



## **Aging-Related Information**

### **Indiana Division of Aging – Programs and Services**

<http://www.in.gov/fssa/2329.htm>

Use this website to learn about various programs in the state of Indiana to help elderly and disables persons.

### **AARP      **1-888-AARP-NOW or (1-888-227-7669)****

<http://www.aarp.org/>

AARP supplies information about caregiving, long-term care and aging, including publications and audio-visual aids for caregivers.

### **Administration on Aging**

<http://www.aoa.gov/>

The mission of the Administration on Aging (AoA) is to help elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated, and cost effective systems of long-term care, and livable communities across the U.S.

### **Senate Special Committee on Aging**

<http://aging.senate.gov/about/index.cfm>

The Senate Special Committee on Aging has served as a focal point in the Senate for discussion and debate on matters relating to older Americans. Often, the Committee will submit its findings and recommendations for legislation to the Senate. In addition, The Committee publishes materials of assistance to those interested in public policies which relate to the elderly. While special committees have no legislative authority, they can study issues, conduct oversight of programs, and investigate reports of fraud and waste.

\*\*\*\*\*

## **Insurance/Medicaid/Medicare**

### **Apply for Medicaid**

<http://www.state.in.us/icpr/webfile/formsdiv/30465.pdf>

This site will provide you with the application form(s) to apply for Indiana Medicaid.

**DFR of St. Joseph County, Medicaid Application Service Center      (574) 236-5300**

### **Indiana Health Coverage Program**

<http://www.indianamedicaid.com/IHCP/INDEX.ASP>

The Office of Medicaid Policy & Planning (OMPP) finances basic, cost-effective medical health coverage programs for low-income residents in the state of Indiana.

### **Medicare Coverage for Nursing Home Stays      **1-800-MEDICARE (800-633-4227)****

[http://www.ohca.com/docs/medicare\\_coverage.pdf](http://www.ohca.com/docs/medicare_coverage.pdf)

The provided Medicare booklet offers an explanation of the limits of Medicare benefits for nursing home care, a beneficiary's rights and protections and where to go to get help with questions.

### **Reporting Medicaid Fraud**

<http://www.in.gov/attorneygeneral/consumer/medicaid/>

Learn what Medicaid fraud is, how it affects you, and how to report it.

### **State Health Insurance Assistance Program (SHIP)** (574) 251-3446

<http://www.in.gov/idoi/2399.htm>

SHIP provides free unbiased health insurance information for seniors and pre-retirees. SHIP helps answer your questions about most types of insurance and provides tools and information to help you make decisions about your health insurance.

\*\*\*\*\*

## **Legal**

### **Indiana Legal Services, Inc. (ILS) - Senior Law Program** (574) 234-8121

<http://www.indianajustice.org/Home/PublicWeb>

ILS is a non-profit law firm that provides free civil legal assistance to eligible low-income people throughout the state of Indiana. Among other issues, ILS can help clients with access to healthcare, access to government benefits, and preparation of Advance Directives (Power of Attorney, Appointment of Healthcare Representative, and Living Will).

### **Notre Dame Legal Aid Clinic** (574) 631-4863

<http://law.nd.edu/legal-aid-clinic>

The Legal Aid Clinic represents clients in both state and federal courts and administrative agencies. The Clinic also provides transactional lawyering services that do not involve litigation. The subject matters include mental health, consumer protections, immigrant rights, housing, and disability benefits. In the ND Legal Aid Clinic, second and third-year law students receive academic credit while providing free legal services to individuals and non-profit organizations. The students are trained and closely supervised by members of the Notre Dame Law School faculty.

### **National Senior Citizen's Law Center (NSCLC)** (202) 289-6976

<http://www.nsclc.org/>

The National Senior Citizens Law Center advocates nationwide to promote the independence and well-being of low-income elderly individuals and persons with disabilities. NSCLC advocates through litigation, legislative and agency representation, and assistance to attorneys and paralegals in field programs. NSCLC's functions vary with the needs of their clients. NSCLC maintains a national reputation for professional quality and successful advocacy.

### **Nursing Home Regulations Plus**

<http://www.hpm.umn.edu/nhregsplus>

The Nursing Home Regulations Plus website serves as a one-stop location to examine federal nursing home regulation as well as state regulations for all states that the District of Columbia. This site also contains the ability to conduct a search of the regulations by topic and compare the corresponding regulations for each state.

### **Office of Inspector General**

<http://www.oig.hhs.gov/>

The mission of the Office of Inspector General (OIG), as mandated by Public Law 95-452 (as amended), is to protect the integrity of Department of Health and Human Services (HHS) programs, as well as the health and welfare of the beneficiaries of those programs. OIG has a responsibility to report both to the Secretary and to the Congress program and management problems and recommendations to correct them. OIG's duties are carried out through a nationwide network of audits, investigations, inspections and other mission-related functions performed by OIG components.

