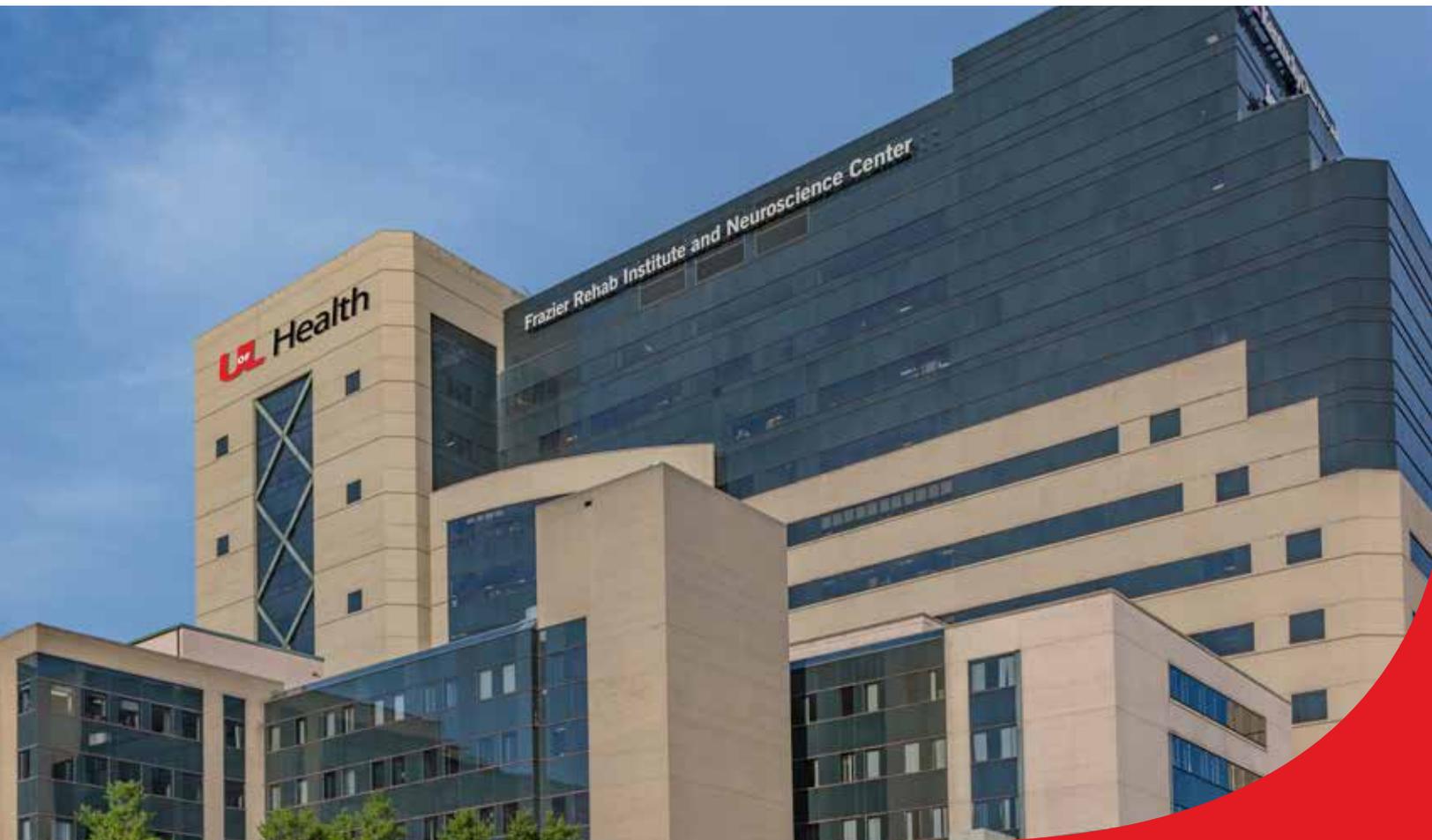


# Frazier Rehabilitation Institute

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**UofL Health - Frazier Rehab Institute**  
220 Abraham Flexner Way  
Louisville, Kentucky 40202  
P: 502-582-7400  
[UofLHealth.org](http://UofLHealth.org)



## 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](http://spinalcordmedicineresources.com).

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# 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/](http://kynect.ky.gov/).

