



Aging & Disabilities Resource Connection Caregiver Resource Directory



A Project of
**The Heart of Georgia Altamaha Regional Development Center
Area Agency on Aging, CARE-NET and the ADRC Coalition**

**Heart of Georgia Altamaha Regional Development Center
Area Agency on Aging**

“Your Gateway to Community Resources”

*Serving: Appling, Bleckley, Candler, Dodge, Emanuel, Evans, Jeff Davis, Johnson, Laurens, Montgomery, Tattnall, Telfair,
Toombs, Treutlen, Wayne, Wheeler, Wilcox Counties*

Staff

Alan R. Mazza, RDC Executive Director
Gail H. Thompson, AAA Director
Linda Hunter, AAA Assistant Director
Lisa Livingston, Aging Planner/Monitor
Annette Fish, Aging Program Coordinator
Laura Graham, Life Long Planning Coordinator
Kathy Keith, Special Projects Coordinator

Kim Jowers, Gateway Services Coordinator
Eleanor Pye, Gateway Screening Specialist
Lisa Wolfson, Gateway Screening Specialist
Carolyn Jones, Gateway Screening Specialist
Kerrie Sirmans, Aging Training Specialist
Jennifer Crosby, Wellness Coordinator

Services and Programs

“Gateway” Services
Care Coordination
Community Care Services Program
Elderly Legal Assistance
Institutional Elder Abuse Program
Long Term Care Ombudsman
Homemaker Services
Personal Care Services
Life Long Planning

Multi-Purpose Senior Centers
Respite Care
GeorgiaCares
Wellness Program
Caregiver Program
Material Aid Program
Advocacy
Kinship Care

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, 888-833-3378
 Appling Home Care and Respiratory Therapy, 912-367-2488
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 Certified Respiratory Services, 912-366-9226
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Fulghum's Pharmacy, 912-367-2488
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861
 Shuman Health Care, 800-241-5223
 Stan's Medical & Respiratory, 912-367-1155

HEALTH CENTERS

Appling County Public Health Agency, 912-367-4601
 Appling Health Care System, 912-367-9841
 GAMBRO Health Care, 912-366-0202
 Georgia Poison Control Center, 800-222-1222

HOME DELIVERED MEALS

Appling County Senior Citizens Center, 912-367-6127

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care Nursing Agency, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Care One Nursing Care, 800-533-2094
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals Group, LLC, 800-748-6580
 Health Department Home Care, 912-367-9583
 Nurses Plus, 912-367-3458
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Visiting Nurses Association, 912-367-4621

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-449-5577
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Hospice of South Georgia, Inc., 912-366-1733
 Southern Care Hospice, Vidalia, 912-537-2273/ 888-813-3377

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Baxley Housing Authority, 912-367-2572
 Elderwood Apartments, 912-367-9555
 Waycross Regional Office, Rental Assistance-Section 8,
 888-879-2549

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-633-4227
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Savannah, 912-651-2180
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Appling Adult Mental Health Day Care, 912-367-6854
 Appling Adult Mental Health Services, 912-367-4614
 Appling-Jeff Davis MR Service Center, 912-367-3768
 NAMI Georgia, 770-234-0855
Mental Health/Developmental Disabilities/Addictive Diseases
 MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Appling Convalescent Home, 912-367-4663
 Appling Nursing Home, 912-367-4645

PERSONAL CARE HOMES

Alma's Personal Care Home, 912-367-1206
 Knights Personal Care Home, 912-367-0127
 Lakeview Retirement, 912-367-9109

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Appling County Senior Citizens Center, 912-367-6127

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of Georgia, 404-527-7155
 NAMI Georgia (Mental Illness), Atlanta, 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veterans Services, 912-526-8860

Caring for You While Caring for Others

Regular check-ups and wellness visits for Caregivers are important for detecting mental and physical health problems early on, when they can be most easily treated. Eat healthy, exercise and nurture your spirit.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
Long Term Care Ombudsman/Elder Abuse Prevention:
Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
McRae Office, 229-868-5917
Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
Accessible Environments, Inc., 800-643-5906
Attainment Company, Verona, 800-327-4269
BellSouth Telecommunications Center, Atlanta, 888-390-7770
DS Medical, Lawrenceville, 770-407-4444
Dynamic Living Products, Windsor, 888-940-0605
Friends of Disabled Adults & Children, Stone Mountain,
770-491-9014
Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
Georgia Division of Rehabilitation Services, 404-232-3910
Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
DS Medical Supplies, Lawrenceville, 770-407-4444
Optioncare, 800-277-7302
Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Bleckley County Public Health Agency, 478-934-6590
Bleckley Memorial Hospital, 478-934-6211
Georgia Poison Control Center, 800-222-1222

HOME DELIVERED MEALS

Bleckley County Senior Center, 478-934-3223

HOME HEALTH

Angels with Care, 912-366-8644
CareMaster Medical Services, 800-542-8889
Harris Professional Care, 229-435-3922
HealthCare Principals Group, LLC, 800-748-6580
Heart of Georgia Community Action Agency, 478-374-4301
M-M Adult Day Care, 229-467-9362
Nightingale Services, 706-248-5615
Public Health Personal Support Services, 229-253-1067
Southern Home Care d/b/a Eldercare, 478-374-4322

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
Easy Living Home, Decatur, 770-270-1611
USDA Rural Development, 478-934-6392
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Hospice Care Options, 800-277-7302
Hospice of Central Georgia, 478-781-3340
Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
Eldercare Locator, 800-677-1116
Suicide Hotline, 800-784-2433

HOUSING

Bleckley Housing Authority, 478-934-6374
Eastman Regional Office, Rental Assistance-Section 8,
888-340-6112

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
Heart of Georgia Altamaha AAA, 888-367-9913
Medicare Georgia Office, Savannah, 800-633-4227
Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686
Family Caregiver Mediation Project, Atlanta, 404-657-5337
Georgia Legal Services, Macon, 478-751-6261
Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Bleckley Mental Health, 478-934-7279
NAMI Georgia, 770-234-0855
Mental Health/Developmental Disabilities/Addictive Diseases
MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Bryant Nursing Center, 478-934-7682

PERSONAL CARE HOMES

Green Meadows, 478-934-1414
Royal Care, 478-934-9266
White Oaks, 478-934-1134

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
Bleckley County Senior Citizens Center, 478-934-3223

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
American Diabetes Association, 404-320-7100
American Lung Association, Smyrna, 770-434-5864
American Parkinson's Disease Association, 800-223-2732
Arthritis Foundation of Georgia, Atlanta, 800-283-7800
Autism Society of America, Atlanta, 770-451-0954
Cancer Care, Inc., New York, 212-221-3300
Children of Aging Parents, Levittown, 800-227-7294
Epilepsy Foundation of Georgia, 505-527-7155
NAMI Georgia (Mental Illness), 770-234-0855
National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686
National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
Georgia Department of Veterans Services, 478-374-6977

Caring For You While Caring for Others

Do not be afraid to make changes. Over time, the needs of care recipients and caregivers change in ways that require their own behaviors to change. Flexibility is important in order to meet the needs of the care recipient while preserving your own health and life.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Candler County Hospital, 912-685-5741
 Candler County Public Health Agency, 912-685-5765
 GAMBRO Health Care Candler County, 912-685-6604
 Georgia Poison Control Center, 800-222-1222

HOME DELIVERED MEALS

Candler County Senior Center, 912-685-2580

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals Group, LLC, 800-748-6580
 Health Department Home Care, 912-427-8051
 Southern Home Care d/b/a Eldercare, 478-374-4322

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-871-2620
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Ogeechee Area Hospice, 800-236-1142
 Southern Care Hospice, Vidalia, 888-813-3377

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Eastman Regional Office, Rental Assistance-Section 8,
888-340-6112

Metter Housing Authority, 912-685-5377

Windsor Apartment, 912-685-3857

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910

Heart of Georgia Altamaha AAA, 888-367-9913

Medicare Georgia Office, Savannah, 800-633-4227

Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277

American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686

Family Caregiver Mediation Project, Atlanta, 404-657-5337

Georgia Senior Legal Hotline, Atlanta, 888-257-9519

Georgia Legal Services, Savannah, 912-651-2180

MENTAL HEALTH RESOURCES

Candler Adult Mental Health Services, 912-685-3317

NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;

Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Metter Nursing Home, 912-685-5734

Pleasant View Health Care, Inc., 912-685-2168

Pulaski Nursing Home, 912-685-5072

PERSONAL CARE HOMES

April House Retirement, 912-685-3033

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387

Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277

Candler County Senior Citizens Center, 912-685-2580

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666

American Diabetes Association, 404-320-7100

American Lung Association, Smyrna, 770-434-5864

American Parkinson's Disease Association, 800-223-2732

Arthritis Foundation of Georgia, Atlanta, 800-283-7800

Autism Society of America, Atlanta, 770-451-0954

Cancer Care, Inc., New York, 800-813-4673

Children of Aging Parents, Levittown, 800-227-7294

Epilepsy Foundation of Georgia, 404-527-7155

NAMI Georgia (Mental Health), 770-234-0855

National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686

National Stroke Association, 800-STROKES

VETERANS SERVICES

Georgia Department of Veterans Services, 912-654-5159

Dublin VAMC, 478-272-1210

Caring for You While Caring for Others

Maintain a healthy diet. When you are busy giving care, it may seem easier to eat fast food than to prepare healthy, low-fat meals. However, healthy meals can be easy to prepare and a good diet will give you more energy to carry you through the day.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Option Care, 800277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Dodge County Hospital, 478-448-4000
 Dodge County Public Health Agency, 478-374-5576
 Georgia Poison Control Center, 800-222-1222
 Southern States Nephrology Center, 478-374-4777

