

**TALLAHASSEE SENIOR CENTER  
SENIOR RESOURCE INFORMATION**

**CAREGIVING RESOURCES AND INFORMATION**

**In-Home Services:** “In-home” care brings services into homes allowing a person with special needs, illness, or disability to remain in their home. Services may include companion care, homemaking, personal care, and even skilled nursing.

**Non-Medical Care Services:** Provide supervision, companionship, and assistance to elderly or disabled persons, enabling them to perform their activities of daily living such as eating, bathing, and basic mobility. The specific services offered vary with each provider. Contact directly for more information.

The following steps can help you choose the right care arrangement for your loved one:

- Determine the level and frequency of care needed;
- Determine a budget;
- Research and interview companies and/or caregivers. Ask specific questions about services, staffing, schedules, policies, cost, etc.

*Additional resources can be found online at [easylivingfl.com](http://easylivingfl.com) and [aplaceformom.com](http://aplaceformom.com)*

<b>EDUCATION, INFORMATION AND REFERRAL</b>		
<b>Agency for Health Care Administration (AHCA)</b>	<a href="http://floridahealthfinder.gov">floridahealthfinder.gov</a>	<b>888-419-3456</b>
AHCA is responsible for licensing, inspecting, and enforcing the regulation of health facilities, providing tools that identify a facility’s status, the number of beds it has, and (is applicable) any negative reports.		
<b>Alzheimer’s Project, Inc.</b>	<a href="http://alzheimersproject.org">alzheimersproject.org</a>	<b>850-386-2778</b>
The Alzheimer’s Project provides a comprehensive array of self-care tools for family caregivers, to help manage their personal health and well-being.		
<b>American Association of Retired Persons (AARP)</b>	<a href="http://aarp.org/caregiving">aarp.org/caregiving</a>	<b>888-227-7669</b>
Offers a wide variety of resources and information for people age 50 and older. Includes a specific section of tools that addresses concerns and issues common to caregivers.		
<b>American Society on Aging (ASA)</b>	<a href="http://asaging.org">asaging.org</a>	<b>800-537-9728</b>
Provides education and training to improve the skills of those who care for seniors.		
<b>Elder Helpline (Aging Resource Centers)</b>	<a href="http://aaanf.org">aaanf.org</a>	<b>800-963-5337</b>
Comprehensive information and referral for all elder care and caregiver programs and services, including services offered in Leon and surrounding counties. Can also research elder services for caregivers whose care recipients live in another part of Florida.		
<b>Tallahassee Senior Center Counselor Dr. Shirley Zahn, Licensed Marriage &amp; Family Therapist</b>	<a href="http://talgov.com/seniors">talgov.com/seniors</a>	<b>850-576-4721</b>
Dr. Shirley Zahn, Ph.D., Licensed Marriage & Family Therapist, specializes in working with seniors, caregivers and family members, and couples.		
<b>SUPPORT GROUPS</b>		
<b>Alzheimer’s Association</b>	<a href="http://alz.org/help-support">alz.org/help-support</a>	<b>800-272-3900</b>
Resources and support groups available to family members and caregivers of an older adult experiencing Alzheimer’s or dementia.		

<b>Caregiver Support Group</b> Alzheimer's Project, Inc. provides local support groups for caregivers.	<a href="http://alzheimersproject.org/services">alzheimersproject.org/services</a>	850-386-2778
<b>Ability1st.info</b> Offers education/training and other support services to caregivers meeting eligibility requirements.	<a href="http://ability1st.info">ability1st.info</a>	850-575-9621
<b>Family Caregiver Alliance</b> Offers an online support group for the family, partners, and caregivers of any adult with a chronic debilitating health condition. Additional resources about caregiving available.	<a href="http://caregiver.org/support-groups">caregiver.org/support-groups</a>	800-445-8106
<b>UPSLIDE (Utilizing and Promoting Social engagement for loneliness, isolation and depression in the Elderly)</b> , <a href="mailto:Melanie.Lachman@talgov.com">Melanie.Lachman@talgov.com</a> UPSLIDE program offers support groups facilitated by a Licensed Clinical Social Worker, as well as other supportive resources. Assessments and individual counseling are available as well.		850-891-4066
<b>ADULT DAY SERVICES &amp; CAREGIVER RESPITE</b>		
<b>Alzheimer's Project</b> Offers group respite provided by trained volunteers.	<a href="http://alzheimersproject.org">alzheimersproject.org</a>	850-386-2778
<b>Azalea Garden's Day Program</b> Azalea Gardens is an assisted living and memory care facility offering adult day stay and caregiver respite.	<a href="http://sunshineretirementliving.com/azalea-gardens">sunshineretirementliving.com/azalea-gardens</a>	850-583-4909
<b>Caring Connections</b> Caregivers can provide in-home assessments, access to information and training, support, hourly respite care and home safety checks.	<a href="http://caringconnectionsllc.com">caringconnectionsllc.com</a>	850-354-5336
<b>Elder Care Services Adult Day Stay</b> Supervised day care.	<a href="http://eldercarebigbend.org">eldercarebigbend.org</a>	850-222-4208
<b>Tallahassee Memorial Adult Day Services</b> Supervised day care for adults with dementia or other medical conditions.	<a href="http://tmh.org">tmh.org</a>	850-531-0712
<b>Pacifica Senior Living Woodmont</b> Short-term day and overnight respite.	<a href="http://pacificaseniorliving.com">pacificaseniorliving.com</a>	850-562-4123
<b>SAFETY FOR WANDERERS</b>		
<b>PROJECT LIFESAVER</b> Provides a wrist transmitter with tracking signal for quick location and rescue of missing persons. Distributed by the Alzheimer's Project, Inc. in partnership with Leon County Sheriff's Dept.	<a href="http://alzheimersproject.org">alzheimersproject.org</a>	850-386-2778
<b>WEBSITE RESOURCES</b>		
<b>Today's Caregiver Magazine</b>		<a href="http://caregiver.com">caregiver.com</a>
<b>Department of Elder Affairs/Elder Service</b>		<a href="http://elderaffairs.state.fl.us">elderaffairs.state.fl.us</a>
<b>Our Aging Parents</b>		<a href="http://ouragingparents.net">ouragingparents.net</a>
<b>Empowering Caregivers</b>		<a href="http://empoweringcaregivers.org">empoweringcaregivers.org</a>
<b>National Family Caregivers Association</b>		<a href="http://caregiveraction.org">caregiveraction.org</a>
<b>Family Caregiving Alliance</b>		<a href="http://topseniorcaregivers.com">topseniorcaregivers.com</a>
<b>Caring.com</b>		<a href="http://caring.com">caring.com</a>