Community Resource Guide
Community Resource Guide

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

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

Michael Brent Resource Center

Many of the agencies listed in this guide book have websites which offer much more information regarding the services available than we can list here. If you don't have access to a computer you may use one of the computers in the Michael Brent Resource Center. The Center is located on the 11th floor of Frazier Rehab Institute and is open to Frazier families from 8:00 a.m. to 4:30 p.m. Monday through Friday.

The Center is supported by Friends for Michael Inc., a non-profit group dedicated to raising funds and awareness of spinal cord injury in memory of Michael Brent. The Center provides information to survivors and their families about not only spinal cord injury but other disabling conditions as well. Functioning as a lending library of books, magazines, DVDs, and CDs, the Center also provides adaptive computer access to the internet. For more information about the Michael Brent Resource Center, visit spinalcordmedicineresources.com.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td><strong>Health Care Coverage</strong></td>
<td>5</td>
</tr>
<tr>
<td>• Health Insurance</td>
<td></td>
</tr>
<tr>
<td>• Medicare</td>
<td></td>
</tr>
<tr>
<td>• Medicaid</td>
<td></td>
</tr>
<tr>
<td>• Supplemental Health Care Assistance for Children</td>
<td></td>
</tr>
<tr>
<td><strong>Financial Assistance</strong></td>
<td>6</td>
</tr>
<tr>
<td>• Income</td>
<td></td>
</tr>
<tr>
<td>• Short or Long Term Disability</td>
<td></td>
</tr>
<tr>
<td>• Paid Time Off or Medical Leave</td>
<td></td>
</tr>
<tr>
<td>• Disability Income</td>
<td></td>
</tr>
<tr>
<td>• Temporary Assistance for Needy Families (TANF)</td>
<td></td>
</tr>
<tr>
<td>• Supplemental Nutrition Assistance Program (SNAP)</td>
<td></td>
</tr>
<tr>
<td>• State Assistance Programs</td>
<td></td>
</tr>
<tr>
<td>• Veteran’s Programs</td>
<td></td>
</tr>
<tr>
<td><strong>Prescription Assistance</strong></td>
<td>8</td>
</tr>
<tr>
<td>• Tips to Find Prescription Help</td>
<td></td>
</tr>
<tr>
<td>• Patient Assistance Programs</td>
<td></td>
</tr>
<tr>
<td>• Family Care Centers</td>
<td></td>
</tr>
<tr>
<td>• Community Ministries</td>
<td></td>
</tr>
<tr>
<td>• Extra Help – Medicare Prescription Supplement Program</td>
<td></td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td>9</td>
</tr>
<tr>
<td>• Disabled Parking</td>
<td></td>
</tr>
<tr>
<td>• Driver’s Evaluations, Training and Vehicle Modifications</td>
<td></td>
</tr>
<tr>
<td>• Wheelchair Accessible Vehicles</td>
<td></td>
</tr>
<tr>
<td>• Medicaid Medical Transport</td>
<td></td>
</tr>
<tr>
<td>• Public Transportation</td>
<td></td>
</tr>
<tr>
<td>• TARC</td>
<td></td>
</tr>
<tr>
<td>• TARC 3</td>
<td></td>
</tr>
<tr>
<td>• Wheels</td>
<td></td>
</tr>
<tr>
<td>• Yellow Cab</td>
<td></td>
</tr>
<tr>
<td>• Private Pay Transportation</td>
<td></td>
</tr>
<tr>
<td>• Ironman Transportation Fund</td>
<td></td>
</tr>
<tr>
<td><strong>Accessible Housing</strong></td>
<td>14</td>
</tr>
<tr>
<td>• Housing Resources</td>
<td></td>
</tr>
<tr>
<td>• Wheelchair Ramp Programs</td>
<td></td>
</tr>
<tr>
<td>• Wheelchair Ramp Resources</td>
<td></td>
</tr>
<tr>
<td>• Home Modifications</td>
<td></td>
</tr>
<tr>
<td>• New Directions</td>
<td></td>
</tr>
<tr>
<td>• Center for Accessible Living</td>
<td></td>
</tr>
<tr>
<td>• Hart Support Living Grant</td>
<td></td>
</tr>
<tr>
<td>• Private Home Modification Companies</td>
<td></td>
</tr>
<tr>
<td><strong>Assistive Technology</strong></td>
<td>16</td>
</tr>
<tr>
<td>• Assistive Technology Resource Center (ATRC)</td>
<td></td>
</tr>
<tr>
<td>• Kentucky Assistive Technology Services Network (KATS)</td>
<td></td>
</tr>
<tr>
<td>• Kentucky Assistive Technology Loan Corporation</td>
<td></td>
</tr>
<tr>
<td>• Enabling Technologies</td>
<td></td>
</tr>
<tr>
<td>• Kentucky Relay Service</td>
<td></td>
</tr>
<tr>
<td>• Assistive Technology Products</td>
<td></td>
</tr>
<tr>
<td><strong>Caregiver Help</strong></td>
<td>18</td>
</tr>
<tr>
<td>• Hiring Caregiver Assistance</td>
<td></td>
</tr>
<tr>
<td>• Kentucky and Indiana Planning and Development Agency (KIPDA)</td>
<td></td>
</tr>
<tr>
<td>• Area Agency on Aging</td>
<td></td>
</tr>
<tr>
<td>• Medicaid Waiver Programs</td>
<td></td>
</tr>
<tr>
<td>• Consumer Directed Option</td>
<td></td>
</tr>
<tr>
<td>• Traumatic Brain Injury Trust Fund</td>
<td></td>
</tr>
<tr>
<td>• Kentucky Transitions Program</td>
<td></td>
</tr>
<tr>
<td>• Personal Care Attendant Program</td>
<td></td>
</tr>
<tr>
<td>• Hart Supported Living Grant</td>
<td></td>
</tr>
<tr>
<td>• Veteran’s Aid and Attendance Program</td>
<td></td>
</tr>
<tr>
<td><strong>Health and Self Care Aides</strong></td>
<td>23</td>
</tr>
<tr>
<td>• Local Specialty Stores</td>
<td></td>
</tr>
<tr>
<td>• Online Catalogs</td>
<td></td>
</tr>
<tr>
<td><strong>Medical Alert Calling Systems</strong></td>
<td>23</td>
</tr>
<tr>
<td><strong>Community Assistance</strong></td>
<td>24</td>
</tr>
<tr>
<td>• Neighborhood Place</td>
<td></td>
</tr>
<tr>
<td>• Association of Community Ministries</td>
<td></td>
</tr>
<tr>
<td><strong>Legal Considerations</strong></td>
<td>25</td>
</tr>
<tr>
<td>• Advance Directives</td>
<td></td>
</tr>
<tr>
<td>• Financial Planning</td>
<td></td>
</tr>
<tr>
<td>• Will</td>
<td></td>
</tr>
<tr>
<td>• Power of Attorney</td>
<td></td>
</tr>
<tr>
<td>• Durable Power of Attorney</td>
<td></td>
</tr>
<tr>
<td>• Guardianship</td>
<td></td>
</tr>
<tr>
<td><strong>Return to School and/or Work</strong></td>
<td>27</td>
</tr>
<tr>
<td>• Early Intervention Services</td>
<td></td>
</tr>
<tr>
<td>• Education and School Re-entry</td>
<td></td>
</tr>
<tr>
<td>• Vocational Rehabilitation Services</td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health and Counseling Services</strong></td>
<td>29</td>
</tr>
<tr>
<td>• LifeSpring</td>
<td></td>
</tr>
<tr>
<td>• Seven Counties Services</td>
<td></td>
</tr>
<tr>
<td><strong>Community Fitness and Adapted Leisure</strong></td>
<td>30</td>
</tr>
<tr>
<td>• Community Fitness</td>
<td></td>
</tr>
<tr>
<td>• Adapted Leisure</td>
<td></td>
</tr>
<tr>
<td>• Livestrong at the YMCA</td>
<td></td>
</tr>
<tr>
<td>• U of L Health Healthy Lifestyle Centers</td>
<td></td>
</tr>
<tr>
<td><strong>Protection, Advocacy and Support</strong></td>
<td>31</td>
</tr>
<tr>
<td>• Protective Services</td>
<td></td>
</tr>
<tr>
<td>• Advocacy</td>
<td></td>
</tr>
<tr>
<td>• Americans with Disability Act</td>
<td></td>
</tr>
<tr>
<td>• Support Groups</td>
<td></td>
</tr>
<tr>
<td><strong>Additional Resources</strong></td>
<td>37</td>
</tr>
<tr>
<td>• Computer and Internet Access</td>
<td></td>
</tr>
<tr>
<td>• Identification cards</td>
<td></td>
</tr>
<tr>
<td>• State Social Services Websites</td>
<td></td>
</tr>
</tbody>
</table>
INTRODUCTION: WHERE TO START

