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KANSAS DEPARTMENT FOR AGING AND DISABILITY SERVICES
2012-2013 Edition

Explore Your Options

A Kansas Guide to Information and In-Home Services

Southwest Kansas Area Agency on Aging Directory of Services

Kansas
Department for Aging
and Disability Services

Explore Your Options:

July 2012 - 19th Edition

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This publication is also available at www.kdads.ks.gov

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Introduction

Welcome to the 19th Edition of Explore Your Options. This book will help you through the maze of services available to Kansas seniors. 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 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 eligibility criteria for some of the available services. It also includes maps and lists of various agencies and organizations that may be able to provide more information.

Part Four will allow you to quickly 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 your Area Agency on Aging at the number listed on the back cover. Staff will provide you with current information about services in your county and connect you with the right people to get services started.

It is our hope that this guide will be a useful tool as you build solutions.

Visit our web site at www.kdads.ks.gov
It is linked to many other resources that will help you explore your options.

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How do I figure out what help I need?

Sometimes, the hardest part of getting help is deciding what kind of help you need. Complete the checklist below to figure out what services may be the most useful to you.

Do you want/need help with:	Yes	No	Pages to look at
Bathing (including getting in or out of tub safely)			**12-13**
Caring for a Loved One (looking for ideas and help?)			**8**
Dressing or grooming (includes nail & denture care, shaving)			**12-13**
Eating (Do you forget to eat? Do you need help eating? Do you need home delivered meals?)			**15, 18**
Emergencies (Are you afraid you will not be able to get help in time?)			**11**
Fun/Recreation (make new friends, play cards, etc.?)			**18**
Home Remodeling (changes like adding a wheelchair ramp or installing bathroom grab bars?)			**7, 23**
Housekeeping (including dishes, vacuuming, change bedding?)			**8, 13,**
Housing Options (Is it too difficult to manage your home or do you live alone and want alternative housing?)			**21-23**
Laundry (including problems getting to your machine)			**13**
Legal Services (Do you need a power of attorney?)			**15**
Making/Accepting Telephone Calls			**7, 11**
Managing Medications (Do you forget to take your medicine?)			**12-13**
Medical Treatments (Do you need a nurse at home to help with changing bandages, therapy and other treatments?)			**12-13**
Nursing Homes (Are you considering moving to a nursing home and need to know how to select one?)			**23-26**
Preparing Meals (Is cooking too hard or unsafe for you?)			**13, 18**
Prescriptions (Do you need help paying for your medications?)			**12**
Reading (mail, writing letters, etc.)			**11**
Running Errands (going to bank, store, dry cleaners, etc.)			**13**
Shopping (for food, clothes, gifts, etc.)			**18**
Support Groups (Do you need to talk to someone with similar issues?)			**18**
Toileting (getting on/off stool?)			**12-13**
Transfer (getting in or out of chairs, bed, etc.)			**12-13**
Transportation (Do you rely on others for transportation?)			**18**
Walking (If you use a cane or walker, are you still unsteady?)			**13**

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 your local Area Agency on Aging (see page 7), you can talk to an information and assistance professional 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 your Area Agency on Aging (for people age 60 and older), Centers for Independent Living (for people under age 60), or one of the private agencies listed in the county specific Directory of Services under Case Management. A listing of case management entities is also available at www.kdads.ks.gov.

Private agencies may charge from $50 to $150 per hour. A listing of case management entities can be found on the web at www.kdads.ks.gov.

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. For more help, call your Area Agency on Aging or your case management entity.

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, "Household Employer's Tax Guide," is available by calling **800-829-3676** and requesting Publication Number 926 or access the web at 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 $1,800 in 2012? 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 $1,800 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 $1,800, please investigate the tax consequences. More information is available on the web at 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)

Mentally Ill in an Institution:
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 your local Area Agency on Aging, 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.

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.ksadrc.org 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 assesments 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.

ADRCs are being piloted in the Wichita area and in northwest Kansas prior to anticipated state-wide implementation by January, 2013.

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

Heart of America Chapter
Northeast Kansas Regional Office
4125 SW Gage Center Dr., Suite LL 15
Topeka, KS 66604
785-271-1844 or 800-272-3900

Central and Western Kansas Chapter
347 S. Laura, Wichita, KS 67211
316-267-7333 or 800-272-3900
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 message boards/chat rooms at 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

National Parkinson Foundation, Inc.
1501 NW 9th Avenue, Bob Hope Road
Miami, FL 33136-1494
800-327-4545 or 800-473-4636
www.parkinson.org

Area Agencies on Aging

There are eleven Area Agencies on Aging in Kansas that provide information regarding in-home services, financial assistance and community resources that help Kansas elders remain at home longer. They will be able to discuss your situation and help identify any available resources, whether in their agency or in the community. These agencies are committed to meeting the needs of older Kansans.

Contact information for the Area Agencies on Aging and a map showing the counties they serve is on page 29 or access the web at www.kdads.ks.gov/aaa.

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 your Area Agency on Aging, 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 your Area Agency on Aging or Center for Independent Living for additional information and financing suggestions. See the maps on pages 29 and 31 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

Kansas Assistive Technology Cooperative (KATCO)
866-465-2826 V/TT
620-341-9002 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

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.

The Family Caregiver Support Program (FCSP) is a federally funded program. In Kansas your Area Agency on Aging provides a 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 Area Agency on Aging (AAA) will receive an allocation of funds for FCSP service delivery. The AAA 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 your Area Agency on Aging. See page 29 for the one closest to your area.

Chore Services

Chore services provide assistance with heavy housework, yard work or sidewalk maintenance. These services are usually available at an hourly rate or on a sliding fee scale based on income and liquid assets. Some communities have volunteer programs that provide chore services without charge.
Friends, neighbors, civic and religious groups are good places to start. You may also contact your Area Agency on Aging for information. Check the county specific Directory of Services or in your local telephone book's Yellow Pages under "Household Help," "Home Maintenance/Repair," "Handyman," or "Housekeeping."

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 31 for further information.

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 for a small fee? When there is a family event or major outing, ask other family members if you can ride with them.

Call your Area Agency on Aging 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 and map for the Area Agencies on Agency is on page 29.

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

Food Sales & Homestead Property Tax Refund

If you were a Kansas resident all year, you may be eligible for a Food Sales Tax Refund if you meet the following criteria:

- Your Kansas adjusted gross income (KAGI) for income tax purposes is within the annual limits
- You are 55 years of age or older, OR
- Disabled or blind during the entire year, OR
- Have a dependent child under age 18 who resided with you for the entire year

Check the food sales refund box and complete the food sales tax refund line on the Kansas individual income tax return, Form K-40 and mail to the Kansas Department of Revenue anytime from **January 1 through April 15**. If you do not have to file an income tax return, complete the name and address information on Form K-40, check the food sales tax refund box, and sign the return.

If you were a Kansas resident all year, you may be eligible for a Homestead Tax Refund if you meet the following criteria:

- Are a Kansas resident all year and your household income is within the annual limit
- Are 55 years of age or older, OR
- Are disabled or blind, OR
- Have a dependent child under 18 who resided with you for the entire year

"Household income" is generally all taxable and non-taxable income received by all household members during the previous year. You can complete a "Kansas Homestead Claim," Form K-40H, and mail to the Kansas Department of Revenue anytime from J**anuary 1 through April 15**. It can also be filed electronically through E-File and KS WebFile. A new form, K-40PT, is available for homeowners aged 65 or older with a household income of 120% or less of the federal poverty level. This form will allow them to get 45% of the property taxes paid in a timely manner. Taxpayers qualifying and electing to use this form cannot file a K-40H. It also goes the other way; if you file a K-40H then you cannot file a K-40PT.

There is also legislation for people receiving Social Security disability payments prior to attaining full retirement age. Eligibility has been expanded to include Disabled Veterans and Surviving Spouses. Disabled Veterans must be Kansas residents, honorably discharged and certified for permanent disability sustained through military action. Surviving spouses cannot be remarried. Check your tax booklet for further information.

Homestead Refund Advancement Program – This option allows eligible homeowners who received a previous year Homestead refund to use their anticipated Homestead refund (advancement) to pay up to the first half of their property taxes. The amount of the advancement is based on the previous year Homestead refund. There will be a box on the K-40H Form to mark whether or not you want your refund to go directly to the appropriate county. Rather than receiving your refund, you will then receive a notice stating that your refund has been sent to the appropriate county.

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.

Personal assistance to complete your claim is available from the Topeka Assistance Center or from free volunteer tax assistance programs. Contact your local Area Agency on Aging, Community Action Program, senior center, library or county clerk to find assistance in your area.

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

Kansas Attorney General,
Consumer Protection Division **800-432-2310** or www.ksag.org

Kansas Charity Check,
www.KsCharityCheck.org (check out Kansas charitable organizations before giving)

Kansas Insurance Department, www.ksinsurance.org, **800-432-2484**

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

Office of the Kansas Securities Commission, **800-232-9580** or www.securities.state.ks.us (financial services), or

Office of the Kansas Securities Commission,
888-40-SCAMS (72267)

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

Reduce junk mail by writing:
Mail Preference Services
P.O. Box 282
Carmel, NY 10512
www.dmachoice.org

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

Free Credit Report:
Equifax, Experian, Trans Union
877-322-8228 or www.annualcreditreport.com

Opt Out of Prepaid Credit Cards
888-567-8688
www.optoutprescreen.com

Friendship and Assurance Programs

Friendly visitor programs can have other names, but their purpose is to provide regular visits to older persons who are lonely and need companionship. Friendly visitors stop in regularly and do what needs to be done, such as write a letter, run an errand or just chat over a cup of coffee.

Many communities offer telephone reassurance programs in which a volunteer calls individuals each day to make sure everything is okay. If you want a phone pal to call you, or if you want to become a phone pal, contact your Area Agency on Aging. If there is no reassurance program in your community, you may want to organize a "phone pal" program.

Many local hospitals and 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.

Gatekeeper programs operate in some Kansas communities. Utility workers and postal employees are trained to watch and recognize signs that indicate an individual is ill or in trouble: an unmowed lawn, accumulated mail, etc., may be "tell-tale" signs. These workers and employees are provided phone numbers and people to contact for help if they observe a problem.

Friendly visitor, telephone reassurance and phone pal programs are usually free. 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 Area Agency on Aging serving your county, see Page 29 for telephone numbers and a map.

Health Insurance and Prescription Drugs

Medicare information is available on the 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/SHICK/shick_index.html.

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 Guide.

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 mentioned in the next section. 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. You may be able to verify their reputation through your local health department, Area Agency on Aging, or Kansas Department of Health and Environment. 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 your Area Agency on Aging for programs and eligibility information (page 29).

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 Area Agencies on Aging, 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 for the Frail Elderly Waiver 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 Area Agency on Aging. 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 - 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.

Call a case management entity of your choice for more information. A list of available case management entities for each county is available on the Kansas Department for Aging and Disability Services web site at http://www.KDADS.ks.gov/ SeniorSupport/Programs/ CaseMgmtEntities.htm

Homemaker and Attendant Care Services

Homemakers may provide assistance to customers having difficulty performing one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, doing light housework or laundry.

Attendant and/or Personal Care may include supervision and/or assistance with bathing, medication monitoring, dressing, feeding, transferring, walking/mobility and toileting.

Contact your physician or Area Agency on Aging for local information.

Kansas has no training or certification requirements for non-medical attendants or homemakers. It is best to work through a reputable agency whenever possible. If you plan to hire a homemaker privately, please consider the tips on Hiring Help at Home on pages 2, 3 and 4 of this book. Remember to ask for and check references, and have other people help you when you interview the worker.

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.

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 oder 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 29 for the Area Agency on Aging closest to you.

KanCare

KanCare is designed by the administration of Governor Sam Brownback to provide comprehensive managed care for Kansans on Medicaid. Implementation is scheduled to begin in 2013. KanCare will deliver person-centered, coordinated care and is expected to generate better health outcomes for beneficiaries. 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 significant additional benefits including preventative dental care for adults, heart and lung transplants, and bariatric surgery.

In the fall of 2012, Medicaid participants will be mailed information regarding KanCare and how it will affect them personally.

