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KANSAS DEPARTMENT FOR AGING AND DISABILITY SERVICES

2014-2015 Edition

Explore Your Options

A Kansas Guide to Information and In-Home Services

Wyandotte/Leavenworth Area Agency on Aging Directory of Services

Kansas
Department for Aging
and Disability Services

Explore Your Options:

Fall 2014 - 20th Edition

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This publication is also available at www.kdads.ks.gov

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Introduction

Welcome to the 20th Edition of Explore Your Options. This book will help you through the maze of services available to Kansas seniors and those with disabilities. It is designed to help you take an active role in making decisions that affect your health care and living situation. Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay at home can be a great comfort. The purpose of this book is to let you know about possible services in your community that you can use to find solutions that meet your special needs.

Part One will provide you with a better understanding of the kind of agencies and services that can help you stay at home.

Part Two will discuss housing and long term care options. This will be of interest if you are considering moving or if you have been residing in a nursing home and are planning to return to your home.

Part Three includes maps and lists of various agencies and organizations that may be able to provide more information.

Part Four will allow you to find information about what particular services are available in your county. For various reasons, a service may be available but not listed. We encourage you to call the Aging and Disability Resource Center at 1-855-200-2372 for more information. Staff will provide you with current information about services in your county and connect you with the right people to discuss those services.

It is our hope that this guide will be a useful tool as you build solutions that may help you remain at home longer.

Visit our web site at www.kdads.ks.gov
It is linked to many other resources that will help you explore your options.

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Is there anyone to help me figure out what I need?

Sometimes it's easier to put a jigsaw puzzle together than to figure out how to find affordable services that will come to your home and assist you with those necessary tasks that have become increasingly difficult to manage by yourself. When you call the Aging and Disability Resource Center (ADRC), you can talk to an information and assistance professional or an options counselor who can help you figure out what you need and how to find the right services. If needed, there may also be people who can visit you in your home to talk things over.

Case managers are people who can help when you are puzzled by multiple problems that make staying at home seem too difficult. If you are thinking about moving to a nursing home, a case manager can discuss your options and possible solutions. A case manager will help you start services and check back regularly, if necessary, to see that things are working out for you.

Sometimes case managers use other names such as "care managers" or "care coordinators," but the service should be the same. To find a case manager, call the Aging and Disability Resource Center, a Resource Center for Independent Living (for people under age 60), or a private agency of your choice. Private agencies may charge from $50 to $150 per hour.

Are you hiring help at home?

Once you've decided what services you need, the next step is to choose whom you want to provide those services. This can be a scary time, because you may feel vulnerable to the strangers coming to help you. "Will I be safe?" or "Will they take advantage of me?" may be questions you are asking yourself.

If you are working with a case management entity, she or he may be able to assist you in locating quality people to come into your home. But whether you are hiring your own helpers or working with a case manager, there are some questions you can ask and steps you can take to make sure that you know what to expect and are satisfied with the quality of people scheduled to help you.

When hiring helpers at home, ask or do the following BEFORE they enter your home:

- Ask the agency for references (people who know about the agency and the kind and quality of work it does), and check them out. Ask questions like:
- Does the agency have extra insurance on its employees to cover theft and/or breakage?
- Is it a member of the Better Business Bureau or the Chamber of Commerce?

If so, has anyone lodged a complaint about the agency or one of its employees?

If you are not satisfied with the answers to any of these questions, look for another agency.

Ask for references on each employee and check them out. This is especially important if you are hiring someone who is not from a known agency.

Interview the worker. If possible have a family member or friend with you the first time you meet the worker or during any interviews you have. Remember, you will likely feel more comfortable if someone you trust is there as you get to know your new helper. There are many books and articles with questions on how to interview or professional staff that can provide assistance.

Ask about the training and supervision of the people you are hiring. Some questions may be:

- Is the worker trained to do the kind of work you need done? By whom?
- What kind of supervision do they receive? (should it be under a nurse or social worker)?
- What task is each worker allowed by law to perform? You should not ask workers to jeopardize their jobs by asking them to do things that they are not allowed or trained to do.

Ask how payment arrangements are made (if possible, **NEVER** pay cash):

- Will you be billed AFTER the services are provided or do you pay BEFORE you get them?
- What if you are not satisfied or the worker doesn't show up? Do you get a credit? How do you get another worker?
- What kind of receipt is provided for services? When you have hired someone to shop for you, insist that they provide you with receipts for purchases they've made for you.
- Will you have to sign or initial a timesheet? Will staff have to use your telephone for verification of their arrival and departure?
- Do not give a worker access to your checking account, credit cards or Social Security number.

For the first few times, ask for identification BEFORE letting the person into your home. Read their card, badge, etc., and make sure this is who you are expecting. If not, contact the agency before opening your door.

Ask for and expect regular contact with the helper's supervisor. Make sure you can reach the supervisor whenever there is a problem or concern about the worker.

Remove temptation. Once you have hired someone to help you, take a look around your home.

- Do you have valuable jewelry that will be noticed by the worker? If so, put it in a safe deposit box or other secure location.
- Do you have a lot of cash on hand? It is never safe to have money tucked away in a drawer. Put it in the bank.
- Do you have your blank checks and bank statements sitting on a desk in plain view? Again, put them away. Purchasing a small locking file cabinet for such items can remove a lot of temptation for others.
- Do you have valuable or fragile family heirlooms? Now may be the time to give those items to whomever you have selected to receive them after you are gone. You can still have the pleasure of seeing these items when you visit their home without the worry of accidental breakage.

Remember that you are the customer and have the right to expect courteous, respectful help from people who are on time and work hard. This is true regardless of the funding source used to pay for the services. As helpers, they have the right to expect prompt payment for service (usually to their agency) and be treated with respect.

If you do your homework, you will likely find terrific people who will help make the changes in your life easier to handle... and you may also make some wonderful new friends.

What are your responsibilities in hiring help at home? Should you pay federal or state employment taxes for a household worker?

An IRS publication dealing with this subject, "Handbook for Employers," is available by calling **800-870-3676** and requesting Publication Number 926 or access the web at www.irs.gov

There are two basic things you must decide:

- Is the person "your" employee, or is he or she working for you on a contract basis?
- Did you pay this person less than $1,900 in 2014? This amount may go up slightly each year.

Employees could include babysitters, caretakers, health aides, housekeepers, maids, nannies, private nurses, cleaning people, yard workers, and other similar domestic workers. The worker is your employee if you control not only what work is done, but how it is done. Usually you will provide the tools and equipment your employee uses. If the worker controls how the work is done, the worker is not your employee but is self-employed. A self-employed worker usually provides his or her tools and offers services to the general public. There are also rules about hiring people who are not citizens of this country.

How do you pay these taxes?

If the person is your employee, and you paid him or her more than $1,900 in a year, you may need to withhold and pay Social Security and Medicare taxes, pay federal unemployment tax, or you may need to do both. You do not need to withhold federal income tax from your household employee's wages. If your employee asks you to withhold it, you can choose to do so. There are forms to be filled out and submitted to the IRS along with your payment.

This is a complicated issue. IRS does not accept ignorance of the law as an excuse. If you hire someone to work in your home regularly and pay him or her more than $1,900, please investigate the tax consequences. More information is available on the web at www.irs.gov or you may choose to talk with a financial planner or tax preparer. You may also call the IRS at 800-829-1040 with your tax questions.

Part One: Services and Information that help you remain in your home

2-1-1

2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. United Way **2-1-1** will help callers find resources for basic human needs such as food banks, clothing closets, shelters, transportation, support for children, youth and families, physical and mental health resources and employment services.
2-1-1 is an easy way to get help or give help. One call gives people access to thousands of community resources. All **2-1-1** calls are confidential and free.

Adult Abuse

In Kansas vulnerable adults are persons 18 years of age or older who are alleged to be unable to protect their own interests, who are harmed or threatened with harm (financial, mental, physical) through action or inaction by themselves or others. This includes the elderly, physically disabled, mentally ill and developmentally disabled individuals.

Protective services for vulnerable adults living in their own homes are provided by the Department for Children and Families (DCF). Protective services for vulnerable adults living in a licensed residential home are provided by the Kansas Department for Aging and Disability Services (KDADS) for the purpose of preventing or alleviating abuse, neglect, exploitation or fiduciary abuse.

A report should be made when an adult is in a harmful situation or in danger of being harmed, unable to protect himself/herself, a specific incident or pattern of incidents suggests abuse, neglect, or financial abuse, or exploitation is occurring. A report should also be made when an adult is unable to provide for or obtain the services necessary to ensure their safety and well-being or to avoid physical or mental harm or illness. Specific information is needed in a report. Be sure to include the name of the person, their exact location, any information about the nature of the abuse, neglect, financial abuse or exploitation and specific names, addresses and phone numbers of any caretakers, next of kin, witnesses or the alleged abuser.

Elderly Living at Home:
Call your local DCF office or 800-922-5330
(also for child abuse)

Institutional Abuse Hotline:
800-221-7973

Person Living in a Licensed Residential Home or Hospital
800-842-0078

Adult Day Care

Adult day care centers provide a variety of services, from health care to recreation. Centers are usually open during working hours and may stand alone or be located in senior centers, adult care homes, or religious organizations. Adult day care staff may monitor medications, provide hot meals and snacks, and social activities. Currently, adult day care centers are licensed by the Kansas Department for Aging and Disability Services. It is important to visit the center, talk with staff, and speak with other families who use the center to make sure that the center is able to meet your needs.

For more information, contact the Aging and Disability Resource Center, hospital, doctor, senior center, public health department, or look in the county specific Directory of Services under “Adult Day Care.” A statewide listing of licensed Adult Day Care Providers is available online at www.kdads.ks.gov.

Aging and Disability Resource Connection (ADRC)

Aging and Disability Resource Centers are welcoming and accessible places where individuals can obtain information and assistance in locating home and community-based long-term care services and institutional care. ADRCs purpose is to streamline access to long-term support services and empower individuals to make informed choices about their care. ADRCs do this by providing consumers with information on their options for services, as well as assistance with application processes, eligibility determinations and follow-up as needed. In doing so, ADRCs help people conserve their personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term institutional care.

ADRCs have strong partnerships with a wide variety of service providers and organizations to facilitate referrals to those organizations according to the customers' needs and choices. The Kansas Aging and Disability Resource Center has a public-access website at www.kdads.ks.gov with a statewide On-line Resource Database of services and a variety of other tools to provide information and assist consumers and family caregivers with their long-term care needs.

Services provided by ADRCs include:

- Options Counseling
- Person-Centered Transition support following hospitalization or nursing home stays.
- Functional eligibility assesments for HCBS waivers including physical disabilities, traumatic brain injury and frail elderly
- Follow-up to ensure customers' goals are being achieved and that needed services are being provided.

Call 1-855-200-2372 or see Map on Page 28 for the Aging and Disability Resource Center for your area.

Alzheimer's Disease and Related Dementia

Dementia is a general term for several diseases that cause changes in an individual's orientation, ability to remember, reasoning and judgment. Ability to learn, personality, language skills and a person's perception can also be affected. The losses caused by dementia interfere with a person's ability to function normally in personal, social and occupational activities.

Alzheimer's disease accounts for 60 to 80 percent of all dementia cases. It is an irreversible progressive brain disorder that occurs gradually and results in memory loss, behavior and personality changes and a decline in thinking abilities. It is the sixth leading cause of death among adults.

It is estimated over 5 million Americans suffer with the disease. The number of Americans with Alzheimer's and other dementias is increasing every year because of the steady growth in the older population. *(From the 2009 Alzheimer's Association - Alzheimer's Disease Facts and Figures Report)*

Individuals who are having dementia symptoms should discuss the signs with their family physician. The physician will order the appropriate tests or refer the individual to another physician, or to an Alzheimer's diagnostic center. An early and thorough diagnostic workup is important to rule out other diseases and conditions that can also cause dementia. The diagnostic process could include medical history, psychiatric evaluation, physical examination, neurological exam and laboratory tests.

The Alzheimer's Association Safe Return Program assists in the safe return of individuals with Alzheimer's or a related dementia who wander and become lost. It is a nationwide identification, support and registration program working at the community level. Contact the Alzheimer's Association for registration information.

Alzheimer's disease is a medical condition and not a psychological or emotional disorder. The more you, your family and friends learn about the disease, the more everyone will be able to support one another.

The Kansas Alzheimer's Association provides support groups, training for caregivers and health care professionals, video/book library for loan or purchase, publications, referrals, newsletters, diversity outreach and safe return registry.

Alzheimer's Association Chapters in Kansas

Heart of America Chapter
3846 W. 75th Street,
Prairie Village, KS 66208 913-831-3888 or
800-272-3900 www.alz.org/kansascity/index.asp

Heart of America Chapter
Northeast Kansas Regional Office
3625 SW 29th St., Ste 102
Topeka, KS 66614
785-271-1844 or 800-272-3900

Central and Western Kansas Chapter
1820 E. Douglas Avenue, Wichita, KS 67214
316-267-7333 or 800-272-3900
www.alz.org/centralandwesternkansas

The following organizations provide information and resources:

National Alzheimer's Association
225 N. Michigan Ave., Floor 17
Chicago, IL 60601
800-272-3900 24-hour care counselor
www.alz.org message boards/chat rooms at
www.alz.org/messageboards

Parkinson Foundation of the Heartland
8900 State Line Road, Suite 320
Overland Park, KS 66206
913-341-8828 www.parkinsonheartland.org

National Parkinson Foundation, Inc.
200 SE 1st St., Ste 800
Miami, FL 33131
800-473-4636
www.parkinson.org

Assistive Devices and Technology

Assistive technology can be any item, piece of equipment, or product that is used to increase, maintain or improve the living and working capabilities of people with disabilities. Examples of assistive devices include Braille printers, computer-based communication systems, electronic page-turners for books, power wheelchairs, talking books and calculators, bath benches, grab bars and telephone devices for persons with hearing impairments.

Check with the Aging and Disability Resource Center, church, civic group, veterans' organization, senior center or lending closet for assistive devices such as wheelchairs, walkers, hospital beds, etc. You may also contact the statewide lending closet at Occupational Center of Central Kansas (OCCK) in Salina at 800-526-9731. There may be other lending agencies in your area.

In addition, the agencies listed below provide information and referral, advice on financing, training, and technical assistance about assistive devices and technology. You may also contact the Aging and Disability Resource Center or local Center for Independent Living for additional information and financing suggestions. See the maps on pages 28 and 30 for one near you.

Envision, Wichita 888-311-2299

Kansas Assistive Technology Access Sites
Kansas Equipment Exchange
800-526-3648 or www.atk.ku.edu

K-Loan (low interest loans)
866-465-2826 V/TT
620-421-6554 V/TT

Occupational Center of Kansas (OCCK),
Salina 800-526-9731 TDD/TTY 785-827-9383

United Cerebral Palsy of Kansas,
316-688-1888 ext. 538

Blind and Visually Impaired Services

DCF provides a variety of employment and independent living services for Kansans who are blind or visually impaired. Vocational Rehabilitation provides services to help individuals achieve or maintain competitive integrated employment. The Business Enterprise Program provides career opportunities in food service facilities, snack shops, and vending machine routes. Independent Living services are available for persons who are age 55 or older. Contact them at **866-213-9079**.

Ikan represents a consortium of independent living centers, headed by Prairie Independent Living Resource Center (PILR) Hutchinson, that are working in 76 counties to provide provision of independent living services for persons who are age 55 and older who experience blindness or visual impairments. Ikan has five core services: individual and system advocacy, peer counseling, information and referral, independent living skills training, and deinstitutionalization. They also offer orientation and mobility training, Braille transcription, and assistive technologies.

Contact an Independent Living Resource Center for more information and to see if these services are available in your area.

Family Caregiver Support Program (FCSP)

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is not an easy role, nor is it one for which most of us are prepared. Whether you are a caregiver, know a caregiver or are expecting to become a caregiver, there is information and assistance to help. Call the Aging and Disability Resource Center (see page 28).

The Family Caregiver Support Program (FCSP) is a federally funded program under the Older Americans Act (OAA). In Kansas, Aging and Disability Resource Centers provides FCSP designed to assist caregivers in the areas of health and finance, and in making decisions and solving problems related to their caregiving roles. FCSP services may be provided to a:

- Caregiver - an adult family member, or another individual, who is an informal provider of in-home and/or community care to an older individual who is 60 years of age or older, or an adult caring for an individual with Alzheimer's Disease or a related disorder with neurological or organic brain dysfunction.

- Grandparent or relative by blood, marriage, or adoption who is age 55 or older providing care for a child who is younger than 19, and; 1) lives with the child; 2) acts as the primary caregiver of the child; and 3) is raising the child either formally through legal custody or guardianship, or informally.

- Grandparent or relative by blood or marriage who is age 55 or older providing care for an individual, age 19 to 59, with a disability. This caregiver cannot be the individual's parent.

