

Frazier Rehabilitation Institute



UofL Health – Frazier Rehab Institute
220 Abraham Flexner Way
Louisville, Kentucky 40202
P: 502-582-7400
UofLHealth.org



Community Resource Guide

TABLE OF CONTENTS

Introduction: Where to Start	5	Assistive Technology	19
Health Care Coverage	6	• Assistive Technology Resource Center (ATRC)	19
• Health Insurance	6	• Kentucky Assistive Technology	
• Medicare.....	6	Loan Corporation (KATLC)	20
• Medicaid.....	6	• Enabling Technologies (enTECH).....	20
• Early and Periodic Screening, Diagnostic, and Treatment	6	• Kentucky Relay Service	20
• Supplemental Health Care Assistance for Children	7	• Assistive Technology (AT) Products	20
Financial Assistance	7	Caregiver Help	21
• Income	7	• Hiring Caregiver Assistance	21
• Short or Long Term Disability.....	7	• Paid Time Off or Medical Leave.....	21
• Paid Time Off or Medical Leave.....	7	• Family, Friends and Neighbors as Resources.....	22
• Disability Income	8	• Kentucky and Indiana Planning	
• Temporary Assistance for Needy Families (TANF).....	9	and Development Agency (KIPDA)	22
• Supplemental Nutrition Assistance Program (SNAP).....	9	• Area Agency on Aging	22
• State Social Services Programs	10	• Medicaid Waiver Programs	23
• Veterans Programs.....	10	• Acquired Brain Injury Waiver.....	24
• Federal Tax Benefits	10	• Participant Directed Services (PDS).....	24
Prescription Assistance	11	• Traumatic Brain Injury (TBI) Trust Fund	24
• Tips to Find Prescription Help	11	• Kentucky Transitions Program	25
• Patient Assistance Programs	11	• Personal Care Attendant (PCA) Program.....	25
• Family Health Centers	11	• Hart Supported Living Program	26
• Extra Help Medicare Prescription Supplement Program	11	• Veterans Aid and Attendance Program	26
Transportation	12	Specialty Childcare	27
• Disabled Parking	12	• The Carriage House.....	27
• Driver Evaluations, Training and Vehicle Modifications...	13	• The Kidz Club	27
• Wheelchair Accessible Vehicles	13	- Neighborhood House	27
• Public Transportation	13	- Preston Highway	27
- Transit Authority of the River City (TARC)	13	- Dixie Highway.....	27
- TARC 3	14	• Sproutlings Pediatric Day Care & Preschool	27
- Wheels – American Red Cross	14	• The Center for Courageous Kids.....	27
- Catholic Charities Senior Services.....	14	• YMCA.....	28
- zTrip	14	• Home of the Innocents – Kosair Charities Pediatric	
• Private Pay Transportation Services.....	15	Convalescent Center	28
• Medicaid – Medical Transport.....	15	• Community Coordinated Child Care	28
Accessible Housing	16	Safety Education and Training for Parents	29
• Housing Resources	16	• Safe Kids Coalition Louisville.....	29
• Family Lodging	16	• Norton Children’s Hospital Parenting Classes	29
- Ronald McDonald House	16	- Patient and Family Education Department	29
Wheelchair Ramp Programs	17	Community Intervention Programs	30
• Wheelchair Ramp Resources.....	17	• Commission for Children with	
• Home Modifications	18	Special Health Care Needs.....	30
• Home Modification Companies.....	19	• Visual Impaired Preschool Services (VIPS).....	30
		• Kentucky School for the Blind.....	30
		• Heuser Hearing Institute (HHI)	30

Health and Self Care Aides	31	Protection, Advocacy and Support	43
• Local Specialty Stores.....	31	• Protective Services.....	43
• Online Catalogs	31	• Advocacy.....	43
Medical Alert Calling systems	31	• Americans with Disability Act (ADA)	43
Community Assistance	32	• Support Associations and Groups.....	44
• Neighborhood Place	32	- Alcohol and Drug Addiction.....	44
• Association of Community Ministries	33	- Amyotrophic Lateral Sclerosis (ALS).....	44
• Local General Assistance	33	- Alzheimer's Disease.....	44
Education/Academic Resources	34	- Arthritis.....	45
• Education and School Re-entry.....	34	- Autism.....	45
- Indiana Department of Education.....	34	- Brain Injury	45
- Kentucky Department of Education.....	34	- Cancer.....	46
• First Steps.....	35	- Cardio-Pulmonary	47
- Southern Indiana Cluster I.....	35	- Caregiver Support.....	47
- Kentuckiana District #6 Point of Entry.....	35	- Death and Grief	47
Legal Considerations	36	- Diabetes	48
• Advance Directives	36	- Down Syndrome	48
• Financial Planning.....	36	- Healthy Lifestyles.....	48
• Guardianship.....	37	- Multiple Sclerosis	48
• Legal Advice	37	- Muscular Dystrophy	49
Return to School and/or Work	38	- Pain Management	49
• Early Intervention Services.....	38	- Parents of Special Needs Children	49
• Education and School Re-entry.....	38	- Parkinson Disease.....	49
• Vocational Rehabilitation Services	39	- Special Needs Children.....	50
Mental Health and Counseling Services	40	- Spina Bifida.....	50
- LifeSpring Main Center.....	40	- Spinal Cord Injury	50
- Seven Counties.....	40	- Stroke.....	51
- Weisskopf Child Evaluation Center.....	41	- Trauma.....	51
- Bingham Clinic-University of Louisville Dept of Pediatrics.....	41	Additional Resources	52
- Pediatric Psychological Associates, PLLC	41	• Identification Cards.....	52
- SquareOne Specialists in Child and Adolescent Development.....	41	• Computer and Internet Access	52
- Additional Resource Information.....	41	• State Social Services Websites	53
- National Suicide Prevention Line.....	41	• Tax-Advantaged Savings Accounts for Individuals with Disabling Conditions	53
Community Fitness and Adapted Leisure	42	• Paws with Purpose.....	53
• Community Fitness.....	42		
• Adapted Leisure	42		
• Livestrong at the YMCA	42		
• University of Louisville Trager Institute	42		

COMMUNITY RESOURCE GUIDE

The team members of UfofL Health – Frazier Rehab Institute understand the impact an illness, injury or disability can have on the everyday lives of members in our community. We hope you will find the area resources compiled in this guide to be helpful. This is by no means a complete list of agencies. If you have identified a need that is not listed here or have questions about getting help, please ask one of our experienced team members or contact your case manager at 502-582-7466. We may be able to help or offer direction to get the help you need.

This guide contains some of the most requested and utilized community resources that might be of benefit to you and/or your family. This information has been gathered from agencies serving the Greater Louisville and Southern Indiana area.

INTRODUCTION: WHERE TO START

Education

The experienced Frazier Rehab team has found education regarding an injury or illness essential for preparing patients and families for discharge to home and managing future recovery needs. We invite you to take advantage of our family and caregiver educational opportunities.

- Ask your case manager about available educational material and support groups here at Frazier Rehab and in your community.
- Schedule family teaching days to attend therapy sessions with Frazier Rehab team members.
- Attend team rounds to participate in treatment planning.
- Keep a journal, take notes and ask lots of questions.
- Review educational material provided by your rehab team.
- Research outside information in your library or on the internet.

Caregivers

In the early phase of recovery, caregivers may be involved in treatment planning, decision making and coordinating discharge plans. If you need to take time off from work to participate in the rehab program, ask your employer about signing up for leave under the **Family Medical Leave Act (FMLA)**. FMLA allows you to take up to 12 weeks off from work, either all at once or intermittently, without jeopardizing your employment with many employers.

Being a caregiver can be a tough job. It is very important for caregivers to take care of themselves. Do your best to eat right, rest when you can and take time out for yourself. The caregiver role may be more prominent after discharge and we want you to be prepared for the transition to home.

Family, Friends and Neighbors as Resources

The people around you can be good resources and often want to help, they just don't know how. If extended family, friends or neighbors offer to help, give them something to do. For example, ask them to sit with your loved one so you can go home and take a shower, feed the dog, run an errand, mow the lawn, set out your trash cans, collect your mail, make a donation to a charitable organization that may be assisting you, etc.

Community

If you are unable to find the resources you need around you, look to your community for help. There are public assistance programs and community agencies that may be able to assist you. Some of the services available are listed in this guide.

HEALTH CARE COVERAGE

Health Insurance

Medical care is costly. Read your health insurance policy and learn the vocabulary to better understand the benefits and limitations of the policy. For example, do you know?

- What is your annual deductible for your health insurance plan?
- What is your coinsurance responsibility for care?
- Do you have an out of pocket maximum?
- What are the benefits for outpatient therapy or home health services recommended by the rehab team?
- What are the benefits for the durable medical equipment needed at discharge?

If you live in Kentucky and do not have health insurance, check with the Kentucky Health Benefit Exchange to determine your eligibility for health insurance. You may find an affordable health care plan, be eligible for premium subsidies or obtain Medicaid coverage under the Affordable Care Act of 2010. There are Application Assisters who can help you with this process. For more information, contact Kentucky's Health Benefit Exchange at 855-459-6328 or visit the website kynect.ky.gov.

If you live in Indiana or another state, you can find health insurance information at the healthcare.gov website or by calling 800-318-2596.

Medicare

Medicare is a federal health insurance program available for persons who are 65 years of age or older and persons under the age of 65 who are blind, on dialysis or disabled. To learn more about Medicare, call 800-633-4227 or visit the website medicare.gov.

Medicaid

Medicaid is a health insurance plan covering children, seniors and disabled individuals from low income families. Individuals who meet the federal income requirements may also be eligible. Each state administers the program differently. To determine if you are eligible for Medicaid, contact your state's Department of Medicaid Services, health insurance exchange, or your county social services office. For more information regarding Medicaid, visit Kentucky's website at benefind.ky.gov or Indiana's website at indianamedicaid.com.