Kansans Optimizing Health Program (KOHP)

The Kansans Optimizing Health Program (KOHP) is a six week workshop conducted for 2.5 hours once a week in various community settings – it is known as the Chronic Disease Self Management Program. The program helps people with a variety of chronic diseases (arthritis, heart disease, asthma, diabetes and lung disease) learn the skills necessary to self-manage their disease.

The workshops are interactive and are facilitated by two trained leaders. Subjects covered include: 1) techniques to deal with frustration, pain and fatigue, 2) how to exercise safely, 3) medications, 4) communication techniques for family and medical team members, 5) nutrition, and 6) making informed treatment decisions.

To find an organization that provides the KOHP workshops in your area, check the on-line County Resource Map available at http://www.dhe.state.ks.us/arthritis/

Legal Assistance

Each Area Agency on Aging 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 29 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 Area Agency on Aging listed on Page 29.

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 Family Services (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 32. Information is also available at the following web site:
http://www.dcf.ks.gov/ services/Pages/MentalHealthServices.aspx

Money Follows the Person Demonstration Grant

Money Follows the Person (MFP) is a demonstration grant that permits the 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 the Frail Elderly, Physically Disabled, Traumatic Brain Injured and Mentally Retarded/Developmentally Disabilities.

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
- Be Medicaid eligible one day prior to receiving MFP services
- Meet the functional eligibility for waivered services
- Have an interest in moving back to the community

Services offered under the MFP demonstration:

- HCBS waivered 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
- Community Bridge Building
- 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.

Contact your Area Agency on Aging for more information. (see page 29).

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 remain in the community.

The PACE program provides comprehensive health care services designed to meet the following goals:

- Enhance the quality of life and independence for older Kansans
- Maximize dignity of, and respect for, older Kansans
- Enable older Kansans to live in the community 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, such as but not limited to:

- adult day center services
- diagnostic tests and other acute care
- durable medical equipment
- hospital/emergency care
- meals
- medications
- mental health services
- nursing care
- nursing home care
- nutrition counseling
- oral health
- personal care
- primary care physician
- restorative/physical/occupational therapies
- surgical care
- social services
- transportation

Contact one of the PACE organizations and they will provide 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 Centers: 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**.

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 Area Agency on Aging. 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 your local Area Agency on Aging, your doctor's office or the Center for Community Support & Research. The Center for Community Support & Research 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 Center for Community Support & Research toll free at **800-445-0116 or go to** 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.

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 Area Agency on Aging for more information. (See page 29).

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.

Activities and services that are sometimes offered at Senior Centers include:

Computer classes
Community service opportunities
Counseling programs
Craft classes
Educational programs
Entertainment
Exercise classes
Financial information
Health information
Health insurance counseling
Job service
Legal services
Noon meals
Transportation

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 15.

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
I changed the kind and/or amount of food I eat because of an illness	2
I eat fewer than 2 meals per day	3
I eat few fruits, vegetables or milk products	2
I have 3 or more drinks of beer, liquor or wine almost every day	2
I have tooth or mouth problems that make it hard for me to eat	2
I don't always have enough money to buy the food I need	4
I eat alone most of the time	1
I take 3 or more different prescribed or over-the-counter drugs daily	1
Without wanting to, I have lost or gained 10 lbs in the last 6 months	2
I am not always physically able to shop, cook and/or feed myself	2
TOTAL	_____

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.

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 or call 888-369-4777.

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 34 for a Regional Prevention Center near you. Information is also available on their web site at www.parstopeka.com.

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 Area Agency on Aging listed on page 29.

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 and adult day care facility, all of which are required to be licensed by the Secretary 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 25 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 employ health care professionals such as nurses, social workers, therapists, dietitians and pharmacists or coordinate the services of these health care professionals with outside agencies. The people living in an assisted living facility cannot employ privately a certified nurse aide or a non-certified individuals to assist them with services and 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 Area Agency on Aging, 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 telehpones/ 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.

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.

Your Area Agency on Aging 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 Area Agency on Aging may also be able to help pay for these changes. For more information, check the county specific Directory of Services under "Home Repair" or call your Area Agency on Aging (see page 29).

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

Fannie Mae 800-732-6643
www.fanniemae.com

National Reverse Mortgage Lenders Assn.
\web page www.reversemortgage.org

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 in conjunction with a local Area Agency on Aging (AAA). 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 three goals of this free assessment

- Help people find appropriate long-term care services. These services may be community based or ina nursing home.
- Collect information about services consumers need but are not available.
- Determine whether an individual has serious mental health or mental retardation or developmental disability needs

Under Medicaid, a level of care score for functional eligibility is also needed.

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 Area Agency on Aging (AAA) coordinates the CARE Assessment. When you determine a need for nursing facility care, contact your AAA, which can be found on Page 29 of this guide. The AAA CARE Coordinator 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 Area Agency on Aging (AAA) for another copy. It should be noted that a CARE assessment is not Medicaid eligibility. If you believe you will need Medicaid assistance you will need to apply through your area Kansas Department for Children and Families.

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. 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. 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:

- Personal Resources – savings and other investments.
- 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

Kansas Department for Aging and Disability Services: 800-432-3535 or 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.dcf.ks.gov determines financial eligibility for Medicaid services

Kansas Health Care Association: 785-267-6003, www.khca.org

Kansas Long-Term Care Ombudsman: 877-662-8362, www.kansasombudsman.ks.gov An advocate for nursing home residents.

Leading Age: 800-264-5242 or www.leadingagekansas.org

Kansas Advocates for Better Care:
800-525-1782 or www.kabc.org
Compiles data on nursing homes and provides a fact sheet on specific homes for a small fee.

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 developmen***t – 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?
- ***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.

They provide a place where a long-term care facility resident or family can discuss a problem and receive assistance; helps long-term care residents obtain legal, social, physical and emotional services for the highest quality of life; helps long-term care staff meet the needs and concerns of those who use their facilities; provides information about the long-term care system; receives and investigates complaints and helps achieve equitable solutions.

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
785-296-3017or 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.

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 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 701
Topeka, Kansas 66603
785-296 3976
www.kcva.org or to find a field office close to you, see page 36.

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

Aging and Disability Resource Center (ADRC)
www.adrckansas.org

Kansas Area Agencies on Aging – (K4A)
www.k4a.org

Kansas Department for Children and Family Services (DCF)
www.dcf.ks.gov

State of Kansas
http://www.kansas.gov

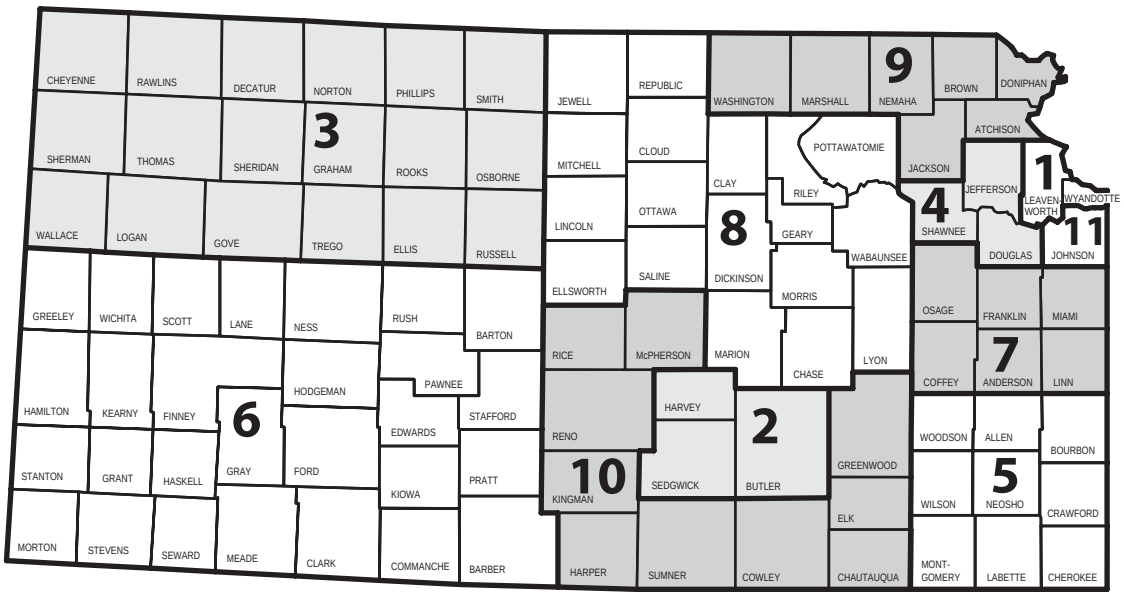
Kansas Attorney General's Office
www.ag.ks.gov

Kansas Insurance Department (KID)
www.ksinsurance.org

Kansas Disabilities Rights Center
www.drckansas.org

Kansas Secretary of State
www.kssos.org

Area Agencies on Aging



1. Wyandotte-Leavenworth AAA: Kansas City

Area Agency	913-573-8531
Information	888-661-1444
Legal Services	913-621-0200
Website:	www.wycokck.org

2. Central Plains AAA: Wichita

Area Agency	316-660-5120
Information	800-367-7298
Legal Services	888-353-5337
Website:	www.cpaaa.org

3. Northwest Kansas AAA: Hays

Area Agency	785-628-8204
Information	800-432-7422
Legal Services	785-625-4514
Website:	www.nwkaaa.com

4. Jayhawk AAA: Topeka

Area Agency	785-235-1367
Information	800-798-1366
Legal Services	785-354-8531
Website:	www.jhawkaaa.org

5. Southeast Kansas AAA: Chanute

Area Agency	620-431-2980
Information	800-794-2440
Legal Services	620-232-1330
Website:	www.sekaaa.com

6. Southwest Kansas AAA: Dodge City

Area Agency	620-225-8230
Information	800-742-9531
Legal Services	888-353-5337
Website:	www.swkaaa.org

7. East Central Kansas AAA: Ottawa

Area Agency	785-242-7200
Information	800-633-5621
Legal Services	800-479-6520
Website:	www.eckaaa.org

8. North Central/Flint Hills AAA: Manhattan

Area Agency	785-776-9294
Information	800-432-2703
Legal Services	785-537-2943
Website:	www.ncfhaaa.com

9. Northeast Kansas AAA: Hiawatha

Area Agency	785-742-7152
Information	800-883-2549
Legal Services	785-336-6016
Website:	www.nekaaa.org

10. South Central Kansas AAA: Arkansas City

Area Agency	620-442-0268
Information	800-362-0264
Legal Services	888-353-5337
Website:	www.sckaaa.org

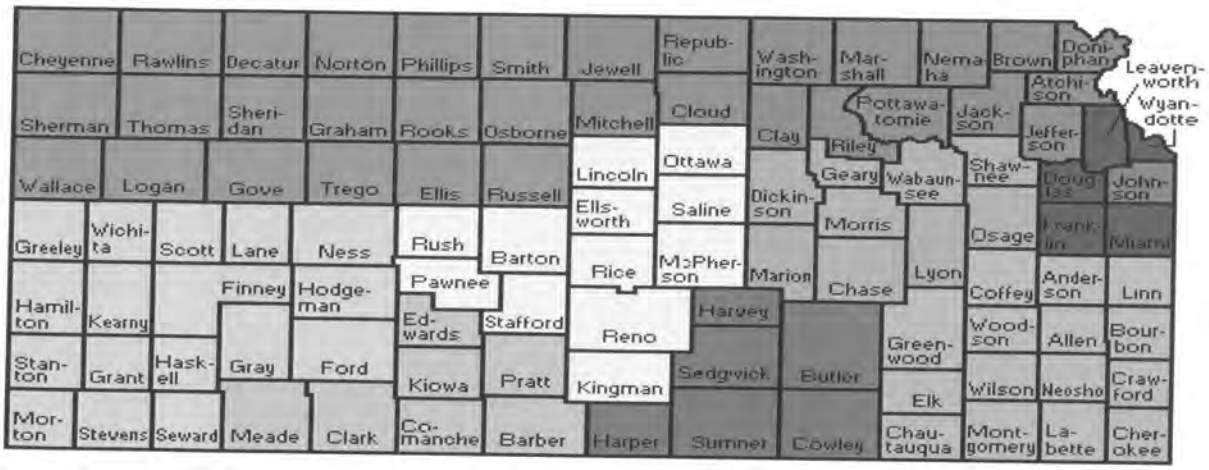
11. Johnson County AAA: Olathe

Area Agency	913-715-8800
Aging Info Line	913-715-8861
Information	888-214-4404
Legal Services	913-621-0200
Website:	http://hsa.jocogov.org