Each Aging and Disability Resource Center (ADRC) will receive an allocation of funds for FCSP service delivery. The ADRC will determine what the service needs are for their specific area through public hearings, focus groups, etc. The services that may be available include:

- Information
- Assistance
- Caregiver Training
- Individual Counseling
- Support Groups
- Respite Care - Respite enables a caregiver to be temporarily relieved from their caregiving responsibilities
- Supplemental Services

For more information on this program, contact the Aging and Disability Resource Center. See page 28 for the one closest to your area.

Disability Services

Home and Community Based Services for the Physically Disabled (HCBS-PD) This program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines. Individuals 65 years of age and older who meet the eligibility guidelines and were being served by the HCBS/PD waiver before the age of 65 years may choose to continue services or choose to access services through the HCBS/FE Waiver. Services available include: Assistive Services, Home Delivered Meals, Personal Services, Personal Emergency Response System/Installation, Medication Reminder/Installation, Medication Reminder Dispenser, and Sleep Cycle Support.

Services for this program are coordinated through Centers for Independent Living and independent case management agencies.

Centers for Independent Living are non-residential, community-based, private, non-profit organizations that are designed and operated by individuals with disabilities. The Centers for Independent Living offer varied services which may include individual and system advocacy, information and referral services, peer counseling, independent living skills, training, advocacy and legal services, housing assistance, personal skills instructions, help in obtaining assistive devices, communication services, and services through the Home and Community Based Waiver Services for the Physically Disabled program.

Call the Center for Independent Living for your area for more information. Refer to the map on page 30 for further information.

Kansas Department for Children and Families (DCF)

Formerly the Kansas Department of Social and Rehabilitation Services (SRS), these offices provide a variety of cash assistance services and programs for families and older adults. Assistance might be available to help with food, heating costs, or medical expenses.

Some specific examples of programs are the Low Income Energy Assistance Program (LIEAP) which offers a one-time payment towards your winter heating cost. This program is available only January through March each year. Food Assistance programs include the cash assistance program using a Vision card or the Emergency Food Assistance Program (TEFAP) commodity program. Eligibility criteria must be met for most programs under DCF.

DCF also determines Medicaid financial eligibility for assistance in paying nursing home costs. If you have a family member in a nursing home and can no longer private pay for their care, contact DCF for more information and an application form. If only one spouse is in the nursing home, you can also apply for a Division of Assets to help protect some assets for the at home spouse.

Contact the DCF office serving your area, check their website www.dcf.ks.gov or call **888-369-4777.**

Kansas Commission on Disability Concerns (KCDC)

KCDC provides disability-related information to the people of Kansas. Some of the key resources are disability service maps, disability resources, Americans with Disability Act (ADA) information, legislative information and more.

In addition, KCDC offers information on topics to assist people with disabilities in living as equal citizens. Contact them at **800-295-5232**, 711 for Relay Service or online at www.KCDCinfo.com

Driving

Giving up driving is very difficult for most people. Driving gives a person freedom and control, a sense of self-esteem and independence. Often concerns arise about elderly parents, neighbors or friends and their ability to drive safely. Some signs to watch for include: forgetting how to get to familiar places, failure to follow traffic signs, poor judgment of distance, making turns that are too wide or too tight, making poor decisions in traffic such as failing to yield or too slow to react to emergencies. Another sign is a series of fender-bender accidents.

Here are some simple tips to help you drive safely longer.

- Have regular check-ups including eye and hearing exams
- Take part in an exercise program so that you maintain your health and can react quickly
- Ask your doctor if any of your medications can affect your driving
- Reduce noise in your car; turn off the radio
- Ask passengers to not disturb you in high traffic or confusing situations
- Reduce long distance driving
- Plan rest stops along the way and allow plenty of time
- Do not use a cell phone while driving
- Do not travel with your pets unless they are restrained
- Avoid high traffic times and areas; drive only during the daylight hours
- Do not drive in bad weather; wear your seat belt properly; call 511 for road conditions
- Make sure your car seat and mirrors are adjusted for your height
- Keep your car well-maintained and equipped with emergency equipment such as a flashlight and blanket
- Take a refresher driving course to improve your skills and possibly get a discount on your insurance

As you begin thinking about driving less, consider other options. For example, is there a church van that provides transportation to church or can you create a car pool? Is there a pharmacy or grocery store that will deliver free or for a small fee? When there is a family event or major outing, ask other family members if you can ride with them.

Call the Aging and Disability Resource Center to find out about driver safety training opportunities in your area. There may also be other transportation options available in your area. The telephone number is **855-200-2372**.

Eldercare Locator

The Eldercare Locator is a national toll-free referral number funded by the U.S. Administration on Aging (AoA) to assist older people and their families in finding community services anywhere in the country.

Eldercare Locator Information Specialists take calls Monday through Friday, 8 a.m. to 7 p.m. All calls are confidential. Recorded voice messaging is available 24 hours a day. The toll-free number to call is **800-677-1116**. Information is also available on line at www.eldercare.gov

Emergency Alert Systems

Many local hospitals and some specific agencies rent special emergency alert devices (sometimes called "personal emergency response" services). These devices can be easily activated by an individual if trouble occurs. Some devices are designed to be worn around the neck; others are designed to be placed at a fixed location in the home. When activated the device sends an emergency signal that calls for help. Emergency alert devices are helpful for persons with life threatening medical conditions and those who live alone.

The emergency alert devices, such as "LifeLine," have a one-time installation fee, plus a monthly charge. There may be some assistance in paying the charge. Contact the Aging and Disability Resource Center at **855-200-2372** for local information.

Fraud and Scams

"No one can take advantage of me; I'm too smart for that!" This phrase is often used by people who think they won't be a victim. Unfortunately, it does happen and it can happen to anyone. Senior citizens are especially vulnerable because they have a steady income, are at home more and are generally more trusting. Examples of common problems include door-to-door sales, home repair scams, Medicare and Medicaid fraud, mail order fraud and identity theft. Remember, if it sounds too good to be true, it probably is.

The following resources may be able to help if you or someone you know becomes a victim or you believe someone is trying to take advantage of you.

Kansas Senior Medicare Patrol (SMP) or Kansas Department for Aging and Disability/SHICK programs **800-860-5260**

Federal Trade Commission **877-438-4338**
(identity theft) www.ftc.gov

Kansas Attorney General,
Consumer Protection Division **800-432-2310**
or www.ksag.org

Kansas Charity Check,
www.KsCharityCheck.org (check out Kansas charitable organizations before giving)

Kansas Insurance Department, www.ksinsurance.org **800-432-2484**

Medicaid Fraud and Abuse **866-551-6328**

Office of the Kansas Securities Commission,
800-232-9580 or www.ksc.ks.gov

No-Call Telemarketing, **888-382-1222**
(to stop telemarketing calls)

Reduce junk mail by writing:
Mail Preference Services
P.O. Box 643
Carmel, NY 10512
www.dmachoice.org

To Report Mail Fraud:
Postal Inspection Services **877-876-2455**
http://postalinspectors.uspis.gov

Annual Free Credit Report:
Equifax, Experian, Trans Union
877-322-8228 or www.annualcreditreport.com

Opt Out of Unsolicited Credit and Insurance offers
888-567-8688
www.optoutprescreen.com

Health Insurance and Prescription Drugs

Medicare information is available on the www.medicare.gov website, including the option to enroll in Medicare Part D insurance. The Senior Health Insurance Counseling for Kansas (SHICK) program has volunteer counselors available statewide to answer questions about Medicare, explain the different policies and options, and help you enroll in Medicare Part D. SHICK volunteers offer confidential assistance and do not represent any insurance company. These volunteers are available to answer questions about Medicare, Medicare Supplement Insurance, Medicare Prescription Drug Coverage (Part D), Long-Term Care and other insurance concerns.

Volunteers can assist Medicare beneficiaries in applying to the Social Security Administration for extra help in paying for their Part D coverage. Volunteers can help beneficiaries apply for low-cost prescription drugs if the cost of prescription drugs creates a financial hardship. For the program nearest you, contact Senior Health Insurance Counseling for Kansas at **800-860-5260**. You may also want to check the Kansas Department for Aging and Disability Services website at www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick

Helpful Insurance Booklets

The Kansas Insurance Department produces several booklets on health insurance. These are available from the Consumer Assistance Division of the Kansas Insurance Department at **800-432-2484**. The booklets include the Medicare Supplemental Insurance Shoppers Guide and the Long Term Care Insurance Shoppers

Home Health Care

Home health care can include skilled nursing, occupational, respiratory, speech and physical therapy, or home health aide. It can include assistance with dressing, bathing, toileting, and self-administered medications. Home health care covers the use of assistive devices such as walkers, hospital beds, wheelchairs, and oxygen. Home health care is usually medically oriented and is different from the homemaker

and personal care services. People who provide home health care can be registered and licensed practical nurses, therapists, or homemaker-home health aides. They usually work through a home health agency, hospital, or public health department.

Kansas home health agencies must be licensed and surveyed annually. Also ask the agency if they are accredited by additional professional organizations and request a copy of the accreditation report. All home health agencies are required to follow the Client Bill of Rights and a copy should be given to each client. If you have any care related problems, call **800-842-0078**.

Medicare or Medicaid may pay for home health visits if all of the following conditions are met. You: a) must be homebound; b) need intermittent skilled nursing care, physical therapy, or speech therapy; c) must be under the care of a doctor who determines you need home health care and sets up a home health care plan; d) must use a home health agency certified to provide Medicare services; e) meet the age and resource eligibility guidelines when using Medicaid. You do not have to pay a deductible or coinsurance when you receive home health care covered by Medicare, with the exception of a 20% co-payment on durable medical equipment (like a wheelchair). Private insurance, Medicare supplement or long term care insurance may also cover some home health care expenses. Many home health agencies also offer services on a private pay basis. There may be other sources of funding assistance available as well. Call the Aging and Disability Resource Center for programs and eligibility information (page 28).

Home health agencies and adult care homes are required by Kansas law to check the criminal backgrounds of the people who have worked for them less than five years and of the people who apply for employment with them. Upon request by the agencies, the Kansas Department of Health and Environment makes the criminal background checks through the Kansas Bureau of Investigation records.

In general, home health agencies and adult care homes may not permit people to work for them who have been convicted of the Kansas crimes of capital murder, first degree murder, second degree murder, voluntary manslaughter, assisting suicide, mistreatment of a dependent adult, rape, indecent liberties with a child, aggravated indecent liberties with a child, aggravated criminal sodomy, indecent solicitation of a child, aggravated indecent solicitation of a child, sexual exploitation of a child, sexual battery, or aggravated sexual battery or of similar crimes under Federal or other state's laws. However, home health agencies and adult care homes are allowed to employ persons convicted of some types of crimes against persons, sex offenses, and crimes affecting family relationships (except those types of crimes listed above) as long as more than five years have passed since the potential employee satisfied the criminal sentence or parole.

For in-home services that aren't provided by home health agencies or adult care homes, and are funded through KDADS or the Aging and Disability Resource Centers, KDADS requires direct service providers to obtain sworn statements disclosing criminal convictions from the applicants, employees, and contractors who perform the in-home services.

Customers who choose individuals to provide in-home services for them under the self-directed care option of the Medicaid Home and Community Based Services Program are responsible for requesting a criminal background check from their service providers.

Where can I find more information?

Your hospital or physician may be your first source of information about home health care, but you may also call your public health department or the Aging and Disability Resource Center. The county specific Directory of Services or your telephone book's Yellow Pages (under "Home Health," "Home Care Services," "Nurses," or "Nursing Services") are also good sources of information.

Home and Community Based Services – (HCBS)

The following is a list of the Home and Community Based Service Waivers available in Kansas under Medicaid:

- The HCBS/**Autism** Waiver provides services to children with Autism to receive early intensive intervention treatment and allow primary caregivers to receive needed support through services.

- The HCBS/ **Intellectual and Developmental Disabilities** (IDD) Program serves individuals age 5 and over who meet the definition of intellectual disability or having a developmental disability or are eligible for care in an Intermediate Care Facility for Individuals with an Intellectual Disability (ICF/IID).
- The **Technology Assistance** (HCBS-TA) Program serves individuals who are age 0 through 21 years, chronically ill or medically fragile and dependent upon a ventilator or medical device to compensate for the loss of vital bodily function and require substantial and ongoing daily care by a nurse, comparable to the level of care provided in a hospital setting, or other qualified caregiver under the supervision of a nurse to avert death or further disability.

  Furthermore, the individual is hospitalized or at imminent risk of hospitalization, whose illness or disability, in the absence of home care services, would require admission to a hospital. The individual must be determined eligible for Medicaid.

- The **Traumatic Brain Injury** (HCBS-TBI) Waiver program is available for individuals who have sustained a traumatic brain injury caused by an external physical force, such as blunt or penetrating trauma or from accelerating-decelerating forces. The program provides rehabilitative services needed after injury to support regaining of functional skills necessary for the individual to remain in the community and be as independent as possible in a safe, healthy environment. The HCBS/TBI program services individuals 16 to 64 years of age who meet the criteria for TBI rehabilitation facility placement.
- The **Physically Disabled** (HCBS-PD) program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines..
- **Frail Elderly (HCBS-FE)** The HCBS-FE program may enable a person to stay in his or her home or make other successful living arrangements in the community. In order to qualify for the HCBS-FE program, a person must be 65 years old, meet Medicaid income eligibility guidelines, and meet Medicaid long-term care functional assessment criteria.
- **Serious Emotional Disturbance (SED)**
  The Home and Community Based Services Serious Emotional Disturbance (SED) Program serves as an alternative to inpatient psychiatric treatment for children and youth with mental health disorders. The program provides for the traditional Medicaid financial criteria to be waived and for children to be assessed for Medicaid financial eligibility based solely upon the child's income and resources and not that of the household. In addition to traditional Mental Health Services (Outpatient Therapy and Medication Management, for example) and State Plan Medicaid Services (Targeted Case Management and Community Psychiatric Support and Treatment, for example), SED program members can access an additional six (6) services not otherwise available:

  • Parent Support, Education and Training
  • Attendant Care
  • Professional Resource Family Care
  • Wrap around Facilitation
  • Short Term Respite Care
  • Independent Living/Skills Building

  SED program services are provided by Community Mental Health Centers around the state. Only a qualified mental health professional (QMHP) employed by one of the centers can determine if a child or youth meets the clinical criteria for SED program eligibility.

  These programs require both financial and functional eligibility to be met. The DCF office will notify you by letter and tell you how much your monthly obligation will be. Once eligibility is met, coordination of services is through a managed care organization. Contact the ADRC at 855-200-2372 or the DCF office closest to your location for further information.

Hospice

Hospice is a service that provides care and support to individuals and families coping with terminal illness. There are many independent providers of Hospice services. A physician's orders are required to receive Hospice care. Each patient is cared for by a team. Nursing and other medical and home-health personnel, social workers, chaplains and volunteers provide a range of services including pain relief, symptom management and supportive services for the patient and

caregiver. Hospice agencies are certified and surveyed by the Kansas Department of Health and Environment.

Services are provided whether the patient lives in a private home or a nursing home. The patient should be under a doctor's direction and services are done in cooperation with a designated caregiver. Arrangement for inpatient care is made when needed. Hospice staff assists the caregiver in caring for the individual. Members of the care team will visit on a regular basis or at the request of the caregiver. Staff can be reached 24 hours a day, seven days a week.

Hospice care may be covered by Medicare and/or Medicaid if the patient has Part A Medicare, a physician's orders and a diagnosis of terminal illness.

Check with other insurance options to see if hospice coverage is provided.

Hospice agencies are located across Kansas. Discuss this option with your primary care physician to determine if it will help in your individual situation.

KanCare/Medicaid

KanCare was designed to provide comprehensive managed care for Kansans on Medicaid. KanCare delivers person-centered, coordinated care and is expected to generate better health outcomes. It also aims to curb the growth of spending on Medicaid services in Kansas. Spending will continue to increase, but at a slower pace than under the old, fragmented Medicaid program. Three managed care organizations (MCOs) have signed contracts to provide services across the state. These organizations will coordinate delivery of the Medicaid services already being provided, as well as preventative dental care for adults, heart and lung transplants and bariatric surgery.

More information on KanCare is available at www.kancare.ks.gov or to apply for Medicaid, contact the Department of Children and Families office for your area.

If you are already enrolled in KanCare contact the managed care organization you are assigned to:
Amerigroup: 800-600-4441, TTY: 800-855-2880
Sunflower: 877-644-4623, TTY: 888-282-6428
United: 877-542-9238, TTY: #711

KanCare Ombudsman - The KanCare Ombudsman provides an independent and confidential resource for Kansas Medicaid members', with a primary focus on individuals participating in an HCBS waiver program or receiving other long-term care services through KanCare, and assists members in resolving their concerns.

