

# Pathways

2009

**Information for Older Adults**

# BLUEGRASS AREA



# AGENCY ON AGING

Serving Central Kentucky communities,  
seniors, families, and aging professionals  
for over thirty years.

(859) 269-8021

- Caregiver Support Services
- Meals
- Homemaking
- In-Home Care
- Legal Assistance
- Home Repair
- Consumer Directed Option (CDO)
- Case Management
- Escort Services
- Respite
- Adult Day Programs
- Senior Employment
- Health and Wellness
- Information and Assistance

We invite you to visit your local community  
Senior Citizens Center. Take a tour. Participate  
in programs. Volunteer your time and talents.

## **Acknowledgements**

For the past 25 years, Pathways has been a popular comprehensive directory of community resources for older persons. The 2009 edition has been made possible by the financial contributions of the following organizations, businesses and persons:

***Bluegrass Area Agency of Aging and Independent Living  
Lexington-Fayette Urban-County Government  
Accessible Home Health Care  
Beth Richardson  
Bluegrass Continuity of Care Association  
Central Baptist Hospital Home Response Services Featuring Lifeline  
Center For Creative Living  
Comforcare Senior Services  
ComfortKeepers  
Five Star Quality Care Inc. – Lexington Country Place  
Five Star Quality Care Inc. – The Lafayette  
Hartland Hills  
Home Instead Senior Care  
Liberty Ridge Senior Living Residence  
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Nursing Home Ombudsman Agency  
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Seniors Advantage In-Home Care  
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For questions, comments, listings, and additional information, please contact the  
Bluegrass Area Agency on Aging and Independent Living

699 Perimeter Drive

Lexington, KY 40517

Tel. (859)-269-8021

Fax (859)-269-7917

Web Address: [www.bgadd.org/](http://www.bgadd.org/)

Note: This guide is intended to be a comprehensive community resource for older persons and their caregivers, however, the Bluegrass Area Agency on Aging and Independent Living is not responsible for any resources that might have been missed. Also, The BGAAA&IL does not endorse any specific agencies or businesses listed.

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# Resource Numbers By County

## ANDERSON COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(502) 839-7203
Health Department . . . . .	(502) 839-4551
Library. . . . .	(502) 839-6420
Senior Center . . . . .	(502) 839-7520

## BOURBON COUNTY

Community Action Council . . . . .	(859) 233-4600
Comprehensive Care . . . . .	(859) 987-6127
Health Department . . . . .	(859) 987-1915
Library. . . . .	(859) 987-4419
Senior Center . . . . .	(859) 987-7453

## BOYLE COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(859) 236-2726
Health Department . . . . .	(859) 236-2053
Library. . . . .	(859) 236-8466
Senior Center . . . . .	(859)-236-2070

## CLARK COUNTY

Foothills Community Action Partnership . . . . .	(859) 624-2046
Comprehensive Care . . . . .	(859) 744-2562
Health Department . . . . .	(859) 744-4482
Library. . . . .	(859) 744-5661
Senior Center . . . . .	(859) 744-3235

## ESTILL COUNTY

Foothills Community Action Partnership . . . . .	(859) 624-2046
Comprehensive Care . . . . .	(606) 723-5128
Health Department . . . . .	(606) 723-5181
Library. . . . .	(606) 723-3030
Senior Center . . . . .	(606) 723-4787

## FRANKLIN COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(502) 223-2182
Health Department . . . . .	(502) 564-4269

# Emergency Phone Numbers (continued)

Library . . . . . (502) 352-2665  
Senior Centre . . . . . (502) 223-5794

## GARRARD COUNTY

Bluegrass Community Action Partnership . . . . . (502) 695-4290  
. . . . . (800) 456-6571  
Comprehensive Care . . . . . (859) 792-2181  
Health Department . . . . . (859) 792-2153  
Library . . . . . (859) 792-3424  
Senior Center . . . . . (859) 792-3147

## HARRISON COUNTY

Community Action Council . . . . . (859) 233-4600  
Comprehensive Care . . . . . (859) 234-6940  
Health Department . . . . . (859) 234-2842  
Library . . . . . (859) 234-4881  
Senior Center . . . . . (859) 234-5801

## JESSAMINE COUNTY

Bluegrass Community Action Partnership . . . . . (502) 695-4290  
. . . . . (800) 456-6571  
Comprehensive Care . . . . . (859) 885-6315  
Health Department . . . . . (859) 885-4149  
Library . . . . . (859) 885-3523  
Senior Center . . . . . (859) 885-9102

## LINCOLN COUNTY

Bluegrass Community Action Partnership . . . . . (502) 695-4290  
. . . . . (800) 456-6571  
Comprehensive Care . . . . . (606) 365-2197  
Health Department . . . . . (606) 365-3106  
Library . . . . . (606) 365-7513  
Senior Center . . . . . (606) 365-9016

## MADISON COUNTY

Foothills Community Action Partnership . . . . . (859) 624-2046  
Comprehensive Care . . . . . (859) 623-9367  
Health Department . . . . . (859) 626-4241  
Library - Berea . . . . . (859) 986-7112  
Library – Richmond . . . . . (859) 623-6704  
Senior Center – Berea . . . . . (859) 986-8350  
Senior Center – Richmond . . . . . (859) 623-0474

# Emergency Phone Numbers (continued)

## MERCER COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(859) 734-5486
Health Department . . . . .	(859) 734-4522
Library . . . . .	(859) 734-3680
Senior Center . . . . .	(859) 734-5185

## POWELL COUNTY

Foothills Community Action Partnership . . . . .	(859) 624-2046
Comprehensive Care . . . . .	(606) 663-2274
Health Department . . . . .	(606) 663-4360
Library . . . . .	(606) 663-4511
Senior Center . . . . .	(606) 663-5981

## NICHOLAS COUNTY

Community Action Council . . . . .	(859) 233-4600
Comprehensive Care . . . . .	(859) 289-7126
Health Department . . . . .	(859) 289-2188
Library . . . . .	(859) 289-5595
Senior Center . . . . .	(859) 289-3729

## SCOTT COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(502) 863-4734
Health Department . . . . .	(502) 863-3971
Library . . . . .	(502) 863-3566
Senior Center . . . . .	(502) 863-4041

## WOODFORD COUNTY

Bluegrass Community Action Partnership . . . . .	(502) 695-4290
. . . . .	(800) 456-6571
Comprehensive Care . . . . .	(859) 873-7316
Health Department . . . . .	(859) 873-4541
Library . . . . .	(859) 873-5191
Senior Center . . . . .	(859) 873-8384

## FAYETTE COUNTY CRISIS / EMERGENCY NUMBERS

Adult Abuse/Domestic Violence . . . . .	(859) 245-5414 or Toll Free: (800) 752-6200
Ambulance/ Rescue . . . . .	.911
Child Abuse . . . . .	(859) 245-5258 or Toll Free: (800) 752-6200

# Emergency Phone Numbers (continued)

Crisis Intervention/Mental Health . . . . .	(800) 928-8000
Disaster Assistance/Emergency Mgmt (LFUCG) . . . . .	(859) 258-3784
Fire Department . . . . .	.911
Humane Society . . . . .	(859) 255-9033
Poison Center. . . . .	(800) 222-1222
Police-Emergencies Only . . . . .	.911
Rape Crisis. . . . .	(859) 253-2511
Sheriff's Office . . . . .	(859) 252-1771
Spouse Abuse (Bluegrass Domestic Violence Program). . . . .	(859) 255-9808
Time . . . . .	(859) 259-2333
Weather . . . . .	(859) 281-8131

## FAYETTE COUNTY HELP NUMBERS

AIDS Hotline (at the CDC. . . . .	(800) 232-4636
Alcoholics Anonymous . . . . .	(859) 225-1212 or (800) 467-8019
Alzheimer's Association . . . . .	(859) 266-5283 or (800) 272-3900
AARP . . . . .	(866) 295-7275 or (888) 687-2277
American Red Cross . . . . .	(859) 253-1331 or (877) 450-5018
Better Business Bureau . . . . .	(859) 259-1008 or (800) 866-6668
Bluegrass Domestic Violence Program . . . . .	(859) 255-9808 or (800) 544-2022
Cancer Information Service . . . . .	(800) 422-6237
Citizens' Advocate . . . . .	(859) 258-3230
Community Action, Main St. . . . .	(859) 233-4600
Community Action, Georgetown St. . . . .	(859) 244-2215
Community Action, Winburn Dr. . . . .	(859) 294-5249
Community Action, Cambridge Dr. . . . .	(859) 246-1192
Community Action, Buckhorn Dr. . . . .	(859) 273-6395
Consumer Protection Hotline . . . . .	(888)432-9257
Cooperative Extension Service (Fayette Co.) . . . . .	(859) 257-5582
CPR Training/American Red Cross . . . . .	(859)253-1331
Crime Stoppers. . . . .	(859) 253-2020
Diabetes Hotline . . . . .	(800) 342-2383
Substance Abuse Hotline . . . . .	(800) 432-9337
Gamblers Anonymous . . . . .	(859) 277-8236
Fayette County Health Department . . . . .	(859) 252-2371
Hope Center . . . . .	(859) 252-7881
Human Rights Commission . . . . .	(859) 252-4931
KY Organ Donor Affiliates . . . . .	(859) 278-3492 or (800) 525-3456
League of Women Voters. . . . .	(859) 494-3203
Legal Aid of the Bluegrass . . . . .	(859) 233-4556
Legal Helpline for Older Kentuckians. . . . .	(800) 200-3633
LexCall. . . . .	311. or.(859) 425-2255

# Emergency Phone Numbers (continued)

Lexington Fair Housing . . . . .	(859) 971-8067
Meals on Wheels of Lexington, Inc . . . . .	(859) 276-5391
Mediation Center of KY . . . . .	(859) 246-2664
National Alliance for the Mentally Ill-Lexington . . . . .	(859) 272-7891 or (800) 928-8000
National Alliance for the Mentally Ill-Kentucky . . . . .	(502) 245-5284 or (800) 257-5081
Nursing Home Ombudsman Agency (17 County Area) . . . . .	(859) 277-9215; (859) 278-6072; (877) 787-0077; or after hours at (800) 752-6200
Operation Read . . . . .	(859) 254-9964
Overeaters Anonymous . . . . .	(859) 271-4655
Parents and Friends of Lesbians and Gays . . . . .	(606) 272-7075
Physicians' Referral Service . . . . .	(800) 633-8100
Salvation Army . . . . .	(859) 252-7706
United Way 211 Information and Referral Center . . . . .	(859) 313-5465
Utility Complaint Hotline (Public Service Commission) . . . . .	(800) 772-4636
Volunteers of America . . . . .	(859) 254-3469

# Caregiver Emergency Health Guide

Complete this form for easy reference if you must call for help. Place in a location where friends and family can easily find it.

Full name of patient: \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor(s) name: \_\_\_\_\_ Phone: \_\_\_\_\_

Clergy name: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital choice: \_\_\_\_\_

Medicare No.: \_\_\_\_\_ Medicaid No.: \_\_\_\_\_

Veteran/Military I.D.: \_\_\_\_\_

Health Insurance Carrier: \_\_\_\_\_ Phone: \_\_\_\_\_

Add'l. Insurance Carrier: \_\_\_\_\_ Phone: \_\_\_\_\_

## Whom to Call:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

## Medications, Dosage, and Frequency:

Medication	Rx No.	Dosage	Prescribed By
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## Allergies:

\_\_\_\_\_

Living Will: \_\_\_ yes \_\_\_ no If yes, location: \_\_\_\_\_

## Additional Contacts:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Emergency Preparedness Checklist

Nearly 80% of senior citizens live in their own homes, often alone. To ensure the comfort and safety of you and your loved ones, the Red Cross recommends that each household have an emergency survival kit on hand. Review the checklist below to create kits that meet your particular needs.

## Water

Store water in plastic containers, avoiding glass and cardboard, which can break and decompose. Keep at least a three-day supply of water for each person in your household, storing extra if family members are ill.

Store one gallon of water per person per day

## Food

Store at least a three-day supply of non-perishable food for each member of your family. Select foods that require no refrigeration, heating, and little or no water. Consider foods that are compact and lightweight.

Ready-to-eat canned meats, fruits and vegetables	Canned juices, milk, and soup
Staples—sugar, salt, pepper	Vitamins
Comfort/stress foods (i.e. cookies, candy, instant coffee)	Foods persons on special diets
High energy foods (i.e. peanut butter & jelly, granola bars, crackers)	

## First Aid Kit

Adhesive bandages; Gauze pads	Sunscreen
Non prescription drugs: Aspirin/pain reliever	Anti-diarrhea medication
Laxative Antacid Active Charcoal	Syrup of Ipecac
Latex gloves (2 pairs)	Safety pins, needle
Thermometer	Petroleum jelly
Hypoallergenic adhesive tape	Cleansing agent/soap; Antiseptic
Tongue blades (2)	Moistened towelettes
Roller and triangular bandages	Scissors & Tweezers

## Tools and Supplies

Paper cups, plates, and plastic utensils	
Emergency Manual	
Battery operated radio and batteries	Flashlight and extra batteries
Cash or traveler's checks; change	Non-electric can opener; utility knife
Fire extinguisher: small canister, ABC type	Tube tent
Pliers; compass	Plastic sheeting
Map of area (for locating shelters)	Matches in a waterproof container
Aluminum Foil	Plastic storage containers
Signal Flare; whistle	Paper and pencil; tape
Needle and thread	Shut off wrench for gas & water
Sanitation Items:	
Toilet paper and towelettes	Soap and liquid detergent
Feminine supplies	Personal hygiene items
Garbage bags and ties	Plastic bucket with tight lid
Disinfectant and chlorine bleach	Depends/Incontinence supplies

## Clothing and Bedding

Store at least one complete change of clothing and footwear for each family member.

Sturdy shoes/boots	Rain gear	Blankets/sleeping bags
Hat and gloves	Thermal underwear	Sunglasses

## Special Items

Pay particular attention to family members with special needs, such as the elderly or disabled.

Medical and healthcare supplies:

Prescription drugs	Denture needs	Eye glasses and contact lens supplies
Oxygen	Wound dressings	Insulin

Important family documents (kept in a waterproof container):

Will, insurance policies, deeds, stocks	Passports, social security and Medicare cards
Bank and credit card account numbers	Inventory of household goods; important phone numbers
Family records (birth, marriage, and death certificates)	

Checklist adapted from "Your Family Disaster Supplies Kit," printed by FEMA and the American Red Cross. For more information, contact your local American Red Cross Chapter

# Where Do I Start?

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Where Do I Start?

# Information

## **OFFICE OF AGING and INDEPENDENT LIVING**

Lexington-Fayette Urban-County Government  
200 E. Main Street  
Lexington, KY 40507  
Tel. (859) 258-3806  
Web: [www.lfucg.com/social\\_services/aging](http://www.lfucg.com/social_services/aging)

Identifies, assesses, and coordinates service needs of elders and disabled individuals, including any barriers to their ability to successfully age in place. Also participates in community activities in advocating for rights and policies and funding that can enhance the lives of seniors and disabled individuals in the Lexington-Fayette County area. If you see the need for a new service or have ideas on improving existing services, contact the Office of Aging and Independent Living.

## **LEXINGTON SENIOR CITIZENS CENTER**

Social Worker  
1530 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 278-6072  
Web: [www.lfucg.com/SocialSvcs/AdultSvcs/SeniorCitizensCenter.asp](http://www.lfucg.com/SocialSvcs/AdultSvcs/SeniorCitizensCenter.asp)

Information clearinghouse for older persons and their families. Help with health care, housing, financial assistance, advanced care planning, recreational activities, etc. Recreational, social, and educational activities at minimal to no cost.

## **BLUEGRASS AREA AGENCY ON AGING & INDEPENDENT LIVING**

699 Perimeter Dr.  
Lexington, KY 40517  
Tel. (859) 269-8021, or  
Toll Free: (866) 229-0018  
Web: [www.bgadd.org/aging](http://www.bgadd.org/aging)

The Area Agency on Aging is a central point for Information about Senior Centers, Adult Day Care, Family Caregiver Support Program, and Homecare services in the 17 counties that comprise the Bluegrass Area Development District. Bluegrass AAA also operates programs serving grandparent caregivers and persons eligible for the Consumer Directed Option (CDO). CDO is a Medicaid waiver program that allows individuals to choose who will provide services as well as how, when and where services will be provided. The Bluegrass AAA can provide information about senior services throughout the state or in other states.

## **THE DEPARTMENT OF AGING AND INDEPENDENT LIVING**

Cabinet for Health and Family Services  
275 E. Main St., Floor 3W-F  
Frankfort, KY 40621  
Tel. (502) 564-6930  
Web: <http://chfs.ky.gov/dail/>

Office designated as the State Unit on Aging charged with administering the Older Americans Act programs through the Area Agencies on Aging in Kentucky. Administers the Homecare, Personal Care Attendant, Adult Day Care, and Alzheimer's Respite Programs throughout the state, and the Kentucky Family Caregiver Program. Information on programs in other states also provided.

# Information (continued)

**LEGAL HELPLINE FOR OLDER KENTUCKIANS/ACCESS TO JUSTICE FOUNDATION**

Lexington, KY 40508  
Tel. Toll Free: (800) 200-3633  
Web: [www.ajfky.org](http://www.ajfky.org)

Free legal advice and assistance for senior citizens (age 60 and over). Older Kentuckians and their caregivers can speak to an attorney about legal issues and can receive information and referral on non-legal matters.

**OFFICE OF CONSUMER PROTECTION**

Office of the Attorney General  
1024 Capital Center Drive, Suite 200  
Frankfort, KY 40601  
Tel. (502) 696-5389, or  
Toll Free: (888) 432-9257  
Web: <http://ag.ky.gov/cp>

Provides consumer education programs, enforces the Consumer Protection Act and other consumer laws, and reviews consumer complaints. Complaints should be submitted in writing.

**ELDERCARE LOCATOR**

Tel. Toll Free: (800) 677-1116  
Web: [www.eldercare.gov](http://www.eldercare.gov)

Dial this number for the names and phone numbers of the Area Agency on Aging within a desirable location anywhere in the United States. This service is available Monday through Friday, 9:00 a.m. to 8:00 p.m. Be prepared with the county, city, or zip code and a brief description of the problem.

**HANDICAP PARKING PERMIT**

Fayette County Clerk  
162 East Main St.  
Lexington, KY 40507  
Tel. (859) 253-3344  
Web: [www.mvl.ky.gov](http://www.mvl.ky.gov) (forms are also available on this web page)

These permits and/or license plates are available for anyone who has lost the use of a leg or arm, is blind, or has a severe respiratory ailment. A physician must sign the application form. The permit must be displayed in your car or in the car in which you are riding. You may then park in a regular parking space for an extra two hours or in a handicapped parking space. All handicap placards are free although it is \$21.00 for a license plate.

**UNIVERSITY OF KENTUCKY SANDERS-BROWN CENTER ON AGING**

800 S. Limestone St.  
101 Sanders-Brown Building  
Lexington, KY 40536-0230  
Tel. (859) 323-6040

Provides research, education, and service programs in aging with a strong focus on Alzheimer's Disease research. Educational programs offered to professionals, students, older adults, and their caregivers.

# Grandparents / Relatives Raising Grandchildren

## **THE KENTUCKY KIN CARE PROJECT**

The Department of Aging and Independent Living  
Cabinet for Health and Family Services  
275 E. Main St., Floor 3W-F  
Frankfort, KY 40621  
Tel. (502) 564-6930  
Web: <http://chfs.ky.gov/dail/Programs.htm>

Statewide assistance to grandparents and other relatives raising children. Call for listings of organized grandparent support groups and information about financial assistance for grandparents/relatives caring for young children.

## **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Bluegrass Area Agency on Aging  
699 Perimeter Drive  
Lexington, KY 40517-4120  
Tel. 1 (866) 229-0018  
[dbassoni@bgadd.org](mailto:dbassoni@bgadd.org)

Provides information and assistance in locating and obtaining services for caregivers/ caregiver counseling, supports groups, financial assistance to allow respite care for caregivers to have a temporary break from daily pressure of caregiving. The program serves family caregivers who provide care to people over 60 years of age as well as grandparents and other older relatives who provide care to children through the age of 18. Serves 17 counties in Central Kentucky.

## **KINSHIP CARE**

Cabinet for Health and Family Services  
2050 Creative Drive Suite 160  
Lexington, Ky 40505  
Tel. (859) 246-2070

The Kinship Care Program is coordinated through the Division of Family Services, the Division of Child Support and the Division of Protection and Permanency to provide relative caregivers with financial assistance and casework services. Kinship Care is an alternative care placement and is provided to children who may otherwise be placed in foster care due to the death of both parents, a substantiated finding of abuse or neglect or a determination that placement with a relative other than a non-relative is in the best interest of the child.

# Grandparents / Relatives Raising Grandchildren

## **THE AARP GRANDPARENT INFORMATION CENTER**

601 E Street, NW  
Washington, DC 20049  
Tel. (202) 434-2296

## **HANDBOOK FOR KENTUCKY GRANDPARENTS AND OTHER RELATIVE CAREGIVERS**

Bluegrass Area Agency on Aging  
699 Perimeter Drive  
Lexington, Ky 40517-4120  
Tel. (859) 269-8021

Handbook developed by The Access to Justice Foundation Legal Helpline for Older Kentuckians and the Bluegrass Area Development District to assist grandparents with answers to question arising from being primary caregivers for grandchildren. Covers such topics as Legal Issues of custody, visitation, de Facto Custodian, Foster Care, Guardianship and Adoption.

List resources for financial assistance such as applying for social security ,food stamps and specialized healthcare programs,

## **CAREGIVING TIPS: Support groups can be good for your health!**

Participation in support groups is one of the most effective strategies for dealing with the many challenges faced by relatives taking on the primary care of young children. To find a support group close to you, contact your local elementary school Family Resource Center, the LFUCG Aging Services Office, or the Kentucky Kin Care Project.

## ***Also***

You might want to check with either the Family Resource Center, or the Youth Service Center at the school your child attends. Many of these offer supportive help and guidance to grandparents and other relative caregivers of children.

# Aging, Mental Retardation, and Developmental Disabilities

**ACCESS**

3161 Custer Dr., Suite 4  
Lexington, KY 40517  
Tel. (859) 272-7483  
Web: [www.bluegrass.org/](http://www.bluegrass.org/)

ACCESS is a branch of the Bluegrass Mental Health-Mental Retardation Board, Inc. ACCESS provides case management services to children and adults with mental retardation and/or developmental disabilities. Primary services are referrals to community resources and agencies as well as client advocacy.

**CARDINAL HILL ADULT DAY HEALTH PROGRAM**

Cardinal Hill Rehabilitation Hospital  
2050 Versailles Rd.  
Lexington, Kentucky 40504  
Tel. (859) 254-5701

This Adult Day Program, provided by the leaders in rehabilitative care for over 50 years, is geared mainly towards people age 18-65 years who are either mentally or physically challenged or incapable of taking care of themselves. A full day of recreational activities, two snacks and lunch is provided. While the hospital does not provide transportation, staff will work with families and caregivers to meet the client's transportation needs. Rehabilitation therapy such as physical, occupational, and speech-language can be provided on an as needed basis. The program is open Monday through Friday from 7:00 a.m. to 6:00 p.m.

**INDEPENDENCE PLACE**

824 Euclid Ave. Ste 103  
Lexington, KY 40502  
Tel. (859) 266-2807, or  
Toll Free: (877) 266-2807

The mission of Independence Place is to educate and inform all persons regarding the Independent Living Philosophy for those with disabilities and for other persons living with people with disabilities. Services include information and referral to resources, peer counseling, independent living skills training, and personal and public advocacy.

**INTERDISCIPLINARY HUMAN  
DEVELOPMENT INSTITUTE AT THE  
UNIVERSITY OF KENTUCKY**

126 Meryl Industry Bldg.  
Lexington, KY 40506  
Tel. (859) 257-1714  
Fax: (859) 323-1901  
Web: [www.ihdi.uky.edu](http://www.ihdi.uky.edu)  
(online resource directory in English and Spanish)

The institute's mission is to promote the independence, productivity, and inclusion of people with disabilities and their families throughout the life span. The following services are provided: interdisciplinary education, research and development, information sharing and advocacy, outreach, and a complete online resource directory in English and Spanish.

**KENTUCKY ASSISTIVE TECHNOLOGY  
LOAN CORPORATION**

209 St. Claire St.  
Frankfort, KY 40601  
Tel. (877) 675-0195  
Fax (502) 564-6745  
Web: [www.katlc.ky.gov](http://www.katlc.ky.gov)

Kentucky Assistive Technology Loan Corporation (KATLC) is a program to help persons with disabilities, who would not qualify under traditional loan programs, to obtain assistive technology to improve their independence or quality of life. Assistive technology may include, but is not limited to: vehicles and modifications, computers and adaptations, mobility devices, home modifications, augmentative devices, communication devices, hearing aids, and environmental control units.

**LATITUDE**

167 Saunier St.  
Lexington, KY 40507  
Tel. (859) 806-0195  
Web: [www.latitudearts.org](http://www.latitudearts.org)

At Latitude, folks thought to have a disability discover many ways to connect with the larger community. This can occur through the arts, participation in community events, utilizing community resources, and much more. Latitude provides day programming at its Community Habilitation Site and accepts participants who use SCL (Medicaid) funds, and private pay. Latitude is open for all!

**LEXINGTON-FAYETTE URBAN COUNTY  
GOVERNMENT**

Therapeutic Recreation Section  
Division of Parks and Recreation  
545 N. Upper St.  
Lexington, KY 40508  
Tel. (859) 288-2928  
Web: [www.lfucg.com/parksrec](http://www.lfucg.com/parksrec)

Recreation and leisure activities for persons with mental retardation and developmental disabilities of all ages. Programming includes group outings, holiday dances, sports and fitness programs, and socialization opportunities.

**NEW BEGINNINGS, BLUEGRASS, INC.**

3166 Custer Dr., Suite 200  
Lexington, KY 40517  
Tel. (859) 245-2400  
Web: [www.newbeginningsbg.org](http://www.newbeginningsbg.org)

This organization maintains a continuum of housing opportunities for independent, supportive and supervised housing for adults who have serious and persistent mental illnesses. Founded in 1997 by a group of consumer family members and mental health professionals, eligibility is determined through an application and screening process.

**PROTECTION AND ADVOCACY**

100 Fair Oaks Lane, Third Floor  
Frankfort, KY 40601  
Tel. (502) 564-2967,  
or Toll Free: (800) 372-2988  
TTY: (800) 372-2988  
Web: [www.kypa.net](http://www.kypa.net)

The mission of Protection and Advocacy is to protect and promote the rights of Kentuckians with disabilities through legally based individual and systemic advocacy and education. Protection and Advocacy provides assistance to individuals with disabilities whose rights have been violated due to disability. Training, technical assistance, legal counsel, and litigation services to eligible persons and groups provided at no cost to clients.

# Infectious Diseases

**BLUEGRASS CARE CLINIC**

UK Infectious Disease Department  
Kentucky Clinic  
740 South Limestone St.  
Lexington, KY 40536  
Tel. (859) 323-5544  
Web: [www.mc.uky.edu/bluegrasscareclinic](http://www.mc.uky.edu/bluegrasscareclinic)

Confidential, free HIV testing with no appointment necessary on Tuesday and Friday mornings. Ongoing medical treatment, primary care, psychological counseling and support services for individuals diagnosed with HIV or AIDS, with financial assistance for low-income individuals. Ongoing case management, drug addiction counseling, support groups and educational classes also available for individuals diagnosed with HIV or AIDS.

**AIDS PROGRAM SERVICES**

Lexington-Fayette Health Department  
650 Newtown Pike  
Lexington, KY 40508  
Tel. (859) 288-2437  
Web: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

Confidential, free testing and counseling provided on walk-in basis Mondays, Tuesdays, Thursdays, and Fridays from 8:00-4:00; Wednesdays from 8:00-6:30. Care coordinator services also provided to assist with medical treatments and support.

**AIDS VOLUNTEERS, INC. (AVOL)**

263 North Limestone St.  
Lexington, KY 40507, or  
P.O. Box 431 Lexington, KY 40588-0431  
Tel. (859) 225-3000  
Web: [www.AIDSVolunteers.org](http://www.AIDSVolunteers.org)

Compassionate services for those facing the challenges of HIV and AIDS in Central and Eastern Kentucky. Services include financial support, transportation, advocacy, supportive counseling, and referral assistance. Financial support includes rental assistance, utilities, personal and household items, food and some medications. Chemical dependency and substance abuse assessment and referral program for chemically dependent individuals with HIV or AIDS, caregiver volunteer program, prevention and education outreach also available.

# Medicare

Medicare is a federal health insurance program that assists with the cost of medical care for people 65 years of age and older, some disabled younger people, and individuals with permanent kidney failure. The Center for Medicare and Medicaid Services manages the program. The Social Security Administration assists in enrolling people in Medicare and collects Medicare premiums.

Medicare is divided into three parts: **Hospital Insurance (Part A), Medical Insurance (Part B), and Prescription Drug Coverage (Part D).**

**There is an additional option called Part C.**

**Medicare Part A** helps you cover hospital stays, skilled nursing facility care, home health care, hospice care, and blood work. You are automatically enrolled in Part A when you are determined to be eligible through age or medical eligibility. There is no monthly premium for this coverage if you have paid Medicare taxes while working. You can pay up to \$423 each month if you don't get premium free Part A.

**Medicare Part B** Part B insurance covers doctor services, outpatient hospital care, and other medical services that Part A does not cover, such as physical and occupational therapy, clinical laboratory services and supplies that are determined to be medically necessary by your physician. If you have insurance through another source that covers these types of services you can opt to decline the Part B coverage by notifying Social Security of your other coverage. Failure to sign up for Part B carries a penalty that increases year to year making the monthly premium you would pay substantially higher when you do sign up. There is a monthly premium that changes from year to year for this coverage. Premium is determined by your income level. The range is from \$96.40 for incomes \$82,000 or below to \$238.40 for incomes above \$205,000.

## **MEDICARE PART D**

Medicare Part D is designed to assist Medicare recipients with their drug costs. Coverage is provided through independent insurance companies approved by Medicare. There are two ways to get prescription drug coverage: Join a Medicare Approved Prescription Drug OPlan that covers drugs only or join a Medicare Advantage Care Plan that provides coverage for Part A, Part B and prescription coverage.

As with other insurance programs, you will pay a monthly premium for the Medicare Prescription Drug Plan and pay for a share of the cost of your prescriptions. This is called your co-pay. Costs will vary depending on the plan you choose.

Open enrollment for Medicare prescription drug plans is between November 15th and December 31st every year. People with Medicare who do not sign up for a Medicare drug plan during this time period may face an extra charge of 1% per month for each month of delay, unless they have another source of drug coverage that is at least as good as Medicare's prescription drug coverage (referred to as creditable coverage). Your current plan or insurer should notify you each fall to let you know if your coverage pays, on average, at least as much as standard Medicare prescription drug coverage or if your coverage is changing. If you choose not to enroll in Medicare's prescription drug plan, you should save this paperwork regarding your creditable drug coverage from another source.

Those with limited income may be eligible to receive help with the costs of the Medicare drug plan. Contact the Social Security Administration to apply for extra help. Individuals already receiving full Medicaid coverage and some others do not have to complete an application for extra help because they will automatically be signed up for it. However, they still must enroll in a Medicare prescription drug plan during the period of open enrollment. Medicaid will no longer cover prescription drugs for people on Medicare

# Medicare (continued)

## MEDICAID

Individuals with or without Medicare may be eligible for Medicaid coverage to cover the costs of basic health care. Medicaid is a state-federal partnership and is administered by the Cabinet for Health and Family Services through the Department of Community-Based Services.

In general, you may be eligible for Medicaid if you meet one of the following criteria: 65 and older, blind, permanently disabled, end-stage kidney disease, or receive Supplemental Security Income. Your income and assets will also be determining factors in your eligibility for Medicaid benefits.

If you are facing costs related to nursing home care, income levels for Medicaid eligibility may be higher. Be sure to inform the Medicaid caseworker of your situation, so that your eligibility may be properly assessed.

- To apply for Medicaid you must contact your local office of the Cabinet for Health and Family Services. Appointment at your local office can be made by calling 1-800 772-1213

## MEDICARE SAVINGS PLANS

If your income or financial resources are too high for you to be eligible for Medicaid there are other Medicare programs available to assist you with paying premiums, deductibles and co-pay amounts.

**QUALIFIED MEDICARE BENEFICIARY PROGRAM** The QMB Program will pay for your Part B premium, your deductibles and your co-pay amounts for services.

**SPECIAL LOW INCOME MEDICARE BENEFICIARY** The SLMB Program will pay for your Part B monthly premiums

For more detailed information and to make an appointment to apply for these benefits contact The Cabinet for Health and Family Services in your area. You can also go to the Medicare website [www.medicare.gov](http://www.medicare.gov) to get current and details information.

IN FAYETTE COUNTY  
**Cabinet for Health and Family Services**  
2050 Creative Drive, Suite 160  
Lexington, KY 40505  
Tel. (859) 246-2070

**GENERAL INFORMATION ABOUT  
MEDICARE BENEFITS**  
Tel. 1 (800) 633-4227, (1-800-MEDICARE)  
TTY/TDD: 1 (887) 486-2048 (for the hearing and  
speech impaired)  
Web: [www.medicare.gov](http://www.medicare.gov)

Information is available 24 hours a day, including weekends. Call for questions concerning Medicare health plans, ordering Medicare booklets, information on Medigap and prescription drug assistance programs.

# Medicare (continued)

**SOCIAL SECURITY ADMINISTRATION**

2260 Executive Dr.  
Lexington, KY 40505  
Tel. (859) 294-5633, or  
Toll Free: (800) 772-1213  
(TTY/TDD: 859-294-5753)  
Web: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Call your local social security administration office to apply for Medicare.

**MEDICARE INFORMATION BOOKLET**

To find out more information about the Medicare plan that is right for you, order a free “Medicare & You” handbook by calling 1-800-633-4227 (TTY/TDD: 1-877-486-2048). This booklet is updated every year.

**FREE BOOKLETS ABOUT MEDICARE AND RELATED TOPICS**

There are many booklets published by the Center for Medicare and Medicaid Services. Topics addressed include “Medicare Appeals and Grievances,” “Health Care Coverage Directory for People with Medicare,” “Medicare & Clinical Trials,” and “Medicare Coverage of Skilled Nursing Facility Care.” These booklets are available in English, Spanish, Audiotape (English and Spanish), Braille, and Large Print. Some booklets available in Chinese. For a catalog of Medicare booklets, call 1-800-633-4227 (TTY/TDD: 1-877-486-2048) or go to [www.medicare.gov](http://www.medicare.gov) on the Web and select “Publications.” You can read, print, or order these booklets.

**MEDICARE RIGHTS CENTER**

1460 Broadway  
New York, NY 10036  
Tel. (212) 869-3850, or (800) 333-4114  
Web: [www.medicarerights.org](http://www.medicarerights.org)

National, non-for-profit, non-governmental organization that helps ensure older adults and individuals with disabilities get quality, affordable health care. Telephone hotline services, educational classes, and consumer rights information available.

# Health Insurance

**STATE HEALTH INSURANCE PROGRAM  
(SHIP)**

498 Georgetown Street  
Lexington Kentucky 40508  
Tel. 859 233-4556  
1 877 293-7447

**This program provides assistance with  
Medicare, Medicaid and Part D questions.**

**N FAYETTE COUNTY  
Cabinet for Health and Family Services**

2050 Creative Drive, Suite 160  
Lexington, KY 40505  
Tel. (859) 246-2070

# Medicaid and Nursing Homes

## WHAT DOES MEDICAID PAY FOR?

Nursing Facility (NF) services include room, dietary services, social services, nursing services, the use of equipment and facilities, medical and surgical supplies, laundry services, drugs ordered by the physician, and personal items routinely provided by the facility. Also included if ordered by the physician are X-rays, physical therapy, speech therapy, occupational therapy, laboratory services, oxygen, and related oxygen supplies.

