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

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

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 8:00am to 4:30pm 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 www.spinalcordmedicineresources.com
# TABLE OF CONTENTS

## I. Introduction

## II. Health Care Coverage
   - Health insurance
   - Medicare
   - Medicaid
   - Supplemental Health Care Assistance for Children

## III. Financial Assistance
   - Income
   - Short or Long Term Disability
   - Paid Time Off or Medical Leave
   - Disability Income
   - Temporary Assistance for Needy Families (TANF)
   - Supplemental Nutrition Assistance Program (SNAP)
   - State Assistance Programs
   - Veteran’s Programs

## IV. Prescription Assistance
   - Tips to Find Prescription Help
   - Patient Assistance Programs
   - Family Care Centers
   - Community Ministries
   - Extra Help – Medicare Prescription Supplement Program

## V. Transportation
   - Disabled Parking
   - Driver’s Evaluations, Training and Vehicle Modifications
   - Wheelchair Accessible Vehicles
   - Medicaid Medical Transport
   - Public Transportation
     - TARC
     - TARC 3
     - Wheels
     - Yellow Cab
   - Private Pay Transportation
   - Ironman Transportation Fund

## VI. Accessible Housing
   - Housing Resources
   - Wheelchair Ramp Programs
   - Wheelchair Ramp Resources
d. Home Modifications
   i. New Directions
   ii. Center for Accessible Living
   iii. Hart Support Living Grant
   iv. Private Home Modification Companies

VII. Assistive Technology
   a. Assistive Technology Resource Center (ATRC)
   b. Kentucky Assistive Technology Services Network (KATS)
   c. Kentucky Assistive Technology Loan Corporation
   d. Enabling Technologies
   e. Kentucky Relay Service
   f. Assistive Technology Products

VIII. Caregiver Help
   a. Hiring Caregiver Assistance
   b. Kentucky and Indiana Planning and Development Agency (KIPDA)
   c. Area Agency on Aging
   d. Medicaid Waiver Programs
   e. Consumer Directed Option
   f. Traumatic Brain Injury Trust Fund
   g. Kentucky Transitions Program
   h. Personal Care Attendant Program
   i. Hart Supported Living Grant
   j. Veteran’s Aid and Attendance Program

IX. Health and Self Care Aides
   a. Local Specialty Stores
   b. Online Catalogs

X. Medical Alert Calling Systems

XI. Community Assistance
   a. Neighborhood Place
   b. Association of Community Ministries

XII. Legal Considerations
   a. Advance Directives
   b. Financial Planning
      i. Will
      ii. Power of Attorney
      iii. Durable Power of Attorney
   c. Guardianship

XIII. Return to Work and/or School
   a. Early Intervention Services
b. Education and School Re-entry
c. Vocational Rehabilitation Services

XIV. Mental Health and Counseling Services 35
   a. LifeSpring
   b. Seven Counties Services

XV. Community Fitness and Adapted Leisure 36
   a. Community Fitness
   b. Adapted Leisure
   c. Livestrong at the YMCA
   d. KYOne Healthy Lifestyle Centers

XVI. Protection, Advocacy and Support 37
   a. Protective Services
   b. Advocacy
   c. Americans with Disability Act
   d. Support Groups

XVII. Additional Resources 44
   a. Computer and Internet Access
   b. Identification cards
   c. State Social Services Websites
INTRODUCTION – WHERE TO START

Education

The experienced Frazier Rehab 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 www.kynect.ky.gov/.

If you live in Indiana or another state, you can find health insurance information at the new www.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 www.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 https://benefind.ky.gov/ or Indiana’s website at www.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  
[http://www.in.gov/isdh/19613.htm](http://www.in.gov/isdh/19613.htm)

**Kentucky**  
Office for Children with Special Health Care Needs  
(800) 232-1160  
[https://chfs.ky.gov/agencies/ccshcn/Pages/default.aspx](https://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 [www.ssa.gov](http://www.ssa.gov).