Long Term Care Ombudsman Offices

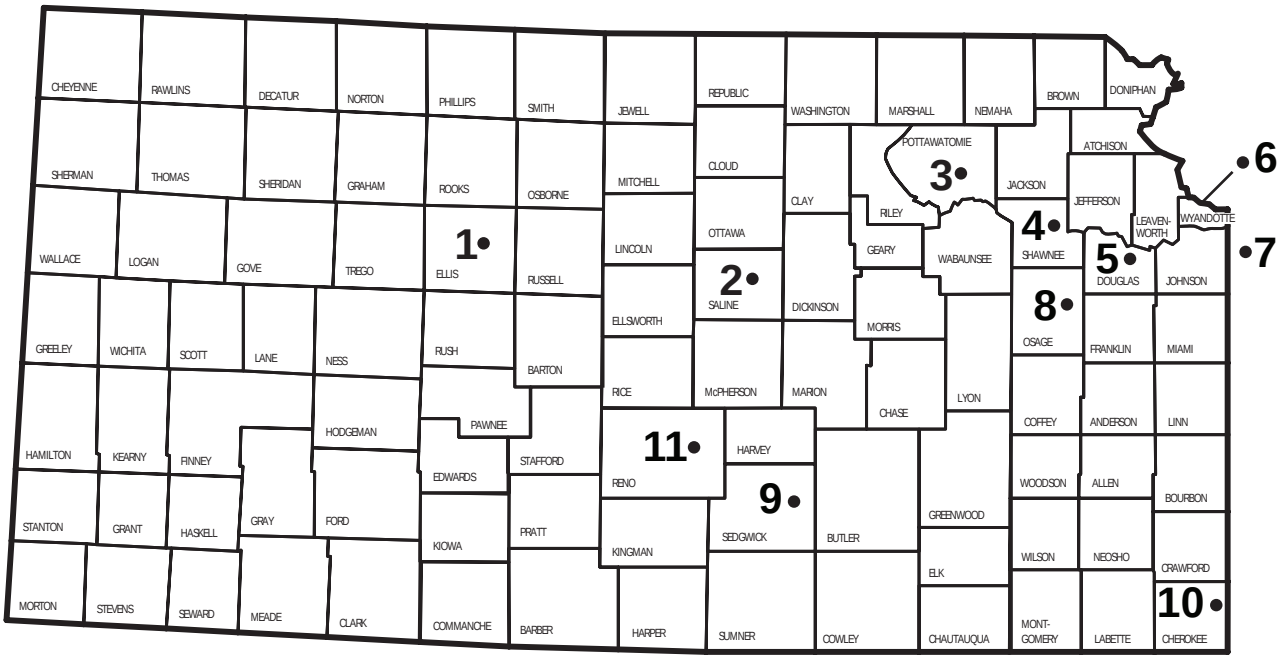
877-662-8362 (toll free)

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



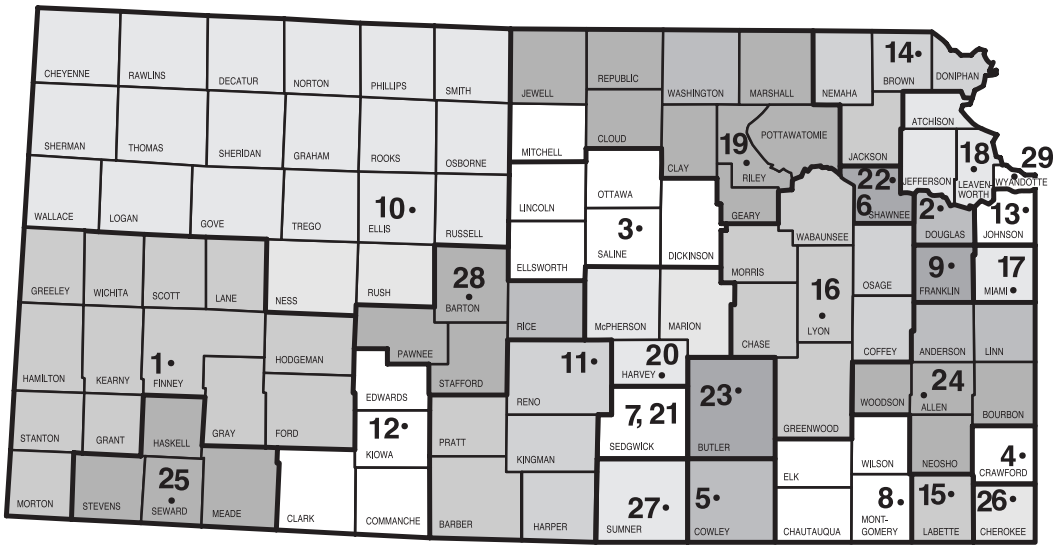
Office	Address, City, State, Zip	Phone
Region 1	600 Andrew Ave, South Hutchinson, KS 67505	620-728-0180
Region 2	900 SW Jackson, Ste. 1041 Topeka, KS 66612	785-296-2962
Region 3	16010 Metcalf, Suite 105 Stilwell, KS 66085	913-236-9385
Region 4	130 S. Market, #5063 Wichita, KS 67202	316-347-1429
Region 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	800-443-2207
5. Independence, Inc.	Lawrence	888-824-7277
6. Coalition for Independence	Kansas City, KS	866-201-3829
7. The Whole Person, Inc.	Kansas City, MO	800-878-3037
The Whole Person, Inc.	Prairie Village	877-767-8896
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 Ctr	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

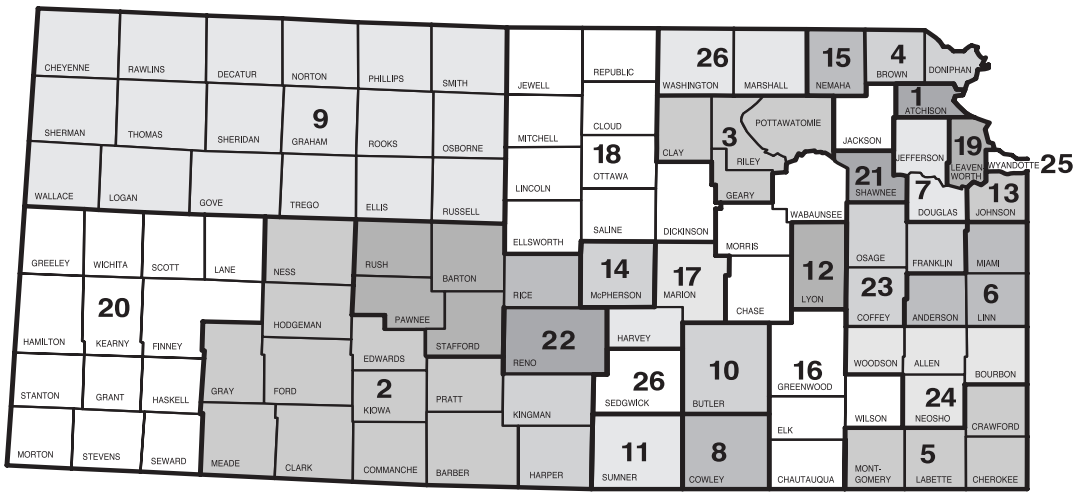
Community Mental Health Centers of Kansas



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	620-275-0644
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.	Cowley County MH & Counseling Center	Winfield	620-442-4540
6.	Family Service & Guidance Center	Topeka	785-232-5005
7.	Spring River MH & Wellness	Wichita	316-264-0347
8.	Four County MHC	Independence	620-331-1748
9.	Elizabeth Layton Center	Ottawa	785-242-3780
10.	High Plains CMHC	Hays	785-628-2871
11.	Horizons Mental Health Center	Hutchinson	620-694-1099
12.	Iroquois Center for Human Development	Greensburg	620-723-2272
13.	Johnson County MHC	Mission	913-826-1500
14.	Kanza MH & Guidance Center	Hiawatha	785-742-7113
15.	Labette Center for MH Services	Parsons	620-421-3770
16.	MHC of East Central KS	Emporia	620-343-2211
17.	Elizabeth Layton MHC	Paola	913-557-9096
18.	The Guidance Center	Leavenworth	913-682-5118
19.	Pawnee Mental Health Services	Manhattan	785-587-4300
20.	Prairie View, Inc.	Newton	316-284-6400
21.	Comcare of Sedgwick County	Wichita	316-660-7655
22.	Valeo Behavioral Health Care	Topeka	785-228-3071
23.	South Central MH Counseling Center	Augusta	316-775-5491
24.	Southeast Kansas MHC	Humboldt	888-588-6774
25.	Southwest Guidance Center	Liberal	620-624-8171
26.	Spring River MH & Wellness	Riverton	620-848-2300
27.	Sumner County MHC	Wellington	620-326-7448
28.	Center for Counseling & Consultation Services	Great Bend	620-792-2544
29.	Wyandot Center for Community Behavioral Healthcare	Kansas City	913-233-3300

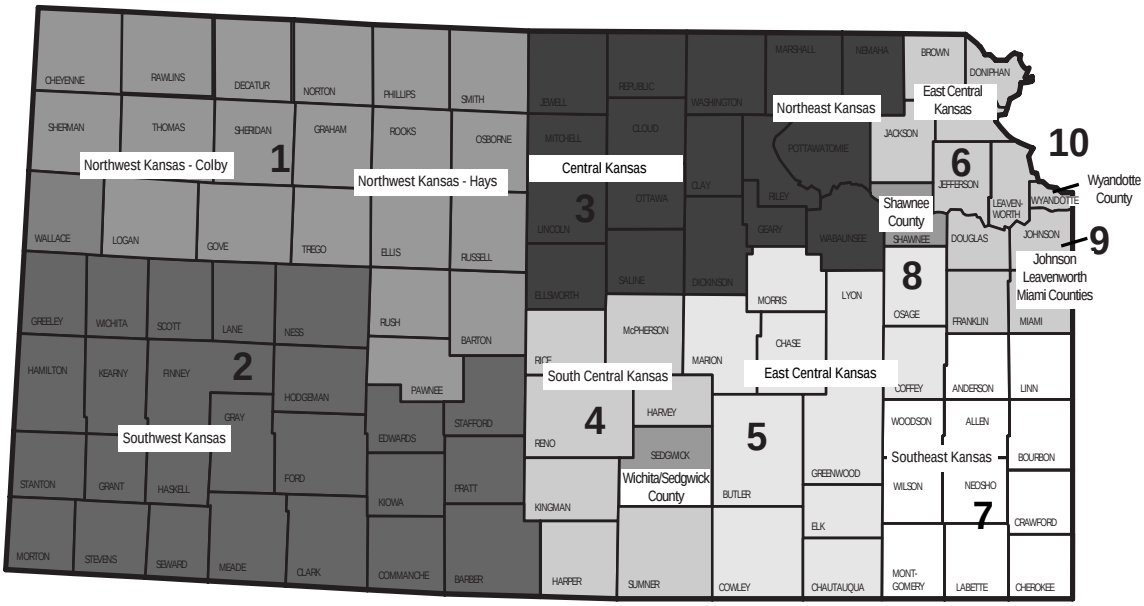
Community Developmental Disability Organizations



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	620-225-5177
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	620-429-8985
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.	Flinthills Services, Inc.	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	913-826-2626
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	785-232-0597
22.	Reno County CDDO	Hutchinson	620-663-1596
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.	Sedgwick County CDDO	Wichita	316-660-7630

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. RPC of Wichita/Sedgwick	Wichita	316-943-2051
5. MHC of East Central Kansas	Emporia	620-343-2211
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

Office hours are 9:00 a.m. to 4:00 p.m.

