

Neighbors Helping Neighbors
Woodland Drives
Resource Guide Adapted from Elder Care Services, Inc.

| SERVICE GROUP | AGENCY | PHONE NUMBER | WEBSITE |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| AREA AGENCY ON AGING | Aging and Disability Resource Center | (850) 488-0055 | www.aaanf.org |
| ADULT DAY CARE | Elder Care Services, Adult Day Stay | (850) 222-4208 | www.eldercarebigbend.org/elder-day-stay |
| ALZHEIMER'S ASSISTANCE | Alzheimer's Association Helpline | (850) 222-2356 | |
| | Alzheimer's Project of Tallahassee | (850) 386-2778 | www.alzheimersproject.org |
| | TMH Memory Disorder Clinic | (850) 431-5001 | www.tmh.org/neuroscience |
| CRISIS HOTLINE/INFORMATION | 2-1-1 Big Bend (Covid and Disaster Recovery) | (850) 224-6333 or 2-1-1 | www.211bigbend.org |
| | Catholic Charities | (850) 222-2180 | www.ccnwfl.org |
| | ECHO Ministries | (850) 224-3246 | www.echoth.org |
| DISABILITY ASSISTANCE | Ability First | (850) 575-9621 | www.ability1st.info |
| DISASTER ASSISTANCE | Capital Area Chapter, Red Cross | (850) 878-6080 | www.redcross.org/local/florida/north-florida.html |
| | Salvation Army | (850) 222-0304 | www.salvationarmyflorida.org/tallahassee |
| DISCOUNT PROGRAMS FOR SENIORS | | | localseniordiscounts.com |
| ELDER HELPLINE | The Elder Helpline is a statewide network that provides information, referral and assistance to seniors, caregivers, professionals, and the general public. | 1-800-96-ELDER (1-800-963-5337) | |
| FOOD ASSISTANCE | Emergency Food Pantry and Farmers Market Coupons for Seniors | (850) 921-5554 | www.eldercarebigbend.org/emergency |
| | Second Harvest of the Big Bend | (850) 562-3033 | www.fightinghunger.org |
| | 2-1-1 Big Bend (Food Programs & Benefits) | (850) 224-6333 or 2-1-1 | www.211bigbend.org |
| | Elder Care Services, Nutrition/Meals on Wheels | (850) 222-4208 | https://eldercarebigbend.org/nutrition |
| LEGAL ASSISTANCE | Legal Services of North Florida | (850) 385-0029 | www.lsnf.org |
| HEALTH SERVICES | American Cancer Society | (850) 297-0588 | www.cancer.org |
| | Big Bend Cares (HIV Care and Services) | (850) 656-2437 | www.bigbendcares.org |
| | Neighborhood Health Services | (850) 224-2469 | www.nhsclinic.org |
| | We Care Network | (850) 942-5215 | www.capmed.org/we-care |
| | 2-1-1 Big Bend (Expenses, Mental Health and Substance Abuse) | (850) 224-6333 or 2-1-1 | www.211bigbend.org |
| HOMELESSNESS/SHELTER | Kearney Center | (850) 224-9055 | www.kearneycenter.org |
| HOSPICE | Big Bend Hospice | (850) 878-5310 | www.bigbendhospice.org |
| | Covenant Hospice | (850) 575-4998 | www.covenanthospice.org |
| HOSPITALS | HCA Florida Capital Hospital | (850) 325-5000 | www.hcafloridahealthcare.com/locations/capital-hospital |
| | Tallahassee Memorial Hospital | (850) 431-1155 | www.tmh.org |

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| HOUSING ASSISTANCE | Leon County Housing Services | (850) 606-1900 | www.leoncountyfl.gov |
| | City of Tallahassee Housing Services | (850) 891-6500 | www.talgov.com |
| | 2-1-1 Big Bend (Housing Expenses including utilities) | (850) 224-6333 or 2-1-1 | www.211bigbend.org |
| SENIOR OUTREACH SERVICES | Elder Care Services - Short-term help: <u>Emergency Energy Assistance</u> helps needy seniors pay utility or propane gas bills once during the summer and once during the winter. Fans and heaters are provided based on availability by donors. <u>Emergency Food Pantry</u> stocks essentials through donations of items such as Ensure, non-perishable foods, and adult briefs for incontinence. <u>Adaptive Medical Equipment Loan Program</u> saves seniors the cost of purchasing items such as wheelchairs, walkers, shower chairs, canes, and bedside commodes. <u>Emergency Alert Response</u> provides security by connecting isolated seniors with emergency services through Lifeline units placed in their homes. | (850) 921-5554 | https://eldercarebigbend.org/emergency |
| PUBLIC ASSISTANCE/STATE AGENCIES | Florida Department of Elder Affairs | (850) 414-2000 | elderaffairs.state.fl.us |
| | Public Assistance Programs | (850) 487-2826 | www.myflorida.com/accessflorida |
| | Florida Dept. of Agriculture & Consumer Services | (800) 435-7352 | www.800helpfla.com |
| | Florida Abuse Hotline | (800) 962-2873 | www.dcf.state.fl.us/abuse |
| SENIOR RECREATION | Tallahassee Senior Center | (850) 891-4000 | www.talgov.com/seniors |
| | Shamans Market Yoga for Seniors | | http://blog.shamansmarket.com/seniors-restorative-yoga/ |
| SUBSTANCE ABUSE & ADDICTION | Addiction Group | | addictiongroup.org/addiction/elderly/ |
| | 2-1-1 Big Bend | (850) 224-6333 or 2-1-1 | www.211bigbend.org |
| TRANSPORTATION | Dial-a-Ride | (850) 891-5199 | www.talgov.com/starmetro/dial-a-ride.aspx |
| | Star Metro | (850) 891-5200 | www.talgov.com/starmetro |
| | FL Commission/Transportation Disadvantaged | (850) 414-4100 | www.dot.state.fl.us/ctd |
| | ECS STARS | (850) 921-5554 | www.eldercarebigbend.org/stars |
| UTILITY ASSISTANCE | Emergency Home Energy Assistance for the Elderly Program (EHEAP) | 1-800-963-5337 | |
| | 2-1-1 Big Bend | (850) 224-6333 or 2-1-1 | www.211bigbend.org |