Early and Periodic Screening, Diagnostic, and Treatment

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a Medicaid program that is federally mandated to ensure low income children under the age of 21 are provided an array of prevention, diagnostic, and treatment services. Services include the areas of medical, mental health, vision, hearing, and dental care. Through a prior-authorization process, children may receive medically necessary treatment or equipment that is not available to Medicaid members 21 years old or older. For more information regarding EPSDT, visit Kentucky's website at chfs.ky.gov/agencies/dms/dpqo/dcmb/Pages/epsdt-screenings.aspx or Indiana's website at in.gov/medicaid/files/epsdt.pdf

Supplemental Health Care Assistance for Children

The following agencies may provide supplemental medical coverage for uncovered services or equipment for children ages birth to 21 years of age with chronic medical conditions. Families will need to meet specified income criteria. For more information contact:

Indiana

Children's Special Health Care Services
800-475-1355
in.gov/isdh/19613.htm

Kentucky

Office for Children with Special Health Care Needs
800-232-1160
chfs.ky.gov/agencies/ccshcn/Pages/default.aspx

FINANCIAL ASSISTANCE

Income

When a catastrophic injury or illness impacts the income of an individual or family, the results can be devastating. Review the options available to you through your employer, insurance policies, from government assistance programs, or look to community agencies for help. Find out if you are eligible for any of the following:

- Short term disability
- Long term disability
- Paid time off or medical Leave
- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Temporary Financial Assistance for Needy Families (TANF) or Kentucky Temporary Assistance Program (KTAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Veterans programs

Short or Long Term Disability

To be eligible for short term or long term disability income, you must have a policy through your employment or one you have purchased on your own. For information, contact your employer's human resources representative or the person who sold the policy to you.

Paid Time Off or Medical Leave

To continue to receive pay while you need to be off from work to take care of yourself or a loved one, check with your human resources representative to determine if you can use your sick time, medical leave, or vacation time.

Disability Income

To apply for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) programs, contact the Social Security Administration at 800-772-1213, go to your local Social Security office, or visit the website at ssa.gov.

Social Security – Louisville

Main Office
601 West Broadway, Room 101
Louisville, Ky. 40202
866-716-9671

Social Security – New Albany

Federal Building
121 West Spring Street
New Albany, IN 47150
812-948-5288

Helpful information to apply for SSDI or SSI:

- Make sure all requested information is submitted with the application and deadlines are followed.
- The decision will be based on the Social Security Administration's determination the applicant will be disabled (unable to work) for greater than one year.
- The application process can take several months before the initial decision is made.
- Some applicants are deferred. This means their progress is reviewed again after a specified period of time before a decision will be made.
- Many applicants are denied. The appeal process is explained in the denial letter.
- There are four levels of appeal and the appeal process can take up to 1-2 years.
- Individuals have found that legal assistance can facilitate the appeal process.
- If you are declared disabled, you will be awarded one or both disability programs, Social Security Disability Income (SSDI) and/or Supplemental Security Income (SSI), based on the amount of money you have contributed to the Social Security tax system through your work history.
- If you are approved for SSDI, you will be eligible for Medicare after a two- year waiting period.
- If you live in Kentucky and are approved for SSI, you will automatically be eligible for Medicaid. There is no waiting period for Medicaid.
- If you live in another state, Medicaid may not be automatic. To learn more, go to disabilitysecrets.com.
- Additional assistance for prescription costs may also be available. To learn more, go to socialsecurity.gov/prescriptionhelp.

Helpful information to apply for SSDI or SSI for children:

- Children can be eligible for SSI if they have a disabling condition that meets impairment criteria listed by the Social Security Administration for greater than one year AND their parent(s) income and assets fall below the allowable amount. If your child is 18 or over, the Social Security Administration's determination for SSDI or SSI is based on if the applicant will be disabled (unable to work) for greater than one year.
- Make sure all requested information is submitted with the application and deadlines are followed.
- The application process can take several months before the initial decision is made.
- Some applicants are deferred. This means their progress is reviewed again after a specified period of time before a decision will be made.
- Many applicants are denied. The appeal process is explained in the denial letter.
- There are four levels of appeal and the appeal process can take up to 1-2 years.
- Individuals have found that legal assistance can facilitate the appeal process.
- If you are declared disabled, you will be awarded one of two disability programs, Social Security

Disability Income (SSDI) or Supplemental Security Income (SSI), based on the amount of money you have contributed to the Social Security tax system through your work history.

- If you are approved for SSDI, you will be eligible for Medicare after a 2 year waiting period, except individuals with End Stage Renal Disease and Amyotrophic Lateral Sclerosis. Those diagnoses allow for Medicare to start at the same time SSDI starts.
- If you live in Kentucky and are approved for SSI, you will automatically be eligible for Medicaid. There is no waiting period for Medicaid.
- If you live in Indiana you will need to apply separately for IN Medicaid.

Numbers that may be helpful to complete the application:

Health Information Departments (Medical Records)

UofL Health – Jewish Hospital & Frazier Rehab Institute	502-217-1900
UofL Health	502-217-1900
Norton Children’s Hospital	502-629-8700
Baptist Hospital East	502-253-4828
Norton’s Healthcare	502-629-8766
Southern Indiana Rehabilitation Hospital	812-941-8129
Floyd Memorial Hospital Healthcare Services	812-944-7701
Clark Memorial Hospital	812-283-2521

Legal Documents (Birth, Death, Marriage and Divorce Certificates)

Indiana Bureau of Vital Statistics	317-233-2700
Kentucky Bureau of Vital Statistics	502-564-4212
National Record Network	800-255-2414

Legal Assistance

Lawyer Referral Service	502-583-1801
Legal Aid Society	502-584-1254

Temporary Assistance for Needy Families (TANF)

Temporary Assistance for Needy Families (TANF) is also known as the Kentucky Temporary Assistance Program (KTAP) for Kentucky residents. TANF, or KTAP, is a cash-assistance program for families with dependent children. To learn if your family is eligible, contact your county social services office or visit the state Benefind website at benefind.ky.gov.

Supplemental Nutrition Assistance Program (SNAP)

Supplemental Nutrition Assistance Program (SNAP), more commonly known as food stamps, is a program that helps needy families buy groceries. To learn if you are eligible for SNAP, contact your county social services office or visit the state Benefind website at benefind.ky.gov.

State Social Services Programs

Indiana

Division of Family and Children's Services

Floyd County

842 University Woods, Suite 11

New Albany, Ind. 47150

812-949-4056

in.gov/fssa

Kentucky

Department of Community Based Services

Jefferson County

908 West Broadway (L&N Building)

Louisville, Ky. 40202

502-595-4803

State social services programs can assist families with limited income and resources.

Contact your local county office for assistance with the following:

- Temporary Assistance for Needy Families (TANF) – also called Kentucky Temporary Assistance Program (KTAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Applications for Medicaid, including waiver program eligibility
- Low Income Home Energy Assistance Program (LIHEAP)
- Kentucky Works Program (KWP)

Veterans Programs

Veterans may have access to health benefits and support programs, especially those with limited or no income. To learn more about veteran income, health care, and other program benefits, contact your regional Veteran's Affairs office. In Louisville call 800-827-1000 or visit the website at benefits.va.gov/louisville. If you need help navigating veterans programs or advocacy, a veteran's service organization (VSO) can help. You can find one at this link: va.gov/vso.

Federal Tax Benefits

Internal Revenue Service: 800-829-1040 | irs.gov.

When building ramps or modifying your home, save your receipts. Home modifications for the disabled and some medical expenses are tax deductible. Check with your tax advisor or contact the IRS to determine your eligibility for excluded income, itemized deductions and/or tax credits.

PRESCRIPTION ASSISTANCE

Prescriptions can be expensive, especially if you have no insurance coverage. This section provides suggestions to help you obtain your discharge medications.

Tips to Find Prescription Help

1. Review your prescriptions. If you already have a medication at home, let your doctor know you do not need a new prescription.
2. Ask your doctor if there is another medication just as effective that may be a generic or cheaper alternative.
3. Ask your primary care doctor or specialist if she/he can provide samples of the medication.
4. Ask your primary care doctor or specialist if she/he can refer you to a low-income drug program. These programs may require a form to be completed or a letter from your doctor.
5. Ask your pharmacy to partially fill your medication according to how much you can afford. When you get paid, you can have the rest filled.
6. Check the discount prescription lists at Target, Wal-Mart and Kroger or ask your pharmacist for available discounts.
7. Borrow money from a family member or friend.
8. Contact your area church or community ministry for possible assistance.

Patient Assistance Programs

Check with the manufacturer of your prescription medication to determine if there is a patient assistance program. You can find information regarding patient prescription programs here:

Partnership for Prescription Assist	888-477-2669	pparx.org
RX Assist	800-808-1213	rxassist.org
NeedyMeds	800-503-6897	needymeds.org
Select Care Benefits Network	888-331-1002	scbn.org
GoodRx®	855-268-2822	goodrx.com

Family Health Centers

Discuss with your doctor the possibility of transferring your primary care to a Family Health Center. The Family Health Centers offer assistance with medications as part of the clinic services. For locations or more information, call 502-774-8631.

Americana	4805 Southside Drive	502-772-8860
East Broadway	834 East Broadway	502-583-1981
Fairdale	1000 Neighborhood Place	502-361-2381
Iroquois	4100 Taylor Blvd.	502-366-4747
Phoenix	712 E Muhammad Ali Blvd.	502-568-6972
Portland	2215 Portland Avenue	502-774-8631
Southwest	9702 Stonestreet Road	502-995-5051
West Market	2500 West Market	502-778-8400

Extra Help Medicare Prescription Supplement Program

The Extra Help program offers assistance with the costs of Medicare prescription drug plans. For more information, or to apply, call 800-772-1213 or visit the Social Security Administration website at ssa.gov/prescriptionhelp.

TRANSPORTATION

Undoubtedly you will need and want to travel outside of your home for medical appointments, employment, recreation, etc. Please see below for information about parking permits, driver's evaluations and training, vehicle modification and transportation services.

Disabled Parking

Applications for disabled parking permits and plates are available at the County Clerk's Office in Kentucky or the License Bureau in Indiana. Available permits:

Plates and Placards

Kentucky:

- The application will need to be signed by your physician and submitted to your local county clerk's office.
- Your signature must be notarized.
- Notary is available for \$2.00 in the County Clerk's office, or for free at Frazier Rehab. Please ask your case manager for assistance.
- There is no charge for a temporary placard; it is good for three months.
- There is no charge for a permanent placard; it is good for six years.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Jefferson County Clerk's office: 502-574-5700

Indiana:

- The application will need to be signed by your physician and submitted to your local license branch.
- There is a \$5.00 fee for a temporary placard; it is good for up to one year.
- There is no charge for a permanent placard; it is good until your health care provider certifies you are no longer disabled.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Floyd County License Branch office: 888-692-6841

Disabled Parking Spaces

Metro Louisville residents can apply to have an Accessible Parking Zone (disabled parking space) installed to allow for accessible on-street parking near their home. Call the Public Works Department at 502-574-3893 for more information or to apply. Fees apply.