## WHO IS ELIGIBLE FOR MEDICAID NURSING FACILITY SERVICES?

Individuals may be eligible for NF services if they meet the following requirements:

- Reside in a facility that participates in the Kentucky Medicaid Program and are placed in a Medicaid-certified bed.
- Require and meet the level of care for skilled nursing services, nursing facility services, intermediate care services for the mentally retarded and the developmentally disabled.
- Are aged (65 years or older), blind, or disabled, or are currently Medicaid eligible.

## RESOURCE LIMITATIONS

- Resources are defined as cash money and any other personal property or real property that an individual or couple owns; has the right, authority or power to convert to cash; and is not legally restricted from using for support and maintenance.
- Resources may include, but are not limited to, checking and savings accounts, stocks or bonds, certificates of deposit, automobiles, land buildings, burial reserves (including pre-paid funeral arrangements), and life insurance policies.
- Certain types of resources are excluded and are not considered in the Medicaid eligibility determination. These resources include, but are not limited to household goods and personal items, the first \$1,500 of burial reserve of life insurance policy, one automobile used for employment or to obtain medical treatment, burial spaces and plots, life estate, interests, IRA's, retirement funds, and other deferred tax protected assets until assessed.
- The resources of an individual residing in a NF must be within Medicaid program guidelines. The resources of a NF resident's spouse are also considered. The resource limits may vary depending upon the marital status and the living arrangement of the NF resident.

## RESOURCE ASSESSMENT

The Department for Community Based Services Medical Office is required to complete an assessment of the combined countable resources of the NF resident and the at-home spouse when requested by either spouse or an interested party representing the couple. The resource assessment, which may be completed without applying for Medicaid, involves documenting and verifying all countable

resources owned by the couple as of the date of the most recent admission of the NF resident to the NF. The assessment also includes a comparison of the combined countable resources to the current Medicaid resource allowances for the NF resident and the at-home spouse to determine if the NF resident meets initial resource eligibility for Medicaid.

**Contact the Department for Community Based Services in the county where the NF is located to make a request for a resource assessment. At that time, an interview appointment will be scheduled with the at-home spouse or an interested party representing the couple. After the resource assessment is completed, each member of the couple will be provided a copy of the assessment.**

# Medicaid and Nursing Homes (continued)

## TRANSFERRED RESOURCES

A transfer of resources by the NF resident or the spouse remaining at home may adversely affect the potential for Medicaid NF services. A transfer of resources is defined as cash, liquid assets, personal property or real property, which is voluntarily transferred, sold, given away or otherwise disposed of at less than fair market value. If resources are transferred within 36 months prior to the Medicaid

eligibility application month or 60 months with regard to resources transferred into a trust, it is presumed that the transfer of resources was for the sole purpose of establishing Medicaid eligibility. At the time, it would be determined that a prohibited transfer of resources had occurred (the burden of rebutting this presumption rests with the individual). If the agency determines that a prohibited

transfer of resources occurred, an ineligibility period may be established beginning with the month of the transferred resources. Since 8/1/1995, homestead property transfers to certain individuals have been allowed. These persons are spouses, children who are under age 21 or disabled, or relatives who have provided live-in care that prevented institutionalization. This relative must be either a child who has provided care for one year or a sibling who has both provided care for one year and has an equity interest in the property. Transfer of homestead property into a trust for the recipient does not constitute a

transfer of assets. In addition, you may add the name of another individual to the deed providing the original owner's name remains as well.

## INCOME LIMITATIONS

Income is defined as money received from statutory benefits (Social Security, VA pension, Black Lung benefits, and Railroad Retirement benefits), pension plans, rental property, investments or wages for labor or services. Income may be unearned or earned. The income of the NF resident must be within Medicaid program guidelines.

## HOW CAN I APPLY?

•An application for Medicaid NF services may be filed at your local Department of Community Based Services Office in the county where the NF is located. At the time of application, the applicant (spouse or interested party representing the NF resident) should bring proof of the NF resident's:

- social security number
- income (earned and unearned)
- resources
- life insurance policies or burial reserves
- health insurance
- medical bills.

## MEDICAID ESTATE RECOVERY

**Medicaid estate recovery is a program which the federal government requires the states to implement in order for the state to receive federal dollars for Medicaid funding. There are many rules and regulations governing this program, so only some general information is provided. To get more information on Medicaid Estate Recovery, you should contact your county office of Department for Community Based Services or write to: Department for Medicaid Services**

# Medicaid and Nursing Homes (continued)

Division of Program Integrity  
275 East Main Street, 6E-B  
Frankfort, KY 40621

**Generally, Medicaid will ask the estate to pay back some or all of the amounts paid for the services it provided. When a person dies, the Department of Medicaid Services will send a notice to the estate representative stating its intent to recover. Medicaid is generally entitled to pursue all assets in which the Medicaid recipient had an interest.**

**Many persons fear that this means that Medicaid is taking the homestead property or requiring it to be sold. Medicaid no longer has any homestead exemption, and the deceased person's ownership/equity interest in any real property will be considered an estate asset and may be subject to any estate recovery claim. Heirs may choose to satisfy the amount of Medicaid's claim from their own resources, or by providing funds equal to the value of the claim from any other lawful and appropriate financial means.**

**There are limited circumstances when the estate representative may ask that estate recovery not be pursued. Estate recovery is not pursued if the deceased person has a surviving spouse; or the deceased person has a surviving child under age 21; or against any part of the estate that goes to a disabled child of any age. The estate representative must verify this to the Department's satisfaction. Estate recovery is not pursued when there are hardship reasons. Hardship reasons are where the total assessed value is \$10,000 or less; or the estate is the only source of income for the remaining family members. Again, the estate representative will be required to request this exemption to the satisfaction of the Department. If the Department denies an exemption based on hardship, the estate representative may appeal. Other reasons may exist for not pursuing estate recovery on a case-by-case basis.**

**Again, if you or your family needs to learn more about Medicaid Estate Recovery, please contact your county office of the Department for Community Based Services or the Department for Medicaid Services at the above address.**

## **SPOUSAL IMPOVERISHMENT**

Many people are worried about what to do if they have to put their spouse in a nursing home. One of their major concerns is finances. They want to know how much they are allowed to have. The state will allow the spouse living in the community to keep some income. Contact your Department of Community Based Services office for full and complete information about your situation.

## **HOW TO APPLY FOR FINANCIAL ASSISTANCE FOR NURSING HOME RESIDENTS**

### **IN FAYETTE COUNTY**

Fayette County Office  
Cabinet for Health and Family Services  
2050 Creative Drive, Suite 160  
Lexington, KY 40505  
Tel. (859) 246-2070

In other counties: go to the local Cabinet for Health and Family Services Office or to the specific Department of Community Based Services.

# Medicaid and Nursing Homes (continued)

## INSTRUCTIONS

You must apply in the county where the nursing home resident lives; that is, where the nursing home is located. It is advisable to make an appointment, so that you won't have to spend so long in the waiting room.

- Bring the resident's Social Security card.
- Bring the resident's Medicare number.
- Bring the resident's date of birth.
- Bring the resident's last three bank statements.
- Bring the resident's life insurance policy. If policy is over 20 years old, obtain written statement from the company stating cash surrender value.
- Bring proof of patient's income.
- Bring premium notices of any hospitalization policies on behalf of the resident.
- Bring tax evaluation of any property that the resident owns or partially owns.

## **NURSING HOME OMBUDSMAN OF THE BLUEGRASS**

1530 Nicholasville Road

Lexington, Kentucky 40503

1 (877) 787-0077

(859) 277-9215(859) 278-6072 ext.322

For concerns about care in Nursing Home Facilities or questions about Nursing home issues contact this agency for assistance.

# Indigent Health Care

## **HEALTH KENTUCKY**

83 C. Michael Davenport Blvd.  
Frankfort, Kentucky 40601  
Tel. 502-227-3158  
Hotline: 1-800-633-8100 (to access all services)  
502-227-3159 FAX  
[info@healthkentucky.org](mailto:info@healthkentucky.org)  
Web: [www.healthkentucky.org](http://www.healthkentucky.org)

Health Kentucky, Inc. is a non-profit, educational and charitable organization designed to help needy Kentuckians, 18- 64 years old, obtain access to quality health care.

### **Health Kentucky's Four Priority Activities are:**

- Facilitating access to health care.
- Promoting and providing education on health and health care issues.
- Formulating and evaluating public policy on health issues.
- Advancing research and collecting data regarding key health and health care concerns.

### **Health Kentucky's Four Programs are:**

#### **Kentucky Physicians Care**

Helps Kentuckians with low income below the Federal Poverty level who are uninsured, do not have a primary care physician, and do not qualify for a government program, find access to non-emergency quality health care. Over 2,000 physicians in the Commonwealth, including more than 500 primary care doctors, voluntarily participate and provide a one-time limited visit at no charge. Sponsored by the Kentucky Medical Association. There are a few dentists who provide free consultations only.

#### **Kentucky Pharmacy Providers**

Provides free medications to eligible persons. Over 450 pharmacies, through the Kentucky Pharmacists Association, fill prescriptions without charge. Various pharmaceutical companies make some medications available to the program. Recipients are not required to have a "Kentucky Physicians Care" provider, but prescriptions must be written by a physician licensed in Kentucky.

#### **Kentucky Home Health Care Program**

Provides intermittent home-based skilled nursing services to qualified patients who are home bound. A home health agency makes an assessment visit based on a referral from a participating physician. There can be two to five additional nursing visits following the initial assessment. Most of Kentucky's home health agencies participate. Co-sponsored by the Kentucky Home Health Association.

#### **Kentucky Association of Hospices Program**

**Provides Hospice services to eligible patients who are terminally ill. All hospice agencies in Kentucky participate. Co-sponsored by the Kentucky Association of Hospices.**

# Indigent Health Care (continued)

## **UNIVERSITY OF KENTUCKY STUDENT-RUN FREE CLINIC**

Salvation Army  
W. Arnold Hanger Lodge  
736 W. Main Street  
Lexington, KY 40509  
Tel. (859) 252-7706  
[www.mc.uky.edu/saclinic/](http://www.mc.uky.edu/saclinic/)

Provides free healthcare, education and social service referrals to underserved residents of Central Kentucky. Includes on-site medications and prescriptions, basic lab tests and physical therapy services. The first eight patients arriving will be seen. Hours are Tuesday and Thursday evenings, 5:30 – 8:30 pm, but patients should arrive by 5 pm. Anyone is eligible.

## **LEXINGTON – FAYETTE COUNTY HEALTH DEPARTMENT**

650 Newtown Pike  
Lexington, KY 40508-1197  
Tel. (859) 252-2371  
To make a clinic appt.: (859) 288-2307  
Health Care Services For the Homeless: (859)  
288-2334 or (859) 288-2408  
[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

The Health Department has numerous service sites throughout Lexington and provides an array of services including general outpatient clinical care, pharmacy services, dentistry, social services, health education and counseling, and nutritional education and counseling. Health care services are available to anyone in Fayette County. Fees are charged on a sliding scale based on income. Patients need to bring proof of income on their first visit. Payments from Medicaid, Medicare, and some health insurance companies are also accepted.

## **MISSION LEXINGTON, INC.**

Calvary Baptist Church  
150 East High Street  
Lexington, KY 40507  
Tel. (859) 327-9905  
fax (859) 254-3492  
<http://calvarybaptistchurch.com/missions-outreach>

## **Mission Lexington Dental Clinic**

By appointment only: (859) 519-8157

Sponsored by Calvary Baptist Church the clinic is staffed by volunteer dentists. who are offering their services to adults in Lexington with no- or low- income.

# Indigent Health Care (continued)

**Mission Lexington Medical Clinic** (Opening Fall 2008)  
1363 Trent Boulevard  
Lexington, KY 40517  
By appointment only: (859) 272-0219

Primary Care clinic serving working adults without insurance, 185% of federal poverty level, who live in Fayette County. It is open at the availability of physician volunteers. The clinic offers ongoing management of chronic conditions, laboratory and pharmacy services. Local partners, such as Central Baptist Hospital, donate services and access to medical specialists.

**NATHANIEL MISSION**  
616 De Rode St  
Lexington, KY 40508  
Tel. (859) 255-0062  
[www.nathanielmission.org](http://www.nathanielmission.org)

Sponsored by Nathaniel United Methodist Church, this clinic provides health services to those without health insurance or government assistance that live in the South Broadway area of Lexington. Contact the Mission for area limits. They also have a free Veterinary Clinic.

**REFUGE MINISTRIES MEDICAL CLINICS**  
Southland Christian Church  
Tel. (859) 225-4325 Appointment is required.  
[www.refugeministriesky.org/](http://www.refugeministriesky.org/)

**Refuge Ministries - Jessamine County Clinic**  
215 East Maple Street,  
Nicholasville, KY 40356  
Monday - Thursday: 6-9 p.m.  
Friday, Saturday, Sunday: closed

For people of Jessamine County and a defined geographic area of Fayette County who do not have health insurance and meet federal poverty guidelines. Offers primary care, health education, laboratory testing, and referrals. All people are served regardless of their socioeconomic, immigration, or health status.

**Corral Street Refuge Medical Clinic**  
(Opening Early 2009)  
525 Corral Street  
Lexington, KY 40508

**SAINT JOSEPH'S FREE HEALTH CLINIC**  
1590 Harrodsburg Road  
Lexington, KY 40504  
Tel. 313-4555

Services provided include, primary health care services, examinations, patient counseling & education. Must be without health insurance or a medical card.

Call to be screened for an appointment.

Hours

Mon 2:00 pm - 8:00 pm

Tues 12:00 pm - 6:00 pm

Wed 12:00 pm - 4:00 pm

Thur 12:00 pm - 5:00 pm

Fri 12:00 pm - 5:00 pm

# Help with Prescription Drug Costs

## **FAITH PHARMACY**

240 E. 7th St.  
Lexington, Ky.  
Lexington, KY 40508.  
Tel. (859) 255-1074  
[www.faithpharmacy.com](http://www.faithpharmacy.com)

Faith Pharmacy is a volunteer-run short-term medical program assisting people who do not have a prescription plan or carry health insurance. Open on Saturdays from 9:00am to 12:00pm. Patients are asked to arrive before 9:00am. A list of drugs available is on the web site under "Formulary." Patients must have a prescription, a referral sheet, and a completed medical history form.

The program also links people to other programs that provide free drugs. Referral from a social worker or health care provider is necessary to access this service.

## **HEALTH KENTUCKY**

Kentucky Pharmacy Providers  
83 C. Michael Davenport Blvd.  
Frankfort, Kentucky 40601  
502-227-3158  
Hotline: 1-800-633-8100 (to access all services)  
502-227-3159 FAX  
Email: [info@healthkentucky.org](mailto:info@healthkentucky.org)  
Web: [www.healthkentucky.org](http://www.healthkentucky.org)

Provides free medications to eligible persons ages 18-64 years old. Over 450 pharmacies, through the Kentucky Pharmacists Association, fill prescriptions without charge. Various pharmaceutical companies make some medications available to the program. Recipients are not required to have a Health Kentucky "Kentucky Physicians Care" provider, but prescriptions must be written by a physician licensed in Kentucky.

## **THE PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

1100 Fifteenth Street, N.W.  
Washington, D.C. 20005  
Tel. Toll Free: (888) 477-2669  
Web: [www.pparx.org](http://www.pparx.org)

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Through the web site, the Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 180 programs offered by pharmaceutical companies. Assistance can also be accessed by phone.

# Help with Prescription Drug Costs (continued)

## **SENIOR EMERGENCY MEDICAL PROGRAM**

### **Lexington Senior Citizens Center**

Social Worker

1530 Nicholasville Rd.

Lexington, KY 40503

Tel. (859) 278-6072

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

The Senior Emergency Medical Program serves Fayette County residents 60 and over at 125% above the poverty level or below. The fund may be accessed twice per calendar year to assist with the purchase of prescription medicine, durable medical equipment, dentures, hearing aids, dietary supplements, and adult diapers. All requests are handled by the Senior Citizens Center social worker.

# Social Security

## **SOCIAL SECURITY ADMINISTRATION**

2260 Executive Dr.  
Lexington, KY 40505  
Tel. (859) 294-5633, or Toll Free: (800) 772-1213  
Web: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Some retirement benefits are payable at age 62 to workers and some dependents if the worker meets insured status and is retired. Widows and widowers (including divorced widows and widowers) may receive reduced benefits as early as age 60. Disability benefits provide a regular monthly benefit to wage earners of any age, meeting a special insured status and having a severe mental or physical impairment. Family members of disabled wage earners may also qualify for monthly benefits. Supplemental Security Income (S.S.I.) is a financial assistance program for those 65 and over, and for the blind and disabled whose income and resources are below certain levels. To apply for benefits, please contact Social Security at least two months before the benefits are needed.

## Helpful Internet Sites for Getting Started

Medicare: [www.medicare.gov](http://www.medicare.gov)

Medicaid Consumer Information Page:  
[www.cms.hhs.gov/medicaid/consumer.asp](http://www.cms.hhs.gov/medicaid/consumer.asp)

Other Helpful Websites:

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

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

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

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



# Health Issues

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# Advance Directives

## **YOU HAVE A CHOICE:**

The Commonwealth of Kentucky recognizes the right of people to make their wishes known about end-of-life health care. You can state your medical care wishes while you are still healthy and able to choose. In general, these statements are called, “Advanced Directives” because they are signed in advance to direct your family and doctors. Advance directives include Living Wills, Health Care Surrogates, and Durable Powers of Attorney. The following is an explanation of how these documents work in Kentucky. If you have a Living Will or other document from another state you may wish to have it reviewed by an attorney in Kentucky to make sure it will be honored here.

## **LAST WILL AND TESTAMENT**

A document which allows a person to designate to whom and how ownership of one’s personal property and real estate will be distributed after death. It does not refer to health care decisions.

## **DURABLE POWER OF ATTORNEY**

A Durable Power of Attorney takes effect upon signature and does not end when you are no longer able to make decisions. It allows you to choose someone to carry out your wishes when you are unable to speak for yourself. You may give this person the power to make health care decisions for you, just as a Health Care Surrogate can, but you may also give him/her power to handle financial affairs. You should see an attorney about this document. A Springing Power of Attorney does not take effect until you are no longer capable of making decisions. It can cover the same powers as Durable Power of Attorney, both health care decisions and financial ones.

## **HEALTH CARE SURROGATE**

A document that designates another adult to make health care decisions when a person no longer has the capacity to make his/her own wishes known. In Kentucky, this document is combined in the same form with the Living Will.

## **LIVING WILL**

A Living Will is a document that enables an adult to make his or her wishes known regarding life prolonging treatment when the person is no longer able to participate actively in decision concerning medical care. In Kentucky this document is combined in the same form with the Health Care Surrogate.

## **HOW DOES A LIVING WILL WORK?**

A Living Will only becomes effective if two doctors determine you are permanently unconscious or that you are expected to die within a relatively short time and no treatment will cure you. Kentucky’s Living Will states 1) whether you want someone to make health care decisions on your behalf, 2) whether you want life-prolonging treatment or just pain relieving medication, 3) whether you want artificially provided food and water. The doctors are required to honor your requests, but emergency room and ambulance staff must make every effort to save your life. Treatment started there can be withdrawn later.

## **WHO MAY BE DESIGNATED AS A SURROGATE AND WHAT KINDS OF DECISIONS CAN THEY MAKE?**

Anyone 18 years of age or older unless they are employees, owners or officers of the hospital or nursing home providing care to you. You may name more than one person or an alternative to your first choice. A Health Care Surrogate has the power to make any medical decisions you could make yourself except the decision to refuse or stop artificial food and water unless your permission is spelled out in the document.

# Advance Directives (continued)

## HOW DO I MAKE OUT A LIVING WILL?

You may get copies of a Living Will from the Lexington Senior Citizens Center (278-6072), Legal Aid of the Bluegrass (233-4556), the Legal Helpline for Older Kentuckians (1-800-200-3633), Hospice of the Bluegrass (276-5344), your own doctor or attorney, or the Department of Aging and Independent Living (1-502-564-6930). You should fill out the document carefully and sign it in the presence of two witnesses or a notary public. A witness may not be a relative, heir, or any of your healthcare providers.

## DO I NEED AN EMS-DNR ORDER FORM IN ADDITION TO MY LIVING WILL?

If you have a wish for no life-prolonging measures to be taken at the hospital or if your doctor has placed a DNR status (no not resuscitate) on your medical chart, then you might want to consider filling out an Emergency Medical Service-Do Not Resuscitate (EMS-DNR) order form. This order mandates EMS personnel to withhold CPR, intubations, administration of cardiac medications, artificial respiration, and other forms of life support while traveling in an ambulance. The EMS-DNR order does not affect the provision of other emergency medical care such as oxygen, suctioning, control of bleeding and comfort care. The original, completed form or EMS-DNR bracelet must be readily available to EMS personnel in order for it to be honored.

Place it by your bedside, near the door, or in an easily seen place. Without an EMS-DNR order, EMS personnel are required by law to administer life-prolonging treatments. To obtain an EMS-DNR form, ask your medical professional or contact your Hospice chapter. Note that the EMS-DNR order may be revoked by the individual at any time.

## WHAT SHOULD I DO WITH MY LIVING WILL?

Keep the original in a safe place. Make sure family members get a copy. Show it to your doctor so it can be put in your file. Keep a copy to give to the hospital next time you visit there.

## HOW DO I CANCEL A LIVING WILL?

Living Wills can be changed or revoked at any time by stating your wishes in a signed document, stating them orally in front of a health care provider, or destroying the document and its copies.

## INSTRUCTIONS FOR COMPLETION OF FORMS:

You must be 18 years of age or older. The form requires the signature of two witnesses, then you should sign the form in their presence, and they should both sign in your presence. However, the following persons may not be a witness:

- A blood relative of the grantor
- A beneficiary of the grantor under the Kentucky laws of descent and distribution
- An employee of a health care facility in which the grantor is a patient (unless the employee serves as a notary public)
- An attending physician of the grantor; or
- Any person directly financially responsible for the grantor's health care.

You should complete the date above your signature.

# Health Clinics

## **DEPARTMENT OF VETERANS AFFAIRS MEDICAL CENTER**

Cooper Dr./Leestown Rd.  
Lexington, KY 40511  
Tel. (859) 233-4511,  
Ext. 3651: Geriatric Program  
Ext. 3931: Home Based Primary Care

Full range of supportive services as well as in-patient and out-patient treatment to eligible veterans for medical, surgical, and psychiatric illnesses; including hospital based, home care, supportive care for terminally ill patients, extended care and nursing home care, in-patient respite program, and inpatient care for patients with dementia or Alzheimer's disease. Geriatric Program specializes in evaluation, multi-disciplinary treatment and rehabilitation techniques, and education of patient and family.

## **GERIATRIC CLINIC- UNIVERSITY OF KENTUCKY**

Cardinal Hill Rehabilitation Hospital  
2050 Versailles Rd.  
Lexington, KY 40504  
Tel. (859) 257-4888, new patients only  
Tel. (859) 254-5701, existing patients

This clinic provides geriatric subspecialty care, focusing on aging syndromes such as dementia, depression, malnutrition, falls, functional decline, osteoporosis, etc. The clinic will work with the primary care physician to provide care in these areas, however a physician referral is not required. This clinic meets at Cardinal Hill Rehabilitation Hospital. Referrals are not required for most insurance.

## **LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT ADULT WELLNESS MAINTENANCE CLINICS**

Lexington-Fayette County Health Department  
650 Newtown Pike  
Lexington, KY 40508  
Tel. (859) 288-2338  
Web: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

Twelve nurse-conducted clinics are held monthly throughout the community. The nurse provides health promotion programs, monitors blood pressure, evaluates health programs, helps persons to understand their diet and medication, provides flu shots, and makes referrals to physicians about other services.

## **GENERAL MEDICAL CLINIC**

Lexington-Fayette County Health Department  
650 Newtown Pike  
Lexington, KY 40508  
Tel. (859) 252-2371 ext. 307  
Web: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

This clinic provides services for residents of Lexington-Fayette County who are 21 years of age and over. These services include physical exams, including extensive disease screening and follow-up medical care. Mutual goals are established to meet the needs of individual participants, utilizing a multi-disciplinary approach, including physicians and nurses. Appointments are necessary. Hours are 8:00 a.m.—4:30 p.m., Monday, Tuesday, Thursday, and Friday; and 12:30—7:00 p.m. Wednesday.

## Health Clinics (continued)

### **HEALTH AWARENESS PROGRAM (HAP)**

Lexington-Fayette County Health Department  
650 Newtown Pike and 805 Newtown Circle  
Lexington, KY 40508  
Tel. (859) 288-2423  
Web: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

One-on-one health counseling by a registered nurse and a registered dietician to assist individuals in managing diabetes, high blood pressure, high cholesterol, or heart disease. Services are provided at the Health Department. Please call for information.

### **MIDWAY CENTER FOR INTEGRATIVE MEDICINE**

Jim Roach, M.D., and Kim Clawson, M.D.  
129 South Winter St.  
Midway, KY 40347  
Tel. (859) 846-4445

The clinic focuses on prevention, anti-aging, nutrition, family, and bioidentical hormones.

### **PARAGON FAMILY PRACTICE**

125 E. Maxwell St., #300  
Lexington, KY 40508  
Tel. (859) 278-8772

A health clinic where each individual, from infant to elderly, is part of the health care team. Paragon believes in creating a clinical environment in which clients feel respected, safe and have a valuable contribution to their own health. The goal of Paragon's health care practitioners is to establish long-term relationships with each patient as a way to promote well-being in all aspects on each client's health. Most major insurance groups for disease prevention, health-promotion and mental wellbeing are accepted. "In-home" medical care also available through Medi-Calls, a division of Paragon.

### **SAINT JOSEPH FREE HEALTH CLINIC**

1590 Harrodsburg Road  
Tel. (859)313-4555 (call to be prescreened)  
Tel. (859)313-4157 (leave a message)

Provides free basic health care, health information, and social services to people of all ages. Must be without health insurance or a medical card.

### **UNIVERSITY OF KENTUCKY HEALTH CARE**

Tel. (859) 257-1000, or Toll Free: (800) 333-8874  
Web: [http:// www.ukhealthcare.uky.edu/centers/programsandcenters.htm](http://www.ukhealthcare.uky.edu/centers/programsandcenters.htm)

# Health Clinics (continued)



**Paragon<sup>TM</sup>**  
Family Practice  
**859-278-8772**

Most insurances  
accepted including  
Medicare and Medicaid

**Healthcare for every generation:**

General Family Health  
Geriatrics

Chronic Disease Management  
Preventive Care

Diabetes Management

Evening and Saturday  
appointments available

Please call Central Scheduling at  
859-278-8772 to make an appointment

Lexington ♦ Georgetown ♦ Nicholasville ♦ Versailles

## "We Make House Calls"

If you qualify, our staff of highly trained healthcare providers will come to your home to provide primary care services.

Medi-Calls providers can assess, diagnose, prescribe, and treat your illness/condition as well as coordinate the various medical and community resources that you may need.

## Serving the Central Kentucky Area

### 24-Hour Availability

1055 Wellington Way  
Suite 215  
Lexington, KY 40513

**Medi-Calls<sup>TM</sup>**  
**859-422-4369**

### KENTUCKY CLINIC

740 S. Limestone  
Lexington, KY 40536-0284  
Tel. (859) 257-1000,  
or Toll Free: (800) 333-8874

If you are a new patient looking for a primary care physician, an appointment with an existing physician, or if you have a need for urgent care, call UK HealthCare. Also, call UK HealthCare about some free services that are often available, such as ovarian cancer screening for women over age 55 or younger with a family history. The phones are staffed Monday through Friday, 8:00 a.m. to 5:00 p.m.

### KENTUCKY CLINIC NORTH

217 Elm Tree Lane  
Lexington, KY 40507  
Tel. (859) 257-8801  
Fax: (859) 254-2538

The faculty and staff of Kentucky Clinic North provide both routine and urgent care. Convenient, free parking is available. Hours are 8:00 a.m.-5:00 p.m., Monday through Friday.

## Health Clinics (continued)

### **KENTUCKY CLINIC SOUTH**

2400 Greatstone Point  
Lexington, KY 40504-3274  
Tel. (859) 257-9800  
Fax: (859) 257-9813

The faculty and staff of Kentucky Clinic South provide same-day care to the clinic's patient population when they are ill. Convenient, free parking is available. Hours are 8:00 a.m.-5:00 p.m., Monday through Friday.

## Emergency Medical Services and First Aid

### **LEXINGTON DIVISION OF FIRE AND EMERGENCY SERVICES**

219 East Third St.  
Lexington, KY 40508  
Tel. 911

This is a place to call in any medical emergency. The rate for Basic Life Support is \$651. The rate for Advanced Life Support is \$750 and the rate for Advanced Life Support 2 is \$900. There is an additional charge of \$11 per mile to the destination. There is no charge for on scene care. Medicare and Medicaid sometimes pay for these services. Rates are adjusted annually. Call 911 day or night.

## Dental Clinics

### **THE BLUEGRASS COMMUNITY AND TECHNICAL COLLEGE DENTAL HYGIENE PROGRAM**

Room 250, Oswald Building  
Cooper Dr.  
Lexington, KY 40506  
Tel. (859) 257-4872 ext 4072

This program provides a wide range of dental procedures, including medical and dental health history review, examination, oral hygiene instruction, prophylaxis, chemotherapeutics, x-rays, and sealants. Services are preventative in nature. All patients are welcomed, particularly older patients with periodontal disease. \$20.00 per visit for senior citizens.

### **UNIVERSITY OF KENTUCKY COLLEGE OF DENTISTRY**

800 Rose St.  
Lexington, KY 40536  
Tel. (859) 323-6525  
Web: [www.mc.uky.edu](http://www.mc.uky.edu)  
then click on "dentistry"

Student dentists under faculty supervision provide a full range of dental services. Depending upon the amount of dental work needed, treatment may require appointments over a period of several months. Less expensive than dentist/oral surgeon in private practice and able to provide a payment plan. Dental insurance accepted. Call for pre-admission examination appointment.

## Dental Clinics (continued)

**MISSION LEXINGTON DENTAL CLINIC**  
*By appointment only:* (859) 519-8157

Sponsored by Calvary Baptist Church the clinic is staffed by volunteer dentists. who are offering their services to adults in Lexington with no- or low- income.

**NATHANIEL MISSION**  
616 De Rode St  
Lexington, KY 40508  
Tel. (859) 255-0062  
[www.nathanielmission.org](http://www.nathanielmission.org)

Sponsored by Nathaniel United Methodist Church, this clinic provides dental services to those without insurance or government assistance that live in the South Broadway area of Lexington. Contact the Mission for area limits. They also have a free Veterinary Clinic

**REFUGE MINISTRIES MEDICAL CLINICS**  
Southland Christian Church  
Tel. (859) 225-4325 Appointment is required.  
[www.refugeministriesky.org/](http://www.refugeministriesky.org/)

**REFUGE MINISTRIES-JESSAMINE COUNTY CLINIC**  
215 East Maple Street,  
Nicholasville, KY 40356  
Monday - Thursday: 6-9 p.m.  
Friday, Saturday, Sunday: closed

## Alternative Therapies

**REVISIONS – New Perspectives for Life-Spirit**  
Virginia Drake  
120 Angell Ave.  
Versailles, KY 40383  
Tel. (859) 227-2501  
Email: [revisions111@adelphia.net](mailto:revisions111@adelphia.net)

Transformational Consultant, Motivational Speaker and Life Coach with over 30 years of experience in social work and education. After experiencing a massive heart attack, Ms. Drake conducted years of research into the electromagnetic field that carries energy into the body and the past. Ms Drake provides private and group consultations that address the relationships between energy fields, negative thought processes and chronic illnesses. Consultations create the foundation for better health and positive thinking.

# Alternative Therapies (continued)

## **ARTEMESIA COMMUNITY ACUPUNCTURE AND WELLNESS CENTER LLC**

Kathleen Fluhart  
296 Southland Drive  
Lexington, KY 40503  
Tel. (859) 402-2430  
[www.artemesiaweb.com](http://www.artemesiaweb.com)

Artemesia has a full service Chinese medicine clinic offering classical acupuncture, Chinese herbs, moxabustion, cupping, and qigong. Artemesia also has well trained yoga instructors who specialize in gentle yoga. Please stop by and visit the clinic or check us out on the web at [www.artemesiaweb.com](http://www.artemesiaweb.com).

## **MIDWAY CENTER FOR INTEGRATIVE MEDICINE**

Jim Roach, M.D., and Kim Clawson, M.D.  
129 South Winter St.  
Midway, KY 40347  
Tel. (859) 846-4445

The clinic focuses on prevention, anti-aging, nutrition, family, and bioidentical hormones.

## **METTA YOGA STUDIO**

145 Burt Road, Suite 9  
Lexington, Kentucky 40503  
Contact:  
Jan Byrd, RYT  
Tel. 859-361-8523  
Romi Kalova, RYT, MT  
Tel. 859-333-0183

At Metta Yoga Studio we bring the practice of yoga to everyone, regardless of age and physical condition or ability, who desires a stronger body, more ease of movement, and the many associated healing effects experienced from the strengthening of muscle and bone. Our instructors are trained and educated with the knowledge required to personally assess each person's individualized and unique needs. Through the use of props, such as chairs, bolsters, blankets, blocks, belts, sandbags and more, each student is instructed on how to safely and comfortably bring more movement and strength into the body, resulting in the confidence and freedom to experience daily life at its fullest.

## **WAYSMEET HEALING ARTS CENTER**

122 Main Street  
Berea, KY 40403  
Tel. (859) 986-0098  
Web: [www.waysmeet.net](http://www.waysmeet.net)

Waysmeet Healing Arts Center is a non-profit that provides funding for complementary and alternative approaches to health for people with financial need. Services include but are not limited to acupuncture, massage therapy, yoga, and counseling. Current funding is specific to patients, families, and caregivers touched by cancer.

# Medication Assistance

## Pharmacies That Deliver

<b>HUBBARD AND CURRY</b> 2387 Professional Heights Dr. Lexington, KY 40503 Tel. (859) 278-8408 Fills Mediplanners	
<b>NORTHSIDE PHARMACY</b> 211 E. New Circle Rd. Lexington, KY Tel. (859) 299-2551	Compounding pharmacy with free delivery in the city of Lexington.
<b>WHEELER PHARMACY</b> 336 Romany Rd. Lexington, KY 40502 Tel. (859) 266-1131	
<b>THE PHARMACY SHOP</b> 455 A Southland Drive Lexington, KY 40503 Tel. (859) 278-7282 Fills Mediplanners	Compounding pharmacy with a limited delivery area. Call for delivery fee.