Kancare.ombudsman@kdads.ks.gov
855-643-8180
www.KanCare.ks.gov/ombudsman.htm

Information and Referral/Assistance

Finding the right agency and the right phone number when you need help can be difficult. Aging Information and Referral/Assistance (I&R/A) provides seniors with a skilled professional who will help link them to the information or service they need. I&R/A Specialists will ask questions in order to find out what community or public assistance is available, what eligibility criteria must be met and help connect you with the right agencies or organizations. While each Area Agency on Aging has an I&R/A program, the way the service is provided varies. See the map on page 28 for the Area Agency on Aging closest to you.

Legal Assistance

Each Aging and Disability Resource Center contracts with a legal service provider in their area to provide legal assistance to seniors age 60 or older. A Senior Citizen Law Project (SCLP) attorney will consult with you about your issue. These legal service providers handle civil legal issues only. See page 28 to locate the SCLP in your area.

Legal assistance may also be available through the Elder Law Hotline. The Elder Law Hotline provides access to legal services for Kansas seniors age 60 or older. Hotline attorneys are available to answer questions for civil cases only. You will not be charged for the call or attorney time. You may call the Elder Law Hotline toll free number **888-353-5337** from 9:00 a.m. to 4:30 p.m. Monday through Friday, except legal

holidays. When you call, an intake person will take general information about you and transfer your call to an attorney. Attorneys who work with the Hotline are SCLP attorneys or private attorneys who handle elder law issues. The hotline also provides referrals to private attorneys through the Elder Law Referral Panel. These attorneys will charge you for their services.

"Meals on Wheels" and Home-Delivered Meal Programs

Home-delivered meals are available in many Kansas communities to individuals who have been determined to meet established eligibility criteria. Meals are delivered by volunteers. Frozen or "shelf-stable" meals requiring minimal preparation may be available in some areas. Some providers deliver two meals daily, but most deliver only one. Special diets may be available to those who need them. In some areas of the state, (e.g. remote, rural areas) a multi-day supply of meals may be delivered. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses, regardless of age, can also receive a meal on a contribution basis if it is in the senior's best interest.

For more information, check the county specific Directory of Services under "Meals - Home Delivered," or call your Aging and Disability Resource Center.

Medicare Savings Program

The Medicare Savings Program is a federal program which assists Medicare beneficiaries in paying for Part A, Part B and Part D coverage. The Medicare Savings Program may help pay premiums, deductibles and co-insurance amounts, depending on income. To be eligible for this program, Medicare beneficiaries' must meet monthly income guidelines and maximum asset limits. Assets include money in a checking or savings account, stocks, or bonds. Countable assets do NOT include your home, a car, burial plots, up to $1,500 for burial expenses, furniture, or up to $1,500 of life insurance.

Individuals need to request a Medicare Savings Program application from their area Department for Children and Families (DCF) office. Acceptance into this program does not require an in-person interview though you will be required to provide financial information. Contact the DCF office in your area or call
888-369-4777.

Mental Health

Good mental health that results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity is necessary to age successfully. *(Mental Health Report of Surgeon General, 1999)* This does not mean that an older person never experiences any problems or disease, but that symptoms are treated and controlled, and do not interfere with leading a rewarding life. Unfortunately, many older people still believe the myth that mental health problems result from personal failure or weakness. This stigma means that they may not want to admit that a problem or symptom exists, and they do not seek help.

Mental disorders are not part of the normal aging process. Circumstances that can contribute to the development of mental health disorders in older adults include social isolation, stressful living conditions, bereavement, acute and chronic health conditions, and the burden of having to take care of a seriously impaired family member. Those who are at greatest risk have a great deal of stress, have difficulty adapting to changes in circumstances and routines, do not have supportive relationships, have difficulty relying on others to help cope with losses, or tend to have a negative outlook on life. Many older people develop mental health problems for the first time when they are in their later years. It is important to remember that these problems are treatable.

An individual primary care physician can help; however, the most successful treatment involves both medication and counseling therapies. Community Mental Health Centers (CMHC) receive state and local funds to provide mental health services to individuals in their provider area. They have sliding-scale fees and accept Medicaid, Medicare, private insurance and private pay. The Community Support Programs of the CMHCs generally organize services for the targeted population at the local level for adults. Case management is one of the core services. This network of CMHCs form an integral part of the total mental health system in Kansas. The independent, locally operated CMHCs are dedicated to fostering a quality, freestanding system of services and programs for the benefit of citizens needing mental health care and treatment. CMHCs initiate and maintain close cooperative working relationships with other groups, organizations, and individuals having similar interests and goals. The Community Mental Health Centers in Kansas are listed on page 31.

Money Follows the Person Demonstration Grant

Money Follows the Person (MFP) is a demonstration grant that permits funding to "follow the person" to the most appropriate and preferred setting of that resident's choice. Kansans can be served in the community as an alternative to nursing home care. This program shifts Medicaid's traditional emphasis on institutional care to a system offering greater choices that include Home and Community Based Services (HCBS) and help eliminate barriers that prevent residents from transitioning back into the community. This grant is administered through the Kansas Department for Children and Families (DCF), Kansas Department on Aging and Disability Services (KDADS) and Kansas Department of Health and Environment (KDHE). MFP provides transitional opportunities to individuals eligible for the following HCBS waiver populations: Frail Elderly, Physically Disabled, Traumatic Brain Injury and Intellectual/ Developmentally Disability.

To be eligible for this program the person must:

- Be a current resident of a nursing home or intermediate care facility for mental retardation (ICF/MR) with three months continuous stay, not counting Medicare reimbursement days
- Be Medicaid eligible at least one day prior to receiving MFP services
- Meet the functional eligibility for waivered services
- Have an interest in moving back to the community

Services offered under the MFP demonstration:

- HCBS waivered services specific to the waiver the individual would qualify for
- Transition services - up to $2,500 start-up cost.
- Home modification/assistive technology above the $7,500 lifetime cap
- Transition Coordination Services
- Targeted Case Manager Service
- Therapeutic Support (for only two waiver
- populations)

The MFP demonstration grant has specific criteria of housing options; customers cannot reside in Residential Care Facilities, Homes Plus or Board and Care Homes and non-qualifying Assisted Living Facilities.

Contact your Aging and Disability Resource Center for more information. (see page 28).

Program of All-Inclusive Care for the Elderly (PACE)

The Program of All-Inclusive Care for the Elderly (PACE) was developed by Medicare/Medicaid to meet the health-care needs of individuals who wish to continue to live in their communities.

The PACE program provides comprehensive health care services designed to:

- Enhance the quality of life and independence for older Kansans.
- Maximize dignity of and respect accorded to older Kansans.
- Enable older Kansans to live in their communities as long as possible.
- Preserve and support the older Kansan's family unit.

A team of professional and paraprofessional staff assesses the participant's needs, develops a plan of care with the individual and his/her caregiver, and delivers all services (including hospital and other acute care and, when necessary, nursing home ser-vices). The PACE provider coordinates and provides all needed preventive, primary, acute and long-term care services, so that older Kansans who need nurs-ing home level of care can continue living in the community. The PACE service package must include all Medicare- and Medicaid-covered services.

Those interested should contact one of the PACE organizations for an initial overview of PACE. To be eligible to enroll in the program an individual must meet the following requirements:

- Be 55 years of age or older;
- Be assessed to meet the functional eligibility guidelines established by the State of Kansas;
- Reside in the service area of the PACE organization; and
- Meet any additional program-specific eligibility conditions imposed under the PACE program agreement.

Currently, Kansas has two PACE Organizations: **Via-Christi HOPE** serving Sedgwick County, **316-858-1111** and **Midland Care Connections** serving Shawnee, Douglas, Jackson, Jefferson, Osage, Pottawatomie and Wabaunsee counties, **785-232-2044**. They will begin service on January 1, 2015 in Marshall, Nemaha, Lyon counties.

Via Christi will be expanding PACE services to Miami, Franklin and Johnson counties and Midland PACE will be expanding into Brown, Doniphan, Atchison, Leavenworth and Wyandotte counties within the next year. The state has contracted with Bluestem Communities as a new PACE provider. Bluestem's PACE center will be located in McPherson, KS providing services to Lincoln, Ottawa, Ellsworth, Saline, Dickinson, Rice, McPherson, Marion, Reno and Harvey counties in the future; contact **Bluestem Communities** at **316-284-2900** for information in regards to enrollment in those counties.

Contact the PACE organization in your service area for further information.

Please go to www.kdads.ks.gov for update on PACE expansion areas or contact the Aging and Disability Resource Center at **855-200-2372** for current information on locations.

Respite Care

Respite care provides time off for persons caring for family members. Respite care, sometimes called adult care sitting, provides relief and allows the caregiver to take care of themselves, too.

There are many types of services which may be used to provide caregivers the break they need. It can be as simple as asking a family member to sit with your loved one for brief periods of time. You may also choose to have a respite worker come into your home for a few hours, take your loved one to an Adult Day Care Center or an adult care home that provides respite care.

Today, family members are the primary caregivers of older persons. About 6.6 million Americans aged 65 and older currently receive long-term care services; family members provide two-thirds of the care. Caregivers are mostly female, usually wives and daughters. They often have many other responsibilities. To maintain a caregiver role over time, a person needs occasional relief.

Start by contacting family, friends, your local senior center, public health department, hospital, religious organization, adult care home, or your Aging and Disability Resource Center (ADRC) You can also find providers of respite services in your area listed in the county specific Directory of Services.

Self-Help and Support Groups

Support and self-help groups are usually small groups of people who have something in common, like caring for someone with Alzheimer's Disease or someone who is recovering from a stroke. Participants get together, usually once a month, to discuss their situations and concerns. Some groups have a professional social worker or nurse who coordinates the group, while others operate on their own.

Support groups are usually free of charge, while some with professional coordinators may ask for a small donation (which can usually be waived if necessary) to cover the cost of the professional's time.

For information about various support and self-help groups in your area, contact the Aging and Disability Resource Center, your doctor's office or the Self-Help Network. The Self-Help Network is a nonprofit, statewide information center that can give you more information about support groups in your area. Currently, the Network can provide referrals to Kansas and national support groups, organizations, and help lines. Call the Self-Help Network toll free at **800-445-0116 or go to** www.wichita.edu/ccsr.

Senior Care Act

This program provides in-home services for persons who are age 60 and over. Senior Care Act services vary by county. Services are offered on a sliding fee scale, based on your income and liquid assets. Customers pay between donation and 100% of the cost of the service. Availability of services is limited to budget constraints.

Eligibility Guidelines:

Potential customers must be 60 years of age or older and must demonstrate impairment in two or more activities of daily living and three or more instrumental activities of daily living with a minimum score.

Call your Aging and Disability Resource Center (ADRC) for more information. (See page 28).

Senior Centers and Nutrition Sites

Senior Centers are often gathering places for seniors in Kansas communities. They're a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed in the county specific Directory of Services to find out more information.

Nutrition and/or Meal Sites offer lunch programs for people 60 years and older and their spouses. Nutrition programs (sometimes called meal sites), can be found at some Senior Centers, or they may be located in community centers or churches. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses regardless of age can also receive a meal on a contribution basis. For information on "Meals on Wheels" see page 14.

What is your nutritional health?

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

INSTRUCTIONS: Read the statements below. Circle the number in the YES column for those that apply to you or someone you know.

NUTRITIONAL CHECKLIST.....YES

Do you eat less than 2 meals daily.....3
Do you eat less than 2 servings of fruits and vegetables daily? 1
Do you eat less than 2 servings of dairy products (milk, cheese, yogurt, etc.) daily?.....2
Do you usually drink less than 6 glasses of water, milk, or juice daily?.....0
Do you drink 3 or more alcoholic beverages daily?..... 2
Do you take 3 or more different prescriptions and/or over-the-counter drugs daily?.....1
Do you have problems with dentures, teeth, or mouth, which make it hard to eat?.....2
Have you made changes in the kind and/or amount of food you eat because of an illness and/or condition?.....2
Are you physically not always able to grocery shop, cook and/or feed yourself?.....2
Do you eat alone most of the time.....1
Do you feel that you usually do not have enough money to buy the food you need?.....4
Have you gained or lost more than 10 pounds in the last 6 months?.....2

TOTAL_____

TOTAL Your Nutritional Score. If it's . . .

0-2 Good! Recheck your nutritional score in 6 months.

3-5 You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle.

6 or more You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian or other qualified Health or Social Service professional. Talk with them about any problems you may have. Consider using your local nutritional programs and/or meal sites discussed in this section.

Substance Abuse Prevention, Treatment and Recovery

The Shawnee Regional Prevention and Recovery Services program Senior Prevention/Intervention Counseling and Education (S.P.I.C.E.) is a statewide initiative through funding by Substance Abuse Prevention, Treatment and Recovery. The S.P.I.C.E. program assists professionals, caregivers and older adults coping with substance abuse or mismanagement of medications. With training, staff from each region of Kansas will be able to speak on the topic of substance abuse and the mismanagement of medications, offer educational material, perform on-site assessments, and provide resources for interventions and treatment. Refer to the map on page 33 for a Regional Prevention Center near you. Information is also available on their web site at www.parstopeka.com.

Tax Refunds - Food Sales Tax Credit & Homestead Property Tax Refund

The **Food Sales Tax Credit**, which will be available for tax years commencing on or after January 1, 2013, will be claimed on the individual's Kansas income tax return. In order to qualify for the credit:

(1) The taxpayer must have purchased food in Kansas.
(2) The taxpayer must have had federal adjusted gross income for the year that did not exceed $30,615.
(3) During the entire tax year a taxpayer filing single, head of household, or married filing separate, or the taxpayer and the taxpayer's spouse if married filing jointly, must be domiciled in Kansas. Domicile does not include a correctional facility, jail or prison.
(4) During the entire tax year a taxpayer filing single, head of household, or married filing separate, or the taxpayer or the taxpayer's spouse if married filing jointly, must be either: (a) A person having a disability, regardless of age; (b) A person without a disability who is 55 years of age or older; or (c) A person without a disability who is younger than 55 years of age who claims an exemption for one or more dependent children under 18 years of age.

The amount of the credit is $125 for every exemption claimed on the taxpayer's federal income tax return, except that no deduction shall be counted for a dependent unless the dependent is under 18 years of age. Those filing as head of household will not be allowed an extra exemption.

The credit is to be applied against the taxpayer's Kansas income tax liability after all other credits allowed under the Kansas income tax act. The credit is not refundable, and cannot be carried forward.

The **Homestead Refund** is a rebate program for the property taxes paid by homeowners. The refund is based on a portion of the property tax paid on a Kansas resident's home. The maximum refund is $700.

To qualify you must be a Kansas resident, living in Kansas the entire year. Your total household income must be $33,400 or less for 2014.

You must also meet one of the following requirements:

- You were born before Jan. 1, 1959; OR
- You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
- You must have had a dependent child living with you all of last year who was born before Jan. 1, 2014, and was under the age of 18 the entire year.

Safe Senior is a property tax refund program administered under the provisions of the Kansas Homestead Act (property tax refund). SAFE SENIOR is also referred to as, "Kansas Property Tax Relief for Low Income Seniors."

The refund is 75 percent of the 2014 general property tax paid or to be paid - as shown of the 2014 real estate tax statement for the residence in which the claimant lived in 2014. The 2014 property tax consists of the 1st half which is due Dec. 20, 2014 and the 2nd half which is due May 10, 2015. The property tax is the total of both the 1st and 2nd half taxes.

A claimant may receive either a Homestead or a SAFE SENIOR refund but not both.

You must meet all the following requirements for the SAFE SENIOR refund:

- Kansas resident all of 2014,
- Owned a home in Kansas during 2014,
- Aged 65 years or older for all of 2014 (born before Jan. 1, 1949) and
- "Household income" of $18,900 or less in 2014.

Homestead Refund Advancement Program

This program provides eligible homeowners with the opportunity to apply a portion of their anticipated Homestead refund to help pay the first half of their property tax.

There is a question on Form K-40H asking the homeowner whether they want their next year's homestead advancement sent directly to their County Treasurer. If the box is checked on the 2014 K-40H, the 2015 homestead advancement will be sent directly from Kansas Department of Revenue to the County Treasurer. This eliminates the need for the homestead claimant to physically deliver the homestead eligibility letter to the County Treasurer.

If you do not check this box, you cannot participate in the homestead advancement program, and none of your homestead refund will be used to pay your 2015 property taxes.

All taxes must be filed by April 15 each year. If you have a question about the Kansas Homestead program or need help to complete your claim, call the Kansas Department of Revenue (KDOR) at **785-368-8222**. Forms can be requested at **785-296-4937**. Information and forms are also available on the KDOR web site at www.ksrevenue.org. Personal assistance to complete your claim is available from the Topeka Assistance Center or from free volunteer tax assistance programs. Contact your local Aging and Disability Resource Center, Community Action Program, senior center, library or county clerk to find assistance in your area.

Part Two: Housing and Long Term Care

The key to making any move is good planning and knowing all the choices available to you. The following has been included to provide information on different kinds of housing options. It is important that you read any admission agreement you sign and fully understand the terms of that agreement. You may also want to request a copy of the agreement so that you can review it at home before signing and later when questions arise.