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

• Ask your case manager about available educational material and support groups here at Frazier and in your community.
• Schedule family teaching days to attend therapy sessions with Frazier team members.
• Attend Team Rounds to participate in treatment planning.
• Keep a journal, take notes, and ask lots of questions.
• Review educational material available in the Michael Brent Resource Room.
• Research outside information in your library or on the internet.

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

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

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

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

Health Insurance
Medical care is costly. Read your health insurance policy and learn the vocabulary to better understand the benefits and limitations of the policy. For example, do you know?
- What is your annual deductible for your health insurance plan?
- What is your coinsurance responsibility for care?
- Do you have an out of pocket maximum?
- What are the benefits for outpatient therapy or home health services recommended by the rehab team?
- What are the benefits for the durable medical equipment needed at discharge?

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

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

Medicare
Medicare is a federal health insurance program available for persons who are 65 years of age or older and persons under the age of 65 who are blind, on dialysis, or disabled. To learn more about Medicare, call 800-772-1213 or visit the website medicare.gov.

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

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

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

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

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

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

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

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

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

Social Security – Louisville
Main Office
601 West Broadway
Louisville, KY 40202
866-716-9671

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

Helpful information to apply for SSDI or SSI:
• Make sure all requested information is submitted with the application and deadlines are followed.
• The decision will be based on the Social Security Administration’s determination the applicant will be disabled (unable to work) for greater than one year.
• The application process can take several months before the initial decision is made.
Some applicants are deferred. This means their progress is reviewed again after a specified period of time before a decision will be made.

Many applicants are denied. The appeal process is explained in the denial letter.

There are four levels of appeal and the appeal process can take up to 1-2 years.

Individuals have found that legal assistance can facilitate the appeal process.

If you are declared disabled, you will be awarded one of two disability programs, Social Security Disability Income (SSDI) or Supplemental Security Income (SSI), based on the amount of money you have contributed to the Social Security tax system through your work history.

If you are approved for SSDI, you will be eligible for Medicare after a 2 year waiting period.

If you live in Kentucky and are approved for SSI, you will automatically be eligible for Medicaid. There is no waiting period for Medicaid.

If you live in Indiana you will need to apply separately for IN Medicaid.

**Numbers that may be helpful to complete the application:**

<table>
<thead>
<tr>
<th>Health Information Departments (Medical Records)</th>
<th>502-587-4416</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewish Hospital &amp; Frazier Rehab Institute</td>
<td></td>
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<tr>
<td>University of Louisville Healthcare</td>
<td>502-562-3062</td>
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<tr>
<td>Kosair Children’s Hospital</td>
<td>502-629-8700</td>
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<tr>
<td>Baptist Hospital East</td>
<td>502-897-8491</td>
</tr>
<tr>
<td>Norton’s Healthcare</td>
<td>502-629-8766</td>
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<tr>
<td>Southern Indiana Rehabilitation Hospital</td>
<td>812-941-6131</td>
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<tr>
<td>Floyd Memorial Hospital Healthcare Services</td>
<td>812-944-7701</td>
</tr>
<tr>
<td>Clark Memorial Hospital</td>
<td>812-283-2521</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Legal Documents (Birth, Death, Marriage, and Divorce Certificates)</th>
<th>317-233-2700</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indiana Bureau of Vital Statistics</td>
<td>502-564-4212</td>
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<tr>
<td>Kentucky Bureau of Vital Statistics</td>
<td>800-255-2414</td>
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<tr>
<td>National Record Network</td>
<td>502-583-1801</td>
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<tr>
<td>Legal Aid Society</td>
<td>502-584-1254</td>
</tr>
</tbody>
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**Temporary Assistance for Needy Families**