## Medication Consultants

<b>OPTIMED SENIOR CARE MEDICATION MANAGEMENT SERVICE</b> John M. Brislin, President P.O. Box 25163 Lexington, KY 40524-5163 Tel. (859) 271-8677, or Toll Free: (800) 255-4553 Toll Free Fax: (866) 861-8841 Email: <a href="mailto:johnuky@alltel.net">johnuky@alltel.net</a> Web: <a href="http://www.nvo.com/pcsworld">www.nvo.com/pcsworld</a>	OptiMed provides a geriatric pharmacist specialist for medication management services. Seniors take multiple medications from multiple doctors. Often these drugs can interact with each other and cause unwanted side-effects in seniors. 28% of seniors' hospital admissions are due to medication related problems. 25% of seniors entering nursing homes must do so because of medication related problems. OptiMed provides a board certified geriatric consultant pharmacist to work with the senior's physician(s), the senior, and their family, to Optimize Medications. By reducing the number and dosage of medications seniors take and improving compliance, the senior can stay independent in their home, apartment, or senior living community longer.
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# Helpful Internet Sites for Health Issues

Health Information: [www.healthfinder.gov](http://www.healthfinder.gov)  
[www.medlineplus.org](http://www.medlineplus.org)  
[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)  
[www.nih.gov](http://www.nih.gov)



# Assistance With Physical, Mental Health, and Caregiving Issues

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# Assistance Options

There are many forms of assistance available in our community. The primary goal of these resources is to enable a person to function as independently as possible in the home, school, work, and in the community. Assistance services are provided in outpatient therapy clinics, hospitals, home health, and schools. This process is often referred to as rehabilitation of physical and mental health needs. Some characteristics of assistance or rehabilitation available include the following:

- **A Team Approach:** The rehabilitation process is a team effort that may involve a family, a physician, a physical therapist, an occupational therapist, a nurse, a dietician, a speech-language therapist, a social worker, and a psychologist. The intensity of services always varies according to the individual needs and goals of the person receiving services. Each member of the rehabilitation team plays a different role:
- **Physical therapists:** Physical therapists, or PT, design a treatment plan that will maximize your movement and function. Using techniques such as exercise, neuro-developmental techniques, muscle re-education and modalities, Physical Therapists attempt to build on strengths while teaching a person to compensate for limitations.
- **Occupational Therapists:** Occupational therapists, or OT, work to improve the person's ability to perform basic self-care activities such as eating, dressing, and bathing. They also help the person to improve his or her complex fine motor skills ranging from household activities to returning to a job. Occupational therapists use techniques to improve balance, endurance, and the functional use of the trunk, arms, and hands.
- **Speech-Language Pathologists:** Speech-Language Pathologists focus on all areas of communication and oral-motor function. They help the person speak, understand spoken words, read, write, and communicate with alternate methods such as augmentative or electronic communication devices as necessary. In addition, the Speech-Language Pathologists concentrate on cognitive retraining for patients who have difficulty with thought processes.
- **Case Managers/Care Managers/Social Workers:** Case managers, care managers, or social workers serve as a vital communication link between the patient, his or her family, and the healthcare team. They can help you develop a care plan, and they provide counseling and identify community resources and social services as needed. They also ensure that your treatment plan is in compliance with your insurance coverage.
- **Psychologists:** Psychologists provide evaluation, counseling, and testing services. They ensure that the patient's emotional, cognitive, and psychological needs are addressed. Together, the rehabilitation team works to provide an integrated program of care centered on the individual's needs. Early rehabilitation and assistance can impact quality of life and future independence.

## Physical and Occupational Therapy

### CARDINAL HILL REHABILITATION HOSPITAL

2050 Versailles Rd.  
Lexington, KY 40504  
Tel. (859) 254-5701  
Web: [www.cardinalhill.org](http://www.cardinalhill.org)

Cardinal Hill Rehabilitation Hospital, a non-profit CARF-accredited 108-bed facility, treats more than 8,000 patients of all ages each year from Kentucky and surrounding states. Cardinal Hill, founded in 1950, is dedicated to treating the physical rehabilitative needs of individuals with traumatic and disabling conditions and assisting them in achieving maximum independence. Cardinal Hill Homecare serves Fayette, Madison, Jessamine, Woodford, and Franklin counties. Outpatient therapy is also available for all ages.

**Tip:** Area home health agencies, nursing homes, and medical centers offer occupational and physical therapy services as well. Call these organizations to inquire about their PT or OT services.

# Speech and Language Pathology

## **UK COMMUNICATION DISORDERS CLINIC**

900 South Limestone  
Charles T. Wethington Bldg, Room 110  
Lexington, KY 40536  
Tel. (859) 257-7918

This clinic diagnoses and treats speech and language disorders. Services are available to patients of all ages with difficulties in communication resulting from hearing, speech, language, swallowing, and voice disorders. In addition to the outpatient clinic, a graduate student-run speech-language pathology clinic is also housed in this space.

# Hearing Assistance

## **COMMUNICATIVE DISORDERS KENTUCKY CLINIC**

3rd Floor  
740 South Limestone  
University of Kentucky  
Lexington, Kentucky 40536-0284  
Patient appointments: 859-257-3390  
Fax: 859-323-5951

The Audiology Program offers a full range of audiology services. Audiological tests include basic and advanced diagnostic testing, including hearing evaluation, electrophysiological assessment and balance assessment for both pediatric and adult patients. The neuroaudiology program provides patients with diagnostic services of auditory processing disorders. A comprehensive rehabilitation program is available which includes assistive listening devices and hearing aid evaluation, consultation and fitting. Additionally, there is a comprehensive cochlear implant program providing services to patients of all ages.

## **HEAR NOW**

Starkey Hearing Foundation  
6700 Washington Ave. S.  
Eden Prairie, MN 55344  
Tel. (800) 648-HEAR (4327)  
Web: [www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)

Provides hearing aids to low income hearing impaired. Must have documented hearing loss. Covers cost of hearing aids and molds. Contact your audiologist. Application available online. Hear Now collects hearing aids for recycling purposes.

## **KENTUCKY COMMISSION ON THE DEAF AND HARD OF HEARING**

632 Versailles Road  
Frankfort, KY 40601  
TTY/VOICE (800) 372-2907  
[www.kcdhh.ky.gov](http://www.kcdhh.ky.gov)

The Kentucky Commission on the Deaf and Hard of Hearing provides referral and advocacy services to the Commonwealth's deaf and hard of hearing consumers. The agency also offers assistive communications equipment to consumers who qualify through the Telecommunications Access Program (TAP).

## Hearing Assistance (continued)

### **KENTUCKY RELAY SERVICE**

TTY/ASCII: (800) 648.6056  
Voice: (800) 648.6057  
Speech-to-Speech: (888) 244.6111  
Spanish-to-Spanish: (866) 490.4403  
Or dial 711 nationwide  
Web: [www.hamiltonrelay.com](http://www.hamiltonrelay.com)

Statewide relay service available to link deaf or hearing impaired persons to the hearing community. Also operates Spanish translation service. Operates 24 hours/7 days per week.

### **LEXINGTON HEARING AND SPEECH CENTER**

162 N. Ashland Ave.  
Lexington, KY 40502  
Tel. (859) 268-4545  
Web: [www.lhscopy.org](http://www.lhscopy.org)

Lexington Hearing & Speech Center (LHSC) strives to ensure no one becomes defined by a communication delay or disorder. Services provided include hearing consultation, hearing aid fittings, speech and language evaluations, and other continuing hearing care services. Hearing evaluations cost \$90 - some private insurances are accepted. Appointments are scheduled 3-4 weeks from initial call.

### **LEXINGTON LIONS CLUB Hearing & Speech Action Committee**

858 Ridgeview Dr.  
Frankfort, KY 40601  
Tel. (502) 848-0634  
Contact Person: Janis Friend

The Lexington Lions Club will provide one new in-the-ear hearing aid to income eligible individuals, primarily senior citizens for whom no other resources are available. Application must be accompanied by an up-to-date hearing evaluation. There will be a charge, not to exceed \$50 for fitting of the hearing aid.

## Vision Assistance

### **BLUEGRASS COUNCIL OF THE BLIND, INC.**

1093 South Broadway, Suite 1220  
Lexington, KY 40504  
Tel. (859) 259-1834  
Email: [bgcb@qx.net](mailto:bgcb@qx.net)  
Web: [web.qx.net/bgcb](http://web.qx.net/bgcb)

Information and referral, peer counseling, educational and social activities, advocacy, and monthly newsletter. Also, information on aids and appliances to help cope with loss of vision. Support groups offered monthly.

# Vision Assistance (continued)

**CENTRAL KENTUCKY RADIO EYE INC.**

1733 Russell Cave Road  
Lexington, KY 40505  
Tel. (859) 422-6390  
Web: [www.radioeye.org](http://www.radioeye.org)

This radio service reads newspapers and magazines over a special radio frequency that can be heard only on pre-tuned one-station receivers. Anyone who has difficulty reading fine print can be qualified for the service by a doctor, nurse, social worker, or other health care professional. The radio is loaned to you for a one time fee of \$25. If you are unable to pay the fee, please call about free receivers. Broadcasts will reach 14 counties in the Bluegrass.

**KENTUCKY OFFICE FOR THE BLIND**

153 Patchen Dr., Suite 17  
Lexington, KY 40517  
Tel. (859) 246-2111,  
or Toll Free: (800) 291-8424  
Web: [www.blind.ky.gov](http://www.blind.ky.gov)

This agency helps individuals who are experiencing difficulties with daily living activities or employment because of substantial vision impairment, which cannot be corrected by conventional glasses or lenses. Services can be provided at no cost to eligible individuals, however individuals may choose to participate in the cost of services.

**KENTUCKY VISION PROJECT**

Salvation Army  
736 West Main St.  
Lexington, KY 40508  
Tel. (859) 252-7706, Ext. 305  
Web: [www.kyeyes.org](http://www.kyeyes.org)

The Kentucky Vision Project takes applications through the Salvation Army and schedules eye exams for low-income individuals with participating doctors. Glasses can be provided through the doctor's office for a cost of \$25. Applicants must meet income guidelines, provide verification of income, and must not have had an eye exam within the last 12 months. Application available on website.

**LEXINGTON PUBLIC LIBRARY**

Outreach Services and Book Buddies  
Tel. (859) 231-5519  
Cable Channel 20  
Tel. (859) 231-5577  
Web: [www.lexpublib.org](http://www.lexpublib.org)

The library offers large print books, audio books, and hosts discussion groups in the community. The library's Cable Channel 20 has programs in which various books are read aloud. The Lexington *Herald-Leader* is read aloud Monday through Saturday from 8:00 a.m. to 10:00 a.m.

# Vision Assistance (continued)

## **LIONS CLUB EYEGLASS PROGRAM**

Lexington-Fayette County Health Department  
Environmental Health and Protection Unit  
333 Waller Ave., 4<sup>th</sup> Floor  
Lexington, KY 40504  
Tel. (859) 231-9791, ext. 237

The health department works with the Lions Club to provide eyeglasses for those who cannot afford them in Fayette County. A volunteer Lions Club representative will determine if you are eligible for the program and will review your application. The process can take 6-8 weeks. You may call and request an application, or pick one up at the health department. If you are not a Fayette County resident, contact your local health department.

## **SENIOR EYE CARE PROGRAM**

Eye Care America  
P.O. Box 429098  
San Francisco, CA 94142  
Tel. Toll Free (800) 222-3937  
Web: [www.eyecareamerica.org](http://www.eyecareamerica.org)

This program refers seniors 65 or older, who no longer have access to an ophthalmologist. Clients are referred to a local eye doctor who volunteers medical eye services, including diabetes and glaucoma eye care. There is no out-of-pocket cost to client.

# Disease Specific Support Services

## **COMMUNITY HEALTH CHARITIES OF KENTUCKY**

### **Statewide Office**

10216 Taylorsville Rd., Suite 900  
Louisville, KY 40299  
502-261-8327  
Toll Free: 888-336-3611  
Fax: 502-261-8346  
Web: [www.chcofky.org](http://www.chcofky.org)

Community Health Charities of Kentucky provides programs and services to aid and educate families affected by a host of devastating diseases and conditions. Services include funding for medical research, public education, advocacy and patient support services. Contact the agency for more information about available services.

## **ALCOHOLICS ANONYMOUS**

Tel. (859) 225-1212  
If outside Fayette County,  
call Toll Free: (800) 467-8019  
Web: [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

Provides pamphlets and information about alcoholics anonymous meetings. Also has a public information bureau. Telephone lines are available 24 hours per day.

## **AL-ANON/ALATEEN**

845 Lane Allen Road  
Lexington, KY 4050  
Tel. (859) 277-1877

Provides support and information for family and friends of people with alcoholism.

## **ALZHEIMER'S ASSOCIATION Greater Kentucky & Southern Indiana Chapter**

**Lexington Regional Office**  
1065 Dove Run Rd., Suite 2  
Lexington, KY 40502  
Tel. (859) 266-5283  
Helpline: (800) 272-3900  
Web: [www.alz.org/kyin](http://www.alz.org/kyin)

Provides support groups, the Safe Return program, educational materials, a quarterly newsletter and Best Friends Respite for persons with Alzheimer's disease or related disorders and their caregivers.

## **ALZHEIMER'S DISEASE RESEARCH CENTER**

101 Sanders-Brown Building  
800 South Limestone Street  
University of Kentucky  
Lexington, KY 40536-0230  
Tel. (859) 323-6040  
Web: [www.uky.edu/coa](http://www.uky.edu/coa)

One of 29 national research centers funded by the National Institute on Aging. Provides research opportunities, educational programs and information to families, health care providers, and the community at large.

# Disease Specific Support Services (continued)

<p><b>AMERICAN CANCER SOCIETY</b> 1504 College Way Lexington, KY 40502 Tel. (859) 276-3223 Web: <a href="http://www.cancer.org">www.cancer.org</a></p>	<p>Through education and service programs, the American Cancer Society seeks to serve the needs and inquiries of cancer patients, their families and friends, and the general public. Sponsors many support groups and help services.</p>
<p><b>AMERICAN DIABETES ASSOCIATION</b> Tel. (888) 342-2383 Web: <a href="http://www.diabetes.org">www.diabetes.org</a></p>	<p>Provides literature about diabetes, as well as information about programs, educators, and doctors in your area.</p>
<p><b>AMERICAN LUNG ASSOCIATION</b> PO Box 9067 Louisville, KY 40209 Tel. (502) 363-2652, or Toll Free: (800) LUNG-USA Web: <a href="http://www.kylung.org">www.kylung.org</a></p>	<p>Provides educational programs in schools, hospitals, health departments, businesses and communities. The agency also works to fight lung disease locally through support of medical research and professional training.</p>
<p><b>ARTHRITIS FOUNDATION</b> 2908 Brownsboro Rd., Ste 117 Louisville, KY 40206-3506 Tel. (800) 633-5335 Web: <a href="http://www.arthritis.org">www.arthritis.org</a></p>	<p>Offers educational literature, support and self-help groups, and special programs. Referrals to Rheumatologists available. Open 8:30-4:30 p.m., Monday through Friday. \$20 for membership, no cost for literature.</p>
<p><b>BREAST HEALTH COORDINATOR, COMMUNITY EDUCATION, CENTRAL BAPTIST HOSPITAL</b> 1740 Nicholasville Road Lexington, KY 40503 Tel. (859) 260-6413; for mammography appts., (859) 260-6050 Web: <a href="http://www.centralbap.com">www.centralbap.com</a></p>	<p>Breast health education, mammograms and breast ultrasounds are available through this office. Call for further information.</p>

# Disease Specific Support Services (continued)

## **KIDNEY HEALTH ALLIANCE OF KENTUCKY**

1517 Nicholasville Rd., Suite 203  
Lexington, KY 40503  
Tel. (859) 277-8259  
Web: [www.khaky.org](http://www.khaky.org)

KHAKY serves kidney disease patients and their families, and works to increase awareness and early detection of chronic kidney disease. KHAKY offers a nutritional supplement program for dialysis patients, emergency financial assistance to patients, and educational and enjoyable patient activities, KHAKY also provides speakers on kidney disease, free kidney health screenings for civic, school, and church events, and an employer-sponsored kidney health screening program. KHAKY works with DonateLifeKY to promote organ donation.

## **THE LEUKEMIA & LYMPHOMA SOCIETY**

Kentucky & Southern Indiana Chapter  
836 Euclid Avenue, Suite 303  
Lexington, KY 40502  
859.226.0764  
toll free 866.775.8375  
Fax 859.226.0786

The Leukemia & Lymphoma Society (LLS) is committed to providing support to patients and families dealing with a blood cancer diagnosis. LLS offers various services following the diagnosis of leukemia, lymphoma, or myeloma. LLS provides free educational materials specific to blood cancers to assist patients in becoming educated about their disease and treatment options. Talking with another patient or family member who has been through the same diagnosis/ treatment process is available through our First Connection Program and support groups are also available to patients and family members in need of support. Financial assistance is available (up to \$500 per year) to individuals being treated for a blood cancer. LLS exists to assist survivors in managing their disease.

## **NATIONAL STROKE ASSOCIATION**

Tel. (800) 787-6537  
Web: [www.stroke.org](http://www.stroke.org)

A resource center that provides information on stroke, including prevention, recovery, and rehabilitation.

## **KENTUCKY PARKINSON'S DISEASE INFORMATION and REFERRAL CENTER**

740 S. Limestone Street, L445  
Lexington, KY 40536-0284  
859-257-APDA (2732)  
Toll Free: 866-554-APDA  
Email: [APDAinKY@uky.edu](mailto:APDAinKY@uky.edu)  
Web: [www.ukhealthcare.uky.edu/apda](http://www.ukhealthcare.uky.edu/apda)

The center works to assist any patient diagnosed with Parkinson's disease, their families, caregivers, healthcare providers and community at large through education, support groups, physician referrals, informative newsletters and much more. Contact the center for more information on available services or to be added to our mailing list.

# Tips for Long Distance Caregiving

- o **Schedule a visit if you have not done so recently.**
- o **Assess your loved one's situation. In what areas does he or she need help?**
  - Is the refrigerator stocked with healthy, appropriate foods?
  - Are there piles of bills or unopened mail?
  - Do friends and neighbors regularly visit your loved one?
  - Is the house clean and well-kept?
  - Is your loved one maintaining a personal care routine?
- o **Put financial and legal documents in order:**
  - Bank statements and tax returns
  - Insurance policies
  - Funeral arrangements
  - Durable power of attorney
  - Social Security, Medicare, and other insurance cards
  - Birth certificates
  - Advance directives
  - Legal planning documents
- o **Ask a friend or relative to check in on your loved one regularly.**
- o **Save a few vacation or personal days and some money in case of a family emergency.**
- o **Utilize local services and resources:**
  - Home health agencies
  - Adult Day Service Programs
  - Senior transportation services
  - Geriatric Care Managers:  
After determining your loved one's needs, a care manager will locate and manage community resources. Contact the National Association of Professional Geriatric Care Managers: [www.caremanager.org](http://www.caremanager.org) or (520) 881-8008
  - National Family Caregiver Support Program:  
This program is designed to support caregivers and enhance quality of life through support groups, respite services, financial assistance, and other resources. Contact your local Area Agency on Aging or use the ElderCare Locator: [www.eldercare.gov](http://www.eldercare.gov) or (800) 677-1116.
  - Senior Centers
  - Homebound meal delivery
  - Friendly Visitor programs
- o **Develop a regular system of communication with your loved one.**
- o **Take care of yourself. Recognize your limitations and be sure your needs are being met.**
- o **Discuss needs with other family members and ask for help.**
- o **Attend a support group or educational program in your area.**

*Information adapted from the following resources:*

[www.caregiver.org](http://www.caregiver.org) • [www.alz.org](http://www.alz.org) • [www.ec-online.net](http://www.ec-online.net) • UK ElderCare

# Information and Assistance

## **UNIVERSITY OF KENTUCKY ELDERCARE**

900 South Limestone St., Suite 305  
Lexington, KY 40536  
Tel. (859) 323-4600  
[www.rgs.uky.edu/aging/eldercare](http://www.rgs.uky.edu/aging/eldercare)

UK Elder Care program is offered as a free benefit for UK faculty, staff, retirees, and their spouses and family members who provide care to an older adult family member or friend. A gerontological counselor will locate resources in any area of Kentucky or the U.S. as often as necessary. Confidential consultation/counseling, support groups, seminars/workshops, among other services are provided as part of UK Benefits.

## **BLUEGRASS AREA NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Bluegrass Area Agency on Aging  
Bluegrass Area Development District Office  
699 Perimeter Dr.  
Lexington, KY 40517  
Tel. (859) 269-8021, or Toll Free: (866) 229-0018

Information and assistance in locating and obtaining services for caregivers, caregiver counseling, caregiver training, financial assistance with respite care, medical equipment and other supplies.

## **UNITED WAY 2-1-1 INFORMATION AND REFERRAL CALL CENTER**

2480 Fortune Dr., Suite 250  
Lexington, KY 40509  
Tel. (859) 313-LINK (5465) or Dial 2-1-1  
Web: [www.uwbq.org](http://www.uwbq.org)

United Way 211 provides information about health and human services (i.e. food pantries) as well as support groups addressing issues on domestic violence, infectious diseases, specific medical conditions, addictions, bereavement, divorce, family relationships, and more. This is a phone service; no walk-ins please. **For complete listing of area support groups please call United Way 2-1-1**

## **ALZHEIMER'S ASSOCIATION**

Greater Kentucky & Southern Indiana Chapter  
Lexington Regional Office  
1065 Dove Run Rd., Suite 2  
Lexington, KY 40502  
Tel. (859) 266-5283  
Helpline: (800) 272-3900  
Web: [www.alz.org/kyin](http://www.alz.org/kyin)

Provides 24- hour Helpline, support groups, the Medic Alert + Safe Return® program, educational materials and programs, and Best Friends Day Center for persons with Alzheimer's disease or related disorders and their caregivers.

## Information and Assistance (continued)

### **JEWISH FAMILY SERVICES (JFS)**

1050 Chinoe Rd., Suite 302  
Lexington, KY 40502  
Tel. (859) 269-8244  
Web: [www.jewishlexington.org](http://www.jewishlexington.org)

Services primarily focused on the Central Kentucky Jewish community through referrals to community resources and provision of psychosocial supportive services that include assessments, crisis intervention, case management, advocacy, family life education, as well as educational programming in the community.

### **HOSPICE OF THE BLUEGRASS**

2312 Alexandria Dr.  
Lexington, KY 40504  
Tel. (859) 276-5344, or  
Toll Free: (800) 876-6005  
Web: [www.hospicebg.org](http://www.hospicebg.org)

Services are provided to anyone in the community who has experienced a loss, including those who have experienced sudden loss or the suicide of a loved one. Programs and counseling are available to people of all ages at no charge.

### **ALZHEIMER'S DISEASE CENTER (ADC)**

#### **Sanders-Brown Center on Aging**

101 Sanders-Brown Building  
University of Kentucky  
Lexington, KY 40536-0230  
[www.mc.uky.edu/coa/ADRC/adrc.htm](http://www.mc.uky.edu/coa/ADRC/adrc.htm)  
(859) 229-5922 (BRAIN AUTOPSY/DONATION  
HOTLINE)  
(859) 323-6040  
(859) 323-2866 (Fax)  
[rdavi3@email.uky.edu](mailto:rdavi3@email.uky.edu)

The Alzheimer's Disease Center at Sanders-Brown Center on Aging is one of 30 programs federally funded by the National Institute on Aging. The primary focus of these centers is research into the cause, treatment, and cure for Alzheimer's disease. In addition to research, the ADC provides a variety of programs including information and referral, a memory disorders clinic, and family and caregiver support services.

## Networking Groups

### **BLUEGRASS AGING CONSORTIUM**

Bluegrass Aging Consortium meets the first Tuesday of each month, and consists of individuals interested in the well being of older adults in our community. Sharing information is a large component of our efforts to educate and spread awareness of important events and issues.

We also commit to advocating for the health, safety and well being of all aging adults, and to work together to enhance the prevention of elder abuse, neglect and exploitation.

Individuals are encouraged to participate in the following subcommittees:

1. Legislative Policy Updates
2. Community Outreach/Speakers Bureau
3. Elder Abuse and Neglect
4. Professional Educational Development
5. Health and Wellnes

## Networking Groups (continued)

### **BLUEGRASS CONTINUITY OF CARE ASSOCIATION (BCCA)**

c/o Accessible Home Health Care  
366 Waller Ave, Ste 112  
Lexington, KY 40504  
Tel. (859) 313-5167  
[accessible@windstream.net](mailto:accessible@windstream.net)  
Contact: Bill Hughes, President 2008-2009

BCCA is a professional organization made up of business leaders in the senior care market. Our members range from personal care in the home, skilled home health care provider, durable medical equipment companies, mobility specialist, financial advisors, nursing home, assisted living and independent living providers. Our goal is to work together to provide our valuable seniors with trusted resources no matter what there needs.

**LEX-CARE INC.**

498 Georgetown Street  
Lexington, KY 40508  
Tel. (859) 233-7779

**FINANCIAL ASSISTANCE FUND**

Lex-Care maintains a fund to assist people with financial and material needs when no other source is available. People in need must be referred by a Lex-Care Member. The fund is supported solely by private contributions, which are received in response to Lex-Care's weekly "Make a Difference" column in the Lexington Herald-Leader. To receive assistance from this fund, a referral must come from a Lex-Care member. Once appropriate documentation is received a Lex-Care coordinator will review the request and determine the course of action. Following approval, the referral may be featured in the "Make a Difference" column. Prior to a referral being featured, written permission is required from the applicant. The fund is not appropriate for immediate financial needs as the referral process takes 6-8 weeks to complete.

**LEX-CARE RIDES**

Lex-Care provides transportation assistance to people who need a ride for legitimate, necessary reasons, when no other means are available. Bus, taxi or Wheels transportation may be paid for a specified period of time.

**DIAPER FUND**

Lex-Care purchases disposable diapers in bulk and distributes them to social service agencies in the community. Families in need of an emergency supply of diapers may contact Cardinal Valley Center, the Salvation Army, or the Gainesway Community Empowerment Center. For additional information, visit: <http://www.lexcare.org>  
Note: For additional caregiver support services, refer to the following sections: *Disease-Specific Support Services, Counseling Services, Care at Home, and Adult Day Centers.* For information regarding current support group meetings, times, dates, and locations, please contact United Way of the Bluegrass 2-1-1.

Lex-Care is a not-for-profit organization established in 1987 that brings together representatives from public, private, and religious organizations serving those in need. Acting as a coordinating body, Lex-Care strives to stand-in the gaps that exist in public services without forming new levels of bureaucracy. Lex-Care members, as volunteers, staff the positions required to allow Lex-Care to provide service to the Lexington community and surrounding areas through 3 programs:.

# Checklist for the Caregiver

- I am getting out/exercising at least once a week.
- I am getting at least seven to nine restful hours of sleep each night.
- I talk with or visit up to three friends or relatives weekly.
- I keep annual dental and medical appointments.
- I am taking only the medications as prescribed to keep up my health.
- My legal and financial papers, including wills are in order and available.
- I check a new resource regarding caregiving each week.
- I am eating three balanced meals a day.
- I have read and am aware of the Caregiver's Bill of Rights.

## Caregiver's Bill of Rights

- Caregivers have the right to receive sufficient training in care giving skills along with accurate understandable information about the condition and needs of the care recipient.
- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of providing care.
- Caregivers have the right to protect their assets and financial future without severing their relationship with the care receiver.
- Caregivers have the right to respite care during emergencies and in order to care for their own health, spirit, and relationships.
- Caregivers have the right to expect all family members, both men and women, to participate in the care for aging relatives.
- Caregivers have the right to provide care at home as long as physically, financially and emotionally feasible; however, when it is no longer feasible caregivers have the obligation to explore other alternatives, such as a residential care facility.
- Caregivers have the right to temporarily alter their premises as necessary to provide safe and livable housing for care receivers.
- Caregivers have the right to accessible and culturally appropriate services to aid in caring for aging care receivers.
- Caregivers have the right to expect professionals, within their area of specialization, to recognize the importance of palliative (ease without curing) care and to be knowledgeable about concerns and options related to older people and caregivers.
- Caregivers have the right to a sensitive, supportive response by employers in dealing with the unexpected or severe care needs.

From <http://www.acsu.buffalo.edu/~drstall/hndbk3.html>

# Mental Health and Counseling Services

## **THE BLUEGRASS DOMESTIC VIOLENCE PROGRAM**

P.O. Box 55190  
Lexington, KY 40555  
Tel. 233-0657 or Toll Free Crisis Line: 1-800-544-2022

Provides individuals and their dependent children who have experienced domestic violence with a temporary housing arrangement. The center also provides outreach counseling to non-residents of the shelter. An advocate is available to those hospitalized by family violence, and to those involved in legal action because of family violence. The crisis line is staffed 24 hours a day, 7 days a week to provide support, appropriate referrals as well as other emergency services to those who have experienced physical or emotional abuse by a partner.

## **BLUEGRASS RAPE CRISIS CENTER**

P.O. Box 1603  
Lexington, KY 40588  
Crisis Line: (859) 253-2511  
Business Line: (859) 253-2615  
Toll Free Crisis Line: 1-800-656-HOPE (4673)  
Web: [www.bluegrassrapecrisis.org](http://www.bluegrassrapecrisis.org)

Serves a 17 county area with a full-range of services, including a 24-hour crisis line, medical advocacy, legal advocacy, crisis counseling, long term psychotherapy, consultation, and education. All services are free.

## **BLUEGRASS REGIONAL MENTAL HEALTH / MENTAL RETARDATION**

1351 Newtown Pike  
Lexington, KY 40511  
24 hour Crisis Line: (859) 253-2737, or (800) 928-8000  
Web: [www.bluegrass.org](http://www.bluegrass.org)

The mission of BRMH/MR is to assist individuals and families in the enhancement of their emotional and mental and physical well being by providing mental health, mental retardation/developmental disabilities and substance abuse services. They operate the Comprehensive Care Centers, which are community mental health centers across the district. These centers are the point at which the outpatient mental health, mental retardation and substance abuse services are offered. A crisis stabilization center is available for short term crisis intervention for adults with severe and persistent mental illness. (859) 246-7201

## **NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)**

Lexington Affiliate  
Tel. (859) 272-7891  
Winchester Affiliate  
Tel. (859) 737-3384 or (859) 808-0556  
Danville Affiliate  
Tel. (859) 236-3970  
Stanford Affiliate  
Tel. (606) 365-9920  
Web: [www.nami.org](http://www.nami.org)

NAMI is an organization designed to assist families, caregivers, and individuals whose life experience includes living with a persistent mental illness. They also help persons with mental illness acquire and use available supports and skills necessary to manage their symptoms and successfully return to the environment of their choice.

# Mental Health and Counseling Services (continued)

## **CATHOLIC SOCIAL SERVICE BUREAU**

1310 W. Main St.  
Lexington, KY 40508  
Counseling and other services: (859) 253-1993  
Emergency Assistance: (859) 253-3339  
Web: [www.cssblexington.org](http://www.cssblexington.org)

Individual, family, and group counseling to people of all religious denominations. Limited financial assistance. Sliding fee scale for counseling. No charge for emergency services.

## **THE NEST, THE CENTER FOR WOMEN, CHILDREN, and FAMILIES**

530 North Limestone St.  
Lexington, KY 40508  
Tel. (859) 259-1974  
Web: [www.cwcfky.org](http://www.cwcfky.org)

Resource agency for women of all ages on many areas of concern such as legal, health, financial, and recreational needs. It offers a wide variety of support groups, workshops, classes and special events. Parenting groups which often include grandparents raising grandchildren are also provided. Crisis counselor and social worker on staff. Open 9:00 a.m. to 5:00 p.m. weekdays. Most services are free.

## **CENTRAL KENTUCKY BEHAVIORAL HEALTH**

1005 Wellington Way  
Lexington, KY 40508  
Tel. (859) 219-2822

Paragon Family Practice realizes that the health and well being of clients must include the mental and psychological aspects of health. In our fast paced day-to-day life, Paragon realizes that individual stressors can become problematic for one's overall general health. The clinic provides nationally certified psychiatric nurse practitioners to address and treat these personal issues in a caring and respectful manner. Both children and adults can benefit from these services integrated into Paragon's way of caring.

## **CHARLES I. SCHWARTZ CHEMICAL DEPENDENCY CENTER**

627 W. Fourth St.  
Lexington, KY 40508  
Tel. (859) 246-7282

Individualized residential treatment home for people with problems related to alcohol or drug abuse. Many services are available which focus on therapy where everyone helps each other.

## **FAMILY COUNSELING SERVICE**

1321 Trent Blvd. Suite 1  
Lexington, KY 40517  
Tel. (859) 233-0033

Counseling services to individuals, couples, and families to help with problems such as stress, depression, and family conflicts. Services are provided by trained, skilled social workers. The office is situated on a bus line. Special programs for adult victims of child sexual abuse are also offered. Based on gross income of household. Medicare is accepted. Call for appointment. Prices start at \$15/hour.

# Mental Health and Counseling Services (continued)

**NANCY GORDON, Licensed Clinical Social Worker (LCSW)**

**Personal Counselor**

1064 Lake Front Dr.  
Lexington, KY 40517-2659  
Tel. (859) 245-6164  
Email: NGordon0406@aol.com

Personal counseling for the challenges of mid-life and aging; court reports; and selected home visits. Help in dealing with issues such as: depression, loss of a spouse or other family member; onset of a major or chronic illness; retirement or job loss; becoming a caregiver; or impairment of mental or physical functioning. Provider for Medicare and other health plans. Call for a free consultation.

**JEWISH FAMILY SERVICES (JFS)**

1050 Chinoe Rd., Suite 302  
Lexington, KY 40502  
Tel. (859) 269-8244  
Web: [www.jewishlexington.org](http://www.jewishlexington.org)

Services primarily focused on the Central Kentucky Jewish community through referrals to community resources and provision of psychosocial supportive services that include assessments, crisis intervention, case management, advocacy, family life education, as well as educational programming in the community.

**MARY MCBRAYER, Licensed Clinical Social Worker (LCSW)**

520 E. Maxwell Street  
Lexington, KY 40502  
Tel. (859) 233-3390, or (859) 233-3141

Individual, couple, and family counseling to help mid-lifers, baby boomers, and elders relieve depression and stress, resolve grief issues, and resolve past and present life issues. Medicare and other health plans accepted. Residential visits possible.

**PSYCHIATRY OUTPATIENT CLINIC**

University of Kentucky College of Medicine  
3470 Blazer Pkwy.  
Lexington, KY 40509-1810  
Tel. (859) 323-6021

Full range of mental health services including but not limited to comprehensive diagnostic evaluation, individual psychotherapy, group psychotherapy, comprehensive psychological testing, general consultation, and medication clinic. All outpatient services are by appointment only. Emergency care is available through the emergency room of the University of Kentucky Hospital 24 hours a day.

# Case Managers/Care Coordinators

**GARY C. STEWART, Ph.D., LICENSED  
PSYCHOLOGIST**

436 West Second St.  
Lexington, KY 40508  
Tel. (859) 252-2616  
Fax: (859) 253-0095  
Email: gary.stewart@insightbb.com

Personal counseling for older adults and families, psychological assessment of cognitive functioning and mental abilities, and education on aging parents and issues of care giving. Counseling areas include retirement, loss of job, loss of spouse, loss of health and ability to remain independent, chronic illness or injury, anxiety and depression. Counseling for families includes dealing with care giving concerns, stress, conflict resolution, and grief. Psychological assessment includes mental status exams, cognitive screening, and guardianship evaluations.

**UNIVERSITY OF KENTUCKY FAMILY  
CENTER**

Scoville Hall  
Lexington, KY 40506-0054  
Tel. (859) 257-7755  
Fax: (859) 323-3901

University of Kentucky Family Center therapists work under UK faculty supervision. All faculty are licensed marriage and family therapists in the Commonwealth of Kentucky. Sliding scale fee based on family income.

**VET CENTER**

301 East Vine St., Suite C  
Lexington, KY 40507  
Tel. (859) 253-0717  
Fax: (859) 281-4801  
Contact: Charlie Lindquist, MC

Readjustment counseling for all combat veterans. Counseling also available for male and female veterans who experienced sexual trauma while in the military. Works with the Veterans Administration regarding benefits.

**HEALTHY AGING SOLUTIONS**

Nancy Derderian, MSN, RN  
6020 Damar Court  
Lexington, KY 40515  
Tel. (859) 263-3620  
Email: healthyaging@windstream.net

Geriatric Care Management for older adults at all levels of wellness. Services provided include geriatric nursing assessment, health education and counseling, referrals, management of chronic diseases, preventive care guidance, monitor medications and alternative therapies, transition planning, and evaluation of safety issues. The RN Care Manager will monitor care, communicate with health care providers regularly, provide a care plan and progress reports, and help clients to understand care options.