HOME DELIVERED MEALS

Dodge County Senior Center, 478-374-7255

HOME HEALTH

Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Harris Professional Care, 229-435-3922
 HealthCare Principals Group, LLC, 800-748-6580
 Health Department Home Care, 912-427-8051
 Heart of Georgia Community Action Agency, 478-374-4301
 M-M Adult Day Care, 229-467-9362
 Nightingale Services, 706-248-5615
 Public Health Personal Support Services, 229-253-1067
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Three Rivers Home Health, 478-374-2027

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Dodge County Habitat for Humanity, 478-374-4841
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 478-934-6392
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Hospice Care Options, 800-277-7302
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

Caring for You While Caring for Others

*Pay attention to stress and take
 action to relieve it. Be good to
 yourself and then your loved one.*



HOUSING

Eastman Housing Authority, 479-374-5414
 Eastman Regional Office, Rental Assistance Section 8,
 888-340-6112

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-633-4227
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Macon, 478-751-6261
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Community Mental Health of Eastman, 478-374-5423
 Community MH Intensive Training, 478-374-4221
 Dodge County Service Center, 478-374-7037
 NAMI Georgia, 800-234-0855
Mental Health/Developmental Disabilities/Addictive Diseases
 MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Heart of Georgia Nursing Home, 478-374-5571
 Middle Georgia Nursing Home, 478-374-4733

PERSONAL CARE HOMES

Adaptive Group Residence, 478-374-3354
 Dodge County Group Home, 478-374-5600
 Dogwood Gardens, 478-374-3303
 Golden Personal Care Home, 478-374-7381

Heart of Georgia Group Home, 478-374-0069
 Laura's Place, 478-374-0600
 Oasis of Love, 229-385-5542

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Dodge County Senior Citizens Center, 478-374-7255

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of Georgia, 404-527-7155
 NAMI Georgia, 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veterans Services, 478-374-6977

Caring for You While Caring for Others

*Do not quit your hobbies. Try to
 continue to participate in the
 activities you enjoyed before
 you became a caregiver.*



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
Long Term Care Ombudsman/Elder Abuse Prevention:
Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
McRae Office, 229-868-5917
Reidsville Office, 912-557-6687

COMPANION/SITTER SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
Accessible Environments, Inc., 800-643-5906
Attainment Company, Verona, 800-327-4269
BellSouth Telecommunications Center, Atlanta, 888-390-7770
DS Medical, Lawrenceville, 770-407-4444
Dynamic Living Products, Windsor, 888-940-0605
Friends of Disabled Adults & Children, 770-491-9014
Georgia Division of Rehabilitation Services, 404-232-3910
Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
DS Medical Supplies, Lawrenceville, 770-407-4444
Montgomery Medical Equipment, 912-583-2855
Option Care, 800-277-7302
Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Emanuel County Public Health Agency, 478-864-3542
Emanuel Medical Center, 478-289-1100

FMC Swainsboro, 478-237-8186
Georgia Poison Control Center, 800-222-1222

HOME DELIVERED MEALS

Emanuel County Senior Center, 478-237-5434

HOME HEALTH

Angels with Care, 912-366-8644
B&B Care Services, Inc., 706-724-7862
CareMaster Medical Services, 800-542-8889
Care One Home Health Services, 912-350-6565
Care South of University Hospital, 478-237-2857
Georgia Home Health Care, 912-538-8000
HealthCare Principals, LLC, 800-748-6580
Southern Home Care d/b/a Eldercare, 229-242-2797

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
Easy Living Home, Decatur, 770-270-1611
USDA Rural Development, 706-554-4486
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
Hospice Care Options, 800-277-7302
Ogeechee Area Hospice, 800-236-1142
Southern Care Hospice, Vidalia, 912-537-2273/888-813-3377
United Hospice, 912-237-7798

HOT LINES

Alzheimer's Association, 800-272-3900
Eldercare Locator, 800-677-1116
Suicide Hotline, 800-784-2433

HOUSING

Swainsboro Housing Authority, 478-237-7381

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
Heart of Georgia Altamaha AAA, 888-367-9913
Medicare Georgia Office, Savannah, 800-727-0827
Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686
Family Caregiver Mediation Project, Atlanta, 404-657-5337
Georgia Legal Services, Savannah, 912-651-2180
Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

NAMI Georgia, 800-728-6860
Ogeechee Behavioral Health Services, 478-289-2639
Mental Health/Developmental Disabilities/Addictive Diseases
MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Emanuel County Nursing Home, 478-237-9911
Swainsboro Nursing Home, 478-237-7022
Twin View Health Care Center, 478-763-2141

PERSONAL CARE HOMES

Beasley's Personal Care Home, 478-562-4429
Church Street Manor, 478-237-6763
Franklin Archer Personal Care Home, 478-237-6112
Lakeside Rest Home, 478-237-9427
Lambs Personal Care Home, 478-237-8857
Mary's Care Home, 478-763-3849
Murry's Personal Care Home, 478-237-2693
Oak Grove Manor, 478-237-9427
Pam Odom's Personal Care Home, 478-289-9099
Rainbow Personal Care Home, 478-237-9391
Rainbow #2, 478-289-9000

Rainbow # 3, 478-237-9227
Retirement Inn, 478-237-6567
Royal Oaks Retirement, 478-668-3110
Sara's Personal Care Home, 478-289-9099
Senior Citizens Care, 478-237-8261
Smith's Personal Care Home, 478-289-8586
Summers Willow Retirement, 478-562-4325
The Mason House, 478-237-3943

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
Emanuel County Senior Center, 478-237-5434

SUPPORT GROUPS

Alzheimers Support Group of Swainsboro, 478-237-7022
American Council of the Blind, Washington, 800-424-8666
American Diabetes Association, 404-320-7100
American Lung Association, Smyrna, 770-434-5864
American Parkinson's Disease Association, 800-223-2732
Arthritis Foundation of Georgia, Atlanta, 800-283-7800
Autism Society of America, Atlanta, 770-451-0954
Cancer Care, Inc., New York, 800-813-4673
Children of Aging Parents, Levittown, 800-227-7294
Epilepsy Foundation of Georgia, 404-527-7155
NAMI Georgia (Mental Illness) 770-234-0855
National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686
National Stroke Association, 800-STROKES

VETERAN SERVICES

Dublin VAMC, 478-272-1210
Georgia Department of Veterans Service, 478-289-2617

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
Long Term Care Ombudsman/Elder Abuse Prevention:
Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
McRae Office, 229-868-5917
Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
Accessible Environments, Inc., 800-643-5906
Attainment Company, Verona, 800-327-4269
BellSouth Telecommunications Center, Atlanta, 888-390-7770
DS Medical, Lawrenceville, 770-407-4444
Dynamic Living Products, Windsor, 888-940-0605
Friends of Disabled Adults & Children, Stone Mountain,
770-491-9014
Georgia Division of Rehabilitation Services, 404-232-3910
Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
DS Medical Supplies, Lawrenceville, 770-407-4444
Option Care, 800-277-7302
Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Advantage Home Health, 800-243-5192
Evans County Public Health Agency, 912-739-2088

Evans Memorial Hospital, 912-739-2611
FMC Claxton Dialysis, 912-739-9449
Georgia Poison Control Center, 800-222-1222

HOME DELIVERED MEALS

Evans County Senior Citizens Center, 912-739-1705

HOME HEALTH

Altamaha Home Care, 912-367-1046
Angels with Care, 912-366-8644
CareMaster Medical Services, 800-542-8889
Georgia Home Health Care, 912-538-8000
HealthCare Principals, LLC, 800-748-6580
Health Department Home Care, 912-739-2438
Southern Home Care d/b/a Eldercare, 478-374-4322
St. Joseph's/Candler Home Health, 912-819-7600

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
Easy Living Home, Decatur, 770-270-1611
USDA Rural Development, 912-871-2620
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
Hospice Care Options, 800-277-7302
Hospice of South Georgia, Inc., 912-588-0080
Ogeechee Area Hospice, 800-236-1142
Southern Care Hospice, Vidalia, 912-537-2273/888-813-3377

HOT LINES

Alzheimer's Association, 800-272-3900
Eldercare Locator, 800-677-1116
Suicide Hotline, 800-784-2433

HOUSING

Claxton Housing Authority, 912-739-4474

INFORMATION & REFERRAL

Heart of Georgia Altamaha AAA, 888-367-9913
Medicare Georgia Office, Savannah, 800-633-4227
Social Security District Office, Vidalia, 912-537-9365
Georgia Division of Rehabilitation Services, 404-232-3910