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

**Supplemental Nutrition Assistance Program**

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

Indiana
Division of Family and Children’s Services
Floyd County
842 University Woods
New Albany, IN 47150
812-949-4056
in.gov/fssa

Kentucky
Department of Community Based Services
Jefferson County
908 West Broadway
Louisville, KY 40202
502-595-4238
chfs.ky.gov/dcbs

State social services programs can assist families with limited income and resources. Contact your local county office for assistance with the following:

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

Veterans Programs

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

PRESCRIPTION ASSISTANCE

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

Tips to Find Prescription Help

1. Review your prescriptions. If you already have a medication at home, let your doctor know you do not need a new prescription.
2. Ask your doctor if there is another medication just as effective that may be a generic or cheaper alternative.
3. Ask your primary care doctor or specialist if she/he can provide samples of the medication.
4. Ask your primary care doctor or specialist if she/he can refer you to an indigent drug program. These programs may require a form to be completed or a letter from your doctor.
5. Ask your pharmacy to partially fill your medication according to how much you can afford. When you get paid, you can have the rest filled.
6. Check the discount prescription lists at Target, Wal-Mart, and Kroger, or ask your pharmacist for available discounts.
7. Borrow money from a family member or friend.
8. Contact your area church or community ministry for possible assistance. See page 30 of this guide for information about Louisville area ministries.

**Patient Assistance Programs**

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

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Partnership for Prescription Assist</td>
<td>888-477-2669</td>
<td>pparx.org</td>
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<tr>
<td>RX Assist</td>
<td>800-808-1213</td>
<td>rxassist.org</td>
</tr>
<tr>
<td>NeedyMeds</td>
<td>800-503-6897</td>
<td>needymeds.org</td>
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<tr>
<td>Select Care Benefits Network</td>
<td>888-331-1002</td>
<td>scbn.org</td>
</tr>
<tr>
<td>Together Rx Access</td>
<td>800-444-4106</td>
<td>togetherrxaccess.com</td>
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<tr>
<td>Good Rx</td>
<td>855-268-2822</td>
<td>goodrx.com</td>
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</tbody>
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**Family Health Centers**

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Americana</td>
<td>4805 Southside Drive</td>
<td>502-772-8860</td>
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<tr>
<td>East Broadway</td>
<td>834 East Broadway</td>
<td>502-583-1981</td>
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<tr>
<td>Fairdale</td>
<td>1000 Neighborhood Place</td>
<td>502-361-2381</td>
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<td>Iroquois</td>
<td>4100 Taylor Blvd.</td>
<td>502-366-4747</td>
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<tr>
<td>Phoenix</td>
<td>712 E Muhammad Ali Blvd.</td>
<td>502-568-6972</td>
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<tr>
<td>Portland</td>
<td>2215 Portland Avenue</td>
<td>502-774-8631</td>
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<tr>
<td>Southwest</td>
<td>9702 Stonestreet Road</td>
<td>502-995-5051</td>
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<tr>
<td>West Market</td>
<td>2500 West Market</td>
<td>502-778-8400</td>
</tr>
</tbody>
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**Extra Help Medicare Prescription Drug Plan**

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

**TRANSPORTATION**

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

**Disabled Parking**

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

Indiana:
- The application will need to be signed by your physician and submitted to your local license branch.
- There is a $5.00 fee for a temporary placard; it is good for up to 1 year.
- There is no charge for a permanent placard; it is good until your health care provider certifies you are no longer disabled.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Floyd County License Branch office 888-692-6841.

Kentucky:
- The application will need to be signed by your physician and submitted to your local county clerk’s office.
- Your signature must be notarized.
- There is no charge for a temporary placard; it is good for 3 months.
- There is no charge for a permanent placard; it is good for 6 years.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Notary is available for $2.00 in the County Clerk’s office.
- Jefferson County Clerk’s office 502-574-5700

Disabled Parking Spaces

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

Driver Evaluations, Training and Vehicle Modifications

Before you begin driving again, your physician or occupational therapist may recommend a driver’s evaluation to determine if you are safe to return to driving. Driver’s evaluations will test:
- Coordination
- Range of motion
- Reaction times
- Problem solving or decision making
- Vision and hearing
- Need for vehicle modifications

The following locations provide driver’s evaluation services:

**Driver Assessments and Training**

**Frazier Rehab Institute – Newburg**
3430 Newburg Road, Suite 111
Louisville, KY 40218
502-451-6886
UofLHealth.org

**Office of Vocational Rehabilitation**

**Driver Evaluation/Vehicle Modification Branch**
301 East Main Street
Lexington, KY 40507
859-246-2117
ovr.ky.gov
Wheelchair Accessible Vehicles

Superior Van and Mobility
4734 Rockford Plaza Dr.
Louisville, KY 40216
502-447-8267
800-458-8267
superiorvan.com

Cook and Reeves
Van Sales and Rentals
4443 Dixie Highway
Louisville, KY 40216
502-447-8255
cookandreevesvans.com

Public Transportation

Transit Authority of the River City (TARC)
502-585-1234
ridetarc.org

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

TARC 3 via TARC’s Para Transit Department
1000 West Broadway
Louisville, KY 40203
502-213-3217
ridetarc.org

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

Wheels – American Red Cross
502-561-3690
• For disabled persons and senior citizens age 60 or over.
• For medical appointments, nutrition services, and essential senior services
• Seniors call KIPDA 502-266-5571 to apply.
• Disabled persons call Wheels 502-561-3690 to apply.
• No charge for transportation.
Catholic Charities Senior Services
502-873-2566
• Primarily for citizens 60 years and older.
• Louisville area.
• Volunteers drive their own cars and stay for the appointment.
• Riders must be ambulatory - cane or walker OK if independent with use.
• Will transport maximum of 1 x week.
• Requires 7 days notice.
• Fee is $10 round trip.