# Errand and Other Services

## **PARENCARE KY**

337 East High St.  
Lexington, KY 40507  
Tel. (859) 252-0817  
Email: cchurlburt@altell.net

ParentCare KY is an independent professional geriatric care management service established in 1994 to assist older or disabled adults, their families or other concerned parties to realistically assess the client's medical, social, emotional and practical day to day care management needs. We develop, implement and oversee personalized care plans that allow clients to live as fully and independently as possible. Our Case Managers are experienced professionals with degrees in nursing and advanced degrees in social work, special education and divinity.

## **CLUTTER CUTTERS, LLC.**

611 Camino Dr.  
Lexington, KY 40502  
Tel. 859-269-5019 or cell 859-533-7657  
Email: dmdiane@aol.com  
Contact Person: Diane A. Ivory

Clutter Cutters will run errands or take a persons shopping, but the main purpose is to aid in downsizing. Clutter Cutters will do the total turn-key moving for the elderly from present home to Independent Living, Assisted Living and Personal Care Facilites, and to Nursing Homes. Will do furniture layout, help relocate furnishings not needed, pack, order movers and oversee, and unpack everything. Call for free estimate.

## **OPTIONS -- OH MY!**

Beth Richardson, Life Events Coordinator  
Cell (859) 333-8239  
Email: beth@optionsohmy.com  
[www.optionsohmy.com](http://www.optionsohmy.com)

"Options-Oh My!" is a business that has passion for supporting people in achieving success in independence, quality of life, and organizing life changes. A Life Events Coordinator will handle your needs skillfully in an organized, motivated, focused, and solution-oriented manner. Services available fall into two categories: 1. Errands, Shopping, and Personal Assistant type tasks (chores).; 2. Coordinating Personal Projects.

## **SENIOR OPTIONS**

P.O. Box 55338  
Lexington, KY 40505  
Tel. (859) 293-0388

Senior Options provides a personal advocate for senior clients that encourages and challenges elders to continue an independent and fulfilling lifestyle. Our goal is to provide support to make that lifestyle possible. Seniors are encouraged and supported in continuing to make their own decisions thereby reinforcing positive self-esteem and self-identity.

## Errand and Other Services (continued)

### **PROFESSIONAL ERRAND AND DRIVING SERVICE – P.E.D.S.**

Fay Sellers

Tel. (859) 221-5439

Lexington, KY

Email: [pedslex@yahoo.com](mailto:pedslex@yahoo.com)

P.E.D.S. will drive you to doctor's appointments and other tests and exams. P.E.D.S. will also drive you shopping, or will shop for you, take you to social occasions, religious services, and airport pickup and drop off. Need a prescription? P.E.D.S. will pick it up for you and deliver it right to your door. P.E.D.S. will run errands of all types. Fully insured and available for pricing consultations in person or by phone/email. Services available by appointment only.



## **In Home and Community Services**

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# Adult Day Centers / Respite Care

Adult day programs provide adults who cannot function independently an opportunity for supervision, social interaction, and meaningful activity. Adult day programs are defined as social or medical models of care; medical models offer supervised medical care in addition to social activities and meals. Hours are generally Monday – Friday, 7:30-5:30, with some programming available on Saturday.

*Some questions to keep in mind when searching for the day center that meets your needs include the following:*

- \* Is there a sliding fee scale? Are there additional fees not covered in the regular program costs?
- \* Is there transportation available to and from the site? Is there an extra charge?
- \* Is there after-hours respite care available? What is the cost?
- \* How many volunteers are there?
- \* Is there individualized programming and one-on-one activities? Do the activities accommodate personal preferences? Are they adult in nature?
- \* Are there group activities and outings? Are the activities age appropriate?
- \* What is the quality of meals and snacks?
- \* When appropriate, are participants encouraged to go to the bathroom? What is the toileting schedule?
- \* What are the programs' emergency procedures?
- \* What is the mission statement and philosophy? How is the mission statement carried out in daily programming?

## BLUEGRASS AREA DEVELOPMENT DISTRICT ADULT DAY CARE CENTERS

<p><b>Anderson County Adult Day Center</b> 160 Township Square Lawrenceburg, KY 40342 Tel. (502) 839-3749</p>	<p><b>Boyle County Adult Day Center</b> 569 Jean Drive Danville, KY 40422 Tel. (859) 236-2070</p>
<p><b>Clark Respite Program</b> PO Box 151, 32 Meadow Street Winchester, KY 40392 Tel. (859) 744-3235</p>	<p><b>Active Day of Frankfort</b> 99 C. Michael Davenport Drive Frankfort, KY 40601 Tel. (502) 875-7555</p>
<p><b>Active Day of Georgetown</b> 100 ST. Luke Place, Suite B Georgetown, KY 40324 Tel. (502) 863-7900</p>	<p><b>Active Day of Lexington</b> 2432 Regency Rd. Lexington, KY 40503 Tel. (859) 278-2053</p>
<p><b>Active Day of Richmond</b> 928 Commercial Drive, Suite 2 Richmond, KY 40475 (606) 625-9977</p>	<p><b>Alzheimer's Association– Exclusive to individuals with dementia The Best Friends Center</b> 1065 Dove Run Road, STE # 2 Lexington, KY 40502 Tel. (859) 266-5283, ext. 27</p>

# Adult Day Centers / Respite Care (continued)

## **Center for Creative Living Adult Day Health Care**

Lexington-Fayette County Health Department  
1530 Nicholasville Rd. (Lexington Senior Citizen Center)  
Lexington, KY 40503  
Tel. (859) 278-6072, ext. 318

## **Christian Care Communities Adult Day Center**

516 Maryland Ave.  
Lexington, KY 40508  
Tel. (859) 254-5300  
Web: [www.ChristianCareCommunities.org](http://www.ChristianCareCommunities.org)

## **Cardinal Hill Hospital Adult Day Health**

2050 Versailles Road  
Lexington, KY 40504  
Tel. (859) 255-9303

## **Franklin County Council on Aging Adult Day Center**

202 Medical Heights Drive  
Frankfort, KY 40601  
Tel. (502) 223-5794

## **Garrard County Adult Day Center**

153 Farra Drive  
Lancaster, KY 40444  
Tel. (859) 792-6603

## **Harrison County Adult Day Health Care**

216 Old Lair Road  
Cynthiana, KY 41031  
Tel. (859) 234-8110

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### **Adult Day Health Care**

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- \* Fun with Friends



Senior Day Health Care  
(859) 277-3855

Within the Lexington Senior Citizen Center  
1530 Nicholasville Rd.  
Monday-Friday, 7:30 a.m. – 5:00 p.m.



# Adult Day Centers / Respite Care (continued)

**Horizon Adult Health Care - Irvine**  
178 Broadway Street  
Irvine, KY 40336  
(859) 623-4080

**Horizon Adult Health Care – Richmond**  
292 South Second Street  
Richmond, KY 40475  
(859) 626-5226

**Jessamine Adult Day Program**  
111 Hoover Blvd  
Nicholasville, KY 40356  
Tel. (859) 887-2208

**Mercer County Adult Day Care**  
1475 Louisville Road  
Harrodsburg, KY 40330  
Tel. (859) 734-5187

**Powell Adult Day**  
176 Twelfth Street  
Clay City, KY 40312  
(606) 663-0794

**Quest Adult Day Care**  
204 W. Main Street  
Stanford, KY 40484  
Tel. (606) 365-3603

**Woodford County Adult Day Care**  
285 Beasley Drive  
Versailles, KY 40383  
Tel. (859) 873-6871

# Care at Home

## HOME HEALTH AND HOME CARE SERVICES CHECKLIST

You can hire an agency or individual person to provide assistance in the home. There are many private companies offering home care services and home health services. Whether you hire an agency or a private individual, ask questions to find out whether the special needs of the person needing care will be met in a safe and secure environment. Many agencies will ask you to define your level of assistance in terms of Activities of Daily Living (ADL's) and Instrumental Activities of Daily Living (IADL's), so you should be familiar with the definitions. Activities of Daily Living include the ability to perform basic self-care tasks such as feeding, dressing, grooming, bathing, toileting, ambulating, and transferring (moving from bed to chair). Instrumental Activities of Daily Living include the following self-care tasks: writing, reading, cooking, cleaning, shopping, laundry, climbing stairs, managing medication, and managing money. Here are some basic questions to consider when interviewing for outside help:

### QUESTIONS TO ASK AGENCY

- \* Is the agency licensed (if required by law)? Is agency insured and bonded?
- \* Does the agency cover the geographical area where the older adult resides?
- \* Does the agency return your calls promptly?
- \* How does the agency handle the complaint process?
- \* What homemaker services does the agency provide (light housekeeping, laundry, meal preparation, and shopping)?
- \* If applicable, what health services does the agency provide to assist with personal care needs, occupational, physical, and/or speech therapy?
- \* What are the fees and payment schedule for specific services? Are services limited to a minimum number of hours per day or week? Do they offer a sliding fee scale? Will they provide you with a written statement of fees and billing procedures?
- \* Does the agency accept Medicare, Medicaid, or private insurance as reimbursement for payment?
- \* Is the staff carefully screened (criminal background check performed, licensed if applicable, experienced and/or trained to provide care in the home)?
- \* What is the availability of services, including evenings, nights and weekends? Is there back-up?
- \* Are references available?

### QUESTIONS WHEN HIRING AN INDIVIDUAL PROVIDING HOME CARE

- \* Has the individual relevant work experience and references? Do the references indicate good job performance, punctuality, and dependability?
- \* Is he/she willing to do the tasks you have specified needed in the home?
- \* Is the person clean, neat and, appropriately dressed?
- \* Does the person seem interested and motivated in caring for older adults?
- \* Can the individual make a commitment for a specific length of time (several months, years)?
- \* Does the person show good judgment when questioned about handling emergency situations?
- \* Does the person have reliable transportation? Ask for a copy of his/her driving record from the state Department of Motor Vehicles.
- \* Before hiring the person, conduct a criminal background check.

## Care at Home (continued)

<p><b>ACCESSIBLE HOME HEALTH CARE OF THE BLUEGRASS</b> 366 Waller Ave, Ste 112 Lexington, KY 40504 (859) 313-5167 <a href="mailto:accessible@windstream.net">accessible@windstream.net</a> <a href="http://www.accessiblehhc.com">www.accessiblehhc.com</a></p>	<p>Central Kentucky's best in-home care company providing trained, experienced and investigated home health aides to assist you with personal care to enhance your independence. We also assist with meals, medication reminders, light housekeeping, companionship and more. We assist seniors as well as those with ALS, MS, Alzheimer's, and post op surgery patients to remain at home in a safe, healthy environment.</p>
<p><b>BEVERLY'S ANGELS, LLC</b> 379 Stoner Ave. Paris, KY 40361 Tel. (859) 987-0077 Email: <a href="mailto:beverlysangels@yahoo.com">beverlysangels@yahoo.com</a></p>	<p>In-home assistance to seniors and others recovering from accidents or illnesses. Services include joyful companionship, meal preparation, housekeeping, laundry, shopping and personal care. Family-based business with years of personal experience helping others. Affordable prices. Serving Bourbon, Scott, Fayette, Clark, Harrison, Nicholas, and Montgomery counties.</p>
<p><b>BLUEGRASS MEDICAL STAFFING</b> 80 Codell Dr., Ste. 120 Lexington, KY 40509 Tel. (859) 245-0701</p>	<p>Bluegrass Medical Staffing is a locally owned and operated, licensed agency providing non-skilled services in the home, including personal care assistance, housekeeping, shopping and errands, meal preparation and medication reminders. BMS also provides skilled and non-skilled services in licensed facilities, including Registered Nurse, Licensed Practical Nurse, and Certified Nursing Assistant. Our service area includes Fayette and surrounding Counties.</p>
<p><b>COMFORT KEEPERS</b> 3323 Partner Place Suite 4 Lexington, KY 40503 Tel. (859) 224-1124 Fax: (859) 224-1127 Email: <a href="mailto:kathyacres@comfortkeepers.com">kathyacres@comfortkeepers.com</a> Web: <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></p>	<p>Assisted living in the privacy and comfort of your own home. Choose from a variety of services, including in-home companionship care, meal preparation, light housekeeping, errand services, transportation, medication reminders, personal care, hospital sitting, bath visits, emergency response systems, and more. You have the flexibility of choosing any or all of these services and Comfort Keepers will tailor a package to fit your needs. Services are available 24/7 – 365 days each year. Caregivers are Comfort Keeper employees – screened, bonded and insured.</p>
<p><b>COMFORCARE SENIOR SERVICES</b> 169 E. Reynolds Rd., Suite 204A Lexington, KY 40517 Tel: (859) 971-2502 Email: <a href="mailto:lexingtonky@comforcare.com">lexingtonky@comforcare.com</a> Web: <a href="http://www.ComForcare.com">www.ComForcare.com</a></p>	<p>ComForcare has solutions. We provide assistance in meeting all the daily needs of the homebound individual, from companionship to meal preparation, from hands-on personal care to 24-hour supervision. Our highly trained professional caregivers will develop an individualized action plan perfectly suited to the needs of every client. Every ComForcare employee is meticulously screened with our rigorous seven-step hiring process, and is licensed, bonded and insured. Call today for a free, no obligation assessment.</p>



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### *Home Health Services*

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- Medical social workers
- Care management

859.276.5369

859.276.1783 (Fax)



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- ♥ Alzheimer's Care
- ♥ Medication Reminder
- ♥ Post Surgery Care
- ♥ Transportation

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*“We specialize in long term care. Please call me.”*

*Kaye Hughes, Administrator*

**(859) 313-5167**



# Care at Home (continued)

<p><b>EXTRA CARE PRIVATE DUTY NURSING SERVICES</b>                  2312 Alexandria Dr.                  Lexington, KY 40504-3277                  Tel. (859) 296-0513, or Toll Free: (800) 876-6005                  After hours: (859) 335-2752                  www.hospicebg.org</p>	<p>Private duty nursing service that provides around the clock coverage in home or in a health care facility. Care includes non-medical services for people who are not ill but may need help with daily tasks due to the problems of aging, chronic conditions or disabilities. Skilled nursing is also available to address medical issues. Extra Care staff will assist in determining client's specific needs and level of care.</p>
<p><b>FAITH IN ACTION: ELDER OUTREACH</b>                  1530 Nicholasville Rd.                  Lexington, KY 40503                  (859) 252-1365                  Program Coordinator: (859) 309-1483                  www.faithinactionelderoutreach.com</p>	<p>People in the community volunteer with older adults in Fayette and Scott County in order to help them maintain their independence. Trained volunteers help with non-medical activities, such as small household chores, running errands, respite care, minor home maintenance, telephoning, and visiting.</p>

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# Care at Home (continued)

## HOME HELPERS

650 Kennedy Road  
Lexington, KY 40511  
Tel. (859) 381-8996

Home Helpers helps you maintain your independence. Home Helpers provides seniors with that little extra help in managing their everyday lives. Our experienced and well-trained staff offers that caring touch of a friend. Our professional staff provides trusted, affordable, and courteous service specializing in non-medical, in-home companion and personal care for elderly, new mothers, and those recuperating from illness. Our staff is insured and bonded. Once a day or once a week service by professionals who are dependable, convenient, and best of all, affordable.

## HOME INSTEAD

169 E. Reynolds Rd., Suite 101  
Lexington, KY 40517  
Tel. (859) 273-0085  
Web: [www.homeinstead.com](http://www.homeinstead.com)

A service that provides much needed non-medical services to mature citizens and their families. Home Instead provides a full range of non-medical services to help individuals remain independent and at home as long as possible. Services include: companionship, light housekeeping, personal care, meal preparation, errands, and shopping, incidental transportation, and home care services. Caregivers are carefully matched with clients to assure the utmost compatibility and service.

## HOME INSTEAD

2225 Lawrenceburg RD  
Building A, Suite 4  
Frankfort, KY 40601  
Tel. (502) 352-7272

## HEMOCARE

Bluegrass Area Agency on Aging  
699 Perimeter Dr  
Lexington, KY 40517  
Tel. (859) 266-6873 or (859) 269-8021

State funded program available in all 17 counties of the Bluegrass Area Development District. This includes Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford. Provides homemakers (personal care and home management), home-delivered meals, chores (heavy housecleaning), escort services, respite for caregivers, and home repair services (limited to improving safety of the home). Eligibility determined by a formal assessment of ADLs and IADLs. Limited to individuals over 60 who are entering or seem likely to enter long term care facility for whom in-home services can be more appropriate and cost effective in response to the person's needs. Clients are monitored through case management activities. Homecare has a sliding fee scale based on income. Estimates can be given.

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Lexington, KY 40503  
Tel. (859) 276-5391

This service is provided to homebound persons in Fayette County. A home delivered hot noon meal, breakfast, cereal, milk and juice, and supper snack is provided Monday through Friday from 11:30 a.m. to 12:30 p.m. Special diets can also be accommodated. Maximum cost is \$25 per week for regular diet, \$21.25 for special diet. Call between 8:30 a.m. and 12:30 p.m., Monday through Friday.

### **MEDI-CALLS**

1055 Wellington Way #215  
Lexington, KY 40513  
Tel. (859) 422-4369

Many patients find it difficult to leave their homes to seek medical attention. Medi-Calls, a division of Paragon Family Practice, has been the leading nurse practitioner provider of "in home" medical care in the Lexington area. Paragon has nationally certified nurse practitioners and an internal medicine physician with a special interest in geriatrics. The providers go into a patient's home to evaluate and treat medical conditions and collaborate with home health agencies to ensure all aspects of care are met. Most home visits are made during regular business hours. There is also a 24-hour on-call number for questions and concerns. Call for an in-home evaluation (859) 422-4369.

# Care at Home (continued)

## **PERSONAL CARE ATTENDANT PROGRAM**

VNA Nazareth Home Care  
711 McDowell Blvd.  
Bardstown, KY 40004  
Tel. (800) 633-9844  
(502) 349-5500

State-funded program designed for persons over 18 on limited income with permanent, temporary, or recurring disability and functional loss of two or more limbs who require a personal care attendant to live independently. Must be a resident of specific counties (Fayette is one of 19) and capable of managing and supervising an attendant. The state pays \$6.55 per hour towards attendant's salary, and trains the disabled person to become an employer.

## **SENIOR COMPANION PROGRAM**

Bluegrass Community Action  
P.O. Box 738  
Frankfort, KY 40602  
Tel. (502) 695-4290, or Toll Free: (800) 456-6571

Senior Companion Program volunteers are people 60 years and over who spend an average of 20 hours a week helping the homebound elderly. Volunteers serve in their own community providing help with personal care, preparing meals, running errands, escort, respite for primary caregivers and other helpful activities. There is no charge for this service. The Senior Companion Program provides free transportation and mileage reimbursement to all volunteers. Volunteers receive hourly stipends if income eligible. The Program receives funding from the Corporation of National and Community Service and local United Way agencies. Volunteers provide services in Anderson, Boyle, Fayette, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott and Woodford Counties.

## **SENIORS ADVANTAGE IN-HOME CARE**

383 East Main Street  
Lexington, KY 40507  
Office: 859-543-2273  
Fax: 859-201-1150  
[www.seniorsadvantage.com](http://www.seniorsadvantage.com)

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## **Senior Helpers**

3070 Harrodsburg Road, Suite 240  
Lexington, KY 40503  
859-296-2525 (Lexington Office)  
502-226-3393 (Frankfort Office)  
Fax: 859-296-2488  
[www.seniorhelpers.com](http://www.seniorhelpers.com)

Senior Helpers is the perfect solution for seniors and others who aren't ready to leave their home for an institutional setting, but need support to remain at home. We provide the senior with companionship and one-on-one human contact to reduce isolation and improve their quality of life. Our highly qualified and trained employee caregivers are bonded, insured and screened. They can provide companionship, bathing, dressing, grooming, light housekeeping, Alzheimer's & dementia care, meal planning & preparation, running errands, medication reminders, laundry & linen and much more. Call 859-296-2488 or 502-226-3393 for a free in-home assessment.

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

Visiting Angels is a non-medical home care and living assistance service which helps people to maintain their independence in familiar surroundings. By providing assistance with such things as meal preparation, errands and shopping, hygiene, light housekeeping, and respite care for families, Visiting Angels helps provide individuals with a choice about where and how to live within their community.

# Care at Home (continued)

## HOME HEALTH AGENCIES

In order to offer Home Health services in Kentucky, Home Health Agencies must obtain a certificate of need and be licensed to serve a given geographic area. Only licensed agencies may be certified to receive Medicaid reimbursement for providing home health services. These are the only type of agencies that can offer “skilled” services.

## HOME HEALTH AGENCIES IN THE BLUEGRASS

Agency Name	Medicaid/ Medicare	Live-ins	24-Hour Care	Sitters/ Respite Care	Homemaker	IV Therapy	Medical Equipment	Waiver Services
<b>Saint Joseph American Nursing Care</b> 3080 Harrodsburg Rd. Suite 104 Lexington, KY 40503 (859) 224-1979, (800) 950-1418 <a href="http://americannursingcare.com">americannursingcare.com</a>	X		X	X	X	X	X	X
<b>Caretenders of the Bluegrass</b> 2432 Regency Rd. Lexington, KY 40503 (859) 276-5369, or (800) 866-0633 <a href="http://almost-family.com">almost-family.com</a>	X	X	X	X	X	X		X
<b>Central Baptist Hospital</b> Home Health Services 278 Southland Dr. Lexington, KY 40503 (859) 260-6569, or (800) 489-3002 <a href="http://bhsi.com">bhsi.com</a>	X	X	X	X	X	X		X
<b>Family Home Health Care</b> 425 Lewis Hargett Circle Lexington, KY 40503 (859) 224-1024 (800) 446-0210 <a href="http://www.familyhhc.com">www.familyhhc.com</a>	X		X	X	X		X	X
<b>Lifeline Home Health Care</b> 155 W. Tiverton Way, Suite 170 Lexington, KY 40503 (859) 272-9787, or (800) 546-9599 <a href="http://lhcgroupp.com">lhcgroupp.com</a>	X			X	X	X	X	X
<b>Nurses Registry and Home Health</b> 1420 N. Broadway Lexington, KY 40505 (859) 255-4411, or (800) 444-3599 <a href="http://nursesregistry.com">nursesregistry.com</a>	X		X	X	X	X	X	X
<b>Gentiva Home Health</b> 2020 Liberty Rd. Suite 115 Lexington, KY 40505 (859) 252-4206, or (800) 388-9525 <a href="http://gentiva.com">gentiva.com</a>	X			X	X	X		
<b>Franklin County Home Health</b> 231 East Main Street Frankfort Ky 40601 (502) 564-7383 <a href="http://www.fchd.org">www.fchd.org</a>	X				X	X		X

# Care at Home (continued)

Agency Name	Medicaid/ Medicare	Live-ins	24-Hour Care	Sitters/ Respite Care	Homemaker	IV Therapy	Medical Equipment	Waiver Services
<b>Amedisys Home Health Care</b> 230 Lexington Green Circle suite 100 Lexington Ky 40503 (859)-271-0611 www.amedisys.com	X					X		
<b>Cardinal Hill Homecare</b> 2050 Versailles Road Lexington Ky 40504 (859) 367-7133 www.cardinalhill.org	X			X	X	X		
<b>Infusion Partners</b> 2025 Regency Road Lexington, Ky 40503 (859) 277-2013	X					X	X	
<b>WEDCO District Health Department</b> 302 Oddville Avenue Cynthiana Ky 41031 (859) 234-8750	X			X			X	X
<b>McDowell Home Health</b> 131 Daniel Drive Danville, Ky 40422 (859) 236-8946	X				X	X		X
<b>Clark County Home Health</b> 273 Shoppers Drive Winchester Ky 40391 (859) 744-1488 www.clarkhealthdept.org	X				X	X		X
<b>MEPCO Home Health Agency</b> 216 Boggs Lane Richmond Ky 40476 (888) 399-9118 www.madison-co-ky-health.org	X				X	X		X

\*You will need to contact the individual agency to see if they are licensed to provide services in your county.

# Home Medical Equipment

The availability of equipment and services in the home provides many advantages and can represent tremendous cost savings without compromising the quality of care. Caregivers can utilize the equipment or services available to promote, maintain or aid in the rehabilitation of the patient. Many home medical equipment items or services are prescribed by a physician and may be covered by insurance, Medicaid or Medicare. Most home medical equipment companies will assist clients with eligibility requirements and documentation. Home medical equipment encompasses a wide variety of supplies and services. These supplies and services are intended to promote, maintain, or restore health, and to minimize the effects of illness or disability. More home medical equipment/services are prescribed by a physician and are categorized into respiratory, rehabilitation or home medical equipment. Check your local telephone directory for additional suppliers.

**COOLEY MEDICAL SUPPLY, INC.**

1316 S. Broadway Suite 100  
Lexington, Ky. 40504  
(859) 281-6044  
(800) 281-9cooley  
cooleymedical.com

**FULLER REHABILITATION AND  
INDEPENDENT LIVING AIDES**

474 Squires Rd.  
Lexington, KY 40515  
Tel. (859) 543-9089, Toll Free: (866) 543-9089

**GROGAN'S HEALTHCARE SUPPLIES, INC.**

1016 S. Broadway  
Lexington, KY. 40504  
(859) 254-6661  
(800) 365-1020  
grogans.com

**SENIOR WHEELS USA**

Tel. Toll Free (800) 246-6010

The Senior Wheels USA program makes electric wheelchairs available to senior citizens and permanently disabled people. People who cannot walk, who cannot self-propel a manual wheelchair, and who meet additional guidelines are eligible for wheelchairs at no cost.

**SUPERIOR VAN & MOBILITY**

1080 East New Circle Rd.  
Lexington, KY 40505  
Tel. (859) 253-1832, Toll Free: (800) 458-8256  
Web: [www.superiorvan.com](http://www.superiorvan.com)

# Home Medical Equipment (continued)

## **CENTRAL BAPTIST HOSPITAL HOME RESPONSE SERVICE – Featuring Lifeline**

1740 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 260-6217,  
or Toll Free: (800) 891-7475  
[www.centralbap.com](http://www.centralbap.com)

In-home monitoring which provides a way to summon help without having to get to a telephone. Participants wear a lightweight waterproof button which can be pushed to connect with a 24 hour monitoring center. If help is needed, monitors will send family, friends, or local paramedics and keep the call open until help arrives. A 22-year old non-profit community service sponsored by CBH and its Auxiliary volunteers which currently serves 900 persons. \$34 monthly monitoring fee, no installation fees or contracts. Service is started by phone or internet and started within 48 hours. For anyone who uses any hospital in Fayette, Bourbon, Jessamine, Madison, Nicholas, Scott, and Woodford Counties. If you live outside this area, help for you to locate a provider in your area will be provided.

## **DIRECT LINK**

650 Kennedy Rd.  
Lexington, KY 40511  
Tel. (859) 381-8996  
Web: [www.owlinc.net](http://www.owlinc.net)

Affordable emergency in-home monitoring. Help at the Touch of a Button. With Direct Link you can relax in the comfort of your home. Direct link allows you to be in contact at all times. For help, simply press the small wireless button worn around your neck or wrist and our trained staff will respond immediately. Help is on the way. Notify a neighbor, dispatch an ambulance, notify a family member, or call your doctor. We are always available, 24 hours a day, 365 days a year. Available on a monthly basis, no equipment to buy. Free installation. Only \$34 per month. One free month with initial 12 months paid service.

# Monitoring Systems

## **PROJECT LIFESAVER**

Lexington Fayette Urban County Government  
Department of Public Safety, LFUCG  
Department of Social Services, and Office of the  
Fayette County Sheriff  
200 East Main St.  
Lexington, KY 40507  
Tel. (859) 258-3600

## **Clark County**

Contact: Neal Oliver  
Winchester Fire EMS  
44 N Maple Expressway  
Winchester, KY 40392  
Tel. 859-744-1587

## **Estill County**

Contact: Chief Derrick Muncie  
Estill County Fire Department  
202 Whispering Wood Drive  
Irvine, KY 40336  
Tel. 606-723-2661

## **Franklin County**

Contact: Jack Taylor  
Franklin County Sheriff's Department  
Tel. 502-875-4680

## **Madison County**

Contact: Jason Campbell  
Madison County Fire Department  
200 N Madison Avenue  
Richmond, KY 40475  
Tel. 859-661-1786

## **Woodford County**

Contact: Wayne "Tiny" Wright  
Woodford County Sheriff's Department  
103 S Main Street  
Versailles, KY 40383  
Tel. 859-873-3119

Project Lifesaver's mission is to use state-of-the-art technology in searching for and rescuing persons with Alzheimer's Disease and other related disorders who become lost. People in the program wear a personalized bracelet that emits a tracking signal. When caregivers notify agencies that the person is missing, a SAR team responds to the wanderer's area and starts searching with the mobile locator tracing system. The consumer pays the full cost of the transmitter, and a fee for monthly battery changes. (In 2005, \$280 for the transmitter and 7.60 for the monthly battery).

## **MOMANDDADHELPLINE.COM**

1096 Duval St.  
Lexington, Ky. 40515  
(859) 971-1655  
(800) 861-8841  
Email: [johnuky@alltel.net](mailto:johnuky@alltel.net)  
Web: [www.momanddadhelpline.com](http://www.momanddadhelpline.com)



# Residential Services and Housing Options

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# Residential Services and Housing Options

# General Information

## **ADULT AND TENANT SERVICES AND HOUSING COUNSELING, INC.**

1055 Industry Road  
Lexington, Kentucky 40505  
Tel. (859) 258-3810  
Web: [www.LFUCHRC.org](http://www.LFUCHRC.org)

Adult and Tenant Services provides limited financial, housing assistance, crisis intervention, and counseling to residents 18 years old and older in Fayette County.

## **HOUSING AUTHORITY Lexington-Fayette Urban County**

300 New Circle Rd. at Russell Cave  
Lexington, Kentucky 40508  
Tel. (859) 281-5060/  
TDD: 281-5054  
Web: [www.lexha.org](http://www.lexha.org)

## **Eligibility: Low-income persons Cost: Rent is based on income**

This agency is in charge of all Lexington-Fayette County public housing, with 330 apartments especially for older persons. Apartments are rented to low-income persons. Applications are taken Monday 8:30-4:00 and Tuesday 8:30-6:00.

## **Emergency Housing**

Local emergency housing for senior citizens is not available. If you have an emergency situation, you may utilize the Federal Housing Preference Waiting List or contact the Salvation Army Emergency Shelter located at 736 West Main Street by calling (859) 252-7706. Limited financial assistance for emergency housing may be available through Community Action at (859) 233-4600 or Volunteers of America (859) 254-3469. For abuse situations, contact the Cabinet for Health and Family Services Adult Protective unit in your area or your local law enforcement agency. A limited number of temporary shelters are available for such cases

## **HOMESTEAD EXEMPTION ACT**

Property Valuation Administrator  
101 E. Vine St., Suite 600  
Lexington, KY 40507  
Tel. (859) 246-2722  
Web: [www.fayettepva.com](http://www.fayettepva.com)

This act entitles anyone 65 or over, or 100% disabled, to \$31,400 off the assessed value for property tax purposes. Any property owner who becomes 65 years old or over, or is receiving total disability payments from an agent is eligible. You must live in or maintain the home as your primary residence. You must own and maintain the property as of January 1st for the year in which you are eligible. You can turn age 65 anytime during that year. Apply between 8 a.m. and 4:30 p.m., Monday through Friday. Proof of age is required. Be sure to take your Medicare card, birth certificate, and/or driver's license to the appointment. You can also print off the form from the website [www.fayettepva.com](http://www.fayettepva.com) and mail it with a copy of your proof of age.

## General Information (continued)

### **KENTUCKY HOUSING CORPORATION**

1231 Louisville Rd.  
Frankfort, KY 40602  
Tel. (502) 564-7630,  
or Toll free: (800) 633-8896  
Web: [www.kyhousing.org](http://www.kyhousing.org)

Administers federal programs including rental assistance that make safe, decent, affordable housing available for more than 87,000 low-income Kentuckians. Offers programs to homeless, low-income families for rental housing financing and rehabilitation, home ownership education, and home repair initiatives.

### **REACH, INC.**

733 Red Mile Rd.  
Lexington, KY 40504  
Tel. (859) 455-8057, Fax: (859) 455-7436  
Web: [www.reachky.com](http://www.reachky.com)

REACH is a private nonprofit organization committed to making home ownership more affordable to low income to moderate-income families in Fayette and surrounding counties. Through this program, loans may be available for first-time down payments and closing costs.

### **S.O.S. PROFESSIONAL ORGANIZER, INC.**

Sandy Linville  
The Only Certified Professional Organizer® in  
Kentucky  
Professional Organizer / Speaker / Coach  
(859) 396-4410  
[www.sosorganizer.net](http://www.sosorganizer.net)

Whether you're moving into a new home or just simplifying your life, downsizing and organizing can be overwhelming. While appreciating your physical and mental energy, we'll create a time line that helps you move forward in your downsizing process. We work alongside you and guide you as you make emotional choices: what to keep, what to give to family and friends, and what to donate to charity. If you're moving, we'll work with your new floor plan so you know which furniture pieces will fit in your new home. If needed, we'll coordinate the donation process and turn in appropriate tax-deductible forms.

### **COMMUNITY-WIDE HOUSING**

Rehabilitation Program  
Division of Community Development  
200 East Main St.  
Lexington, KY 40507  
Tel. (859) 258-3070  
Web: [www.lfucg.com/communitydevelopment](http://www.lfucg.com/communitydevelopment)

Must own and live in your home in Fayette County and must meet income and asset guidelines. Provides up to \$25,000 for homeowners to correct code violations, make modifications related to the occupant's handicap, and make the home more energy efficient. For persons who are low income, there are no monthly payments. For persons who are moderate income, loans of 0%, 1% and 2% are available.

# Home Maintenance and Repairs

## **DIVISION OF BUILDING INSPECTION**

Department of Public Works and Development  
101 East Vine St.  
Lexington, KY 40507  
Tel. (859) 258-3770  
Web: [www.lfucg.com/buildinginspection](http://www.lfucg.com/buildinginspection)

If you are planning to build an addition or remodel your home, call this office for information. For Counties outside Fayette contact your local government number

## **HANDYMAN CONNECTION**

1910 Harrodsburg Road, Suite 203  
Lexington, Kentucky 40503  
Tel. (859) 276-1811, Toll Free: (888) 330-8533  
Email: [lexhandyman@aol.com](mailto:lexhandyman@aol.com)  
Web: [www.handymanconnection.com](http://www.handymanconnection.com)

Home repairs, remodeling, and maintenance work by independent contractors. No roofing or water heater work. Prices are estimated for the entire job rather than an hourly rate.

## **HOUSE DOCTORS HANDYMAN SERVICE**

728 National Ave.  
Lexington, KY 40502  
Tel. (859) 263-2511  
Web: [www.housedoctors@dwcllc.com](http://www.housedoctors@dwcllc.com)

A locally owned national franchise specializing in all types of home repairs. House Doctors is licensed, insured, bonded, and a member of the Better Business Bureau.

## **REPAIR AFFAIR**

2250 Regency Rd.  
Lexington, Kentucky 40508-2302  
Tel. (859) 276-2693  
Web: [www.lbar.com](http://www.lbar.com); click on "Realtor-Community Housing Foundation"

A program of the Realtor-Community Housing Foundation. Repairs are limited to Fayette County homeowners over the age of 60 who meet income guidelines. All material and labor is provided. There is no cost to the homeowner. Volunteers under the direction of members of the Lexington Remodelers Association make repairs one weekend a year. Must be income-eligible. Call for income limits and for an application.