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686
Family Caregiver Mediation Project, Atlanta, 404-657-5337
Georgia Legal Services, Savannah, 912-651-2180
Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Claxton Nursing Home, 912-739-2245

PERSONAL CARE HOMES

Colonial Gardens, Inc., 912-739-1589
Colonial Gardens Manor, 912-739-1589
Evans Memorial Personal Care Home, 912-739-2611
Highlander Personal Care Home, 912-739-9009
Northsprings, 912-739-4000

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
Evans County Senior Citizens Center, 912-739-1705

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
American Diabetes Association, 404-320-7100
American Lung Association, Smyrna, 770-434-5864
American Parkinson's Disease Association, 800-223-2732
Arthritis Foundation of Georgia, Atlanta, 800-283-7800
Autism Society of America, Atlanta, 770-451-0954
Cancer Care, Inc., New York, 800-813-4673
Children of Aging Parents, Levittown, 800-227-7294
Epilepsy Foundation of Georgia, 404-527-7155
NAMI Georgia (Mental Illness), 770-234-0855
National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686
National Stroke Association, 800-STROKES

VETERANS SERVICE

Dublin VAMC, 478-272-1210
Georgia Department of Veterans Services, 478-272-1210

Caring for You While Caring for Others

Caring for a loved one can be challenging...both physically and emotionally. It is important that caregivers feel comfortable sharing part of the burden with family, friends and professional caregivers. As with all types of caregiving, patience, knowledge and compassion are essential. If you start feeling overwhelmed, ask others for help. asking is the first step in getting the assistance and support you deserve and need.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman Office/Elder Abuse Prevention:
 Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Attainment Company, Verona, 800-327-4269
 Accessible Environments Inc., 800-643-5906
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Healthcare Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Jeff Davis Health Department, 912-375-2425
 Jeff Davis Hospital, 912-375-7781

HOME DELIVERED MEALS

Jeff Davis County Senior Citizens Center, 912-375-3603

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals, 800-748-6580
 Health Department Home Care, 912-375-7088
 Southern Home Care d/b/a Eldercare, 478-374-4322

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-384-4811, ext. 4
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Hospice of South Georgia, Inc., 912-366-1733
 Southern Care Hospice, Vidalia, 912-537-0063

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Hazlehurst Housing Authority, 912-375-7299

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-633-4227
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Savannah, 912-651-2180
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Appling-Jeff Davis MR Service Center, 912-367-3768
 NAMI Georgia, 770-234-0855
Mental Health/Developmental Disabilities/Addictive Diseases
 MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Sunbridge Care & Rehabilitation, 912-375-3677

PERSONAL CARE HOME

Lakeview Retirement Center, 912-367-9109
 Pineland Personal Care Home, 912-379-9009

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Jeff Davis County Senior Citizens Center, 912-375-3603

SUPPORT GROUPS

American Council of the Blind, Washington, 800-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of Georgia, 404-527-7155
 NAMI Georgia, 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin, VAMC, 478-272-1210
 Georgia Department of Veteran Services, 478-272-1210

Caring for You While Caring for Others

Laughter is the best medicine. Sharing memories and funny stories can be very therapeutic for all family members. Do not leave things unsaid. It is important for your own emotional health and that of the care recipient that you share your feelings before your loved one is gone.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 Reidsville Office, 912-557-6687
 McRae Office, 229-868-5917

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Johnson County Public Health, 478-864-3542

HOME DELIVERED MEALS

Johnson County Senior Center, 478-864-3255

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 478-552-0901
Weatherization: Heart of Georgia CAC, 478-374-4301

HOME HEALTH

Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals, LLC, 800-748-6580
 Southern Home Care d/b/a Eldercare, 478-374-4322

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Hospice of Laurens County, 800-432-8333
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Wrightsville Housing Authority, 478-864-2033

Caring for You While Caring for Others

*Nurture your spiritual health. Research shows that
 spiritual caregivers tend to be
 happier caregivers.*



Source: Rosalynn Carter Institute

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
Heart of Georgia Altamaha AAA, 888-367-9913
Medicare Georgia Office, Savannah, 800-633-4227
Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686
Family Caregiver Mediation Project, Atlanta, 404-657-5337
Georgia Senior Legal Hotline, Atlanta, 888-257-9519
Georgia Legal Services, Macon, 478-751-6261

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Johnson County Nursing Home, 478-668-3225
Wrightsville Manor, Inc., 478-264-2268

PERSONAL CARE HOMES

Blair Sunshine, 478-864-1539
Greenwood Place, 478-864-1191
Potter's House, 478-864-0400

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
Johnson County Senior Center, 478-864-3255

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
American Diabetes Association, 404-320-7100
American Lung Association, Smyrna, 770-434-5864
American Parkinson's Disease Association, 800-223-2732
Arthritis Foundation of Georgia, Atlanta, 800-283-7800
Autism Society of America, Atlanta, 770-451-0954
Cancer Care, Inc., New York, 800-813-4673
Children of Aging Parents, Levittown, 800-227-7294
Epilepsy Foundation of Georgia, 404-527-7155
NAMI Georgia (Mental Illness), 770-234-0855
National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686
National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
Georgia Department of Veteran Services, 478-272-1210

Caring for You While Caring for Others

Deal with important issues in your own life, and maintain supportive relationships. Being a caregiver adds another dimension to your life, but it does not mean you have to put the rest of your life on hold.

Issues involving your family and other relationships, your finances, your job, and other responsibilities still need to be addressed.



Source: Rosalynn Carter Institute

ADULT DAY CARE

Advocates for Alzheimer's Care, 478-274-0003

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152

Long Term Care Ombudsman/Elder Abuse Prevention:
Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.: McRae Office, 229-868-5917
Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
Accessible Environments, Inc., 800-643-5906
Attainment Company, Verona, 800-327-4269
BellSouth Telecommunications Center, Atlanta, 888-390-7770
DS Medical, Lawrenceville, 770-407-4444
Dynamic Living Products, Windsor, 888-940-0605
Friends of Disabled Adults & Children, 770-491-9014
Georgia Division of Rehabilitation Services, 404-232-3910
Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, 888-833-3378
B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
DS Medical Supplies, Lawrenceville, 770-407-4444
Georgia Oxygen & Medical, 888-541-5710
Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Care One Rehab, 478-275-7070
Carl Vinson Medical Center, 478-272-1210
Fairview Park Hospital, 478-275-2000

Georgia Poison Control Center, 800-282-5846
Highland Manor, 478-275-0729
Laurens County Dialysis Center, 478-272-5190
Laurens County Public Health Agency, 478-272-2051

HOME DELIVERED MEALS

Laurens Senior Center, 478-277-5025

HOME HEALTH

Angels with Care, 912-366-8644
Brookwood Crisis, 478-272-1506
CareMaster Medical Services, 800-542-8889
Georgia Home Health Care, 912-538-8000
Harris Professional Care, 229-435-3922
HealthCare Principals, LLC, 800-748-6580
Heart of Georgia Community Action, 478-374-4301
Home Nurse, Inc., 770-229-9153
Nightingale Service, 706-248-5615
Southern Home Care d/b/a Eldercare, 478-374-4322
Summer's Landing, 478-275-4460
Woodland Trails, 478-272-1506

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
Easy Living Home, Decatur, 770-270-1611
USDA Rural Development, 478-934-6392
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
Hospice of Laurens County, 800-432-8333
Hospice Care Options, 800-277-7302
Southern Care Hospice, 888-813-3377
Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
Suicide Hotline, 800-784-2433 (Continued next page)

HOT LINES (Continued from previous page)

Eldercare Locator, 800-677-1116

HOUSING

Laurens Housing Authority, 478-272-2450

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-230-3910

Heart of Georgia Altamaha AAA, 888-367-9913

Medicare Georgia Office, Savannah, 800-633-4227

Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277

American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686

Family Caregiver Mediation Project, Atlanta, 404-657-5337

Georgia Legal Services, Macon, 478-751-6261

Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Community Mental Health of Middle Georgia, 478-272-1190

NAMI Georgia, 770-234-0855

Laurens Mental Health Center, 478-272-8950

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;

Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Dublinair Nursing Home 478-272-7437

