattan, 785-532-6879  
(*Assistance in purchase of  
Hearing aids*)  
www.ksu.edu

Kansas Telecommunications  
Access Program –TAP  
Resource Center for Independent  
Living (RCIL)  
Topeka, 785-267-1717  
www.kansastap.org

University of Kansas Speech,  
Language and Hearing Clinic  
Lawrence, 785-864-4690  
TTY 785-864-5094

## **DENTAL ASSISTANCE**

Affordable Dentures  
Topeka, 785- 693-2611

Central Dental Center  
Wichita, 316-945-9845  
(Dentures: \$345 both upper &  
lower plates)

Dental Lifeline Network  
Topeka, 785.273.1900  
www.dentallifeline.org/kansas

Douglas County  
Dental Clinic  
Lawrence, 785-312-7770

Flint Hills-Emporia Clinic  
Emporia, 620-342-4864  
www.flinthillshealth.org

Johnson Community College  
Dental Hygiene Program  
Overland Park  
913-469-3808, Ext. 1  
(\$10 services – x-rays, cleaning,  
preventative and referrals only)

Kansas Mission of Mercy  
www.ksdentalfoundation.org

University of Missouri -  
Kansas City  
School of Dentistry  
Kansas City, MO  
816-235-2111  
www.umkc.edu

# SHAWNEE COUNTY

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Marian Clinic Dental  
Topeka, 785-233-2800  
www.marianclinic.org

Shawnee County Health Agency  
Gatekeepers Program  
*(Referrals for dental care)*  
Topeka, 785-251-2751  
www.shawneehealth.org

## DISABILITY SERVICES

Aging and Disability Resource  
Center (ADRC)  
Toll Free 855-200-2372

Americans with Disabilities Act  
800-514-0301 or  
800-514-0383 TTY  
www.ada.gov

Department for Children and  
Families (DCF)  
Topeka, 785-296-2500  
TTY 785-296-4026

Disability Determination Services  
Topeka, 785-267-4440

Disability Rights Center of Kansas  
Topeka, 785-273-9661 or  
877-776-1541  
TDD 877-335-3725  
www.drckansas.org

Families Together  
*(parent training and information  
center serving families that include  
a son/daughter with a disability  
from birth to age 22)*  
Topeka, 785-233-4777 or  
800-264-6343  
www.familestogetherinc.org

Jobs for Veterans Program  
Topeka, 785-235-5627

Kansas CDDO Coalition  
Email: info@ksddocoalition.com  
www.ksddocoalition.com

Kansas Human Rights Commission  
(KHRC)  
Topeka, 785-296-3206 or  
888-793-6874  
www.khrc.net

Kansas Legal Services/  
Employment Training  
Topeka, 785-232-5348 or  
877-298-2675

Kansas Telecommunications  
Access Program –TAP  
*Resource Center for Independent  
Living (RCIL)*  
Topeka, 785-267-1717  
www.kansastap.org

Kansas Long Term Care  
Ombudsman  
*(Institutional concerns or questions  
about resident's rights, transfer  
and discharge rights or other care  
issues)*  
Topeka, 785-296-2962 or  
877-662-8362  
www.kansasombudsmanksgov.com

Resource Center for Independent  
Living (RCIL)  
Topeka, 785-267-1717 or  
800-580-7245  
Fax 785-528-3665  
www.rcilinc.org

Self-Advocate Coalition of Kansas  
*(purpose of self-advocate  
groups are to provide leadership  
experience and community  
involvement opportunities and to  
support the inclusion of people  
with DD in the community)*  
Lawrence, 785-749-5588 or  
888-354-7225

Shawnee County Community  
Developmental  
Disability Organization  
Topeka, 785-232-5083  
Fax, 785-235-8041

Shawnee Regional Prevention and  
Recovery Services  
Topeka, 785-266-8666  
www.parstopeka.com

Social Security Office  
Topeka, 888-327-1271  
www.ssa.gov

TARC, Inc  
Topeka, 785-232-0597

Ticket to Work  
*(answer questions about work  
incentives for SS beneficiaries)*  
Topeka, 888-327-1271

Topeka Independent Living  
Resource Center (TILRC)  
785- 233-4572 V/TDD  
785- 233-1815 TTY  
Fax 785- 233-1561  
www.tilrc.org

Valeo Behavioral  
Health Care  
Topeka, 785-233-1730  
Crisis Line: 785-234-3300  
www.valeotopeka.org

Vocational Rehabilitation  
Topeka, 785-296-1348

Work Opportunities Reward  
Kansas (WORK) Program  
Topeka, 785-296-8009

Workforce Center  
Topeka, 785-235-5627  
www.workforcecenters.com/topeka

# SHAWNEE COUNTY

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Working Healthy  
Earl Williams  
Topeka, 785-296-5136  
EWilliams@kdheks.gov

## **DRIVING COURSE AND DRIVING INFORMATION**

Alzheimer's Association  
785-271-1844 or  
800-272-3900  
www.alz.org/kansascity

Bill Kennedy's Driver Education  
Schools  
Senior Driving Evaluation Program  
Topeka, 785-272-1961 or  
800-557-7357  
Fax 785-271-2409  
www.kennedydrivered.com

Driver's License  
Exam Station  
Topeka, 785-266-7380

Healthwise 55 -  
"Mature Driving Course"  
Pozez Education Center  
785-354-5225  
www.stormontvail.org

Kansas AARP Office  
Topeka, 866-448-3619  
(Can assist with driving  
assessment)

## **DRIVER'S LICENSE/ ID CARDS**

Driver's License Exam Station  
Topeka, Kansas  
785-266-7380

## **DURABLE POWER OF ATTORNEY**

(See Legal Services)

## **EDUCATION & LITERACY**

City of Topeka Senior Adult  
Programs  
(Classes in exercise, dance, bridge  
– Sr. Olympics Sponsor)  
Topeka, 785-368-3798  
Fax 785-368-2542  
www.topeka.org

Community Action  
Topeka, 785-235-9296  
Fax 785-290-3200  
*(English as a second language,  
GED, United States Citizenship  
and/or Personal Computer  
Classes)*

Educational Opportunity Center  
Topeka, 785-272-5828

Kansas State Library  
Hotline: 800-432-3919  
Fax 785-296-6650  
*(Free online tutoring,  
Heritage Quest)*  
www.kslib.info

Let's Help, Inc.  
Topeka, 785-234-6208  
*(Classes in literacy, OKEP,  
computer, internet, Word, Excel and  
Power Point programs)*  
www.letshelpinc.org

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

Topeka/Shawnee County  
Public Library  
Topeka, 785-580-4530  
Fax 785-580-4496  
(Computer classes, live help)  
www.tscpl.org

Topeka Literacy Council  
Topeka, 785-234-2806

\*Higher Education\*

Baker University School  
of Nursing  
Topeka, 785-354-5850

Bryan University  
Topeka, 785-272-0889

Friends University  
Topeka, 785-272-9595

Marinello School of Beauty  
Topeka, 785-267-7701

Rasmussen College  
Topeka, 785-228-7320

Regency Beauty Institute Topeka,  
785-272-0784

Washburn Institute of Technology  
Topeka, 785-273-7140

Washburn University  
Topeka, 785-670-1010

## **PERSONAL EMERGENCY RESPONSE MONITORING**

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Brewster At Home  
Topeka, 785-274-3303  
www.brewsterplace.org

Home Buddy  
Wichita, 316-262-8339 or  
866-922-8339  
www.HomeBuddy.org

# SHAWNEE COUNTY

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LifeFone  
White Plains, NY  
800-330-5909  
www.lifefone.com