Yellow Cab
502-214-7505
goloucab.com
• 200 cabs can take folding wheelchairs
• 8 vans can transport power chairs
• Accept cash or credit; no checks
• Rates $4.70 first mile then $2.25 for each additional mile.
• The rates are the same for a cab or a wheelchair van.
• Serves Metro Louisville and parts of Southern Indiana

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

Kentucky Medicaid offers non-emergency transportation assistance for members needing transportation to physician offices, medical testing or therapy appointments. This service is available to KY Medicaid members even if they are enrolled in a managed care plan.
• Federated Transportation of the Bluegrass (FTSB) is the company used by KY Medicaid in Jefferson, Oldham, Bullitt, Henry, Shelby, and Spencer counties.
• To be eligible, there can not be a vehicle registered to anyone in your home unless the vehicle is used for employment purposes or is not running. Proof will be required.
• If you live on a TARC route and are able to ride, TARC passes may be provided.
• Call FTSB at 888-848-0989 to schedule. 72 hours notice is required.
Private Pay Transportation Services

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

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Able Care</td>
<td>502-267-1911</td>
</tr>
<tr>
<td>Care Conextion</td>
<td>502-466-7000</td>
</tr>
<tr>
<td>Louisville Wheelchair &amp; Mobility Transportation</td>
<td>502-419-0884</td>
</tr>
<tr>
<td>Lyft Accessible Dispatch</td>
<td>Download App</td>
</tr>
<tr>
<td>Magic Transportation</td>
<td>502-935-1871</td>
</tr>
<tr>
<td>Nolan’s Medical Transport</td>
<td>502-295-3423</td>
</tr>
<tr>
<td>uberWAV</td>
<td>Download App</td>
</tr>
<tr>
<td>Valley Medical</td>
<td>502-634-2552</td>
</tr>
</tbody>
</table>

*Tip - Private pay hired help and companion companies provide transportation services as part of a package of services. Ask your case manager for a list of private pay hired help companies or go to page 22 of this guide to call to compare rate information.

Ironman Housing and Transportation Fund

Frazier Rehab Institute

Emily Coons, Spinal Cord Medicine Program Coordinator
220 Abraham Flexner Way,
Louisville, KY 40202
502-407-3296

If you are unable to use TARC, TARC 3 or Medicaid transportation services and are unable to afford paying privately for transportation, you may be eligible for assistance through the Ironman Housing and Transportation Fund. Eligible patients may receive assistance with transportation costs during the time they are actively engaged in therapy at Frazier. Degree of assistance will be determined based on need and availability of funds (supply and demand).
ACCESSIBLE HOUSING

Housing Resources

Center for Accessible Living
305 W Broadway, Suite 2
Louisville, KY 40202
502-589-6620
502-589-6690 TTY
888-813-8497
calky.org

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

- Accessible Area Housing Resources
- Independent Living Skills
- Personal Care Attendant Program
- Ramps (Waiting list) or ramp resources
- Peer Counseling
- Employment Programs
- Advocacy

Wheelchair Ramp Programs

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

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

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

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>RampUp</td>
<td>800-327-5287</td>
</tr>
<tr>
<td>Lifespan Resources</td>
<td>812-948-8330</td>
</tr>
<tr>
<td>Center for Accessible Living</td>
<td>502-589-6620</td>
</tr>
<tr>
<td>New Directions</td>
<td>502-589-2272</td>
</tr>
<tr>
<td>Kentucky Assistive Technology Network</td>
<td>502-489-8285</td>
</tr>
</tbody>
</table>

Wheelchair Ramp Resources

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

The Center for Accessible Living in Louisville KY at 502-589-6620 manages a contract from the City of Louisville for building ramps for local seniors and persons with disabilities. For more information or to obtain an application for ramp assistance through this project call CAL.
A source of reduced cost building materials is ReStore 502-805-1652, which is associated with Habitat for Humanity. In Louisville, Habitat for Humanity has three ReStore locations (Portland, Hikes Point and Papa Johns Cardinal Stadium). Builders, contractors, and homeowners drop off unwanted building materials at ReStore locations and the proceeds from ReStore sales support Habitat building projects. Check the Louisville website as a possible source for low-cost materials that can be used to build your ramp: louisvillerestore.com/

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

<table>
<thead>
<tr>
<th>Company</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amazon.com</td>
<td>amazon.com</td>
</tr>
<tr>
<td>AmRamp</td>
<td>amramp.com</td>
</tr>
<tr>
<td>Discount Ramps</td>
<td>discountramps.com/portable_ramps.htm</td>
</tr>
<tr>
<td>Express Ramps</td>
<td>portable-wheelchair-ramps.com</td>
</tr>
<tr>
<td>Gould’s Discount Medical</td>
<td>gouldsdiscountmedical.com</td>
</tr>
<tr>
<td>Handi-Ramp</td>
<td>handiramp.com</td>
</tr>
</tbody>
</table>

**Home Modifications**

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

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

**New Directions Housing Corporation**

**Repair Affair**

1000 E. Liberty, 40204  
502-589-2272

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

**Center for Accessible Living**

305 W. Broadway, Suite 200, 40202  
502-589-6620

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

P.O. Box 206037  
Louisville, KY 40220  
502-229-6500

Region 3 Counties: Bullitt, Jefferson, and Spencer [hchfs.ky.gov/agencies/dail/Pages/hslp.aspx](http://hchfs.ky.gov/agencies/dail/Pages/hslp.aspx)

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

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

Hart Supported Living grants are awarded on an annual basis. Applications are due by April 1st of each year for grants paid in July. For more information contact the Hart Supported Living Program.

**Home Modification Companies**

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

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cap Able Living</td>
<td>502-309-4231</td>
<td>capablelivingllc.com</td>
</tr>
<tr>
<td>Easy Home Access LLC</td>
<td>502-822-6032</td>
<td></td>
</tr>
<tr>
<td>Gould’s Discount Medical</td>
<td>502-492-2000</td>
<td>gouldsdiscountmedical.com</td>
</tr>
<tr>
<td>Senior Citizens Network, Inc</td>
<td>502-451-4758</td>
<td></td>
</tr>
</tbody>
</table>

**ASSISTIVE TECHNOLOGY**

**Assistive Technology Resource Center**

**Frazier Rehab Institute**

220 Abraham Flexner  
Louisville, KY 40202  
502-582-7660 or 866-540-7719  
UofLHealth.com

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

- Seating and mobility
- Augmentative and alternative communication
- Adaptive computer access
- Electronic aids to daily living
- Home and work modification
Kentucky Assistive Technology Services Network (KATS)
502-489-8258
800-327-5287
katsnet.org

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

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

Kentucky Assistive Technology Loan Corporation
275 East Main Street
Mail Stop 2 E-K
Frankfort, KY 40621
877-675-0195
katlc.ky.gov

The Kentucky Assistive Technology Loan Corporation (KATLC) offers low interest loans for qualified applicants with disabilities who need assistive technology.