Shamrock Health Care, 478-272-1133

Southland Care Center, 478-272-1666

PERSONAL CARE HOMES

Bellevue Manor, 478-272-8123

Church Street Group Home, 478-272-8262

Heritage House, 478-275-3909

Hillcrest Group Home, 478-272-8262

Julia Hughes Personal Care Home, 478-272-6578

Malcolm Watkins Personal Care Home, 478-275-3090

Miracle Care Personal Care Home, 478-275-7318

Sheridan Senior Living, 478-275-7318

South Central Group, 478-275-4401

Splendid Living, 478-984-1800; Thompson Manor, 478-275-3090

Twelve Oaks Senior Living, 478-274-9030

Whispering Pine Personal Care Home, 478-676-3389

Woodland Manor Personal Care Home, 478-275-0729

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387

Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277

Laurens C. Senior Citizens Center, 478-277-5025

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666

American Diabetes Association, 404-320-7100

American Lung Association, Smyrna, 770-434-5864

American Parkinson's Disease Association, 800-223-2732

Arthritis Foundation of Georgia, Atlanta, 800-283-7800

Autism Society of America, Atlanta, 770-451-0954

Cancer Care, Inc., New York, 800-813-4673

Children of Aging Parents, Levittown, 800-227-7294

Epilepsy Foundation of Georgia, 404-527-7155

NAMI Georgia, 770-234-0855

National Institute of Alcohol Abuse & Alcoholism,

Rockville, MD, 800-729-6686

National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210

Georgia Department of Veterans Services, 478-272-4266

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
Long Term Care Ombudsman/Elder Abuse Prevention:
Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
McRae Office, 229-868-5917
Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-542-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
Accessible Environments, Inc., 800-643-5906
Attainment Company, Verona, 800-327-4269
BellSouth Telecommunications Center, Atlanta, 888-390-7770
DS Medical, Lawrenceville, 770-407-4444
Dynamic Living Products, Windsor, 888-940-0605
Friends of Disabled Adults & Children, Stone Mountain,
770-491-9014
Georgia Division of Rehabilitation Services, 404-232-3910
Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
Independent Living Aids, Inc., Plainview, 800-537-2118
Open Doors to the Handicapped, 912-538-9499

DURABLE MEDICAL EQUIPMENT

Alamo Pharmacy, 912-568-7414
Allcare Pharmacy & Health Care Services, 888-833-3378
B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
Central Oxygen & Medical Equipment, 229-385-5007
DS Medical Supplies, Lawrenceville, 770-407-4444
Helena Medical Service, 229-868-4982
Montgomery Medical Equipment, 912-583-2855
Option Care, 800-277-7302
Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
Montgomery County Public Health Dept., 912-583-4602

HOME DELIVERED MEALS

Montgomery County Senior Center, 912-583-4895

HOME HEALTH

Angels with Care, 912-366-8644
Altamaha Home Service, Inc., 912-367-1046
CareMaster Medical Services, 800-542-8889
Community Home Nursing Service, Inc. 912-538-8000
Georgia Home Health Care, 912-538-8000
Harris Professional Care, 229-435-3922
HealthCare Principals, LLC, 800-748-6580
Health Department Home Care, 912-427-8051
Heart of Georgia Community Action Agency, 478-374-4301
Nightingale Services, 706-248-5615
Nurses Plus, 912-367-3458
Public Health Personal Support Service, 229-253-1067
Southern Home Care d/b/a Eldercare, 478-374-4322
United Hospice of Swainsboro, 478-237-7798
We-Touch Visiting Caregivers, 478-274-0731

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
Easy Living Home, Decatur, 770-270-1611
USDA Rural Development, 912-384-4811, ext. 4
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
Hospice Care Options, 800-277-7302
Southern Care Hospice, 888-813-3377
Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Montgomery Housing Authority, 912-523-5425

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-633-4227
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Macon, 478-751-6261
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Montgomery Wheeler Mental Health, 912-583-4501
 NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

See neighboring counties

PERSONAL CARE HOMES

Duncan McRae Personal Care Home, 912-583-2020
 Evergreen, 912-583-4535
 Mt. Vernon Respite Personal Care Home, 912-557-4734
 Royal Wood Personal Care Home, 912-583-4702

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Montgomery County Senior Center, 912-583-4895

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of Georgia, 404-527-7155
 NAMI Georgia (Mental Illness), 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERANS SERVICE

Dublin VAMC, 478-272-1210
 Georgia Department of Veteran Services, 912-526-8860

Caring for You While Caring for Others

Nurture your friendships. Even though caregiving can be quite rewarding, it can also take time from other occasions, such as spending time with other family members, vacations, hobbies, or other personal activities. Be mindful of the time lost for social activities and try to reincorporate those activities to the greatest extent possible.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman Office/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917/ Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Tattnall County Public Health Agencies, 912-557-6791;
 Glennville, 912-654-5290
 Tattnall Memorial, 912-557-4731

HOME DELIVERED MEALS

Tattnall-Reidsville Senior Citizens Center, 912-557-6032

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals, LLC, 800-748-6580
 Health Department Home Care, 912-427-8051
 Southern Home Care d/b/a Eldercare, 478-374-4322

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-871-2620
Weatherization: Concerted Services, Inc. 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice of South Georgia, Inc. , 912-366-1733
 Hospice Care Options, 800-277-7302
 Ogeechee Area Hospice, 800-236-8441
 Southern Care Hospice, 888-813-3377

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Glennville Housing Authority, 912-654-2544
 Reidsville Housing Authority, 912-557-4259

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-727-0827
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Savannah, 912-651-2180
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855
 Tattnall County Adult MH Day Treatment, 912-557-6838
 Tattnall County Adult Mental Health Services, 912-557-6794
 Tattnall-Evans MR Service Center, 912-654-8020

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Glenvue Nursing Home, 912-654-2138
 Sunbridge Care & Rehab, 912-557-4345

PERSONAL CARE HOMES

Hattie's Personal Care Home, 912-654-3882
 Sutton Place, 912-654-4961
 Tattnall-Evans Manor, 912-654-4961

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Tattnall-Reidsville Senior Citizens Center, 912-557-6032

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of Georgia, 404-527-7155
 NAMI Georgia (Mental Illness), 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

TRANSPORTATION

Tattnall Area Rural Transit (TART), 912-557-6266


VETERANS SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veteran Services, 912-654-5159

Caring for You While Caring for Others

Take time to enjoy your loved one. Don't lose the former relationship to one of strictly caregiving

To the extent possible, share your needs and feelings with your care recipient.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Alamo Pharmacy, 912-568-7414
 Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 Central Oxygen & Medical Equipment, 229-385-5007
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Helena Medical Service, 229-868-4982
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-282-5846
 Telfair County Hospital, 229-868-5621
 Telfair County Public Health Agency, 229-868-7404

HOME DELIVERED MEALS

Telfair Senior Center, 229-868-5938

HOME HEALTH

Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Harris Professional Care, 229-435-3922
 HealthCare Principals, LLC, 800-748-6580
 M-M Adult Day Care, 229-467-9362
 Nightingale Service, 706-248-5615
 Nurse Plus, 912-367-3458
 Public Health Personal Support Services, 229-253-1067
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Three Rivers Home Health Services, 229-868-4327
 VNA of Telfair County, 229-868-6422

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-384-4811, ext. 4
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Southern Care Hospice, 888-813-3377
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

City of McRae Housing Authority, 229-868-6634

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910

Heart of Georgia Altamaha AAA, 888-367-9913

Medicare Georgia Office, Savannah, 800-633-4227

Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277

American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686

Family Caregiver Mediation Project, Atlanta, 404-657-5337

Georgia Senior Legal Hotline, Atlanta, 888-257-9519

Georgia Legal Services, Macon, 478-751-6261

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855

McRae Mental Health, 229-868-5604

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;

Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Brian Center, 229-363-4356

McRae Manor, Inc., 229-868-6473

PERSONAL CARE HOMES

Southern Charm Personal Care Home, 229-868-7776

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387

Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277

Telfair County Senior Center, 229-868-5938

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666

American Diabetes Association, 404-320-7100

American Lung Association, Smyrna, 770-434-5864

American Parkinson's Disease Association, 800-223-2732

Arthritis Foundation of Georgia, Atlanta, 800-283-7800

Autism Society of America, Atlanta, 770-451-0954

Cancer Care, Inc., New York, 800-813-4673

Children of Aging Parents, Levittown, 800-227-7294

Epilepsy Foundation of Georgia, 404-527-7155

NAMI Georgia (Mental Illness), 770-234-0855

National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686

National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210

Georgia Department of Veteran Services, 229-868-6391

Caring for You While Caring for Others

Use community resources. Find out if your community has information sessions or seminars on the illness of your loved one. Sometimes colleges and universities, mental health centers, or community agencies offer these types of educational services.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118
 Open Doors to the Handicapped, 912-538-9499

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Meadows Memorial Hospital, 912-537-8921

Nephrology Center of Vidalia, 912-537-9795
 Toombs County Public Health Agency, 912-526-8108

HOME DELIVERED MEALS

Toombs County Senior Citizens Center, 912-537-0453

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals, LLC, 800-748-6580
 Health Department Home Care, 912-427-8051
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Visiting Nursing Association, 912-537-3343

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-871-2620
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Hospice of South Georgia, Inc., 912-366-1733
 Southern Care Hospice, 888-813-3377

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

Caring for You While Caring for Others

*Talk with your family. Sharing care
 among family members often
 requires frequent information exchange.*



Source: Rosalynn Carter Institute

HOUSING

Grove Apartments, 912-537-3501
Lyons Housing Authority, 912-526-8504
Summer's Landing, 912-537-1574