Lifeline-Stormont-Vail Healthcare  
Topeka, 785-354-6333  
www.stormontvail.org

Link to Life  
800-848-9399  
www.link-to-life.com

Rueschhoff Security Services  
Lawrence, 800-279-2121

**EMERGENCY SERVICES  
(Could include: food,  
prescriptions, rent assistance,  
utilities)**

American Red Cross  
Topeka, 785-234-0568  
www.thinkred.org

Antioch Family  
Life Center  
Topeka, 785-232-1937

Community Action  
Topeka, 785-235-9296

Doorstep Inc.  
Topeka, 785-357-5341  
www.doorsteptopeka.org

Fellowship & Faith Ministries Inc.  
Topeka, 785-354-7262  
*Hours: Tuesday, Wednesday and  
Thursday— 8:30a.m.-3:30 p.m.*

Let's Help, Inc.  
Topeka, 785-234-6208  
www.letshelpinc.org

Kansas Domestic Violence &  
Sexual Assault Crises Hotline  
888-363-2287

Kansas Housing Hotline  
800-752-4422

Low Income Energy Assistance  
Program (LIEAP)  
Apply through Department for  
Children and Families  
(*January – March*)  
Topeka, 785-296-2649 or  
800-432-0043

Salvation Army  
Topeka, 785-233-9648  
www.topeka.salvationarmy.us

Topeka North Outreach  
(*North Topeka Only*)  
Topeka, 785-286-1370

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

Valeo Behavioral  
Health Care  
Topeka, 785-233-1730  
Crisis Line: 785-234-3300  
www.valeotopeka.org

**EMPLOYMENT ASSISTANCE**

Cascade Health Services  
Topeka, 785-228-9922  
Fax 785-228-9974  
www.cascadestaff.com

Educational Opportunity Center  
Topeka, 785-272-5828

Heartland Works, Inc.  
Topeka, 785-235-5627  
www.heartlandworks.org

Key Staffing  
Topeka, 785-272-9999  
www.keystaffing.com

National Indian Council On Aging  
(NICOA)  
Albuquerque, NM  
505-292-2001  
www.nicoa.org

Older Kansans Employment  
Program (OKEP)  
Let's Help, Inc.  
Topeka, 785-234-6208  
Fax 785-354-7145

Senior Community Services  
Employment Program  
Topeka, 785-263-2031

Topeka Foster Grandparents  
Program  
Topeka, 785-296-5474

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

Topeka Workforce Center  
Topeka, 785-235-5627

Valeo Behavioral Health Care,  
Services for Employment Success  
Topeka, 785-357-0580  
www.valeotopeka.org

**ERRAND SERVICE**

A Helping Hand Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Angel Wings  
Companion Care  
Topeka, 785-829-1431

Angels At Home Care  
Topeka, 785-271-4376  
www.angelsathomecareks.com

# SHAWNEE COUNTY

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Blassingame Home Care LLC  
Topeka, 785-286-2273  
www.blassingamehomecare.com

Caregivers Home Care  
Topeka, 785-354-0767 or  
785-217-5330

Cottage Senior Care, LLC  
Mission, 913-428-6898  
www.cottageseniorcare.com

Comfort Keepers  
Topeka, 785-267-8200  
www.comfortkeepers.com  
topeka-328.comfortkeepers.com

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
www.heart2heartkansas.com

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
www.homeinstead.com/584

Home Town Health Care  
Topeka, 888-387-1160  
Email: info@hometownhealthcare.net

Interim HealthCare  
Topeka, 785-272-1616  
www.interimhealthcare.com

Professional Comfort Care  
Lawrence, 785-832-8260

Professional Sitters  
Home Health  
Lawrence, 785-842-3301  
www.prosittershomehealth.com

**FARM & RURAL ASSISTANCE**  
Community Action  
Topeka, 785-235-9296  
Fax 785-232-3200

Kansas Agricultural  
Mediation Services  
*(Confidential assistance for KS  
Farmers, ranchers and lenders)*  
800-321-3276  
Fax 785-532-6532  
www.ksre.ksu.edu/kams

K-State University KS Rural  
Family Helpline  
Manhattan, 866-327-6578  
800-321-3276  
Fax 785-532-2036

USDA Farm Service Agency  
Topeka, 785-266-9053  
Fax 785-266-8293  
www.fsa.usda.gov

USDA Rural Development, State  
Admin. Office  
Topeka, 785-271-2700  
www.rurdev.usda.gov/ks

**FINANCIAL ASSISTANCE &  
INFORMATION**  
Department for Children and  
Families (DCF) –Medicaid, food &  
cash assistance, work programs  
Topeka Area Office  
500 SW Van Buren  
Topeka, KS 66603  
785-296-2500  
TTY/TDD: 785-296-4026  
Fax: 785-296-5666

Housing and Credit  
Counseling, Inc.  
Topeka, 785-234-0217  
Fax 785-234-0237  
www.hcci-ks.org

Kansas Department of Revenue  
Taxpayer assistance  
785-368-8222

Kansas taxpayer advocate  
316-352-7506

Low Income Energy Assistance  
Program (LIEAP)  
Apply through Department for  
Children and Families  
Topeka, 800-432-0043

Social Security  
Topeka, 888-327-1271  
www.socialsecurity.gov

USDA Rural Development  
State Administrative Offices  
*(Rural home loans)*  
Topeka, 785-271-2730  
Fax 785-271-2708  
www.rurdev.usda.gov/ks/

## **FOOD BANKS/PANTRIES/ GROCERY ASSISTANCE**

\*list updates every 3 months,  
please call JAAA for an updated  
list at  
785-235-1367

\*\*MAACLINK Agencies; If you  
receive food from any one of  
these agencies there will be a 60  
day waiting period until you can  
return to that same agency or any  
of the other MAACLInk agencies  
for food assistance. Exception –  
Agency Discretion

Most Agencies/Food Pantries  
will ask for \*Picture ID's, Social  
Security Cards and Proof of  
address.

Antioch Family Life Center  
(MAACLINK)  
Topeka, 785-232-1937

Catholic Charities of NE Ks.  
(MAACLINK)  
Topeka, 233-0140

Doorstep, Inc. (MAACLINK)  
Topeka, 785-357-5341

# SHAWNEE COUNTY

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Fellowship & Faith Ministry  
(MAACLINK)  
Topeka, 785-354-7262

Harvester's –  
The Community Food Network  
Topeka, 785-861-7704

Customer Care  
877-774-5413  
SNAP (*food stamps*) Helpline  
877-653-9522  
(*Harvesters can assist with  
eligibility & application questions*)  
www.harvesters.org

I-CARE (MAACLINK)  
Topeka: 785-267-5910

Let's Help (MAACLINK)  
Topeka, 785-234-6208

Salvation Army (MAACLINK)  
Topeka, 785-233-9648  
www.topeka.salvationarmy.us

Topeka North Outreach  
(MAACLINK)  
(*North Topeka and Oakland  
residents only*)  
Topeka, 785-286-1370

Topeka Rescue Mission  
(MAACLINK)  
Topeka, 785-357-4285

Bible Church of God Seventh Day  
4th Saturday of month  
1:30pm-3:00pm

East Topeka Senior Center  
Harvesters Commodity  
Distribution  
Topeka, 785-232-7765  
(*Must submit application & be  
approved*)  
Mon – Fri, 9:30 a.m. - 11:30 a.m.

Elwanda's Food Pantry  
New Hope United Methodist  
Church  
Topeka, 785-233-0166  
3rd Thursday of the month  
12:00pm – 2:00pm

Family of God Church- Randel  
Ministries  
Topeka, 785-234-1111  
Tuesday & Thursday  
10:30 am to 2:00 pm  
1 visit every thirty days

God's Storehouse  
of Topeka  
Topeka, 785-608-6743  
Bread available every day  
Food distribution Saturday's  
12 p.m. – 3:30 p.m. Closed Sunday

Highland Crest HOPE Food Pantry  
Topeka, 785-266-5537  
3rd Sunday 12:00 pm – 2:00 pm  
3rd Wednesday 6:00 pm -7:00 pm  
4th Wednesday 6:00pm - 7:00 pm  
Annual application  
One visit per month.