Enabling Technologies (enTECH)
812 S. Second Street
Louisville, KY 40203
Phone: 502-992-2448
spalding.edu/academics/entech

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

Kentucky Relay Service
Services for Deaf and Hearing Impaired
632 Versailles Road
Frankfort, KY 40601
Voice Users 502-573-2604
Video Users 502-416-0607
kcdhh.ky.gov

- Interpreters or computer aided transcription services
- Equipment
- Telecommunications Access Program
- Information and Advocacy
**Assistive Technology Products**

AbleData provides product information and sellers for various AT devices. For more information, visit the website at abledata.com.

Enablemart sells AT products and devices. For more information, visit the website at enablemart.com.

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**CAREGIVER HELP**

**Hiring Caregiver Assistance**

Families often need assistance when providing care to a loved one. You may need to consider hiring help at home. The following private companies have provided marketing material to Frazier Rehab Institute for hired caregiver services. The companies noted below are not endorsed by Frazier Rehab Institute and are listed for informational purposes only:

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accessicare</td>
<td>812-725-3843</td>
<td>accessicare.com</td>
</tr>
<tr>
<td>Assurance Home Care</td>
<td>502-479-1906</td>
<td>assurancecare.com</td>
</tr>
<tr>
<td>BrightStar</td>
<td>502-893-4700</td>
<td>brightstarcare.com</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>502-721-0101</td>
<td>comfortkeepers.com</td>
</tr>
<tr>
<td>Eldercare</td>
<td>502-244-8446</td>
<td>eldercare4families.com</td>
</tr>
<tr>
<td>Home Instead</td>
<td>502-448-1511</td>
<td>homeinstead.com</td>
</tr>
<tr>
<td>ResCare</td>
<td>502-773-2227</td>
<td>rescarehomecare.com</td>
</tr>
<tr>
<td>Senior Care Experts</td>
<td>502-896-2316</td>
<td>srcareexperts.org</td>
</tr>
<tr>
<td>Senior Helpers</td>
<td>502-410-1071</td>
<td>seniorhelpers.com/louisville</td>
</tr>
<tr>
<td>Silver Tree</td>
<td>502-240-6464</td>
<td>homecarelouisville.net</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>502-897-6547</td>
<td>visitingangels.com</td>
</tr>
</tbody>
</table>

**KIPDA**

11520 Commonwealth Drive  
Louisville, KY 40299  
502-266-5571  
kipda.org

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

- Meals on Wheels
- Light homemaking assistance
- Personal care
- Escort
- Chores
- Respite
- Nutrition programs
Area Agency on Aging

Indiana Association of Area Agencies on Aging
800-986-3505
iaaaa.org

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

Lifespan Resources
33 State Street, Third floor
New Albany, IN 47150
812-948-8330
lsr14.org

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

- Aging and Disability Resource Center
- Case Management
- Home Care
- Meals on Wheels
- Caregiver Assistance
- Transportation
- Counseling

Medicaid Waiver Programs

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

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

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

- Adult Day Care
- Personal Care
- Disposable Medical Supplies
- Case Management
- Environmental/Minor Home Adaptation
- Community Living Supports
- Home and Vehicle Modifications
- Home Delivered Meals and Nutritional Supplements
- Homemaker
- Physical, Occupational or Speech Therapy
- Respite Care
- Specialized Medical Equipment

There is a two-part application process to determine eligibility for all waiver programs. First the individual has to be approved for medical eligibility for the program. The individual/family must then apply at the county Medicaid office to determine financial eligibility. The income criteria to be eligible for a waiver program are higher than the criteria for standard Medicaid. To learn more about Medicaid waiver eligibility and services, contact your state's Medicaid Waiver program department:
Indiana Medicaid Waiver programs
800-403-0864
in.gov/fssa/ompp/2549.htm
• Aged & Disabled Waiver
• Community Integration and Habilitation Waiver
• Family Supports Waiver
• Money Follows the Person Demonstration Grant
• Psychiatric Residential Treatment Facility Transition Waiver
• Traumatic Brain Injury Waiver

Kentucky Medicaid Waiver programs
502-564-5560
chfs.ky.gov/dms/mws.htm
• Acquired Brain Injury Waiver
• Acquired Brain Injury Long Term Care Waiver
• Home and Community Based Waiver
• Michelle P. Waiver
• Model II Waiver
• Supports for Community Living Waiver

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

Department for Aging and Independent Living
502-564-6930
chfs.ky.gov/agencies/dail/Pages/pds.aspx

Traumatic Brain Injury Trust Fund
Traumatic Brain Injury (TBI) Trust Fund serves children and adults with brain injuries living in Kentucky. This fund was designed to supplement existing resources to provide services not covered by other sources (i.e. health insurance, vocational rehab, etc.). There are no income criteria to be eligible for this program. There benefits are limited to $15,000 per year with a lifetime maximum of $60,000 per person. To learn more information or to apply, contact the Traumatic Brain Injury Trust Fund department at 855-816-9577 or 502-564-6930 or visit the website at chfs.ky.gov/agencies/dail/Pages/tbi-trust.aspx. Some of the services available for funding include:
• Case management
• Personal care assistants
• Respite for caregivers
• Structured Day programs
• Physical, Occupation or Speech Therapy
• Prevocational services
• Psychological services
**Kentucky Transitions Program**
**KY Department for Medicaid Services**
**Division of Community Alternatives**
502-564-0330
877-564-0330

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

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

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

- Home modifications up to $15,000 or 20% of the home value.
- A combination of the following services up to $2,000:
  - Housing and utility deposits
  - Household goods and housing set up
  - Caregiver assistance and training
  - Transportation services

To learn more about the KY Transitions program or to apply, contact the Kentucky Transitions Program.