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
Heart of Georgia Altamaha AAA, 888-367-9913
Medicare Georgia Office, Savannah, 800-633-4227
Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
American Bar Association, Legal Problems of Elderly,
Washington, 202-662-8686
Family Caregiver Mediation Project, Atlanta, 404-657-5337
Georgia Legal Services, Savannah, 912-651-2180
Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855
Pineland Community Support Team, 912-538-9208
Toombs Adult Mental Health Services, 912-537-9316
Toombs Adult Mental Health Day Care, 912-538-0209
Toombs County Mental Health, 912-526-8108
Toombs MR Service Center, 912-526-3268
Toombs Personal Growth, 912-537-9316
Mental Health/Developmental Disabilities/Addictive Diseases
MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Bethany Home Nursing Center, 912-537-7922
Meadows Nursing Center, 912-538-5814
Toombs Nursing Home, 912-526-6336

PERSONAL CARE HOMES

Bethany Assisted Living, 912-538-9700
Cassie Turner, 912-594-6761
Edgewood Respite, 912-871-4686
Harper House for Women, 912-526-9189
Helping Hands, 912-536-6518
Precious Care Personal Care Home, 912-537-9306
Pitzer House for Men, 912-526-8830
Southern Magnolia, 912-537-2379
Summers Landing, 912-537-1574

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
Toombs County Senior Center, 912-537-0453

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
American Diabetes Association, 404-320-7100
American Lung Association, Smyrna, 770-434-5864
American Parkinson's Disease Association, 800-223-2732
Arthritis Foundation of Georgia, Atlanta, 800-283-7800
Autism Society of America, Atlanta, 770-451-0954
Cancer Care, Inc., New York, 800-813-4673
Children of Aging Parents, Levittown, 800-227-7294
Epilepsy Foundation of Georgia, 404-527-7155
NAMI Georgia (Mental Illness), 770-234-0855
National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686
National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
Georgia Department of Veteran Services, 912-526-8860

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Treutlen County Public Health Agency, 912-529-4217

HOME DELIVERED MEALS

Treutlen Senior Center, 912-529-6300

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals, LLC, 800-748-6580
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Treutlen Living Center, 912-526-6956

HOME MODIFICATIONS/REPAIR/MODIFICATIONS

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 706-554-4486
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Southern Care Hospice, 888-813-3377
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Treutlen Housing Authority, 912-529-4596

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-633-4227
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519
 Georgia Legal Services, Macon, 478-751-6261

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Treutlen County Nursing Home, 912-529-4418

PERSONAL CARE HOMES

Bellagapa Castleberry, 912-529-3462
 Obie Brantley Personal Care Home, 912-529-4131
 Soperton Males Home, 912-529-4040
 Soperton SH/PF Ladies Home, 912-529-6153
 Treutlen Living Center, 912-529-6956

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Treutlen Senior Center, 912-529-6300

SUPPORT GROUPS

American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of America, Atlanta, 404-527-7155
 NAMI Georgia (Mental Illness), 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERANS SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veteran Services, 478-526-8860

Caring for You While Caring for Others

Be open and honest with members of the treatment team. The treatment team works on mutual respect and trust. They need your cooperation in order for them to do their job to the best of their abilities. And for your peace of mind, you need to know your loved one is getting the best care available.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Adult Abuse Prevention:
 Baxley Office, 912-367-5244

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917/Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc. 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118
 Mobility Concepts, 877-785-5438

DURABLE MEDICAL EQUIPMENT

Allcare Pharmacy & Health Care Services, Lyons, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Jones Medical Equipment, 912-427-6600
 Medi Home Care, 912-877-7431
 Option Care, 800-277-7302
 Shuman Health Care, 912-530-8823
 Simplex Medical, Fort Myers, 800-688-8861
 Wayne Drug Company, 912-427-4288

HEALTH CENTERS

GAMBRO Health Care, 912-427-8946
 Georgia Poison Control Center, 800-222-1222
 Health Department Home Care, 912-427-8051
 Wayne County Public Health Agency, 912-427-2042
 Wayne Memorial Hospital, 912-427-6811

HOME DELIVERED MEALS

Wayne County Senior Citizens Center, 912-427-7798

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 Best Care Health, 912-368-5477
 CareMaster Medical Services, 800-542-8889
 Care South/Advantage Home Health, 912-265-8330
 Care South of St. Joseph's Hospital, 912-530-6067
 Community Home Nursing, 912-588-1652
 Georgia Home Health Care, 912-427-8299
 HealthCare Principals, LLC, 800-748-6580
 Health Department Home Care, 912-427-8051
 Southern Home Care d/b/a Eldercare, 478-374-4322

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-449-5577
Weatherization: Concerted Services, Inc., 912-557-6687

HOSPICE CARE

Hospice of South Georgia, Inc., 912-588-0080
 Hospice Care Options, 800-277-7302

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Jesup Housing Authority, 912-427-2535

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910

Heart of Georgia Altamaha AAA, 888-367-9913

Medicare Georgia Office, Savannah, 800-727-0827

Social Security District Office, Vidalia, 912-537-9365

Caregivers, Inc., Jesup, 912-530-8296

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277

American Bar Association, Legal Problems of Elderly,
Washington, 22-662-8686

Family Caregiver Mediation Project, Atlanta, 404-657-5337

Georgia Legal Services, Savannah, 912-651-2180

Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

Wayne County Personal Growth Center, 912-427-9338

Wayne Adult Mental Health Services, 912-427-9338

Wayne MR Service Center, 912-427-4491

Wesley Glenn Residence, 912-530-9041/912-427-4063

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;

Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Altamaha Health Care Center, 912-427-7792

Beverly Health & Rehab, 912-427-6858

CLC Jesup, 912-427-6873

Coastal Manor, 912-545-3392

Jesup Health Rehab Center 912-427-6873

PERSONAL CARE HOMES

County Gardens, 912-427-8365; Helping Hands, 912-579-2322

Melanie St. for Women, 912-530-9041

Mossy Oaks Retirement, 912-427-7792

Plum Street Respite, 912-530-8440

Red Hill, 912-427-7792

Stacey St. for Men, 912-530-9039

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387

Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277

SUPPORT GROUPS

Alzheimers Support Group, Jesup, 912-588-0080

American Council of the Blind, Washington, 770-424-8666

American Diabetes Association, 404-320-7100

American Lung Association, Smyrna, 770-434-5864

American Parkinson's Disease Association, 800-223-2732

Arthritis Foundation of Georgia, Atlanta, 800-283-7800

Autism Society of America, Atlanta, 770-451-0954

Cancer Care, Inc., New York, 800-813-4673

CARE – Comprehensive AIDS Resource Encounter, Jesup,
912-530-8078

Children of Aging Parents, Levittown, 800-227-7294

Epilepsy Foundation of America, Atlanta, 404-527-7155

NAMI Georgia, 770-234-0855

National Institute of Alcohol Abuse & Alcoholism,
Rockville, MD, 800-729-6686

National Stroke Association, 800-STROKES

TRANSPORTATION

Wayne County Transit System, 912-427-5900

VETERAN SERVICES

Dublin VAMC, 478-272-1210

Georgia Department of Veteran Services, 912-654-5159

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

COMPANION SERVICES

Guide Dog Foundation for the Blind, 800-548-4337

DAILY LIVING AIDS

Access to Recreation, Inc., Newbury Park, 800-634-4351
 Accessible Environments, Inc., 800-643-5906
 Attainment Company, Verona, 800-327-4269
 BellSouth Telecommunications Center, Atlanta, 888-390-7770
 DS Medical, Lawrenceville, 770-407-4444
 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118
 Open Doors to the Handicapped, 912-538-9499

DURABLE MEDICAL EQUIPMENT

Alamo Pharmacy, 912-568-7414
 Allcare Pharmacy & Health Care Services, 888-833-3378
 B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 Central Oxygen & Medical Equipment, 229-385-5007
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Helena Medical Service, 229-868-4982
 Montgomery Medical Equipment, 912-583-2855
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Wheeler County Hospital, 912-523-5113
 Wheeler County Public Health Agency, 912-568-7161

HOME DELIVERED MEALS

Wheeler County Senior Center, 912-568-7811

HOME HEALTH

Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Georgia Home Health Care, 912-538-8000
 HealthCare Principals Group, LLC, 800-748-6580
 Southern Home Care d/b/a Eldercare, 229-242-2797

HOME MODIFICATIONS/REPAIR/MODIFICATIONS

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 912-384-4811
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Community Hospice, Vidalia, 912-537-0063
 Hospice Care Options, 800-277-7302
 Hospice of South Georgia, Inc., 912-588-0080
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Wheeler Housing Authority, 912-568-7641

INFORMATION & REFERRAL

Georgia Division of Rehabilitation Services, 404-232-3910
 Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-727-0827
 Social Security District Office, Vidalia, 912-537-9365

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Legal Services, Macon, 478-751-6261
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855

Mental Health/Developmental Disabilities/Addictive Diseases

MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Accord Nursing Center, 912-523-5102

PERSONAL CARE HOME

See Surrounding Counties for List

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Wheeler County Senior Center, 912-568-7811

SUPPORT GROUPS


American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of America, Atlanta, 404-527-7155
 NAMI Georgia, 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERAN SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veteran Services, 229-868-6391

Caring for You While Caring for Others

Do not try to be a superhero. You cannot do everything or be everything to everybody. Trying to be superhuman will exhaust you, lowering the level of care you are able to provide and making you vulnerable to feelings of frustration and disappointment. Instead, set reasonable goals for yourself and ask for assistance with the things you cannot get done.