## **RAMP**

2250 Regency Rd.  
Lexington, Kentucky 40508  
Tel. (859) 276-2693

A program of the Realtor-Community Housing Foundation. Ramps or other alterations can be made to a home to improve handicap access. Limited to Fayette County homeowners who have a disability and meet income guidelines. Work done by volunteers under the direction of skilled remodelers. Call for an application.

# Home Maintenance and Repairs (continued)

## **WEATHERIZATION**

Lexington Community Action Council  
P.O. Box 11610  
Lexington, Kentucky 40576  
Tel. (859) 233-4600,  
or Kentucky Association for Community Action  
(502) 875-5863  
Web: [www.commaction.org](http://www.commaction.org) (Fayette), or [www.kaca.org](http://www.kaca.org) (statewide)

Energy audits are conducted to locate areas where energy can be conserved. Repairs may include caulking, weather-stripping, minor wall and roof repair, insulating attics and floors and repairing or replacing heating systems. Work done by private contractors. Seniors get special priority. Must be at or below 125% of federal poverty guidelines. Serving Bourbon, Harrison, Nicholas, and Fayette Counties.

For inquiries outside Fayette County please contact your local Community Action.

**UNIVERSAL DESIGN AND HOME MODIFICATIONS**  
**SUSAN BACHNER CONSULTING, LLC**  
810 DeLong Rd.  
Lexington, KY 40515  
Tel. (859) 273-1122  
Email: [sbachnerky@aol.com](mailto:sbachnerky@aol.com)  
Web: [www.susanbachnerconsulting.com](http://www.susanbachnerconsulting.com)

Evaluations and consultation services for home modification and products, using universal design solutions that promote safety, accessibility, and social participation for persons experiencing difficulty with their activities of daily living. After an evaluation of the individual's activities of daily living, recommendations are made, which may include products and/or structural changes to increase safety, accessibility, social participation, and comfort. A customized and detailed report is prepared for the client's information and use. Before you encounter challenges with the job of living, plan ahead for a house that will fit the needs of you and your loved ones.

# Relocation

As a senior citizen, if you are thinking of changing your living situation, be sure you look at all your options. There may be services or remodeling that will let you stay in your current location. Check out any new living arrangements that may have been built in your community in recent years and try to talk to others who have made the same move. Here are a few things to consider when making this important decision:

Location, location, location. For seniors or empty nesters expecting to accommodate elderly parents in their home, this rule becomes more important. Consider location proximity to hospitals, 24-hour pharmacies, senior citizen centers, and bus line services. Today's active seniors are also pursuing advanced education and acquiring new skills such as computer literacy. A location near a university or adult education center could be a plus to quality of life. Recreational activities are also important. Experienced golfers and those who finally have time to learn will enjoy golf course living. Swimmers will enjoy a neighborhood club.

As people age, a decline in physical and mental abilities may also take place that might make it difficult to navigate traditional homes and communities. In addition to modifying your home for greater accessibility, be sure to consider your future needs in the larger community. Below are some questions to guide you.

# Relocation (continued)

## Transportation

- Is public transportation easily accessible in your community?
- Are transit stops safe, accessible, and well marked?
- Is taxi service available in your area?
- Do public transportation routes travel to stores, restaurants, and other services?
- Do your neighbors regularly provide transportation for each other?

## Walkability

- Do sidewalks exist throughout your community and connect to shopping and services?
- Are sidewalks well maintained (only minor cracks, no obstructions)?
- Do traffic signals allow pedestrians to safely cross streets?
- Are there adequate resting places for pedestrians along sidewalks?
- Are there curb-cuts at each cross-walk and intersection? (Curb cuts are the cut edges of a sidewalk leading to a street or crosswalk, which allow wheelchairs, strollers, and bikes to easily move between the sidewalk and the street.)

## Safety and Security

- Does your neighborhood have adequate lighting?
- Do police routinely patrol your neighborhood?
- Are walking routes safe and free from obstruction?
- Is your neighborhood well maintained (i.e. buildings, landscaping, signs, etc.).

## Shopping

- Is at least one grocery store within a short, safe walk of your community?
- Are there shops that meet the needs of older adults within walking distance?
- Do grocery and/or drug stores in your area offer home delivery service?
- Are items inside your local supermarket easy to locate?
- Is your local shopping area accessible via public transportation?

## Housing

- Is housing in your neighborhood affordable for older adults?
- Are taxes in your neighborhood reasonable for individuals on a fixed income?
- Do some of the homes in your neighborhood offer a 1st floor bedroom and bathroom?
- Is new construction in your neighborhood incorporating universal design principles? (Universal design principles are attractive, practical features that accommodate persons of all abilities and ages.)

## Recreation and Cultural Activities

- Is there a public library within a short distance of your neighborhood?
- Is there a local senior center, which offers a variety of activities for older adults?
- Does your neighborhood have a park with facilities that are accessible to older adults?
- Are public recreational facilities (i.e. golf course, swimming pool) close and accessible?
- Are various cultural events offered in or near your neighborhood?

Adapted from *Livable Communities: An Evaluation Guide* © AARP 2005 Public Policy Institute

## Tip:

An experienced builder/Realtor can be an important asset in helping define and locate the right community and home for you, particularly one who specializes in selling to older adults. You should choose a builder who has experience and longevity in the marketplace. A builder who has experience with universal design concepts is a plus.

# Senior Housing and Supportive Care Communities

Increasingly, there are many senior housing options available. If you choose to live in a community with other seniors and are functionally and socially independent (or nearly so), retirement communities might be for you. Many of our local independent retirement communities offer different levels of assistance and services, such as meals, transportation, social and recreational activities, security, housekeeping and maintenance. Some offer the availability of assisted living and skilled nursing care on the premises. Usually you are asked to sign a one-year lease and you may leave at the end of the lease term, without forfeiting your deposit. As a consumer, it is important that you choose carefully and assess your needs – both now and in the future. The following questions can assist you in selecting the most appropriate setting for you.

## What to Look for When Choosing a Senior Housing Community

- \* Upon arrival, your first impression should be one that makes you feel comfortable and secure.
- \* Is the community clean and well maintained, inside and out?
- \* Are residents participating and enjoying themselves alone and in group settings?
- \* Is the staff friendly, pleasant, and well groomed? What is the staff to resident ratio, including nights and weekends?
- \* Is the staff licensed or certified? If not certified or licensed, what kind of training does staff receive?
- \* Are there services that you need, such as a hairdresser, health club, or a gift shop on the premises?
- \* Are there guest facilities available for visiting friends or relatives?
- \* Do staff members address the residents by their proper names?
- \* Does the community sponsor religious activities or provide transportation to an acceptable nearby place of worship?
- \* Are there social activities available that you enjoy?
- \* How are the meals served? Is there assigned seating or you free to sit where you choose? What special diets are offered and do you have a dietician on staff? How often are menus changed and how are they planned? What types of meal plans are offered?
- \* What type(s) of transportation are available and how often may it be used? How is transportation scheduled? Is there a limit to the distance the transportation serves? What, if any, are the transportation fees?
- \* Are housekeeping services available and what do they include? What is included in my monthly service fee? Do you have a listing of additional charges?
- \* May you meet the facility manager and other pertinent staff members or visit on a weekend and share a meal with another resident prior to your decision?

### **For Personal Care and Assisted Living Only:**

- \* Is the cost of the facility covered by your long-term care insurance?
- \* What assistance with activities of daily living (bathing, dressing, grooming, transferring, toileting, eating) is given? How often?
- \* What assistance with instrumental activities of daily living (housekeeping, shopping, laundry, chores, transportation) is given? How often?
- \* Is the assisted living community certified by the state Division of Aging Services?
- \* Does the personal care community offer personal care licensed by the Division of Licensing and Regulations?

# Types of Housing with Care Services

	<b>Independent Community</b>	<b>Assisted Living</b>	<b>Family Care Homes</b>	<b>Personal Care Homes</b>	<b>Nursing Facility</b>	<b>Skilled Nursing Facility</b>
<b>Type of Care</b>	Living in your own home or apartment	Community Housing	Community Housing limited to 2-3 residents; managed by an owner-operator	Community housing – many have professional staff. Must have state approval to operate. Usually many residents	Care needs determined by assessment; Medicaid – “low intensity,” “intermediate,” or “custodial care.”	Care needs determined by assessment; usually include therapies. Medicaid – “high intensity” may also be called sub-acute, rehab, or extended care
<b>Licensing Requirement</b>	None	None	State License	State License	State License	State License
<b>Certification</b>	None	Required	None	None	Federal, if Medicaid beds.	Federal if Medicaid or Medicare beds
<b>Residents Rights per Statute</b>	Ordinary citizens rights	Ordinary citizens rights	State rights except for transfer and exchange	All state rights, including transfer and discharge	All state rights (and federal if participating in Medicaid), including transfer and discharge	All state and federal rights, including transfer and discharge
<b>Living Space</b>	Can be adapted to accommodate special needs	Independent apartment; features locked doors, private toilet and shower	In a private home; usually shared bedroom; access to all living space in the home	Limited number of beds applied for by the owner and granted by the state; usually private or shared bedrooms with congregate living space	Limited to number of beds applied for by the owner and granted by the state; residents share rooms; a few private rooms are available. Congregate living space.	Number of beds applied for by the owner and granted by the state. Residents share rooms; a few private rooms are available; congregate living space.
<b>Personal Services</b>	Family friends, paid non-professional help, volunteers.	24-hour non-professional support services. Can receive assistance with ADLs, i.e., bathing, eating, dressing, grooming, toileting, transferring, and self-administration of medicine.	Non-professional supportive services – 24 hour supervision; can receive assistance with activities of daily living: bathing, eating, dressing, grooming, toileting, must be mobile or mobile non-ambulatory.	Non-professional supportive services – 24 hour supervision; can receive assistance with activities of daily living: bathing, eating, dressing.	Professional and supportive services, small facilities can contract for services	Professional and supportive services. Therapies often by outside contractor.

# Types of Housing with Care Services (continued)

	<b>Independent Community</b>	<b>Assisted Living</b>	<b>Family Care Homes</b>	<b>Personal Care Homes</b>	<b>Nursing Facility</b>	<b>Skilled Nursing Facility</b>
<b>Health Services</b>	By contract with outside entity, family can often perform.	By contract with outside entity.	No professional staff, home health may be used	No professional staff required, may be available or by contract from home health	R.N. – 1 shift per day, 7 days per week. Other staff meet the needs of residents.	R.N. – 1 shift per day, 7 days per week, other staff to meet the needs of residents, therapies often by outside contractor.
<b>Inspection Schedule</b>	Not applicable	1-year certification by Office of Aging Services	Annually by the state Division of Licensing and Registration	Annually by the state Division of Licensing and Registration	9-15 month schedule by state Division of Licensing and Registration; federal inspection possible	9-15 month schedule by state Division of Licensing and Registration; federal inspection possible
<b>Oversight</b>	Department of Community Based Services if there is referral for neglect by self or caretaker	Department of Aging and Independent Living	Every six months by the Department for Community Based Services (DCBS)	Every six months by Department for Community Based Services	Community Based Services if abuse, neglect, or exploitation alleged	Community Based Services if abuse, neglect, or exploitation alleged
<b>Payer Source</b>	Private funds, there is some subsidized housing available; some renovation assistance available	Private funds	Private funds, state supplement; VA contracts	Private funds, state supplement; VA contracts	Private funds, Medicaid, VA contract, insurance	Private funds, Medicaid, Medicare, VA contract, insurance
<b>Ombudsman Service</b>	No	No, except for information and referral; placement information when requested	Yes	Yes	Yes	Yes
<b>Notes:</b>		Lease agreements are the key issue in this setting; services offered may vary; required to help clients find appropriate living arrangement upon giving them a move out notice	Residents may have a Medical Card (Medicaid) but this does not pay for their stay in the facility	Residents may have a Medical Card (Medicaid) but this does not pay for their stay in the facility	Care plans are a crucial piece to receiving quality care	Care plans are a crucial piece to receiving quality care; even if this is a unit in a hospital, it is still a nursing facility

Chart compiled by Nursing Home Ombudsman Agency of the Bluegrass

# Independent Living Communities

## **ASHLAND TERRACE RETIREMENT HOME**

475 South Ashland Avenue  
Lexington, KY 40502  
Tel. (859) 266-2581

For women 65 and older, this congregate living retirement community is located in a wooded neighborhood setting. All residents are ambulatory and can care for themselves. Three meals a day are served in a family style dining room. Services include transportation, planned activities, weekly linen and housekeeping services, medication reminder program, beauty shop, and two laundry rooms.

## **HARTLAND HILLS**

1005 Tanbark Rd.  
Lexington, KY 40515  
Tel. (859) 273-1212

Hartland Hills offers spacious studio, one, and two bedroom apartments. Each apartment features a private bath with a walk-in shower or tub/shower combination, individual heating, and air conditioning. Three delicious meals each day are served in the dining room, weekly housekeeping and linen services, basic cable television and all utilities (except telephone) provided.

## **LAFAYETTE AT COUNTRY PLACE**

A Sunrise Senior Living Community  
690 Mason Headley Rd.  
Lexington, KY 40504  
Tel. (859) 278-9080

An independent retirement community, located adjacent to Country Place skilled nursing facility, Lafayette at Country Place offers an array of amenities to accommodate a variety of individual tastes. Each resident plays an important role in making this unique community work, in itself, and as an active part of the local shopping, entertainment, and social activities. The smallest details have been given staff attention to make residents' lives easier and fuller. Many services are included in the monthly rental fee, such as housekeeping, weekly laundry service, scheduled transportation, 24-hour security, choice of meals, utilities (except telephone and cable TV). Emergency medical response, library, beauty/barber shop, crafts, exercise, and many other amenities are also available.

## **LIBERTY RIDGE SENIOR LIVING RESIDENCE**

2550 Liberty Rd.  
Lexington, KY 40509  
Tel. (859) 543-9449  
or Toll Free: (800) 264-0840  
Web: [www.libertyridge.com](http://www.libertyridge.com)

See description in Senior Housing with Continuum of Care Options

# Independent Living Communities (continued)

## QUALITY LIVING CENTERED AROUND YOU

- ~ 24 Years of Dedicated Service ~
- ~ Gracious Independent Living ~
- ~ Variety of Attractive Floor Plans ~
- ~ Restaurant-style Dining ~
- ~ Cultural and Recreational Activities ~
- ~ Scheduled Local Transportation Available ~



FIVE STAR SENIOR LIVING, INC.

690 Mason Headley Road • Lexington, KY 40504

**859-278-9080**

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



**DISTINCTIVE RETIREMENT LIVING**

## LIBERTY RIDGE

### Senior Living Community

A Non-Profit, Faith-Based Community



*Not just home, we're a family!*

*Enjoy Front Porch Living and an active lifestyle while you retain your independence and freedom of choice. Our 30+ acre campus provides a tranquil setting for the level of care you need now or in the future.*

**Independent Garden Homes; Assisted Living Apartments;  
Memory Care Neighborhood**

Convenient Hamburg location for shopping, banking, library, restaurants, hospital and medical needs

Experience peace of mind from living in a community where on-site emergency response and assisted living care is available 24/7 if you ever need it. Many amenities and services may be added as required.

**Call: 859-543-9449**

**Toll Free: 800-264-0840**

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

**2550 Liberty Ridge Lane  
Lexington, Kentucky 40509**

# Independent Living Communities (continued)

## **RICHMOND PLACE RETIREMENT COMMUNITY**

3051 Rio Dosa Dr.  
Lexington, KY 40509  
Tel. (859) 269-6308 Fax: (859) 268-9527

See description in Senior Housing with Continuum of Care Options

## **ROSE MARY C BROOKS PLACE**

200 Rose Mary Drive  
Winchester, KY 40391  
859.745.4904  
www.brooksplace.org  
Assisted Living Apartments and Independent Living Cottages

One low, inclusive rate instead of a la carte pricing. Located off the by-pass across from Wal-Mart in Winchester, Brooks Place exists to provide a safe, comfortable and affordable housing for the elderly. Our philosophy is to provide dignity and choice, foster independence, and protect individuality. Involvement from family and friends is encouraged, Whether enjoying a delicious meal in the Keeneland dining room or participating in a wide variety of resident preferred activities, our staff are always available with a "Servant's Heart" spirit to make sure the needs and wants of the resident so come first. Visit us on line at [www.brooksplace.org](http://www.brooksplace.org) and come for a visit.

*Sayre Christian Village*  
**Retirement Living for the Independent-minded Senior**

Sayre Christian Village in Lexington, KY emphasizes a senior-friendly environment supported by a caring atmosphere among residents, their families, and a dedicated staff.

Certified by the Commonwealth of Kentucky, **Friendship Towers** provides assisted living services to those who may need a little extra help. A wide range of services are available and may be customized as needed.

In addition to assisted living at Friendship Towers, our campus offers skilled nursing care and subsidized independent living.

**Sayre Christian Village, 580 Greenfield Drive, Lexington, KY 40517**  
For More Information:  
**(859) 271-9001**  
[www.sayrechristianvillage.org](http://www.sayrechristianvillage.org)

# Independent Living Communities (continued)

**SAYRE CHRISTIAN VILLAGE**

Friendship Towers

580 Greenfield Dr.

Lexington, KY 40517

Tel. 271-9000 or 1-800-247-2510 TDD

See description in Senior Housing with  
Continuum of Care Options

# Housing Facilities by Service and Licensure/Certification

## Primary Services Available

	Meals	Transportation	Social Activities	Housekeeping	Assistance with ADLs	Medication Reminders	Medication Administration	Nursing Supervision	Dementia Care	Pets Allowed
Ashland Terrace	X	X	X	X						X
The Lafayette I	X	X	X	X						
Liberty Ridge I, CCRC, AI	X	X	X	X	X	X			X	X
Mayfair Village I, Pc	X	X	X	X	X	X	X	X		
Richmond Place I, CCRC, Pc, Sk, AI	X	X	X	X	X	X	X	X	X	X
Sayre Christian Village (Friendship Towers) I, CCRC, Sk, AI	X	X	X	X	X	X				X
Wesley Village I, CCRC, Pc, Sk	X	X	X	X	X	X	X	X	X	X
Beehive Homes AI	X		X	X	X	X				X
Council Oaks AI	X	X	X	X	X	X				X
Arnett Pritchett Pc	X	X	X	X	X	X	X	X		
The Breckinridge Pc	X		X	X	X		X	X	X	
Rosemary Brooks I, AI	X	X	X	X	X	X				X
Hartland Hills I	X	X	X	X						X

## Guide to Kentucky State licenses and certificate symbols

I Independent Living

Pc Personal Care

CCRC Continuing Care Community

AI Assisted Living

Sk Skilled Care

\*For facilities with several levels of care the services indicated may not be available at all levels. Generally the more services offered the greater the cost.

## Definitions of Terms

**Independent Living-** Is a broad term encompassing many types of housing options including independent living within a congregate housing setting. “Independent Living” means that a person is able to maintain his or her own living area and attend to personal care needs.

**Personal Care Homes-** In Kentucky, some facilities can be designated Personal Care Homes. These facilities for the care of the aged or invalid person who do not require care in excess of room, board and laundry. State supplementation may cover the cost of this care for low-income residents. Medicines can be dispensed by staff which is more than assisted living facilities can do.

**Continuing Care Retirement Communities-** Offer a continuum of services – independent living cottages or apartments, assisted living and a nursing facility on-site or nearby. Some charge an entrance fee/ membership fee

(or an endowment) that can vary by life expectancy. The range is between \$2000 and \$150,000 and enables reduced monthly rates. Some fees are partially refundable according to pre-arranged published terms. Some CCRCs guarantee continued care for as long as you reside in the community.

**Assisted Living-** These facilities offer health care and socialization benefits. They can sometimes be an alternative to nursing home care. Persons who wish to live as independently as possible can receive help with bathing, grooming, meal service and reminders for taking medications. Many retirement communities have assisted living service.

**Skilled Care-** 24- hour medical care for those who need skilled or intermediate nursing care.

# Rent-subsidized Housing for Independent Living

These are modern apartment complexes with unfurnished units, but the kitchens are equipped with stoves and refrigerators. Each complex offers a variety of programs and social activities for residents. Many of the complexes have waiting lists, so apply early.

**ELIGIBILITY:** Generally, individuals aged 62 and older who are able to live independently, handicapped, and disabled individuals. Call each facility for requirements.

**COST:** Dependent upon one's income. Contact: Call each facility for more information.

<p><b>Briarwood Apartments</b> 1349 Center Pkwy. Lexington, KY 40517 Tel. (859) 272-3421</p>	204 Units
<p><b>Central Christian Church Apartments</b> 249 East Short St. Lexington, KY 40507 Tel. (859) 252-3671</p>	68 units
<p><b>Christ Church Apartments</b> 137 Rose St. Lexington, KY 40507 Tel. (859) 254-7762</p>	168 Units
<p><b>Christian Towers Apartments</b> 1511 Versailles Rd. Lexington, KY 40504 Tel. (859) 253-3625</p>	92 Units
<p><b>Elm Tree Lane Apartments</b> 214 Elm Tree Ln. Lexington, KY 40508 Tel. 243-0648 or 253-3856</p>	25 Units
<p><b>Emerson Center</b> 2050 Garden Springs Rd. Lexington, KY 40504 Tel. (859) 278-0526</p>	177 Units
<p><b>First African Kanisa Apartments</b> 471 Price Rd. Lexington, KY 40508 Tel. (859) 389-9784</p>	59 Units

# Rent-subsidized Housing for Independent Living (continued)

<p><b>Griffith Ballard Towers</b> 650 Tower Plaza Lexington, KY 40508 Tel. (859) 281-5081/TDD 281-5054 Web: <a href="http://www.lexha.org">www.lexha.org</a></p>	<p>Ballard Building: 134 units, must be 62 years and older. Griffith Building: 183 units, must be 55 years and older.</p>
<p><b>Liberty Commons</b> 2101 Cornerstone Dr. Lexington, KY 40509 Tel. (859) 264-8055</p>	<p>42 Units</p>
<p><b>Main Street Baptist Church Manor</b> 428 Darby Creek Rd. Lexington, KY 40509 Tel. (859) 263-5153</p>	<p>63 Units Age 55 and over</p>
<p><b>Malabu Manor Apartments</b> 137 Malabu Dr. Lexington, KY 40503 Tel. (859) 278-5111</p>	<p>80 Units</p>
<p><b>Sayre Christian Village</b> Baunta Bldg. 3816 Camelot Dr. Lexington, KY 40517 Tel. (859) 271-9000 Web: <a href="http://www.sayrechristianvillage.com">www.sayrechristianvillage.com</a></p>	<p>98 Units</p>

# Senior Housing with Continuum of Care Options and Services

## **LIBERTY RIDGE SENIOR LIVING RESIDENCE**

2550 Liberty Rd.  
Lexington, KY 40509  
Tel. (859) 543-9449,  
or Toll Free: (800) 264-0840  
Web: [www.libertyridge.com](http://www.libertyridge.com)

Liberty Ridge is a non-profit, faith-based community situated on 30+ acres of bluegrass, just minutes from Hamburg Shopping Center and interstate 75. Shopping, restaurants, medical facilities and St. Joseph East Hospital are all within a 5-10 minute drive. Levels of care include, Independent Garden Homes, Assisted Living apartments and a small, person-centered Memory Care Neighborhood. Garden Home living is maintenance-free, both exterior and interior and designed for the active, independent senior. Basic floor plan is 2 bedroom, 2 bath, 1 car garage. Amenities and services in the Assisted Living apartments include scheduled transportation, three restaurant style meals per day, housekeeping, 24-hour security, emergency response system, social activities and excursions. Assistance with activities-of-daily living are available when/if needed. The Memory Care Neighborhood is patterned after the "Best Friends" person-centered model of care for residents with dementia/Alzheimer's. Residing at Liberty Ridge promotes an active independent lifestyle while allowing for freedom of choice. Liberty Ridge is a ministry of Eastland Church of God.

## **MAYFAIR VILLAGE RETIREMENT CENTER**

3310 Bates Creek Rd.  
Lexington, KY 40502  
Tel. (859) 266-2129, Fax: (859) 266-7574  
Web: [www.mayfairseniors.com](http://www.mayfairseniors.com)

At Mayfair Village, all aspects of senior living are designed to enable residents to enjoy independence and peace of mind. Levels of care include independent housing and personal care. Mayfair offers beautifully decorated common areas, such as a library, conservatory, fitness room, hair salon, and a game room. Personalized transportation, weekly housekeeping, 24 hour security, emergency call system, 3 meals and social activities that provide recreational, cultural, and educational opportunities are also provided by an attentive staff. All utilities are included except telephone and cable. Licensed personal care services include bathing assistance, administration of medication, 24 hour staff coverage, individualized and group social activities.

**McDowell Place of Danville (Personal Care beds)**

1181 Ben Ali Dr.  
Danville, KY 40422  
Tel. (859) 239-4663,  
or Toll Free: (877) 402-4663

**RICHMOND PLACE RETIREMENT COMMUNITY**

3051 Rio Dosa Dr.  
Lexington, KY 40509  
Tel. (859) 269-6308

Richmond Place offers a unique experience to retirement living with a full continuum of care. We are the only community in the Lexington area that offers Independent Living, Assisted Living, Personal Care, an Alzheimer's specific community, Skilled Nursing and Rehabilitation, and an in-house Home Health Agency and Therapy Department. Richmond Place has unique features within every level of care. Our Independent Living building is situated around a beautiful six acre courtyard that offers walking trails, gardening areas, a swimming pool and putting green. The apartment homes are spacious and have unique features such as full kitchens and washer/dryer hook-ups in most apartment homes. In the Assisted Living and Personal Care, there is a nurse available 24 hours a day and care associates available to assist with bathing, medication administration, and a host of other services. Our Dementia Specific building is designed to assist residents with a higher degree of dementia in a safe, wander proof community that offers amenities specific to residents with dementia. Our newest addition is the Richmond Place Rehabilitation and Health Center that offers both long term nursing care and short term rehabilitation opportunities in a newly renovated community that offers a movie theater, ice cream parlor, beauty salon and rooms with private showers. For each level of care, home health and therapy services are available to provide support to residents which in turn can keep them at a more independent level for a longer period of time.

## **SAYRE CHRISTIAN VILLAGE**

Friendship Towers  
580 Greenfield Dr.  
Lexington, KY 40517  
Tel. 271-9000 or 1-800-247-2510 TDD

A moderately priced independent and assisted living community designed to accentuate comfort, convenience, security, and affordability. Located on a 25-acre campus in a quiet neighborhood just minutes from shopping, restaurants, and medical facilities. Services include: beauty shop, laundry facilities, dining room, gift shop, pull cords for use in a medical emergency, transportation, scheduled activities, as well as others. Utilities are included, except telephone and cable TV. Assisted living services include grooming assistance, medication reminders, and escort services. Temporary respite care is also available.

## **WESLEY VILLAGE**

1125 Lexington Rd.  
Wilmore, KY 40390  
Tel. (859) 858-3865  
Web: <http://www.wvillage.org>

Nestled in the heart of central Kentucky's most beautiful bluegrass, Wesley Village is located just 12 miles southwest of Lexington, off Harrodsburg Rd., in Wilmore. The Village's 32-acre campus is home to over 130 seniors enjoying the many benefits of a full-service, not-for-profit, complete continuum-of-care community. Types of care include independent living in 66 patio homes and 40 attractive apartments for personal care health services. Independent living services include home maintenance, fine dining, transportation, wellness clinics and a wide variety of social events and activities. Personal care includes three meals a day, housekeeping, laundry/linen services, transportation, social events and 24-hour nursing. Skilled nursing services are also available in many apartments.

### Wesley Village



Independent Living • Personal Care • Skilled Nursing & Memory Care  
Community Center for Fine Dining and Special Events

859-858-3865

1125 Lexington Road  
Wilmore, Kentucky 40390  
[www.wvillage.org](http://www.wvillage.org)

**Wesley Village**

# Assisted Living

**BEEHIVE HOMES**

523 East Washington St.  
Georgetown, KY 40324  
Tel. (502) 570-9700  
[www.beehivehomes.com](http://www.beehivehomes.com)

Family style living in a residential setting. All individual bedrooms with at least a half bath. 24-hour staffing with exceptional elder care.

**COUNCIL OAKS ASSISTED LIVING HOME**

111 Coconut Grove  
Nicholasville, KY 40356  
Tel. (859) 887-9382

Council Oaks Assisted Living Home offers many services and amenities. Services include 24-hour assistance with activities of daily living, such as bathing, dressing and personal grooming, medication reminders, home-cooked meals, individualized snacks, laundry service and laundry room, individual and group activities, private assistance with self-managed incontinence, wheelchair accessible showers, and emergency call systems. Professional staff is trained in Activities of Daily Living Assistance, Fall Prevention, Positive Imaging, and Personalized Customer Service.

**LIBERTY RIDGE SENIOR LIVING RESIDENCE**

2550 Liberty Rd.  
Lexington, KY 40509  
Tel. (859) 543-9449,  
or Toll Free: (800) 264-0840  
Web: [www.libertyridge.com](http://www.libertyridge.com)

See description in Senior Housing with Continuum of Care Options

**RICHMOND PLACE RETIREMENT COMMUNITY**

3051 Rio Dosa Dr.  
Lexington, KY 40509  
Tel. (859) 269-6308 Fax: (859) 268-9527

See description in Senior Housing with Continuum of Care Options

# Assisted Living (continued)

**ROSE MARY C BROOKS PLACE**

200 Rose Mary Drive  
Winchester, KY 40391  
859.745.4904  
[www.brooksplace.org](http://www.brooksplace.org)

Assisted Living Apartments and Independent Living Cottages One low, inclusive rate instead of a la carte pricing. Located off the by-pass just across from Wal-Mart in Winchester, Brooks Place exists to provide a safe, comfortable and affordable housing for the elderly. Our philosophy is to provide dignity and choice, foster independence, and protect individuality. Involvement from family and friends is encouraged, Whether enjoying a delicious meal in the Keeneland dining room or participating in a wide variety of resident preferred activities, our staff are always available with a "Servant's Heart" spirit to make sure the needs and wants of the resident so come first. Visit us on line at [www.brooksplace.org](http://www.brooksplace.org) and come for a visit.

# Family Care Homes

Family Care Homes are state licensed, community-based residences that provide 24-hour supervision and personal care to 1 to 3 non-related persons. Personal care includes room, meals, laundry, cleaning, supervision of medications, and assistance with activities of daily living, such as bathing, dressing, and grooming. Family Care Homes are intended to promote family-like care of residents. Most residences are actually private homes in which residents may have a shared or private room, and communal dining and living area.

Individual operators of Family Care Homes determine the cost of care and services provided. In general, monthly fees may range from \$600 a month to \$2,000, depending upon the type of home and services provided.

Because Family Care Homes promote a family-like environment, residents should feel comfortable with the operator, family members living at home, and other residents. When considering placement within a Family Care Home, potential residents should openly discuss their schedules, personal needs, diet, medications, social activities, likes, and dislikes with the operator. Additionally, consumers should give consideration to the location of the home, its general condition, and the operator's training and professional experience.

For more information, a complete listing, or placement, contact Family Care Home Services of the Nursing Home Ombudsman Agency of the Bluegrass at (859) 277-9215 or toll free at (877) 787-0077, or see website @ [www.ombuddy.org](http://www.ombuddy.org)

# Personal Care Homes

## **ARNETT PRITCHETT FOUNDATION HOME**

A personal care home for older women that offers activities and has home health services available.

319 Duke Rd.  
Lexington, KY 40502  
Tel. (859) 266-6031

## **THE BRECKINRIDGE**

A small Alzheimer's personal care residence that is highly staffed.

2109 Cornerstone Dr.  
Lexington, KY 40509  
Tel. (859) 543-0824  
Web: [www.thebreckinridge.com](http://www.thebreckinridge.com)

# Personal Care Homes (continued)

## **MORNING POINTE – FRANKFORT**

851 Cardwell Lane  
Frankfort, KY 40601  
Tel. (502) 226-5888

Additional personal care units can be found at Mayfair Village Retirement Center, Richmond Place Retirement Community, Lexington Country Place nursing home, Royal Manor and Tanbark Health Care.

# Nursing Home Facilities

## **QUESTIONS YOU NEED TO ASK**

- **How do I find a facility?**  
Ask your friends and family about their experiences with any nursing homes. Consult your physicians and/or nurses. Call the local Ombudsman office.
- **How can I judge if the facility will be “the one” for me?**  
Visit the facility (either by appointment or on a “drop-in” basis). Ask questions. Consider your first impressions and instincts.
- **What will the cost be?**  
The daily rates vary from facility to facility and also are dependent on the level of care needed. Ask for a list of room rates and what these rates include.
- **Will insurance pay for the stay?**  
Different facilities (and different rooms within that facility) can be certified for specific payment sources. Medicaid and Medicare will only pay for care in a certified bed. Medicare may pay for a limited number of days (between 1 and 100) if the resident meets the criteria for skilled care and a bed certified for Medicare is available. Medicaid may pay for coverage if the resident meets the criteria for Medicaid eligibility, is classified intermediate care, and a Medicaid certified bed is available. Long-term care insurance depends on the policy; could pay a daily amount after certain criteria are met. Other insurance depends on the policy; usually doesn't pay for intermediate level care; may pay partially for skilled care; may help pay for some medications.
- **How do you admit someone into a facility?**  
Call and talk to the Admissions Coordinator or Social Worker. She/he will be able to put you on a waiting list and inform you of bed availability. She/he will be able to answer all of your questions about what information, papers, etc, you will need for actual admission.
- **What can I bring with me into the facility?**  
Most facilities encourage you to make your room home-like and personal. Usually, you can bring anything into the room as long as it fits comfortably and doesn't intrude on someone else's rights. Most facilities can provide you with a list of suggested items to bring.
- **What are the different levels of care?**  
Personal or custodial care: person can do most things for themselves with a minimal amount of assistance. Needs help with medications, meals, etc.  
Skilled care: person needs the care of a licensed nurse daily. May include tube feedings, I.V.'s, injections, daily therapy, wound care, etc.  
Intermediate care: person needs more than minimal assistance, but less acute care than skilled; intermediate is the broadest range.

# Nursing Home Facilities (continued)

- **Choosing a nursing facility:**

Making the decision to go to a nursing home is difficult at best. Here are some guidelines for choosing the best possible nursing home within your budget:

**Visit more than one place. Look closely around and answer the following questions about the environment:**

- \* Is the outside of the facility clean and in good repair?
- \* Is there an odor when you enter the facility?
- \* Are the rooms clean and in good repair?
- \* Are there handrails on the walls to help residents walk safely?
- \* Are there grab rails in the bathrooms?
- \* Are the bathrooms convenient for the residents?
- \* Are there places outdoors for residents to sit?
- \* Does the noise level seem appropriate to the activities that are going on at the time you are visiting?
- \* Can residents in wheelchairs get around easily?
- \* Is there enough light for residents to see and feel comfortable?
- \* Are there private visiting areas for family and visitors?
- \* Do you see the resident's personal items from home in the rooms? (pictures, furniture, bedspreads, etc.)
- \* Are there accessible storage areas in the rooms for clothing and other personal items?
- \* Is the location convenient for you and your family to visit?

**Look at how the staff interacts with the residents and each other. Assess the following:**

- \* Do the residents appear to enjoy being with the staff and vice versa?
- \* Do you hear laughter?
- \* Are most of the residents dressed for the season and the time of day?
- \* Does the staff know the residents by name and address them properly?
- \* Does the staff respond quickly when needed?
- \* Are there a variety of activities going on while you are there?
- \* How does the facility assign roommates?
- \* Is the food appealing?
- \* How do they include residents in the meal planning?
- \* Is there a residents' council?
- \* Is there a family council? How does this affect decision-making about the residents' lives?