Highland Park High School  
Food Pantry  
Fred Willer 785-274-6026  
Available to all HPHS students &  
families or by referral from school  
counselor or social worker of USD  
501 schools

Hope House  
Oakland Church of the Nazarene  
Topeka, 785-220-6875 (Matt) or  
785-357-5230 (Larry)  
Distribution second and last  
Sunday of the month, available  
anytime by appt.

Inward Faith Outreach Ministries  
Topeka, 785-234-2332  
4th Friday of the month  
12:00 p.m. - 4:00 p.m.

Joyful Harvest  
Topeka, 785-354-8154  
Bring bag or box for food  
Friday 6:30 a.m. - 10 a.m.  
Optional \$1 to \$5 donation

Let There Be Light  
Topeka, 785-230-4659

Meals on Wheels of Shawnee and  
Jefferson Counties, Inc.  
Topeka 785-295-3980  
Fax 785-295-3980  
www.mowks.org

New Hope Baptist Church - Food  
Pantry  
Topeka, 785-220-1123  
1st & 3rd Saturdays 9 am – 12 pm  
2nd and 4th Monday's  
9 am - 12 pm  
May go twice per month

Open Arms Outreach Ministries:  
House of Lazarus food pantry  
4th Saturday of the month  
11:00 a.m.-3:00 p.m.

Prairie Land Food Bank  
Topeka, 785-862-1919  
Tues 9:00 am – 11:00 am  
Once every 60 days

Prairie Land Foods  
Topeka, 785-845-7222  
Offers monthly food packages at a  
discounted price  
www.prairielandfood.com

Positive Connections  
(*Must be HIV + and enrolled in  
agency case management services*)  
Topeka, 785-232-3100  
Once every 30 days

# SHAWNEE COUNTY

Silverbacks, Inc. - SilverSupper  
Monday – Thursday evenings

Hillcrest Community Center at  
5:45pm in the lunchroom

Central Park Community Center at  
5:30 in the lunchroom  
Ages 18 and under, no ID required

St. Matthew Church  
Food limited to supply  
on hand  
Wednesdays 9:00 am to 10:00 am

Temple of Deliverance Church  
Bethesda Food Bank  
3rd & 4th Saturday's  
10 am-12:00 pm

## MOBILE FOOD PANTRIES

Oakland United Methodist Church  
801 SE Chester, 785-235-1010  
1st Monday of every month –  
4:30pm- 6:30pm or until food  
runs out

Town & Country Christian Church  
Location: Kansas Neurological  
Institute, 3107 SW 21st St  
1st Thursday of every month – 9:30  
am until the food runs out

Central Topeka Turnaround Team  
Location: Kansas Expo Centre,  
17th/Topeka Blvd  
2nd Tuesday of every month – 9:00  
am until the food runs out

Inward Faith Ministries  
625 Polk 785-234-2332  
3rd Saturday of the month  
9:00 am (April – November)

Eastside Church of God in Christ  
2724 SE 10th, just north of Pine  
Ridge Community Ctr.

3rd Saturday of the month – 11:00  
am or until food runs out

Randel Ministries –  
1231 NW Eugene  
4th Tuesday of the month – 9:00  
am until the food runs out (April –  
November)

Antioch Family Life Center –  
1921 SE Indiana  
4th Saturday of the month,  
11:00 a.m. until the food runs out

First Free Methodist Church  
3450 SE Indiana  
4th Saturday of the month,  
(quarterly: July, Oct, Jan, Apr)  
9:00 a.m. – 11:00 a.m.

Rossville – Community Action  
Citizen Potawatomi Nation,  
806 Nishnabe Trail, Rossville, KS  
4th Wednesday of the month –  
1:00 pm-2:00 pm (Mar – Nov)

Auburn – Community Action,  
Auburn Community Center,  
121 W. 11th, Auburn, KS  
4th Friday of every month  
12:30 pm- 2:00 pm (Mar – Nov)

## \*OTHER RESOURCES & TOOLS

Corita's Corner Sandwich Ministry,  
234 S. Kansas -Walk up window  
located in the east side of the  
building (back of building)  
Sack Lunch  
Mon – Thurs 9:00 am-2:00 pm  
Fri 9:00 am 12:30 pm

Grace Episcopal Cathedral,  
701 SW 8th Avenue  
Every Saturday, distribute sack  
lunches 8:30am - 11:30am

United Way help line 2-1-1 or  
888- 413-4327

## FOOT CARE (See Also Community Health Organizations)

Dr. Gaston Mobile Podiatrist  
Lawrence, 785-766-2322  
lgaston@sunflower.com

East Topeka Senior Center  
(Mon- Fri 9am- 2pm)  
Topeka, 785-232-7765

Neat Feet – Dan Byl, RN  
(Homebound toe nail trimming.)  
Topeka, 785-357-1979 or  
CELL 785 220 3039

## FRIENDLY VISITOR

Friendly Visitors Program & Ring  
a Day  
Topeka, 785-233-6300  
Fax 785-233-7234  
www.catholiccharitiesks.org

## GRIEF AND LOSS

(See Also Hospice)  
Compassionate Friends, Inc  
(For loss of child only)  
785-272-4895

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare connections.org

Widowed Persons Service  
(Social and Support)  
785-357-7290 (call Julie Steel)

## HEALTH SCREENINGS (See Community Health Services)

## HEARING ASSISTANCE (See Deaf and Hard of Hearing)

# SHAWNEE COUNTY

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## HOME HEALTH

### (\* Licensed by State of Kansas

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

(\* Advantaged Home Care, Inc.  
Topeka, 785-267-4433  
Fax 785-273-1744

Advocare  
Wamego, 800-767-8718  
Fax 785-456-8943  
www.advocarehomecare.com

(\* Caregivers Home Care  
Topeka, 785-354-0767 or  
785-217-5330

Comfort Keepers  
Topeka, 785-267-8200  
www.comfortkeepers.com  
topeka-328.comfortkeepers.com

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
www.homeinstead.com

Home Town Health Care  
Topeka, 888-387-1160  
Email: info@hometownhealthcare.net

Interim HealthCare  
Topeka, 785-272-1616  
www.interimhealthcare.com

Integrity Home Care  
Leawood, 888-793-1795  
www.integrityhc.com

Kansas Rehabilitation Hospital  
Home Health Services  
Topeka, 785-235-6600  
Fax 785-232-8545  
www.kansasrehabhospital.com

(\* Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

PRN Home Health  
and Hospice  
Topeka, 785-232-0440 or  
800-222-6344  
Fax 785-456-7194  
www.prnhomehealthhospice.com

Professional Comfort Care  
Lawrence, 785-832-8260

Professional Sitters  
Home Health  
Lawrence, 785-842-3301  
www.prosittershomehealth.com

St. Francis Home Health  
Topeka, 785-295-8240 or  
785-295-8000  
www.stfrancistopeka.org

Turning Point Home Health Care  
Leavenworth,  
913-727-2757  
Fax: 913-727-2736

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

Visiting Nurses  
Topeka, 785-234-2700

**HOME PLUS**  
Hillsdale Place  
Topeka, 785-383-7094

Oakley Place of Rossville  
Rossville, 785-221-7740

Oakley Place of Topeka  
Topeka, 785-232-6000

Prairie Wind Senior Living  
Berryton, 785-862-5318

Tammy The Pro  
Home Plus  
Topeka, 785-383-7094

Topeka Adult Care Center  
Topeka, 785-233-7397  
Fax 785-233-7397

## HOME REPAIR, EMERGENCY REPAIR AND ACCESSIBILITY

Bath Innovations  
Walk-in Bathtubs  
Topeka, 913- 912-1750

City of Topeka Housing  
& Neighborhood Development  
Topeka, 785-368-3711  
www.topeka.org