Social Security – Louisville       Social Security – New Albany
Main Office                       Federal Building
601 West Broadway                121 West Spring Street
Louisville, KY 40202              New Albany, IN 47150
(866) 716-9671                    (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:

- Health Information Departments (Medical Records)
  - 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

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

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

Temporary Assistance for Needy Families
Temporary Assistance for Needy Families (TANF) is also known as the Kentucky Temporary Assistance Program (KTAP) for Kentucky residents. TANF or KTAP is a cash assistance program 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 https://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 https://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
http://www.in.gov/fssa/

Kentucky
Department of Community Based Services
Jefferson County
908 West Broadway
Louisville, KY 40202
(502) 595-4238
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 https://www.benefits.va.gov/louisville/. If you need help navigating veterans programs or advocacy, a veterans service organization (VSO) can help. You can find one at this link: https://www.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 www.pparx.org
- RX Assist (800) 808-1213 http://rxassist.org/
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 1</th>
<th>Address 2</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Americana</td>
<td>4805 Southside Drive</td>
<td></td>
<td>(502) 772-8860</td>
</tr>
<tr>
<td>East Broadway</td>
<td>834 East Broadway</td>
<td></td>
<td>(502) 583-1981</td>
</tr>
<tr>
<td>Fairdale</td>
<td>1000 Neighborhood Place</td>
<td></td>
<td>(502) 361-2381</td>
</tr>
<tr>
<td>Iroquois</td>
<td>4100 Taylor Blvd.</td>
<td></td>
<td>(502) 366-4747</td>
</tr>
<tr>
<td>Phoenix</td>
<td>712 E Muhammad Ali Blvd.</td>
<td></td>
<td>(502) 568-6972</td>
</tr>
<tr>
<td>Portland</td>
<td>2215 Portland Avenue</td>
<td></td>
<td>(502) 774-8631</td>
</tr>
<tr>
<td>Southwest</td>
<td>9702 Stonestreet Road</td>
<td></td>
<td>(502) 995-5051</td>
</tr>
<tr>
<td>West Market</td>
<td>2500 West Market</td>
<td></td>
<td>(502) 778-8400</td>
</tr>
</tbody>
</table>

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 [www.ssa.gov/prescriptionhelp/](http://www.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 – Newburg
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
• 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
www.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 www.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 for medical transport services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

- Able Care (502) 267-1911
- Care Conexctn (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**

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  
[www.calky.org](http://www.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 - [http://www.klownwerkz.com/ramp/](http://www.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: [http://www.louisvillerestore.com/](http://www.louisvillerestore.com/)

Portable Ramp Suppliers: go to Google and search on “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 [www.amazon.com](http://www.amazon.com)
- Discount Ramps [www.discountramps.com/portalable_ramps.htm](http://www.discountramps.com/portalable_ramps.htm)
Home Modifications

In working with the Frazier Rehab 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, Ste. 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
PO Box 206037
Louisville, KY 40220
Phone: (502) 229-6500
Region 3 Counties: Bullitt, Jefferson, and Spencer
https://chfs.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 for home modification services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

- Cap Able Living (502) 309-4231 [www.capablelivingllc.com](http://www.capablelivingllc.com)
- Easy Home Access LLC (502) 822-6032
- Gould’s Discount Medical (502) 492-2000 [www.gouldsdiscountmedical.com](http://www.gouldsdiscountmedical.com)
- 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
[www.kentuckyonehealth.com/assistive-technology](http://www.kentuckyonehealth.com/assistive-technology)

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

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

Kentucky Assistive Technology Services Network (KATS)
(502) 489-8258
(800) 327-5287
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
www.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
www.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 Rd.
Frankfort, KY 40601
Voice Users (502) 573-2604
Video Users (502) 416-0607
www.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 [www.abledata.com](http://www.abledata.com)

Enablemart sells AT products and devices. For more information, visit the website at [www.enablemart.com](http://www.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 for hired caregiver services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

- **Accessicare**
  - Phone: (812) 725-3843
  - Website: [www.accessicare.com](http://www.accessicare.com)

- **Assurance Home Care**
  - Phone: (502) 479-1906
  - Website: [www.assurancecare.com](http://www.assurancecare.com)

- **BrightStar**
  - Phone: (502) 893-4700
  - Website: [http://www.brightstarcare.com/](http://www.brightstarcare.com/)

- **Comfort Keepers**
  - Phone: (502) 721-0101
  - Website: [www.comfortkeepers.com](http://www.comfortkeepers.com)

- **Eldercare**
  - Phone: (502) 244-8446
  - Website: [www.eldercare4families.com](http://www.eldercare4families.com)

- **Home Instead**
  - Phone: (502) 448-1511
  - Website: [www.homeinstead.com](http://www.homeinstead.com)

- **ResCare**
  - Phone: (502) 773-2227
  - Website: [www.rescarehomecare.com](http://www.rescarehomecare.com)