**Find out how care is given. These questions may help in determining how care is planned and carried out.**

- \* Do staff and other professionals (physical therapists, occupational therapists, etc.) work together to plan the residents' care needs?
- \* Does the family participate in care planning?
- \* Does the facility have a proper staff to provide the residents' care needs?
- \* Are there special services that are offered such as dementia units or respiratory care units?
- \* How are restraints used in patient care?
- \* Is there a Registered Nurse in the facility 24 hours a day?
- \* How would the facility handle an emergency?
- \* What is the cost of all services? Some, such as laundry, may be added onto the daily fee.
- \* Evaluate the payment structure.
- \* How do they notify the family when fees are increased?
- \* Is the facility certified for Medicare?
- \* Is the facility certified for Medicaid?
- \* Can a "private pay" patient stay when he or she goes on Medicaid?

# Nursing Home Facilities (continued)

**There are some other places outside of the facility to seek information.**

- ❁ Call the local ombudsman agency in your area and ask about complaints from current residents.
- ❁ Ask friends, clergy, and health professionals about the reputation of the facility.
- ❁ Ask for a list of references from current residents and their families.

AT LEXINGTON  
COUNTRY PLACE  
YOU'LL FEEL  
*right  
at home.*



*Lexington Country Place* is the community choice for rehabilitation, where you can enjoy a healthy, happy retirement.

Life at Lexington Country Place offers:

- Warm, homelike setting
- Social, educational, spiritual, and recreational activities
- And so much more!

Call 859-276-1083 today to learn more.

*Lexington Country Place*  
A FIVE STAR QUALITY CARE COMMUNITY

700 Mason Headley Road • Lexington, KY 40504  
**859-276-1083**  
www.lexingtoncountryplace.com




**PERSONAL CARE • SKILLED NURSING AND REHABILITATION**

<p><b>Lexington Country Place</b> 700 Mason Headley Road Lexington, KY 40504 Tel. (859) 259-3486</p>	<p><b>Mayfair Manor</b> 3300 Tates Creek Rd. Lexington, KY 40502 Tel. (859) 266-2126</p>
<p><b>Homewood/Arbors at Richmond Place</b> 3197 Rio Dosa Dr. Lexington, KY 40509 Tel. (859) 269-6308</p>	<p><b>Rose Manor Rest Home</b> 3057 Cleveland Rd. Lexington, KY 40516 Tel. (859) 299-4117</p>
<p><b>Tanbark Health Care</b> 1121 Tanbark Dr. Lexington, KY 40515 Tel. (859) 273-7337</p>	

# Nursing Home Facilities (continued)

## NURSING FACILITIES AND PERSONAL CARE HOMES IN FAYETTE COUNTY

<p><b>Arnett Pritchett Foundation (also Personal Care Home)</b> 319 Duke Rd. Lexington, KY 40502 (859) 266-6031</p>	<p><b>Cambridge Place</b> 2020 Cambridge Dr. Lexington, KY 40504 Tel. (859) 252-6747</p>
<p><b>Cardinal Hill Rehabilitation Unit at Samaritan Hospital</b> 310 S. Limestone Lexington, KY 40508 Tel. (859) 252-6612</p>	<p><b>Homestead Nursing Center</b> 1608 Versailles Rd. Lexington, KY 40504 Tel. (859) 252-0871</p>
<p><b>Homewood/Arbors at Richmond Place (also Personal Care beds)</b> 3197 Rio Dosa Dr. Lexington, KY 40509 Tel. (859) 269-6308</p>	<p><b>Kenton Health Care</b> 353 Waller Ave. Lexington, KY 40504 Tel. (859) 252-3558</p>
<p><b>Lexington Country Place (also Personal Care Home beds)</b> 700 Mason Headley Road Lexington, KY 40504 Tel. (859) 259-3486</p>	<p><b>Mayfair Manor</b> 3300 Tates Creek Rd. Lexington, KY 40502 Tel. (859) 266-2126</p>
<p><b>Northpoint Lexington Healthcare Center</b> 1500 Trent Blvd. Lexington, KY 40515 Tel. (859) 272-2273</p>	<p><b>Pimlico Manor</b> 3576 Pimlico Pkwy. Lexington, KY 40517 Tel. (859) 272-0608</p>

# Nursing Home Facilities (continued)

**Pine Meadows Nursing Home**

1608 Hill Rise Dr.  
Lexington, KY 40504  
Tel. (859) 254-2402

**Richmond Place Rehabilitation and Health Center**

2770 Palumbo Dr.  
Lexington, KY 40509  
Tel. (859) 263-2410

**Rose Manor Rest Home**

3057 Cleveland Rd.  
Lexington, KY 40516  
Tel. (859) 299-4117

**Sayre Christian Village**

3840 Camelot Dr.  
Lexington, KY 40517  
Tel. (859) 271-9000

**Tanbark Health Care (also Personal Care Home beds)**

1121 Tanbark Dr.  
Lexington, KY 40515  
Tel. (859) 273-7337

## BLUEGRASS REGION NURSING HOME FACILITIES

### ANDERSON COUNTY

**Heritage Hall Care Center (also Personal Care Home beds)**

331 S. Main St., P.O. Box 349  
Lawrenceburg, KY 40342  
Tel. (502) 839-7246

**Sunset Hill Home for the Aged (also Personal Care Home)**

1428 Tyrone Rd.  
Lawrenceburg, KY 40342  
Tel. (502) 839-4835

### BOURBON COUNTY

**Bourbon Heights (also Personal Care Home beds)**

2000 S. Main St.  
Paris, KY 40361  
Tel. (859) 987-5750

# Nursing Home Facilities (continued)

## BOYLE COUNTY

<p><b>Charleston Health Care Center</b> 203 Bruce Ct. Danville, KY 40422 Tel. (859) 236-9292</p>	<p><b>Danville Centre for Health and Rehabilitation</b> 642 N. 3<sup>rd</sup> St. Danville, KY 40422 Tel. (859) 236-3972</p>
<p><b>Ephraim McDowell Regional Medical Center</b> 217 South Third Street Danville, KY 40422 Tel. (859) 239-1000</p>	<p><b>McDowell Place of Danville (also Personal Care beds)</b> 1181 Ben Ali Dr. Danville, KY 40422 Tel. (859) 239-4663, or Toll Free: (877) 402-4663</p>

## CLARK COUNTY

<p><b>Clark Regional Medical Center</b> 1107 W. Lexington Ave. Winchester, KY 40391 Tel. (859) 745-3500</p>	<p><b>Winchester Center for Health and Rehabilitation (also Personal Care Home beds)</b> 200 Glenway Dr. Winchester, KY 40391 Tel. (859) 744-1800</p>
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## ESTILL COUNTY

<p><b>Irvine Health &amp; Rehabilitation Center (also Personal Care Home beds)</b> 411 Wallace Dr. Irvine, KY 40336 Tel. (606) 723-5153</p>
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## FRANKLIN COUNTY

<p><b>Bradford Square</b> 1040 US 127 South Frankfort, KY 40601 Tel. (502) 875-5600</p>	<p><b>Golden LivingCenter- Frankfort</b> 117 Old Soldiers Lane Frankfort, KY 40601 Tel. (502) 875-7272</p>
<p><b>Morning Pointe</b> 851 Cardwell Lane Frankfort, KY 40601 Tel. (502)-226-5888</p>	

# Nursing Home Facilities (continued)

## GARRARD COUNTY

**Christian Care of Lancaster (also Personal Care Home beds)**

308 Maple St.  
Lancaster, KY 40444  
Tel. (859) 792-6844

## HARRISON COUNTY

**Cedar Ridge Health Campus**

1210 KY Highway 36 E.  
Cynthiana, KY 41031-7498  
Tel. (859) 234-2702

**Edgemont Healthcare**

323 Webster Avenue  
PO Box 428  
Cynthiana, KY 41031  
Tel. (859) 234-4595

**Grand Haven Nursing Home**

105 Rodgers Park  
Cynthiana, KY 41031  
Tel. (859) 234-2050

**Parkside Manor (also Personal Care Home)**

317 Oddville Avenue  
Cynthiana, KY 41031  
Tel. (859) 234-4430

**Shady Lawn Home (also Personal Care Home)**

108 S Miller St.  
Cynthiana, KY 41031  
Tel. (859) 234-2606

## JESSAMINE COUNTY

**Rose Terrace Lodge (also Personal Care Home)**

401 N. Second St.  
Nicholasville, KY 40356  
Tel. (859) 885-3821

**Royal Manor (also Personal Care Home beds)**

100 Sparks Ave.  
Nicholasville, KY 40356  
Tel. (859) 885-4171

**Thomson Hood Veterans Center**

100 Veterans Dr.  
Wilmore, KY 40390  
Tel. (859) 858-2814

**Wesley Village (also Personal Care Home beds)**

1125 Lexington Rd.  
Wilmore, KY 40390  
Tel. (859) 858-3865

# Nursing Home Facilities (continued)

## LINCOLN COUNTY

**Golden LivingCenter- Stanford**

105 Harmon Hts.  
Stanford, KY 40484  
Tel. (606) 365-2141

**Waynesburg Rest Home (also Personal Care Home)**

P.O. Box 68  
Waynesburg, KY 40489  
Tel. (606) 379-2614

## MADISON COUNTY

**Berea Health Care Center**

601 Richmond Rd.  
Berea, KY 40403  
Tel. (859) 986-4710  
Web: [www.bereahealthcare.com](http://www.bereahealthcare.com)

**Richmond Health & Rehabilitation—Madison**

131 S. Meadowlark Dr.  
Richmond, KY 40475  
Tel. (859) 623-3564

**The Terrace Nursing and Rehabilitation Center**

1043 Brooklyn Boulevard  
PO Box 1048  
Berea, KY 40403  
Tel. (859) 228-0551

## MERCER COUNTY

**Harrodsburg Health Care Center**

PO Box 39, 853 Lexington Rd.  
Harrodsburg, KY 40330  
Tel. (859) 734-7791

**The James B. Haggin Mem. Hosp.**

464 Linden Ave.  
Harrodsburg, KY 40330  
Tel. (859) 734-5441

## NICHOLAS COUNTY

**Johnson Mathers Nursing Home**

2323 Concrete Rd., Box 232  
Carlisle, KY 40311  
Tel. (859) 289-7181

# Nursing Home Facilities (continued)

## POWELL COUNTY

**Stanton Nursing Center (also Personal Care Home beds)**

31 Derickson Lane  
Stanton, KY 40380  
Tel. (606) 663-2846

## SCOTT COUNTY

**Dover Manor (also Personal Care Home beds)**

112 Dover Dr.  
Georgetown, KY 40324  
Tel. (502) 863-9529

**Georgetown Health Care Center**

102 Pocohontas Trail  
Georgetown, KY 40324  
Tel. (502) 863-3696

## WOODFORD COUNTY

**Taylor Manor Nursing Home (also Personal Care Home beds)**

Berry Avenue  
Versicles, KY 40383  
Tel. (859) 873-4201

# Medicaid Financial Assistance for Nursing Home Placement

## HOW TO APPLY FOR MEDICAID FINANCIAL ASSISTANCE FOR NURSING HOME CARE

*In Fayette County, contact*

**FAYETTE COUNTY OFFICE**

**CABINET FOR HEALTH AND FAMILY SERVICES**

1350 New Circle Road

Lexington, KY 40511

Tel. (859) 246-2070

Web: <http://chfs.ky.gov> ( Kentucky Cabinet for Health and Family Services site)

In other counties: go to the local Cabinet for Health and Family Services or to the specific Department of Community Based Services.

# Medicaid Financial Assistance for Nursing Home Placement

## Instructions

You must apply in the county where the nursing home resident lives; that is, where the nursing home is located. It is advisable to make an appointment, so that you won't have to spend so long in the waiting room.

- ✿ Bring the resident's Social Security card.
- ✿ Bring the resident's Medicare number.
- ✿ Bring the resident's date of birth.
- ✿ Bring the resident's last three bank statements.
- ✿ Bring the resident's life insurance policy. If policy is over 20 years old, obtain written statement from the company stating cash surrender value.
- ✿ Bring proof of patient's income.
- ✿ Bring premium notices of any hospitalization policies.
- ✿ Bring tax evaluation of any property that the resident owns or partially owns.

## Helpful Internet Sites for Continuum of Care Options

Nursing Home Ombudsman Agency of the Bluegrass: [www.ombuddy.org](http://www.ombuddy.org)

Nursing Home Search: [www.medicare.gov/nhcompare](http://www.medicare.gov/nhcompare)

NCCNHR: The National Consumer Voice for Quality Long-Term Care [www.nccnhr.org](http://www.nccnhr.org)

Senior Housing Programs: [www.hud.gov](http://www.hud.gov)

Eldercare Locator: [www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)



## **In Home and Community Services**

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# Adult Day Centers / Respite Care

Adult day programs provide adults who cannot function independently an opportunity for supervision, social interaction, and meaningful activity. Adult day programs are defined as social or medical models of care; medical models offer supervised medical care in addition to social activities and meals. Hours are generally Monday – Friday, 7:30-5:30, with some programming available on Saturday.

*Some questions to keep in mind when searching for the day center that meets your needs include the following:*

- \* Is there a sliding fee scale? Are there additional fees not covered in the regular program costs?
- \* Is there transportation available to and from the site? Is there an extra charge?
- \* Is there after-hours respite care available? What is the cost?
- \* How many volunteers are there?
- \* Is there individualized programming and one-on-one activities? Do the activities accommodate personal preferences? Are they adult in nature?
- \* Are there group activities and outings? Are the activities age appropriate?
- \* What is the quality of meals and snacks?
- \* When appropriate, are participants encouraged to go to the bathroom? What is the toileting schedule?
- \* What are the programs' emergency procedures?
- \* What is the mission statement and philosophy? How is the mission statement carried out in daily programming?

## BLUEGRASS AREA DEVELOPMENT DISTRICT ADULT DAY CARE CENTERS

<p><b>Anderson County Adult Day Center</b> 160 Township Square Lawrenceburg, KY 40342 Tel. (502) 839-3749</p>	<p><b>Boyle County Adult Day Center</b> 569 Jean Drive Danville, KY 40422 Tel. (859) 236-2070</p>
<p><b>Clark Respite Program</b> PO Box 151, 32 Meadow Street Winchester, KY 40392 Tel. (859) 744-3235</p>	<p><b>Active Day of Frankfort</b> 99 C. Michael Davenport Drive Frankfort, KY 40601 Tel. (502) 875-7555</p>
<p><b>Active Day of Georgetown</b> 100 ST. Luke Place, Suite B Georgetown, KY 40324 Tel. (502) 863-7900</p>	<p><b>Active Day of Lexington</b> 2432 Regency Rd. Lexington, KY 40503 Tel. (859) 278-2053</p>
<p><b>Active Day of Richmond</b> 928 Commercial Drive, Suite 2 Richmond, KY 40475 (606) 625-9977</p>	<p><b>Alzheimer's Association– Exclusive to individuals with dementia The Best Friends Center</b> 1065 Dove Run Road, STE # 2 Lexington, KY 40502 Tel. (859) 266-5283, ext. 27</p>

# Adult Day Centers / Respite Care (continued)

## Center for Creative Living Adult Day Health Care

Lexington-Fayette County Health Department  
1530 Nicholasville Rd. (Lexington Senior Citizen Center)  
Lexington, KY 40503  
Tel. (859) 278-6072, ext. 318

## Christian Care Communities Adult Day Center

516 Maryland Ave.  
Lexington, KY 40508  
Tel. (859) 254-5300  
Web: [www.ChristianCareCommunities.org](http://www.ChristianCareCommunities.org)

## Cardinal Hill Hospital Adult Day Health

2050 Versailles Road  
Lexington, KY 40504  
Tel. (859) 255-9303

## Franklin County Council on Aging Adult Day Center

202 Medical Heights Drive  
Frankfort, KY 40601  
Tel. (502) 223-5794

## Garrard County Adult Day Center

153 Farra Drive  
Lancaster, KY 40444  
Tel. (859) 792-6603

## Harrison County Adult Day Health Care

216 Old Lair Road  
Cynthiana, KY 41031  
Tel. (859) 234-8110

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### Adult Day Health Care

- \* Nursing Services \* Physical Therapy
- \* Exciting Field Trips \* Hours of Enjoyment
- \* Fun with Friends



Senior Day Health Care  
(859) 277-3855

Within the Lexington Senior Citizen Center  
1530 Nicholasville Rd.  
Monday-Friday, 7:30 a.m. – 5:00 p.m.



# Adult Day Centers / Respite Care (continued)

**Horizon Adult Health Care - Irvine**

178 Broadway Street  
Irvine, KY 40336  
(859) 623-4080

**Horizon Adult Health Care – Richmond**

292 South Second Street  
Richmond, KY 40475  
(859) 626-5226

**Jessamine Adult Day Program**

111 Hoover Blvd  
Nicholasville, KY 40356  
Tel. (859) 887-2208

**Mercer County Adult Day Care**

1475 Louisville Road  
Harrodsburg, KY 40330  
Tel. (859) 734-5187

**Powell Adult Day**

176 Twelfth Street  
Clay City, KY 40312  
(606) 663-0794

**Quest Adult Day Care**

204 W. Main Street  
Stanford, KY 40484  
Tel. (606) 365-3603

**Woodford County Adult Day Care**

285 Beasley Drive  
Versailles, KY 40383  
Tel. (859) 873-6871

# Care at Home

## HOME HEALTH AND HOME CARE SERVICES CHECKLIST

You can hire an agency or individual person to provide assistance in the home. There are many private companies offering home care services and home health services. Whether you hire an agency or a private individual, ask questions to find out whether the special needs of the person needing care will be met in a safe and secure environment. Many agencies will ask you to define your level of assistance in terms of Activities of Daily Living (ADL's) and Instrumental Activities of Daily Living (IADL's), so you should be familiar with the definitions. Activities of Daily Living include the ability to perform basic self-care tasks such as feeding, dressing, grooming, bathing, toileting, ambulating, and transferring (moving from bed to chair). Instrumental Activities of Daily Living include the following self-care tasks: writing, reading, cooking, cleaning, shopping, laundry, climbing stairs, managing medication, and managing money. Here are some basic questions to consider when interviewing for outside help:

### QUESTIONS TO ASK AGENCY

- \* Is the agency licensed (if required by law)? Is agency insured and bonded?
- \* Does the agency cover the geographical area where the older adult resides?
- \* Does the agency return your calls promptly?
- \* How does the agency handle the complaint process?
- \* What homemaker services does the agency provide (light housekeeping, laundry, meal preparation, and shopping)?
- \* If applicable, what health services does the agency provide to assist with personal care needs, occupational, physical, and/or speech therapy?
- \* What are the fees and payment schedule for specific services? Are services limited to a minimum number of hours per day or week? Do they offer a sliding fee scale? Will they provide you with a written statement of fees and billing procedures?
- \* Does the agency accept Medicare, Medicaid, or private insurance as reimbursement for payment?
- \* Is the staff carefully screened (criminal background check performed, licensed if applicable, experienced and/or trained to provide care in the home)?
- \* What is the availability of services, including evenings, nights and weekends? Is there back-up?
- \* Are references available?

### QUESTIONS WHEN HIRING AN INDIVIDUAL PROVIDING HOME CARE

- \* Has the individual relevant work experience and references? Do the references indicate good job performance, punctuality, and dependability?
- \* Is he/she willing to do the tasks you have specified needed in the home?
- \* Is the person clean, neat and, appropriately dressed?
- \* Does the person seem interested and motivated in caring for older adults?
- \* Can the individual make a commitment for a specific length of time (several months, years)?
- \* Does the person show good judgment when questioned about handling emergency situations?
- \* Does the person have reliable transportation? Ask for a copy of his/her driving record from the state Department of Motor Vehicles.
- \* Before hiring the person, conduct a criminal background check.

## Care at Home (continued)

<p><b>ACCESSIBLE HOME HEALTH CARE OF THE BLUEGRASS</b> 366 Waller Ave, Ste 112 Lexington, KY 40504 (859) 313-5167 <a href="mailto:accessible@windstream.net">accessible@windstream.net</a> <a href="http://www.accessiblehhc.com">www.accessiblehhc.com</a></p>	<p>Central Kentucky's best in-home care company providing trained, experienced and investigated home health aides to assist you with personal care to enhance your independence. We also assist with meals, medication reminders, light housekeeping, companionship and more. We assist seniors as well as those with ALS, MS, Alzheimer's, and post op surgery patients to remain at home in a safe, healthy environment.</p>
<p><b>BEVERLY'S ANGELS, LLC</b> 379 Stoner Ave. Paris, KY 40361 Tel. (859) 987-0077 Email: <a href="mailto:beverlyangels@yahoo.com">beverlyangels@yahoo.com</a></p>	<p>In-home assistance to seniors and others recovering from accidents or illnesses. Services include joyful companionship, meal preparation, housekeeping, laundry, shopping and personal care. Family-based business with years of personal experience helping others. Affordable prices. Serving Bourbon, Scott, Fayette, Clark, Harrison, Nicholas, and Montgomery counties.</p>
<p><b>BLUEGRASS MEDICAL STAFFING</b> 80 Codell Dr., Ste. 120 Lexington, KY 40509 Tel. (859) 245-0701</p>	<p>Bluegrass Medical Staffing is a locally owned and operated, licensed agency providing non-skilled services in the home, including personal care assistance, housekeeping, shopping and errands, meal preparation and medication reminders. BMS also provides skilled and non-skilled services in licensed facilities, including Registered Nurse, Licensed Practical Nurse, and Certified Nursing Assistant. Our service area includes Fayette and surrounding Counties.</p>
<p><b>COMFORT KEEPERS</b> 3323 Partner Place Suite 4 Lexington, KY 40503 Tel. (859) 224-1124 Fax: (859) 224-1127 Email: <a href="mailto:kathyacres@comfortkeepers.com">kathyacres@comfortkeepers.com</a> Web: <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></p>	<p>Assisted living in the privacy and comfort of your own home. Choose from a variety of services, including in-home companionship care, meal preparation, light housekeeping, errand services, transportation, medication reminders, personal care, hospital sitting, bath visits, emergency response systems, and more. You have the flexibility of choosing any or all of these services and Comfort Keepers will tailor a package to fit your needs. Services are available 24/7 – 365 days each year. Caregivers are Comfort Keeper employees – screened, bonded and insured.</p>
<p><b>COMFORCARE SENIOR SERVICES</b> 169 E. Reynolds Rd., Suite 204A Lexington, KY 40517 Tel: (859) 971-2502 Email: <a href="mailto:lexingtonky@comforcare.com">lexingtonky@comforcare.com</a> Web: <a href="http://www.ComForcare.com">www.ComForcare.com</a></p>	<p>ComForcare has solutions. We provide assistance in meeting all the daily needs of the homebound individual, from companionship to meal preparation, from hands-on personal care to 24-hour supervision. Our highly trained professional caregivers will develop an individualized action plan perfectly suited to the needs of every client. Every ComForcare employee is meticulously screened with our rigorous seven-step hiring process, and is licensed, bonded and insured. Call today for a free, no obligation assessment.</p>



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- Skilled nursing services
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- Medical social workers
- Care management

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859.276.1783 (Fax)



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- ♥ Medication Reminder
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- ♥ Transportation

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*Kaye Hughes, Administrator*

**(859) 313-5167**



# Care at Home (continued)

<p><b>EXTRA CARE PRIVATE DUTY NURSING SERVICES</b>                  2312 Alexandria Dr.                  Lexington, KY 40504-3277                  Tel. (859) 296-0513, or Toll Free: (800) 876-6005                  After hours: (859) 335-2752                  www.hospicebg.org</p>	<p>Private duty nursing service that provides around the clock coverage in home or in a health care facility. Care includes non-medical services for people who are not ill but may need help with daily tasks due to the problems of aging, chronic conditions or disabilities. Skilled nursing is also available to address medical issues. Extra Care staff will assist in determining client's specific needs and level of care.</p>
<p><b>FAITH IN ACTION: ELDER OUTREACH</b>                  1530 Nicholasville Rd.                  Lexington, KY 40503                  (859) 252-1365                  Program Coordinator: (859) 309-1483                  www.faithinactionelderoutreach.com</p>	<p>People in the community volunteer with older adults in Fayette and Scott County in order to help them maintain their independence. Trained volunteers help with non-medical activities, such as small household chores, running errands, respite care, minor home maintenance, telephoning, and visiting.</p>

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# Care at Home (continued)

## HOME HELPERS

650 Kennedy Road  
Lexington, KY 40511  
Tel. (859) 381-8996

Home Helpers helps you maintain your independence. Home Helpers provides seniors with that little extra help in managing their everyday lives. Our experienced and well-trained staff offers that caring touch of a friend. Our professional staff provides trusted, affordable, and courteous service specializing in non-medical, in-home companion and personal care for elderly, new mothers, and those recuperating from illness. Our staff is insured and bonded. Once a day or once a week service by professionals who are dependable, convenient, and best of all, affordable.

## HOME INSTEAD

169 E. Reynolds Rd., Suite 101  
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Tel. (859) 273-0085  
Web: [www.homeinstead.com](http://www.homeinstead.com)

A service that provides much needed non-medical services to mature citizens and their families. Home Instead provides a full range of non-medical services to help individuals remain independent and at home as long as possible. Services include: companionship, light housekeeping, personal care, meal preparation, errands, and shopping, incidental transportation, and home care services. Caregivers are carefully matched with clients to assure the utmost compatibility and service.

## HOME INSTEAD

2225 Lawrenceburg RD  
Building A, Suite 4  
Frankfort, KY 40601  
Tel. (502) 352-7272

## HEMOCARE

Bluegrass Area Agency on Aging  
699 Perimeter Dr  
Lexington, KY 40517  
Tel. (859) 266-6873 or (859) 269-8021

State funded program available in all 17 counties of the Bluegrass Area Development District. This includes Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford. Provides homemakers (personal care and home management), home-delivered meals, chores (heavy housecleaning), escort services, respite for caregivers, and home repair services (limited to improving safety of the home). Eligibility determined by a formal assessment of ADLs and IADLs. Limited to individuals over 60 who are entering or seem likely to enter long term care facility for whom in-home services can be more appropriate and cost effective in response to the person's needs. Clients are monitored through case management activities. Homecare has a sliding fee scale based on income. Estimates can be given.

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- ▼ Medication Reminders
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- ▼ Transportation/Errands
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### **MEALS ON WHEELS**

1530 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 276-5391

This service is provided to homebound persons in Fayette County. A home delivered hot noon meal, breakfast, cereal, milk and juice, and supper snack is provided Monday through Friday from 11:30 a.m. to 12:30 p.m. Special diets can also be accommodated. Maximum cost is \$25 per week for regular diet, \$21.25 for special diet. Call between 8:30 a.m. and 12:30 p.m., Monday through Friday.

### **MEDI-CALLS**

1055 Wellington Way #215  
Lexington, KY 40513  
Tel. (859) 422-4369

Many patients find it difficult to leave their homes to seek medical attention. Medi-Calls, a division of Paragon Family Practice, has been the leading nurse practitioner provider of "in home" medical care in the Lexington area. Paragon has nationally certified nurse practitioners and an internal medicine physician with a special interest in geriatrics. The providers go into a patient's home to evaluate and treat medical conditions and collaborate with home health agencies to ensure all aspects of care are met. Most home visits are made during regular business hours. There is also a 24-hour on-call number for questions and concerns. Call for an in-home evaluation (859) 422-4369.

# Care at Home (continued)

## **PERSONAL CARE ATTENDANT PROGRAM**

VNA Nazareth Home Care  
711 McDowell Blvd.  
Bardstown, KY 40004  
Tel. (800) 633-9844  
(502) 349-5500

State-funded program designed for persons over 18 on limited income with permanent, temporary, or recurring disability and functional loss of two or more limbs who require a personal care attendant to live independently. Must be a resident of specific counties (Fayette is one of 19) and capable of managing and supervising an attendant. The state pays \$6.55 per hour towards attendant's salary, and trains the disabled person to become an employer.

## **SENIOR COMPANION PROGRAM**

Bluegrass Community Action  
P.O. Box 738  
Frankfort, KY 40602  
Tel. (502) 695-4290, or Toll Free: (800)  
456-6571

Senior Companion Program volunteers are people 60 years and over who spend an average of 20 hours a week helping the homebound elderly. Volunteers serve in their own community providing help with personal care, preparing meals, running errands, escort, respite for primary caregivers and other helpful activities. There is no charge for this service. The Senior Companion Program provides free transportation and mileage reimbursement to all volunteers. Volunteers receive hourly stipends if income eligible. The Program receives funding from the Corporation of National and Community Service and local United Way agencies. Volunteers provide services in Anderson, Boyle, Fayette, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott and Woodford Counties.

## **SENIORS ADVANTAGE IN-HOME CARE**

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Fax: 859-201-1150  
[www.seniorsadvantage.com](http://www.seniorsadvantage.com)

*Seniors Advantage In-Home Care* helps seniors to maintain their quality of life by providing exceptional companionship and assistance. Highly qualified caregivers are ready to help with personal care, dressing, meal preparation, light housekeeping, pet care and transportation. Equally important, Seniors Advantage' caregivers offer a level of support and interaction that helps seniors to remain engaged in life, reducing their feelings of isolation and depression and encouraging activities that stimulate thinking and promote physical well-being. Caregivers are bonded, insured, thoroughly screened, professionally trained, and are monitored closely by a Case Coordinator. Services are tailored to suit your needs, and are available from 1 to 24 hours per day. A FREE Consumer Homecare Packet is available by calling 859-543-2273.

## The *Best* In-Home Care!



*Affordable In-Home Care*

**Honest, Reliable Caregivers...  
Experienced, Trained & Insured**

- ♡ Companionship
- ♡ Meal Preparation
- ♡ Personal Care
- ♡ Medication Reminders
- ♡ Errands & Appointments
- ♡ Housekeeping & Laundry
- ♡ Pet Care

Call **543-2273**

Serving Lexington & Vacinity  
[www.SeniorsAdvantage.com](http://www.SeniorsAdvantage.com)

 **seniors™  
advantage**  
**IN-HOME CARE**

Call Today, & Request Your *FREE* Home Care Information Packet.

**VISITING ANGELS**  
1450 North Broadway  
Lexington, KY 40505  
Tel. (859) 685-2190

**VISITING ANGELS**  
137 East Main Street  
Suite J  
Georgetown, KY 40324  
Tel. (502) 863-3574  
[www.visitingangels.com](http://www.visitingangels.com)

Visiting Angels is a non-medical home care and living assistance service which helps people to maintain their independence in familiar surroundings. By providing assistance with such things as meal preparation, errands and shopping, hygiene, light housekeeping, and respite care for families, Visiting Angels helps provide individuals with a choice about where and how to live within their community.

# Care at Home (continued)

## HOME HEALTH AGENCIES

In order to offer Home Health services in Kentucky, Home Health Agencies must obtain a certificate of need and be licensed to serve a given geographic area. Only licensed agencies may be certified to receive Medicaid reimbursement for providing home health services. These are the only type of agencies that can offer “skilled” services.

## HOME HEALTH AGENCIES IN THE BLUEGRASS

Agency Name	Medicaid/ Medicare	Live-ins	24-Hour Care	Sitters/ Respite Care	Homemaker	IV Therapy	Medical Equipment	Waiver Services
<b>Saint Joseph American Nursing Care</b> 3080 Harrodsburg Rd. Suite 104 Lexington, KY 40503 (859) 224-1979, (800) 950-1418 <a href="http://americannursingcare.com">americannursingcare.com</a>	X		X	X	X	X	X	X
<b>Caretenders of the Bluegrass</b> 2432 Regency Rd. Lexington, KY 40503 (859) 276-5369, or (800) 866-0633 <a href="http://almost-family.com">almost-family.com</a>	X	X	X	X	X	X		X
<b>Central Baptist Hospital</b> Home Health Services 278 Southland Dr. Lexington, KY 40503 (859) 260-6569, or (800) 489-3002 <a href="http://bhsi.com">bhsi.com</a>	X	X	X	X	X	X		X
<b>Family Home Health Care</b> 425 Lewis Hargett Circle Lexington, KY 40503 (859) 224-1024 (800) 446-0210 <a href="http://www.familyhhc.com">www.familyhhc.com</a>	X		X	X	X		X	X
<b>Lifeline Home Health Care</b> 155 W. Tiverton Way, Suite 170 Lexington, KY 40503 (859) 272-9787, or (800) 546-9599 <a href="http://lhcgroupp.com">lhcgroupp.com</a>	X			X	X	X	X	X
<b>Nurses Registry and Home Health</b> 1420 N. Broadway Lexington, KY 40505 (859) 255-4411, or (800) 444-3599 <a href="http://nursesregistry.com">nursesregistry.com</a>	X		X	X	X	X	X	X
<b>Gentiva Home Health</b> 2020 Liberty Rd. Suite 115 Lexington, KY 40505 (859) 252-4206, or (800) 388-9525 <a href="http://gentiva.com">gentiva.com</a>	X			X	X	X		
<b>Franklin County Home Health</b> 231 East Main Street Frankfort Ky 40601 (502) 564-7383 <a href="http://www.fchd.org">www.fchd.org</a>	X				X	X		X

# Care at Home (continued)

Agency Name	Medicaid/ Medicare	Live-ins	24-Hour Care	Sitters/ Respite Care	Homemaker	IV Therapy	Medical Equipment	Waiver Services
<b>Amedisys Home Health Care</b> 230 Lexington Green Circle suite 100 Lexington Ky 40503 (859)-271-0611 www.amedisys.com	X					X		
<b>Cardinal Hill Homecare</b> 2050 Versailles Road Lexington Ky 40504 (859) 367-7133 www.cardinalhill.org	X			X	X	X		
<b>Infusion Partners</b> 2025 Regency Road Lexington, Ky 40503 (859) 277-2013	X					X	X	
<b>WEDCO District Health Department</b> 302 Oddville Avenue Cynthiana Ky 41031 (859) 234-8750	X			X			X	X
<b>McDowell Home Health</b> 131 Daniel Drive Danville, Ky 40422 (859) 236-8946	X				X	X		X
<b>Clark County Home Health</b> 273 Shoppers Drive Winchester Ky 40391 (859) 744-1488 www.clarkhealthdept.org	X				X	X		X
<b>MEPCO Home Health Agency</b> 216 Boggs Lane Richmond Ky 40476 (888) 399-9118 www.madison-co-ky-health.org	X				X	X		X

\*You will need to contact the individual agency to see if they are licensed to provide services in your county.

# Home Medical Equipment

The availability of equipment and services in the home provides many advantages and can represent tremendous cost savings without compromising the quality of care. Caregivers can utilize the equipment or services available to promote, maintain or aid in the rehabilitation of the patient. Many home medical equipment items or services are prescribed by a physician and may be covered by insurance, Medicaid or Medicare. Most home medical equipment companies will assist clients with eligibility requirements and documentation. Home medical equipment encompasses a wide variety of supplies and services. These supplies and services are intended to promote, maintain, or restore health, and to minimize the effects of illness or disability. More home medical equipment/services are prescribed by a physician and are categorized into respiratory, rehabilitation or home medical equipment. Check your local telephone directory for additional suppliers.

**COOLEY MEDICAL SUPPLY, INC.**

1316 S. Broadway Suite 100  
Lexington, Ky. 40504  
(859) 281-6044  
(800) 281-9cooley  
cooleymedical.com

**FULLER REHABILITATION AND  
INDEPENDENT LIVING AIDES**

474 Squires Rd.  
Lexington, KY 40515  
Tel. (859) 543-9089, Toll Free: (866) 543-9089

**GROGAN'S HEALTHCARE SUPPLIES, INC.**

1016 S. Broadway  
Lexington, KY. 40504  
(859) 254-6661  
(800) 365-1020  
grogans.com

**SENIOR WHEELS USA**

Tel. Toll Free (800) 246-6010

The Senior Wheels USA program makes electric wheelchairs available to senior citizens and permanently disabled people. People who cannot walk, who cannot self-propel a manual wheelchair, and who meet additional guidelines are eligible for wheelchairs at no cost.