Community Action  
Topeka, 785-235-9296

Kansas Housing Resources  
Corporation  
Topeka, 785-296-5865  
Fax 785-296-8985  
www.kshousingcorp.org

Miracle Method of Topeka  
Topeka, 785-235-3225

Topeka ReBath  
Topeka, 785-266-9800

USDA Rural Development  
State Administrative Offices  
Topeka, 785-271-2730  
Fax 785-271-2708  
www.rurdev.usda.gov/ks

## HOSPICE

Catholic Community Hospice  
Topeka, 785-357-5107  
Fax 785-233-7234  
www.catholiccharitiesks.org

# SHAWNEE COUNTY

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Grace Hospice  
Topeka, 785-228-0400 or  
800-396-7778  
www.gracehospicellc.com

Heartland Hospice  
Topeka, 785-271-6500  
www.hcr-manorcare.com

Gentiva Home Health & Hospice  
Topeka, 785-273-4357  
www.gentiva.com

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

PRN Home Health and Hospice  
Topeka, 785-232-0440 or  
800-222-6344  
Fax 785-456-7194  
www.prnhomehealthhospice.com

## **HOSPITALS AND REHABILITATION CENTERS**

Aldersgate Village  
Recovery Center  
Topeka, 785-478-9500  
www.aldersgatevillage.org

Colmery-O'Neil  
VA Medical Center  
Topeka, 785-350-3111  
Eligibility Clerk: 785-350-4408  
www.va.gov

Kansas Rehabilitation Hospital  
Topeka, 785-235-6600  
www.kansasrehab.com

Meadowbrook Rehabilitation  
Hospital  
Gardner, 913-856-8747  
www.meadowbrookrehab.com

Minds Matter  
Overland Park,  
913-789-9900  
www.mindsmatterllc.com

New Dawn Wellness and Recovery  
Center, Inc.  
Topeka, 785-266-0202  
www.newdawnrecovery.org

Rebound Physical Therapy  
Topeka Main Clinic,  
785-271-5533  
South Clinic,  
785-271-5533  
www.reboundphysicaltherapy.com

St. Francis Health Center  
Aquatic Therapy  
Physician ordered:  
785-295-8045 or After Care  
Fitness Class:  
785-640-7520

St. Francis Hospital and  
Medical Center  
Topeka, 785-295-8000  
www.stfrancistopeka.org

Select Specialty Hospital  
Topeka, 785-295-5551  
www.selectmedicalcorp.com

Senior Diagnostic and Treatment  
Center  
Topeka, 785-354-6694  
Fax 785-354-5087  
www.stormontvail.org

Shawnee Regional Prevention and  
Recovery Services  
Topeka, 785-266-8666  
www.parstopeka.com

Stormont Vail Regional Healthcare  
Topeka, 785-354-6000  
www.stormontvail.org

Tanglewood Nursing &  
Rehabilitation  
Topeka, 785-273-0886

Visiting Nurses  
Topeka, 785-234-2700

## **HOUSING ASSISTANCE & INFORMATION**

City of Topeka  
785-368-3111  
Topeka Code Compliance  
785-368-3161

Community Action  
Topeka, 785-235-9296

Cornerstone of  
Topeka, Inc.  
Topeka, 785-232-1650  
Fax 785-232-3255

Housing and Credit  
Counseling, Inc.  
Topeka, 785-234-0217  
Fax 785-234-0237  
www.hcci-ks.org

Kansas Legal Services  
Topeka, 785-354-8531  
To apply for assistance:  
800-723-6953  
www.kansaslegalservices.org

Kansas Housing Resources  
Corporation  
Topeka, 785-296-5865  
Fax 785-296-8985  
www.kshousingcorp.org

Sheltered Living  
Topeka, 785-233-2566  
Emergency: 785-224-0139

Topeka Housing Authority  
Topeka, 785-357-8842  
www.tha.gov

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

# SHAWNEE COUNTY

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USDA Rural Development  
State Administrative Offices  
(*Rural home loans also*)  
Topeka, 785-271-2700  
[www.rurdev.usda.gov/ks](http://www.rurdev.usda.gov/ks)

## IN HOME SERVICES

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
[www.ahelpinghandhc.com](http://www.ahelpinghandhc.com)

Advantaged Home  
Care, Inc.  
Topeka, 785-267-4433  
Fax 785-273-1744

Advocare  
Wamego, 800-767-8718  
Fax 785-456-8943  
[www.advocarehomecare.com](http://www.advocarehomecare.com)

Angels At Home Care  
Topeka, 785-271-4376  
[www.angelsathomecareks.com](http://www.angelsathomecareks.com)

Blassingame Home  
Care LLC  
Topeka, 785-286-2273  
[www.blassingamehomecare.com](http://www.blassingamehomecare.com)

Benefits of Home  
Lawrence, 785-727-1816  
[www.benefitsofhome.com](http://www.benefitsofhome.com)

Caregivers Home Care  
Topeka, 785-354-0767 or  
785-217-5330

Comfort Keepers  
Topeka, 785-267-8200  
[www.comfortkeepers.com](http://www.comfortkeepers.com)  
[topeka-328.comfortkeepers.com](http://topeka-328.comfortkeepers.com)

Cottage Senior Care, LLC  
Mission, 913-428-6898  
[www.cottageseniorcare.com](http://www.cottageseniorcare.com)

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
[www.heart2heartkansas.com](http://www.heart2heartkansas.com)

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
[www.homeinstead.com/584](http://www.homeinstead.com/584)

Home Town Health Care  
Topeka, 888-387-1160  
Email: [info@hometownhealthcare.net](mailto:info@hometownhealthcare.net)

Interim HealthCare  
Topeka, 785-272-1616  
[www.interimhealthcare.com](http://www.interimhealthcare.com)

Jayhawk Area Agency  
on Aging  
(*For more information*)  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

Meriden Adult Services  
Meriden, 785-484-2380

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
[www.midlandcareconnections.org](http://www.midlandcareconnections.org)

PRN Home Health and Hospice  
Topeka, 785-232-0440 or  
800-222-6344  
Fax 785-456-7194  
[www.prnhomehealthhospice.com](http://www.prnhomehealthhospice.com)

Professional Comfort Care  
Lawrence, 785-832-8260

Professional Sitters  
Home Health  
Lawrence, 785-842-3301  
[www.prosittershomehealth.com](http://www.prosittershomehealth.com)

Turning Point Home Health Care  
Leavenworth,  
913-727-2757  
Fax: 913-727-2736

Veterans Home Care  
877-390-6377  
[www.veteranshomecare.com](http://www.veteranshomecare.com)

Visiting Nurses  
Topeka, 785-234-2700

Windsor Place  
At-Home Care  
Lawrence, 785-843-4800

## INFORMATION AND ASSISTANCE

Alzheimer's Association  
Topeka, 785-271-1844 or  
800-272-3900  
[www.alz.org/kansascity](http://www.alz.org/kansascity)

City of Topeka  
Topeka, 785-368-3111  
[www.topeka.org](http://www.topeka.org)

Community Action  
Topeka, 785-235-9296

Customized Senior Navigator  
Angi Heller-Workman, BSW  
Private Care Manager  
[angi.workman@gmail.com](mailto:angi.workman@gmail.com)  
Topeka, 785-640-1304

El Centro of Topeka  
Topeka, 785-232-8207  
[www.elcentrooftopeka.org](http://www.elcentrooftopeka.org)

Kansas Elder Care Locator  
800-677-1116

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

# SHAWNEE COUNTY

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Kansas Department for Aging and Disability Services  
Topeka, 785-296-4986 or  
800-432-3535

Parkinson's Information Service (PINS)  
800-457-6676

State of Kansas  
General Information  
Topeka, 785-296-0111  
www.kansas.gov

Stormont-Vail Healthcare  
Health Wise 55 Resource Center  
Topeka, 785-354-6787

Topeka/Shawnee County  
Public Library  
Community Information Service & Red Carpet Service  
Topeka, 785-580-4530  
www.tscpl.org