If you live in Indiana or another state, you can find health insurance information at the new [healthcare.gov](http://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](http://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/](http://benefind.ky.gov/) or Indiana’s website at [indianamedicaid.com](http://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](http://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](http://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](https://www.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:**

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

<b>Legal Documents (Birth, Death, Marriage, and Divorce Certificates)</b>	
Indiana Bureau of Vital Statistics	317-233-2700
Kentucky Bureau of Vital Statistics	502-564-4212
National Record Network	800-255-2414

<b>Legal Assistance</b>	
Lawyer Referral Service	502-583-1801
Legal Aid Society	502-584-1254

**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](http://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](http://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](http://in.gov/fssa)

### Kentucky

#### Department of Community Based Services

##### Jefferson County

908 West Broadway

Louisville, KY 40202

502-595-4238

[chfs.ky.gov/dcbs](http://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/](http://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/](http://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:

Partnership for Prescription Assist	888-477-2669	pparx.org
RX Assist	800-808-1213	rxassist.org
NeedyMeds	800-503-6897	needymeds.org
Select Care Benefits Network	888-331-1002	scbn.org
Together Rx Access	800-444-4106	togetherrxaccess.com
Good Rx	855-268-2822	goodrx.com

## Family Health Centers

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

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

## Extra Help Medicare Prescription 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/](http://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](http://UofLHealth.org)

### Office of Vocational Rehabilitation

#### Driver Evaluation/Vehicle Modification Branch

301 East Main Street

Lexington, KY 40507

859-246-2117

[ovr.ky.gov](http://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](http://superiorvan.com)

### Cook and Reeves

#### Van Sales and Rentals

4443 Dixie Highway

Louisville, KY 40216

502-447-8255

[cookandreevesvans.com](http://cookandreevesvans.com)

## Public Transportation

### Transit Authority of the River City (TARC)

502-585-1234

[ridetarc.org](http://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](http://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](http://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](http://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:

Able Care	502-267-1911
Care Conexion	502-466-7000
Louisville Wheelchair & Mobility Transportation	502-419-0884
Lyft Accessible Dispatch	Download App
Magic Transportation	502-935-1871
Nolan's Medical Transport	502-295-3423
uberWAV	Download App
Valley Medical	502-634-2552

*\*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](http://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.

<a href="#">RampUp</a>	800-327-5287
<a href="#">Lifespan Resources</a>	812-948-8330
<a href="#">Center for Accessible Living</a>	502-589-6620
<a href="#">New Directions</a>	502-589-2272
<a href="#">Kentucky Assistive Technology Network</a>	502-489-8285

## Wheelchair Ramp Resources

The Minnesota Ramp Project – [klownwerkz.com/ramp](http://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 home owners drop off unwanted building materials at ReStore locations and the proceeds from ReStore sales support Habitat building projects. Check the Louisville website as a possible source for low-cost materials that can be used to build your ramp: [louisvillerestore.com/](http://louisvillerestore.com/)

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

Amazon.com	<a href="http://amazon.com">amazon.com</a>
AmRamp	<a href="http://amramp.com">amramp.com</a>
Discount Ramps	<a href="http://discountramps.com/portable_ramps.htm">discountramps.com/portable_ramps.htm</a>
Express Ramps	<a href="http://portable-wheelchair-ramps.com">portable-wheelchair-ramps.com</a>
Gould’s Discount Medical	<a href="http://gouldsdiscoutmedical.com">gouldsdiscoutmedical.com</a>
Handi-Ramp	<a href="http://handiramp.com">handiramp.com</a>