Source: Rosalynn Carter Institute

ADULT PROTECTIVE INTERVENTION

Georgia Adult Protective Services, 888-774-0152
 Long Term Care Ombudsman/Elder Abuse Prevention:
 Eastman Office, 478-374-4301

CASE MANAGEMENT

Concerted Services, Inc.
 McRae Office, 229-868-5917
 Reidsville Office, 912-557-6687

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 BellSouth Telecommunications Center, Atlanta, 888-390-7770
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 Dynamic Living Products, Windsor, 888-940-0605
 Friends of Disabled Adults & Children, Stone Mountain,
 770-491-9014
 Georgia Division of Rehabilitation Services, 404-232-3910
 Georgia Lions Lighthouse Foundation, Decatur, 800-718-7483
 Independent Living Aids, Inc., Plainview, 800-537-2118

DURABLE MEDICAL EQUIPMENT

B&W Handicap Equipment, Inc., Fayetteville, 770-460-1909
 DS Medical Supplies, Lawrenceville, 770-407-4444
 Option Care, 800-277-7302
 Simplex Medical, Fort Myers, 800-688-8861

HEALTH CENTERS

Georgia Poison Control Center, 800-222-1222
 Wilcox County Public Health Agency, 229-365-2310

HOME DELIVERED MEALS

Rochelle Senior Center, 229-365-2352

HOME HEALTH

Altamaha Home Care, 912-367-1046
 Angels with Care, 912-366-8644
 CareMaster Medical Services, 800-542-8889
 Crisp Home Care, 229-271-4615
 Crisp Regional Hospice & Home Care, 229-273-6282
 Heart of Georgia Community Action Agency, 478-374-4301
 HealthCare Principals Group, LLC, 800-748-6580
 Southern Home Care d/b/a Eldercare, 478-374-4322
 Taylor Home Health Care, 912-0783-0327
 Three Rivers Home Health Services, 478-374-2027
 VNA of Cordele, 229-273-5545

HOME MODIFICATIONS/REPAIR/WEATHERIZATION

Adapted Living Spaces, LLC, Atlanta, 404-734-7343
 Easy Living Home, Decatur, 770-270-1611
 USDA Rural Development, 229-468-9461
Weatherization: Heart of Georgia CAC, 478-374-4301

HOSPICE CARE

Crisp Regional Hospice & Home Care, 229-273-6282
 Hospice Care Options, 800-277-7302
 Vista Care Hospice, 888-493-8779

HOT LINES

Alzheimer's Association, 800-272-3900
 Eldercare Locator, 800-677-1116
 Suicide Hotline, 800-784-2433

HOUSING

Wilcox Housing Authority, 229-365-2333

INFORMATION & REFERRAL

Heart of Georgia Altamaha AAA, 888-367-9913
 Medicare Georgia Office, Savannah, 800-727-0827
 Social Security District Office, Vidalia, 912-537-9365
 Georgia Division of Rehabilitation Services, 404-232-3910

HOUSING

Wilcox Housing Authority, 229-365-2333

LEGAL SERVICES

AARP National Office, Washington, 888-687-2277
 American Bar Association, Legal Problems of Elderly,
 Washington, 202-662-8686
 Family Caregiver Mediation Project, Atlanta, 404-657-5337
 Georgia Senior Legal Hotline, Atlanta, 888-257-9519
 Georgia Legal Services, Albany, 800-735-4271

MENTAL HEALTH RESOURCES

NAMI Georgia, 770-234-0855
 Wilcox County Mental Retardation, 229-365-7421
Mental Health/Developmental Disabilities/Addictive Diseases
 MH/DD/AD Intake & Evaluation: Phone: 912-303-1670;
 Toll Free: 1-800-348-3503; Emergency: 912-484-2966

NURSING HOMES

Pineview Health Care Center, 229-624-2432
 Riverwillow Nursing Home, 229-467-2515

PERSONAL CARE HOMES

Northside Villa, 229-365-1900

PRESCRIPTION ASSISTANCE

GeorgiaCares, 800-669-8387
 Partnership for Prescriptions, 888-477-2669

SENIOR CENTERS & MEMBERSHIP PROGRAMS

AARP National Office, Washington, 888-687-2277
 Rochelle Senior Center, 229-365-2352

SUPPORT GROUPS


American Council of the Blind, Washington, 770-424-8666
 American Diabetes Association, 404-320-7100
 American Lung Association, Smyrna, 770-434-5864
 American Parkinson's Disease Association, 800-223-2732
 Arthritis Foundation of Georgia, Atlanta, 800-283-7800
 Autism Society of America, Atlanta, 770-451-0954
 Cancer Care, Inc., New York, 800-813-4673
 Children of Aging Parents, Levittown, 800-227-7294
 Epilepsy Foundation of America, Atlanta, 404-527-7155
 NAMI Georgia (Mental Illness), 770-234-0855
 National Institute of Alcohol Abuse & Alcoholism,
 Rockville, MD, 800-729-6686
 National Stroke Association, 800-STROKES

VETERAN SERVICES

Dublin VAMC, 478-272-1210
 Georgia Department of Veteran Services, 229-276-2366

Caring for You While Caring for Others

Do not lose hope. Hope is an important spiritual variable that may mediate coping while caregiving. Hope influences effective coping during times of caring and loss.



Source: Rosalynn Carter Institute

CONSUMER RESOURCES

Investments

To verify that an investment (security) is registered in Georgia call the Georgia Secretary of State's Office:

(404) 656-3920 OR www.sos.state.ga.us AND www.georgiainvests.org

Central Registration Depository (CRD) will provide:

- Employment history for the last ten years
- Consumer Complaints
- Disciplinary Action
- Current or Pending Arbitration

Charities

- To verify charity is registered in Georgia: (404) 656-3920 OR www.sos.state.ga.us
- View financial information submitted by charity to the Internal Revenue Service: www.guidestar.org

Telemarketing

- Register for the Federal No Call List: www.donotcall.gov OR (888) 382-1222
- Ask Charity to place your name/number on the charity's own "No Call List"

Mail and Junk Mail

- **Credit Card Offers** – Opt out of pre-approved credit card offers for five years by calling (888) 567-8688
- Contact the **Direct Marketing Association (DMA)** via letter to have your name removed from its members' marketing lists including mortgage refinancing and home equity loan offers OR www.the-dma.org

**Direct Marketing Association
Telephone Preference Service**
P.O. Box 1559
Carmel, NY 10512

**Direct Marketing Association
Mail Preference Service**
P.O. Box 643
Carmel, NY 10512

To remove yourself from mortgage refinancing and home equity loan offers, you can also contact Acxiom U.S. Consumer Hotline at (877) 774-2094.

Spam

You can request that your e-mail address be removed from DMA members' marketing lists by emailing: Direct Marketing Association Reduce Spam at www.e-mps.org

Identify Fraud

If you believe you are a victim of identity theft, you can place a fraud alert on your credit report by contacting ONE of the credit reporting agencies listed below. That agency will then contact the other credit reporting agencies with your fraud alert information and remove your name from pre-approved offers of credit and insurance for two years.

Equifax: (800) 525-6285

Experian: (888) 397-3742

Trans Union: (800) 680-7289

To obtain a free copy of your credit report:

Equifax: (800) 685-1111

Experian: (888) 397-3742

Trans Union: (800) 916-8800

The federal Fair Credit Reporting Act (FCRA) requires that as of June 1, 2005, Georgians can obtain a free copy of their credit report on-line at www.annualcreditreport.com, by calling (877) 322-8228, or by completing the Annual Credit Report Request Form found on the www.annualcreditreport.com site and mailing it to:

Annual Credit Report Request Service

P.O. Box 105281

Atlanta, Georgia 30348-5281

Other useful telephone numbers:

Senior Legal Hotline

Offers free advice on civil legal matters for senior 60 years-old and older.

(404) 657-9915/(888) 257-9519

Senior Adult Victim Advocate Program (SAVA)

Serves as a liaison with the court system and social service agencies for victims age 60 years–old and older who have been financially, physically, or mentally exploited or abused. **SAVA** provides counseling, monitoring and support. Volunteer opportunities are also available. **(404) 657-5250/(888) 774-0152**

Guide to Benefits Programs

MEDICARE

Eligible Persons: Age 65 or on disability for 2 years or diagnosed with end stage renal disease (on dialysis or in need of transplant)

Part A Coverage: Hospitalization through Blue Cross/Blue Shield

Part B Coverage: Medical Coverage for Doctors, Equipment and Supplies through Cahaba Government Benefits

DEDUCTIBLES: January 2007

Part A: \$992.00 each benefit period

Part B: \$131.00 annually

Part A: Uninsured and certain disabled individuals with less than 30 quarters must pay a monthly premium of \$3410.00 and a premium of \$226.00 for those credited with 30-39 quarters of coverage.

Part B: Now based on annual income.