**Personal Care Attendant Program**
**Center for Accessible Living**
502-589-6620
calky.org/PCAP.htm

The Center for Accessible Living manages the Personal Care Attendant (PCA) program in the Louisville area. The PCA program helps eligible severely disabled adults live independently in the community. The program provides financial support that allows the participant to hire a personal care attendant. To be eligible for the program, a KY resident must be:

- 18 years old or older
- Physically disabled from the loss of function of 2 or more extremities
- Require 14 hours but no more than 40 hours of attendant care per week
- Capable of hiring and supervising attendants as well as managing payroll and tax forms (training provided)

There is an extensive waiting list. Once approved for the program, the recipient usually remains in the program for life. There are a limited number of recipients. To learn more about the Personal Care Attendant Program, contact the Center for Accessible Living.
Hart Supported Living Grant
P.O. Box 206037
Louisville, KY 40220
502-229-6500
Region 3 Counties: Bullitt, Jefferson, and Spencer chfs.ky.gov/agencies/dail/Pages/hslp.aspx

Kentucky's Hart Supported Living Grant allows disabled residents to submit requests for grants to provide services to help them remain living in their community. Grant requests may be awarded for but are not limited to the following services:

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

Hart Supported Living grants are awarded on an annual basis. Applications are due by April 1st of each year for grants paid in July. For more information contact the Hart Supported Living Program.

Veteran’s Aid and Attendance Program
Department of Veterans Affairs
Louisville Regional Office
321 West Main Street, Suite 390
Louisville, KY 40202
800-827-1000
benefits.va.gov/pension/aid_attendance_housebound.asp

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

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

- Button Hook
- Weighted Utensils
- Suction Denture Brush
- Rocker Knife
- Zipper Pull
- Long Handled Comb/Brush
- Dressing Stick
- Stainless Plate Guard
- Thickening Agents
- Walker Basket
- Beverage Cup Holder
- Wanchik Writers

Local Specialty Stores

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

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

Online Catalogs

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

**Allegro Medical**
800-861-3211
allegromedical.com

**Patterson Medical**
800-343-9742
pattersonmedical.com

MEDICAL ALERT CALLING SYSTEMS

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

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brick House Alert</td>
<td>877-63-ALERT</td>
<td>brickhousealert.com</td>
</tr>
<tr>
<td>Senior Safety</td>
<td>800-542-0438</td>
<td>americanmedicalalarms.com</td>
</tr>
<tr>
<td>Lifeline</td>
<td>855-681-5351</td>
<td>lifelinesys.com</td>
</tr>
<tr>
<td>Response Link</td>
<td>866-802-3676</td>
<td>responseslink.com</td>
</tr>
<tr>
<td>Life Station</td>
<td>877-288-4962</td>
<td>lifestation.com</td>
</tr>
<tr>
<td>First Response</td>
<td>866-930-1130</td>
<td>firstresponsesystem.com</td>
</tr>
<tr>
<td>Medical Alert by Connect</td>
<td>800-80-ALERT</td>
<td>medicalalarm.com</td>
</tr>
<tr>
<td>VRI</td>
<td>800-860-4230</td>
<td>monitoringcare.com</td>
</tr>
</tbody>
</table>
COMMUNITY ASSISTANCE

Neighborhood Place

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

- Emergency financial assistance with rent or utilities
- Metro Health Department
- Department of Housing
- Food commodities program
- WIC program
- Jefferson Alcohol and Drug Addiction (JADAC) referrals
- Seven Counties Services
- Jefferson County Public Schools resources
- Adult and Child Protective services

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

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

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

**L & N Building**
908 W. Broadway
502-595-4238
Association of Community Ministries

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

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

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Louisville</td>
<td>809 S. 4th Street; 40203</td>
<td>502-426-2824</td>
</tr>
<tr>
<td>Eastern Area</td>
<td>9104 Westport Road; 40242</td>
<td>502-426-2824</td>
</tr>
<tr>
<td>Fairdale</td>
<td>10616 W. Manslick Road; 40118</td>
<td>502-367-9519</td>
</tr>
<tr>
<td>Fern Creek/Highview</td>
<td>9300 Beulah Church Road; 40291</td>
<td>502-762-9608</td>
</tr>
<tr>
<td>Highlands</td>
<td>1228 E. Breckinridge Street 40204</td>
<td>502-451-3695</td>
</tr>
<tr>
<td>Jeffersontown</td>
<td>10617 Taylorsville Road; 40299</td>
<td>502-267-1055</td>
</tr>
<tr>
<td>Ministries United South</td>
<td>1207 Hart Avenue; 40213</td>
<td>502-363-9087</td>
</tr>
<tr>
<td>St. Matthews</td>
<td>201 Biltmore Road; 40207</td>
<td>502-893-0205</td>
</tr>
<tr>
<td>Shively</td>
<td>4415 Dixie Highway; 40216</td>
<td>502-447-4330</td>
</tr>
<tr>
<td>Sister Visitors Center</td>
<td>2235 West Market; 40212</td>
<td>502-776-0155</td>
</tr>
<tr>
<td>South East</td>
<td>600 Six Mile Lane; 40218</td>
<td>502-499-2059</td>
</tr>
<tr>
<td>South Louisville</td>
<td>415 W Ashland Ave; 40214</td>
<td>502-367-6445</td>
</tr>
<tr>
<td>Southwest</td>
<td>8504 Terry Road; 40258</td>
<td>502-935-0310</td>
</tr>
<tr>
<td>United Crescent Hill</td>
<td>150 South Street; 40206</td>
<td>502-893-0346</td>
</tr>
<tr>
<td>West Louisville</td>
<td>3146 West Broadway; 40211</td>
<td>502-409-7371</td>
</tr>
</tbody>
</table>

LEGAL CONSIDERATIONS

Advance Directives

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

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

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

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

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

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

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

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

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

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

Guardianship

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

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

**Floyd County Clerk’s Office**
311 Haus Square
New Albany, IN 47150
812-948-5411
floydcounty.in.gov/

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

**Mental Inquest and Guardianship Department**
**Office of Circuit Court Clerk**
Louis D. Brandeis Hall of Justice, Room 3177
500 W. Jefferson Street
Louisville, KY 40202
502-595-4053
courts.ky.gov/courts/jefferson/mentalinquestguardianship/Pages/default.aspx
RETURN TO SCHOOL AND/OR WORK