## 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:

Cap Able Living	502-309-4231	<a href="http://capablelivingllc.com">capablelivingllc.com</a>
Easy Home Access LLC	502-822-6032	
Gould's Discount Medical	502-492-2000	<a href="http://gouldsdiscountmedical.com">gouldsdiscountmedical.com</a>
Senior Citizens Network, Inc	502-451-4758	

# ASSISTIVE TECHNOLOGY

## Assistive Technology Resource Center

### Frazier Rehab Institute

220 Abraham Flexner  
Louisville, KY 40202  
502-582-7660 or 866-540-7719  
[UofLHealth.com](http://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](http://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](http://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](http://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](http://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](http://abledata.com).

Enablemart sells AT products and devices. For more information, visit the website at [enablemart.com](http://enablemart.com).

# 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:

<a href="http://accessicare.com">Accessicare</a>	812-725-3843	<a href="http://accessicare.com">accessicare.com</a>
<a href="http://assurancehomecare.com">Assurance Home Care</a>	502-479-1906	<a href="http://assurancehomecare.com">assurancehomecare.com</a>
<a href="http://brightstarcare.com">BrightStar</a>	502-893-4700	<a href="http://brightstarcare.com">brightstarcare.com</a>
<a href="http://comfortkeepers.com">Comfort Keepers</a>	502-721-0101	<a href="http://comfortkeepers.com">comfortkeepers.com</a>
<a href="http://eldercare4families.com">Eldercare</a>	502-244-8446	<a href="http://eldercare4families.com">eldercare4families.com</a>
<a href="http://homeinstead.com">Home Instead</a>	502-448-1511	<a href="http://homeinstead.com">homeinstead.com</a>
<a href="http://rescarehomecare.com">ResCare</a>	502-773-2227	<a href="http://rescarehomecare.com">rescarehomecare.com</a>
<a href="http://srcareexperts.org">Senior Care Experts</a>	502-896-2316	<a href="http://srcareexperts.org">srcareexperts.org</a>
<a href="http://seniorhelpers.com/louisville">Senior Helpers</a>	502-410-1071	<a href="http://seniorhelpers.com/louisville">seniorhelpers.com/louisville</a>
<a href="http://homecarelouisville.net">Silver Tree</a>	502-240-6464	<a href="http://homecarelouisville.net">homecarelouisville.net</a>
<a href="http://visitingangels.com">Visiting Angels</a>	502-897-6547	<a href="http://visitingangels.com">visitingangels.com</a>

## KIPDA

11520 Commonwealth Drive

Louisville, KY 40299

502-266-5571

[kipda.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](https://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](https://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
- Rocker Knife
- Dressing Stick
- Walker Basket
- Weighted Utensils
- Zipper Pull
- Stainless Plate Guard
- Beverage Cup Holder
- Suction Denture Brush
- Long Handled Comb/Brush
- Thickening Agents
- Wanchik Writers

## Local Specialty Stores

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

**Gould’s Discount Medical**  
 3901 Dutchman’s Lane, Suite 100  
 Louisville, KY 40207  
 502-491-2000 or 800-876-6846  
[gouldsdiscoutmedical.com](http://gouldsdiscoutmedical.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](http://allegromedical.com)

**Patterson Medical**  
 800-343-9742  
[pattersonmedical.com](http://pattersonmedical.com)

# MEDICAL ALERT CALLING SYSTEMS

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

Brick House Alert	877-63-ALERT	<a href="http://brickhousealert.com">brickhousealert.com</a>
Senior Safety	800-542-0438	<a href="http://americanmedicalalarms.com">americanmedicalalarms.com</a>
Lifeline	855-681-5351	<a href="http://lifelinesys.com">lifelinesys.com</a>
Response Link	866-802-3676	<a href="http://responselink.com">responselink.com</a>
Life Station	877-288-4962	<a href="http://lifestation.com">lifestation.com</a>
First Response	866-930-1130	<a href="http://firstresponsesystem.com">firstresponsesystem.com</a>
Medical Alert by Connect	800-80-ALERT	<a href="http://medicalalarm.com">medicalalarm.com</a>
VRI	800-860-4230	<a href="http://monitoringcare.com">monitoringcare.com</a>