Driver Evaluations, Training and Vehicle Modifications

Before you begin driving again, your physician or occupational therapist may recommend a driver's training and evaluation to determine if you are safe to return to driving. Driver's evaluations will test:

- Coordination
- Range of motion
- Reaction times
- Problem solving or decision making
- Vision and hearing
- Need for vehicle modifications

The following locations provide driver's evaluation services:

Driver Assessments and Training

Frazier Rehab Institute – NeuroRehab

4912 US Hwy. 42, Suite 104

Louisville, Ky. 40222

502-429-8640

UofLHealth.org/locations/frazier-rehabilitation-institute/services/drivers-education-training-program

Office of Vocational Rehabilitation

Driver Evaluation/Vehicle Modification Branch

301 East Main Street

Lexington, Ky. 40507

859-246-2117

kcc.ky.gov/Vocational-Rehabilitation/cdpvtc/programs/Pages/Driver.aspx

Wheelchair Accessible Vehicles

Superior Van and Mobility

4734 Rockford Plaza Dr.

Louisville, Ky. 40216

502-447-8267

800-458-8267

superiorvan.com

Cook and Reeves

Van Sales and Rentals

4443 Dixie Highway

Louisville, Ky. 40216

502-447-8255

cookandreevesvans.com

Public Transportation

Transit Authority of the River City (TARC)

502-585-1234

ridetarc.org

- All TARC routes are wheelchair accessible. The front of each TARC bus has seating for seniors and riders with disabilities. All TARC routes feature buses with lift mechanisms or ramps to assist riders in wheelchairs.
- Kneeling buses are available to make boarding easier for riders with mobility impairments. Kneeling buses are identified with a decal near the front door.
- An online trip planner is available on the website or you can call 502-585-1234 to speak with a TARC representative for assistance.
- Fare: \$1.75 cash or \$1.50 with MyTARC smart card.
- With a TARC ID, students, seniors and disabled persons can ride for \$.80

TARC 3 via TARC's Para Transit Department

1000 West Broadway

Louisville, Ky. 40203

502-213-3217

ridetarc.org

- Requires 24-hour notice.
- Must be unable to use the fixed-route system due to disability or functional limitations.
- Must submit application and be approved by TARC.
- Cost: \$3.00 each way.
- Service area is up to 3/4 of a mile from fixed bus route lines excluding the express routes.

Wheels – American Red Cross

502-561-3690

- Requires 24-hour notice.
- For disabled persons and senior citizens age 60 or over.
- For medical appointments, nutrition services, and essential senior services
- Seniors call KIPDA 502-266-5571 to apply.
- Disabled persons call Wheels 502-561-3690 to apply.
- No charge for transportation.

Catholic Charities Senior Services

502-873-2566

- Requires seven-day notice.
- Primarily for citizens 60 years and older.
- Louisville area.
- Volunteers drive their own cars and stay for the appointment.
- Riders must be ambulatory – cane or walker is OK if independent with use.
- Will transport maximum of 1x per week.
- Fee is \$10 round trip.

zTrip

502-777-7777

ztrip.com/louisville

- Requires 72-hour notice for accessible trips.
- Two hundred cabs can take folding wheelchairs.
- Eight vans can transport power chairs.
- Accept cash or credit; but credit must be ran prior to the trip.
- Rates \$4.70 first mile then \$2.25 for each additional mile.
- The rates are the same for a cab or a wheelchair van.
- Serves Metro Louisville and Clarksville, Jeffersonville and New Albany.

Private Pay Transportation Services

Medical transportation companies typically provide door to door transport services for ambulatory and non-ambulatory citizens. There are multiple companies in the Louisville area who provide transportation services. The following private companies have provided marketing material to Frazier Rehab Institute for medical transport services. The companies noted below are not endorsed by Frazier Rehab Institute and are listed for informational purposes only:

Able Care	502-267-1911
Louisville Wheelchair & Mobility Transportation	502-419-0884
Magic Transportation	502-935-1060
Nolan's Medical Transport	502-295-3423

**Tip – Private pay hired help and companion companies provide transportation services as part of a package of services. Ask your case manager for a list of private pay hired help companies or go to page 20 of this guide to call to compare rate information.*

Medicaid – Medical Transport

Indiana Medicaid offers non-emergency transportation assistance for members needing transportation to physician offices, medical testing or therapy appointments.

- Online scheduling is available at indianamedicaid.com. Click on Members. On the right side click on Search for Provider. On the provider search page, choose “other” and use the pull-down menu to select a transportation provider. Chose the provider and complete the form.
- You can also schedule a trip by calling 800-457-4585 or a provider directly.
- Allows 20 one-way trips of less than 50 miles per year.
- Additional trips over 20 require prior authorization.
- There is a \$.50 to \$2.00 fee for some members depending on benefit plan.
- Schedule in advance as transport companies fill up quickly.

Kentucky Medicaid offers non-emergency transportation assistance for members needing transportation to physician offices, medical testing or therapy appointments. This service is available to Kentucky Medicaid members even if they are enrolled in a managed care plan; however, your primary care physician must complete paperwork in order for services to begin.

- Federated Transportation of the Bluegrass (FTSB) is the company used by Kentucky Medicaid in Jefferson, Oldham, Bullitt, Henry, Shelby and Spencer counties.
- To be eligible, there cannot be a vehicle registered to anyone in your home unless the vehicle is used for employment purposes or is not running. Proof will be required.
- If you live on a TARC route and are able to ride, TARC passes may be provided.
- Call FTSB at 888-848-0989 to schedule. 72-hour notice is required.
- Other Kentucky counties' contact information can be found at Kentucky Medicaid Transportation.

ACCESSIBLE HOUSING

Housing Resources

Center for Accessible Living

305 W. Broadway, Suite 2

Louisville, Ky. 40202

502-589-6620

502-589-6690 TTY

888-813-8497

calky.org

The Center for Accessible Living in Louisville helps people with disabilities live independently in the community through the following resources:

- Accessible-area housing resources
- Independent living skills
- Personal care attendant program
- Ramps (waiting list) or ramp resources
- Peer counseling
- Employment programs
- Advocacy

New Directions Housing Corporation

1000 E. Liberty Street

Louisville, Ky. 40204

502-589-2272

ndhc.org

701 E. Spring Street, Suite 208

New Albany, Ind. 47150

888-757-8790

New Directions Housing Corporation offers affordable housing, education, childcare, home repairs and resource linkage for the economically disadvantaged, elderly and those living with disabling conditions.

Family Lodging

Ronald McDonald House Kentuckiana

550 S. First Street

Louisville, Kentucky 40202

502-581-1416

rmhc-kentuckiana.org

The Ronald McDonald House provides lodging to families who are from outside of the metro Louisville area and are seeking medical care for their child. RMH eligibility requirements include:

- Patient must be 21 and younger
- Must live outside of Jefferson County in Kentucky or Clark and Floyd Counties in Indiana.
- Must have a referral from physician, nurse or social worker on your child's treatment team.
- Information about lodging at Ronald McDonald House:
 - The rate is \$20 night, but no one is turned away
 - Rooms have a shared bath, kitchen, living room, and laundry areas.
 - Internet access is available on 1st floor.
 - Stocked kitchen areas are available and often volunteers provide meals.

WHEELCHAIR RAMP PROGRAMS

You may be in need of a ramp for access to your home. Ramps can be rented, purchased pre-made or constructed. If you and your family want to build your own ramp, ask your Case Manager or Occupational Therapist for a brochure with detailed instructions.

Unfortunately, very few insurance plans will provide funding for the cost of ramp installation. Medicare and Medicaid DO NOT provide any funding for ramp installation.

The agencies listed below have financial assistance available; however, funds are very limited and most have waiting lists.

RampUp	800-327-5287
Lifespan Resources	812-948-8330
Center for Accessible Living	502-589-6620
New Directions	502-589-2272
Kentucky Assistive Technology Network	502-489-8285
MPCCA	502-633-7162

Wheelchair Ramp Resources

The Minnesota Ramp Project – klownwerkz.com/ramp – This Internet resource includes many resources including the downloadable “Ramp Manual” with illustrated instructions, helpful tips, videos and discussion of ramp safety and suggestions about funding resources for ramps.

The Center for Accessible Living in Louisville, Kentucky at 502-589-6620 manages a contract from the City of Louisville for building ramps for local seniors and persons with disabilities. For more information or to obtain an application for ramp assistance through this project call CAL.

A source of reduced-cost building materials is **ReStore** at 502-805-1652, which is associated with *Habitat for Humanity*. In Louisville, *Habitat for Humanity* has three ReStore locations (Portland, Hikes Point and Papa Johns Cardinal Stadium). Builders, contractors, and home owners drop off unwanted building materials at ReStore locations and the proceeds from ReStore sales support Habitat building projects. Check the Louisville website as a possible source for low-cost materials that can be used to build your ramp: louisvillerestore.com.

Portable Ramp Suppliers: go to Google and search “Portable Wheelchair Ramps” or use this short list of companies below to see some options. Inclusion on this list should NOT be considered a recommendation.

Amazon.com	amazon.com
AmRamp	amramp.com
Discount Ramps	discountramps.com/portable_ramps.htm
Express Ramps	portable-wheelchair-ramps.com
Gould's Discount Medical	gouldsdiscountmedical.com
Handi-Ramp	handiramp.com
Pushing Forward, Inc.	pushingforwardinc.org

Home Modifications

In working with the Frazier Rehab Institute therapy team you may find modifications are needed to improve your safety and function in your home. Needed modifications may include but are not limited to:

- Ramp installation
- Bath room remodel
- Cabinet alterations
- Elevator installation
- Wood floor installation
- Handrail installation
- Larger entry door installation
- Chair lift installation
- Wide-door hinge installation
- General ease and access modifications

New Directions Housing Corporation

Repair Affair

1000 E. Liberty, 40204

502-589-2272

- Annual program – applications are taken in January of each year.
- Repairs houses for people 60 and over or people with disabilities.
- Must be a homeowner and a resident of Louisville.
- Income guidelines apply.

Center for Accessible Living

305 W. Broadway, Suite 200, 40202

502-589-6620

- Manages the former Jefferson County Ramp Program wait list.
- Must be resident of Jefferson County.
- Maintains list of alternate, accessible area public housing.
- Provides contact information to companies who may offer discounted construction rates for persons who are disabled.