Since the availability of the different types of housing discussed below will vary depending on where you live, you will want to check the county specific Directory of Services or contact your Aging and Disability Resource Center listed on page 28.

Types of Housing Options

Senior Apartment Living . . . is usually an apartment complex that provides each tenant a full apartment, kitchen appliances, laundry facilities, and 24-hour security. Services such as scheduled activities, transportation, and meal service may or may not be included. Continuing Care Retirement Communities usually include this level of housing in their option pack. They are not licensed by the state.

Continuing Care Retirement Community (CCRC) . . is a campus that offers a range of housing opportunities that may include independent living houses or apartments, assisted living, apartments, residential health care, living units, adult day care, homes plus, and nursing facility. Services may also vary from no assistance to assistance by a licensed nurse. Residents select the type of housing and level of care that fits their needs and then move to another type and level of care if their situation calls for it.

Adult Care Home . . . is a nursing facility, nursing facility for mental health, intermediate care facility for the mentally retarded, assisted living facility, residential health care facility, home plus, boarding care home or adult day care facility, all of which are required to be licensed by the Secretary of the Kansas Department for Aging and Disability Services.

Nursing Facility . . . is a place or facility/home operating 24 hours a day, seven days a week, caring for six or more individuals. A licensed nurse is on duty 24 hours a day 7 days a week. See page 28 for payment options for this level of care.

Assisted Living Facilities . . . are licensed and are usually located in apartment-type buildings that are free standing or attached to a nursing home. Each apartment in the facility has a kitchen, a bathroom with a shower or tub, and a separate or combined sleeping, living, and storage area. The facility also has common areas such as a living room, activity area and dining room. Support services are provided to promote the people's privacy, freedom, and independence. Some people may not need any assistance, while other people may need assistance with transportation, light housekeeping, meal preparation, medications, bathing, dressing, and health care. Supervised nursing care provided by certified nurse aides is available twenty-four hours a day, seven days a week. Although a licensed nurse must be available at all times to respond to the certified nurse aides request for assistance for the people who live at the facility, facilities vary as to whether or not a nurse is on duty on a regular basis in the facility. The facility may coordinate health care services with outside agencies to provide therapy or care for individuals. The people living in an assisted living facility cannot employ private individuals to assist with their care.

Residential Health Care Facilities . . . are licensed apartment type buildings that are freestanding or attached to a nursing home. An individual living unit is similar to an assisted living apartment with exception of not having a microwave or stove for cooking. Alternatively, the individual living unit can be only a room with a combined sleeping, living, and storage area. The toilet room may or may not have a shower or tub and may be private or shared with another living unit. The facility has common areas such as a living room, bathing rooms, and dining room. If the facility is attached to a nursing home, it may share some common areas with the nursing home. Staffing, assistance, and services are the same as in an assisted living facility.

Homes Plus . . . are licensed private home residences or facilities for twelve people or less. A person may share a bedroom or have a private bedroom. All the people share the common spaces of the home. Meals are provided. Supervised nursing care provided by certified

nurse aides is available twenty-four hours a day, seven days a week. Staffing, assistance and services are the same as in an assisted living facility or residential health care facility.

Boarding Care Homes . . . are licensed private home residences or facilities for up to ten people. A person may share a bedroom or have his or her own bedroom. All the people share the common spaces of the home. Non-certified or non-licensed staff provide supervision twenty-four hours a day, seven days a week. The only assistance and services the people may receive are meals, laundry, housekeeping, and supervision for self-administration of medication. This type of facility DOES NOT provide personal, medical, or skilled nursing care. The resident must be able to walk and manage his or her own affairs.

What are the costs and how can I get more information?

The cost of these different housing options will vary depending on the size of your apartment, amount of services you want or need, the facility's location, and management. Some housing may be able to lower the rent cost based on an individual's income.

Services may be funded in assisted living and residential health care facilities and homes plus by the Medicaid program if the owner of the facility chooses to participate in the Home and Community Based Waiver Program. The owner of the facility, the potential resident, and the case manager would negotiate the room and board cost and the service plan. The resident would pay the negotiated room and board cost and Medicaid would pay the service cost. Some facilities will have waiting lists, so it is wise to plan ahead if you are considering moving into one of these housing alternatives. Medicare does not pay for room and board and services in assisted living and residential health care facilities, homes plus, or boarding care homes. Contact the Aging and Disability Resource Center, DCF office, or the local housing authority in your area for more information and assistance.

Important Questions to Ask Before You Sign a Contract

- When is a nurse on duty in the facility?
- Who pays for transportation for medical purposes?
- How much will it cost, including add-ons to the rent?
- What is the cost and policy on telehpones/ TVs/Cables TV hook-up?
- Are pets allowed? If so, is there an extra deposit?
- Are there any restrictions on visitors or overnight guests?
- How are cleaning standards maintained? Does someone inspect apartments? Are the inspections announced or unannounced?
- Will the home or facility accept Medicaid payment for service?
- Can the rent be based on my income?
- What is the policy on retaining my apartment if I have a change of health or would need to be hospitalized? Is that policy part of the contract?
- What are some situations that may cause an increase in my rent and services?
- What are the costs for services like transportation, laundry, meals, etc?
- If you will need parking, is it included or is there an extra fee for parking?
- What are the conditions under which I may have to leave the facility?
- What fees am I still responsible for if I am discharged per my own choice or by the facility?

It is important that you read the contract and fully understand the terms of the contract. Keep a copy and refer to it when questions arise.

Are You Considering Moving to a Nursing Facility?

Everyone seeking admission to a nursing facility must be reviewed by the PASRR/CARE process before entering a Medicaid-certified nursing home. A CARE assessment may only be administered by a certified CARE assessor.

CARE stands for Client Assessment Referral and Evaluation. The CARE assessment program is operated by the Kansas Department for Aging and Disability Services. The Aging and Disability Resource Centers and some hospitals have assessors who conduct the CARE assessment. The CARE program was authorized by the 1994 Kansas Legislature and a section of the CARE assessment is required by federal law. This section is referred to as Preadmission Screening and Resident Review (PASRR). There are two levels of assessment – Level 1 must be completed prior to nursing home placement. Level 2 is a further evaluation for specialized services related to Intellectual/ Developmental Disability or Related Conditions and/ or Mental Health.

There are three goals of this free assessment.

- Provide customers individualized information on long term care options;
- Determine appropriate placements in long term care facilities; and
- Collect data regarding individuals being assessed for possible nursing facility placement.

The "level of care" score obtained from the assessment is provided to the Kansas Department for Children and Families (DCF) for those wishing to utilize Medicaid as payment for nursing home care. This is a functional eligibility score and DCF will determine a financial eligibility score.

Participating in the CARE assessment

The CARE assessment takes about one hour and is designed to evaluate your health and ability to perform daily activities such as bathing, dressing, shopping, laundry, etc. Through the CARE assessment process, the assessor will review with you the services that are available in your community so that you can make an informed decision regarding what services will meet your long-term care needs. After the assessment, you may decide to remain in your home, at which time (with your permission) the CARE assessor can make referrals for the community-based services or you may choose to enter a nursing home.

The Aging and Disability Resource Center coordinates the CARE Assessment. When you determine a need for nursing facility care, contact your ADRC, which can be found on Page 28 of this guide. The ADRC Intake staff will take some initial information and assign your assessment to a qualified assessor. You can invite whoever you think will help answer questions about your long-term care needs. The assessor will cover your potential long term care needs and service options with you at the time of the assessment.

You will be given a copy of the assessment and a Certificate of Assessment, which will either indicate you may enter a nursing home or you need further evaluation. The nursing home will need these documents. If the assessment shows a need for further evaluation, you may not enter a nursing home until a Level II evaluation is completed. If you decide to enter a nursing home, you should take a copy of the certificate with you. If you lose your certificate, you or the nursing home may contact the Aging and Disability Resource Center for another copy. The CARE assessment is not Medicaid eligibility. If you need Medicaid assistance, you will need to apply through the Kansas Department of Children and Families (DCF) office.

Important Information About Selecting a Nursing Facility

If you need 24-hour a day nursing care, several options are available. Sometimes, moving to a nursing home is the best option. When you are selecting a nursing home, the following steps will help ensure that you will be satisfied with your new home.

Ask for Recommendations

Talk to people you trust to help you make a good choice, such as family, friends, or your doctor or other health care providers.

Narrow Your Search

Consider factors that may be important such as location, special care needs, religious or cultural preferences, availability of a room and cost. Once these have been determined, narrow your search to those nursing homes that meet minimum requirements.

To find out additional information about your preliminary choices, you may want to access the Medicare website, www.medicare.gov/NHCompare/Home.asp. This is a database that provides information and survey findings on nursing homes participating in the Medicare and/or Medicaid programs. This information includes:

- Number of beds and type of ownership
- Resident information, including
- the percent with depression or pressure sores, pain or urinary tract infections
- Survey/ inspection summaries
- Staffing ratios

This web site also has numerous Medicare publications, including one on how to choose a nursing home. A list of licensed adult care homes, Kansas Adult Care Provider Directory, is available at www.kdads.ks.gov/LongTermCare/FacReports/FacReport_Index.html. The Directory also provides under each Nursing home's name, reports of its most recent survey/inspection conducted by the Kansas Department for Aging and Disability Services. The report contains information on areas of resident rights, care, and services where the home did not meet federal and/or state regulations. If you do not have access to a computer, your local library can be of assistance or call **1-800-Medicare**.

Visit Potential Nursing Homes

It is suggested that you visit a nursing home you are considering at least twice, one scheduled visit and one unannounced visit. The first visit should be a guided tour by a staff member to familiarize you with the home and its services. During this visit, you should ask to see a contract to find out the cost of care and any additional fees that may be charged for items such as haircuts, cable television, and activities. Also, if you have not been able to read the online survey report, ask to see a copy. The unannounced second visit will allow you the opportunity to see how staff interact with residents, how the meals are served, and how actively involved residents are in determining their own daily schedules, including time of rising and going to bed. Look for activities that you find to be of interest.

Paying for Care

As a rule, paying for nursing home care is a major concern because it is expensive. Following is a summary of resources that are generally used:

- Medicare, under limited conditions, will pay for short-term stays following a qualifying hospital stay. To learn more about Medicare, contact Kansas Senior Health Insurance Counseling for Kansas (SHICK) at **800-860-5260**.
- Medicare Supplemental Insurance – often called Medigap coverage. Private insurance that covers such costs as deductibles and co-insurance, may or may not pay for skilled nursing care, usually dependent on whether or not Medicare pays.
- Personal Resources – savings and other investments.
- Long-Term Care Insurance – private insurance that pays for a variety of care situations, including home health care, adult day care and nursing facilities. Benefits and coverage vary according to each policy.
- Medicaid – a State and Federal program that will pay most nursing home costs for people with limited income and assets, after personal resources have been exhausted. Your area DCF office can determine if you are financially eligible for this program.

When visiting a nursing home, it is important to find out which payment options they accept, as not all nursing homes are certified to accept residents whose care is paid for by Medicare and/or Medicaid.

Resident Rights

Nursing home residents have rights and certain protections under the law. The nursing home must give all new residents a list of these rights, which typically include the following:

- Respect: You have the right to be treated with dignity and respect.
- Services and fees: You must be informed in writing about services and fees before you enter the nursing home.
- Money: You have the right to manage your own money or to choose someone else you trust to do this for you.
- Privacy: You have the right to privacy, and to keep and use your personal belongings and property as long as it doesn't interfere with the rights, health, or safety of others.
- Medical care: You have the right to be informed about your medical condition, medications, and to see your own doctor.
- You also have the right to refuse medications and treatments.

Other Research Options

There are other resources for evaluating nursing homes. Following is an alphabetical list of contacts and their function, along with other resource materials.

Kansas Adult Care Executives: 785-273-4393 or www.k-a-c-e.org

Kansas Advocates for Better Care 800-525-1782 or www.kabc.org

Kansas Department for Aging and Disability Services: 800-432-3535 or www.kdads.ks.gov

Complaint hotline for nursing home care and other licensed adult care homes 800-842-0078

Kansas Department for Children and Families (DCF): 888-369-4777 or www.dcfkansas.org determines financial eligibility for Medicaid services

Kansas Health Care Association: 785-267-6003, www.khca.org

Kansas Long-Term Care Ombudsman: 877-662-8362, www.kansasombudsman.ks.gov An advocate for nursing home residents.

Leading Age: 800-264-5242 or www.leadingagekansas.org

PEAK Initiative

(Promoting Excellent Alternatives in Kansas Nursing Homes)

Consumers are encourage to ask all adult care homes the following questions that incorporate PEAK domains, core values and supporting principles of person centered care:

Resident Choice – How do the Residents choose their daily routine?

- ***Food*** – How do the Residents choose what, when, and where they eat?
- ***Sleep*** – How do the Residents select the time they will awaken, nap, or go to bed?
- ***Daily schedules*** – How do the Residents decide how they will spend their day? What are the opportunities for engaging and meaningful activity as well as spontaneity?
- ***Bathing*** – How do the Residents select their type of bathing, frequency, and time of day?

Staff Empowerment – How are staff empowered to carry out the choices of the Residents?

- ***Education*** – What does the home have in place to provide formal training on person-directed care to all staff?
- ***Decision making*** – How do staff closest to the Resident have a voice in care planning? How are staff empowered to make decisions on a day-to-day basis things related to Resident choice?
- How are ***Direct-care*** staff able to make decisions about their own work and how they will carry out Resident-directed care plans?
- ***Relationships*** – Describe some of the meaningful relationships staff members have with the Residents for whom they provide care.
- ***Career developmen***t – What does the home have in place to promote the staff's personal and professional development?

Home Environment – Do the Residents' personal and public spaces provide opportunities for personalization, privacy, and individual comfort?

- ***Resident room*** – Are the rooms comfortable and accommodating? Does it reflect their personal preferences (furniture, pictures, belongings)?
- ***Resident-use space*** – Are all the spaces (dining room, living room, den, etc.) comfortable and accommodating?

Meaningful Life – How do the Residents have opportunities and assistance to continue to pursue a purposeful life?

- ***Community Involvement*** – How do the Residents have opportunities to build new relationships and connections and maintain existing ties to the broader community?
- How do ***Residents have opportunities to help others?*** (e.g. Residents assisting other Residents, coat drives, community garden, recycling, mentoring).
- How are ***Individual spiritual and psychosocial needs met?***
- How does ***End of life care***, and rituals honor Resident choice? Are expectations in the care plan and reviewed with Resident and family as needed?

Kansas Long-Term Care Ombudsman Program

The Kansas Long-Term Care Ombudsman Program was created by the federal Older Americans Act and is administered by the Office of the State Long-Term Care Ombudsman.

The primary purpose of the program is to ensure quality care to residents of long-term care facilities. The Ombudsman serves as a resident advocate who seeks to promote individual rights, dignity and independence. The Kansas Long-Term Care Ombudsman program consists of volunteers serving residents of nursing homes and residential care facilities to provide support and assistance with any problems or complaints.

Long-Term Care Ombudsmen are an advocate for residents of long-term care facilities; a person who is concerned with protecting the civil and human rights of elderly persons in long-term care facilities; a problem-solver and a mediator; an objective investigator of complaints.

Residents and their relatives and friends of residents in long-term care facilities and personal care homes may utilize the ombudsman program. Long term care staff and administrators may also use the program.

Call an ombudsman if you have questions or concerns about resident rights, transfer and discharge rights or other care issues.

To contact the Office of the State Long-Term Care Ombudsman call or write:

Kansas Long-Term Care Ombudsman Program
Landon State Office Building, 900 SW Jackson,
Suite 1041, Topeka, KS 66612
785-296-3017or 877-OMBUD-62 or 877-662-8362 (toll free)
http://www.kansasombudsman.ks.gov

Kansas Veterans Benefits

The Kansas Commission on Veterans Affairs offers many services for Kansas veterans, spouses, widows/ widowers, mothers, fathers and dependent children. Some of these benefits are:

The Kansas Soldier's Home - The historic Fort Dodge facility offers a library, museum, recreation center, fitness room, nursing home, three domiciliary residence halls, 60 cottages and a Veterans Cemetery. Priority for admission of veterans will first be made on the basis of severity of medical care required; second consideration will be of the veteran's ability to pay for care; transfers from other institutions will have the lowest priority. Information on application, eligibility and admission to the Kansas Soldiers Home can be obtained by contacting the Kansas Veterans Affairs Office at 714 Sheridan, Fort Dodge, KS 67801 or call **620-227-2121 Extension 146**, email admissions@ksh.state.ks.us

The Kansas Veteran's Home opened in May of 2000, in Winfield, Kansas. The facility is set on a large hilltop campus overlooking the Walnut Valley that will be the future location of the Kansas Veterans Cemetery at Winfield as well. This renovated home offers three levels of care to eligible residents: assisted living, skilled nursing and special care for residents with Alzheimer's Disease or related dementia.