- **Senior Care Experts**
  - Phone: (502) 896-2316
  - Website: [http://srcareexperts.org/](http://srcareexperts.org/)

- **Senior Helpers**
  - Phone: (502) 410-1071
  - Website: [www.seniorhelpers.com/louisville](http://www.seniorhelpers.com/louisville)

- **Silver Tree**
  - Phone: (502) 240-6464
  - Website: [www.homecarelouisville.net](http://www.homecarelouisville.net)

- **Visiting Angels**
  - Phone: (502) 897-6547
  - Website: [www.visitingangels.com](http://www.visitingangels.com)

**KIPDA**

KIPDA
11520 Commonwealth Drive
Louisville, KY 40299
(502) 266-5571
[www.kipda.org](http://www.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  
[www.iaaaa.org](http://www.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  

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
http://www.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
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
[https://chfs.ky.gov/agencies/dail/Pages/pds.aspx](https://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
[https://chfs.ky.gov/agencies/dail/Pages/tbi-trust.aspx](https://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**

Kentucky Transitions Program
KY Department for Medicaid Services
Division of Community Alternatives
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**

Personal Care Attendant Program
Center for Accessible Living
(502) 589-6620
[www.calky.org/PCAP.htm](http://www.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**

Hart Supported Living Grant  
PO Box 206037  
Louisville, KY 40220  
Phone: (502) 229-6500  
Region 3 Counties: Bullitt, Jefferson, and Spencer  
[https://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  

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

**Local Specialty Stores**

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

**Pharmacy Plus @ Frazier Rehab and Neuroscience Center**
220 Abraham Flexner, 1st Floor
Louisville, KY 40202
(502) 561-3905
[http://kentuckyonehealth.org/pharmacy](http://kentuckyonehealth.org/pharmacy)

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

**Patterson Medical**
(800) 343 9742
[www.pattersonmedical.com](http://www.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 and are listed for informational purposes only:

Brick House Alert    (877) 63-ALERT  www.brickhousealert.com
Senior Safety       (800) 542-0438  www.americanmedicalalarms.com
Lifeline             (855) 681-5351  www.lifelinesys.com
Response Link       (866) 802-3676  www.responselink.com
Life Station         (877) 288-4962  www.lifestation.com
First Response       (866) 930-1130  www.firstresponse��统.com
Medical Alert by Connect (800) 800-ALERT www.medicalalarm.com
VRI                  (800) 860-4230  www.monitoringcare.com

COMMUNITY ASSISTANCE

Neighborhood Place

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

- Emergency financial assistance with rent or utilities
- Metro Health Department
- Department of Housing
- Food commodities program
- 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
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<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 St.</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 Ave</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 [www.benefind.ky.gov](http://www.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: [http://www.louisvilleministries.org/](http://www.louisvilleministries.org/)
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: https://www.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
www.floydcountry.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 St.
Louisville, KY 40202
(502) 595-4053
https://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
https://www.firststepsbrs.org/

KY First Steps Program
Department for Public Health
275 E. Main St., 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.
https://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
https://www.doe.in.gov/

Kentucky Department of Education
500 Mero Street
Frankfort, KY 40601
(502) 564-3141
www.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
www.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
www.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
http://www.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 Browadway
Louisville, KY 40204
(502) 589-1100
(800) 221-0446
KY Relay @ 711
https://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
https://www.kentuckyonehealth.org/community-fitness-wellness-facility

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
https://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
http://www.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
KYOne Healthy Lifestyle Centers

KYOne Healthy Lifestyle Centers
(502) 581-0110
http://kentuckyonehealth.org/healthylifestyle

- Lifestyle Medicine
- Integrated Medicine
- STAR oncology rehab certified staff
- Cardiac Rehab and Pulmonary Rehab Phase II
- 3 Locations in Louisville:
  - Downtown
    250 East Liberty, Suite 102
    Louisville, KY 40202
  - Sts Mary & Elizabeth Hospital
    1850 Bluegrass Avenue
    Louisville, KY 40215
  - Medical Center Northeast
    2401 Terra Crossing Blvd.
    Louisville, KY 40245

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:  [https://ddrsposter.fssa.in.gov/APSOnlineReporting](https://ddrsposter.fssa.in.gov/APSOnlineReporting)

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

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

Indiana Protection and Advocacy Services  
(800) 622-4845  
[https://www.in.gov/idr/2434.htm](https://www.in.gov/idr/2434.htm)