Hart Supported Living Program

P.O. Box 206037

Louisville, Ky. 40220

502-229-6500

Region Three Counties: Bullitt, Jefferson, and Spencer

Grant requests may be awarded for but are not limited to the following services:

- Home and vehicle modifications
- Attendant or personal care assistance
- Housing deposits and set up of housing costs
- Training in independent living skills

Hart Supported Living Program grants are awarded on an annual basis. Applications are due by April 1 of each year for grants paid in July. For more information contact the Hart Supported Living Program at chfs.ky.gov/agencies/dail/Pages/hslp.aspx.

Home Modification Companies

The following private companies have provided marketing material to Frazier Rehab Institute for home modification services. The companies noted below are not endorsed by Frazier Rehab Institute and are listed for informational purposes only:

Cap Able Living	502-632-9192	capablelivingllc.com
Easy Home Access LLC	502-822-6032	
Holdfast Remodeling	502-753-9498	
bhc heidenreich contractors	502-636-1144	
Fackler Homes	502-648-2650	facklerhomes.com
Gould's Discount Medical	502-492-2000	gouldsdiscountmedical.com
Senior Citizens Network, Inc.	502-451-4758	

ASSISTIVE TECHNOLOGY

UofL Health – Frazier Rehab Institute – Assistive Technology Resource Center (ATRC)

220 Abraham Flexner
Louisville, Ky. 40202
502-582-7660

UofLHealth.org/locations/frazier-rehabilitation-institute/services/assistive-technology

The Assistive Technology Resource Center uses technology to maximize function for individuals being treated for disabling conditions such as spinal cord injury, movement disorders, brain injury, stroke and developmental disabilities. The services offered by ATRC include:

- Seating and mobility
- Augmentative and alternative communication
- Adaptive computer access
- Electronic aids to daily living
- Home and work modification

Kentucky Assistive Technology Services (KATS) Network

502-489-8258
800-327-5287
katsnet.org

KATS Network seeks to “connect individuals with disabilities to the appropriate organizations that can improve the quality and productivity of their lives through assistive technology.” The KATS Network provides the following services and more:

- Assistive technology services
- Loan of assistive devices
- Funding information and referrals
- Assessments and evaluations
- Consultations on appropriate technologies

Kentucky Assistive Technology Loan Corporation (KATLC)

275 East Main Street

Mail Stop 2 E-K

Frankfort, Ky. 40621

877-675-0195

katlc.ky.gov/Pages/default.aspx

KATLC offers low interest loans for qualified applicants with disabilities who need assistive technology.

Enabling Technologies (enTECH)

812 S. Second Street

Louisville, Ky. 40203

Phone: 502-992-2448

entech.spalding.edu

EnTECH provides consultation, assessment, material development, training, resources and a lending library among other services.

Kentucky Relay Service

Services for Deaf and Hearing Impaired

632 Versailles Road

Frankfort, Ky. 40601

Voice Users 502-573-2604

Video Users 502-416-0607

kcdhh.ky.gov

- Interpreters or computer aided transcription services
- Equipment
- Telecommunications Access Program
- Information and Advocacy

Assistive Technology (AT) Products

- **Enablemart** sells AT products and devices. For more information, visit the website at enablemart.com.
- **Project CARAT (Coordinating and Assisting the Reuse of Assistive Technology)** refurbishes used durable medical equipment and assistive technology and gives it away for free. They have several Kentucky locations. For more information, visit the website at katsnet.org/services/at-reuse.

CAREGIVER HELP

Hiring Caregiver Assistance

Families often need assistance when providing care to a loved one. You may need to consider hiring help at home. It is important to note the two types of care: 1) Personal Care Attendant (PCA) and 2) Private Duty Nursing. PCAs provide non-medical assistance such as help with feeding, bathing, dressing, grooming, light house work and transportation. Whereas Private Duty Nursing provides medical assistance such as intermittent catheterization, bowel program, wound dressing changes and injections. Those companies that offer Private Duty Nursing are marked with an (*).

The following private companies have provided marketing material to Frazier Rehab for hired caregiver services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

Almost Family	502-238-5150	lhcgroupp.com
All Ways Caring	866-737-2273	allwayscaring.com
Assurance Home Care	502-479-1906	assurancecare.com
BrightStar	502-893-4700	brightstarcare.com
Caring for You, Inc.	502-893-2790	
Comfort Keepers	502-996-6750	comfortkeepers.com
Eldercare	502-244-8446	eldercare4families.org
FirstLight Home Care	502-632-0448	firstlighthomecare.com
Helping Hands	502-426-9783	home-companions.com
Home Instead	502-515-9515	homeinstead.com
Malone Healthcare*	502-637-5474	malonehc.com
Maxim*	812-280-0630	maximhealthcare.com
Senior Care Experts	502-896-2316	srcareexperts.org
Senior Helpers	502-690-2648	seniorhelpers.com/louisville
Silver Tree	502-240-6464	
Visiting Angels	502-897-6547	visitingangels.com

Paid Time Off or Medical Leave

To continue to receive pay while you need to be off from work to take care of yourself or a loved one, check with the human resources representative of your employer to determine if you can use your sick time, medical leave, or vacation time. Ask about the **Family Medical Leave Act (FMLA)**. FMLA allows you to take up to 12 weeks off from work, either all at once or intermittently, without jeopardizing your employment with many employers.

Family, Friends and Neighbors as Resources

The people around you can be good resources and often want to help, they just don't know how. If extended family, friends or neighbors offer to help, give them something to do. For example, ask them to sit with your loved one so you can go home and take a shower, feed the dog, run an errand, mow the lawn, set out your trash cans, collect your mail, make a donation to a charitable organization that may be assisting you, etc.

Kentucky and Indiana Planning and Development Agency (KIPDA)

11520 Commonwealth Drive

Louisville, Ky. 40299

502-266-5571

kipda.org

Kentucky and Indiana Planning and Development Agency (KIPDA) assists persons 60 years of age and older who are either at risk of becoming institutionalized or are already in a facility but could live at home with support services. A home assessment is required. Sliding scale fees based on your income are charged. There are wait lists for services. Services include:

- Meals on Wheels
- Family caregiver support
- Light homemaking assistance
- Personal care
- Transportation
- Home Repair
- Supplies
- Person directed services option of HCB Waiver
- Education and assistance applying for health insurance or benefits
- Chores
- Respite
- Nutrition programs

Area Agency on Aging

Indiana Association of Area Agencies on Aging

317-205-9201

iaaaa.org

Area Agencies on Aging provide information and assistance programs to seniors aged 60 and over and disabled persons living in Indiana.

Lifespan Resources

33 State Street, Third floor

New Albany, Ind. 47150

812-948-8330

lsr14.org

Lifespan Resources provides services including information and assistance programs to seniors aged 60 and over and disabled persons living in Floyd, Clark, Scott and Harrison counties in Indiana. Services include:

- Aging and disability resource center
- Case management
- Home care
- Meals on Wheels
- Caregiver assistance
- Transportation
- Counseling

Medicaid Waiver Programs

Medicaid waiver programs provide in-home services to help elderly or disabled persons remain in their home. To qualify for waiver services:

- Must be aged, disabled or meet diagnosis specific requirement.
- Meet the specific medical criteria for the waiver.
- Meet the nursing home level of care as certified by a health care practitioner.
- Choose to remain at home with waiver services.
- Meet the income/resource criteria for the program.

Waiver programs can provide a variety of services to help seniors or disabled people in the home environment. Some of the waiver services include:

- Adult day care
- Personal care
- Disposable medical supplies
- Case management
- Environmental/minor home adaptation
- Community living supports
- Home and vehicle modifications
- Home-delivered meals and nutritional supplements
- Homemaker
- Physical, occupational or speech therapy
- Respite care
- Specialized medical equipment

There is a two-part application process to determine eligibility for all waiver programs. First the individual has to be approved for medical eligibility for the program. The individual/family must then apply at the county Medicaid office to determine financial eligibility. The income criteria to be eligible for a waiver program are higher than the criteria for standard Medicaid. To learn more about Medicaid waiver eligibility and services, contact your state's Medicaid Waiver program department:

Indiana Medicaid Waiver Programs

800-403-0864

in.gov/fssa/ompp/health-coverage/medicaid-hcbs-programs

- Aged and disabled waiver
- Community integration and habilitation Waiver
- Family supports waiver
- Money follows the person demonstration grant
- Psychiatric residential treatment facility transition waiver
- Traumatic brain injury waiver

Kentucky Medicaid Waiver Programs

502-564-5560

chfs.ky.gov/agencies/dms/dca/Pages/default.aspx

- Acquired brain injury waiver
- Acquired brain injury long term care waiver
- Home and community based waiver
- Michelle P. waiver
- Model II waiver
- Supports for community living waiver
- Programs of all-inclusive care for the elderly

Acquired Brain Injury Waiver

Acquired Brain Injury Waiver serves adults with brain injury ages 21 to 65 years old. Qualifying individuals must meet the nursing facility level of care and financial guidelines. The program is short term, designed to help individuals transition to existing community resources and live as independently as possible in the community. To initiate an application, contact the Kentucky Medicaid Office at 502-564-5198 or 866-878-2626.

Participant Directed Services (PDS)

PDS allows individuals eligible for Medicaid waiver programs to choose their own providers for non-medical waiver services. Kentucky Medicaid members may participate in PDS if they currently receive or are eligible for services through waiver programs. This option may allow you to hire a friend or family member to help with care. Rules apply. Contact the Department for Aging and Independent Living for more information about this option and how to apply.

Department for Aging and Independent Living

502-564-6930

chfs.ky.gov/agencies/dail/Pages/pds.aspx

Traumatic Brain Injury (TBI) Trust Fund

TBI Trust Fund serves children and adults with brain injuries living in Kentucky. This fund was designed to supplement existing resources to provide services not covered by other sources (i.e. health insurance, vocational rehab, etc.). There are no income criteria to be eligible for this program. Their benefits are limited to \$15,000 per year with a lifetime maximum of \$60,000 per person. To learn more information or to apply, contact the TBI Trust Fund department at 855-816-9577 or 502-564-6930 or visit the website at chfs.ky.gov/agencies/dail/Pages/tbitrust.aspx. Some of the services available for funding include:

- Case management
- Personal care assistants
- Respite for caregivers
- Structured day programs
- Physical, occupation or speech therapy
- Pre-vocational services
- Psychological services

Kentucky Transitions Program

Kentucky Department for Medicaid Services

Division of Community Alternatives

502-564-0330

877-564-0330

Kentucky Transitions was developed by the state of Kentucky through a Money Follows the Person Grant from the Center for Medicare and Medicaid Services (CMS). This grant was established to help residents of a nursing facility or an intermediate care facility transition back to the community. To be eligible for the program, a Kentucky resident must be:

- Elderly, disabled or diagnosed with an acquired brain injury, mental retardation or a developmental disability.
- Lived in a nursing or intermediate care facility paid for by Kentucky Medicaid for greater than 90 days.