Office	Address, City, State, Zip	Telephone/fax
Dodge City	2204 Summerlon Cir, Dodge City, KS 67801	877-694-5494
Emporia	3010 W. 18th, Emporia, KS 66801	877-405-7380
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
Pittsburg	801 S. Broadway, Pittsburg, KS 66762	866-964-6307
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

Kansas Commission on Veterans Affairs

Veterans Administration National Toll-Free Number 800-827-1000
www.kcva.org or 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
Garden City	116 E. Chestnut, Ste. 105 Garden City, KS 67846	620-276-3102
Hays	207 East 7th Street, Ste C Hays, KS 67601	785-625-8532
Hutchinson	1625 E 30th Hutchinson, KS 67501	620-662-7131
Independence	200 Arco Place, Room 421, Box 117 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
Marysville	Helvering Senior Center 111 S. 8 Street Marysville, KS 66508	785-562-2581
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 701 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)

Service Providers By County

This section lists providers of information and services to senior Kansans by county for Planning and Service Area (PSA) 06. For various reasons, a provider may be available but not listed, or listed and no longer available. Phone numbers also change. Contact the Southwest Kansas 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 Southwest Kansas 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 Southwest Kansas 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 Southwest Kansas Area Agency on Aging, call **800-432-3535** or access information on the web at www.kdads.ks.gov or

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.

Kansas
Department for Aging
and Disability Services

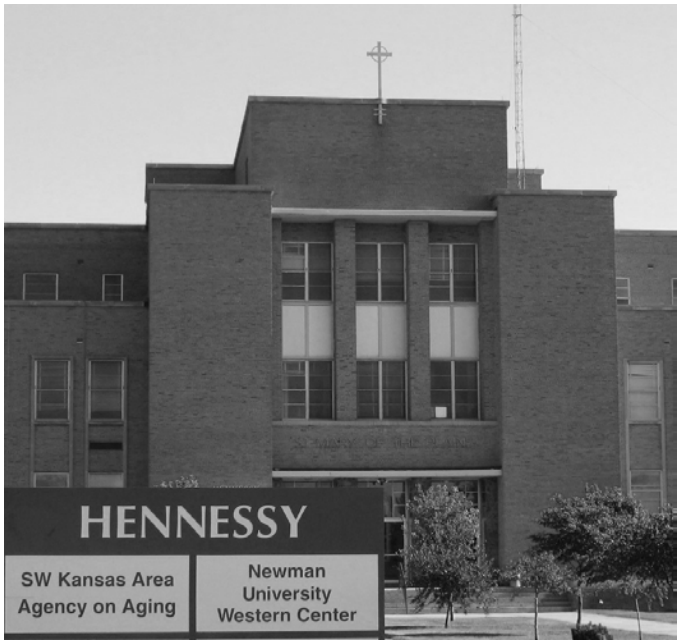
Published by the Kansas Department for Aging and Disability Services
503 S. Kansas Avenue
Topeka, KS 66603
1-800-432-3535

This directory is also available at www.kdads.ks.gov

SouthWest Kansas
Area Agency on Aging

236 San Jose Drive
Dodge City, KS 67801
620-225-8230
800-742-9531
web site: www.swkaaa.org

Regional offices:
Garden City
Great Bend
Liberal
Pratt



Services in the 28 counties of southwest Kansas include:

In-home Care Services are funded through SWKAAA to help older Kansans live independently in their own homes. Services may include: personal care, homemaker services, respite care, chore service and other life supporting services.

Case Management is an opportunity to review needs and resources and to link the consumer to a full range of appropriate services, using all available funding services. The purpose is to ensure that older Kansans are aware of community based and long term care options.

Client Assessment, Referral and Evaluation (CARE) administered by SWKAAA seeks to ensure consumers considering nursing home placement are fully informed of all available community service options. The assessment, required by the State of Kansas, gathers data needed to develop community services.

Friendship Meals offers home-delivered meals to the homebound and congregate meals at senior centers and other sites which provides fellowship as well as a nutritious meal. The program is sponsored by ElderCare, Inc.

Section 8 Rent Assistance is available to low income families, older Kansans and disabled individuals through HUD Section 8 Existing Housing Certificate/Voucher Programs.

Information & Assistance is a direct service providing confidential help with personal problems, information about available services and referrals to agencies that can best help the consumer. Older & Bolder, a 16-page newspaper is published by the agency. This is a free publication to persons age 60 and over in SWKAAA's 28-county service area.

Senior Health Insurance Counseling for Kansas (SHICK) offers Medicare beneficiaries a non-biased trained volunteer to assist with questions and problems concerning health insurance.

Older Kansans Employment Program (OKEP) assists job seekers age 55 and older in securing employment.

Legal Services are offered through Kansas Legal Services. SWKAAA contracts with KLS to provide legal counsel and representation to persons age 60 and older who reside in our service area.

Community Focal Point Centers are those senior centers which meet certain criteria based on the level of services and activities they offer to their community. An annual evaluation determines eligibility.

Silver Haired Legislature receives logistical support from SWKAAA. The Area Agency on Aging is responsible for the election process for the delegates of Southwest Kansas.

Family Caregiver Support Services provides services to those individuals caring for someone over the age of sixty. It was established to help caregivers meet these challenges and offers information, assistance, respite care and other supplemental services to the caregiver.

28 COUNTY RESOURCES

ASSISTIVE TECHNOLOGY
Western Kansas Assistive Technology
Access Site
Oakley, 800-526-3648

CASE MANAGEMENT
SWKAAA
620-225-8230 or 800-742-9531

CHILDREN SERVICE
Kansas Children
Service League
316-942-4261 ext 1353
Wichita – Parents helpline

DO NOT CALL NUMBER
To register your number
www.donotcall.gov
888-382-1222

EMERGENCY ALERT DEVICE
Link to Life, 888-557-4462

Home Buddy LLC
Wichita, 800-848-9399

See each county for local providers

FRIENDLY VISITOR
Senior Companion
Hays, 785-628-5809

HEATS ON (SEASONAL)
Cold Weather Rule
Kansas Corporation
Commission
800-662-0027

HOME REPAIR

Rural Development
Clark, Finney, Ford, Grant, Gray, Greeley, Hamilton, Haskell, Hodgeman, Kearny, Lane, Meade, Morton, Scott, Seward, Stanton, Stevens, Wichita
620-275-0211

Lyons
Barber, Comanche, Edwards, Kiowa, Pratt, Stafford
620-257-5184

INFORMATION & ASSISTANCE
Central Kansas Library System
Great Bend, 800-362-2642

South Central Kansas
Library System
Hutchinson, 800-234-0529

Southwest Kansas
Library System
Dodge City, 800-657-2533

SouthWest Kansas Area
Agency on Aging
Dodge City, 800-742-9531

LEGAL SERVICES
Kansas Legal Services
Dodge City
620-227-7349 or 800-362-9009

MEDICAL EQUIPMENT
AlternaCare
Great Bend
620-793-3700 or 888-793-3707

Apria Healthcare
Dodge City
620-225-9008 or 800-723-0402

Berkeley Medical Equipment
Hoisington, 620-653-2283
Ulysses, 620-356-4064 or
800-532-4959

Breathe E-Z Medical
Equipment
Meade
620-873-2141 or 800-411-3658

Brite/Star Respiratory
Liberal – Bucklin,
620-624-6888 or 877-624-6888

Firstcare
Pratt, 800-362-2385

Firstcare
Liberal
620-626-6245 or 800-709-7023

Golden Medical Equipment
Dodge City, 620-338-8286

Grant County Medical
Equipment
Garden City, 620-272-2660
Ulysses, 620-356-1373

Home Medical Services
Dodge City, 620-227-7080 or
800-458-6834
Garden City, 800-833-7066

Home Medical Supply Store
Scott City, 620-872-2232

Medical Park Home Equipment
Great Bend, 620-793-7828

Med Link Services
Liberal
620-626-7779 or 888-626-7779

Stevens County Hospital &
Home Medical Equipment
Hugoton, 620-544-4726

RESPIRATORY SERVICES
Lincare
620-227-5195 or 877-735-1015
Barber, Clark, Comanche, Edwards, Ford, Hodgeman, Gray, Kiowa, Meade, Pratt

Lincare
620-624-6888 or 877-735-1015
Finney, Haskell, Kearny, Morton, Seward, Stevens

REVERSE MORTGAGE
Fanny Mae, 800-732-6643

Reverse Mortgages of KS
A Division of Priority Mortgage
Wichita, 316-832-2221

Wells Fargo Home Mortgage
Wichita, 800-265-7070

TALKING BOOKS
See library systems listed under Information & Assistance

UTILITY ASSISTANCE
(LIEAP) Low Income Energy Assistance Program. *Contact Local DCF office*

Contact your local Salvation Army for utility assistance programs

VETERANS AFFAIRS
Commission on Veterans Affairs
Fort Dodge, 620-225-4041
Hays, 785-625-8532
Hutchinson, 620-662-7131

WEATHERIZATION
Interfaith Housing Service, Inc.
Hutchinson
620-662-8370 or 877-447-5927
Barton, Clark, Comanche, Edwards, Finney, Ford, Grant, Gray, Greeley, Hamilton, Haskell, Hodgeman, Kearny, Kiowa, Lane, Meade, Morton, Ness, Pawnee, Rush, Scott, Seward, Stanton, Stevens, Wichita

South Central Kansas Economic Development, Wichita
620-683-4422 or 800-658-1742
Barber, Pratt, Stafford

BARBER COUNTY

APARTMENT COMPLEXES
Candletree Apartments
Kiowa, 620-825-4129

Indian Hills Lodge
Medicine Lodge, 620-886-5801

Indian Hills Plaza
Medicine Lodge, 620-886-5801

Sunflower Apartments
Medicine Lodge, 620-886-3382

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Pratt, 620-672-5955

EMERGENCY ALERT DEVICES
Medicine Lodge
Memorial Hospital
Medicine Lodge, 620-886-3771

HOSPICE
South Wind Hospice, Inc
Pratt, 620-672-7553 or
888-731-7553

MEAL SITES
Medicine Lodge Leisure
Time Center
Medicine Lodge, 620-886-3466

Medicine Lodge
Memorial Hospital
Medicine Lodge, 620-886-3771
Sat. & Sun. delivery only

SENIOR CENTERS
Hardtner Senior Center
Hardtner, 620-296-4424

Hazelton OWLS
Community Center
Hazelton, 620-239-4230

Isabel Community Senior
Center, Inc.
Isabel, 620-739-4793

Kiowa Senior Center
Kiowa, 620-825-4898

Leisure Time Center
Medicine Lodge, 620-886-3466

Sharon Senior Center, Inc.
Sharon, 620-294-5236

TRANSPORTATION
City of Kiowa
Kiowa Senior Center
620-825-4898

City of Medicine Lodge
Leisure Time Senior Center
620-886-3466

BARTON COUNTY

ADULT DAY CARE
Woodhaven Care Center
Ellinwood, 620-564-2337

APARTMENT COMPLEXES
Cardinal Apartments, Inc.
Hoisington, 620-653-4342

Cedar Park Place
Great Bend, 620-793-8115

Cherry Village Apartment
Great Bend, 620-793-5765

Ellinwood Heights Apartments
Ellinwood, 620-564-2020

Great Bend Housing
Great Bend, 620-793-7761

Sommerset Place
Great Bend, 620-793-8075

The Oaks, L.P.
Ellinwood, 620-792-3299

Wheatridge Apts, L.L.C.
Hoisington, 620-792-3299

ASSISTED LIVING
Cherry Village
Great Bend, 620-792-2165

Country Place Senior Living
Hoisington, 620-653-4121

River Bend Living
Great Bend, 620-792-7017

Sterling House
Great Bend, 620-792-7000

ATTENDANT CARE
ElderCare, Inc.
Great Bend, 620-792-5942
Provides Chore Services & 24-hour care

Pathways ResCare
Great Bend, 620-793-8501

COMPANION
Senior Companion
Hays, 785-628-5809

CONTINUING CARE RETIREMENT COMMUNITY
Cherry Village
Great Bend, 620-792-2165

Villa at Woodhaven
Ellinwood, 620-564-2337

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Great Bend, 620-792-5324

EMERGENCY ALERT DEVICE
Golden Belt Telephone
Rush Center
785-372-4236 or 800-432-7965