Kentucky Protection and Advocacy Services  
(502) 564-2967 or (800) 372-2988  
[www.kypa.net](http://www.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)
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
https://twloha.com/local-resources/kentucky/louisville/

Alcoholics Anonymous
502 582-1849
https://www.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
www.nalouisville.org/

Amyotrophic Lateral Sclerosis (ALS)

ALS Association KY Chapter
(888) 412-3022
www.webky.alsa.org

Alzheimer

National Alzheimer Association
(800) 272-3900
www.alz.org

Kentucky Alzheimer Association
(502) 451-4266
https://www.alz.org/kyin

Arthritis

Indiana Arthritis Foundation
(317) 644-6647
https://www.arthritis.org/indiana/
Kentucky Arthritis Foundation
(502) 585-1866
https://www.arthritis.org/kentucky/

National Arthritis Foundation
www.arthritis.org

**Brain Injury**

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

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

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

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

- 8-9-10 Survivor Group
- Third Wednesday of each month from 5:30-7:00pm

**Cancer**

American Cancer Society
(800) 227-2345
https://www.cancer.org/cancer.html

American Cancer Society Indiana Chapter
317-344-7800

American Cancer Society Kentucky Chapter
(502) 584-6782

Friends for Hope
(502) 451-9600
http://www.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
http://www.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
www.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.

Jewish Cancer Care
KYOne Health
Lisa Hazel
Coordinator, Education, and Support Services
(502) 210-4465

- Navigating the Road to Survivorship meets the 2nd Tuesday of each month from 6-7:30pm at St. Mary & Elizabeth Hospital in the Kyle Pratt Conference Room.
- Look Good, Feel Better – presented by ACS – meets 3rd Monday of each month, 1-2:30pm at Jewish Hospital Medical Center Northeast
- Us TOO – Prostate Support Group meets 2nd Wednesday of each month from 12:30-2:00pm at Jewish Medical Center East.

Cardio-Pulmonary

American Heart Association
(800) 242-8721
www.americanheart.org
American Heart Association Indiana Chapter
(317) 732-4700
https://www.heart.org/en/affiliates/indiana/indianapolis

American Heart Association Kentucky Chapter
(877) 693-6208
https://www.heart.org/en/affiliates/kentucky/louisville

Better Breathers Club @ Frazier Rehab
Meets 2nd Wednesday of every other month from 2:30-4:00pm
(502) 582-7620

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

Better Breathers Club @ St. Mary’s & Elizabeth Hospital
Meets the 1st Tuesday of each month from 11:30am-12:30pm
(502) 361-6738

Caregiver Support

Caregiver Action Network
(202) 454-3970
https://caregiveraction.org/

Death and Grief

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

Hospice Foundation of America
(800) 854-3402
www.hospicefoundation.org

Hosparus of Southern Indiana
(812) 945-4596
https://www.hosparushealth.org/Locations/Detail/6/Hosparus-Health-of-Southern-Indiana-Grief-Counseling-Center

Hosparus of Louisville
(502) 456-6200
https://www.hosparushealth.org/Locations/Detail/7/Hosparus-Health-of-Louisville
Diabetes

American Diabetes Association
(800) 342-2383
www.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
www.nmss.org

MS Society Kentucky/Southeast Indiana Chapter
(502) 451-0014
https://www.nationalmssociety.org/Chapters/KYW

Pain Management

American Pain Society
www.ampainsoc.org

National Foundation for the Treatment of Pain
www.paincare.org

Parents of Special Needs Children

Special Parent Involvement Network
(502) 937-6894
(800) 525-7746
www.kyspin.com

Parkinson Disease

Parkinson Support Center of Kentuckiana (PSCKY)
315 Townepark Circle, Suite 100
Louisville, KY 40243
(502) 254-3388
http://parkinsoncenter.org/
Spinal Cord Injury

The National Spinal Cord Injury Association
www.spinalcord.org

Derby City Chapter of the NSCIA
502 588-8574

Michael Feger Paralysis Foundation
(502) 321-3160
www.sciak.org

Friends for Michael
(502) 608-7649
https://www.friendsformichael.org/

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

Stroke

National Stroke Association
(800) 787-6537
www.stroke.org

Kentucky & Southern Indiana Chapter of NSA
(502) 896-7221
www.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
http://www.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
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
http://www.lfpl.org/computer-classes.htm

State Social Services Websites

Indiana Family and Social Service Administration
www.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
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