United Way Information & Referral  
785-273-4804 or  
DIAL 2-1-1

United States Government  
(General Information)  
800-688-9889 or  
TTY: 800-326-2996  
www.usa.gov

**INSURANCE/  
MEDICARE/  
MEDICAID  
(Information/Assistance/  
Referral)**

Department for Children and Families  
(Medicaid and Medicare Savings Application)  
Topeka, 785-296-2500

Healthwise 55  
Resource Center  
Topeka, 785-354-6787

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Kansas Foundation for  
Medical Care, Inc.  
(Provides information on Medicare beneficiary's rights. Ensures Medicare patients receive medical care that is necessary, appropriate and of high quality)  
785-273-2552 or 800-432-0407

Kansas Insurance Department  
Topeka, 785-296-3071 or  
800-432-2484  
www.ksinsurance.org

Medicare  
(For specific billing questions and questions about your claims, medical records, or expenses)  
800-633-4227  
Hearing & Speech Impaired:  
877-486-2048  
www.medicare.gov

Office of the Inspector General  
Fraud & Abuse Hotline:  
800-447-8477  
(Call if you feel a health care provider has fraudulently billed the Medicare Program)

Railroad Retirement Board  
877-772-5772  
www.rrb.gov

Resource Center for  
Independent Living  
Topeka, 785-267-1717 or  
800-580-7245  
Fax 785-528-3665  
www.rcilinc.org

Social Security Teleservice Center  
(information, schedule appointments, or resolve issues with benefits)  
Toll Free: 800-772-1213

Senior Health Insurance  
Counseling for Kansas (SHICK)  
800-860-5260 or  
TDD: 877-235-3151  
or Jayhawk Area Agency on Aging,  
785-235-1367

Kansas Medical Assistance  
Program  
(Information for Medicaid beneficiaries)  
800-766-9012  
www.kmap-state-ks.us

Topeka Independent Living  
Resource Center (TILRC)  
785- 233-4572 V/TDD  
785- 233-1815 TTY  
Fax 785- 233-1561  
www.tilrc.org

**INTERPRETATION/  
CULTURAL AWARENESS**

El Centro of Topeka  
Topeka, 785-232-8207  
www.elcentrooftopeka.org

LULAC Senior Center  
Topeka, 785-234-5809 or  
785-233-7498  
Fax 785-233-1828

# SHAWNEE COUNTY

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Washburn International House  
Topeka, 785-670-1010  
Email: [international@washburn.edu](mailto:international@washburn.edu)

## LEGAL SERVICES

Disability Rights  
Center of Kansas  
Topeka, 785-273-9661 or  
877-776-1541  
TDD 877-335-3725  
[www.drckansas.org](http://www.drckansas.org)

Kansas Elder Law  
Hot Line  
888-353-5337

Kansas Legal Services  
Topeka, 785-354-8531  
To apply for assistance:  
800-723-6953  
[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

Kansas Attorney General  
*8a-5p, Mon - Fri*  
Topeka, 785-296-2215  
Fax 785-296-6296  
Consumer Protection  
800-432-2310 or  
785-296-3751  
Crime victims' rights  
800-828-9745 or  
785-291-3950  
Crime victim's compensation  
785-296-2359  
[www.ksag.org](http://www.ksag.org)

Lawyer Referral Service  
800-928-3111

Social Security  
Topeka, 888-327-1271  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

Washburn Law Clinic  
(pre screening required –  
low income)  
785-670-1191

## MEAL SITES/CHAMPSS LOCATIONS

*Meal sites for age 60 & over  
& or disabled. Donations are  
encouraged but there is no set fee.  
Noon meal with reservations the  
day before by 3:00 p.m. at the site  
or by calling 295-3980  
\*The spouse of an individual over  
60 who accompanies them to the  
center or if under age 60 you must  
pay full price for the meal.*

Auburn United Methodist Church  
Auburn, 785-295-3980

Breakthrough House  
Club House  
Open Lunch on Monday's 12:00pm  
to 12:30 pm

East Topeka Senior Center  
Topeka, 785-295-3980

The First Apartments  
Topeka, 785-295-3980  
[www.thefirstapartments.org](http://www.thefirstapartments.org)

Hands of Hope Ministry,  
The Moose Lodge Parking Lot,  
1901 N. Kansas Ave.  
Mondays, 5:30pm- 6:30 pm  
Provides a hot evening meal for  
those in need.

Highland Park United  
Methodist Church  
Topeka, 785-295-3980

Let's Help  
Mon-Fri 11:30 am – 1:00 pm  
Last Saturday of the Month –  
Brunch, 9:30 am -10:30 am

LULAC Senior Center  
Topeka, 785-295-3980  
[ww.facebook.com/TopekaLULAC](http://ww.facebook.com/TopekaLULAC)

Meals on Wheels of Shawnee and  
Jefferson Counties, Inc.  
Topeka 785-295-3980  
Fax 785-295-3980  
[www.mowks.org](http://www.mowks.org)

Oakland Christian Church  
Topeka, 785-232-0002  
Free meal 12:15pm to 1:15 pm  
every Sunday of each month

Papan's Landing Senior Center  
Topeka, 785-295-3980  
[www.papanslanding.com](http://www.papanslanding.com)

Rossville Senior Center  
Rossville, 785-295-3980

Salvation Army  
(Evening Meal Only  
*Mon- Fri - 4pm to 5pm*)  
Topeka, 785-233-9648  
Fax 785-233-9846  
[www.topeka.salvationarmy.us](http://www.topeka.salvationarmy.us)

Santa Fe Place Apartments  
Topeka, 785-295-3980

Silver Lake Senior Citizen's Center  
Silver Lake, 785-295-3980

Topeka North Outreach  
(A free lunch is served at noon  
every Friday for all Senior Citizens  
at the North Topeka Baptist  
Church)  
Topeka, 785-286-1370  
[www.topekanorthoutreach.org](http://www.topekanorthoutreach.org)

# SHAWNEE COUNTY

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Topeka Rescue Mission,  
Topeka, 785-354-1744  
*Monday - Friday*

Breakfast 8:00am- 8:30am

Lunch 12:00pm-12:30 pm

Dinner 6:00pm-6:30pm

*Saturday*

Brunch 10:30am – 11:00am

Dinner 5:00pm – 5:30pm

*Sunday*

Breakfast 8:00am – 8:30am

Dinner 5:00pm – 5:30pm

Tyler Towers

Topeka, 785-295-3980

## \*CHAMPSS LOCATIONS

*(CHAMPSS meal program serving sites: CHAMPSS card required)*

Call Jayhawk Area Agency on Aging at 785-235-1367 for more information.

Dillon's at 21st and Fairlawn

Dillon's at 29th and California

Dillon's at 29th and Urish Rd

Dillon's at Hwy 24 & Rochester Rd

Dillon's at 10th and Gage

Hy-Vee at 2951 SW Wanamaker

## MEALS - HOME DELIVERED

Magic Meals

785-554-4524

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

Meals on Wheels of Shawnee and Jefferson Counties, Inc.