Hays Medical Center Lifeline
Hays, 785-623-6200 or
800-990-0731

Medical Park Home Equipment
Great Bend, 620-793-7828

HOME PLUS
Country Place Senior Living
Ellinwood, 620-564-2100

HOME HEALTH
Angels Care Home Health
Russell, 785-445-3500

Golden Belt Home Health & Hospice, Great Bend
620-792-8171 or 888-792-8171

HOSPICE
Golden Belt Home Health & Hospice
Great Bend, 620-792-8171 or
888-792-8171

Hospice Care of Kansas
Hutchinson, 620-664-5757 or
888-276-7553

HOMEMAKER SERVICES
Eldercare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

MEALS – HOME DELIVERED
Barton County
Meals on Wheels
620-792-1833 or 620-792-1614
Ellinwood, Great Bend, Hoisington

Claflin Meals on Wheels
620-587-3816

Ellinwood Heritage Center
620-564-3649

MEAL SITES
Ellinwood Heritage Center
Ellinwood, 620-564-3649

Great Bend Senior Center
Great Bend, 620-792-3906

Hoisington Friendship Meals
Hoisington, 620-653-4619

RESPITE CARE
ElderCare, Inc.
Great Bend, 620-792-5942

RETIRED SENIOR VOLUNTEER PROGRAM
Barton County RSVP
620-792-1614

SENIOR CENTERS
Ellinwood Heritage Club, Inc.
Ellinwood, 620-564-3649

Fifty-five Plus, Inc.
Claflin, 620-587-3653

Great Bend Senior Center
Great Bend, 620-792-3906

Heritage Senior Citizen
Association, Inc.
Hoisington, 620-653-4621

TELEPHONE REASSURANCE
Great Bend Senior Center
Great Bend, 620-792-3859

TRANSPORTATION
City of Ellinwood
Commission on Aging,
620-564-3649

Claflin Community
Claflin Fifty-five plus Club
620-587-3816

Great Bend Commission
on Aging
Great Bend, 620-792-3859
within city limits

Hoisington Commission on
Aging, 620-653-2555

RSVP of Barton County &
Interfaith Volunteers in Action
Barton County, 620-792-1614

Sunflower Diversified Service
Catch A Ride
620-792-7797
Barton, Pawnee, Rice, Rush,
Stafford

Ashland Health Center
Ashland, 620-635-2311

Minneola Long Term Care
620-885-4238

CLARK COUNTY

ADULT DAY CARE
Ashland Health Center
Ashland, 620-635-2311

Minneola Long Term Care
620-885-4238

APARTMENT COMPLEXES
Advance Apartments
Minneola, 620-885-4500

Appleton Plaza
Minneola, 620-885-4500

Elm Grove Apartments
Ashland, 620-635-4496

Wheatland Apartments
Minneola, 620-885-4500

ATTENDANT CARE
Ashland District Hospital
Ashland, 620-635-2241

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICE
Ashland District Hospital
Ashland, 620-635-2241

Grant County
Medical Equipment
Garden City, 620-272-2660

Minneola District Hospital
Minneola, 620-885-4264

HOME HEALTH
Ashland Health Center
Ashland, 620-635-2241

Meade District Hospital Home
Health Agency
Meade, 620-873-2141 or
800-411-3658

HOMEMAKER SERVICES
Ashland District Hospital
Ashland, 620-635-2241

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

MEAL SITES
Ashland Senior Center
Ashland, 620-635-2999

Minneola Senior Center
Minneola, 620-885-4701

RESPITE CARE
Ashland District Hospital
Ashland, 620-635-2241

Minneola Long Term Care
620-885-4238

SENIOR CENTERS
Ashland Senior Center
Ashland, 620-635-2999

Civic Connection
Minneola, 620-885-4701

TRANSPORTATION
Ashland Senior Center
620-635-2999
Ashland and Vicinity

Minneola District Hospital
620-885-4264

COMANCHE COUNTY

ADULT DAY CARE
Pioneer Lodge
Coldwater, 620-582-2123

Protection Valley Manor
Protection, 620-622-4261

APARTMENT COMPLEXS
Centennial Courts
Protection, 620-622-4555

Coldwater Apartments
Coldwater, 620-582-2780

Prairie Plaza Apartments
Coldwater, 620-582-2766

ASSISTED LIVING
Pioneer Lodge
Coldwater, 620-582-2123

ATTENDANT CARE
Comanche County
Home Health
Coldwater, 620-582-2144

DEPARTMENT FOR CHILDRENAND FAMILIES (DCF)
Greensburg, 620-723-3321

EMERGENCY ALERT DEVICE
Comanche County Hospital
Coldwater, 620-582-2144

HOMEMAKER SERVICES
Comanche County
Home Health
Coldwater, 620-582-2144

HOSPICE
South Wind Hospice, Inc
Pratt, 620-672-7553

MEAL SITES & HOME DELIVERED
Coldwater Friendship Meals
620-582-2777

Don's Place
Protection, 620-622-4365

SENIOR CENTERS
Coldwater Senior Center
Coldwater, 620-582-2777

TRANSPORTATION
Pioneer Lodge
Coldwater, 620-582-2123

EDWARDS COUNTY

ADULT DAY CARE
Medicalodge
Kinsley, 620-659-2156

APARTMENT COMPLEX
Kinsley Housing Authority
Kinsley, 620-659-2606

ATTENDANT CARE
ElderCare, Inc
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICE
Edwards County Hospital
Kinsley, 620-659-3621

HOME HEALTH
Prairie Home Health
Dodge City, 620-227-7209 or
800-466-7209

HOMEMAKER SERVICES
Eldercare, Inc
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

South Wind Hospice
Pratt, 620-672-7553

MEALS – HOME DELIVERED
Friendship Meals
Kinsley, 620-659-3611

MEAL SITE
Kinsley, 620-659-3611

RESPITE CARE
ElderCare, Inc
Great Bend, 620-792-5942

Medicalodge
Kinsley, 620-659-2156

SENIOR CENTERS
Belpre Keenagers
Belpre, 620-995-4721

Midway Senior Center
Kinsley, 620-659-3287

FINNEY COUNTY

ADULT DAY CARE
Legacy Senior Services
Garden City, 620-277-7112

APARTMENT COMPLEXES
Abbot Garden Apartments
Garden City, 620-275-9444

Apple City Apartments
Garden City, 620-275-7761

Apple Cove Apartments
Garden City, 620-277-0530

Apple Garden Apartments
Garden City, 620-275-6036

Apple Lane Apartments
Holcomb, 620-277-0057

Garden City Housing Authority
Garden City, 620-276-1240

Greenbriar of Garden City
Garden City, 620-276-2282

Mira Vista Apartments
Garden City, 620-271-0551

Pershing Manor
Garden City, 620-276-1240

Sabine House Apartments
Garden City, 620-276-8000

The Trails of Garden City
Garden City, 620-276-8000

ASSISTED LIVING
The Homestead Assisted
Living Residence
Garden City, 620-272-9800

ATTENDANT CARE
Family Ministries
Garden City
620-275-7364 or 620-272-7457

Summit ResCare
Garden City, 620-271-0176

Sunshine Nursing
Garden City, 620-276-8868

CONTINUING CARE RETIREMENT COMMUNITY
Garden Valley Retirement
Garden City, 620-275-9651

Homestead Health and Rehab
Garden City, 620-276-7643

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICES
Grant County
Medical Equipment
Garden City, 620-272-2660

Medical Emergency Responder
Williams Investigations
& Security
Garden City, 620-275-1134

Summit ResCare
Garden City, 620-271-0176

HOME HEALTH
Kearny County Home Health
Lakin, 620-355-1365

Sunshine Nursing
Garden City, 620-276-8868

HOMEMAKER SERVICES
Family Ministries
Garden City
620-275-7364 or 620-272-7457

Summit ResCare
Garden City, 620-271-0176

Sunshine Nursing
Garden City, 620-276-8868

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEALS – HOME DELIVERED
Garden City
Meals on Wheels
620-272-3620

MEAL SITE
Senior Center
of Finney County
Garden City, 620-272-3620

RESPITE CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Garden Valley Respite Care
Garden City, 620-275-9651

Homestead Health and Rehab
Garden City, 620-276-7643

Legacy Senior Services
Garden City, 620-277-7112

RETIRED SENIOR VOLUNTEER PROGRAM
Garden City RSVP
Garden City, 620-272-3620 or
620-275-5566

SENIOR CENTERS
Senior Center of Finney County
Garden City, 620-272-3620

TRANSPORTATION
Senior Center of Finney County
Garden City, 620-272-3626

FORD COUNTY

ADULT DAY CARE
Hilltop House
Bucklin, 620-826-3202

Trinity Manor
Dodge City, 620-227-8551

Good Samaritan Society
of Dodge City
Dodge City, 620-227-7512

APARTMENT COMPLEXES
Dodge City Good Samaritan
Dodge City, 620-227-7512
Six independent apts.

Greenbrair of Dodge City
Dodge City, 620-227-5891

Hagenbuch Garden
Bucklin, 620-826-3512

Park Plaza Tower
Dodge City, 620-227-3331

Parkview Apartments
Spearville, 620-385-2632

Senior Citizens
North Hi-Rise
Dodge City, 620-225-1965

Senior Citizens
South Hi-Rise
Dodge City, 620-225-1584

Town Central Apartment
Dodge City, 620-225-4260

Western Hills
Dodge City, 620-227-6689

ASSISTED LIVING
Hilltop House
Bucklin, 620-826-3202

Manor of the Plains
Dodge City, 620-225-1928

Sterling House
Dodge City, 620-225-7555

Trinity Manor
Dodge City, 620-227-8551

ATTENDANT CARE
Bethel Home Health Care
Montezuma, 620-846-7448

ElderCare, Inc
Dodge City, 620-255-3822

Family Ministries
Garden City, 620-275-7364 or
620-272-7457

COMPANION
Senior Companion
Hays, 785-628-5809

CONTINUING CARE RETIREMENT COMMUNITY
Manor of the Plains
Dodge City, 620-225-1928

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICES
Grant County
Medical Equipment
Garden City, 620-272-2660

Senior Friends Western Plains
Medical Complex
Dodge City, 620-225-8401 or
800-200-0076

HOME HEALTH
Prairie Home Health
Dodge City
620-227-7209 or 800-466-7209

HOMEMAKER SERVICES
Bethel Home Health Care
Montezuma, 620-846-7448

ElderCare, Inc
Dodge City, 620-255-3822

Family Ministries
Garden City, 620-275-7364 or
620-272-7457

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

MEALS – HOME DELIVERED
Bucklin Home Delivered Meals
620-826-3202

Dodge City Meals on Wheels
620-225-0417

Spearville Parkview Apartments
620-385-2632

MEAL SITES
Dodge City Senior Center
Dodge City, 620-338-8863

Spearville Parkview Apartments
Spearville, 620-385-2632

RESPITE CARE
ElderCare, Inc
Dodge City, 620-255-3822

Family Ministries
Garden City
620-275-7364 or 620-272-7457

Good Samaritan Society
of Dodge City
Dodge City, 620-227-7512

Hilltop House
Bucklin, 620-826-3202

Manor of the Plains
Dodge City, 620-225-1928

Sterling House
Dodge City, 620-225-7555

Trinity Manor
Dodge City, 620-227-8551

RETIRED SENIOR VOLUNTEER PROGRAM
Dodge City RSVP
Dodge City, 620-227-7077

SENIOR CENTERS
Bucklin Senior Center
Bucklin, 620-826-3846

Dodge City Senior Center
Dodge City, 620-338-8863

Spearville Community
Senior Center
Spearville, 620-385-2915

Wright Senior Center
Wright, 620-225-3811

TELEPHONE REASSURANCE
Bucklin Hospital District
620-826-3202 or 620-826-3211

TRANSPORTATION
City of Dodge City
620-225-8119

GRANT COUNTY

ADULT DAY CARE
The Legacy at Park View
Ulysses, 620-356-3331

APARTMENT COMPLEXES
Far View Villa
Ulysses, 620-356-3525

Ulysses Housing Authority
Ulysses, 620-356-3972

Ulysses Plaza Apartments
Ulysses, 620-356-1891

ASSISTED LIVING
Park View
Ulysses, 620-424-2000

ATTENDANT CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Grant County Senior Center
Ulysses, 620-356-2216
Provides chore services

Summit ResCare
Liberal, 620-624-5117

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Grant County
Medical Equipment
Garden City, 620-272-2660