<u>If income is:</u>	<u>The Premium is:</u>
1. Less than \$80,000	1. \$93.50
2. \$80,000 to \$100,000	2. \$105.80
3. Greater than \$100,000 to \$150,000	3. \$124.40
4. Greater than \$150,000 to \$200,000	4. \$142.90
5. Greater than \$200,000	5. \$161.40

Appeal Time: 180 days on initial appeal and 60 days for a request for reconsideration.

MEDICARE PRESCRIPTION DRUG COVERAGE

If you have not enrolled in a Medicare Prescription Drug Plan, please go to www.Medicare.gov or call Georgia Cares at 1-800-669-8387

HOSPITAL MEDICARE

Medicare pays up to 90 days for each spell of illness. For the first 60 days, the Medicare pays 100% of covered hospital services. For the 61st through the 90th day, Medicare pays all but \$248.00 per day.

Lifetime Reserve Days: Every Medicare beneficiary has 60 days that they may use in their lifetime to cover days in the hospital that exceed the Medicare limit of 90. Once these 60 days have been used, they are not replaced. When one of these days is used, Medicare will pay everything except the first \$496.00 per day.

NURSING HOME MEDICARE

Medicare pays for Skilled Care Only. One must have been hospitalized for 3 consecutive days before entering the nursing home. For the first 20 days, Medicare pays all of the covered costs. For the 21st-100th day, there is a co-insurance payment of \$124.00 per day and Medicare pays the rest. After 100 days, Medicare pays nothing.

MEDICAID

If one is eligible for SSI/TANF, then one is eligible for Medicaid. The Department of Community Health's Division of Medical Assistance: 1-800-282-4536, administers Georgia Medicaid. **Application is made at DFCS.** If you lose your TANF/SSI, you do not necessarily lose Medicaid. The State must make an independent determination.

MEDICAID COVERS

Ambulatory Surgical Services
Cataract eye exams (other vision services)
Certified Registered Nurse Anesthetists
Community Based Alternatives (SOURCE)
Dental (some)
Diagnostic, Screening & Preventive Services
Dialysis Services
Durable Medical Equipment
(Rental of hospital beds, wheelchairs, crutches and walkers as prescribed by doctors.)
Emergency Ambulance Services
Family Planning
Georgia Better Health Care
Health Insurance Premium Purchase Program (HIPP)
Health Insurance Premiums
(Medicare Part A and Part B: QMB, SLMB)



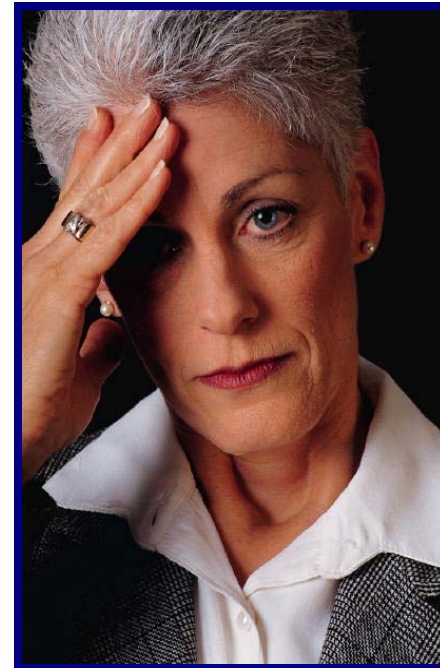
Source: Southern Home Care; Eastman, Georgia

Home Health
Hospice Services
Inpatient and Outpatient Hospital Services
Intermediate Care for the Mentally Retarded Facility Services
Laboratory/X-ray Services
Mental Health Clinic Services
Non-emergency Transportation (12 doctors visits/year unless more medically justified)
Nurse Practitioner Services
Nursing Home Services
Oral Surgery
Orthodox and Prosthetic
Pharmaceutical Services: 5 prescription drugs
(prior approval required for others) MEDICARE eligible recipients must be enrolled in a Medicare Prescription Drug Plan
Physician Services
Physician's Assistant Services
Podiatric Services
Pre-Admission Screening/Annual Resident Review
Psychological Services
Retroactive Medicaid (3 mos.)
Rural Health Clinic/Community Health Center Services
Swing Bed Services
Targeted Case Management Services:

- Adults with Aids
- Children at Risk of Incarceration
- Chronically Mentally Ill
- Adult and Child Protective Services

Waiver Services:

- Community Care
- Independent Care
- Mental Retardation
- Community Habilitation and Support
- Traumatic Brain Injury



Source: Coastal Georgia CARE-NET ppt.

Transfer of Assets for Long Term Care Medicaid: In Medicaid for long term care, which includes nursing home and the community care services program, where assets are transferred for less than the Fair Market Value within 36 months before application for Medicaid is filed; a person may be disqualified for a period of time equal to the value transferred. [Federal Deficit Reduction Act “DRA” has made changes to the Transfer of Assets Look-Back Period. Be aware that the State may implement changes based on the DRA at any time.] (Contact the Georgia Division of Aging Services for more information about this subject in our publication called **Medicaid for Long Term Care.**)

COMMUNITY CARE SERVICES PROGRAM

This program provides Medicaid coverage and in-home services for persons who are nursing home eligible but choose to stay in their own homes. If a person’s income level exceeds the Federal Benefit Rate for Supplemental Security Income (SSI) recipients, there is a cost share to participate in the program. \$1,869 is the cap for eligibility. Income exceeding this amount will require a QIT or Miller Trust for eligibility. Cost share is based upon the amount of income over the SSI amount. Some of the services available include Personal Care Aide, Adult Day Health, Emergency Response System, Nursing Services, etc. For more information, contact the Community Care Services Program Office for your area through the Area Agency on Aging.

For more information, call **1-888-367-9913**.

NURSING HOME MEDICAID-2007

This is a program that enables those people, aged, blind or disabled whom need nursing home care but are unable to afford it a means by which to receive care through the Medicaid program. Income exceeding the amount below will require a QIT or Miller Trust in order to ensure eligibility.

Income limit: up to \$1,869 per month – per person
Resources limit: \$2,000 individual; \$3,000 couple

SPOUSAL IMPOVERISHMENT-2007

This is a program that can prevent a married couple from having to spend down all of their resources. The program allows the spouse who remains at home, the Community Spouse, who is not receiving Medicaid, to keep up to **\$2,541.00** of the couple’s income and **\$101,640.00** of the couple’s resources. (Income Limits change with the new Poverty Level in the Spring)

Allowable Resources: the home, a \$5,000.00 burial account for each spouse, burial plots, caskets, vaults (and other preneeds items), \$2,000.00 savings, household furnishings, automobiles, and some other items.

Example: For a Nursing Home bill of \$2,000/month, where the community spouse has \$800.00 income and the nursing home resident has \$1,200 income; the calculations will be as follows:

Step 1:

The Nursing Home Resident receives income in the amount of \$1,200:

\$1,200 income (-) \$50.00 Personal Needs Allowance (-) \$130.00 in excess medical expenses (=) \$1,020 available income

Step 2:

The Community Spouse receives \$1,000.00 income:

\$1,000.00 income (+) \$1,020.00 from NH resident (=) \$2020.00 total income which is less than \$2,541.00, therefore community spouse keeps \$2,020.00 income, leaving \$0.00 for the resident's contribution to the nursing home bill and the Medicaid payment is \$2,000.

Incurred medical expenses not covered by Medicaid: dentures, some medications (**most medications should be covered by the NH resident's Medicare Prescription Drug Plan for those on Medicare and NH Medicaid**) and chiropractic care. Expenses such as these may be deducted from the NH resident's income. **DFCS must be notified.**

SUPPLEMENTAL SECURITY INCOME (SSI)

For: Those ages 65 or older, blind or disabled with income below:

January 2007

Individual: **\$623.00** per month

Couple: **\$934.00** per month

There is a resource limit of \$2,000.00 for an individual and \$3,000.00 for a couple. Resources include things like cash, savings, CDs, etc. Certain things are excluded from resources. Examples of things excluded from resources are: home, car up to \$4,500, prepaid burial plots, caskets, vaults etc. and up to \$1,500 in burial account, household goods up to \$2,000, trade/business, and life insurance face value up to \$1,500. **Appeal Time: 60 days.** Application by phone 1-800-772-1213.

Pickle People: If you received SS/SSI in the same month and SSI was canceled due to cost of living increase, you may be eligible for continued Medicaid if you are eligible but for cost of living increase. Apply at DFCS.

Adult Medically Needy "Spend Down"

Aged (65), blind or Disabled with high medical bills and income too high for other categories of Medicaid. Total unpaid bills must bring income below: **Appeal Time: 30 days**

January 2007

Individual: **\$337.00**
Couple: **\$395.00**

Resources: \$2,000 individual/\$4,000 couple

MEDICARE BUY-IN PROGRAMS (April 2007)

There are four programs outlined that enable a person with limited income to assist with paying for the cost of having Medicare. Income limits change every year when the Poverty Levels change.

1. Qualified Medicare Beneficiary (QMB)

Covers Part B Premium, Co-insurance and Part A&B Deductibles. (Does Not PAY for prescriptions).