Topeka 785-295-3980

Fax 785-295-3980

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

Mom's Meals

Topeka, 866-204-6111

Meals available in these communities: *Auburn, Grantville, McLouth, Meriden, Nortonville, Ozawkie, Perry, Rossville, Silver Lake, Topeka, Valley Falls, Winchester*

## MEDICARE (See Insurance)

## MEDICAL EQUIPMENT

**(See Assistive Technology)**

## MEDICAL SERVICES

**(See Community Health Services or Hospitals)**

## MEMORY CARE FACILITIES

Aldersgate Village

Topeka, 785-478-9440

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

Brewster Health Center

Topeka, 785-267-1666 or

785-266-5782

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

Clare Bridge Brookdale

Senior Living

(For Alzheimer/Dementia)

Topeka, 785-271-5100

Fax 785-271-8529

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

Homestead Assisted Living

Topeka, 785-272-2200

Fax 785-272-3862

Legend at Capital Ridge Assisted

Living and Memory Care Topeka,

785-272-9400

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

(\* Peggy Kelly House 1

Topeka, 785-234-8888

Fax 785-234-0885

(\* Peggy Kelly House II

Topeka, 785-273-3773

Fax 785-271-6638

Rossville Healthcare and

Rehabilitation Center LLC

Rossville, 785-584-6104

Fax 785-584-6804

## MENTAL HEALTH

Adolescent and Adult Partial Hospital Program

Stormont-Vail West

Topeka, 785-270-4600

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

Alcoholics Anonymous Hotline

Topeka, 785-235-2226

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

Family Service and

Guidance Center

Topeka, 785-232-5005

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

Geriatric Mental Health Foundation

Bethesda, MD

301-654-7850

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

Heartland Regional Alcohol &

Drug Assessment Center

Roeland Park, KS

913-789-0951

or 800-281-0029

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

Heritage Mental

Health Clinic

Topeka, 785-272-5566

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

Kansas Health Solutions

Mental Health Services

Topeka, 800-466-2222

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

Keys for Networking

Topeka, 785-233-8732 or

800-499-8732

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

Narcotics Anonymous

24-hour Hotline:

785-232-5683

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

# SHAWNEE COUNTY

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National Alliance on  
Mental Illness (NAMI)  
Topeka, 785-233-0755 or  
800-539-2660  
www.namiks.org

Prevention & Recovery Services  
Topeka, 785-266-8666  
Fax 785-266-3833  
www.parstopeka.com

Senior Diagnostic and Treatment  
Center  
Topeka, 785-354-6695  
www.stormontvail.org

Shawnee County Health Agency  
Gatekeepers Program  
Topeka, 785-251-2751  
www.shawneehealth.org

Sunshine Connection  
Topeka, 785-232-0315

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

Valeo Behavioral  
Health Care  
Topeka, 785-233-1730  
Crisis Line: 785-234-3300  
www.valeotopeka.org

**PARKINSON'S DISEASE**  
**(See also Alzheimer's and/or**  
**Community Health)**  
Parkinson's Information Line  
800-327-4545  
www.parkinson.org

**PET CARE AND ANIMAL**  
**CONTROL**  
Animal Control  
City of Topeka,  
785-368-9203  
Shawnee County,  
785-368-2200

Blassingame Home  
Care LLC  
Topeka, 785-286-2273  
www.blassingamehomecare.com

Comfort Keepers  
Topeka, 785-267-8200  
www.comfortkeepers.com  
topeka-328.comfortkeepers.com

Critter Care (*Provides assistance*  
*with spaying or neutering pets*)  
Topeka, 785-478-9985  
www.crittercareoftopeka.com

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
www.heart2heartkansas.com

Helping Hands  
Humane Society  
Topeka, 785-233-7325  
E-mail: helpinghands@hhhstopeka.  
org

PANT - Pet Assistance Network of  
Topeka (*Temporary shelter for pets*  
*of homeless or battered persons*)  
Topeka, 785-270-8104

## **PRESCRIPTION DRUG** **ASSISTANCE AND** **RESOURCES**

Canada Drug of Topeka  
Topeka, 785-272-6100 or  
866-804-6100

Chronic Disease Fund  
*(Patient must have medical*  
*insurance coverage, been*  
*prescribed a medication that is part*  
*of the CDF Formulary and meet*  
*our program income criteria)*  
877-968-7233  
www.cdfund.org

Emergency Assistance Program of  
Topeka North Outreach, Inc.  
*(provides limited Financial*  
*assistance to persons living*  
*in North Topeka and Oakland*  
*communities)*  
Topeka, 785-286-1370  
www.topekanorthoutreach.org

NeedyMeds  
Helpline 800-503-6897  
Email: info@needymeds.org  
www.needymeds.org

Partnership for Prescription  
Assistance  
888-477-2669

Salvation Army  
Topeka, 785-233-9648  
www.topeka.salvationarmy.us

Shawnee County Health Agency  
Patient Prescription Assistance  
Program  
Topeka, 785-251-2017  
Email: haadmin@snco.us  
www.shawneehealth.org

## **RECREATION/** **SOCIALIZATION (See also** **Travel)**

Auburn Senior Center  
Auburn, 785-256-2917

Brewster At Home  
Topeka, 785-274-3303  
www.brewsterplace.org

East Topeka Senior Center  
*(Mon- Fri 9am- 2pm)*  
Topeka, 785-232-7765

Healthwise 55 - *(Lunch bunch,*  
*senior supper, dessert, coffee*  
*groups, and more)*  
785-354-6787

# SHAWNEE COUNTY

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Kansas Senior Olympics  
Topeka, 785-368-3798

LULAC Senior Center  
Topeka, 785-234-5809  
Fax 785-233-1828

League of Women Voters  
Topeka, (785) 234-5152  
www.lwvk.org (web)  
lwv.kansas@gmail.com

Papan's Landing Senior Center  
Topeka, 785-232-1968  
Fax 785-232-1968

Rossville Senior Center  
Rossville, 785-584-6364

Shawnee County North  
Community Center  
Topeka, 785-286-0676  
Fax 785-246-0804

Silver Lake Senior Center  
Silver Lake, 785-582-5371

Topeka Parks and  
Recreation Department.  
Senior Adult Programs  
Topeka, 785-368-3798

Velma K. Paris  
Community Center  
Topeka, 785-862-1630

Washburn Mulvane Art Museum  
785-670-1124

## RESPITE CARE

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Aldersgate Village  
Topeka, 785-478-9440  
www.aldersgatevillage.org

Alzheimer's Association  
Heart of America Chapter  
*(24 hour information and support  
line)*  
Topeka, 785-271-1844 or  
800-272-3900

Angels At Home Care  
Topeka, 785-271-4376  
www.angelsathomecareks.com

Atria Hearthstone-Life  
Guidance Neighborhood  
Topeka, 785-234-6806  
www.atriaseniorliving.com

Blassingame Home  
Care LLC  
Topeka, 785-286-2273  
www.blassingamehomecare.com

Benefits of Home  
Lawrence, 785-727-1816  
www.benefitsofhome.com

Caregivers Home Care  
Topeka, 785-354-0767 or  
785-217-5330

Clare Bridge Brookdale  
Senior Living  
*(For Alzheimer's and Dementia)*  
Topeka, 785-271-5100  
Fax 785-271-5595  
www.brookdaleliving.com

Cottage Senior Care, LLC  
Mission, 913-428-6898  
www.cottageseniorcare.com

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
www.heart2heartkansas.com

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
www.homeinstead.com/584

Home Town Health Care  
Topeka, 888-387-1160  
Email: info@hometownhealthcare.  
net

Homestead Assisted Living  
Topeka, 785-272-2200  
Fax 785-272-3862

Interim HealthCare  
Topeka, 785-272-1616  
www.interimhealthcare.com

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

Oakley Place of Rossville  
Rossville, 785-221-7740

(\*) Peggy Kelly House 1  
Topeka, 785-234-8888  
Fax 785-234-0885

(\*) Peggy Kelly House II  
Topeka, 785-273-3773  
Fax 785-271-6638

Professional Sitters Home Health  
Lawrence, 785-842-3301  
www.prosittershomehealth.com

Rossville Healthcare and  
Rehabilitation Center  
Rossville, 785-584-6104

Tanglewood Nursing &  
Rehabilitation  
Topeka, 785-273-0886

The Windsor of Lawrence  
Lawrence, 785-832-9900

V.A. Eastern Kansas  
Healthcare System  
Topeka, 785-350-3111

# SHAWNEE COUNTY

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Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