The Kentucky Transitions program provides waiver type services plus additional expansion services for up to 365 days. Expansion services may include:

- Home modifications up to \$5,000 or 20% of the home value.
- A combination of the following services up to \$2,000:
 - Housing and utility deposits
 - Household goods and housing set up
 - Caregiver assistance and training
 - Transportation services

To learn more about the Kentucky Transitions program or to apply, contact the Kentucky Transitions Program. chfs.ky.gov/agencies/dms/dca/Pages/kytransitions.aspx

Personal Care Attendant (PCA) Program

Center for Accessible Living

502-589-6620

calky.org/other-services

The Center for Accessible Living manages the PCA program in the Louisville area. The PCA program helps eligible severely disabled adults live independently in the community.

The program provides financial support that allows the participant to hire a personal care attendant. To be eligible for the program, a Kentucky resident must be:

- 18 years old or older
- Physically disabled from the loss of function of two or more extremities
- Require 14 hours but no more than 40 hours of attendant care per week
- Capable of hiring and supervising attendants as well as managing payroll and tax forms (training provided)

There is an extensive waiting list. Once approved for the program, the recipient usually remains in the program for life. There are a limited number of recipients. To learn more about the PCA Program, contact the Center for Accessible Living.

Hart Supported Living Program

P.O. Box 206037

Louisville, Ky. 40220

502-229-6500

Region Three Counties: Bullitt, Jefferson, and Spencer

Grant requests may be awarded for but are not limited to the following services:

- Home and vehicle modifications
- Attendant or personal care assistance
- Housing deposits and set up of housing costs
- Training in independent living skills

Hart Supported Living Program grants are awarded on an annual basis. Applications are due by April 1 of each year for grants paid in July. For more information contact the Hart Supported Living Program at chfs.ky.gov/agencies/dail/Pages/hslp.aspx.

Veterans Aid and Attendance Program

Department of Veterans Affairs

Louisville Regional Office

321 West Main Street, Suite 390

Louisville, Ky. 40202

800-827-1000

benefits.va.gov/pension/aid_attendance_housebound.asp

Veterans Aid and Attendance Program provides a monetary allowance for assistance in the home for service connected veterans, their spouses or low income veterans. For more information, contact your local office of the Department of Veterans Affairs.

SPECIALTY CHILDCARE

The Carriage House

13101 Eastpoint Park Blvd.
Louisville, KY 40223
Phone: 502-253-1293
carriagehouseps.org

Carriage House is a non-profit preschool program dedicated to the belief that children of all abilities can learn and make progress in an environment that is stimulating and nurturing, where individual differences are respected and celebrated. They have programs for children with developmental and behavioral issues as well as children who are autistic.

The Kidz Club

Neighborhood House

225 N. 25th Street
Louisville, KY 40212
Phone: 502-365-22426
thekidzclub.com

Preston Highway

7140 Preston Highway
Louisville, KY 40219
Phone: 502-368-9318

Dixie Highway

1517 Gagel Avenue
Louisville, KY 40216
Phone: 502-409-5316

Children who aren't able to attend a typical daycare because they have a medical condition can safely attend The Kidz Club. Children receive the skilled nursing care they need in a stimulating, fun, daycare setting. In addition to Louisville, The Kidz Club has locations in Bowling Green, Erlanger, and Lexington, KY.

Sproutlings Pediatric Day Care & Preschool

3701 Frankfort Avenue
Louisville, KY
502-753-8222
sproutlingsdaycare.com

Sproutlings provides daycare and pre-school services for children, including those with medical needs requiring skilled nursing services.

The Center for Courageous Kids

1501 Burnley Road
Scottsville, KY 42164
Phone: 270-618-2900
thecenterforcourageouskids.org

The Center for Courageous Kids is a camp in Scottsville, KY for kids who are medically fragile and their families. The camp is free of charge and gives campers with a variety of diagnoses a chance to create memories and participate in activities while having access to a staffed medical facility. The Center also has retreat opportunities for families.

YMCA

2411 Bowman Avenue

Louisville, KY 40217

Phone: 502-637-1575

ymcalouisvillechildcare.org

The YMCA is an organization with facilities across the nation for children and adults. They offer year round child care for ages K-8, sports programs, and engagement activities to promote education and healthy lifestyles for families.

Home of the Innocents - Kosair Charities Pediatric Convalescent Center

1100 East Market Street

Louisville, KY 40206

Phone: 502-596-1131

homeoftheinnocents.org/kcpcc

The Kosair Charities Pediatric Convalescent Center (KCPCC) is a home away from home for medically fragile children, ages birth to 21. Their skilled nursing facility provides short-term, long-term and respite care for children with severe developmental and/or physical disabilities, as well as ventilator dependency.

Community Coordinated Child Care

1215 S. Third Street

Louisville, KY 40203

502-636-1358

4forkids.org

To find available child care in your area or to see if you are eligible for financial assistance to help you pay for child care, contact a referral 4C counselor.

4C serves the Kentucky counties of Breckinridge, Bullitt, Grayson, Hardin, Henry, Jefferson, Larue, Marion, Meade, Nelson, Oldham, Shelby, Spencer, Trimble, and Washington, and the Indiana counties of Clark, Floyd and Harrison.

SAFETY EDUCATION AND TRAINING FOR PARENTS

Safe Kids Coalition Louisville

315 E. Broadway
Louisville, KY 40202
502-629-7335
safekids.org/coalition/safe-kids-louisville

Safe Kids Coalition Louisville is led by the Kentucky Department of Health, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries. – from Safe Kids website.

You can call and make an appointment to have your child's car seat checked prior to discharge from Frazier.

Norton Children's Hospital Parenting Classes

Patient and Family Education Department

200 E Chestnut
Louisville, KY 40202
502-629-7348

nortonhealthcare.com/services-and-conditions/obstetrics-and-gynecology/services/pregnancy/during-pregnancy/parent-classes

Norton Children's Hospital provides a variety of classes to help parents care for their infants at home. The Frazier Pediatric rehab team often refers parents to the Infant CPR class prior to discharge from Frazier to help prepare parents for the transition to home. You can review available classes and sign up at the link provided, or call to register for a class.

COMMUNITY INTERVENTION PROGRAMS

Commission for Children with Special Health Care Needs

310 Whittington Parkway, Suite 200

Louisville KY 40222

Phone: 502-429-4430

chfs.ky.gov/agencies/ccshcn

The Commission for Children with Special Health Care Needs provides comprehensive services to KY residents under the age of 21 who have complex medical needs and meet financial eligibility guidelines. The Commission provides a variety of specialty clinics and the services provided are supported by funds that ensure children receive assessment, treatment, as well as recommended equipment, and supplies.

Visual Impaired Preschool Services (VIPS)

VIPS-Greater Louisville

1906 Goldsmith Lane

Louisville, KY 40218

Toll free 888-636-8477

vips.org

Visually Impaired Preschool Services (VIPS) empowers families by providing educational excellence to young children with visual impairments in order to build a strong foundation for reaching their highest potential.

Kentucky School for the Blind

1867 Frankfort Avenue

Louisville, KY 40206

Phone: 502-897-1583

ksb.k12.ky.us

The mission of the Kentucky School for the Blind is to provide comprehensive educational services to all Kentucky students who are blind or visually impaired, from birth to age 21. They provide multiple different services and programs, all of which who are located on their website

Heuser Hearing Institute (HHI)

Downtown Hearing Clinic

111-117 E. Kentucky Street

Louisville, KY 40203

Phone: 502-584-3573

thehearinginstitute.org

Heuser Hearing Institute (HHI) is a multi-specialty nonprofit campus promoting the needs of children and adults with disorders of hearing and balance. HHI was formally known as the Louisville Deaf Oral School. The institute includes three facilities: the Heuser Hearing & Language Academy, the Heuser Hearing Clinic, and the regional Heuser Early Intervention Program.

HEALTH AND SELF CARE AIDES

The Frazier Rehab Institute therapy team may recommend items to help improve your functional ability to take care of yourself. Some of these items may include:

- Reacher
- Sock aide
- Dressing stick
- Walker basket
- Weighted utensils
- Zipper pull
- Plate guard
- Beverage cup holder
- Suction denture brush
- Long-handled comb/brush
- Thickening agents
- Wanchik writers

Local Specialty Stores

Health and self care aides can be purchased at many area pharmacies including the following locations:

Dasco Home Medical Equipment, LLC.
 3103 Fern Valley Road, Suite 107
 Louisville, Ky. 40213
 502-473-6287
 FAX 502-473-6289
godasco.com/location-louisville.asp

Rotech Healthcare, Inc.
 4419 Kiln Court, Bldg. C
 Louisville, Ky. 40218
 502-363-1157
rotech.com

Gould’s Discount Medical
 3901 Dutchman’s Lane, Suite 100
 Louisville, Ky. 40207
 502-491-2000 or 800-876-6846
gouldsdiscounmedical.com

Cooley Medical
 6413 Dutchman’s Parkway
 Louisville, KY 40205
 502-896-8471

Online Catalogs

Health and self care aides can also be found in catalogs of online companies including the following:

Allegro Medical
 800-861-3211
allegromedical.com

Patterson Medical
 800-343-9742
pattersonmedical.com

MEDICAL ALERT CALLING SYSTEMS

Medical alert calling systems can provide a variety of monitoring services. These services can include: fall monitoring; emergency calling, medication management and reminders, and more. The companies noted below are not endorsed by Frazier Rehab Institute and are listed for informational purposes only:

Brick House Alert	877-63-ALERT	brickhousealert.com
Senior Safety	888-473-2800	americanmedicalalarms.com
Response Link	866-802-3676	responselink.com
First Response	866-930-1130	firstresponsesystem.com
Medical Alert by Connect	800-80-ALERT	medicalalarm.com