Information on application, eligibility and admission to the Kansas Veterans Home can be obtained by contacting the Home's Clinical Director at
620-221-9479, ext. 250, 1220 World War II Memorial Drive, Winfield, Kansas 67156. Visit the KCVA website www.kcva.org to learn more.

Other services that may be available to Kansas veterans, spouses, widows/ widowers, mothers, fathers and dependent children include: compensation and pension benefits, education and training, life insurance, guaranteed home mortgage loans, vocational training and job assistance, health care (including long term care), or burial.

Whom do I call for more information?
Kansas Commission on Veterans Affairs,
700 SW Jackson, Room 1004
Topeka, Kansas 66603
785-296-3976
www.kcva.org or to find a field office close to you, see page 35.

Other Specialized Housing Options

Home Remodeling . . . is sometimes all that is needed to make your own home work for you again. You may need grab bars in the bathroom, a ramp to the front door, or more light in the kitchen. Some people are able to get these changes made with the help of family, friends, churches, etc., but others need a little extra assistance.

The Aging and Disability Resource Center can help you figure out what changes will be most helpful to you, and can provide useful information in talking with carpenters, plumbers, and others to do the necessary work. In some cases, the Aging and Disability Resource Center may also be able to help locate assistance to pay for these changes. For more information, check the county specific Directory of Services under "Home Repair" or call the Aging and Disability Resource Center (see page 28).

Reverse Mortgages or Home Equity Conversion Loans . . . allow a person to borrow money using their house as collateral. The money is converted to lump sum, line of credit or monthly payments for a given period or for life. Consumer education and counseling is required by a HUD approved housing agency. The counselor will discuss all the options available and help determine eligibility. After counseling, the process is similar to that of purchasing a home – loan application, processing, appraisals and signing of the loan prior to disbursement of funds. The loan is repayable upon the death of the borrower, sale of the home or a permanent move from the home. The repayment usually cannot exceed the value of the home or sale price.

For more information, contact one of the following resources:

Housing and Urban Development (HUD)
www.hud.gov/buying/rvrsmort.cfm

Fannie Mae 800-732-6643
www.fanniemae.com

National Reverse Mortgage Lenders Assn.
www.reversemortgage.org

Part Three: Contact Information

Resources for Aging Information on the Internet

Internet access is like having the world's largest library and resource center at your fingertips. The Internet is full of information you couldn't find in a newspaper, see on television or read in a library. You can find the answer to most questions with a quick search, at any time or on any day. If you don't have a home computer with Internet access, try your local library or Senior Center. Most have equipment available and someone who can assist you in your search.

Kansas Department for Aging and Disability Services (KDADS)
www.kdads.ks.gov

Aging and Disability Resource Center (ADRC)
www.kdads.ks.gov

Kansas Area Agencies on Aging – (K4A)
www.k4a.org

Kansas Department for Children and Families (DCF)
www.dcf.ks.gov

State of Kansas
http://www.kansas.gov

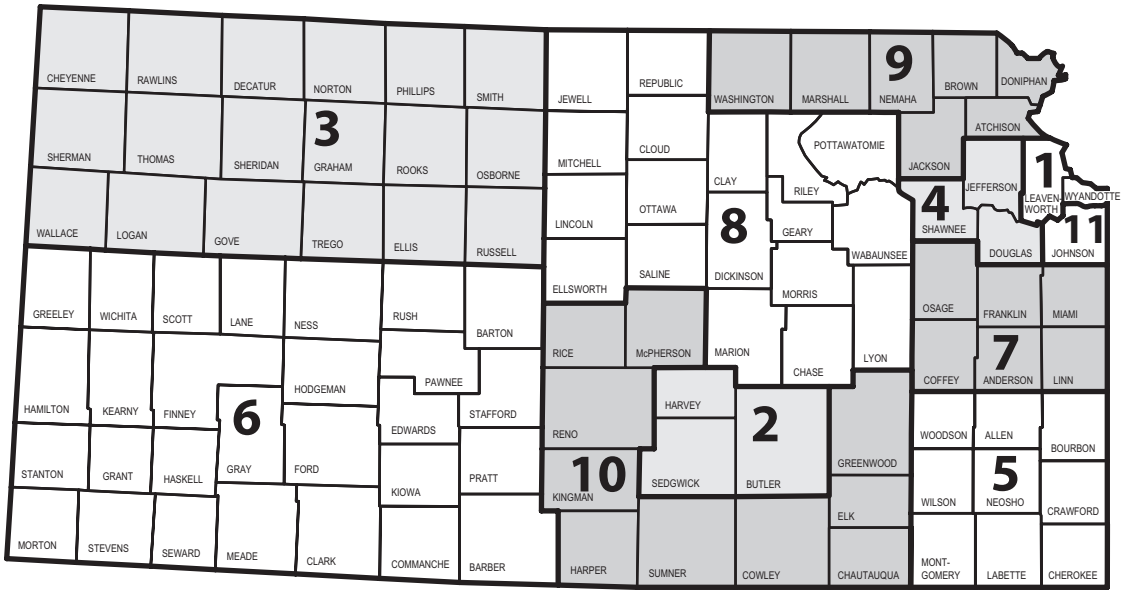
Kansas Attorney General's Office
www.ag.ks.gov

Kansas Insurance Department (KID)
www.ksinsurance.org

Kansas Disabilities Rights Center
www.drckansas.org

Kansas Secretary of State
www.kssos.org

Aging and Disability Resource Centers (ADRC) 855-200-2372



1. Wyandotte-Leavenworth ADRC: Kansas City

Information	913-573-8531 or 888-661-1444
Legal Services	913-621-0200
Website:	www.wycokck.org

2. Central Plains ADRC: Wichita

Information	316-660-5120 or 800-367-7298
Legal Services	888-353-5337
Website:	www.cpaaa.org

3. Northwest Kansas ADRC: Hays

Information	785-628-8204 or 800-432-7422
Legal Services	785-625-4514
Website:	www.nwkaaa.com

4. Jayhawk ADRC: Topeka

Information	785-235-1367 or 800-798-1366
Legal Services	785-354-8531
Website:	www.jhawkaaa.org

5. Southeast Kansas ADRC: Chanute

Information	620-431-2980 or 800-794-2440
Legal Services	620-232-1330
Website:	www.sekaaa.com

6. Southwest Kansas ADRC: Dodge City

Information	620-225-8230 or 800-742-9531
Legal Services	888-353-5337
Website:	www.swkaaa.org

7. East Central Kansas ADRC: Ottawa

Information	785-242-7200 or 800-633-5621
Legal Services	800-479-6520
Website:	www.eckaaa.org

8. North Central/Flint Hills ADRC: Manhattan

Information	785-776-9294 or 800-432-2703
Legal Services	785-537-2943
Website:	www.ncfhaaa.com

9. Northeast Kansas ADRC: Hiawatha

Information	785-742-7152 or 800-883-2549
Legal Services	785-336-6016
Website:	www.nekaaa.org

10. South Central Kansas ADRC: Arkansas City

Information	620-442-0268 or 800-362-0264
Legal Services	888-353-5337
Website:	www.sckaaa.org

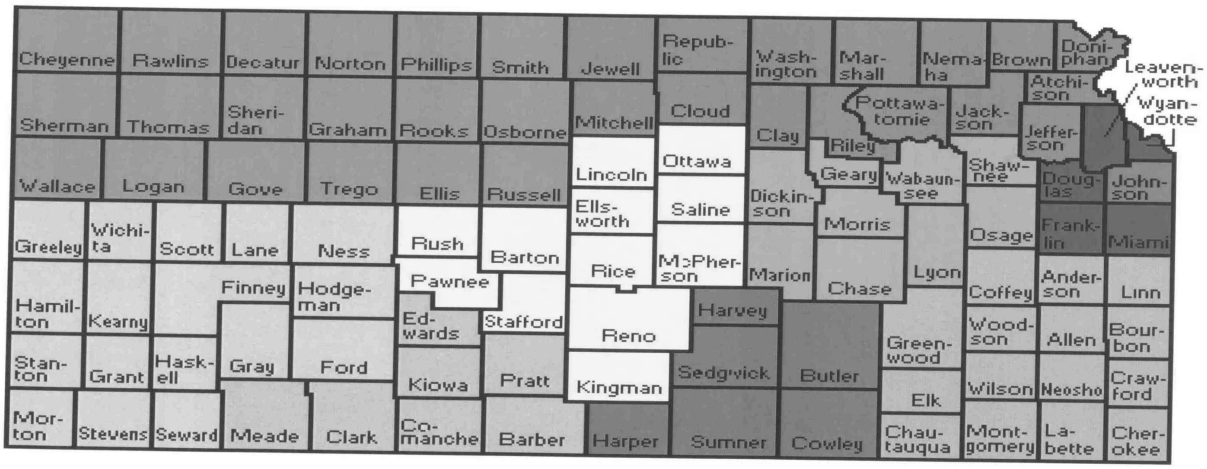
11. Johnson County ADRC: Olathe

Aging Info Line	913-715-8861 or
Information	888-214-4404
Legal Services	913-621-0200
Website:	http://hsa.jocogov.org

Long Term Care Ombudsman Offices

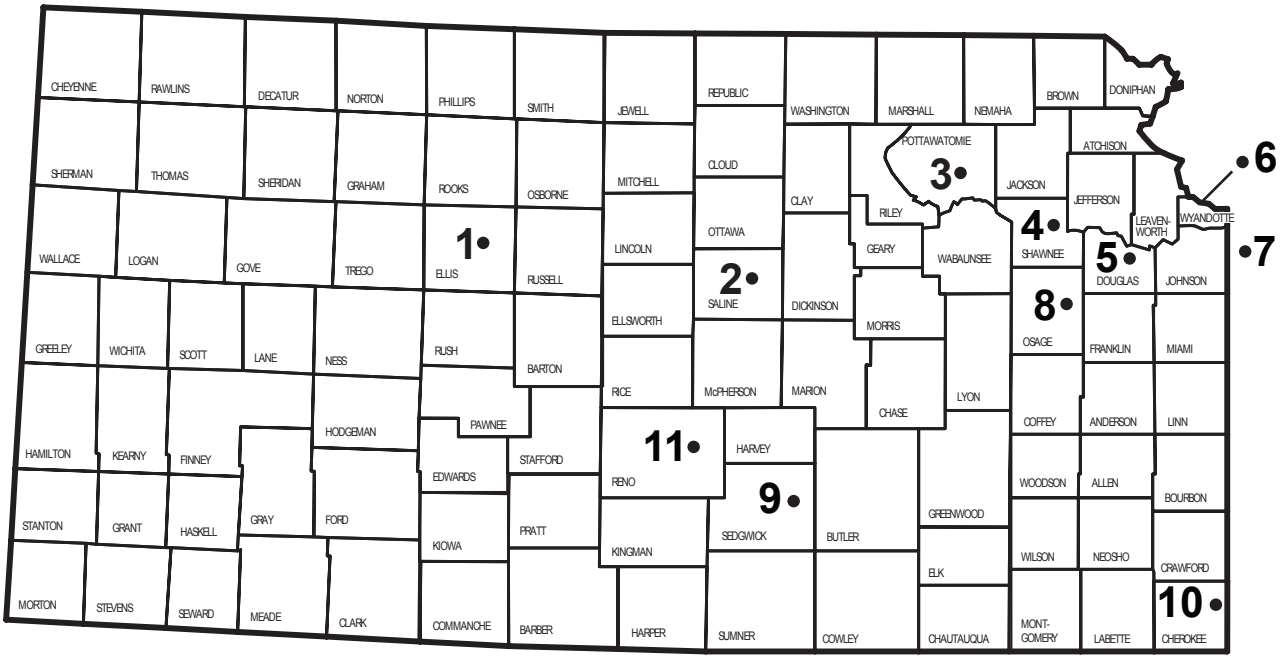
877-662-8362 (toll free)

8:00 a.m. - 5:00 p.m.



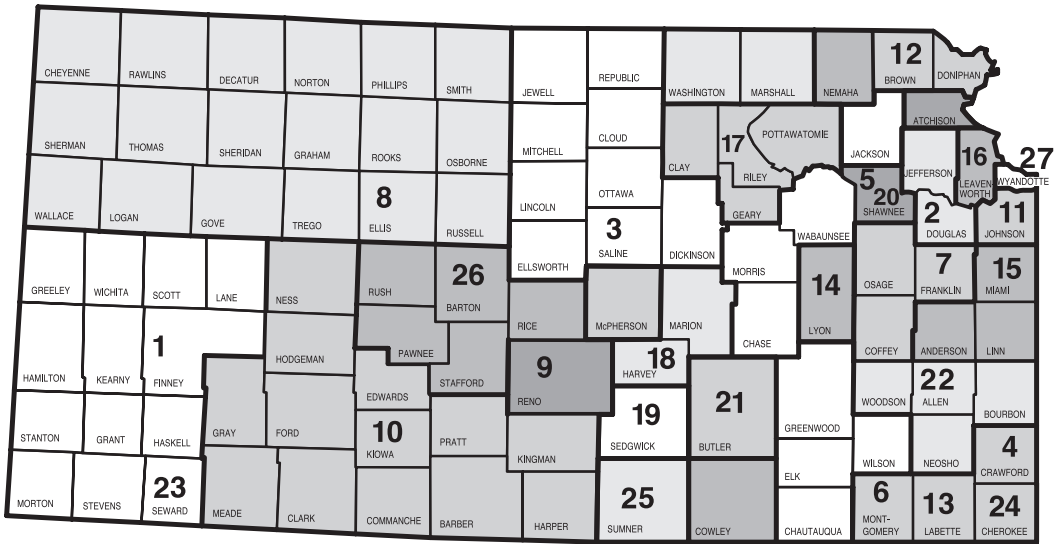
Office	Address, City, State, Zip	Phone
Region 1	600 Andrew Ave, South Hutchinson, KS 67505	620-728-0180
Region 2	900 SW Jackson, Ste. 1041 Topeka, KS 66612	785-296-2962
Region 3	16010 Metcalf, Suite 105 Stilwell, KS 66085	913-236-9385
Region 4	130 S. Market, #5063 Wichita, KS 67202	316-347-1429
Region 5	1509 Avenue P Dodge City, KS 67801	620-225-2439
Region 6	PO Box 1812 Hays, KS 67601	785-628-3121
Region 7	900 SW Jackson, Suite 1041 Topeka, KS 66612	785-296-6017
Region 8	16010 Metcalf, Suite 105 Stilwell, KS 66085	620-230-0743
Region 9	130 S Market, Suite 563 Wichita, KS 67202	316-640-3710

Centers For Independent Living



1. LINK, Inc.	Hays	800-569-5926
2. Independent Connection	Salina	800-526-9731
3. Three Rivers, Inc.	Wamego	800-555-3994
4. Topeka Independent Living Resource Center	Topeka	785-233-4572
5. Independence, Inc.	Lawrence	785-841-0333
6. Coalition for Independence	Kansas City, KS	913-321-5140
7. The Whole Person, Inc.	Kansas City, MO	800-878-3037
8. Resource Center for Independent Living	Osage City	800-580-7245
9. Independent Living Resource Center	Wichita	800-479-6861
10. Southeast Kansas Independent Living Resource Ctr	Parsons	800-688-5616
11. Prairie Independent Living Resource Center	Hutchinson	888-715-6818
Statewide Independent Living Council of Kansas, Inc.	Topeka	800-217-4525

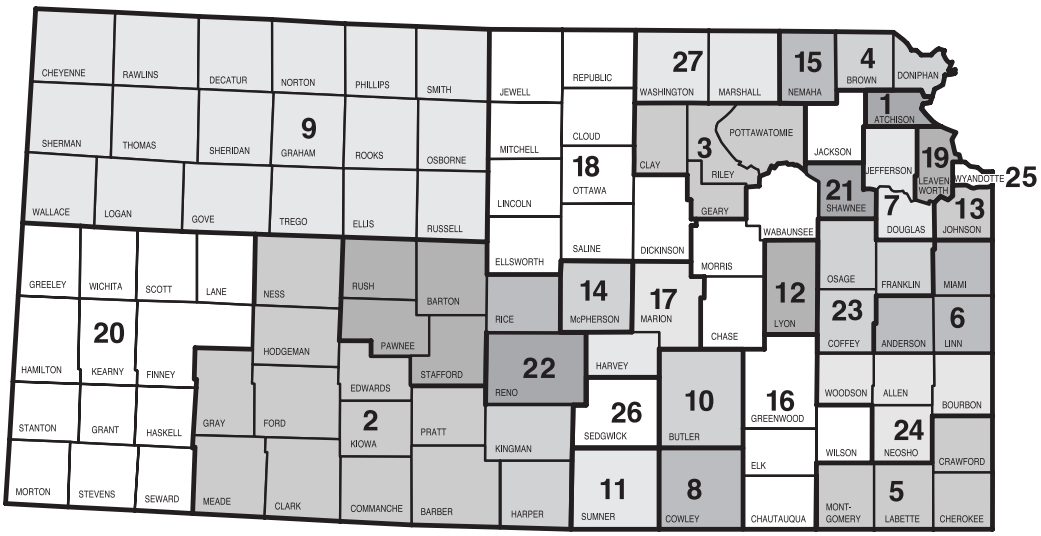
Community Mental Health Centers of Kansas



Consult this map to find the Community Mental Health Center (CMHC) serving your area. The city listed with each organization indicates the Center's office location. Service areas may include other counties.