### **National Academy of Elder Law Attorneys (NAELA)**

<http://www.naela.org>

The NAELA membership is comprised of attorneys in the private and public sectors who deal with legal issues affecting seniors and people with disabilities. Members also include judges, professors of law and students. The Academy seeks to provide support to other organizations serving seniors and people with disabilities. NAELA also examines and advocates on public policy issues facility seniors and people with special needs, but does not provide direct legal services.

\*\*\*\*\*

## **Medical Support**

### **Alzheimer Association**

**Alzheimer's 24/7 Helpline: 1-800-272-3900**

<http://www.alz.org/index.asp>

The Alzheimer Association is the leading voluntary health organization in Alzheimer research, care and support.

### **Alzheimer's Services of Northern Indiana    1-888-303-0180 or (574) 232-4121**

<http://www.alz-nic.org/>

Alzheimer's Services of Northern IN is a not-for-profit, charitable, tax-exempt organization, dedicated to family support, education, advocacy, and research into Alzheimer's Disease and other related dementias.

### **National Institute on Aging**

<http://www.nia.nih.gov/>

The National Institute on Aging leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

\*\*\*\*\*

## **Preparing For a Long-Term Care Facility**

### **AARP**

<http://www.aarp.org/>

AARP is a non-profit membership organization of persons 50 and older dedicated to addressing their needs and interests. This website offers a five-time preliminary check list about what consumers should look for when choosing a nursing home.

### **Consumer Guide to Indiana Nursing Homes**

<http://www.in.gov/isdh/reports/QAMIS/ltc/profile/index.htm>

This website provides basic information on nursing home facilities, bed count and census, survey results, state licensure actions and federal certification actions imposed. You may search for facilities by city or county in which the facility is located.

### **MemberoftheFamily.net**

<http://www.memberofthefamily.net>

MemberoftheFamily.net provides information about 16,000 Medicare/Medicaid certified nursing homes in the U.S., including easy to understand reports based on recent government surveys. They also compile a National Watch List of homes recently cited for violations or that have had substantiated complaints made against them. Additionally, they maintain an Honor Roll of facilities found to be deficiency-free.

### **Indiana's Preadmission Screening (IPAS) Program**

<http://agingandcommunityservices.org/upload/newsletters/PAS%20program2.pdf>

This link takes you to a fact sheet on the IPAS process. The IPAS program monitors nursing home admissions to insure that placements are appropriate. By state law all persons must participate in IPAS to be admitted to a nursing home in Indiana.

### **Long-Term Care Facility Directory for Indiana**

<http://www.in.gov/isdh/reports/QAMIS/ltc/directory/index.htm>

This website allows searching for long-term care facilities in Indiana by county.

### **Nursing Home Compare**

<http://www.medicare.gov/>

Once on this site, you can click on the section that says, "Compare Nursing Homes in Your Area".

Nursing Home Compare is a federal government website run by the centers for Medicaid and Medicare Services. Consumers can search nursing homes by state and research information on facility inspections (surveys) and quality measures. A 5-star rating system is incorporated to help make the site more user-friendly. Additional information can also be accessed such as: Medicare's Guide to Choosing a Nursing Home; Nursing Home Checklist; Your rights as a Nursing Home Resident; and Helpful Contacts.

### **Report Cards for Indiana Nursing Homes**

<http://www.in.gov/isdh/reports/QAMIS/ltc/repcard/search.htm>

In an effort to make survey results more available and understandable, a summary and scoring system was created for presenting key survey results because survey results are technical in nature.

**U.S. Department of Health & Human Services National Clearinghouse for Long-Term Care Information**

[http://www.longtermcare.gov/LTC/Main\\_Site/index.aspx](http://www.longtermcare.gov/LTC/Main_Site/index.aspx)

The National Clearinghouse for Long-Term Care Information provides information on planning and financing long-term care including planning for end of life care, and all major types of public and private financing to help cover long-term care costs.

\*\*\*\*\*

## **Long-Term Care Advocates**

**National Citizen's Coalition for Nursing Home Reform (NCCNHR)**

<http://www.nccnhr.org/>

This website provides information on quality care, resident rights and quality of life issues for nursing home residents. An easy to use map connects you to the key long-term care agencies in each state including citizen advocacy groups and their websites

**National Ombudsman Resource Center (NORC)**

<http://www.ltombudsman.org/>

This website provides links to your state and local Ombudsman offices. Ombudsmen are resident advocates who work both the state and regional level. Many Ombudsman programs sponsor websites with consumer information.