## **RETIREMENT COMMUNITIES** (See Apartment Complex)

**RURAL ASSISTANCE**  
Kansas Agricultural Mediation  
Services  
*(Confidential assistance for KS  
Farmers, ranchers and lenders)*  
800-321-3276  
Fax 785-532-6532

Kansas State University  
Kansas Rural Family Helpline  
Manhattan, 866-327-6578  
Fax 785-532-2036

Rural Development  
Topeka, 785-271-2730

USDA Farm  
Service Agency  
Topeka, 785-266-9053  
Fax 785-266-8293  
www.fsa.usda.gov

## **SENIOR CENTERS**

Auburn Senior Center  
Auburn, 785-256-2917

East Topeka Senior Center  
*(Mon- Fri 9am- 2pm)*  
Topeka, 785-232-7765

First Baptist Church - Shepherd's  
Center  
Topeka, 785-267-0248

LULAC Senior Center  
Topeka, 785-234-5809  
Fax 785-233-1828

Papan's Landing Senior  
Topeka, 785-232-1968  
Fax 785-232-1102

Rossville Senior Center  
Rossville, 785-584-6364

Silver Lake Senior Center  
Silver Lake, 785-582-5371

## **SOCIAL SECURITY**

Social Security  
Topeka, 888-327-1271  
www.socialsecurity.gov

## **SUPPORT GROUPS** (See Community Health Services)

## **TAX ASSISTANCE** (Feb 1 - April 15) (Including Homestead and Food Sales Tax)

Community Action  
Topeka, 785-235-9296

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Kansas Department  
of Revenue  
Taxpayer assistance  
785-368-8222

Kansas taxpayer advocate  
316-352-7506  
Automated Tax  
Refund Status  
*(Income, Food, Sales, and Home-  
stead Taxes)*  
800-894-0318

Kansas Tax Form Request  
785-296-4937

Shawnee County Treasurer  
785-233-8200

## **TELEPHONE REASSURANCE**

Catholic Charities of  
NE Kansas  
Topeka, 785-233-6300  
www.catholiccharitiesks.org

Home Buddy  
Wichita, 316-262-8339 or  
866-922-8339  
Fax 316-941-2856  
www.HomeBuddy.org

## **TRANSPORTATION**

A & A Specialized Transportation  
Topeka, 785-233-8212  
*(Wheelchair accessible vehicle  
available by appointment. Call at  
least 48hours ahead)*

A Helping Hand  
Home Care  
Lawrence, 785-856-0192  
www.ahelpinghandhc.com

Aldersgate Village  
Topeka, 785-478-9440  
www.aldersgatevillage.org

American Cancer Society  
"Road to Recovery"  
*(Provides ambulatory cancer  
patients with ground transportation  
to and from cancer treatment.  
Rides are dependent on volunteer  
driver availability)*  
Topeka, 785-273-4462 or  
800-227-2345

Angels At Home Care  
Topeka, 785-271-4376  
www.angelsathomecareks.com

Assisted Transportation  
Topeka, 785-291-2910

Blossingame Home  
Care LLC  
Topeka, 785-286-2273  
www.blossingamehomecare.com

# SHAWNEE COUNTY

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Benefits of Home  
Lawrence, 785-727-1816  
www.benefitsofhome.com

Capitol City Taxi  
Topeka, 785-267-3777

Catholic Charities of  
NE Kansas  
(60+, no wheelchair  
accommodations)  
Topeka, 785-233-6300  
www.catholiccharitiesks.org

Cottage Senior Care, LLC  
Mission, 913-428-6898  
www.cottageseniorcare.com

First Class Transportation  
Topeka, 785-266-1331  
Call for wheelchair accessible

Greyhound Bus Lines  
Topeka, 785-233-2301 or  
800-800-2814

Heart 2 Heart  
In Home Care  
Lawrence, 785-764-9946  
www.heart2heartkansas.com

Home Instead Senior Care  
Topeka, 785-272-6101  
Fax 785-246-5316  
www.homeinstead.com/584

Monarch Transportation Services  
Topeka, 785-266-0017

PickMeUp Transport  
Topeka, 785-217-4221

Prairie Band  
Potawatomi Casino  
(General transportation to doctor  
appointment and grocery shopping)  
Topeka, 866-727-8181

St. Francis Health Center  
(For Cancer patients receiving  
treatment at the hospital only)  
Topeka, 785-295-8008 or  
866-259-9602  
www.stfrancistopeka.org

Senior Center Transportation  
(Must be 60+ or adult with  
disabilities)  
Hotline: 785-251-2988

StageCoach, LLC  
Topeka, 785-231-4680

Topeka Metro  
ADA Lift Service  
(The Lift service is a public  
transportation program which  
provides door-to-door bus service  
for persons with disabilities who  
are unable to use the wheelchair  
accessible fixed route bus system)  
Topeka, 785-783-7000  
www.topekametro.org

Topeka Metro- Fixed Route  
(\*Reduced fares for Seniors 65+  
and adults with disabilities)  
Topeka, 785-783-7000

Veterans Administration  
Volunteer Transportation  
Topeka  
785-350-3111 ext. 54528  
(Only for veterans going to or from  
services at the VA hospital)

Veterans Home Care  
877-390-6377  
www.veteranshomecare.com

Yellow Cab Co  
Topeka, 785-357-4444

## TRAVEL

Angel Flight Central  
(Member of Air Charity Network  
Assists with free long distance  
transportation for people in  
need and/or requiring medical  
treatment.)  
877-621-7177

Elderhostel – (Adventures in  
Lifelong Learning Educational  
travel for adults 55 and over.)  
800-454-5768  
www.elderhostel.org

## UTILITY ASSISTANCE

American Red Cross  
“Project Deserve”  
Topeka, 888-765-9058  
www.westarenergy.com

Breakthrough House  
(Must have proof of  
mental illness.)  
Topeka, 785-232-6807

Catholic Charities of  
NE Kansas  
Topeka, 785-233-6300  
www.catholiccharitiesks.org

Community Action  
Topeka, 785-235-9296

Doorstep  
Topeka, 785-357-5341  
www.doorstopeka.org

Emergency Assistance Program of  
Topeka North Outreach, Inc.  
(provides limited Financial  
assistance to persons living  
in North Topeka and Oakland  
communities in the area of  
medicine, rent assistance, and  
utilities)  
Topeka, 785-286-1370  
www.topekanorthoutreach.org

# SHAWNEE COUNTY

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Let's Help  
Topeka, 785-234-6208  
www.letshelpinc.org

Low Income Energy Assistance  
Program (LIEAP)  
*(January - March  
Apply through Department for  
Children and Families)*  
Topeka, 800-432-0043

Salvation Army  
Topeka, 785-233-9648  
www.topeka.salvationarmy.us

Telephone (low income assistance)  
For more information about Kansas  
Lifeline or Link Up America, call  
your local telephone company. The  
number is on your telephone bill  
or in the front part of the telephone  
directory.