COMMUNITY ASSISTANCE

Neighborhood Place

Neighborhood Place coordinates Metro Louisville services from multiple agencies in one location to work with families in their own neighborhoods. All residents of Jefferson County will be served by one of the Neighborhood Place centers. Services may include:

- Emergency financial assistance with rent or utilities
- Metro Health Department
- Department of Housing
- Food Commodities Program
- Women, Infants and Children (WIC) Program
- Jefferson Alcohol and Drug Addiction (JADAC) referrals
- Seven Counties Services
- Jefferson County Public Schools Resources
- Adult and Child Protective Services

The services will vary from center to center according to the needs and scope of the existing service network of the neighborhood. For the Neighborhood Place location that serves your area call 502-574-6638 or visit:

Charmoli Center	200 Juneau Drive	502-574-6638
Bridges of Hope	1411 Algonquin Pkwy	502-634-6050
Northwest Shawnee High School	4018 West Market Street	502-485-7230
Ujima – Duvalle Ed. Center	3610 Bohne Avenue	502-485-6710
Greater Cane Run Area	3410 Lees Lane	502-485-6810
South Central	4255 Hazelwood Avenue	502-485-7130
South Jefferson Valley/Fairdale	1000 Neighborhood Place	502-363-1424
South Jefferson	10200 Dixie Highway	502-485-7310
First Neighborhood Place	1503 Rangeland Road	502-962-3160

Applications for Kentucky Temporary Assistance Program (KTAP), Supplemental Nutrition Assistance Program (SNAP) and Medicaid can also be submitted online at benefind.ky.gov or at the Department of Community Based Services main office at:

L & N Building

908 W. Broadway
502-595-4803

Association of Community Ministries

The Association of Community Ministries is a coordinated, inter-faith network of community ministries working together to provide support and services to members of the Louisville community. A variety of services offered may include:

- Emergency assistance for rent and utilities
- Food pantry
- Meals on Wheels
- Clothes closets
- Ramp building assistance
- Prescription assistance
- Senior wellness and nutrition programs
- English as second language (ESL) classes

Each ministry may offer all or a combination of the above services. To learn more about the community ministry serving your area, contact your area ministry or visit the website at: louisvilleministries.org.

Centenary United Methodist	429 Main Street; 40065 (Shelbyville)	502-633-4510
Central Louisville	809 S. 4th Street; 40203	502-587-1999
Eastern Area	9104 Westport Road; 40242	502-426-2824
Fairdale	10616 W. Manslick Road; 40118	502-367-6445
Fern Creek/Highview	9300 Beulah Church Road; 40291	502-762-9611
Highlands	1228 E. Breckinridge Street; 40204	502-451-3695
Jeffersontown	10617 Taylorsville Road; 40299	502-267-1055
Ministries United South	1207 Hart Avenue; 40213	502-363-9087
St. Matthews	201 Biltmore Road; 40207	502-893-5704
Shively	4415 Dixie Highway; 40216	502-447-4330
Sister Visitors Center	2235 West Market; 40212	502-776-0155
South East	600 Six Mile Lane; 40218	502-499-2059
South Louisville	415 W Ashland Ave; 40214	502-367-6445
Southwest	8504 Terry Road; 40258	502-935-0310
United Crescent Hill	150 South Street; 40206	502-893-0346
West Louisville	3146 West Broadway; 40211	502-409-7371

Local General Assistance

LouieConnect

LouieConnect is an app or website designed to link individuals with various local resources. The website is louieconnect.com.

Metro United Way

Serving Jefferson, Oldham, Shelby and Bullitt counties in Kentucky and Clark, Floyd, and Harrison counties in Indiana. Provides assistance in various areas including basic needs, community services, education and learning, employment and income support, government and legal, health care, individual and family support, mental health and addictions and target population groups. Visit metrounitedway.org/get-help-now or call 211.

EDUCATION/ACADEMIC RESOURCES

Education and School Re-entry

Legislation, such as the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, provides all children with the right to a free and appropriate education. The law says that children with disabilities must be provided the same opportunity to learn as children without disabilities.

Indiana Department of Education

Room 229 State House

Indianapolis, IN 46204

317-232-0588

doe.state.in.us

Kentucky Department of Education

500 Mero Street

Frankfort, KY 40601

502-564-3141

education.ky.gov

- After an injury or illness, children and families are provided services through their local education systems to help children transition back to school. Exceptional Child Education (ECE) programs are designed to meet the needs of students who have educational disabilities. Services are provided to students in both comprehensive and special education facilities, and a range of programs, techniques, methods, and materials is available for individualized instruction.
- Home or Hospital instruction is offered to children who have suffered an injury or have a chronic illness impacting their ability to attend school. A tutor can meet with your child at home or while they are in the hospital if approved by your child's physician.
- When your child is ready to return to school, a committee may meet to discuss an educational plan for your child. This plan is called an Individual Education Program or IEP. An IEP is a document developed by a committee for students with disabilities. The committee meets annually to review the student's progress and develop a new IEP. IEP goals for students are developed to address academic, social/emotional, and transition needs (e.g., changing to a different academic program, progressing from one level to another, or starting a career).
- Admission and Release Committee (ARC) is the name of the committee that meets to develop IEPs for students. The ARC includes the student, parents, general education teacher, special education teachers, and possibly counselors. Parents are vital members of this committee and are encouraged to be strong advocates for your child. Funding for services to assist your child in school is tied to what is written in the IEP. Always have recommendations specified in writing.
- If your child is not eligible for an IEP, your child may still be eligible for special accommodations under a 504 Plan if he or she has a physical or mental health disability that limits one or more major life functions.

- Vocational rehabilitation counselors are available for high school students in the school setting. Counselors can help students with disabilities make decisions regarding post secondary education or vocational training.
- Schools may provide early childhood education programs for 3 and 4 year olds to help pre-school children prepare to start school. Age and ability specific programs

Indiana and Kentucky Departments of Education provide assistance with:

- Exceptional children services
- Individual Education Plan (IEP) and 504 plans
- Home/hospital tutoring programs
- Early childhood education programs for 3 and 4 year olds

If you have questions regarding school related services, you can contact Frazier Case Management at 502-582-7686 for assistance.

First Steps

Southern Indiana Cluster I

P.O. Box 547
Corydon, IN 47112
812-738-1975
800-674-2285 – other state offices
in.gov/fssa/ddrs/2815.htm

Kentuckiana District #6 Point of Entry

3717 Taylorsville Road
Louisville, KY 40220
502-459-0225
877-417-8377 – other state offices
kyfirststeps.org

First Steps is a statewide early intervention system that provides services to children with developmental disabilities, or a particular medical condition that is known to cause a developmental delay, from birth to age 3 and their families. Services include the following:

- Evaluation and development of an individual family service plan
- Nursing and nutrition assessments
- Physical, Occupational and Communication development
- Assistive technology
- Skill development services
- Vision and hearing services
- Transition services to early childhood education programs

LEGAL CONSIDERATIONS

Advance Directives

Advance Directives are documents which allow you to make decisions regarding your future medical treatment. A consultation with an attorney might be helpful but is not required.

A **Living Will** tells health care professionals and your family whether or not you want life prolonging treatment if you are in a terminal condition or a permanently unconscious state. Hospitals and physicians offices are required by law to ask if you have this document.

A **Health Care Surrogate** is a person you select to make health care decisions if you are unable. You can designate a health care surrogate within your living will document.

Additional information regarding state specific Advance Directives documents may be found at the following website: aarp.org/caregiving/financial-legal/free-printable-advance-directives.

Financial Planning

The following are documents you can draft to prepare for the management of your personal affairs, financial holdings or debts and/or medical treatment decisions. You must be competent to draft these documents.

A **Will** directs how you would like your personal belongings and financial holdings managed after your death.

A **Power of Attorney** designates a person to handle your financial affairs in your absence. This document is only valid while you are competent.

A **Durable Power of Attorney** designates a person to act as your Power of Attorney even if you become incapacitated. It allows your designated person to make personal, financial and medical treatment decisions on your behalf. If you have this document, there is no need to pursue guardianship should you become incapacitated.

**Important to note: If you do not have a Durable Power of Attorney in place at the time you become incapacitated, a person who wishes to assist you with your affairs must pursue guardianship.*

Legal counsel may be helpful with drafting these important documents. If you do not have an attorney and want to obtain legal advice, you can call Lawyer Referral Services at 502-583-1801 or the Legal Aid Society at 502-584-1254.

Guardianship

If a person becomes incapacitated due to an injury or illness, it may be necessary to pursue guardianship to attend to the management of their personal affairs, financial holdings or debts and/or medical treatment decisions. Each state has different requirements to pursue guardianship through the legal system. An attorney who practices in Family, Elder or Probate Law may be helpful.

Indiana: Petitions for guardianship are submitted to the County Clerk's office.

Floyd County Clerk's Office

311 Haus Square
New Albany, Ind. 47150
812-948-5411
floydcounty.in.gov

Kentucky: Petitions for guardianship are submitted to the Disability Court.

Mental Inquest and Guardianship Department

Office of Circuit Court Clerk

Louis D. Brandeis Hall of Justice, Room 3177
500 W. Jefferson Street
Louisville, Ky. 40202
502-595-4053
chfs.ky.gov/agencies/dail/dg/pages/default.aspx

Legal Advice

If you require a lawyer or legal advice, The **Kentucky Lawyer Referral Line** may be helpful. You will be connected with a lawyer and receive 30 minutes of free consultation. **502-583-1801**

The **Legal Aid Society** may also help with civil issues if you are under the federal poverty level. **502-584-1254**

RETURN TO SCHOOL AND/OR WORK

Early Intervention Services

First Steps serves children age birth to three years who have developmental delays. If your child has suffered an illness or injury that is expected to impact developmental milestones, your child's Case Manager can help you with a referral to First Steps. Services include the following:

- Evaluation and development of an individual family service plan
- Nursing and nutrition assessments
- Physical, Occupational and Communication development
- Assistive technology
- Skill development services
- Vision and hearing services
- Transition services to early childhood education programs

Southern Indiana Cluster I

P.O. Box 547
Corydon, Ind. 47112
812-738-1975
firststepsbrs.org

Kentucky First Steps Program Department for Public Health

275 E. Main Street, HS2W-C
Frankfort, Ky. 40621
502-564-3756, Option 3
800-442-0087
502-459-0225 – *Point of entry for Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble counties.*
chfs.ky.gov/agencies/dph/dmch/ecdb/documents/1ststepsfactsenglish.pdf

Education and School Re-entry

Legislation, such as the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, provides all children with the right to a free and appropriate education. The law says that children with disabilities must be provided the same opportunity to learn as children without disabilities.