# 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:

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

Applications for Kentucky Temporary Assistance Program (KTAP), Supplemental Nutrition Assistance Program (SNAP) and Medicaid can also be submitted online at [benefind.ky.gov](http://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
- Food pantry
- Meals on Wheels
- Clothes closets
- Prescription assistance
- Senior wellness and nutrition programs
- English as second language (ESL) classes

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

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

## 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](http://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/](http://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](http://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](http://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](http://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](http://doe.in.gov)

### **Kentucky Department of Education**

500 Mero Street  
Frankfort, KY 40601  
502-564-3141  
[education.ky.gov](http://education.ky.gov)

Indiana and Kentucky Departments of Education provide assistance with:

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

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

## Vocational Rehabilitation Services

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

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

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

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

### **Indiana Division of Disability and Rehabilitation Services**

800-545-7763 choose option 2 for Vocational Rehab

[in.gov/fssa/ddrs/2636.htm](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://UofLHealth.org)

- Lifestyle Medicine
- Integrated Medicine
- STAR oncology rehab certified staff
- Cardiac Rehab and Pulmonary Rehab Phase II
- 4 Convenient Locations:

### **Medical Plaza II**

250 East Liberty  
Suite 102  
Louisville, KY 40202

### **Mary & Elizabeth Hospital**

1850 Bluegrass Avenue  
Louisville, KY 40215

### **Medical Center Northeast**

2401 Terra Crossing Blvd.  
Louisville, KY 40245

### **Shelbyville Hospital**

727 Hospital Drive  
Shelbyville, KY 40065

# PROTECTION, ADVOCACY AND SUPPORT

## Protective Services

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

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

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

To make an anonymous report, please call:

### **Indiana Protective Services**

Child Protective Services	800-800-5556 (24 hr state hotline) 812-949-4056 (Floyd County)
Adult Protective Services	800-992-6978 (24 hour state hotline) 812-285-6364 (Floyd County)
Online: <a href="http://ddrsprovider.fssa.in.gov/APSONlineReporting">ddrsprovider.fssa.in.gov/APSONlineReporting</a>	

### **Kentucky Protective Services**

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

## Advocacy

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

### **Indiana Protection and Advocacy Services**

800-622-4845

[in.gov/idr/2434.htm](http://in.gov/idr/2434.htm)

### **Kentucky Protection and Advocacy Services**

502-564-2967 or 800-372-2988

[kypa.net](http://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](http://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](http://twloha.com/local-resources/kentucky/louisville)

#### **Alcoholics Anonymous**

502-582-1849

[louisvilleaa.org/find-a-meeting.html](http://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](http://nalouisville.org)

#### **Amyotrophic Lateral Sclerosis (ALS)**

ALS Association KY Chapter

888-412-3022

[webky.alsa.org](http://webky.alsa.org)

## ■ ALZHEIMER

### **National Alzheimer Association**

800-272-3900

502-451-4266

[alz.org](http://alz.org)

### **Kentucky Alzheimer Association**

502-451-4266

[alz.org/kyin](http://alz.org/kyin)

## ■ ARTHRITIS

### **Indiana Arthritis Foundation**

317-644-6647

[arthritis.org/indiana](http://arthritis.org/indiana)

### **Kentucky Arthritis Foundation**

502-585-1866

[arthritis.org/kentucky](http://arthritis.org/kentucky)

### **National Arthritis Foundation**

[arthritis.org](http://arthritis.org)

## ■ BRAIN INJURY

### **Brain Injury Association of America**

703-761-0750

[biausa.org](http://biausa.org)