1.	Area Mental Health Center	Garden City	620-276-6470
2.	Bert Nash CMHC, Inc.	Lawrence	785-843-9192
3.	Central Kansas MHC	Salina	785-823-6322
4.	CMHC of Crawford County	Pittsburg	620-231-5130
5.	Family Service & Guidance Center	Topeka	785-232-5005
6.	Four County MHC	Independence	620-331-1748
7.	Elizabeth Layton Center	Ottawa	785-242-3780
8.	High Plains CMHC	Hays	785-628-2871
9.	Horizons Mental Health Center	Hutchinson	620-931-2317
10.	Iroquois Center for Human Development	Greensburg	620-723-2272
11.	Johnson County MHC	Mission	913-826-1500
12.	Kanza MH & Guidance Center	Hiawatha	785-742-7113
13.	Labette Center for MH Services	Parsons	620-421-3770
14.	MHC of East Central KS	Emporia	620-343-2211
15.	Elizabeth Layton MHC	Paola	913-557-9096
16.	The Guidance Center	Leavenworth	913-682-5118
17.	Pawnee Mental Health Services	Manhattan	785-587-4300
18.	Prairie View, Inc.	Newton	316-284-6400
19.	Comcare of Sedgwick County	Wichita	316-660-7655
20.	Valeo Behavioral Health Care	Topeka	785-228-3071
21.	South Central MH Counseling Center	Augusta	316-775-5491
22.	Southeast Kansas MHC	Iola	620-365-8641
23.	Southwest Guidance Center	Liberal	620-624-8171
24.	Spring River MH & Wellness	Riverton	620-848-2300
25.	Sumner County MHC	Wellington	620-326-7448
26.	Center for Counseling & Consultation Services	Great Bend	620-792-2544
27.	Wyandot Center for Community Behavioral Healthcare	Kansas City	913-233-3300

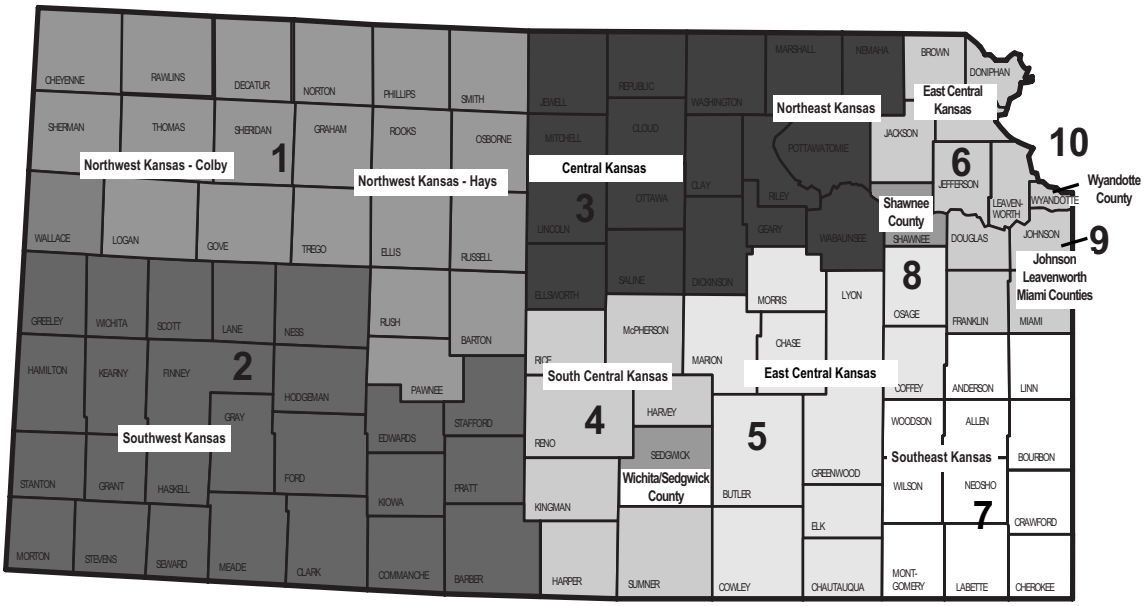
Community Developmental Disability Organizations



Consult this map to find the Community Developmental Disability Organization serving your area. The city listed with each organization indicates location of office. Service areas may include other counties.

1.	Achievement Services for Northeast Kansas	Atchison	913-367-2432
2.	Arrowhead West, Inc.	Dodge City	620-227-8803
3.	Big Lakes Developmental Center, Inc.	Manhattan	785-776-9201
4.	Brown County Developmental Services, Inc.	Hiawatha	785-742-3959
5.	CDDO of Southeast Kansas	Columbus	620-429-1212
6.	Tri-Ko., Inc.	Osawatomie	913-755-3025
7.	Cottonwood, Inc.	Lawrence	785-842-0550
8.	Cowley County Developmental Services, Inc.	Winfield	620-221-5404
9.	Developmental Services of Northwest Kansas	Hays	785-625-5678
10.	CDDO of Butler County	El Dorado	316-322-8777
11.	Futures Unlimited, Inc.	Wellington	620-326-8906
12.	Hetlinger Developmental Services	Emporia	620-342-1087
13.	Johnson County Developmental Support	Lenexa	913-826-2600
14.	McPherson County CDDO	McPherson	620-245-5211
15.	Nemaha County Training Center	Seneca	785-336-6116
16.	New Beginnings Enterprises, Inc.	Neodesha	620-325-3333
17.	Harvey-Marion County CDDO	Newton	316-283-7997
18.	Disability Planning Organization of Kansas, Inc.	Salina	785-823-3173
19.	Riverside Resources, Inc.	Leavenworth	913-651-6810
20.	Southwest Developmental Services, Inc.	Garden City	620-275-7521
21.	Shawnee County CDDO	Topeka	785-232-5083
22.	Reno County CDDO	Hutchinson	620-663-2219
23.	COF Training Services, Inc.	Ottawa	785-242-5035
24.	Tri-Valley Developmental Services, Inc.	Chanute	620-431-7401
25.	Wyandotte County CDDO	Kansas City	913-573-5502
26.	Sedgwick County CDDO	Wichita	316-660-7630
27.	TwinValley Dev. Services	Greenleaf	785-747-2251

Regional Prevention Centers



Consult this map to determine the Regional Prevention Center serving your area.

1. Smoky Hill Foundation for Chemical Dependency	Hays	785-625-5521
2. RPC of Southwest Kansas	Garden City	620-276-9624
3. Central Kansas Foundation	Salina	785-825-6224
4. Preferred Family Healthcare	Wichita	316-943-2051
5. MHC of East Central Kansas	Emporia	620-340-6085
6. DCCA , Inc	Lawrence	785-841-4138
7. Preferred Family Healthcare	Iola	620-365-8408
8. RPC of Shawnee	Topeka	785-266-8666
9. Johnson County MHC	Olathe	913-715-7880
10. Mirror, Inc	Kansas City	913-371-9668

Kansas Social Security Offices

National Automated Toll-Free 800-772-1213
TTY 800-325-0778
www.ssa.gov

Office hours are Monday, Tuesday, Thursday, Friday - 9:00 a.m. to 3:00 p.m.
Wednesday - 9:00 a.m. - Noon.

Office	Address, City, State, Zip	Telephone/fax
Dodge City	2204 Summerlon Cir, Dodge City, KS 67801	877-694-5494
Hays	1212 E. 27th St., Hays, KS 67601	888-552-7176
Hutchinson	811 E. 30th Ave., Suite A, Box 2107, Hutchinson, KS 67502	877-846-8333
Independence	2125 N. Penn Ave., Independence, KS 67301	877-512-3855
Joplin	4102 S. Arizona Ave., Joplin, MO 64804	866-964-7421
Kansas City	850 Nebraska Ave., Kansas City, KS 66101	866-331-2197
Lawrence	1440 Wakarusa Dr., Ste 200, Lawrence, KS 66049	866-698-2561
Lenexa	15375 W. 95th St., Lenexa, KS 66214	877-445-9978
Manhattan	1121 Hudson Avenue, Suite A, Manhattan, KS 66503	877-840-5741
Salina	1410 E. Iron, Suite 7, Salina, KS 67401	877-405-3494
St. Joseph	1402 N. Woodbine Rd, St. Joseph, MO 64506	888-366-6148
Topeka	600 SW Commerce Place, Topeka, KS 66615	888-327-1271
Wichita	3216 N. Cypress St., Wichita, KS 67226-6515	866-931-9173
Nevada, MO (Bourbon County only)	120 S Commerce, Nevada, MO 64772	888-808-5441

Kansas Commission on Veterans Affairs

Veterans Administration National Toll-Free Number 800-827-1000
www.kcva.org or www.va.gov

Kansas Persian Gulf War Health Initiative 800-513-7731

Field Office	Address/City/State/Zip	Telephone
Colby	990 S. Range, Suite 3 Colby, KS 67701	785-462-3572
Emporia	702 Commercial St., Kress Center, Suite 1D, Emporia, KS 66801	620-342-3347
Ft. Dodge	714 Sheridan, Unit 87 Ft. Dodge, KS 67843	620-225-4041
Hays	207 East 7th Street, Ste C Hays, KS 67601	785-625-8532
Hutchinson	1625 E 30th Hutchinson, KS 67501	620-662-7131
Independence	201 N. Pennsylvania, Ste. 105 Independence, KS 67301	620-331-0540
Junction City	Municipal Building, Box 311 Junction City, KS 66441	785-238-4522
Lawrence	745 Vermont Street Lawrence, KS 66044	785-843-5233
Leavenworth	Dwight D. Eisenhower VA Medical Center 4101 S. 4th Street Leavenworth, KS 66048	913-682-2000 800-574-8387 (Am. Legion) x54297 800-952-8387 (VFW) x54296
Manhattan	317 Houston St. Manhattan, KS 66502	785-587-0373
Overland Park	10107 W. 105, Ste B Overland Park, KS 66212	913-371-5968
Salina	1410 East Iron, Ste 3B Salina, KS 67401	785-823-2862
Topeka	700 SW Jackson, Suite 1004 Topeka, KS 66603	785-296-3976
	Colmery-O'Neil VA Medical Center 2200 Gage Topeka, KS 66622	785-350-3111 800-574-8387 x 54489 (Am. Legion) 800-574-8387 x 54491 (VFW)
Wichita	VA Medical and Regional Office 5500 East Kellogg, PO Box 21318 Wichita, KS 67218	316-688-6869 888-878-6881 x 56869 (Am. Legion) 888-878-6881 x 56801(VFW)
Winfield	Kansas Veterans Home 1220 WWII Memorial Drive Winfield, KS 66156	620-221-9021

Service Providers By County

This section lists providers of information and services to senior Kansans by county for Planning and Service Area (PSA) 01. For various reasons, a provider may be available but not listed, or listed and no longer available. Phone numbers also change. Contact the Wyandotte/Leavenworth Area Agency on Aging for the most current information in your county.

Every effort has been made to ensure the accuracy of the information provided. However, human (and computer) errors do happen. If you find inaccurate information, please contact the Wyandotte/Leavenworth Area Agency on Aging at the phone number on the back of this booklet.

If you provide information and/or services to seniors and wish to be included in this directory of services, contact the Wyandotte/Leavenworth Area Agency on Aging. The Kansas Department for Aging and Disability Services, in cooperation with the Area Agencies on Aging, reserves the right to determine the appropriateness of the material included. The purpose of this directory is to provide information that will allow senior Kansans to remain in their homes as long as possible and to maintain their security, dignity, and independence.

If you would like a list of licensed nursing facilities in your county, contact the Wyandotte/Leavenworth Area Agency on Aging, call **800-432-3535** or access information on the web at www.kdads.ks.gov or www.medicare.gov/nhcompare.

The Kansas Department for Aging and Disability Services (KDADS) does not endorse the products, services or manufacturers in this booklet. Names appear solely because they are considered a source of information. KDADS assumes no liability for the use or contents of any product or service mentioned in this resource directory.

It is a misdemeanor to use the information in this directory for the purpose of selling or offering to sell property or services to the entities listed herein except in the limited circumstances provided for in KSA 21-3914.

Published by the Kansas Department for Aging and Disability Services
503 S. Kansas Avenue
Topeka, KS 66603
1-800-432-3535

This directory is also available at www.kdads.ks.gov

WYANDOTTE/LEAVENWORTH
AREA AGENCY ON AGING & DISABILITY RESOURCE CENTER

849 NORTH 47TH STREET – SUITE C ✦ KANSAS CITY, KANSAS 66102

913-573-8531 ✦ TOLL FREE: 1-888-661-1444 ✦ FAX: 913-573-8577

Ruth E. Jones, Executive Director

WEBSITE: www.wycokck.org\aging

EMAIL: 60plus@wycokck.org

Older American's Act ✦ Senior Care Act ✦ Home and Community Based Services

In-Home Services (i.e. homemaker, personal care, shopping and meal preparation)

- Information & Assistance
- Family Caregiver Support Programs
- SeniorFit (Wellness Program)
- Transportation
- SHICK (Senior Health Insurance Counseling for Kansas)
- Dental Services (as funding allows)
- Nutrition Programs
- Volunteer Opportunities
- Case Management
- Legal Services
- Hearing Aid Program
- Senior Medicare Patrol (SMP)

Mission Statement:

The Mission of the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center is to act as the single-point-of-entry, whereas a consumer can navigate their way through the network of agencies and become linked with the services that allow them to make choices for themselves with a primary focus on maintaining independence in their own home and communities.

LEAVENWORTH COUNTY COUNCIL ON AGING

1830 S. BROADWAY

LEAVENWORTH, KANSAS 66048

913-684-0777 ✦ 913-684-0779-FAX

Linda Lobb, Executive Director

- Information & Assistance
- In-Home Support
- Chore
- Transportation
- Pet and Loving Seniors (PALS)
- Touching Lives Visitation Program
- Recreation
- Leisure and Learning
- Intergenerational Programs
- Homemaker & Companion Care
- Errand Program
- Nutrition
- Social Services
- Connecting with Seniors Telephone Program
- Education

Mission Statement:

It is the mission of the Council on Aging to provide a variety of services and programs to the senior citizens of Leavenworth County that will ensure their safety, promote their emotional well-being, maintain their nutritional health and preserve their accessibility to the community services while they remain in their home or apartment.