**SUPERIOR VAN & MOBILITY**

1080 East New Circle Rd.  
Lexington, KY 40505  
Tel. (859) 253-1832, Toll Free: (800) 458-8256  
Web: [www.superiorvan.com](http://www.superiorvan.com)

# Home Medical Equipment (continued)

## **CENTRAL BAPTIST HOSPITAL HOME RESPONSE SERVICE – Featuring Lifeline**

1740 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 260-6217,  
or Toll Free: (800) 891-7475  
[www.centralbap.com](http://www.centralbap.com)

In-home monitoring which provides a way to summon help without having to get to a telephone. Participants wear a lightweight waterproof button which can be pushed to connect with a 24 hour monitoring center. If help is needed, monitors will send family, friends, or local paramedics and keep the call open until help arrives. A 22-year old non-profit community service sponsored by CBH and its Auxiliary volunteers which currently serves 900 persons. \$34 monthly monitoring fee, no installation fees or contracts. Service is started by phone or internet and started within 48 hours. For anyone who uses any hospital in Fayette, Bourbon, Jessamine, Madison, Nicholas, Scott, and Woodford Counties. If you live outside this area, help for you to locate a provider in your area will be provided.

## **DIRECT LINK**

650 Kennedy Rd.  
Lexington, KY 40511  
Tel. (859) 381-8996  
Web: [www.owlinc.net](http://www.owlinc.net)

Affordable emergency in-home monitoring. Help at the Touch of a Button. With Direct Link you can relax in the comfort of your home. Direct link allows you to be in contact at all times. For help, simply press the small wireless button worn around your neck or wrist and our trained staff will respond immediately. Help is on the way. Notify a neighbor, dispatch an ambulance, notify a family member, or call your doctor. We are always available, 24 hours a day, 365 days a year. Available on a monthly basis, no equipment to buy. Free installation. Only \$34 per month. One free month with initial 12 months paid service.

# Monitoring Systems

## **PROJECT LIFESAVER**

Lexington Fayette Urban County Government  
Department of Public Safety, LFUCG  
Department of Social Services, and Office of the  
Fayette County Sheriff  
200 East Main St.  
Lexington, KY 40507  
Tel. (859) 258-3600

## **Clark County**

Contact: Neal Oliver  
Winchester Fire EMS  
44 N Maple Expressway  
Winchester, KY 40392  
Tel. 859-744-1587

## **Estill County**

Contact: Chief Derrick Muncie  
Estill County Fire Department  
202 Whispering Wood Drive  
Irvine, KY 40336  
Tel. 606-723-2661

## **Franklin County**

Contact: Jack Taylor  
Franklin County Sheriff's Department  
Tel. 502-875-4680

## **Madison County**

Contact: Jason Campbell  
Madison County Fire Department  
200 N Madison Avenue  
Richmond, KY 40475  
Tel. 859-661-1786

## **Woodford County**

Contact: Wayne "Tiny" Wright  
Woodford County Sheriff's Department  
103 S Main Street  
Versailles, KY 40383  
Tel. 859-873-3119

Project Lifesaver's mission is to use state-of-the-art technology in searching for and rescuing persons with Alzheimer's Disease and other related disorders who become lost. People in the program wear a personalized bracelet that emits a tracking signal. When caregivers notify agencies that the person is missing, a SAR team responds to the wanderer's area and starts searching with the mobile locator tracing system. The consumer pays the full cost of the transmitter, and a fee for monthly battery changes. (In 2005, \$280 for the transmitter and 7.60 for the monthly battery).

## **MOMANDDADHELPLINE.COM**

1096 Duval St.  
Lexington, Ky. 40515  
(859) 971-1655  
(800) 861-8841  
Email: [johnuky@alltel.net](mailto:johnuky@alltel.net)  
Web: [www.momanddadhelpline.com](http://www.momanddadhelpline.com)



# Basic Needs

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# Basic Needs

# Advocacy and Legal Services

## **ACCESS TO JUSTICE**

Legal Hotline for Older Kentuckians  
Tel. (800) 200-3633  
Web: [www.kyjustice.org](http://www.kyjustice.org)

Brief legal advice and referral services, wills, powers of attorney and help with guardianship for those 60 years and older.

## **ADULT PROTECTIVE SERVICES**

Fayette County Office  
Cabinet for Health and Family Services  
1165 Centre Pkwy., Suite 180  
Lexington, KY 40517  
Tel. (859) 245-7136, Abuse intake line: (859) 245-5258, or (800) 752-6200

Kentucky law requires you to report suspected cases of adult abuse, neglect, or exploitation. Also report adults if you have a concern about their welfare, safety, or ability to care for themselves.

## **BETTER BUSINESS BUREAU OF CENTRAL AND EASTERN KENTUCKY, INC.**

1460 Newtown Pike  
Lexington, KY 40511  
Tel. (859) 259-1008  
or Toll Free: (800) 866-6668  
Web: [www.ky.bbb.org](http://www.ky.bbb.org), or email:  
[info@ky.bbb.org](mailto:info@ky.bbb.org)

Provides reliability reports on local and national businesses and charities, as well as general information on a wide variety of consumer topics. Complaints about local or national business practices should be in writing or can be filed on the Internet. Complaint mediation and arbitration services available. Access information 24 hours a day with a touch-tone phone or on the web site. Office hours: Monday through Friday, 8:30-5:00.

## **CITIZEN'S ADVOCATE OMBUDSMAN OFFICE**

Lexington-Fayette Urban County Government  
Bldg.  
200 East Main St.  
Lexington, KY 40507  
Tel. (859) 258-3230 Fax: (859) 258-3232  
Email Address: [citadv@lfucg.com](mailto:citadv@lfucg.com)  
Web: [www.lfucg.com/council/citizensadvoc.asp](http://www.lfucg.com/council/citizensadvoc.asp)

Created in the Urban County Government Charter to provide citizens an ombudsman or independent agent with the government to provide citizens a remedy for grievances towards the Urban County Government, its agencies, or its employees.

## **CONSUMER PROTECTION DIVISION**

Office of Attorney General  
1024 Capitol Center Drive  
Frankfort, KY 40601  
Tel. (502) 696-5389,  
or Toll Free: (888) 432-9257  
Web page: [www.ag.ky.gov](http://www.ag.ky.gov)

Responsible for mediating and investigating consumer complaints and providing consumer education programs. All complaints must be in writing. Complaint form may be obtained by calling or writing the office. Senior Citizens' Workshops on consumer rights of the elderly and how to avoid becoming a victim of fraud are available by contacting the Consumer Protection Division.

# Advocacy and Legal Services (continued)

## **CRIME VICTIMS' COMPENSATION BOARD**

130 Brighton Park Blvd.  
Frankfort, KY 40601  
Tel. (502) 573-2290,  
or Toll Free: (800) 469-2120  
Web: [www.cvcb.ky.gov](http://www.cvcb.ky.gov)

Awards up to \$25,000 may be available to people physically injured because of a crime. No recovery for property damage or loss. If death results from a criminal act, the victim's needy dependents may be paid up to \$5,000 for funeral expenses.

## **FAYETTE COUNTY BAR ASSOCIATION**

Lawyer Referral Service  
Tel. (859) 225-8644  
Web: [www.fcba.com](http://www.fcba.com)

There is a \$25 referral fee for up to three attorneys who are qualified to handle your legal problem. There are no special discounts associated with this service, so be sure to discuss fees when you first contact the attorney. Operated by the Fayette County Bar Association. Call 8:30 a.m. to 4:30 p.m.

## **KENTUCKIANS FOR NURSING HOME REFORM**

Contact Bernie Vonderheide  
1530 Nicholasville Road  
Lexington, Ky 40503  
Telephone: (859) 312-5617  
[www.kynursinghomereform.org](http://www.kynursinghomereform.org)

A non-profit organization dedicated to making a positive difference in the lives of the 23,000 "Forgotten Kentuckians" in nursing homes. They do this by educating the public about the critical need to improve the care of residents in homes. The group also advocates for laws and regulations that will ensure that nursing home residents will be safe and comfortable. Kentuckian for Nursing Home Reform has a newsletter with a wide reaching circulation across the state.

## **KENTUCKY DEPARTMENT OF PUBLIC ADVOCACY**

Law Operations Division  
100 Fair Oaks Lane, Suite 302  
Frankfort, KY 40601  
Tel. (502) 564-8006,  
or Toll Free: (800) 372-2988  
Web: <http://dpa.ky.gov>

The Kentucky Department of Public Advocacy is responsible for providing legal representation to indigent individuals charged with crimes throughout the Commonwealth. As part of its mission, the department attempts to make clients, and community members in general, aware of their legal rights should they be questioned about or charged with a crime. Both adults and juveniles are eligible to receive public defender services. The advocates are appointed through the court system.

# Advocacy and Legal Services (continued)

## **LEGAL AID OF THE BLUEGRASS**

498 Georgetown St.  
P.O. Box 12947  
Lexington, KY 40583  
Intake for civil legal cases, call: 1-800-888-8189  
For current clients or benefit counseling issues,  
call (859) 233-4556,  
or Toll Free: (800) 928-4556  
Fax: 859-233-1907  
Email: [help@lablaw.org](mailto:help@lablaw.org)

Provides legal counsel in civil cases to persons with low incomes. Coordinates Senior Benefits Counseling Program. If you have problems with Social Security, Medicare / Medicaid, or public benefits that you feel you are entitled to, or other civic matters, contact this office. You pay only court costs when applicable.

## **LEXINGTON-FAYETTE URBAN COUNTY HUMAN RIGHTS COMMISSION**

162 East Main St., Suite 226  
Lexington, KY 40507  
Tel. (859) 252-4931  
Web: [www.lfuchrc.org](http://www.lfuchrc.org)  
Email: [lfuchrc@qx.net](mailto:lfuchrc@qx.net)

Handles complaints of discrimination in employment, housing, and public accommodations. Individuals age 40 and over are covered through the age discrimination in employment laws of Lexington-Fayette Urban County, the Commonwealth of Kentucky, and the United States government. Acts in conjunction with other local agencies and leaders in order to develop harmonious inter-group and inter-racial relations. Acts as a conciliator in controversies arising in these areas. Provides training in a variety of civil and human rights issues such as cultural diversity, disability, fair housing and sexual harassment. Complaints can be filed on the web.

For counties outside of Fayette, please contact:

## **KENTUCKY HUMAN RIGHTS COMMISSION**

332 West Broadway, Seventh Floor  
Louisville, KY 40202  
Tel. (502) 595-4024 Toll Free (800) 292-5566  
Email: [kchr.mail@ky.gov](mailto:kchr.mail@ky.gov)  
Web: [www.kchr.ky.gov/](http://www.kchr.ky.gov/)

## **MEDIATION CENTER OF KENTUCKY**

177 N. Upper St., Suite 102  
Lexington, KY 40507  
Tel. (859) 246-2664  
Web: [www.mediationcenterofkentucky.com](http://www.mediationcenterofkentucky.com)

Assistance in resolving disputes outside of the courtroom. A judge may refer you here or you may refer yourself. Call for a referral packet. Fees start at \$225 per party, for a 3-hour session. Usually only one session is necessary.

# Advocacy and Legal Services (continued)

The Ombudsman Agency is a nonprofit organization serving long-term care facility residents, their families, and friends.

All services are free.



**We are Certified Advocates who Provide:**

- Friendly visiting
- Problem solving
- Information and outreach about long-term care



A United Way Partner

We are on your side 24 hours a day, seven days a week, whatever your need may be!



**Contact:**

**Nursing Home Ombudsman Agency of the Bluegrass, Inc.:**

1530 Nicholasville Road  
Lexington, Kentucky 40503  
(859) 278-6072 ext. 322  
Toll Free 1-877-787-0077

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

**NURSING HOME OMBUDSMAN AGENCY OF THE BLUEGRASS**

1530 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 278-6072 ext. 322,  
or 277-9215, or Toll Free: (877) 787-0077  
Web: [www.ombuddy.org](http://www.ombuddy.org)

Independent agency looking after the interests of long-term care residents with advocates assigned to each nursing home in the 17-county Bluegrass area. Office has booklets and information sheets available at no cost. These cover a wide range of subjects from evaluating a nursing facility to getting good care once you are admitted. Call for information on any topic related to care in nursing homes, personal care homes, or family care homes.

**DEPARTMENT OF INSURANCE**

Office of the Commissioner  
215 West Main St.  
Frankfort, KY 40601  
Tel. (502) 564-3630,  
or Toll Free: (800) 595-6053  
<http://doi.ppr.ky.gov>

The Department of Insurance approves policy forms and rates for health insurance, Medicare supplements, long-term care insurance, automobile insurance, and homeowners insurance. Publishes a consumer's guide to long-term care insurance and assist consumers in resolving complaints involving insurance companies and insurance agents.

# Advocacy and Legal Services (continued)

**OFFICE OF THE INSPECTOR GENERAL**

Division of Healthcare Facilities and Services  
Eastern Enforcement Branch  
455 Park Place  
Lexington, KY 40511  
Tel. (859) 246-2301

State office responsible for surveying long-term care facilities and investigating complaints. Copies of annual reports are available in the lobby of each long-term care facility.

**OFFICE OF THE OMBUDSMAN**

Cabinet for Health and Family Services  
275 East Main St., 1E-B  
Frankfort, KY 40621  
Tel. (800) 372-2973  
Web: <http://chfs.ky.gov/omb>

Office of the Cabinet for Families and Children and Cabinet for Health Services, which provides citizens with information about, and referral to, appropriate cabinet programs and investigates and works to resolve complaints involving Cabinet programs..

**UK COLLEGE OF LAW LEGAL CLINIC**

630 Maxwellton Ct.  
Lexington, KY 40506  
Tel. (859) 257-4692  
Web: [www.uky.edu/law/current\\_students/uk\\_legal\\_clinic.html](http://www.uky.edu/law/current_students/uk_legal_clinic.html)

Offers free legal assistance on all types of civil matters to low-income seniors. An attorney supervises law students. Call for an appointment.

# Consumer Protection

## Protection Against Scam Artists: Help Numbers & Tips

*Numbers to Call:*

- Better Business Bureau of Central & Eastern Kentucky: (859) 259-1008, or Toll Free: (800) 866-6668
- Kentucky Attorney General Consumer Protection Hotline: . . . . . (888) 432-9257
- Kentucky Division of Aging Services: . . . . . (502) 564-6930
- Kentucky State Police: . . . . . (800) 222-5555
- Kentucky Public Service Commission: . . . . . (800) 772-4636
- U.S. Postal Inspection Service: . . . . . (859) 231-6778
- Home Improvement Scams: . . . . . (502) 696-5389
- Sweepstakes Scams: . . . . . (502) 696-5389, or (888) 432-9257
- Telemarketing Scams: . . . . . (866) 592-2550

## How to reach representatives at the state government regarding specific topics:

- Toll Free Number to the Attorney General's Office: . . . . . (888) 432-9257
- Charities: . . . . . (502) 696-5389
- Election Fraud: . . . . . (800) 328-8683
- Identity Theft: . . . . . (800) 804-7556
- Questions About Insurance: . . . . . (800) 595-6053
- Department of Criminal Investigations: . . . . . (866) 524-3672
- Medicaid benefits services: . . . . . (502) 564-8196, or (800) 635-2570
- Medicaid and welfare fraud and abuse: . . . . . (800) 372-2970 or (877) 228-7384
- Medicare benefits services: . . . . . (800) 999-7608
- Seniors Crime College: . . . . . (502) 696-5389
- Social Security: . . . . . (800) 772-1213
- Victims' Advocacy: . . . . . (800) 372-2551

## To have your name removed from telemarketers' calling lists:

*Call the Kentucky Attorney General's Consumer Protection Hotline at: 888-432-9257, or write:*

**OFFICE OF ATTORNEY GENERAL**  
**Office of Consumer Protection**  
1024 Capital Center Drive  
Frankfort, KY 40601-8204  
Tel. (502) 696-5389  
Web: [www.ag.ky.gov](http://www.ag.ky.gov)

# Consumer Protection (continued)

## Tips from the Consumer Protection Division of the Kentucky Attorney General's office on how consumers can avoid being scammed or defrauded:

### ***Tips for dealing with telemarketers:***

- Never give out your credit card, bank account, or Social Security numbers.
- Ask for details of the pitch in writing. Be suspicious if the telemarketer refuses.
- Research the company before doing business with it. Call your local Better Business Bureau and the attorney general's office to check for complaints filed against the telemarketer or any business with which you are considering doing business.
- Take time to decide.
- If it sounds too good to be true, it probably is!
- Don't be afraid to SAY NO, or hang up.

### ***Tips for investing:***

- Be wary of unsolicited phone calls or letters.
- Always demand information in writing.
- Be suspicious of "insider information" or hot tips.
- Ask questions if you don't understand.
- Don't believe promises of doubling or tripling your money.

**Source:** *Helping Seniors*, a booklet published by the Kentucky Office of the Attorney General  
Also, try the web page: [www.ag.ky.gov](http://www.ag.ky.gov). Look under the link "Protecting Seniors" for more tips.

# Financial Assistance

## **ADULT & TENANT SERVICES**

Lexington-Fayette Urban County Government  
1055 Industry Road  
Lexington, KY 40505  
Tel. (859) 258-3810  
Web: [www.lfucg.com](http://www.lfucg.com) , click on "Division of Adult Services"

Short-term financial assistance and counseling to persons in need when no other community resources are available. Assists with payment for rent and/or utilities on a loan basis for those who meet eligibility requirements. Grant assistance for Sewer User Charges available to low-income families. Case management services are also provided.

## **CATHOLIC SOCIAL SERVICES BUREAU**

1310 W. Main St.  
Lexington, KY 40508  
Tel. (859) 253-1993 Counseling and other services  
Tel. (859) 253-3339 Emergency Assistance

Individual, marital and family counseling to people of all religious denominations. Fee is determined using a sliding scale based on income and number in your family. The Emergency Services Department provides limited financial assistance to people of all religious denominations when funds are available.

## **COMMUNITY ACTION COUNCIL CLOTHING BANK**

Carver Community Center  
522 Patterson St.  
Lexington, KY 40508  
Tel. (859) 244-2215 x2009  
Web: [www.commaction.org](http://www.commaction.org)

Clothing is available at no cost for low-income people.

## **CONSUMER CREDIT COUNSELING SERVICE OF CENTRAL KENTUCKY**

2265 Harrodsburg Road, Ste. 303  
Lexington, KY 40504  
Tel. Toll Free: (800) 355-2227  
or (859) 225-0229  
Web: [www.cccservices.com](http://www.cccservices.com)

Nonprofit agency offers full financial counseling and debt management on unsecured debt, such as credit and medical bills. Program participants consolidate debt into one monthly payment and forgo use of additional credit during use of program. Agency negotiates interest-rates and late payment fees. Call between 7:30am and 8:00pm Monday through Thursday or 7:30am to 5:00pm on Friday to arrange a phone or face to face interview. Additional office locations available in surrounding counties, cities, and states.

# Financial Assistance (continued)

## **DAILY MONEY MANAGEMENT PLUS**

2132 Rollingdale Road  
Lexington, KY 40513  
Tel. (859) 312-1258  
Web: [www.dailymmplus.com](http://www.dailymmplus.com)

Daily Money Management Plus provides personal business assistance to clients who have difficulty in managing their personal monetary affairs. The services meet a continuum of needs, from organizing and keeping track of financial and medical insurance papers, to assisting with check writing and maintaining bank accounts.

## **FREE CREDIT REPORT**

Tel. Toll Free: (877) 322-8228  
Complete the "Annual Credit Report Request Form" and mail to:  
Annual Credit Report Request Service  
PO Box 105281  
Atlanta, GA 30348-5281  
Web: [www.annualcreditreport.com](http://www.annualcreditreport.com)

Each of the nationwide consumer reporting companies—Equifax, Experian, and TransUnion—is required to provide you with a free copy of your credit report once every 12 months, if you ask for it. It is important to check your credit report for a number of reasons, especially to make sure the information on your report is accurate and to be certain you are not a victim of identity theft. To obtain your report, make your request over the Internet or by calling the toll free number.

## **HOMESTEAD EXEMPTION ACT**

Property Valuation Administrator  
101 E. Vine St, Suite 600  
Lexington, KY 40507  
Tel. (859) 246-2722  
Web: [www.fayettepva.com](http://www.fayettepva.com)

This act entitles anyone 65 or over, or 100% disabled, to \$31,400 off the assessed value for property tax purposes. Any property owner who becomes 65 years old or over, or is receiving total disability payments from an agent is eligible. You must live in or maintain the home as your primary residence. You must own and maintain the property as of January 1st for the year in which you are eligible. You can turn age 65 anytime during that year. Apply between 8 a.m. and 4:30 p.m., Monday through Friday. Proof of age is required. Be sure to take your Medicare card, birth certificate, and/or driver's license to the appointment.

## **INTERNAL REVENUE SERVICE**

Tax Counseling for the Elderly (TCE)  
Volunteer Income Tax Assistance (VITA)  
Tel. Toll Free: (800) 829-1040  
United Way: 2-1-1  
Web: [www.irs.gov](http://www.irs.gov)

Annual tax counseling services (available late January through April 15) are provided throughout Lexington and surrounding counties. Trained volunteers provide free tax help to senior citizens and low- to moderate-income people. Watch the newspaper or call the IRS or (888) AARP-NOW for the site nearest you. Information on TCE and VITA tax preparation sites are available beginning late January. In Fayette and surrounding counties call 2-1-1 for tax preparation assistance.

# Financial Assistance (continued)

## **LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

Community Action Council for Lexington-Fayette, Bourbon, Harrison and Nicholas Counties, Inc.  
P.O. Box 11610  
Lexington, KY 40576  
Tel: (859) 233-4600  
or Toll Free (800) 244-2275  
Contact: Judy Dennis, Manager, Participant Support Services

During the winter months, this is a one-time annual financial payment toward utility bills. You must have an income at or below 130% of federal poverty guidelines. Watch the newspaper for announcements of application deadlines. During the summer, air conditioners are loaned to individuals needing cool air circulation to ease severe health conditions. You must have an income at or below 150% of the federal poverty guidelines and have a household member that suffers from a health condition aggravated by high temperatures. Refer to local Community action agency in your County

## **MY PEOPLE, LLC**

P.O. Box 221647  
Louisville, KY 40252-1647  
(866) 976-0009  
Web: [www.mypeoplellc.com](http://www.mypeoplellc.com)

Serving Fayette and surrounding counties, My People manages the business of daily life. My People is an organization of experts to help with personal financial, legal, and personal needs. Examples of regular services include: daily money management, bill-paying, reviewing and updating legal documentation, property management and oversight, professional organizing and downsizing services. Whatever services you need, My People can assist you in finding a solution.

## **RIDGEWOOD, LTD.**

Personal Financial Assistance  
628 N. Broadway, Suite 203  
Lexington, KY 40508  
Tel. (859) 233-3056  
Email: [ridgewoodltd@aol.com](mailto:ridgewoodltd@aol.com)

Bonded financial service offering budget planning, bill verification and payment, payroll and payroll taxes, checkbook balancing and computerized records. Provides temporary or long-term options for each client's specific needs and offers a personal and confidential service. Cost varies with service and is based on \$60 per hour. A set monthly fee is offered at a discounted rate.

## **SALVATION ARMY**

736 West Main St.  
Lexington, KY 40508  
Tel. (859) 252-7706

This group of helping people provides crisis counseling as well as emergency food, shelter, and clothing.

## Financial Assistance (continued)

### **SECOND GLANCE**

1801 Alexandria Dr., Suite 120  
Lexington, KY 40504  
Tel. (859) 259-0767

Household goods, clothing and appliances, all used, are available. Furniture may be available, by referral, through its association with Southland Christian Church. Under certain circumstances, free items may be obtained when pre-arranged with the store manager. Operated by the Brenda D. Cowan Coalition for Kentucky, Inc.

### **STATE HEALTH INSURANCE PROGRAM (SHIP)**

Legal Aid of the Bluegrass  
498 Georgetown Street  
P.O. Box 12947  
Lexington, KY 40583  
859-233-4556  
Fax: 859-233-1907

This program provides assistance with Medicare, appealing the decisions of Medicare, determine possible eligibility for Medicaid, QMB or SLMB programs, and review supplemental medical insurance (Medigap) policies or long-term care policies.

## Food and Nutrition

### **BLUEGRASS COMMUNITY ACTION PARTNERSHIP**

111 Professional Ct.  
P.O. Box 738  
Frankfort, KY 40601  
Tel. (502) 695-4290,  
or Toll Free: (800) 456-6571  
Fayette County sites:  
Black and Williams Center, 498 Georgetown Street, 381-9096;  
Dunbar Neighborhood Center, 545 N. Upper Street, 258-2445;  
Lexington Senior Citizens Center, 1530 Nicholasville Rd., 278-6072.

All centers are on a bus line. Patrons are entitled to transportation services to and from the Nutrition Center.  
Hot noon meal served five days a week for low income people age 60 and over and their spouses  
Home delivered meals are also available. Call the Frankfort Office or any of the three Lexington sites for more information. Reservations for onsite meals should be made at least one day in advance. A \$2 donation is accepted for meals.  
Refer to the Senior Center listing for your county for local sites

### **CABINET FOR HEALTH AND FAMILY SERVICES**

Community Based Services  
2050 Creative Dr., Ste. 160  
Lexington, KY 40505  
Tel. (859) 246-2070

Food stamps enable families and individuals to supplement their food budgets. The allotments are based on the Department of Agriculture's definition of a minimal substance diet. Stamps are issued monthly and used in grocery stores just like money to purchase food items. Food stamps are issued in the form of debit cards.

## **GOD'S PANTRY FOOD BANK**

1685 Jaggie Fox Way  
Lexington, KY 40511  
Tel. (859) 255-6592

## **Emergency Food Box Program**

Provides Fayette County residents a 7-day supply of food. Those in need of assistance must be referred by an approved social service agency and may pick up their food at one of six local food pantries. There are several pantries located throughout Fayette County. Call for locations and hours of operations.

Some agencies that may refer to God's Pantry Emergency Food Box Program:

Lexington Senior Citizens Center: 278-6072

Community Action Council: 233-4600

Food Stamp Office: 246-2070

LFUCG Adult & Tenant Services: 258-3810  
or 358-3811

Cardinal Valley Center (Spanish speaking):  
246-4350

## **USDA Commodities (TEFAP)**

Fayette County residents may also pick up USDA commodities (TEFAP) at any of the food pantries once a month on a walk-in basis. They must be low income households. Each pantry has the USDA eligibility guidelines and a register for signatures. For more information on the Emergency Food Box or TEFAP programs, call God's Pantry at (288-5319) or the main office (255-6592).

## **Commodity Supplemental Food Program**

The CSFP program provides a monthly distribution of commodities to eligible seniors and woman, infants, and children in Fayette County. Seniors must be age 60 or above, live in Fayette County, and meet income guidelines. All CSFP participants receive: fruit juices, evaporated milk, canned fruits, non-fat dry milk, canned vegetables, cereal, canned meats or dry beans, rice, pasta or instant potatoes, peanut butter and reduced fat cheese. Most distribution sites have a waiting list. For more information, please call God's Pantry at (288-5331) or the main office (255-6592).

# Food and Nutrition (continued)

## **HEMOCARE**

Bluegrass Area Agency on Aging  
699 Perimeter Dr  
Lexington, KY 40517  
Tel. (859) 266-6873 or (859) 269-8021

State funded program that provides for homemakers (personal care and home management), home-delivered meals, chores (occasional heavy housecleaning), escort services, respite for caregivers, and home repair services (limited to improving safety of the home). Eligibility determined by a formal assessment and is limited to individuals over 60 who are entering or seem likely to enter long term care facility for whom in-home services can be more appropriate and cost effective in response to the person's needs. Clients are monitored through case management activities. Homecare has a sliding fee scale. Estimates can be given.

Refer to the Senior Citizens Center listing for counties other than Fayette

## **HOPE CENTER**

360 West Loudon Ave.  
Lexington, KY 40508  
Tel. (859) 252-7881

Life sustaining/life building services for Lexington's homeless and at-risk men. Open seven days a week, 24 hours a day. Shelter, counseling, education, recovery program, employment counseling, detoxification, social and mental health services are offered to men. Food is available three times daily, seven days a week. Breakfast is served to residents only from 6:30 a.m. to 7:30 a.m. Monday through Friday and 8-9 a.m. on Weekends. Lunch is served to residents, those with disabilities and the elderly from 12 noon to 1 p.m., and dinner is open to anyone and is served from 5:00 p.m. to 6:00 p.m. The mobile outreach unit is available Monday through Friday from approximately 7:30am -2:30pm in the downtown area.

## **MEALS ON WHEELS**

1530 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 276-5391

Home delivered hot noon meal, breakfast (cereal, milk and juice) and supper snack is provided Monday through Friday, from 11:00 a.m. to 1:00 p.m. to homebound persons within a limited geographical area. Special diets can be accommodated. Cost is \$25/week. Call between 8:30 a.m. and 12:30 p.m., Monday through Friday.

Refer to Senior Citizen Center in counties other than Fayette for additional sites

# End of Life, Funeral and Burial Information

## HOSPICE SERVICES

<b>HOSPICE OF THE BLUEGRASS</b> 2312 Alexandria Dr. Lexington, KY 40504 Tel. (859) 276-5344, or Toll Free: (800) 876-6005 Web: <a href="http://www.hospicebg.org">www.hospicebg.org</a>	Service Area Includes: Anderson, Bourbon, Fayette, Franklin, Harrison, Jessamine, Nicholas, Scott, and Woodford Counties.
<b>HOSPICE EAST</b> 407 Shoppers Drive Winchester, KY 40392 Tel. (859) 744-1971 Web: <a href="http://www.hospiceeast.org">www.hospiceeast.org</a>	Service Area includes: Clark and Powell Counties.
<b>HERITAGE HOSPICE, INC.</b> 120 Enterprise Drive Danville, KY 40422 Tel. (859) 236-2425 Toll Free: (800) 203-6633 Web: <a href="http://www.heritagehospice.com">www.heritagehospice.com</a>	Service Area includes: Boyle, Garrard, Lincoln, and Mercer Counties.

### Hospice Cares for You:

Hospice provides most of the health and support services of a health care facility for terminally ill patients of all ages in the privacy, comfort, and familiarity of one's home. Research indicates that no one really wants to die in a setting where strangers are in control. Given a choice, most people prefer to die at home among family and friends. Hospice enables terminally ill patients to stay at home and still receive quality care.

### Hospice is a Team:

The Hospice home care team includes the patient's own physician, registered nurse, social workers, bereavement counselor, home care aid, chaplain, and trained volunteer. The patient's personal physician directs the medical plan of care implemented in the home by Hospice nurses. Being at home allows the patient—along with the family—to be in charge of treatment decisions. The Hospice team engages family members in the care and support of the patient, training them in caring techniques, encouraging open communication among family members and the patient, and helping them accept the issues and reality of death.

Hospice continues caring for the family following the patient's death. Specially trained bereavement counselors help the family members, friends, and the community cope with the grief through visits, written communication, and support programs.

### Hospice Services:

An assigned team member makes regular visits to evaluate the patient's condition, and communicates regularly with the patient's physician about care. Team members can also teach family or friends to be caregivers and to manage pain and other symptoms. Team members are available 24 hours every day to respond to emergencies.

# End of Life, Funeral and Burial Information (continued)

Team members may assist with all aspects of care. Certified home care aids change beds, perform light housekeeping, and provide personal care such as bathing, shaving, and shampooing. Social workers help resolve psychological and emotional problems, provide forms for living wills, arrange for delivery of community services, and provide counseling for both the patient and the family. A chaplain trained in pastoral care counsels and assists that patient and family with spiritual concerns upon request. The chaplain complements the religious care provided by the patient's own minister when desired. Trained volunteers make regular visits to assist in patient care, to help with household activities, or to stay with the patient so that the family caregivers can have some free time. They are available to transport patients to doctor's appointments, etc. Volunteers can also perform special "niceties" such as styling hair, reading, or giving massages. Bereavement counselors help the family adjust after the patient's death during the following year. Educational home visits, as well as, periodic letters and phone calls are provided. Support groups, programs, and educational workshops are also available for bereaved spouses and children.

## Medicare Coverage:

Medicare beneficiaries may have their Part A Medicare Hospital Insurance cover hospice services for terminal illnesses. The beneficiary receives non-curative services at home or as an inpatient in the hospital. The patient signs a statement choosing hospice care from a Medicare-approved hospice instead of Medicare benefits. This program provides all needed medical services. For more information on Hospice Services, contact the Hospice of the Bluegrass.

### OFFICE OF VITAL STATISTICS

275 East Main St.  
Frankfort, KY 40621  
Tel. (502) 564-4212  
Web: <http://chfs.ky.gov>

The Vital Statistics office maintains death certificates from 1911 to the present. You can purchase a certified death certificate by phone, by mail, off the Internet, or by visiting the office. Each copy costs \$6.00. Allow up to 30 working days for processing, particularly if you are ordering copies by mail. To order your copy, you must include the following information: full name of the deceased; the month, day and year of death; the county of death; the name and address where the certificate is to be mailed; phone number where you can be reached during the hours 8:00-4:30; the number of copies you are ordering; check, money order or credit card information.

## PRE-PLANNING AND PRE-PAYING FOR YOUR FUNERAL

Many consumers choose to pre-plan their funeral in order to deal with the emotional, legal, and financial issues in advance. Pre-planning allows the consumer to choose what type of arrangements he/she wants and enables the consumer to make buying decisions without the emotions of an "at need" situation. Families who discuss final arrangements prior to death may have much lower costs. Some consumers also choose to pre-pay for their funeral arrangements. This involves the selection of, and advance payment for, funeral and/or cemetery merchandise and services. For example, caskets, vaults, opening and closing costs, and services of a funeral director would be pre-paid. However, not all cemeteries will accept pre-paid merchandise and services, so check with the cemetery for specific details. The Cemetery and Funeral Home Section of the Office of the Attorney General regulate sellers of these pre-need and pre-paid merchandise and services purchased within the state. Items purchased over the internet are not necessarily regulated nor are they guaranteed. Consequently, you might want to consider buying any pre-purchase items only at a reputable business within the state.

# End of Life, Funeral and Burial Information (continued)

## PRE-PAID CEMETERY MERCHANDISE AND CONTRACTS

When you buy cemetery merchandise, it must be (1) attached to the realty; (2) stored in a bonded warehouse in your name; or (3) 40% of the monies paid must be deposited in a cemetery merchandise trust fund in your name within six months of the date of the contract. Pre-need cemetery merchandise sales are registered with the Office of the Attorney General in your name. Cemeteries must be registered with the Office of the Attorney General, unless they meet the qualifications for exemption. To qualify for exemption, a cemetery must: (1) be owned and controlled by lot owners; (2) operate nonprofit; (3) sell no pre-need merchandise and/or services (this does not include grave spaces); and (4) have no salaried employees other than maintenance employees.

If cemeteries do not meet these qualifications, they are subject to the regulatory authority of the Office of the Attorney General and must follow these laws:

- ✿ Place percentage of the amount paid into an irrevocable perpetual care and maintenance trust fund.
- ✿ The income from this trust may only be used for the maintenance and embellishment of the cemetery.
- ✿ The principle remains in the trust and untouched.
- ✿ File annual reports.
- ✿ Are subject to audit by the Office of the Attorney General

The Cemetery and Funeral Home Section of the Consumer Protection Division:

- Licenses sellers of pre-need burial contracts (the pre-need sale of vaults and openings and closings and all other funeral services)
- Registers cemetery companies.
- Licenses crematory authorities.
- Registers crematory retort operators.
- Registers pre-construction sales of mausoleum and lawn crypt projects.
- Registers sellers of pre-need cemetery merchandise.
- A violation of the trust provisions of these statutes is a felony.