### **Brain Injury Association of Indiana**

866-854-4246

[biai.org](http://biai.org)

### **Brain Injury Alliance of Kentucky**

502-493-0609

[biak.us](http://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](http://uoflhealthnetwork.org/caregiverseminar) to register

## ■ CANCER

### **American Cancer Society**

800-227-2345

[cancer.org/cancer.html](https://cancer.org/cancer.html)

### **American Cancer Society Indiana Chapter**

317-344-7800

[cancer.org/about-us/local/indiana.html](https://cancer.org/about-us/local/indiana.html)

### **American Cancer Society Kentucky Chapter**

502-584-6782

[cancer.org/about-us/local/kentucky.html](https://cancer.org/about-us/local/kentucky.html)

### **Friends for Hope**

502-451-9600

[friendsforhopecancersupport.org](https://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](https://friend4life.org)

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

### **Gilda's Club Louisville**

502-897-8131

[gildasclublouisville.org](https://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](http://americanheart.org)

### **American Heart Association Indiana Chapter**

317-732-4700

[heart.org/en/affiliates/indiana/indianapolis](http://heart.org/en/affiliates/indiana/indianapolis)

### **American Heart Association Kentucky Chapter**

877-693-6208

[heart.org/en/affiliates/kentucky/louisville](http://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](http://caregiveraction.org)

## ■ **DEATH AND GRIEF**

### **AARP Grief and Loss**

877-333-5885

[aarp.org/home-family/caregiving/grief-and-loss](http://aarp.org/home-family/caregiving/grief-and-loss)

### **Hospice Foundation of America**

800-854-3402

[hospicefoundation.org](http://hospicefoundation.org)

### **Hosparus of Southern Indiana**

812-945-4596

[hosparushealth.org/Locations/Detail/6/Hosparus-Health-of-Southern-Indiana-Grief-Counseling-Center](http://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](http://hosparushealth.org/Locations/Detail/7/Hosparus-Health-of-Louisville)

## ■ DIABETES

### **American Diabetes Association**

800-342-2383

[diabetes.org](http://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

[nms.org](http://nms.org)

### **MS Society Kentucky/Southeast Indiana Chapter**

502-451-0014

[nationalmssociety.org/Chapters/KYW](http://nationalmssociety.org/Chapters/KYW)

## ■ PAIN MANAGEMENT

### **American Pain Society**

[ampainsoc.org](http://ampainsoc.org)

### **National Foundation for the Treatment of Pain**

[paincare.org](http://paincare.org)

## ■ PARENTS OF SPECIAL NEEDS CHILDREN

### **Special Parent Involvement Network**

502-937-6894

800-525-7746

[kyspin.com](http://kyspin.com)

## ■ PARKINSON DISEASE

### **Parkinson Support Center of Kentuckiana (PSCKY)**

315 Townepark Circle, Suite 100

Louisville, KY 40243

502-254-3388

[parkinsoncenter.org](http://parkinsoncenter.org)

## ■ SPINAL CORD INJURY

### **The National Spinal Cord Injury Association**

[spinalcord.org](http://spinalcord.org)

**Derby City Chapter of the NSCIA**

502-588-8574

**Michael Feger Paralysis Foundation**

502-321-3160

[sciak.org](http://sciak.org)

**Friends for Michael**

502-608-7649

[friendsformichael.org](http://friendsformichael.org)

**Christopher and Dana Reeve Foundation**

800-225-0292

[christopherreeve.org](http://christopherreeve.org)

**■ STROKE****National Stroke Association**

800-787-6537

[stroke.org](http://stroke.org)

**Kentucky & Southern Indiana Chapter of NSA**

502-896-7221

[strokekyin.org](http://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](http://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](http://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](http://lfpl.org/computer-classes.htm)

## State Social Services Websites

### **Indiana Family and Social Service Administration**

[state.in.us/fssa](http://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](http://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





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