Indiana Department of Education

Room 229 State House
Indianapolis, Ind. 46204
317-232-0588
doe.in.gov

Kentucky Department of Education

500 Mero Street
Frankfort, Ky. 40601
502-564-3141
education.ky.gov

Indiana and Kentucky Departments of Education provide assistance with:

- Exceptional children services
- Individual Education Plan (IEP) and 504 plans
- Home/hospital tutoring programs
- Early childhood education programs for 3- and 4-year olds.

If you have questions regarding school related services, you can contact your Case Manager for assistance.

Vocational Rehabilitation Services

Vocational Rehabilitation assists people with disabilities in making informed career choices and utilizing available support services to prepare for, obtain or retain employment. Vocational Rehabilitation services include:

- Counseling and guidance
- Physical and mental restorative services
- Vocational training
- Placement and job coaching
- Transportation (driver's evaluations and vehicle modification)
- Telecommunications
- Other rehabilitation technological aids and devices

After a referral is made to your area Vocational Rehabilitation office, a counselor will contact you to schedule an appointment and begin the application process. If you are determined eligible, the counselor will work with you to determine which programs are appropriate to help you meet your vocational goals.

For more information regarding Vocation Rehabilitation services, contact your local Vocational Rehab office.

Indiana Division of Disability and Rehabilitation Services

800-545-7763, choose option 2 for Vocational Rehab
in.gov/fssa/ddrs/2636.htm

Indiana Area 25 Vocational Rehab Office

Serves Clark, Floyd, Harrison and Scott counties
452 Vaxter Avenue
Clarksville, Ind. 47131
812-288-8261

Kentucky Office of Vocational Rehabilitation

800-372-7172
kcc.ky.gov/vocational-rehabilitation/pages/kentucky-office-of-vocational-rehabilitation.aspx

Louisville Regional Office of Vocational Rehabilitation

600 West Cedar Street
Louisville, Ky. 40202
502-595-4003

MENTAL HEALTH AND COUNSELING SERVICES

LifeSpring Main Center

460 Spring Street
Jeffersonville, Ind. 47130
812-280-2080
800-456-2117
lifespringhealthsystems.org

LifeSpring Provides services to IN residents living in Clark, Floyd, Harrison, Jefferson, Scott and Washington counties. Payment for services is based on your income. Services include:

- Alcohol and addiction recovery services
- Children and family mental health services
- Residential programs
- Supported employment programs
- School outreach programs

Seven Counties

914 East Broadway
Louisville, Ky. 40204
502-589-1100
sevencounties.org

Seven Counties provides services to Kentucky residents living in Jefferson, Bullitt, Oldham, Henry, Trimble, Shelby and Spencer counties. Payment for services is based on your income. Services include:

- **Crisis and Information Hotline:**
502-589-4313
- Family and children mental health services
- Alcohol and addiction treatment programs
- Developmental disability services

Louisville Seminary Counseling Center

1044 Alta Vista Road
Louisville, Ky. 40205
502-859-3411
lpts.edu/community-services/lsc

Louisville Seminary Counseling Center provides individual, family, child, and couples counseling. Virtual appointments are available. The initial session is \$20 and then provided on a sliding fee scale based on income and ability to pay. Financial assistance is available as needed. Insurance is not accepted.

Weisskopf Child Evaluation Center

571 S. Floyd Street, Suite 100

Louisville, KY 40202

Phone: 502-588-0850

uoflphysicians.com/weisskopf-center

The Weisskopf Center provides diagnostic evaluations and treatment to infants and children with, or at risk for, developmental disabilities, congenital anomalies, genetic disorders, autism, organic behavior disorders (ADHD) and learning disabilities, as well as genetic counseling to adults.

Bingham Clinic-University of Louisville Dept of Pediatrics

Norton Hospital

200 E. Chestnut Street

Louisville, Kentucky 40202

502-588-0800

uoflphysicians.com/bingham-clinic

The Division of Child and Adolescent Psychiatry and Psychology provides an array of clinical services that cover a broad range of clinical disorders, provide a continuum of care for the community, and serve as a local and regional resource for the most complex psychiatric problems of children and adolescents.

Pediatric Psychological Associates, PLLC

9700 Park Plaza Avenue, Suite 106

Louisville, KY 40241

Phone: 502-429-5431

Fax: 502-429-5439

helpingkidsreachhigher.com/index.html?param=sunshine

This Child Psychology group provides individual and family therapy, assessment and testing, and cognitive behavioral therapy to toddlers through teen years.

SquareOne Specialists in Child and Adolescent Development

6440 Dutchmans Parkway, Second Floor

Louisville, KY 40205

Phone: 502-896-2606

squareonemd.com

Multi-disciplinary team approach to diagnosis and assessment of various developmental and behavioral issues in pediatrics

Additional Resource Information

National Suicide Prevention Line

800-273-TALK (8255) or Text Line 988

UofL Health – UofL Hospital –

Emergency Psychiatry

502-562-3129

**Substance Abuse and Mental Health
Services Administration (SAMHSA)**

Services Locator

findtreatment.samhsa.gov

COMMUNITY FITNESS AND ADAPTED LEISURE

Community Fitness

UofL Health – Frazier Rehab Institute – Community Fitness and Wellness Program

250 East Liberty, Suite 100

Louisville, Ky. 40202

502-582-7411

cfw@UofLHealth.org

uoflhealth.org/locations/frazier-rehabilitation-institute/services/community-fitness-wellness

The Community Fitness and Wellness Center Facility at Frazier Rehab Institute is an activity-based exercise program designed specifically for individuals with physical disabilities within the community. This fully accessible facility is designed to assist clients in the improvement of cardiovascular/aerobic fitness, muscular strengthening and flexibility. Scholarships are available.

Adapted Leisure

Metro Parks and Recreation

Berrytown Recreation Center

1300 Heafer Road

Louisville, Ky. 40223

502-456-8148

louisvilleky.gov/government/parks/berrytown-recreation-center-adaptive-and-inclusive-recreation

- Variety of adapted recreational and competitive sports events
- Advocates for accessibility to all Metro Parks venues and events
- Plays a role in new Louisville development to keep accessibility in mind

Livestrong at the YMCA

YMCA – LiveStrong at the YMCA

Barb Millhollan

502-329-4793

ymcalouisville.org/programs/health-fitness/livestrong

- For cancer survivors who have completed treatment
- Weekly survivorship classes and fitness education
- Members or non-members welcome
- Three-month free membership to the YMCA for survivor and family

University of Louisville Trager Institute

Republic Bank Foundation Optimal Aging Clinic
Wellness and Lifestyle Service

502-588-4340

tragerinstitute.org/wellness-lifestyle-services

Services Included:

- Acupuncture
- Fitness classes (available virtually)
- Massage therapy
- Nutritional counseling (coming soon)
- Tai Chi classes (available virtually)
- Yoga classes (available virtually)

PROTECTION, ADVOCACY AND SUPPORT

Protective Services

State laws require that all abuse, even suspected abuse, be reported. You can make an anonymous report and the protective services agency will not reveal the source of the referral. When reporting abuse, provide as much information as possible regarding the situation, abuser, victim and demographics.

Most commonly, victims of abuse are children under the age of 18, spouses or significant others, disabled adults and the elderly. There are five types of abuse:

- Physical abuse
- Sexual abuse
- Emotional/psychological abuse
- Financial or material exploitation
- Neglect or abandonment (includes self neglect)

To make an anonymous report, please call:

Indiana Protective Services

Child Protective Services	800-800-5556 (24 hr state hotline) 812-949-4056 (Floyd County)
Adult Protective Services	800-992-6978 (24 hour state hotline) 812-285-6364 (Floyd County)
Online: apscms.fssa.in.gov/APSONlineReporting	

Kentucky Protective Services

Child Protective Services	877-597-2331 (24 hour state hotline) 502-595-4550 (Jefferson County)
Adult Protective Services	800-752-6200 (24 hour state hotline) 502-595-4803 (Jefferson County)

Advocacy

Advocacy groups exist to help promote and protect the rights of individuals with disabilities. If you feel you have been treated unfairly or discriminated against because of your disability, you can receive advice or assistance from one of the following state agencies:

Indiana Protection and Advocacy Services
800-622-4845
in.gov/idr/2434.htm

Kentucky Protection and Advocacy Services
502-564-2967 or 800-372-2988
kypa.net

Americans with Disability Act (ADA)

The Rehabilitation Act of 1973 and the Americans with Disability Acts of 1990 and 1995 prohibit discrimination on the basis of disability. The ADA addresses equal opportunity for:

- Title I – Employment
- Title II – Public Services
- Title III – Public Accommodations
- Title IV – Telecommunications
- Title V – Miscellaneous

To learn more about the ADA contact:

Southeast ADA Center: 800-949-4232 (v/tty) – adasoutheast.org

Support Associations and Groups

Supportive community organizations and groups bring together people who have common needs or problems for the purpose of sharing information and experiences. Contact any of these organizations to locate specific times and locations of available support groups.

■ ALCOHOL AND DRUG ADDICTION

Al-Anon/Alateen of Kentucky and southern Indiana

888-425-2666

twloha.com/local-resources/kentucky/louisville

Alcoholics Anonymous

502-582-1849

loukyaa.org/meetings - *You can call or go to the weblink to find a support group meeting in your area.*

Louisville Area Narcotics Anonymous

502-499-4423

nalouisville.org

Narcotics Anonymous

502-499-4423

Narcotics Abuse Hotline

800-234-0420

■ AMYOTROPHIC LATERAL SCLEROSIS (ALS)

ALS Association Kentucky Chapter

502-495-3672

webky.alsa.org

■ ALZHEIMER'S DISEASE

National Alzheimer Association

800-272-3900

502-451-4266

alz.org

Kentucky Alzheimer Association

502-451-4266

alz.org/kyin

■ ARTHRITIS

Indiana Arthritis Foundation

800-283-7800

arthritis.org/indiana

Kentucky Arthritis Foundation

800-283-7800

arthritis.org/kentucky

National Arthritis Foundation

800-283-7800

arthritis.org

■ AUTISM

University of Louisville Autism Center at Kosair Charities

1405 E. Burnett Avenue

Louisville, KY 40217

502-588-8522

louisville.edu/autism

Families for Effective Autism Treatment (FEAT)

1100 E. Market Street

Louisville, KY 40206

502-596-1258

featoflouisville.org

■ BRAIN INJURY

Brain Injury Association of America

703-761-0750 or 800-444-6443

biausa.org

Brain Injury Association of Indiana

biaindiana.org

Brain Injury Alliance of Kentucky

502-493-0609

biak.us

UofL Health – Frazier Rehab Institute – Neuro Rehab Program

Family and Caregiver Acquired Brain Injury Support Group

4912 US Highway 42 (Brownsboro Road)

Louisville, Ky. 40222

502-429-8640

- **Acquired Brain Injury Caregiver Support Group**

Third Wednesday of the month from 5:30 – 7 p.m. No registration required. Also offered virtually.