**Indiana Culture Change Coalition (ICCC)**

<http://www.pioneernetwork.net/Coalitions/Find/Indiana/>

This website provides information on the state coalition to promote culture change in nursing facilities. Regular meetings of the coalition and contact information is available.

**Pioneer Network**

<http://www.pioneernetwork.net/>

Pioneer Network advocates for elders across the spectrum of living options (which are often dictated by differing levels of the medical care required); and is working towards a culture of aging that supports the care of elders in setting where individual voices are heard and individual choices are respected—whether it is in nursing homes, transitional care settings or wherever home and community may be. Cultivating and maintaining a community of relationships is important at every phase of life, but especially critical for elders and the aging, many of whom may need a network of partners to live life to its fullest.

**Center for Advocacy for the Rights and Interests of the Elderly (CARIE)**

<http://www.carie.org>

The Center for Advocacy for the Rights and Interests of the Elderly (CARIE) is a non-profit organization, dedicated to improving the quality of life for vulnerable older people.

### **Eden Alternative**

<http://www.edenalt.org/>

The Eden Alternative is a small not-for-profit organization based on the core belief that aging should be a continued state of development and growth, rather than a period of decline. The Eden Alternative is seeking to remake the experience of aging around the world. The bulk of our work to date has been in de-institutionalizing the culture and environment of today's nursing homes and other long-term care institutions.

### **Advancing Excellence in America's Nursing Homes**

<http://www.nhqualitycampaign.org/>

Advancing Excellence in America's Nursing Homes is a national campaign to improve the quality of life for residents and staff in America's nursing homes. The campaign's coalition includes long-term care providers, caregivers, medical and quality improvement experts, consumers, government agencies and other quality-focused organizations. The campaign focuses on quality improvement and self-regulation on the part of providers. The campaign acknowledges the critical role of both nursing home staff and consumers are promoting the Advancing Excellence in America's Nursing Homes campaign by encouraging nursing homes to sign onto the campaign and asking nursing home administrators if they are participating and which goals they have chosen. The campaign encourages nursing homes to seek and use consumer involvement to improve quality.

### **Consumer Consortium for Assisted Living (CCAL)**

<http://www.ccal.org/>

CCAL is a national non-profit consumer-based organization focused on the needs, rights and protection of assisted living consumers, their caregivers and loved ones. CCAL believes that advocacy action is necessary today to ensure quality care tomorrow; advocates for the safety, quality care and protection of assisted living residents, and educates consumers to help them navigate the confusing array of assisted living choices and make appropriate, informed decisions.

### **National Family Caregivers Association (NFCA)**

<http://www.thefamilycaregiver.org/>

The National Family Caregivers Association (NFCA) reaches across the boundaries of diagnoses, age, and relationship to address the common needs and concerns of all family caregivers. Through education, support and advocacy, NFCA empowers family caregivers to act on behalf of themselves and their loved ones, and works to remove the barriers that stand in the way of a family caregiver's health and well-being.

\*\*\*\*\*

## **Regulations – State and Federal**

### **State Regulations**

[http://www.in.gov/legislative/iac/iac\\_title?iact=410](http://www.in.gov/legislative/iac/iac_title?iact=410)

For Nursing Home Regulations, view Article 16.2 Rules 0.5 – 3.1. For Assisted Living Regulations, view Article 16.2 Rule 5.

**Federal Regulations**

[http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=/ecfrbrowse/Title42/42cfr483\\_main\\_02.tpl](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=/ecfrbrowse/Title42/42cfr483_main_02.tpl)

For Nursing Home Regulations, view Subpart B. (Assisted Living Facilities are regulated by the state only).

\*\*\*\*\*

**Information and Referral**

Still have questions? Try these sources for additional information and referrals:

**Link-Age Aging & Disability Resource Center (ADRC)**

**1-800-522-7928 or (574) 284-2644**

[www.link-age.org](http://www.link-age.org)

The ADRC serves as a one stop shop resource center providing information, assistance and support for seniors, people with disabilities, and those who support them. Long term support includes assistance with navigating various resources for aiding people within the home, as well as assistance in finding the best solution when home is no longer an option.

**United Way of St. Joseph County, 211 (574) 232-8201**

<http://www.uwsjc.com/>

United Way of St. Joseph County 211 provides information and referral services to St. Joseph and Marshall County.

**United Way of Elkhart County 211**

**(574) 293-8671**

**United way of LaPorte County 211**

**1-800-399-7222**

**United Way of Allen County (serves Kosciusko County)**

**1-877- 502-0700**