## Pre-Need Burial Contract and Trusts:

If you sign a pre-need burial contract, the seller must place 100% of all monies paid in a financial institution. These funds remain in the trust until the time of need. In the event you request a refund, you are entitled to 100% of all monies paid within ten days, plus all interest earned. Requests for refunds must be in writing to the seller and the financial institution holding the funds. Pre-need burial contracts are registered with the Office of the Attorney General in your name. Pre-need contracts funded by insurance products are exempt from these requirements and are regulated by the Kentucky Department of Insurance.

Sometimes the seller of pre-need burial contracts is a cemetery. Vaults and openings and closings sold by a funeral home or cemetery are pre-need funeral merchandise and require 100% trusting. If you choose to cancel your contract, you are entitled to a refund of all monies paid for the vault or opening/closing and all interest earned within ten days of written request to the seller and the financial institution.

## Crematories:

The Office of Attorney General licenses crematories and crematory retort operators. You may preauthorize your own cremation. At the time of death, however, someone will have to certify certain items on your behalf. Someone will need to identify the remains, take responsibility for the cremated remains. However, the crematory may rely on your pre-authorization to do the services unless there is a conflicting demand by the next of kin. In this case, the District Court must order the cremation.

# End of Life, Funeral and Burial Information (continued)

## **Pre-Construction Sales Projects:**

If you purchase a space in a mausoleum or a lawn crypt before it is constructed, the seller is required to be registered with the Office of the Attorney General. The seller must also place 36% of all payments into a pre-construction trust fund. Pre-construction sales are also registered with the Office of the Attorney General in your name.

### ***Where to Go for Help:***

**OFFICE OF THE ATTORNEY GENERAL  
CONSUMER PROTECTION DIVISION**  
Cemetery and Funeral Home Section  
1024 Capital Center Dr.  
Frankfort, KY 40601-8204  
Tel. (502) 696-5389

## **MILWARD FUNERAL HOMES**

The following advanced planning specialists and family service representatives at Milward Funeral Homes are available to advise individuals with their pre-planning funeral needs.

### **Two Locations:**

159 North Broadway  
Lexington, KY 40507  
(859) 252-3411

391 Southland Dr.  
Lexington, KY 40503  
(859) 276-1415



## Which events of life haven't you planned?

BIRTHDAY PARTIES • GRADUATIONS • WEDDINGS • FUNERAL  
BABY SHOWERS • ANNIVERSARIES • VACATIONS • RETIREMENT

Planning and funding your funeral isn't morbid. It's the responsible thing to do. And it makes good sense. Why? Because it lifts the emotional and financial burdens off of the shoulders of the ones you love at a time when they are least able to handle them. And you can make sure things go according to your plan.

There aren't any rules, but there is a guide. Contact us today for a free *Expressions* advance planning guide and no obligation consultation.



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Independent Funeral Home*

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*Lexington's Only  
Member by Invitation*



159 North Broadway  
252-3411



391 Southland Drive  
276-1415

# Transportation

Rates cited here are accurate at time of publication, but subject to change

<p><b>BLUEGRASS ULTRA TRANSIT (BUS)</b> PO Box 738 111 Professional Court Frankfort, KY 40601 1-800-456-6571 Fax: (502) 695-6102</p>	<p>Requires three (3) days notice for transportation. Medicaid will pay for individuals who do not have a vehicle. Otherwise there is a minimal cost per mile. Service will transport into Lexington from surrounding areas, but does not originate here.</p>
<p><b>FEDERATED TRANSPORTATION SERVICES</b> 1460 Newtown Pike, #209 Lexington, KY 40511 Tel. (859) 233-0066</p>	
<p><b>INDEPENDENT TRANSPORTATION NETWORK- ITNBLUEGRASS</b> 436 Georgetown Street Lexington, KY 40508 Tel. (859) 252-8665 Web: <a href="http://www.itnbluegrass.org">www.itnbluegrass.org</a></p>	<p>ITNBluegrass (Independent Transportation Network) is a 24/7 automobile transportation program for Central Kentucky elders and visually-impaired adults living in Fayette County. Transportation is provided by a combination of paid and volunteer drivers. The program is also being developed in Jessamine, Woodford, Bourbon, and Scott Counties. Membership is required.</p>
<p><b>KENTUCKY RIVER FOOTHILLS TRANSPORTATION (KRFDC) FOOTHILLS EXPRESS</b> P O Box 743 309 Spangler Drive Richmond, KY 40475 1-800-819-7083 859-624-3236</p>	<p>Low cost transportation for Medicaid and non-Medicaid recipients. For Medicaid waiver, call 1-800-245-2826.</p>
<p><b>LEXTRAN</b> 109 West Loudon Ave. Lexington, KY 40508 Tel. (859) 253-4636 Information Tel. (859) 255-7756 Office Web: <a href="http://www.lextranonthemove.org">www.lextranonthemove.org</a></p>	<p>Regular fare: \$1.00. Monthly pass: \$30. Senior citizen or disability ID card enables one to receive a 50-cent fare or \$15 monthly pass. Transfers are free. ID cards are \$5 and may be obtained by visiting the LexTran office or the Transit Center on Vine Street. Proof of age or disability is necessary. Hours: 6:00 a.m.- 6:00 p.m., Monday through Friday; 8:00 a.m.-4:00 p.m. Saturdays and Sundays. Call for Route Information.</p>

# Transportation (continued)

**MEDICAID TRANSPORTATION VOUCHERS**

Division of Family Support  
913 Georgetown St.  
Lexington, KY 40511  
Tel. (859) 244-2215

If you have a Medicaid card, it will pay for transportation to the doctor's office or hospital. If you are in Kentucky Select, call your provider. If you are on a regular Medicaid card, you must call the number here in advance of the appointment to apply for a voucher.

**RURAL/METRO AMBULANCE**

1135 Versailles Rd.  
Lexington, KY 40508  
Tel. (859) 233-9719, or Toll Free: (800) 325-0716

In addition to emergency transportation, they can take a person on a stretcher to a non-emergency medical appointment for \$300.70 + \$9.80/mile.

**TRANSPORTATION VOUCHERS**

Community Action Council  
913 Georgetown St.  
P.O. Box 11610  
Lexington, KY 40576  
Tel. (859) 233-4600

Provides vouchers for trips on Wheels to and from medical appointments and shopping centers. Must qualify for a Wheels card and have income within 125% of poverty guidelines.

**WHEELS-BLUEGRASS AREA CHAPTER**

American Red Cross  
1450 Newtown Pike  
Lexington, KY 40511  
Tel. (859) 233-3433

Wheelchair lift equipped mini-buses for those with a disability, which prevents them from riding LexTran. A demand/response system providing door-to-door service. You must fill out an application and be registered with the Red Cross Wheels Office. Disability must be documented by a physician or social service agency. Reservations must be made 24 hours in advance. Operating Monday through Saturday, 6:00 a.m. to 11:30 p.m. and Sunday 6:00 a.m.-8:00 p.m. \$1.60 per one-way trip.

# Keeping Active

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# Employment

**GOODWILL INDUSTRIES OF KENTUCKY**

130 W. New Circle Rd., Suite 110  
Lexington, KY 40505  
Tel. (859) 231-8394

Goodwill Industries of Kentucky helps people with disabilities or other disadvantages achieve and maintain employment to gain a better quality of life. Services provided include: orientation/intake; controlled work experience; personal and social adjustment; job seeking skills training; placement; referral services; vocational counseling; paid work; reports to referral source; follow-up; exit consultation.

**OFFICE OF EMPLOYMENT AND TRAINING****Central Kentucky Job Centers**

1055 Industry Rd.  
Lexington, KY 40508  
Tel. (859) 258-3140

This state agency offers job placement, referral, customized training, counseling, and assessments.

**Georgetown**

1000 West Main Street  
(502) 863-2402

**Richmond**

595 South Keeneland Drive  
(859) 624-2564

**Danville**

121 East Broadway  
(859) 239-7411

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

**SENIOR COMMUNITY SERVICE  
EMPLOYMENT PROGRAM**

National Council on Aging  
Urban League of Lexington-Fayette County  
1530 Nicholasville Rd.  
Lexington, KY 40503  
Tel. (859) 277-3983 or 277-3979

The Title V Senior Community Services Employment Program is a federally funded employment program for persons age 55 and older who qualify. They can help place you with community service agencies, the job search club, and unsubsidized employment.

OR

**BLUEGRASS COMMUNITY ACTION  
PARTNERSHIP**

111 Professional Court  
P.O. Box 738  
Frankfort, KY 40602  
Tel. (800) 456-6571

## Employment (continued)

### **SENIOR COMPANION PROGRAM**

Bluegrass Community Action  
P.O. Box 738  
Frankfort, KY 40602  
Tel. (502) 695-4290,  
or Toll Free: (800) 456-6571

Senior companions are people 60 and over who spend 20 hours a week helping the homebound elderly in 10 central Kentucky counties. The Senior Companion is paid a small hourly stipend by this federally funded program. They can help with preparing meals, running errands, escort, and other helpful activities.

## Continuing Education

### **AAA BLUE GRASS AAA DRIVER IMPROVEMENT PROGRAM**

155 N. Martin Luther King Blvd.  
Lexington, KY 40507  
Tel. (859) 233-1111,  
or Toll Free: (800) 233-1111

Free eight hour class program for those age 55 and over. Completion of the program makes you eligible for a discount on your auto insurance premium.

### **AARP 55 ALIVE DRIVING PROGRAM**

*For information on class schedules, call:*  
Tel. (859) 278-6072 Lexington Senior Citizens  
Center  
Tel. (859) 233-0986 Bell House

Completion of this course entitles you to a discount on your auto insurance for three years. Eight hour classroom course in two 4-hour sessions, consisting of instructor guidance, slide presentations, and group discussions to update and review your driving knowledge, with particular emphasis on age-related physical changes that effect driving safety. This course is given for anyone over 50 in many locations throughout the year, including the Bell House or the Senior Center. Call for next class time, schedule, and cost.

### **AMERICAN RED CROSS**

Bluegrass Area Chapter  
1450 Newtown Pike  
Lexington, KY 40511  
Tel. (859)253-1331  
Web: [www.redcrosslex.org](http://www.redcrosslex.org)

Community educational programs and health courses in the following areas: CPR, first aid, blood born pathogens, HIV-AIDS education, water safety, and babysitting. If you are interested in learning how to help yourself and others in times of emergency, please contact the American Red Cross for a class schedule. Small fee for materials and equipment for classes.

# Continuing Education (continued)

<p><b>BLUEGRASS COMMUNITY AND TECHNICAL COLLEGE DISTRICT</b> 1164 Opportunity Way Lexington, KY 40511 Tel. (859) 246-6200 Web: <a href="http://www.bluegrass.kctcs.edu">www.bluegrass.kctcs.edu</a></p>	<p>Part-time classes are offered throughout the year in general vocational education and English as a Second Language. Adult Basic Education: Provides classes in reading and math to prepare adults for better jobs. Students advance at their own speed. Classes offered at more than 15 places throughout the county, as well as in Boyle and Anderson County.</p>
<p><b>BOOK BUDDIES</b> Lexington Public Library 140 E. Main St. Lexington, KY 40502 Tel. (859) 231-5592</p>	<p>Homebound patrons receive twice-monthly visits from their volunteer Book Buddy who brings books, records, tapes from the public library. Volunteers must attend training and be willing to submit to a police records check.</p>
<p><b>CARNEGIE CENTER FOR LITERACY AND LEARNING</b> 251 W. Second St. Lexington, KY 40507 Tel. (859) 254-4175 Web: <a href="http://www.carnegieliteracy.org">www.carnegieliteracy.org</a></p>	<p>Programs in literacy and learning are provided to all citizens of the community by the Carnegie Center. There are literacy programs at various reading levels as well as help with writing for beginners or published writers. They offer several computer classes and free use of computers. Special classes for seniors include Computer Literacy and Writing Group at the Senior Citizens Center. A computer consultant will be available everyday during business hours. Monday through Thursday, 9:00 a.m. – 7:30 p.m., Friday 9:00 a.m.- 5:00 p.m., and Saturday 10:00 a.m. – 2:00 p.m. (except holiday weekends).</p>
<p><b>CITIZENS POLICE ACADEMY</b> Division of Police Lexington-Fayette Urban-County Government Tel. (859) 258-3634 Web: <a href="http://www.lexingtonpolice.com">www.lexingtonpolice.com</a></p>	<p>Program to familiarize citizens with the working of the Division of Police. Twelve weekly 3-hour classes and lots of hands on experience. Held three times a year. Available to any citizen over 18. Call to make application.</p>
<p><b>CITIZENS FIRE ACADEMY</b> Division of Fire Lexington Fayette Urban County Government tel (859) 231-5668</p>	<p>Program to familiarize citizens with the working of the Fire Department and fire safety practices.</p>

# Continuing Education (continued)

## **FAYETTE COUNTY COOPERATIVE EXTENSION**

1140 Red Mile Place  
University of Kentucky  
Lexington, KY 40504  
Tel. (859) 257-5582  
Web: [www.ces.ca.uky.edu/fayette](http://www.ces.ca.uky.edu/fayette)

Agents specializing in home economics, horticulture, and agriculture present educational programs, answer telephone inquiries, sponsor a wide variety of workshops and assist clientele on a one-on-one basis. Agents write free newsletters: Consumer Notes, Working Women's World, and Horticulture Notes. Check for an extension agency in your county at <http://www.ces.uky.edu> or by calling (859)257-3501

## **GOLD CARDS FOR SENIORS**

Fayette County Public Schools  
Community Relations  
701 East Main St.  
Lexington, KY 40502  
Tel. (859) 381-4000

The Fayette County Public School offers free admission to school functions for those 65 and older. The Gold Card can be used at sports events, plays, and other activities. To get your Gold Card, call or write the office.

## **KENTUCKY REGIONAL LIBRARY FOR THE BLIND AND PHYSICALLY HANDICAPPED**

P.O. Box 818  
300 Coffee Tree Rd.  
Frankfort, KY 40601  
Tel. (800) 372-2968  
Web: [www.kbla.ky.gov](http://www.kbla.ky.gov)

Free Braille or talking books (on tape) for persons with reading problems due to blindness, physical disability, or other related problems. With the talking books comes a special tape machine. These will be mailed to you and you mail them back postage-free from your home. Applicants must have their disability certified by a medical, educational, or social work professional.

## **LEXINGTON PUBLIC LIBRARY**

- Central Library: 140 E. Main St., (859) 231-5500
  - Beaumont Branch: 3080 Fieldstone Way, (859) 231-5570
  - Tates Creek Branch: 3628 Walden Dr., (859) 231-5580
  - Northside Branch: 1737 Russell Cave Rd., (859) 231-5590
  - Eagle Creek: 101 N. Eagle Creek Dr., (859) 231-5560
  - Village Branch: 2185 Versailles Rd., (859) 231-5575
- Web: [www.lexpublib.org](http://www.lexpublib.org)

In addition to books, the library offers a variety of programs and activities for senior citizens, including large print books, books on tape, a book service for the homebound and free computer classes. Publicly accessed computers with internet services available. Also call about the book van. It goes to many nursing homes and retirement homes. All libraries are located near a bus line and buildings are accessible for the handicapped. Library cards are free to Fayette County residents and citizens of surrounding counties.

# Continuing Education (continued)

## **LIVING ARTS AND SCIENCES CENTER**

362 N. Martin Luther King Blvd.  
Lexington, KY 40508  
Tel. (859) 252-5222 or 255-2284  
Web: [www.lasclex.org](http://www.lasclex.org)

Educational opportunities in arts and sciences for persons of all ages through exhibits, classes, and outreach. Class sessions are held five times throughout the year. Hosts 10-12 art exhibitions, 3 science exhibitions, workshops, field trips, and programs for at-risk, special populations, and neighborhood youth. LASC is on the downtown bus line.

## **OSHER LIFELONG LEARNING INSTITUTE at UK**

Ligon House  
658 S. Limestone St.  
University of Kentucky  
Lexington, KY 40506-0442  
Tel. (859) 257-2656  
Web: [www.rgs.uky.edu/aging](http://www.rgs.uky.edu/aging)

Tuition-free education for academic classes at the University of Kentucky to persons 65 and over. Other special non-credit classes for persons age 60 and over, including: art classes, computer classes, fitness exercise classes, Great Decisions group, radio-drama group, mixed chorus (two performances a year), dulcimer classes, yoga, and walking. Donovan Forum lecture series meets every Tuesday and Thursday at the Senior Center from 3:30 to 4:30 p.m. and is open to the public.

## **POLICE ACTIVITIES LEAGUE (PAL)**

Senior Citizens Program  
150 E. Main Street  
Lexington, KY 40507  
Tel. (859) 258-3636  
Web: [www.lfucg.com](http://www.lfucg.com)

The PAL Senior Citizens Program is designed to educate senior citizens about the latest crime prevention and safety programs. Field trips, parties, and other special events.

## **SENIOR CRIME COLLEGE AND SENIOR DAY OUT**

Senior Protection Branch  
700 Capitol Ave., Suite 118  
Frankfort, KY 40601  
Tel. (502) 696-5389  
Web: <http://ag.ky.gov/senior/college.htm>

Senior Crime College is a program offered by the Attorney General's Office in conjunction with other law enforcement agencies to help senior citizens better protect themselves from physical and financial crimes. Senior Day Out is a program presented by local TRIADs and supported by the Attorney General's Office.

## **SENIOR INTERN PROGRAM**

Lexington Fayette Urban County Government,  
Office of Aging Services  
200 E. Main St.  
Lexington, KY 40507  
Tel. (859) 258-3806

The Senior Intern Program offers senior citizens in Fayette County an opportunity to learn more about local government by talking to key decision makers, participating in class activities, and visiting facilities. Classes typically held in June at no cost to participants. Contact the LFUCG Office of Aging Services for more information.

# Continuing Education (continued)

## **YMCA**

- 239 East High St., (859) 254-9622
- 381 W. Loudon Ave., (859) 258-9622
- 3250 Beaumont Circle, (859) 219-9622
- 647 Chestnut St., (859) 254-3786
- Bourbon County YMCA (859) 987-1395
- Clark County YMCA (859) 744-9622
- Franklin County YMCA (502) 227-9637
- Jessamine County YMCA (859) 885-5013
- Madison County YMCA (859) 623-9356
- Mercer County YMCA (859) 734-9622
- Scott County YMCA (859) 863-4841

Web: [www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)

Exercise classes on land and water. Fit for Life and Lo Hydro Aerobics are especially for seniors. Special membership rates for seniors. Also have special arthritis program. The Chestnut Street location has a War Mothers Group and a Retired Teachers Group.

## **SENIOR NET CENTRAL KENTUCKY COMPUTER SOCIETY**

160 Moore Drive, Suite 107  
Lexington, KY 40503  
Tel. (859) 373-1000

Computer classes for people 55 and over taught by members of the international Senior Net group. Membership benefits include substantial discounts, a Senior Net sourcebook, and a quarterly newspaper. \$25 per year. Membership also available through America-On-Line.

### **Locations with public access to computers:**

- Lexington Public Library (all branches)
- UK library
- Carnegie Center
- Central Baptist Health Information Library

# Senior Activity Centers

## SENIOR ACTIVITY CENTERS IN FAYETTE COUNTY

Senior centers offer a wide range of services. Many offer home delivered meal programs, low cost lunches, support groups, transportation services, respite services, information about community resources, social services, counseling, recreational and learning opportunities, exercise classes, and health promotion. Call your local center to find out what services and activities are currently available.

### **LEXINGTON-FAYETTE URBAN COUNTY GOVERNMENT**

Bell House Senior Center  
Parks and Recreation  
545 Sayre Ave  
Lexington, KY 40508  
859-233-0986  
[www.lfucg.com/parks/seniors](http://www.lfucg.com/parks/seniors)

Center located at the Bell House Mansion. Recreation and cultural activities for senior adults 50 years and older. Free Programming to include classes in: Art, Arts and Crafts, Ceramics, Water fitness, Fitness, Card games, Piano Lessons, Bell Choir, Line Dancing, Monday Club. Extensive travel is offered for day trips and extended day trips, cost for the travel varies. The hours are Monday-Friday 8:30-4:30pm. This center is located one block from the bus line and is generally accessible.

### **BLACK AND WILLIAMS NEIGHBORHOOD CENTER**

498 Georgetown St.  
Lexington, KY 40508  
Tel. (859) 381-9096

Open to anyone age 60 or over. Lunch available at noon for a 50 cent donation. Exercise classes, line dancing, bingo, movie days, dominoes, cards, chess, blood pressure monitoring, and other activities. Transportation available within the service area.

### **THE DUNBAR COMMUNITY CENTER**

545 N. Upper St.  
Lexington, KY 40508  
Tel. (859) 258-2445

Open to anyone age 60 or over. Lunch with advance notice and registration, donations accepted. Exercise classes, cards, movie days, dominoes, games, and other activities. Transportation available within the service area.

### **LAFAYETTE CENTER**

Lafayette Christian Church  
1836 Clays Mill Rd.  
Lexington, KY 40503  
Tel. (859) 233-0986 (program is run through the Bell Center)

Center is operated by the Division of Parks and Recreation and located in the Fellowship Hall (basement) of the Lafayette Christian Church. A Friday morning ceramic class is available to seniors 50+. All supplies provided except green-ware pieces and brushes. Monthly green-ware shopping trips are scheduled.

# Senior Activity Centers (continued)

<p><b>LEXINGTON-FAYETTE URBAN COUNTY GOVERNMENT</b>  Lexington Senior Citizen Center-Parks and Recreation Programs  1530 Nicholasville Road  Lexington, KY 40503  859-278-6072 ext 301  www.lfucg.com/parks/seniors</p>	<p>As a part of the Senior Citizen Center, Parks and Recreation provides opportunities for recreation and leisure participation in this multi-purpose center for senior adults 50 years and older. Free Programming to include classes in: Art, Arts and Crafts, Ceramics, Water fitness, Fitness, Stretch and Tone, Table Tennis, Bingo, Card games, China Painting, and Striders. Extensive travel is offered for day trips and extended day trips, cost for the travel varies. This center is located on the bus route, limited transportation may be provided by the Division of Adult Services and the facility is ADA compliant.</p>
<p><b>LEXINGTON STRIDERS WALKING CLUB</b>  Turfland Mall  Harrodsburg Road  Lexington, KY 40503  Tel. (859) 233-0986 (program is run through the Bell House Senior Center)</p>	<p>Members of the club walk (anywhere they want) and record their individual mileage totals by time or distance. The date a monthly meeting is published in the monthly newsletter sent from the Bell House and the Lexington Senior Citizen Center. The Lexington Striders Walking Club is co-sponsored by the Lexington Medical Society.</p>
<p><b>SENIOR RECREATIONAL CENTER</b>  Ballard Griffith Towers  650 Tower Plaza  Lexington, KY 40508  (859) 281-5081 or (859) 278-6072</p>	<p>Recreational activities here include ceramics, craft classes, bingo, picnics, birthday parties, and dances for residents. Bingo is open to the public. Connie Griffith Manor and Ballard Place are located on a bus line and are accessible to the handicapped.</p>

## BLUEGRASS REGION SENIOR ACTIVITY CENTERS OUTSIDE OF FAYETTE COUNTY

<p><b>ANDERSON COUNTY SENIOR CENTER</b>  160 Township Square  Lawrenceburg, KY 40342  Tel. (502) 839-7520, or fax (502) 839-7745</p>	<p><b>BOURBON COUNTY SENIOR CENTER</b>  1 Main &amp; Bank Row, PO Box 159  Paris, KY 40361  Tel. (859) 987-7453, or fax (859) 987-0721</p>
<p><b>BOYLE COUNTY SENIOR CENTER</b>  569 Jean Drive  Danville, KY 40422  Tel. (859) 236-2070, or fax (859) 238-7111  TTY: (859) 238-0120</p>	<p><b>CLARK COUNTY AGING SERVICES</b>  PO Box 151, 32 Meadow St.  Winchester, KY 40392  Tel. (859) 744-3235, or fax (859) 744-8062</p>

# Senior Activity Centers (continued)

<p><b>ESTILL COUNTY SENIOR CENTER</b>                      532 Stacy Lane Rd.                      Irvine, KY 40336                      Tel. (606) 723-4787, or fax (606) 723-4787</p>	<p><b>FRANKLIN COUNTY SENIOR CENTER</b>                      202 Medical Heights Dr.                      Frankfort, KY 40601                      Tel. (502) 223-5794, or fax (502) 227-8019</p>
<p><b>GARRARD COUNTY SENIOR CENTER</b>                      153 Farra Drive                      Lancaster, KY 40444                      Tel. (859) 792-3147, or fax (859) 792-3147</p>	<p><b>HARRISON COUNTY SENIOR CENTER</b>                      216 Old Lair Road                      Cynthiana, KY 41031                      Tel. (859) 234-5801, or fax (859) 234-8137</p>
<p><b>JESSAMINE COUNTY SENIOR CENTER</b>                      111 Hoover Drive                      Nicholasville, KY 40356                      Tel. (859) 885-9102, or fax (859) 885-6639</p>	<p><b>LINCOLN COUNTY SENIOR CENTER</b>                      100 Senior Way                      Stanford, KY 40484                      Tel. (606) 365-9016, or fax (606) 365-4001</p>
<p><b>MADISON/BEREA SENIOR CENTER</b>                      214 West Jefferson Street                      Berea, KY 40403                      Tel. (859) 986-8350, or fax (859) 985-7284</p>	<p><b>MADISON/RICHMOND SENIOR CENTER</b>                      1215 W. Main Street                      Richmond, KY 40475                      Tel. (859) 623-0474, or fax (859) 625-5661</p>
<p><b>MERCER COUNTY SENIOR CENTER</b>                      1475 Louisville Rd.                      Harrodsburg, KY 40330                      Tel. (859) 734-5185, or fax (859) 734-6819</p>	<p><b>NICHOLAS COUNTY SENIOR CENTER</b>                      124 E. Main St.                      Carlisle, KY 40311                      Tel. (859) 289-3729, or fax (859) 289-3705</p>
<p><b>POWELL COUNTY SENIOR CENTER</b>                      127 Pirate Drive                      Stanton, KY 40380                      Tel. (606) 663-5981, or fax (606) 663-5981</p>	<p><b>SCOTT COUNTY SENIOR CENTER</b>                      800 Cincinnati Pike, Ste. 10                      Georgetown, KY 40324                      Tel. (502) 863-4041, or fax (502) 863-4041</p>
<p><b>WOODFORD COUNTY SENIOR CENTER</b>                      285 Beasley Road                      Versailles, KY 40383                      Tel. (859) 873-7290, or fax (859) 873-7290</p>	

\*Homecare Program available in all centers except Fayette

# Senior Organizations

## **AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)**

Plainview Center, Ste. 121  
10401 Linn Station Rd., Suite 121  
Louisville, KY 40223  
Tel. (502) 394-0227,  
or Toll Free: (866) 295-7275  
Web: [www.aarp.org](http://www.aarp.org)  
Call Toll Free (888) 687-2277 to locate a local  
chapter

Educational programs, community services, and advocacy including 55 Alive drivers training, Tax Aide, insurance plans, mail-order pharmacy, travel plans, and more.

## **RETIRED MILITARY OFFICERS ASSOCIATION BLUEGRASS CHAPTER (MOAA)**

Tel. (859) 266-6865,  
or national Toll Free: (800) 234-6622  
Web: [www.moaa.org](http://www.moaa.org)

Local chapter for active, retired, former officers and warrant officers of the uniformed services. Surviving spouses of these personnel are eligible to join as Auxiliary Members. Monthly meetings are held at various locations, usually on the first Tuesday of the month, and consist of a short business meeting, dinner, and a guest speaker..

## **BLUEGRASS RETIRED TEACHERS ASSOCIATION (Fayette/Bourbon County)**

Tel. (859) 245-1817  
Toll Free: (800) 551-7979  
Web: [www.krta.org](http://www.krta.org)

The purpose of this group is to promote the economic, social, and professional interests of retired teachers and to support efforts to improve public education. There are many benefits of membership including a newsletter.

## **ELDERCRAFTERS**

Black and Williams Center  
498 Georgetown St.  
Lexington, KY 40508  
Tel. (859) 255-0926, or (859) 252-1288

This program offers a variety of activities for seniors, including crafts, ceramics, trips, fun days, and special interest workshops. Open to anyone 60 and older.

## Senior Organizations (continued)

### **NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOC (NARFE)**

Tel. (859) 272-6413  
Web: <http://narfe.org>

NARFE monitors legislation affecting federal civil service benefits and assuring fair treatment of the annuitants. Any retired or present federal civilian employee with 5 or more years of service and the spouses or survivors will be provided information and individual assistance regarding problems with governmental benefits, services of the organization, and insurance options. The Central Kentucky Chapter 97 serves the community by contributing funds for Alzheimer's research, helping the local Alzheimer's Committee with fund-raising activities, and assisting family members of people with Alzheimer's disease. The chapter also contributes to Hospice, and children with special needs. Annual dues are required.

## Volunteer Opportunities

### **ALZHEIMER'S ASSOCIATION**

1065 Dove Run Road, STE # 2  
Lexington, KY 40502  
Tel. (859) 266-5283, ext. 29

Volunteers are always needed at the Best Friends Day Center located in the Second Presbyterian Church at 460 East Main Street in Lexington, KY. Best Friends is sponsored by the Alzheimer's Association. The Day Center is a safe and fun environment for people diagnosed with memory loss and dementia. The program offers family members respite from their care giving roles.

Volunteers at the Best Friends Center provide friendship and assistance to participants as they participate in staff led activities. Volunteers are needed for 3-4 hours per week Monday through Friday.

### **FAITH IN ACTION: ELDER OUTREACH**

1530 Nicholasville Rd.  
Lexington, KY 40503  
(859) 252-1365  
Program Coordinator: (859) 309-1483  
[www.faithinactionelderoutreach.com](http://www.faithinactionelderoutreach.com)

People in the community volunteer with older adults in Fayette and Scott County in order to help them maintain their independence. Trained volunteers help with non-medical activities, such as small household chores, running errands, respite care, minor home maintenance, telephoning, and visiting.

# Volunteer Opportunities (continued)

## **FOSTER GRANDPARENT PROGRAM (FGP)**

Community Action Council  
P.O. Box 11610  
Lexington, KY 40576  
Tel. (859) 233-4600 Toll Free (800) 244-2275  
Web: [www.commaction.org](http://www.commaction.org)

When You are willing to share your love, time and experience, you have the power to help a child that needs you. If you are 60 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparents Program volunteer.

As a Foster Grandparent serving at one of our many locations you will help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. Foster Grandparents may serve up to 40 hours per week. Volunteers earn a tax free hourly stipend. With the Foster Grandparents Program, you'll receive pre-service orientation, training from the organization where you serve, and supplemental accident and liability insurance while on duty.

## **INDEPENDENT TRANSPORTATION NETWORK- ITNBLUEGRASS**

436 Georgetown Street  
Lexington, KY 40508  
Tel. (859) 252-8665  
Web: [www.itnbluegrass.org](http://www.itnbluegrass.org)

ITNBluegrass (Independent Transportation Network) is a 24/7 automobile transportation program for Central Kentucky elders and visually-impaired adults living in Fayette County. Transportation is provided by a combination of paid and volunteer drivers. The program is also being developed in Jessamine, Woodford, Bourbon, and Scott Counties. Membership is required.

# Volunteer Opportunities (continued)

## **RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)**

COMMUNITY ACTION COUNCIL

P.O. Box 11610

Lexington, KY 40576

Tel. (859) 233-4600 Toll Free (800) 244-2275

Web: <http://commaction.org>

If you are age 55 or older and looking for a way to impact your community and change lives, the Retired and Senior Volunteer Program (RSVP) may be for you. RSVP is a program of Community Action Council that pairs senior volunteers with community organizations that need their help. RSVP provides service opportunities for those who want to make a difference while maintaining the flexibility to decide who and how frequently they serve. After an assessment of the volunteers talents and needs, RSVP matches volunteers in community services, such as tutoring young children; building houses; helping children get immunized; participating in community watch programs; planning community gardens; offering relief services to victims of natural disasters; helping community organizations to operate more efficiently and much more. RSVP volunteers receive orientation and on-the-job training for the service of their choice. RSVP works with more than 40 nonprofit organizations in Fayette and Jessamine Counties and offer more than 160 diverse volunteer opportunities.

## **SERVICE CORPS OF RETIRED EXECUTIVES (SCORE)**

389 Waller Ave., Suite 130

Lexington, KY 40504

Tel. (859) 231-9902

Fax: (859) 253-3190

Email: [scorelex@pdqweb.com](mailto:scorelex@pdqweb.com)

Website: [www.lexingtonscore.org](http://www.lexingtonscore.org)

Retired executives volunteer as advisors to persons interested in starting a small business or those already in a small business. Assists persons in developing and implementing business plans. SCORE is sponsored by the Small Business administration. Counseling FREE of charge.

## **UNITED WAY OF THE BLUEGRASS VOLUNTEER CENTER**

2480 Fortune Dr., #250

Lexington, KY 40509

Tel. 2-1-1 or (859) 313-5465

Fax: (859) 259-3397

Web: [www.uwbg.org](http://www.uwbg.org)

The United Way of the Bluegrass Volunteer Center matches volunteers with meaningful opportunities in Central Kentucky's nonprofit organizations. As a volunteer, you can make a difference and impact your community in a positive way.

# Helpful Internet Sites for Keeping Active

## HELPFUL INTERNET SITES FOR KEEPING ACTIVE

- AARP: [www.aarp.org](http://www.aarp.org)
- Elderhostel: [www.elderhostel.org](http://www.elderhostel.org)
- National Senior Service Corps: [www.whitehouse.gov](http://www.whitehouse.gov)
- Resource Directory for Older Adults: [www.aoa.gov](http://www.aoa.gov)
- Senior Community Services Employment Program: [www.wdsc.org](http://www.wdsc.org)
- Service Corps of Retired Executives: [www.score.org](http://www.score.org)
- Third Age: [www.thirdage.com](http://www.thirdage.com)
- Volunteering: [www.volunteermatch.org](http://www.volunteermatch.org)
- United Way: [www.uwbg.org](http://www.uwbg.org)

### Notes:

*For Additional information about senior organizations, support groups, and volunteer activities, contact:*

**UNITED WAY 2-1-1**

2480 Fortune Dr. Suite150  
Lexington, KY 40509  
Tel. (859) 313-LINK (5465)  
Web: [www.uwbg.org](http://www.uwbg.org)

An information & referral program that links individuals, professionals, and the general public to agencies and programs in our service area that strive to help. Support groups addressing issues on domestic violence, infectious diseases, specific medical conditions, addictions, bereavement, divorce, and family relationships are also available.

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# Lexington Fayette Urban County Government

## Department of Social Services

**Mission:** To provide and support an easily accessible system of human services for Lexington, Fayette County

**Values:**

- Respect and human dignity
- Excellence in quality service
- Stewardship
- Sustainability

The Lexington Fayette Urban County Government's Department of Social service is committed to help ensure the health and vibrancy of Lexington-Fayette County through its role as a leader, provider and supporter of quality programs and services designed to meets the unique needs of the community.

The Department's exceptional cadre of professionals provides services and support through the following:

- Office of Aging and Independent Living {Senior Citizens Center}
- Division of Adult Services {Central Kentucky Job Center, Cardinal Valley Center, Black and Williams Neighborhood Center}
- 
- Division of Family Services { Family Care Center}
- Division of Youth Services {Coleman House, Day Treatment Center and Gainesway Empowerment center}
- LexLinc
- Partners for Youth
- Multicultural Affairs

The Department of Social Services provides funding, collaborative partnership, and program support to over 40 community social service agencies.

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