- **Acquired Brain Injury Caregiver Support Group**

Meets quarterly from 4:30-6 p.m. Registration is required. Call 502-429-8640 x240.

Also offered virtually.

■ CANCER

American Cancer Society

800-227-2345

cancer.org/cancer.html

American Cancer Society Indiana Chapter

800-227-2345

cancer.org/about-us/local/indiana.html

American Cancer Society Kentucky Chapter

800-227-2345

cancer.org/about-us/local/kentucky.html

Friends for Hope

502-451-9600

friendsforhopecancersupport.org

Friends for Hope provides information and support services. FFH holds monthly support groups for adults living with or caring for persons with cancer and biannual weekend camps.

Friend for Life Cancer Support Network

502-893-0643

866-387-3634

friend4life.org

Friend for Life is a network of cancers survivors and caregivers providing support to newly diagnosed cancer patients and families.

Gilda's Club Kentuckiana

502-583-0075

gck.org

- Support and Networking Groups
- Lectures and Workshops
- Social Activities – potluck dinners, joke nights,
- Team Convene – helps you create your active support network
- Family Focus – helps the family learn together how to live with cancer.

UofL Health – Brown Cancer Center

502-562-HOPE (4673)

uoflhealth.org/services/cancer

■ **CARDIO-PULMONARY**

American Heart Association

800-242-8721

heart.org

American Heart Association Indiana Chapter

317-732-4700

heart.org/en/affiliates/indiana/indianapolis

American Heart Association Kentucky Chapter

877-693-6208

heart.org/en/affiliates/kentucky/louisville

American Lung Association

800-586-4872

lung.org

Better Breathers Club @ Frazier Rehab Institute

Meets the second Tuesday of every other month from 2-3:30 p.m.

502-582-7620

■ **CAREGIVER SUPPORT**

University of Louisville Trager Institute

Republic Bank Foundation Optimal Aging Clinic

502-588-4340

Caregiver Hotline: 502-588-3322

tragerinstitute.org/caregivers

Caregiver Action Network

202-454-3970

caregiveraction.org

Family Caregiver Alliance

800-445-8106

caregiver.org/support-groups

■ **DEATH AND GRIEF**

AARP Grief and Loss

Online Resources

aarp.org/caregiving/grief-loss-end-of-life

Hospice Foundation of America

800-854-3402

hospicefoundation.org

Hosparus of Southern Indiana

812-945-4596

hosparushealth.org/locations/hosparus-health-of-southern-indiana-grief-counseling-center

Hosparus of Louisville

502-456-6200 or 800-264-0521

hosparushealth.org/Locations/Detail/7/Hosparus-Health-of-Louisville

■ **DIABETES**

American Diabetes Association

800-342-2383

diabetes.org

American Diabetes Association Indiana Chapter

317-352-9226

Kentucky Diabetes Network, Inc.

502-564-7996, x4444

kydiabetes.net

■ **DOWN SYNDROME**

Down Syndrome Of Louisville

5001 South Hurstbourne Parkway

Louisville, KY 40291

502-495-5088

downsyndromeoflouisville.org

Down Syndrome of Louisville – Indiana Chapter

2796 Charlestown Road

New Albany, IN 47150

859-375-5646

■ **HEALTHY LIFESTYLES**

Flourishing Together

UofL Health – Trager Institute

502-706-0098

10-week, in-person or virtual group to promote healthy lifestyles and manage and prevent chronic diseases.

■ **MULTIPLE SCLEROSIS**

National Multiple Sclerosis Society

800-344-4867

nms.org

MS Society Indiana, Kentucky and Tennessee

502-451-0014

nationalmssociety.org/Chapters/KYW

■ MUSCULAR DYSTROPHY

Muscular Dystrophy of Louisville

Novak Center
411 E Chestnut Street, Suite 600
Louisville, KY 40202
502-588-3650
mda.org/office/louisville

■ PAIN MANAGEMENT

American Pain Society

painmed.org/american-pain-society

U.S. Pain Foundation

800-910-2462
uspainfoundation.org

■ PARENTS OF SPECIAL NEEDS CHILDREN

Special Parent Involvement Network

502-937-6894
800-525-7746
kyspin.com

■ PARKINSON DISEASE

Parkinson's Foundation-Midwest/KY/TN Chapters

Virtual programming throughout the year at parkinson.org/resources-support/online-education
312-762-5706
parkinson.org
parkinson.org/Midwest
parkinson.org/TNKY
Contact Jessica Bartsch MS, NCC, Senior Community Program Manager
Email: jbartsch@parkinson.org

UofL Physicians – Parkinson's Disease & Movement Disorders

UofL Health – Frazier Rehab Institute

220 Abraham Flexner Way, Suite 606
Louisville, Ky. 40202
uoflhealth.org/services/parkinsons-disease-movement-disorders

UofL Health - Frazier Rehab Institute

Outpatient Therapy Services for Parkinson's Disease

502-560-8389

■ SPECIAL NEEDS CHILDREN

Easter Seals of Louisville

9810 Bluegrass Parkway
Louisville, KY 40299
502-584-9781
cardinalhill.org

Kids Center

982 Eastern Parkway
Louisville, KY 40217
502-635-6397
kidscenterky.org

Special Parent Involvement Network

502-937-6894
800-525-7746
kyspin.com

■ SPINA BIFIDA

Spina Bifida Association of Kentucky

Kosair Charities Centre
982 Eastern Parkway, Box 18
Louisville, KY 40217
502-637-7363
spinabifidakentucky.org

■ SPINAL CORD INJURY

UofL Health – Frazier Rehab Institute – Spinal Cord Injury Support Group

Offered in six-week increments
Contact Emily Coons 502-407-3296 for details.

The National Spinal Cord Injury Association

spinalcord.org

Michael Feger Paralysis Foundation

sciak.org

Friends for Michael

friendsformichael.org

Michael Brent Resource Center

Spinalcordmedicineresources.org

Christopher and Dana Reeve Foundation

800-539-7309
christopherreeve.org

■ STROKE

UofL Health – Stroke

Stroke Survivor and Caregiver Support Group

Third Friday of the month from 12-2 p.m.

Crescent Hill Library/Virtually online

2762 Frankfort Avenue

Louisville, Ky. 40206

Contact Carrie Crockett, CSW, at 502-645-5425.

Stroke Virtual Support Group

Fourth Wednesday of the month from 6-7 p.m.

Virtually online via Zoom

Contact Carrie Crockett, CSW, at 502-645-5425.

Stroke Support Group

UofL Health – Mary & Elizabeth Hospital

Second Wednesday of the month from 12-2 p.m.

Medical Plaza I, First Floor

Churchman Conference Room

4402 Churchman Avenue

Louisville, Ky. 40215

Contact Jennifer Bucher, at 502-361-6585.

American Stroke Association

800-242-8721

stroke.org

Kentucky & Southern Indiana Chapter

502-499-5757

strokekyin.org

■ TRAUMA

NextSteps

nextstepsonline.org

UofL Hospital – Trauma Center Trauma Support Group

Every Wednesday 1-2 p.m.

UofL Hospital, Second Floor Chapel

Also offered virtually

Contact Lindsey Journey at 502-562-3871.

ADDITIONAL RESOURCES

Identification Cards

Many government or community assistance programs require proof of identification. If you will no longer be driving or do not have an identification card, the state will issue you a personal ID card.

Indiana Bureau of Motor Vehicle

888-692-6841

in.gov/bmv/licenses-permits-ids

Apply at your local license branch.

- No age requirement
- Bring one document to prove your identity.
- Bring two documents to prove IN residency
- Bring one document to prove US residency
- Bring one document with proof of Social Security number
- Fee: \$9.00

Kentucky Department of Transportation

502-564-1257

drive.ky.gov/driver-licensing/Pages/Drivers-License-and-ID-Card.aspx

Apply at your local Circuit Court Clerk's Office.

- Must be 15 years old or older
- Bring proof of Kentucky residency
- Birth certificate
- Social Security card
- Fee: \$11.50

Computer and Internet Access

If you do not have access to a computer with internet capacity, visit your local public library. You can sign up to use the computers for free.

Louisville Free Public Library

301 York Street

Louisville, Ky. 40203

502-574-1611

lfpl.org/computer-classes.htm

State Social Services Websites

Indiana Family and Social Service Administration

state.in.us/fssa

The Indiana Family and Social Service Administration maintain a website outlining the states programs available to help residents of Indiana. Review the website for more services not mentioned in this guide to include additional information for:

- Aging services
- Disability services
- Family resources
- Medicaid and health care
- Mental health and addiction services

Kentucky Cabinet for Health and Family Services

chfs.ky.gov

The Kentucky Cabinet for Health and Family Services maintains a website outlining the states programs available to help residents of Kentucky. Review the website for more services not mentioned in this guide to include additional information for:

- Aging resource programs
- Family resource programs
- Health programs
- Mental health
- Protection and advocacy programs
- Records

Tax-Advantaged Savings Accounts for Individuals with Disabling Conditions

An Achieving a Better Life Experience (ABLE) account is a savings account used for disability related expenses such as housing modifications, equipment, transportation, caregivers, etc. that will not impact one's Medicaid, SSI or SSDI. Individuals living with a disabling condition that began before the age of 26 are eligible.

Indiana Family and Social Service Administration

ablenrc.org

Kentucky: STABLE Account, stablekentucky.com

Indiana: INvestABLE: ABLE Authority in.gov/tos/able

Paws with Purpose

P.O. Box 7834

Louisville, KY 40257

Phone: 502-689-0804

Paws with Purpose (PwP) is a non-profit organization that provides therapeutic dogs to children and adults with physical disabilities or other special needs.

pawswithpurpose.org



UofL Health - Frazier Rehab Institute
220 Abraham Flexner Way
Louisville, Kentucky 40202
P: 502-582-7400