Grant County Senior Center
Ulysses, 620-356-2216

FRIENDLY VISITOR
Grant Count Senior Center
Friendly Visitor Program
Ulysses, 620-356-2216

HOME HEALTH
Heritage Homecare
Ulysses, 620-356-6006

HOMEMAKER SERVICES
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Grant County Senior Center
Ulysses, 620-356-2216

Summit ResCare
Liberal, 620-624-5117

HOSPICE
Saint Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEALS – HOME DELIVERED
Grant County Senior Center
Ulysses, 620-356-2216

MEAL SITE
Grant County Senior Center
Ulysses, 620-356-2216

RESPITE CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

The Legacy at Park View
Ulysses, 620-356-3331

SENIOR CENTERS
Grant County Senior Center
Ulysses, 620-356-2216

TRANSPORTATION
Grant County Senior Center
620-356-2216

GRAY COUNTY

ADULT DAY CARE
The Shepherd's Center
Cimarron, 620-855-3498

APARTMENT COMPLEXES
Cimarron Housing Authority
Cimarron, 620-855-3902

Cimarron One Apartments
Cimarron, 620-855-3609

Rustic Hills Apartments
Cimarron, 620-855-7752

ATTENDANT CARE
Bethel Home Health Care
Montezuma, 620-846-7448

ElderCare, Inc.
Dodge City, 620-255-3822

Family Ministries
Garden City, 620-275-7364 or
620-272-7457

CONTINUING CARE RETIREMENT COMMUNITY
Bethel Home, Inc.
Montezuma, 620-846-2241

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICE
Cheryl Unruh
Montezuma, 620-846-2241

Grant County
Medical Equipment
Garden City, 620-272-2660

Harold Koehn
Cimarron, 620-846-2887

HOME HEALTH
Prairie Home Health
Dodge City, 620-227-7209 or
800-466-7209

HOMEMAKER SERVICES
Bethel Home Health Care
Montezuma, 620-846-7448

ElderCare, Inc
Dodge City, 620-255-3822

Family Ministries
Garden City, 620-275-7364 or
620-272-7457

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEAL SITES & HOME DELIVERED
Cimarron Senior Center
Cimarron, 620-855-3711

Montezuma Senior Citizens
Montezuma, 620-846-2662

RESPITE
Bethel Home Health Care
Montezuma, 620-846-7448

ElderCare, Inc
Dodge City, 620-255-3822

Family Ministries
Garden City
620-275-7364 or 620-272-7457

SENIOR CENTERS
Ensign Keenagers
Ensign, 620-865-4891

Gray County Over 50
Senior Center
Cimarron, 620-855-3711

Santa Fe Senior Center
Copeland, 620-668-5872

Senior Citizen Council
Montezuma, 620-846-2662

GREELEY COUNTY

ADULT DAY CARE
Greeley County Hospital
& Long Term Care
Tribune, 620-376-4225

APARTMENT COMPLEX
Golden Wheat Village
Tribune, 620-376-4278

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICE
Grant County
Medical Equipment
Garden City, 620-272-2660

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEALS- HOME DELIVERED
Greeley County Hot Meals
Greeley County Hospital
Tribune, 620-376-4221

MEAL SITE
Greeley County Hot Meals
Greeley County Hospital
Tribune, 620-376-4221

SENIOR CENTERS
Melven O. Kuder Senior Center
Tribune, 620-376-2176

TRANSPORTATION
Greeley County Hospital -
LTCU
Tribune, 620-376-4221

APARTMENT COMPLEXES
Prairieland Properties
of Syracuse
Syracuse, 620-384-5501

Vesterheim, Ltd.
Syracuse, 620-384-7441

Sunflower Square
Syracuse, 620-384-7461 x 189

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICES
Grant County
Medical Equipment
Garden City, 620-272-2660

Hamilton County V.I.P. Center
Senior Center
Syracuse, 620-384-7871

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEAL SITE & HOME DELIVERED
Hamilton County V.I.P. Center
Syracuse, 620-384-7871

SENIOR CENTERS
Hamilton County V.I.P. Center
Syracuse, 620-384-7871

TRANSPORTATION
Community of Syracuse
Hamilton County V.I.P. Center
620-384-7871

HASKELL COUNTY

APARTMENT COMPLEXES
Ponca Manor Apartments
Satanta, 620-649-2278

Sublette Plaza Apartments
Sublette, 620-675-8075

ATTENDANT CARE
Family Ministries
Garden City
620-275-7364 or 620-272-7457

Satanta Happy Age Center
Satanta, 620-649-2304
Provides chore services

Sensitive Home Care
Liberal, 620-624-3797

Summit ResCare
Liberal, 620-624-5117

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Satanta Happy Age Center
Satanta, 620-649-2304

Sublette Pride of Life
Sublette, 620-675-8596

HOME HEALTH
Heritage Home Care
Ulysses, 620-356-6006

HOMEMAKER SERVICES
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Satanta Happy Age Center
Satanta, 620-649-2304

Sensitive Home Care
Liberal, 620-624-3797

Summit ResCare
Liberal, 620-624-5117

HOSPICE
St Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

St Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEAL SITES & HOME DELIVERED
Satanta Happy Age Center
Satanta, 620-649-2304

Sublette Pride of Life
Sublette, 620-675-8596

MENTAL HEALTH
Satanta District Hospital
Mental Health Services
620-649-2200

Senior Mental Health
Heritage Program for
Senior Adults
Satanta District Hospital
Satanta, 620-649-2135

RESPITE CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Satanta Happy Age Center
Satanta, 620-649-2304

Sensitive Home Care
Liberal, 620-624-3797

SENIOR CENTERS
Satanta Happy Age Center
Satanta, 620-649-2304

Sublette Pride of Life
Sublette, 620-675-8596

TRANSPORTATION
Satanta Happy Age Center
Satanta, 620-649-2304
Satanta and Surrounding Area

Pride of Life Senior Center
620-875-8596
Sublette and Surrounding Area

HODGEMAN COUNTY

APARTMENT COMPLEXES
Bramley Place
Jetmore, 620-357-8361

Jetmore Housing Authority
Jetmore, 620-357-8535

ATTENDANT CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICE
Hodgeman County
Health Center
Jetmore, 620-357-8361 or
620-357-8354

HOME HEALTH
Prairie Home Health
Dodge City, 620-227-7209 or
888-466-7209

HOMEMAKER SERVICES
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Hodgeman County
Health Center
Jetmore, 620-357-8361 or
620-357-8354

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

St Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

INTERMEDIATE CARE
Hodgeman County
Health Center
Jetmore, 620-357-8361 or
620-357-8354

MEAL SITE & HOME DELIVERED
Jetmore Senior Center
Jetmore, 620-357-8514
5 miles out

SENIOR CENTERS
Hanston Senior Center
Hanston, 620-623-4361

Jetmore Senior Center, Inc.
Jetmore, 620-357-8514

TRANSPORTATION
Hanston Area Council on Aging
620-623-4361
Eastern 1/3 of Hodgeman County

KEARNY COUNTY

ADULT DAY CARE
High Plains Retirement Village
Lakin, 620-355-7111

ASSISTED LIVING
High Plains Retirement Village
Lakin, 620-355-7836

APARTMENT COMPLEXES
Applefield Apartments
Deerfield, 620-426-6464

O'Laughlin Village
Lakin, 620-355-6293

Santa Fe Apartments
Deerfield, 620-426-8321

Westridge Apartments
Lakin, 620-355-7912

ATTENDANT CARE
Kearny County Hospital
Lakin, 620-355-7111

BOARD AND CARE HOME
Pioneer Home
Lakin, 620-355-6212

CONTINUING CARE RETIREMENT COMMUNITY
High Plains Retirement Village
Lakin, 620-355-7836

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICE
Grant County
Medical Equipment
Garden City, 620-272-2660

Kearny County Hospital
Lakin, 620-355-7111

HOME HEALTH
Kearny County Home Health
Lakin, 620-355-1365 or
620-355-1349

HOMEMAKER SERVICES
Kearny County Hospital
Lakin, 620-355-7111

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEALS – HOME DELIVERED
Lakin Meals on Wheels
Lakin, 620-355-6482
Within 3 mile zoning areas of Lakin & Deerfield

Senior Meals Program
Lakin, 620-355-6482
For persons with doctor certified nutritional need who do not meet homebound criteria.

RESPITE CARE
High Plains Retirement Village
Lakin, 620-355-7836

SENIOR CENTERS
Kearny County Senior Center
Lakin, 620-355-6482

TRANSPORTATION
Kearny County Council
on Aging
Lakin, 620-355-6482

KIOWA COUNTY

APARTMENT COMPLEXES
College Hill
Haviland, 620-862-5600

Elmore Heights
Greensburg, 620-723-2752

Kiowa Komotara
Greensburg, 620-723-2246

ASSISTED LIVING
Carriage House
Greensburg, 620-723-3400

Home Again Senior Living
Haviland, 620-862-5867

ATTENDANT CARE
Eldercare, Inc.
Great Bend, 620-792-5942

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Greensburg, 620-723-3321

HOME HEALTH
Pratt Regional Medical Center
Home Health Agency
Pratt, 620-450-1647

HOMEMAKER SERVICES
Eldercare Inc.
Great Bend, 620-792-5942

HOSPICE
South Wind Hospice
Pratt, 620-672-7553

MEAL SITES & HOME DELIVERED
Barclay College
Meal Site
Haviland, 620-862-7188

Haviland Care Center
Home Delivered
Haviland, 620-862-5315

Haviland Friendship Meals
Haviland, 620-862-5315

Kiowa County Senior Center
Greensburg, 620-723-2288

SENIOR CENTERS
Haviland, 620-862-7188

Kiowa County Senior Center
Greensburg, 620-723-2288

TRANSPORTATION
Haviland Cares
Haviland, 620-862-5267

LANE COUNTY

APARTMENT COMPLEXES
Green Meadows
Dighton, 620-397-2656

Sunrise Village
Dighton, 620-397-2656

ASSISTED LIVING
Diamond View Estates
Dighton, 620-397-5111

ATTENDANT CARE
Lane County Health Dept.
Dighton, 620-397-2809

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICE
Hays Medical Center Lifeline
Hays, 785-623-6200 or
800-990-0731

S & T Telephone
Dighton, 620-397-2111

HOME HEALTH
Scott County Hospital Home Health Agency
Scott City, 620-874-4868

HOMEMAKER SERVICES
Lane County Health Dept.
Dighton, 620-397-2809

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

MEAL SITE & HOME DELIVERED
JOY Center
Dighton, 620-397-2300

SENIOR CENTERS
J.O.Y. Center
Dighton, 620-397-2300

MEADE COUNTY

APARTMENT COMPLEXES
Parkview Village
Fowler, 620-646-5494

Prairie View Plaza
Meade, 620-873-2022

Wheatland Estates
Meade, 620-873-2022

ATTENDANT CARE
Meade District Hospital
Home Health
Meade, 620-873-2141

COTINUING CARE RETIREMENT COMMUNITY
Lone Tree Retirement Center
Meade, 620-873-2146

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Meade District Hospital
Meade, 620-873-2141

HOME HEALTH
Liberal Home Health
& Hospice
Liberal, 620-626-4798

Meade District Hospital
Home Health
Meade, 620-873-2141

Prairie Home Health
Dodge City, 620-227-7909 or
800-466-7209

HOMEMAKER SERVICES
Meade District Hospital
Home Health
Meade, 620-873-2141

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

Liberal Home Health
& Hospice
Liberal, 620-626-4798

Saint Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEAL SITES & HOME DELIVERED
Beam Senior Center
Meade, 620-873-5363

Fowler Residential Care
Fowler, 620-646-5215

Plains Young At Heart
Plains, 620-563-7807

RESPITE CARE
Lone Tree Retirement Center
Meade, 620-873-2146

SENIOR CENTERS
Beam Senior Center
Meade, 620-873-5363

Fowler Senior Center
Fowler, 620-646-5360

Young at Heart
Plains, 620-563-7807

TRANSPORTATION
Beam Senior Center
620-873-5363
Meade and surrounding area

Fowler Senior Center
620-646-5360
Dodge City, Fowler, Meade & Minneola

Kiwanis Club of Meade
620-873-2742 or 620-873-5132
Nursing Home Help

Young at Heart, Inc.
620-563-7807
Plains and surrounding area

MORTON COUNTY

APARTMENT COMPLEXES
Prairie View Manor
Elkhart, 620-697-4630

The Villa
Rolla, 620-593-4368

ASSISTED LIVING
Morton County Assisted Living
Elkhart, 620-697-5649

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Morton County Health Dept.
Elkhart, 620-697-2612