Income Limit: \$ 837.00 individual \$1,120.00 couple

2. Specified Low Income Medicare Beneficiary (SLIMB) only covers the Part B Premium

Income Limit: \$ 1000.00 individual \$1,340.00 couple

Ask about the availability of additional benefits under the Q-1 program that pays the Part B premium but may soon be discontinued.

Resources: \$4,000.00 individual \$6,000.00 couple

Appeal Time: 30 days (10 days for continued benefits)

MEDICARE PART D SUBSIDIES (“Extra Help”)

Full – Provides drug subsidy with low co-payments to Medicare beneficiaries with incomes up to 135% of federal poverty level and limited resources.

Income limit: **\$1,102.00 month/individual;**
 \$1,485.00 month/couple

Partial – Provides a partial subsidy of premium, deductible and co-insurance to Medicare beneficiaries with incomes up to 150% of poverty and limited resources.

Income limit: \$1,225 mo/individual; \$1,650 mo/couple

HOSPICE

Hospice cares for the terminally ill and their families. The goal is not to cure but to provide care and counseling to make the final stages of life more comfortable. Hospice, provided by a public or private agency that is Medicare or Medicaid approved is for all age groups, including children and adults.

Services available:

- Nursing services
- Medical social services
- Physician services
- Counseling
- Homemaker services
- Medical equipment (such as wheelchairs, walkers, hospital beds)
- Medical supplies (bandages, catheters)
- Prescription drugs for pain
- Short term stay in the hospital for respite care
- Home health aide
- Physical and occupational therapy
- Speech therapy
- Social worker services
- Dietary counseling
- Grief counseling

Services Not Covered by Hospice

Treatment to cure the terminal illness

Care from a hospice provider other than your hospice provider

The same type of care that your hospice care provider is giving you

Medicare Hospice

You pay for \$5.00 for each outpatient prescription drug and similar products for pain relief and symptom control and 5% of the Medicare payment amount for inpatient respite care.



Source: MSN Internet



Source: Bob Fullerton

Medicaid Hospice

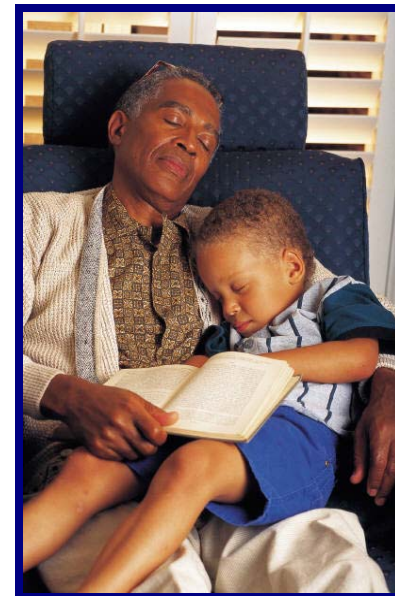
Income limit: \$1,869.00 per month

Resources: \$2,000.00 individual \$3,000.00 couple

Food Stamps (through 09/07)

(Gross & Net must be met by non-elderly, disabled HH;
otherwise only Net Income met)

HH Size	Gross	Net Income	Max. Allotment
1	\$1,062	\$ 817	\$155
2	1,430	1100	284
3	1,799	1,384	408
4	2,167	1,667	518
5	2,535	1,950	615
6	2,904	2,234	738
7	3,272	2,517	816
8	3,640	2,800	932
each additional person	+\$ 369	+\$ 284	+\$117



Coastal Georgia CARE-NET.ppt

The food stamp allotment is based upon an elderly or disabled person's net food stamp income. Most households must meet the maximum gross income to even be considered eligible for the program and then meet the net income limit.

Resources: \$3,000 elderly (60 and over) \$2,000 non-elderly

Exempt Resources: Home and lot; household goods; cars with FMV under \$4,650 or cars exempt because used for income production, long distance work, as home or for transporting disabled. **Appeal Time: 90 days (10 days continued benefits).**

Medical expenses in excess of \$35.00 can be used to increase food stamp allotments for the elderly.

Other Food Stamp Budget Allowances

Standard Deduction: \$134.00

Shelter Deduction: \$417.00 maximum

(In addition, excess shelter costs for elderly hh)

Dependent care Per Dependent:
20% deduction for earned income

\$175.00 (\$200 up to age 2)

For Assistance with The Programs Discussed
In This Publication See the Following:

DEPARTMENT OF FAMILY AND CHILDREN SERVICES

(Contact the Office in Your County)

1. Nursing Home Medicaid
2. Spousal Impoverishment
3. QMB
4. SLIMB
5. Adult Medically Needy "Spend Down"
6. Food Stamps

SOCIAL SECURITY ADMINISTRATION (800)772-1213

1. Medicare (1-800-MEDICARE) "1-800-633-4227"
2. Social Security
3. Supplemental Security Income
4. Low income Subsidy or Medicare Part D "Extra Help"

CAHABA GOVERNMENT BENEFITS (800) 727-0827

P.O. Box 3018, Savannah, GA 31402-3018

Medicare Part B Claims

BLUE CROSS/BLUE SHIELD (706) 322-4082

P.O. Box 7368

Columbus, GA 31908

Medicare Part A Claims



Source: Rosalynn Carter Institute

GEORGIA HOSPICE ORGANIZATION (770) 924-6073

GEORGIA CARES (800) 669-8387

For information on prescription drugs, Medicare and insurance.

COMMUNITY CARE SERVICES PROGRAM

Information is available from the Heart of Georgia Altamaha Area Agency on Aging Office

Toll Free: (888) 367-9913

Local: (912) 367-3648

MEDICAID (800) 282-4536

Department of Community Health

Division of Medical Assistance

2 Peachtree Street

Atlanta, GA 30303

GEORGIA SENIOR LEGAL HOTLINE (888) 257-9519 or (404) 657-9915

Brief legal advice over the phone for people 60 years of age and older.

ELAP (Elderly Legal Assistance Program)

Legal assistance program providing civil information, education and representation at no cost to persons 60 years of age and older when brief telephone legal advice is not enough.

Contact the Heart of Georgia Altamaha Area Agency on Aging for assistance.

Toll Free: (888) 367-9913

Local: (912) 367-3648

LONG TERM CARE OMBUDSMAN PROGRAM (888) 454-5826 or Local: (478) 374-4301

If you have someone in a personal care home or nursing home that needs an advocate or an extra voice, contact the local ombudsman.



Source: HOGA Live Healthy Georgia Carnival



The Heart of Georgia Altamaha (HOGA) CARE-NET was established in June 2002 resulting from a partnership between the Rosalynn Carter Institute, Administration on Aging, the Georgia Department of Human Resources Division of Aging Services and the Area Agency on Aging. The mission of the organization is to establish a highly effective coalition of individual and professional caregivers called CARE-NET to identify and document existing services, facilitate coordination among agencies, influence policy, address problems, prompt community initiatives and effect change.

COMPASSION IN ACTION...

“The Area Agency on Aging provides an important opportunity to support and strengthen the role of informal caregivers and to bring together community agencies to meet the diverse needs of caregivers.”

Gail H. Thompson, AAA Director

“The primary goal of our HOGA CARE-NET is to involve community members in a collaborative effort to study our region to determine caregiver needs and to find ways to address those needs.”

Alan Mazza, Heart of Georgia Altamaha RDC
Executive Director



**ROSALYNN CARTER
INSTITUTE**



Aging & Disabilities Resource Connection Caregiver Resource Directory

For More Information Contact:

Alan R. Mazza, Executive Director
Heart of Georgia Altamaha Regional Development Center
mazza@hogardc.org

Gail H. Thompson, Director
Area Agency on Aging
ghthompson@dhr.state.ga.us

Kathy B. Keith, RDC/AAA Special Projects Coordinator
kbkeith@dhr.state.ga.us

331 W. Parker Street

Baxley, GA 31513

Phone: 912-367-3648; Fax 912-367-3640

Toll Free: 888-367-9913

www.hogardc.org

The Importance of Caregivers

Seniors are the fastest-growing segment of the population in the United States. Caregivers, including friends and family members, paid professionals or community volunteers are a key resource in improving the quality of life for the elderly. Yet many people do not recognize that their interaction with a senior may be defined as “caregiver” and that they may be in a position to obtain assistance in that role. The Caregiver Resource Directory is dedicated to the many special people who share their lives, hearts and expertise for the benefit of the Heart of Georgia Altamaha region.

The information in this guide is correct, to the best of our knowledge, as of November 1, 2005. Inclusion in this Directory neither endorses nor guarantees any vendor; nor does exclusion imply a lesser quality of services or goods. The Heart of Georgia Altamaha Regional Development Center makes no distinction on grounds of political affiliation, religion, race, color, sex handicap, age, creed, veteran status or national origin in providing any service, financial aid or other benefits under the Area Agency on Aging program in accordance with the Civil Rights Act of 1964. For details and more information, please call the number listed above.

A Project of
**The Heart of Georgia Altamaha Regional Development Center
Area Agency on Aging, CARE-NET and the ADRC Coalition**