LEAVENWORTH COUNTY

ADAPTIVE EQUIPMENT
(See Medical Equipment)

ADULT DAY CARE
Country Care
913-758-0329

The New Medicalodge
913-772-1844

AGING AND DISABILITY RESOURCE CENTER (ADRC)
855-200-2372

AGING SERVICES
Leavenworth County Council on Aging
913-684-0777

ALZHEIMER'S ASSOCIATION
913-831-3888

APPLICATION ASSISTANCE
**By appointment only
Leavenworth Council on Aging
913-684-0777
(LIEAP, Homestead Tax for taxpayers only)

APPLICATION ASSISTANCE WITH DISABLITY PAPERWORK
Welcome Central
913-702-8108

ASSISTED LIVING
Leavenworth Homestead
913-727-9600

Country Place Senior Living
913-662-7330

Twin Oaks Assisted Living
913-727-6100

Vintage Park
913-845-2204

AUDIO READER, TDD
Audio Reader Network
1-800-772-8898

BATHING, HELP WITH
(See In Home Services)

CARE
(Client Assessment and Referral Evaluation)
Wyandotte/Leavenworth Area Agency on Aging and Disability Services
913-573-8531 or 1-888-661-1444

CASE MANAGEMENT
Wyandotte/ Leavenworth Area Agency on Aging and Disability Services
913-573-8531 or
1-888-661-1444

CHORE SERVICES/ERRANDS
Leavenworth County Council on Aging
913-684-0777

DIABETES, AMERICAN ASSOCIATION, KANSAS AFFILIATE
1-800-362-1335

DISABLITY SERVICES
Coalition for Independence
913-321-5140

DRESSING, HELP WITH
(See In Home Services)

ELDERCARE LOCATOR
Helpline: 1-800-677-1116

EMERGENCY NUMBERS
Leavenworth Co. Emergency Management
913-684-0455

Emergency Medical Services
913-250-8000

Leavenworth County Emergency Medical Services-EMS
911 for Ambulance

EMERGENCY DEVICES
Lifeline
1-877-419-5566

Care Link
913-262-3100

Providence Health
1-877-419-5566

EXERCISE PROGRAMS
Leavenworth County Council on Aging
913-684-0777

Riverfront Community Center
913-651-2132

FOOD, RENT AND UTILITY ASSISTANCE
American Red Cross
913-682-6222

Catholic Charities Community Services
913-651-8060

Salvation Army
913-682-6596

The Assistance Center
913-682-7873

Welcome Central
913-702-8108

HEALTH CARE SERVICES
University of Missouri Dental School
816-235-2100

DaVita Dialysis
913-651-1430

HOME HEALTH
Blessed Trinity-Licensed
913-721-9856

Prestige Home Care of Kansas-Licensed
913-680-0493

Rescare-Licensed
913-250-0050

St. Luke's Home Health & Hospice of Leavenworth- Licensed
913-758-9034

Sunshine Home Health Care-Licensed
913-724-7500

HOMESTEAD TAX REFUND
Leavenworth County Council on Aging
(By appointment only-for homeowners)
913-684-0777

Leavenworth County Courthouse
(By appointment only-for homeowners)
913-684-0421

Leavenworth Public Library
913-682-5666

HOSPICE
Care Alternatives-Licensed
913-323-6847

Good Shepherd Hospice-Licensed
816-822-2292

Kendallwood Hospice-Licensed
816-587-1000

St. Luke's Hospice-Licensed
913-758-9034

Sunflower Health Care, Inc.-Licensed
913-680-0800

Hospice Partners of Kansas-Licensed
913-758-1700

Hospice Advantage-Licensed
913-859-9582

HOSPITALS
Saint Luke's Cushing Hospital
913-684-1100

Dwight D. Eisenhower Medical Center
Veterans Administration Medical Center
913-682-2000

Munson Army Hospital
913-684-6000

St. John Hospital
913-680-6000

HOUSING
Abernathy Lofts
913-772-5511

Cody Plaza
913-651-2423

Fall Creek Villas
913-927-9793

Fawn Valley South
913-651-9717

Forest Hill
913-651-9717

Hickory Villa Apartments
913-724-2103

Hill Crest Apartments
913-682-3428

Jewell Crest Apartments
913-682-8544

Pebblebrook, LLC
913-724-2103

Pin Oaks Acre Apartments
913-682-9249

Planters II Apartments
913-682-2200

Pleasant Village Apartments
913-845-9212

Shawnee Plaza
913-758-0999

Spencer Place
913-651-9717

Sundance Apartments
913-845-1144

The Landmark
913-651-9717

The Oaks
913-772-4344

Twin Oaks Retirement Community
913-727-3400

Woodlands Apartments
913-651-2611

INFORMATION AND ASSISTANCE
Leavenworth County Council on Aging
913-684-0777

IN HOME SERVICES
Caregiving Because We Care
913-306-5148

Village Home Health
913-682-8805

Spectrum Private Care Services
913-299-7100

Leavenworth County Council on Aging
913-684-0777

Turning Point
913-727-2757

INTER-GENERATIONAL PROGRAM
Learning and Leisure
Leavenworth County Council on Aging
913-684-0777

INSURANCE
Kansas Insurance Commissioner
785-296-3071

Senior Health Insurance Counseling for Kansas (SHICK)
1-800-860-5260 or

Wyandotte/Leavenworth Area Agency on Aging
913-573-8531

Leavenworth County Council on Aging – *by appointment*
913-684-0777

Medicare
1-800-Medicare
(1-800-633-4227)

KANSAS DEPARTMENT FOR AGING AND DISABLITY SERVICES
785-296-4986
1-800-432-3535

KANSAS DEPARTMENT FOR CHILDREN AND FAMILIES
Medicaid and Food Stamps
913-682-2000

LEGAL SERVICES
Kansas Elder Law Hotline
1-888-353-5337

Leavenworth County Council on Aging
913-684-0777

Wyandotte/Leavenworth Legal Services
913-621-0200
1-800-723-6953

LOW INCOME ENERGY ASSISTANCE
Leavenworth County Council on Aging
(By appointment only)
913-684-0777

Kansas Department for Children and Families
913-651-6200

MEALS-HOME DELIVERED MEALS ON WHEELS
Leavenworth County Council on Aging
913-684-0777

MEDICAL EQUIPMENT
APRIA Health Care
913-722-6556

Global Medical Direct
1-800-505-1625

MENTAL HEALTH CENTER
Guidance Center
913-682-5118

St. John's Hospital-Behavioral Unit
913-680-6220

PERSONAL CARE ATTENDANT
(See In Home Services)

PHYSICAL /OCCUPATIONAL THERAPY
(See Home Health)

PUBLIC HEALTH DEPARTMENT
Leavenworth County Health Department
913-250-2000

RECREATION/LEISURE ACTIVITIES
Learning and Leisure Department
Leavenworth County Council on Aging
913-684-0777

Riverfront Community Center
913-651-2132

REVERSE MORTGAGE
Federal Housing Administration
913-236-3833

James B. Nutter
816-531-2345

RURAL DEVELOPMENT USDA
785-776-7582
www.rurdev.usda.gov/ks

SALES TAX REFUND
For tax filers only
Leavenworth Public Library
913-682-5666

Kansas Department of Revenue
785-368-8222

SENIOR CENTERS
Leavenworth County Council on Aging
913-684-0777

Heritage Center
913-682-2122

Riverfront Community Center
913-651-2132

Florence Riford Senior Center
913-845-2787

SENIOR DINING CENTERS-NOON NUTRITION PROGRAM
Hickory Villa
913-684-0777

Bethel Church
913-684-0777

Florence Riford Center
913-845-2787

Trinity Lutheran Church
913-297-0777

SHOPPING SERVICE-ERRANDS
Leavenworth County Council on Aging
913-684-0777

SOCIAL SECURITY ADMINISTRATION
1-800-772-1213 (National Toll Free)
913-621-0265

Lenexa Office
913-661-9758

SUBSIDIZED HOUSING
LEAVENWORTH
Hill Crest Apartments
913-682-3428

Planters II
913-682-2200

Woodlands Apartments
913-651-2611

BASEHOR
Hickory Villa Apartments
913-724-2103

TONGANOXIE
Pleasant Village Apartments
913-845-9212

SUPPORT GROUPS
Heart of America Chapter Of Alzheimer's Association
Leavenworth County Council on Aging
913-684-0777

St. Luke's Hospice
913-758-9034

Diabetes Support Group
Council on Aging
913-684-0777

Spiritual Care at Providence Medical Center
913-596-4300

TALKING BOOKS
Leavenworth Library
913-682-5666

Talking Books Service
785-233-2040
1-800-432-2925

TELECOMMUNICATIONS ACCESS PROGRAM (TAP)
1-800-526-3648

TDD
Kansas Relay Center
1-800-766-3777

TELEPHONE REASSURANCE AND VISITATION
Connecting with Seniors Telephone Program- Leavenworth County Council on Aging
913-684-0777

TRANSPORTATION
Assisted Transportation Services
913-262-5190

Leavenworth County Council on Aging
913-684-0778
(Reservations 24 hours in advance and by 12:00p.m.)

Kincaid Personal Care
Basehor
913-850-4250

Rick's Airport Express
913-651-4649

Catholic Charities
913-651-8060

Welcome Central
913-702-8108

American Red Cross
913-682-6222

VETERANS AFFAIRS
Dwight D. Eisenhower Medical Center
913-682-2000

WEATHERIZATION-FOR LEAVENWORTH COUNTY
Aaron Brucker-project director
785-232-3499

WYANDOTTE COUNTY

24-HOUR MENTAL HEALTH CRISIS HOTLINE
Wyandot Center Crisis Line
913-788-4200

ABUSE HOTLINE
Adult Protective Services
1-800-922-5330

ADULT DAY SERVICES
Caring Hearts
913-621-3108

Hmong Adult Daycare
913-334-2427

Johnsonville Home LLC
913-371-3995 *Board & Care Home

KC Adult Recreation Center
913-299-0800
(Formally Sunflower Day Center)

ADVOCACY
El Centro, Inc., Administration
913-677-0100

Kansas Advocates for Better Care – Lawrence
785-842-3088

Kansas Legislative Hotline
1-800-432-3924

Mental Health America of the Heartland – Kansas City
913-281-2221

Office of the Governor Constituent Services
1-877-KSWORKS
(1-877-579-6757)

AGING AND DISABILITY RESOURCE CENTERS (ADRC)
855-200-2372

ALZHEIMER'S CARE
See Disease Related Services

APARTMENTS
See Housing, Senior Residences or Senior High Rise

ASSISTED LIVING
Delaware Highlands Assisted Living
913-721-1400

Gables Assisted Living
913-345-2200

Heartland Assisted Living
913-248-6600

Homestead Assisted Living
913-727-9600

Victory Hills Seniors Living
913-299-1166

Vintage Park at Lenexa
913-894-6979

BLIND/VISUALLY IMPAIRED SERVICES
Alphapointe Association for the Blind
Kansas City, 816-421-5848

Audio-Reader Network
Lawrence, 785-864-4600
Toll-Free, 800-722-8898

Eyecare America – Senior Program (Glaucoma, 65+)
1-800-222-3937

Kansas Telecommunications Access Program (TAP) at Coalition for Independence
913-321-5140
TTY: 913-321-5216

Metro Lutheran Ministries
913-342-8333

Talking Books
Topeka: 785-231-0574
TDD: 785-233-3277
Toll Free: 800-432-2925 Topeka/ Shawnee Co. Library

BOARD AND CARE HOMES
**See Adult Day Services*

BUDGET MANAGEMENT CREDIT COUNSELING
Budget & Financial Management Assistance
816-474-2972

For Safe Keeping
913-338-4646

Harvest America Corporation
913-342-2121

Helping Other People, Inc
913-220-2307

BUS PASSES – PURCHASE KCATA PASSES
Kansas City Kansas Community College
913-334-1100

Kansas City Area Transportation Authority – KCATA
816-221-0660

UMB Bank
913-621-8002

CARE (Client, Assessment, Referral & Evaluation)
Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center
913-573-8531

WYANDOTTE COUNTY

CAREGIVERS SERVICES
Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center
913-573-8531

CASE MANAGEMENT
Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center
913-573-8531

COMMODITIES
***Also See Food Pantries*
CrossLines Community Outreach
913-433-2267

DAYCARE
See Adult Day Services

DEAF/HEARING IMPAIRED SERVICES
Audient Alliance for Accessible Hearing 1-866-956-5400
(Reduced cost hearing aids for low-income)

Deaf Expressions
Shawnee, 913-268-3323
(Sign language interpreting)

Hear Now
1-800-648-4327
(Help with cost of hearing aids for low-income)

Kansas Commission for the Deaf/ Hard of Hearing
Topeka, 785-368-8046-TTY
Toll-Free: 1-800-432-0698

Hometown Hearing & Audiology
913-721-9988

Kansas Telecommunications Access Program (TAP) at Coalition for Independence
913-321-5140
TTY: 913-321-5216

Providence Medical Center
913-596-5143

DENTAL SERVICES
Samuel U. Rogers Community Health Center – Dental
816-474-4920

Swope Health – WyCo Dental Clinic
816-923-5800

UMKC School of Dentistry
816-235-2111

DISABILITY SERVICES
Coalition for Independence
913-321-5140

The Whole Person
913-262-1294

The Dreamworks
913-281-8695

Resource Center for Indep. Living
785-528-3105

Topeka Independent Living Resource Center
785-233-4572

Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center
913-573-8531

DISASTER SERVICES
American Red Cross – WyCo
913-321-6314

DISEASE RELATED SERVICES
Alzheimer's Association
913-831-3888
1-800-272-3900 support line

Cancer Action, Inc.
913-321-8880

DEPARTMENT FOR CHILDREN AND FAMILY SERVICES LOCATIONS
Johnson County
913-826-7300

Leavenworth County
913-680-2200

Wyandotte County
913-279-7000

ELDERCARE LOCATOR
ElderCare Locator
1-800-677-1116

EMERGENCY ALERT DEVICES
Caring Responders
1-866-993-0661

Home Buddy
Wichita: 913-788-2662
Toll-Free: 1-866-922-8339

Lifeline Government Service
(Government Subsidy Only)
1-800-368-2925

LifeStation
1-800-884-8888

Link to Life
1-877-442-3232

Phillips Lifeline Services
1-877-419-5566

EMERGENCY SERVICES
Rent, Mortgage, Utility Assistance

AT & T Kansas Lifeline
1-800-288-2020

Catholic Community Services
913-621-1504

Crosslines Community Outreach
913-281-3388

Federal Commodities
913-433-2267

Economic Opportunity Foundation, Inc.
913-371-7800

El Centro, Inc.
913-677-0100

Low Income Energy Assistance Program (LIEAP)
Mid-January through March 31st
913-279-7000 or 1-800-432-0043

Metro Lutheran Ministries (Riverview)
913-342-8333

Northside CAP Center
913-371-0085

Salvation Army
913-232-5400

Southside Community Action (EOF)
913-321-7418

Vaughn-Trent Community Services
Bonner Springs & Edwardsville ONLY
913-441-0461

Wilhelmina Gill Multi-Services
913-621-4111

EMPLOYMENT SERVICES
Harvest America Corporation
Kansas City: 913-342-2121
1-800-556-5134

Economic Opportunity Foundation, Inc. – *Job prep and placement assistance*
Kansas City: 913-371-7800

Kansas Unemployment Insurance
Kansas City: 913-596-3500

Mental Health Association of the Heartland - *For Individuals with Mental Illness Only*
913-281-2221

EXERCISE PROGRAMS
Kansas City Kansas Community College – Wellness Center
913-288-7610

Silver Sneakers Fitness Program
1-888-423-4632

Wyandotte/Leavenworth AAA SeniorFit Program
913-573-8531
TOLL-FREE: 1-888-661-1444

YMCA – 8th Street
913-321-9622

YMCA – Providence Location
913-378-9622

FOOD PANTRIES
Bethel Church
913-788-7250

Catholic Charities of NE Kansas
913-621-3445

Crosslines
913-281-3388

Pleasant Green Baptist Church
913-371-5393

Salvation Army KCK
913-232-5463

St. Paul Neighborhood Pantry
913-321-8674

Vaughn-Trent Community Services
913-441-0464

GOVERNMENT CELL PHONES
Assurance Wireless
1-888-898-4888
www.assurancewireless.com

ReachOut Wireless
1-877-870-9444
www.reachoutwireless.com

SafeLink Wireless
1-800-723-3546
www.safelinkwireless.com

Yourtell Wireless
1-877-388-1082
www.yourtelwireless.com

HEALTHCARE SERVICES
Children's Mercy West
Kansas City: 913-233-4400
Medicaid, private, uninsured

Duchesne Clinic
Kansas City: 913-321-2626

Jay Doc Free Health Clinic
Uninsured
Kansas City: 913-387-1202

Landon Center on Aging
Kansas City: 913-588-1204

Mercy & Truth Medical Mission Wellness Center
Medicare, Medicaid
Kansas City: 913-621-0074

Riverview Health Services
913-371-1010

Silver City Health Center
913-945-7300

Southwest Boulevard Family Health
913-722-3100

Swope Health
Medicare, Medicaid, Private, Uninsured
Kansas City: 913-321-2200
Wyandotte – 816-922-7600

Turner House Clinic for Children
913-342-2552

Visiting Nurse Association
Kansas City: 816-531-1200

Wyandotte County Health Dept.
913-321-4803

HOME HEALTH AGENCIES

Adult Health Services (Licensed)
913-788-9896

Alliance Home Health Care (Licensed)
913-233-0160

All Services Home Health Care (Licensed)
913-814-3709

Always There Senior Care of KC
913-677-6490

A New Day At Home
913-440-0204

Another Day Home Care, Inc.
913-599-2221

Axiom Home Health Care (Licensed)
913-383-5300

Best Choice Home Health (Licensed)
913-287-3500

Blessed Trinity (Licensed)
913-721-9856

Bright Star Home Health
913-535-0255

Caring Hearts Nursing Services (Licensed)
913-621-3108

Catholic Community Services In-Home Support (Licensed)
913-422-2000

Coalition for Independence
913-321-5140

Comfort Keepers (Licensed)
913-385-2636

Interim Health Care (Licensed)
913-381-3100

Jewish Family Services
913-327-8250

LoCamp Home Health Care (Licensed)
913-287-4400

Maxim Healthcare Services (Licensed)
913-381-8233

Midwest Healthcare Services (Licensed)
913-663-9930

Prestige Home Care of Kansas (Licensed)
913-680-0493

ResCare– Overland Park (Licensed)
913-696-1020

ResCare – Lansing (Licensed)
913-250-0050

Sacred Heart Home Health Care (Licensed)
An Encompass Company
913-334-1058

Saint Luke's Home Care & Hospice (Licensed)
816-756-1160

Shawnee Mission Home Health (Licensed)
913-676-2163

Spectrum Home Health (Licensed)
913-831-2979

Spectrum Private Care
913-299-7100

Sunshine Home Health Care (Licensed)
913-724-7500

Topeka Independent Living Resource Center
785-233-4572

The Whole Person
816-561-0304

Visiting Nurse Association
816-531-1200

HOME AND COMMUNITY BASED SERVICES - AGENCIES

Kansas Department for Children & Family Services
913-279-7000

Kansas Department for Children & Family Service
Leavenworth County
913-680-2200

Kansas Department for Aging & Disability Services – Topeka, KS
1-800-432-3535

Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center
913-573-8531

**Also see KanCare Managed Care Organizations (MCO's)

HOME REPAIR

Community Housing of Wyandotte County
913-342-7580

KC Mass Services
Home Modifications
816-448-2033

Shepherd's Center of KCK
Minor Home Repair
913-281-8908

Unified Government
Emergency Home Repair Program
913-573-5118

Unified Government – Community Development
913-573-5100

HOMELESS SERVICES & SHELTERS
City Union Mission
816-566-5085
Men Only – 816-329-1489
Women & Children
816-483-7685