HOME HEALTH
Bob Wilson Memorial
Home Health Agency
Ulysses, 620-356-1266

Elkhart Home Health
& Hospice
Elkhart, 620-697-4057 or
800-338-0004

HOSPICE
Elkhart Home Health
& Hospice
Elkhart, 620-697-4057 or
800-338-0004

Saint Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEAL SITES & HOME DELIVERED
Elkhart Senior Center
Elkhart, 620-697-2322

Rolla Senior Center
Rolla, 620-593-4727

SENIOR CENTERS
Elkhart Senior Center
Elkhart, 620-697-2322

Richfield Senior Center
Richfield, 620-592-2436

Rolla Senior Center
Rolla, 620-593-4727

TRANSPORTATION
Elkhart Senior Center
Elkhart, 620-697-2322

NESS COUNTY

APARTMENT COMPLEX
Wheatview Apartments
Ness City, 785-798-3646

ATTENDANT CARE
Ness County Hospital
Home Health
Ness City, 785-798-2291

COMPANION
Senior Companion
Hays, 785-628-5809

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Dodge City, 620-227-8508

EMERGENCY ALERT DEVICE
Grisell Memorial Hospital
Ransom, 785-731-2231

Hays Medical Center Lifeline
Hays, 785-623-6200

Ness County Hospital
Ness City, 785-798-2291

HOME HEALTH
Ness County Hospital
Home Health
Ness City, 785-798-2291

HOMEMAKER SERVICES
Ness County Hospital
Home Health
Ness City, 785-798-2291

HOSPICE
Hospice of the Prairie
Dodge City, 620-227-7209 or
800-466-7209

South Wind Hospice
Pratt, 620-672-7553

MEAL SITES & HOME DELIVERED
Ness City Leisure Years
Ness City, 785-798-3108

Ransom Senior Center
Ransom, 785-731-2278

Utica Golden Circle
Utica, 785-391-2278

RESPITE CARE
Ness County Hospital
Home Health
Ness City, 785-798-2291

SENIOR CENTERS
Go Getters
Ransom, 785-731-2301

Golden Circle
Utica, 785-391-2278

Golden Years Senior Center
Bazine, 785-398-2448

Leisure Years
Ness City, 785-798-3108

Young at Heart
Brownell, 785-798-2523

TRANSPORTATION
Ness City Leisure Years
Ness City, 785-798-3108

Ransom Senior Center
Ransom, 785-731-2287

PAWNEE COUNTY

APARTMENT COMPLEXES
Pawnee Plaza
Larned, 620-285-6661

Prairie Villas
Great Bend, 620-792-3299

Santa Fe Trail Apartments
Larned, 620-285-2630

Terrace Apartments
Larned, 620-285-6914

ASSISTED LIVING
Country Place Senior Living
Larned, 620-285-6212

Larned Healthcare &
Living Center
Larned, 620-285-6914

ATTENDANT CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

COMPANION
Senior Companion
Hays, 785-628-5809

CONTINUING CARE RETIREMENT COMMUNITY
Larned Healthcare &
Living Center
Larned, 620-285-6914

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Larned, 620-285-4630

EMERGENCY ALERT DEVICE
Golden Belt Telephone
Rush Center
785-372-4236 or
1-800-432-7965

HOME HEALTH
Angels Care Home Health
Russell, 785-445-3500

Golden Belt Home Health
Great Bend, 620-792-8171

HOMEMAKER SERVICES
ElderCare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

HOSPICE
Golden Belt Home Health
Great Bend, 620-792-8171

South Wind Hospice
Pratt, 620-672-7553

MEAL SITE & HOME DELIVERED
Larned Senior Center
Larned, 620-285-3504

RESPITE CARE
ElderCare, Inc.
Great Bend, 620-792-5942

SENIOR CENTERS
Burdett Senior Center
Burdett, 620-525-6655

Welcome Inn Leisure Center
Larned, 620-285-3504

TRANSPORTATION
Burdett Seniors, Inc.
620-525-6655
Burdett and surrounding area

Welcome Inn Leisure Center
620-285-3504
Eastern Pawnee County

PRATT COUNTY

ADULT DAY CARE
Pratt Care Center
Pratt, 620-672-6541

APARTMENT COMPLEXES
Walnut Grove Apartments
Pratt, 620-672-5152

Eastern Town Home
Pratt, 620-672-9000

High Point East Apartments
Pratt, 620-338-1410

Hillside Terrace Apartments
Pratt, 620-672-5052

Pinewood Place
Pratt, 620-672-6109

ASSISTED LIVING
Parkwood Village
Pratt, 620-672-5541

ATTENDANT CARE
Pathways Res Care
Great Bend, 620-793-8501

Eldercare, Inc
Great Bend, 620-792-5942

Loving Care
Pratt, 620-672-5210

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Pratt, 620-672-5955

EMERGENCY ALERT DEVICE
Pratt County RSVP
Pratt, 620-672-7811

FRIENDLY VISITOR
Loving Care
Pratt, 620-672-5210

HOME HEALTH
Pratt Regional Medical Center
Home Health Agency
Pratt, 620-450-1647

HOMEMAKER SERVICES
ElderCare, Inc.
Great Bend, 620-792-5942

Loving Care
Pratt, 620-672-5210

Pathways Res Care
Great Bend, 620-793-8501

HOSPICE
Hospice Care of Kansas
Hutchinson, 620-664-5757 or
888-276-5757

South Wind Hospice
Pratt, 620-672-7553 or
888-731-7553

MEAL SITES & HOME DELIVERED
Pratt Regional Medical Center
Pratt, 620-450-1428

Pratt Senior Center
Pratt, 620-672-6224

RETIRED SENIOR VOLUNTEER PROGRAM
Pratt, 620-672-7811

RESPITE CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Pratt Care Center
Pratt, 620-672-6541

Pratt Rehabilitation &
Residence Center
Pratt, 620-672-3424

SENIOR CENTERS
Pratt Senior Center
Pratt, 620-672-7811

TRANSPORTATION
Pratt RSVP
Pratt, 620-672-7811
City of Pratt and Pratt County

RUSH COUNTY

ADULT DAY CARE
Rush County Nursing Home
LaCrosse, 785-222-2574

APARTMENT COMPLEXES
Crossroads Manor
LaCrosse, 785-222-3708

Washington Heights Apts
La Crosse, 785-222-9050

ATTENDANT CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Good Samaritan Society Home
Health of Central Kansas
Hays, 785-621-2499 or
866-402-6458

Pathways ResCare
Great Bend, 620-793-8501

COMPANION
Senior Companion
Hays, 785-628-5809

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Hays, 785-628-1066

EMERGENCY ALERT DEVICE
Golden Belt Telephone
Rush Center, 785-372-4236 or
800-432-7965

Hays Medical Center Lifeline
785-623-6200 or 800-990-0731

HOME HEALTH
Angels Care Home Health
Russell, 785-445-3500

Good Samaritan Society Home
Health of Central Kansas
Hays, 785-621-2499 or
866-402-6458

HOMEMAKER SERVICES
Elder Care, Inc
Great Bend, 620-792-5942

Good Samaritan Society Home
Health of Central Kansas
Hays
785-621-2499 or 866-402-6458

Pathways ResCare
Great Bend, 620-793-8501

HOSPICE
Hays Medical Center
Hays, 800-248-0073

MEAL SITE & HOME DELIVERED
LaCrosse Friendship Meals
785-222-3461 or 785-222-3325
Available countywide

RESPITE CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

SENIOR CENTERS
Bison Senior Center
Bison, 785-356-2922

Golden Keys
Alexander, 785-343-2258

McCracken Senior Center
McCracken, 785-394-2255

Otis Senior Center
Otis, 785-372-2318

Sixty Plus Senior Center
LaCrosse, 785-222-3461

Walnut Valley Senior Citizens
Rush Center, 785-372-4525

TRANSPORTATION
Rush County Transportation
LaCrosse, 785-222-3537
8:00 am - 4:30 pm

SCOTT COUNTY

APARTMENT COMPLEX
H.L. Miller Apartments
Pheasant Cove Apts
Scott City, 620-872-5458

Scott City Housing Authority
Scott City, 620-872-2535

ASSISTED LIVING
Park Place
Scott City, 620-872-5871

ATTENDANT CARE
Scott County Health Dept
Scott City, 620-872-5774

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICE
Scott County Hospital
Scott City, 620-872-5811

HOME HEALTH
Scott County Hospital Home Health Agency
Scott City, 620-872-7731

HOMEMAKER SERVICES
Scott County Health Dept
Scott City, 620-872-5774

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or 800-281-4077

MEALS – HOME DELIVERED
Scott County V.I.P. Center
Scott City, 620-872-3501

Scott County Hospital
Scott City, 620-872-5811
M-F Noon and Evening
Weekend's pick-up only

SENIOR CENTERS
Scott County V.I.P. Center
Scott City, 620-872-3501

TELEPHONE REASSURANCE
Scott County Hospital
Auxiliary Telecare
Scott City, 620-872-5811
Residents within local dialing Distance

TRANSPORTATION
Scott County V.I.P. Center
Scott City, 620-872-3501

SEWARD COUNTY

APARTMENT COMPLEXES
The Cottages Apartments
Liberal, 620-626-5000

Greenbriar of Liberal
Liberal, 620-624-2992

Southlawn Manor
Parklane Villa
Liberal, 620-624-5501

Westkan Limited Apartments
Liberal, 620-624-2939

ADULT DAY CARE
Golden Days
Liberal, 580-461-6127 or
620-640-1748

Good Samaritan Society
Liberal, 620-624-3831

Liberal Springs
Liberal, 620-624-8000

ASSISTED LIVING
Liberal Springs
Liberal, 620-624-8000

ATTENDANT CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Sensitive Home Care
Liberal, 620-624-3797

Seward County Council
on Aging
Liberal, 620-624-0828

Summit ResCare
Liberal, 620-624-5117

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Summit ResCare
Liberal, 620-624-5117

HOME HEALTH
Liberal Home Health
& Hospice
Liberal, 620-626-4798

Meade District Hospital
Home Health
Meade, 620-873-2141

HOMEMAKER SERVICES
Family Ministries
Garden City, 620-275-7346 or
620-272-7457

Sensitive Home Care
Liberal, 620-624-3797

Seward County Council
on Aging
Liberal, 620-624-0828

Summit ResCare
Liberal, 620-624-5117

HOSPICE
Liberal Home Health
& Hospice
Liberal, 620-626-4798

St Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEAL SITES & HOME DELIVERED
Kismet Senior Citizens
Kismet, 620-563-7793