**Early Intervention Services**

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

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

**Southern Indiana Cluster I**

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

**KY First Steps Program**

**Department for Public Health**

275 E. Main Street, HS2W-C
Frankfort, KY 40621
502-564-3756, Option 3
877-417-8377
502-429-1249 – Point of entry for Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble counties.
chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx

**Education and School Re-entry**

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

**Indiana Department of Education**

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

**Kentucky Department of Education**

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

Indiana and Kentucky Departments of Education provide assistance with:

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

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

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

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

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

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

**Indiana Division of Disability and Rehabilitation Services**
800-545-7763 choose option 2 for Vocational Rehab
in.gov/fssa/ddrs/2636.htm

**Indiana Area 25 Vocational Rehab Office**
*Serves Clark, Floyd, Harrison and Scott counties*
452 Vaxter Avenue
Clarksville, IN 47131
812-288-8261

**Kentucky Office of Vocational Rehabilitation**
800-372-7172
ovr.ky.gov

**Louisville Regional Office of Vocational Rehabilitation**
410 West Chestnut, Suite 100
Louisville, KY 40202
502-595-4173
MENTAL HEALTH AND COUNSELING SERVICES

**Mental Health Services**
**LifeSpring Main Center**
460 Spring Street
Jeffersonville, IN 47130
812-280-2080
800-456-2117
lifespr.com

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

- Alcohol & Addiction Recovery Services
- Children & Family Mental Health Services
- Residential Programs
- Supported Employment Programs
- School Outreach Programs

**Centerstone Louisville**
914 East Broadway
Louisville, KY 40204
502-589-1100
800-221-0446
KY Relay @ 711
centerstone.org

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

- Crisis and Information Hotline 502-589-4313 or 800-221-0446
- Family and Children Mental Health Services
- Alcohol and Addiction Treatment programs
- Developmental Disability services
COMMUNITY FITNESS AND ADAPTED LEISURE

Community Fitness
Community Fitness and Wellness Program
Frazier Rehab Institute, 9th floor
220 Abraham Flexner Way
Louisville, KY 40202
502-582-7411
UofLHealth.org

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

Adapted Leisure
Metro Parks & Recreation
Berrytown Recreation Center
1300 Heafer Road
Louisville, KY 40223
502-456-8148
louisvilleky.gov/government/parks/berrytown-recreation-center-home-air-program
• Variety of adapted recreational and competitive sports events
• Advocates for accessibility to all Metro Parks venues and events
• Plays a role in new Louisville development to keep accessibility in mind.

Livestrong at the YMCA
YMCA – LiveStrong at the YMCA
Barb Millhollan
502-329-4793
ymcalouisville.org/northeast/livestrong.html
• For cancer survivors who have completed treatment
• Weekly survivorship classes and fitness education
• Members or non-members welcome
• 3 month free membership to the YMCA for survivor and family
Healthy Lifestyle Centers
502-581-0110
UofLHealth.org
- Lifestyle Medicine
- Integrated Medicine
- STAR oncology rehab certified staff
- Cardiac Rehab and Pulmonary Rehab Phase II
- 4 Convenient Locations:

<table>
<thead>
<tr>
<th>Medical Plaza II</th>
<th>Mary &amp; Elizabeth Hospital</th>
<th>Medical Center Northeast</th>
<th>Shelbyville Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>250 East Liberty</td>
<td>1850 Bluegrass Avenue</td>
<td>2401 Terra Crossing Blvd.</td>
<td>727 Hospital Drive</td>
</tr>
<tr>
<td>Suite 102</td>
<td>Louisville, KY 40215</td>
<td>Louisville, KY 40245</td>
<td>Shelbyville, KY 40065</td>
</tr>
</tbody>
</table>

**PROTECTION, ADVOCACY AND SUPPORT**

**Protective Services**

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

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

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

To make an anonymous report, please call:

**Indiana Protective Services**

<table>
<thead>
<tr>
<th>Child Protective Services</th>
<th>800-800-5556 (24 hr state hotline)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>812-949-4056 (Floyd County)</td>
</tr>
<tr>
<td>Adult Protective Services</td>
<td>800-992-6978 (24 hour state hotline)</td>
</tr>
<tr>
<td></td>
<td>812-285-6364 (Floyd County)</td>
</tr>
<tr>
<td></td>
<td>Online: ddrsprovider.fssa.in.gov/APSOnlineReporting</td>
</tr>
</tbody>
</table>

**Kentucky Protective Services**

<table>
<thead>
<tr>
<th>Child Protective Services</th>
<th>877-597-2331 (24 hour state hotline)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>502-595-4550 (Jefferson County)</td>
</tr>
<tr>
<td>Adult Protective Services</td>
<td>800-752-6200 (24 hour state hotline)</td>
</tr>
<tr>
<td></td>
<td>502-595-4803 (Jefferson County)</td>
</tr>
</tbody>
</table>
Advocacy

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

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

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

**Americans with Disability Act**

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

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

To learn more about the ADA contact:

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

**Support Associations and Groups**

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

### ALCOHOL AND DRUG ADDICTION

**Al-Anon/Alateen of Kentucky and southern Indiana**
888-425-2666
twloha.com/local-resources/kentucky/louisville

**Alcoholics Anonymous**
502-582-1849
louisvilleaa.org/find-a-meeting.html - You can call or go to the weblink to find a support group meeting in your area.