## VETERANS AFFAIRS

American Legion State  
Headquarters  
1314 SW Topeka Blvd., Ste. A  
Topeka, KS 66612  
www.legion.org

Department of Kansas VFW State  
Headquarters  
Topeka, 785-272-6463  
www.ksvfw.org

KS Commission on  
Veterans Affairs  
Topeka, 785-296-3976  
www.kcva.org

Veterans Administration -  
Medical Center  
Topeka, 785-350-3111

## VISION SERVICES

Audio-Reader  
Lawrence, 785-864-4600 or  
800-772-8898  
Fax 785-864-5268  
www.reader.ku.edu

Eye Care America  
*(free eye exams)*  
877-887-6327  
www.eyecareamerica.org

Envision  
Wichita, 316-682-4646  
www.envisionus.com

Lions Eye Health Program  
*(info only)*  
Topeka, 785-272-6102

Salvation Army  
*(Limited Eye exams and  
eyeglasses)*  
Topeka, 785-233-9648  
www.topeka.salvationarmy.us

Sunflower Lions Club  
*(Provides lower cost fees for Eye  
Glasses & Exam  
\$50 eye exam  
\$40 Single Vision & \$80 bifocal  
Requires application and referrals)*  
Topeka, 785-272-6102

Topeka Lions Club  
Topeka, 785-249-1913

Topeka Rescue Mission *(glasses)*  
Topeka, 785-354-1744  
www.trmonline.org

Topeka/Shawnee County  
Public Library,  
Talking Books  
Topeka, 785-580-4530 or  
800-432-2925  
www.tscl.org

## VOLUNTEER OPPORTUNITIES

Alzheimer's Association  
785-271-1844 or  
800-272-3900  
www.alz.org/kansascity

American Red Cross  
Topeka, 785-234-0568

Catholic Charities of  
NE Kansas  
Topeka, 785-233-6300  
www.catholiccharitiesks.org

Elder Helpers  
734-330-2734 or  
email: help@elderhelpers.org  
www.elderhelpers.org

Jayhawk Area Agency  
on Aging  
Topeka, 785-235-1367 or  
800-798-1366  
Fax 785-235-2443  
www.jhawkaaa.org

Kansas Senior Olympics  
*(multi-sport even for athletes, ages  
50+)*  
Topeka, 785-251-2975

Meals on Wheels of Shawnee and  
Jefferson Counties, Inc.  
Topeka 785-295-3980  
Fax 785-295-3980  
www.mowks.org

Midland Care  
Topeka, 785-232-2044  
800-491-3691  
www.midlandcare.org

Prairie Land Food  
800-998-9436  
www.prairielandfood.com

Topeka Rescue Mission  
Topeka, 785-354-1744  
Fax 785-354-8661  
www.trmonline.org

# SHAWNEE COUNTY

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United Way of  
Greater Topeka  
2-1-1 Program  
Topeka, Dial 2-1-1 or  
888-413-4327  
[www.211us.org](http://www.211us.org)

United Way of  
Greater Topeka  
Retired & Senior Volunteer  
Program  
Topeka, 785-228-5124  
[www.unitedwaytopeka.org](http://www.unitedwaytopeka.org)

## **WEATHERIZATION**

Community Action  
Weatherization Assistance Program  
Topeka, 785-232-3499

Kansas Housing Resources  
Corporation  
Weatherization Program  
Topeka, 785-296-4990

## **WEBSITES:**

[www.101eldercare.com](http://www.101eldercare.com)  
[www.ageesteem.com](http://www.ageesteem.com)  
[www.agingsociety.org](http://www.agingsociety.org)  
[www.alz.org](http://www.alz.org)  
[www.aarp.org](http://www.aarp.org)  
[www.ahiphewire.org](http://www.ahiphewire.org)  
[www.americanaging.org](http://www.americanaging.org)  
[www.aoa.gov](http://www.aoa.gov)  
[www.apsnetwork.org](http://www.apsnetwork.org)  
[www.asaging.org](http://www.asaging.org)  
[www.caregiver.com](http://www.caregiver.com)  
[www.caregiving.org](http://www.caregiving.org)  
[www.cmwf.org](http://www.cmwf.org)  
[www.ElderCarelink.com](http://www.ElderCarelink.com)  
[www.globalaging.org](http://www.globalaging.org)  
[www.healthcommunities.com](http://www.healthcommunities.com)  
[www.healthdecisions.org](http://www.healthdecisions.org)  
[www.kff.org](http://www.kff.org)  
[www.mymedicare.gov](http://www.mymedicare.gov)  
[www.ncea.aoa.gov](http://www.ncea.aoa.gov)  
[www.retiredbrains.com](http://www.retiredbrains.com)  
[www.rl.tv](http://www.rl.tv)  
[www.urologychannel.com](http://www.urologychannel.com)

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## Useful Toll-Free Numbers

<b>AARP Kansas</b> .....	866-448-3619	<b>Kansas Guardianship Program</b> ..	800-672-0086
<b>ABUSE (abuse, neglect, exploitation)</b>		<b>Kansas Insurance Dept.</b> .....	800-432-2484
In the community.....	800-922-5330	<b>Kansas Securities Commission</b> .....	800-232-9580
In an adult care home.....	800-842-0078	<b>SCAMS Hotline</b> .....	888-40SCAMS
In an institution .....	800-221-7973	<b>Kansas State Library</b> .....	800-432-3919
<b>Aging &amp; Disability Resource Ctr</b> ...	855-200-2372	<b>Legislative Hotline</b> .....	800-432-3924
<b>Alcohol &amp; Drug Helpline</b> .....	800-645-8216	<b>Long Term Care</b>	
<b>Alzheimer's Association</b> .....	800-272-3900	<b>Ombudsman</b> .....	877-662-8362
<b>Attorney General's Office</b> .....	800-432-2310	Advocates for residents in licensed adult care	
<b>Audio-Reader</b> .....	800-772-8898	facilities	
<b>Brain Injury Assn</b> .....	800-444-6443	<b>Kansas Relay Center (TDD)</b> .....	800-766-3777
<b>Cancer Information Svc</b> .....	800-422-6237	<b>Medicaid Fraud Hotline</b> .....	800-432-3913
<b>Consumer Credit Counseling</b> .....	800-383-0217	<b>Medicaid Provider Fraud</b> .....	866-551-6328
<b>Crime Victim's Rights</b> .....	800-828-9745	<b>Medicare</b> .....	800-633-4227
<b>Deaf and Hard of Hearing</b> .....	800-432-0698	<b>Secretary of State</b>	
<b>Diabetes, American Assn</b> .....	800-362-1355	<b>Voter Registration</b> .....	800-262-8683
<b>Disability Rights Resource Center</b> .....	877-776-1541	<b>Senior Health Insurance</b>	
<b>Disaster Distress Helpline</b> .....	800-985-5990	<b>Counseling for Kansas (SHICK)</b> ..	800-860-5260
<b>Elder Law Hotline</b> .....	888-353-5337	A network of volunteers who can help with your	
<b>Eldercare Locator</b> .....	800-677-1116	Medicare questions.	
Nationwide service to help families and friends find		<b>Social Security Administration</b> ...	800-772-1213
information about community services for older		<b>State Treasurer</b>	
people outside of Kansas		<b>Unclaimed Property Line</b> .....	800-432-0386
<b>EYE Care</b>		<b>Suicide Lifeline</b> .....	800-273-8255
<b>National Project Hotline</b> .....	800-222-3937	<b>Talking Books Service</b> .....	800-362-0699
Information and referral service. Provides brochures		<b>Telemarketers (No Call)</b> .....	866-382-1222
on many common eye diseases and for eligible callers,		<b>United Way Information</b> .....	211
a referral to a local volunteer ophthalmologist.		<b>Veterans Affairs</b>	
<b>Federal Trade Comm ID Theft</b> ....	877-438-4338	<b>Regional Office</b> .....	800-827-1000
<b>Federal Trade Comm HELP</b> .....	877-382-4357	<b>Veterans Crisis Line</b> .....	800-273-8255
<b>Gambling/Substance Abuse</b> .....	800-522-4700		
<b>Governor's Office</b> .....	877-579-6757		
<b>KanCare (application) DCF or</b> ....	800-792-4884		
<b>KanCare MCO Enrollment</b> .....	866-305-5147		
Amerigroup .....	800-600-4441		
Sunflower .....	877-644-4623		
United .....	877-542-9238		
<b>KanCare Ombudsman</b> .....	855-646-8180		
<b>Kansas Corporation</b>			
<b>Commission</b> .....	800-662-0027		
<b>Kansas Dept. for Aging and Disability Services</b>			
.....	800-432-3535		
<b>Kansas Dept. of Revenue Tax Refund</b>			
<b>Status Line (automated)</b> .....	800-894-0318		
<b>Kansas Foundation for</b>			
<b>Medical Care</b> .....	800-432-0407		