Homeless Hotline
816-474-4599

KC Rescue Mission
Men only shelter
816-421-7643

Restart Shelter
Single women & Families Only
816-472-5664

Shalom House
Men only shelter
913-321-2206

Salvation Army – Harbor Light Village
913-232-5400

Wilhelmina Gill Multi-Service Center
913-621-4690

HOSPICE
Ascend Hospice
816-584-8111

Asera Care Hospice
816-880-3900

Catholic Community Hospice
913-621-5090

Good Shepherd Hospice
816-822-2292

Grace Hospice
816-444-4611

Heartland Hospice
913-362-0044

Gentiva Hospice
913-541-0266

Sacred Heart Hopsice
913-334-1058

SouthernCare Hospice
913-906-9497

Vitas Hospice
1-800-938-4827

HOSPITALS
Dwight D. Eisenhower Med. Ctr
Veterans Admin. Medical Center
913-682-2000

Providence Medical Center
913-596-4000

University of Kansas Med. Center
913-588-5000

Veterans Administration Medical Center
816-861-4700

INFORMATION AND ASSISTANCE
Unified Government
Information Line Dial: 311
913-573-5311 - *outside WyCo*

United Way Information Line
Dial: 211

Wyandotte/Leavenworth
Aging & Disability Resource Ctr.
913-573-8531 or 1-888-661-1444

KANCARE - MANAGED CARE ORGANIZATIONS (MCO)
Amerigroup Kansas, Inc.
1-800-600-4441

Sunflower State Health Plan
1-877-644-4623

United HealthCare
Community Plan of Kansas
1-877-542-9238

LEGAL SERVICES
Elder & Disability Law Firm
913-338-5713

Kansas Elder Law Hotline
1-888-353-5337

Kansas Legal Services
913-621-0200

MEAL DELIVERY
Mom's Meals
Community Based Services for Medicaid waiver & government funded meal programs
1-877-508-6667

Wyandotte/Leavenworth
Aging & Disability Resource Center
For those 60 & older, homebound living in Wyandotte County
913-573-8531

MEAL SITES
Must contact the AAA at 913-573-8531 for requirements and reservations.

Argentine Community Center
2810 Metropolitan Avenue
Kansas City, Kansas 66106

Bethel Neighborhood Center
14 South 7th Street Trafficway
Kansas City, Kansas 66101

Plaza Towers
1200 North 75th Place
Kansas City, Kansas 66112

Rosedale Towers
2314 West 39th Avenue
Kansas City, Kansas 66103

Strangers Rest Baptist Church
2052 North 5th Street
Kansas City, Kansas 66101

Vaughn-Dale High Rise
420 Park Avenue
Bonner Springs, Kansas 66012

Vernon Multi-Purpose Center
3436 North 27th Street
Kansas City, Kansas 66104

MEDICAL ALERT DEVICE
See Emergency Alert Devices

MEDICAL EQUIPMENT
Access Medical, LLC
913-268-4442

Advance Home Care
785-841-2200 or 800-827-9406

Coalition for Independence
913-321-5140

Global Medical Direct
1-800-505-1625

Medicine Shoppe
913-788-3344

MENTAL HEALTH SERVICES
Mental Health Association of the Heartland
913-281-2221

Mental Help Line
913-281-1234

Naturally Yours, Inc - Art Therapy
816-277-5900

Rainbow Services, Inc.
913-956-5620

Suicide Prevention Hotline
1-800-273-8255

Salvation Army – Harbor Light Village
Substance Abuse Prevention & Treatment
913-232-5400

Veteran Affairs – Wyandotte Community Based Outpatient Clinic
1-800-952-8387

Wyandot Center Community Behavioral Healthcare
Bethany Clinic – 913-890-7900
Bonner Springs – 913-441-1400
Community Support
913-287-0007
Crisis Clinic – 913-328-4600
24 Hr Crisis – 913-788-4200

PAYEE SERVICES
Budget & Finance Management
816-474-2972

For Safe Keeping, Inc.
913-338-4646

Harvest America Corporation
913-342-2121

Helping Other People, Inc.
913-220-2307

For additional Payee Services, contact the Social Security Administration
1-800-772-1213

PHARMACIES
All pharmacies listed have delivery service available
Abrams
913-342-8000

DeGolers Bethany Medical Plaza
913-371-0077

DeGolers WestMed Medical Build.
913-721-3133

DeGolers Mid-Town Office Plaza
913-596-2133

DeGolers Medical Solutions Bldg.
913-299-9000

DeGolers
Bonner Springs/Edwardsville
913-422-3066

The Medicine Shoppe
913-788-3344

PRESCRIPTION DRUG ASSISTANCE
The Medicine Cabinet
913-342-8333

Riverview Health Services
913-371-7070

Salvation Army – Harbor Light Village
913-232-5400

SAFETY NET CLINICS
See HealthCare Services

SENIOR CENTERS
Bethel Neighborhood Center
913-371-8218

Bonner Springs Senior Center
913-441-0169

Pat Hanlon Senior Center
913-573-5515

Vernon Multi-Purpose Center
913-321-1220

SENIOR HEALTH INSURANCE COUNSELING FOR KANSAS
800-860-5260

Wyandotte/Leavenworth Area Agency on Aging
913-573-8531

SENIOR HIGH RISES
Bethany Park Towers
913-342-1115

Sunrise Tower
913-321-8558

Cross-Lines Retirement Ctr
913-362-4263

Cross Line Towers
913-321-1899

Douglas Heights
913-236-4860

Edwardsville Court Apartments
913-441-6007

Glanville Towers
913-281-4570

Nettleton Manor Apartments
913-422-7671

Plaza Towers
913-299-4194

Rosedale Towers
913-236-4459

Vaughn-Dale
913-441-3816

Welborn Villa
913-287-1215

Westgate Towers
913-299-1732

Westgate Villa *(Handicapped)*
913-281-3300

Wyandotte Towers
913-281-3300

SENIOR RESIDENCES
Blackbird – Accessible Space,
1-800-466-7722

Booth Manor
913-299-4822

City View at St. Margaret's
913-233-0159

Horace Mann Lofts
913-233-0159

Lowell Lofts
913-915-1297

Manor Place Retirement Apts.
913-334-2065

Mount Carmel Place
913-621-4111

Northeast Junior High Place
913-371-2525

Parkway Point
913-788-5841

Parallel Senior Villas
1-800-466-7722

Pebblebrook Adult Living Community
816-724-2103

Pemberton Place
816-572-6281

Twin Oaks
913-727-6100

Victory Hills Senior Living
913-299-1166

Villas at Ridge Point
913-299-4411

Village of Normandy West
913-406-2297

Washington Heights Apartments
913-788-7711

Welborn Villa
913-287-1215

Woodland Hills Apartments
913-226-3720

SOCIAL SECURITY ADMINISTRATION
1-800-722-1213

SUPPORT GROUPS
Landon Center on Aging
Family Caregiver
913-588-1204

Shepherds Center of Kansas City
(Alzheimer's, Diabetes & Parkinson's)
913-281-8908

Providence Medical Center
(Bereavement, Caregivers, Alzheimer's, Breast Cancer & Lymphedema)
913-596-4848

Veteran Affairs
Wyandotte Community Outpatient Clinic
1-800-952-8387

Wyandotte County Health Department
(Grandparent Support)
913-593-4818

TAXES
Federal Taxpayer Advocates
Wichita – 1-877-777-4778

Internal Revenue Tax Assistance
(816) 966-2840
Refund Status: 1-800-829-4477

Kansas Department of Revenue
1-785-368-8222
TTY/TTD: 1-785-296-6461
Refund Status: 1-800-894-0318

Kansas Taxpayer Advocates
1-785-296-2473 – Topeka
Bob Clelland

TTY (Voice & TDD)
Kansas Relay Center
1-800-766-3777

TELEPHONE REASSURANCE
Shepherds Center of Kansas City
913-281-8908

TRANSPORTATION
Assisted Transportation Services
Wyandotte/Johnson Counties
913-262-5190

Tiblow Transit
Bonner Springs Transportation
913-422-5355

Demand Response – WyCo Only
913-573-8308
Dial-A-Ride
913-573-8351

KC Area Transportation Authority
816-221-0660

Share-A-Fare
816-842-9070

UTILITY ASSISTANCE
See: Emergency Services

VETERAN AFFAIRS
Kansas Commission on
Veteran Affairs
913-371-5968

VOLUNTEER OPPORTUNITIES
Catholic Charities of NE Kansas
(Foster Grandparent Program)
KC 913-621-1504

Kansas Guardianship Program
1-800-672-0086
913-780-3300

Retired & Senior Volunteer
Program (RSVP)
913-371-3674

Unified Government Volunteer
Center
913-573-5469

WEATHERIZATION
ECKAN (East Central Economic
Opportunity Corporation)
785-893-1544
1-888-833-0832

Harvest America
913-342-2121

WALKER OR WHEELCHAIR
See: Medical Equipment

YARDWORK
Leavenworth Road Association
913-788-3988

Lawns By Lindesay
816-506-5296

NOTES

Useful Toll-Free Numbers

AARP Kansas 866-448-3619
ABUSE (abuse, neglect, exploitation)
In the community. 800-922-5330
In an adult care home. 800-842-0078
In an institution 800-221-7973

Aging & Disability Resource Ctr... 855-200-2372
Alcohol & Drug Helpline…….. . 800-645-8216
Alzheimer's Association……...800-272-3900
Attorney General's Office 800-432-2310
Audio-Reader 800-772-8898
Brain Injury Assn 800-444-6443
Cancer Information Svc 800-422-6237
Consumer Credit Counseling. 800-383-0217
Crime Victim's Rights. 800-828-9745
Deaf and Hard of Hearing 800-432-0698
Diabetes, American Assn 800-362-1355
Disability Rights Resource Center. 877-776-1541
Disaster Distress Helpline 800-985-5990
Elder Law Hotline 888-353-5337
Eldercare Locator 800-677-1116
Nationwide service to help families and friends find information about community services for older people outside of Kansas
EYE Care
National Project Hotline 800-222-3937
Information and referral service. Provides brochures on many common eye diseases and for eligible callers, a referral to a local volunteer ophthalmologist.
Federal Trade Comm ID Theft. . . . 877-438-4338
Federal Trade Comm HELP 877-382-4357
Gambling/Substance Abuse 800-522-4700
Governor's Office 877-579-6757
KanCare (application) DCF or. . . 800-792-4884
KanCare MCO Enrollment 866-305-5147
Amerigroup 800-600-4441
Sunflower 877-644-4623
United 877-542-9238
KanCare Ombudsman 855-646-8180
Kansas Corporation Commission 800-662-0027
Kansas Dept. for Aging and Disability Services ……. . . 800-432-3535
Kansas Dept. of Revenue Tax Refund Status Line (automated) 800-894-0318
Kansas Foundation for Medical Care 800-432-0407

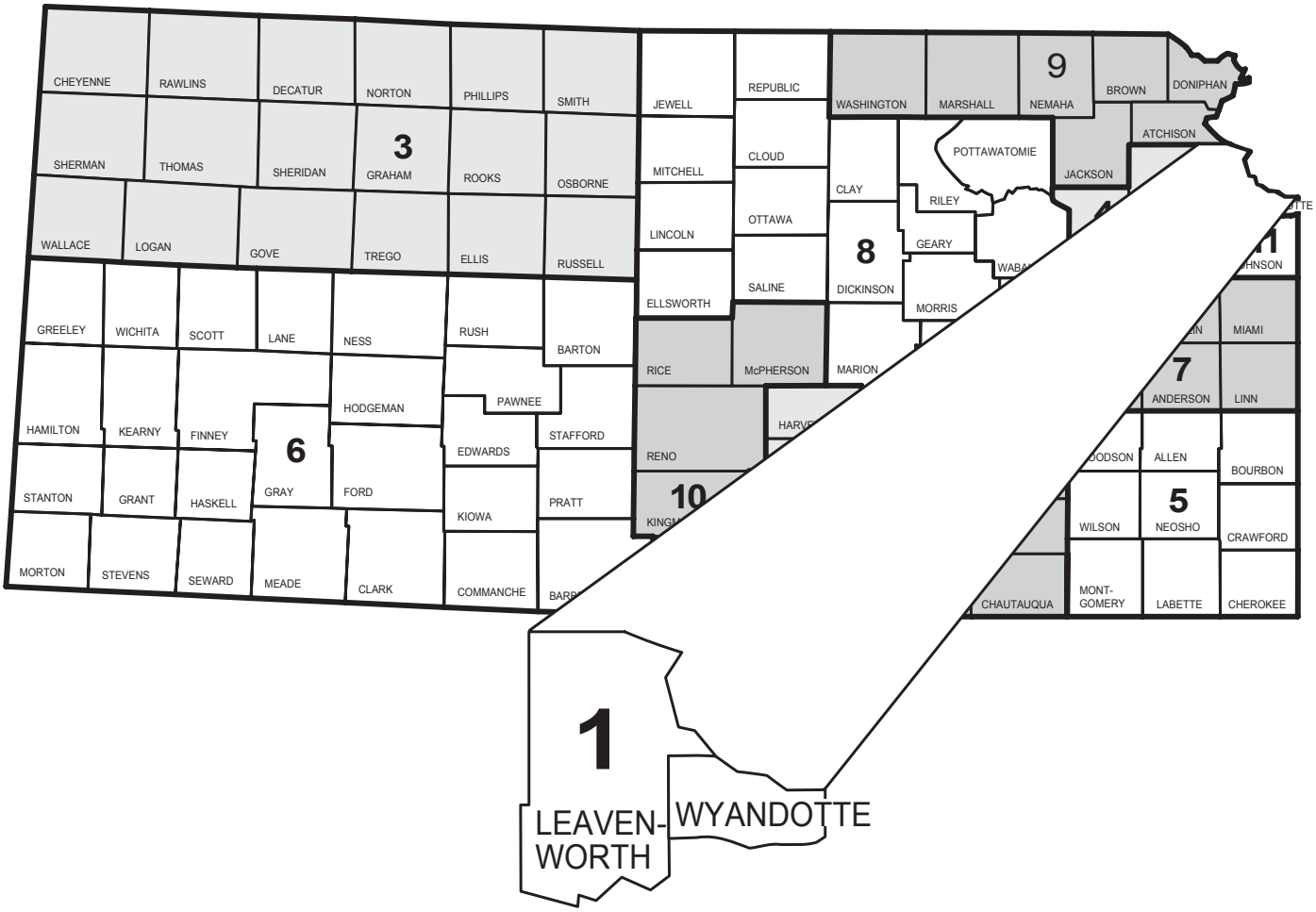
Kansas Guardianship Program . . 800-672-0086
Kansas Insurance Dept. 800-432-2484
Kansas Securities Commission….. 800-232-9580
SCAMS Hotline……....888-40SCAMS
Kansas State Library 800-432-3919
Legislative Hotline 800-432-3924
Long Term Care Ombudsman 877-662-8362
Advocates for residents in licensed adult care facilities
Kansas Relay Center (TDD). 800-766-3777
Medicaid Fraud Hotline 800-432-3913
Medicaid Provider Fraud……866-551-6328
Medicare 800-633-4227
Secretary of State Voter Registration. 800-262-8683

Senior Health Insurance Counseling for Kansas (SHICK) . . 800-860-5260
A network of volunteers who can help with your Medicare questions.

Social Security Administration . . . 800-772-1213
State Treasurer Unclaimed Property Line 800-432-0386
Suicide Lifeline……. 800-273-8255
Talking Books Service 800-362-0699
Telemarketers (No Call) 866-382-1222
United Way Information 211
Veterans Affairs Regional Office 800-827-1000
Veterans Crisis Line 800-273-8255

About this directory:

Explore Your Options is an introduction to the variety of services available to help Kansans remain in their homes. This booklet contains a detailed directory of the services available in the area of the state highlighted below. For a description of programs and services that may be available, see the companion booklet to this directory.



For further information about this directory and community services, contact:

Wyandotte-Leavenworth Area Agency on Aging
849 North 47th Street, Suite C
Kansas City, Kansas 66102
Wyandotte County: 1-888-661-1444 or 913-573-8531
Leavenworth County: 913-684-0777
www.wycokck.org/aging