**Louisville Area Narcotics Anonymous**
502-499-4423
nalouisville.org

**Amyotrophic Lateral Sclerosis (ALS)**
ALS Association KY Chapter
888-412-3022
webky.alsa.org
■ ALZHEIMER

National Alzheimer Association
800-272-3900
502-451-4266
alz.org

Kentucky Alzheimer Association
502-451-4266
alz.org/kyin

■ ARTHRITIS

Indiana Arthritis Foundation
317-644-6647
arthritis.org/indiana

Kentucky Arthritis Foundation
502-585-1866
arthritis.org/kentucky

National Arthritis Foundation
arthritis.org

■ BRAIN INJURY

Brain Injury Association of America
703-761-0750
biausa.org

Brain Injury Association of Indiana
866-854-4246
biai.org

Brain Injury Alliance of Kentucky
502-493-0609
biak.us

Frazier Neuro Rehab Program
Family and Caregiver Acquired Brain Injury Support Group
4912 US Highway 42 (Brownsboro Road)
Louisville, KY 40222
502-429-8640

• 8-9-10 Survivor Group
  Third Wednesday of the month from 5:30-7:00 p.m.. No registration required.

• Acquired Brain Injury Caregiver Support Group
  Meets quarterly. Registration is required. Call 502-429-8640 x 240 or go online to uoflhealthnetwork.org/caregiverseminar to register
CANCER

American Cancer Society
800-227-2345
cancer.org/cancer.html

American Cancer Society Indiana Chapter
317-344-7800
cancer.org/about-us/local/indiana.html

American Cancer Society Kentucky Chapter
502-584-6782
cancer.org/about-us/local/kentucky.html

Friends for Hope
502-451-9600
friendsforhopecancersupport.org
Friends for Hope provides information and support services. FOH holds monthly support groups for adults living with or caring for persons with cancer and biannual weekend camps.

Friend for Life
Cancer Support Network
502-893-0643
866-387-3634
friend4life.org
Friend for Life is a network of cancer survivors and caregivers providing support to newly diagnosed cancer patients and families.

Gilda's Club Louisville
502-897-8131
gildasclublouisville.org
• Support and Networking Groups
• Lectures and Workshops
• Social Activities – potluck dinners, joke nights,
• Team Convene – helps you create your active support network
• Family Focus – helps the family learn together how to live with cancer.
CARDIO-PULMONARY

American Heart Association
800-242-8721
americanheart.org

American Heart Association Indiana Chapter
317-732-4700
heart.org/en/affiliates/indiana/indianapolis

American Heart Association Kentucky Chapter
877-693-6208
heart.org/en/affiliates/kentucky/louisville

Better Breathers Club @ Frazier Rehab Institute
Meets 2nd Wednesday of every other month from 2:30-4:00 p.m.
502-582-7620

Better Breathers Club @ Southern Indiana Rehab Hospital
Meets the 2nd Tuesday of every other month at 10:00 a.m.
812-941-6159

Better Breathers Club @ Mary’s & Elizabeth Hospital
Meets the 1st Tuesday of each month from 11:30 a.m.-12:30 p.m.
502-361-6738

CAREGIVER SUPPORT

Caregiver Action Network
202-454-3970
caregiveraction.org

DEATH AND GRIEF

AARP Grief and Loss
877-333-5885
aarp.org/home-family/caregiving/grief-and-loss

Hospice Foundation of America
800-854-3402
hospicefoundation.org

Hosparus of Southern Indiana
812-945-4596
hosparushealth.org/Locations/Detail/6/Hosparus-Health-of-Southern-Indiana-Grief-Counseling-Center

Hosparus of Louisville
502-456-6200
hosparushealth.org/Locations/Detail/7/Hosparus-Health-of-Louisville
■ DIABETES
American Diabetes Association
800-342-2383
diabetes.org
American Diabetes Association Indiana Chapter
317-352-9226
American Diabetes Association Kentucky Chapter
502-452-6072

■ MULTIPLE SCLEROSIS
National Multiple Sclerosis Society
800-344-4867
nmss.org
MS Society Kentucky/Southeast Indiana Chapter
502-451-0014
nationalmssociety.org/Chapters/KYW

■ PAIN MANAGEMENT
American Pain Society
ampainsoc.org
National Foundation for the Treatment of Pain
paincare.org

■ PARENTS OF SPECIAL NEEDS CHILDREN
Special Parent Involvement Network
502-937-6894
800-525-7746
kyspin.com

■ PARKINSON DISEASE
Parkinson Support Center of Kentuckiana (PSCKY)
315 Townepark Circle, Suite 100
Louisville, KY 40243
502-254-3388
parkinsoncenter.org

■ SPINAL CORD INJURY
The National Spinal Cord Injury Association
spinalcord.org
Derby City Chapter of the NSCIA
502-588-8574

Michael Feger Paralysis Foundation
502-321-3160
sciak.org

Friends for Michael
502-608-7649
friendsformichael.org

Christopher and Dana Reeve Foundation
800-225-0292
christopherreeve.org

STROKE

National Stroke Association
800-787-6537
stroke.org

Kentucky & Southern Indiana Chapter of NSA
502-896-7221
strokekyin.org

ADDITIONAL RESOURCES

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

Indiana Bureau of Motor Vehicle
888-692-6841
in.gov/bmv/2766.htm

Apply at your local license branch
• No age requirement
• Bring 1 document to prove your identity.
• Bring 2 documents to prove IN residency
• Bring 1 document to prove US residency
• Bring 1 document with proof of Social Security number
• Fee: $11.50

Kentucky Department of Transportation
502-564-1257
drive.ky.gov/driver-licensing/Pages/Drivers-License-and-ID-Card.aspx
Apply at your local Circuit Court Clerk’s Office
- Must be 15 years old or older
- Bring proof of KY residency
- Birth Certificate
- Social Security card
- Fee: $12.00

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

Louisville Free Public Library
301 York Street
Louisville, KY 40203
502-574-1611
lfpl.org/computer-classes.htm

State Social Services Websites

Indiana Family and Social Service Administration
state.in.us/fssa
The Indiana Family and Social Service Administration maintain a website outlining the states programs available to help residents of Indiana. Review the website for more services not mentioned in this guide to include additional information for:
- Aging Services
- Disability Services
- Family Resources
- Medicaid and Healthcare
- Mental Health and Addiction Services

Kentucky Cabinet for Health and Family Services
chfs.ky.gov
The Kentucky Cabinet for Health and Family Services maintains a website outlining the states programs available to help residents of Kentucky. Review the website for more services not mentioned in this guide to include additional information for:
- Aging Resource Programs
- Family Resource Programs
- Health Programs
- Mental Health
- Protection and Advocacy Programs
- Records