Liberal Senior Center
Liberal, 620-624-2511

RESPITE CARE
Family Ministries
Garden City, 620-275-7364 or
620-272-7457

Liberal Springs
Liberal, 620-624-8000

Seward County Council
on Aging
Liberal, 620-624-0828

SENIOR CENTER
Kismet Senior Center
Kismet, 620-563-7793

Liberal Senior Center
Liberal, 620-624-2511

TRANSPORTATION
City of Liberal
Seward County Council
on Aging
620-624-2511

Good Samaritan Society
Liberal, 620-624-3831

STAFFORD COUNTY

ADULT DAY CARE
Leisure Homestead
St John, 620-549-3541

Leisure Homestead
Stafford, 620-234-5208

APARTMENT COMPLEXES
Cherry Lane Apartments
St John, 620-549-3946

Evergreen Park
Macksville, 620-348-3100

Stafford Housing Authority
Stafford, 620-234-6929

ASSISTED LIVING
Kenwood Plaza
St John, 620-549-6133

ATTENDANT CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-793-8501

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Pratt, 620-672-5955

EMERGENCY ALERT DEVICES
ADT Stafford District Hospital
Stafford, 620-234-5221

Golden Belt Telephone
Rush Center, 785-372-4236 or
800-432-7965

HOME HEALTH
Pratt Regional Medical Center
Home Health Agency
Pratt, 620-450-1647

Stafford District Home
Health Services
Stafford, 620-234-5221

HOMEMAKER SERVICES
ElderCare, Inc.
Great Bend, 620-792-5942

Pathways ResCare
Great Bend, 620-703-8501

HOSPICE
Hospice Care of Kansas
Hutchinson, 620-664-5757 or
888-276-5757

South Wind Hospice, Inc.
Pratt, 620-672-7553 or
888-731-7553

MEAL SITES & HOME DELIVERED
Leisure Homestead
St John, 620-549-3541

Leisure Homestead
Stafford, 620-234-5208

Macksville V.I.P. Center
Macksville, 620-348-9990

RESPITE CARE
ElderCare, Inc.
Great Bend, 620-792-5942

Leisure Homestead
St John, 620-549-3541

Leisure Homestead
Stafford, 620-234-5208

SENIOR CENTERS
Golden Agers
Stafford, 620-234-5817

Hudson Senior Citizens
Hudson, 620-458-3155

Radium Rangers Senior Center
Radium, 620-982-4499

St John Sunflowers
St John, 620-549-3403

Sandyland Shepherd Center
St John, 620-549-6351

Seward Senior Center
Seward, 620-458-4531

V.I.P. Senior Center, Inc.
Macksville, 620-348-9990

TRANSPORTATION
City of Stafford
620-234-5011
Stafford County &
Surrounding area

St John Sunflowers
St John, 620-549-3403

Sandyland Shepherd Center
St John, 620-549-6351

STANTON COUNTY

APARTMENT COMPLEXES
Queens Court
Johnson, 620-492-6608

Sunset Village
Johnson, 620-492-3571

ASSISTED LIVING
Memorial Living
Johnson, 620-492-6816

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICES
Grant County Medical Equipment
Garden City, 620-272-2660

Stanton County Health Care Facility
Johnson, 620-492-6250

HOME HEALTH
Heritage HomeCare
Ulysses, 620-356-6006

HOSPICE
Saint Catherine Hospice
Liberal, 620-624-2928 or 888-624-2958

MEALS – HOME DELIVERED
Homebound Meals
Johnson, 620-492-6816

MEAL SITE
Stanton County Senior Center
Congregate Meals
Johnson, 620-492-6816

SENIOR CENTER
Johnson Senior Center
Johnson, 620-492-6816

TRANSPORTATION
Stanton County Senior Center
Johnson, 620-492-6816

STEVENS COUNTY

ADULT DAY CARE
Pioneer Manor
Hugoton, 620-544-2023

APARTMENT COMPLEXES
Sunflower Plaza
Hugoton, 620-544-4011

Westfield Apartments
Hugoton, 620-544-7605

ATTENDANT CARE
Sensitive Home Care
Liberal, 620-624-3797

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Liberal, 620-626-3700

EMERGENCY ALERT DEVICE
Durable Medical Equipment
Hugoton, 620-544-4726

HOME HEALTH
Heritage HomeCare
Ulysses, 620-356-6006

Liberal Home Health
& Hospice
Liberal, 620-626-4798

Stevens County
Home Health
Hugoton, 620-544-7157 or
800-544-7157

HOMEMAKER SERVICES
Sensitive Home Care
Liberal, 620-624-3797

HOSPICE
Liberal Home Health
& Hospice
Liberal, 620-626-4798

St Catherine Hospice
Liberal, 620-624-2928 or
888-624-2958

MEAL SITES & HOME DELIVERED
Hugoton Young at Heart Center
Hugoton, 620-544-8041

Moscow Senior Center
Moscow, 620-598-2132

SENIOR CENTERS
Hugoton Senior Center
Hugoton, 620-544-2283

Moscow Senior Center
Moscow, 620-598-2132

TRANSPORTATION
Moscow Senior Center
Moscow, 620-598-2132

Stevens Community
Health Dept.
Hugoton, 620-544-7177

Young at Heart Senior Center
Hugoton, 620-544-8041

WICHITA COUNTY

APARTMENT COMPLEXES
Housing Authority of Leoti
Leoti, 620-375-2244

COUNTY HEALTH
Wichita County Health
Dept
Leoti, 620-375-2289

DEPARTMENT FOR CHILDREN AND FAMILIES (DCF)
Garden City, 620-272-5800

EMERGENCY ALERT DEVICE
Grant County
Medical Equipment
Garden City, 620-272-2660

HOME HEALTH
Scott County Hospital Home
Health Agency
Scott City, 620-872-5871

HOSPICE
Saint Catherine Hospice
Garden City, 620-272-2519 or
800-281-4077

HOSPITAL
Wichita County Health Center
Leoti, 620-375-2233

LONG TERM CARE
Wichita County Health Center
Leoti, 620-375-2289

MEAL SITE & HOME DELIVERED
Wichita County Senior Center
Leoti, 620-375-4649

SENIOR CENTERS
Wichita County Senior Center
Leoti, 620-375-4649

Useful Toll-Free Numbers

AARP Kansas 866-448-3619
ABUSE (abuse, neglect, exploitation)
In the community. 800-922-5330
In an adult care home.. 800-842-0078
In an institution 800-221-7973

Alcohol & Drug Helpline…….. . 800-645-8216
Alzheimer's Association……...800-272-3900
American Heart Association……800-242-8721
American Lung Assn Helpline…… 800-586-4872
Arthritis Foundation-Ks Chapter.. 800-362-1108
Attorney General's Office 800-432-2310
Audio-Reader 800-772-8898
Brain Injury Assn 800-444-6443
Cancer Information Svc 800-422-6237
Consumer Credit Counseling. 800-383-0217
Crime Victim's Rights. 800-828-9745
Deaf and Hard of Hearing 800-432-0698
Diabetes, American Assn 800-362-1355
Disability Rights Resource Center. 877-776-1541
Elder Law Hotline 888-353-5337
Eldercare Locator 800-677-1116
Nationwide service to help families and friends find information about community services for older people outside of Kansas
EYE Care
National Project Hotline 800-222-3937
Information and referral service. Provides brochures on many common eye diseases and for eligible callers, a referral to a local volunteer ophthalmologist.
Federal Trade Comm ID Theft. . . . 877-438-4338
Federal Trade Comm HELP 877-382-4357
Governor's Office 877-579-6757
Huntington Disease Society 800-345-4372
Kansas Corporation Commission...800-662-0027
Consumer utility helpline
Kansas Dept. for Aging and Disability Services
…… 800-432-3535
Kansas Housing Resources
Corporation Hotline 800-752-4422
Kansas Dept. of Revenue Tax Refund
Status Line (automated) 800-894-0318
Kansas Dept. of Transportation
Highway Road Conditions 511
Kansas Foundation for
Medical Care 800-432-0407
Kansas Guardianship Program . . 800-672-0086

Kansas Insurance Dept. 800-432-2484

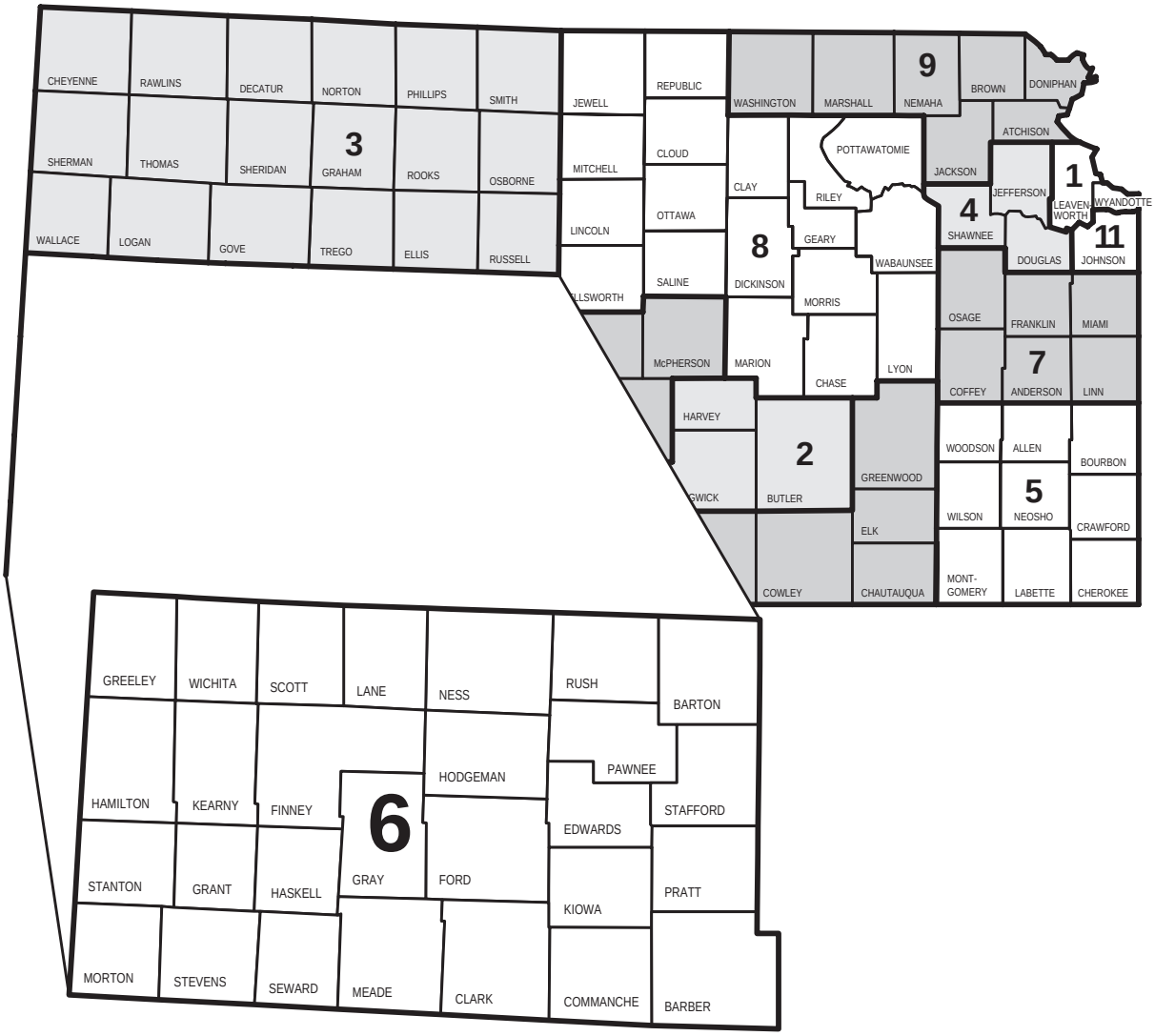
Kansas Securities Commission…... 800-232-9580
SCAMS Hotline……..……....888-40SCAMS
Kansas State Library 800-432-3919
Legislative Hotline 800-432-3924
Long Term Care
Ombudsman 877-662-8362
Advocates for residents in licensed adult care facilities
Kansas Relay Center (TDD). 800-766-3777
Kansas Resource Directory. 800-332-6262
An on-line resource and referral guide for those with a disability, their family members, and for professionals serving people with disabilities.

Medicaid Fraud Hotline 800-432-3913
Medicaid Provider Fraud 866-551-6328
Medicare 800-633-4273
Secretary of State
Voter Registration. 800-262-8683
Self-Help Network 800-445-0116
Senior Health Insurance
Counseling for Kansas (SHICK) . . 800-860-5260
A network of volunteers who can help with your Medicare questions.

Social Security Administration . . . 800-772-1213
State Treasurer
Unclaimed Property Line 800-432-0386
Suicide Lifeline……. 800-273-8255
Talking Books Service 800-362-0699
Telemarketers (No Call) 866-382-1222
United Way Information 211
Veterans Affairs
Regional Office 800-827-1000

About this directory:

Explore Your Options is an introduction to the variety of services available to help Kansans remain in their homes. This booklet contains a detailed directory of the services available in the area of the state highlighted below. For a description of programs and services that may be available, see the companion booklet to this directory.



For further information about this directory and community services, contact:

Southwest Kansas Area Agency on Aging
236 San Jose Drive
Dodge City, KS 67801
1-800-742-9531 or 620-225-8230
www.swkaaa.org