**SENIOR RESOURCES**

**Alzheimer’s Awareness & Financial Assistance**

**Alzheimer’s Association**

1. How to make **financial plans** after a diagnosis of dementia: <https://www.alz.org/national/documents/brochure_moneymatters.pdf>
2. To learn more about the **warning signs** below
	1. <https://www.alz.org/alzheimers-dementia/10_signs>
	2. <https://www.alz.org/media/Documents/alzheimers-dementia-memory-loss-alzheimers-10-warning-signs-b.pdf>
	3. <https://www.alz.org/dm/FY16/10Signs/10Signs.pdf>
3. Staying Safe:
	1. Safety at home
	2. Wandering and getting lost
	3. Driving
	4. Traveling
	5. Emergency Preparedness

**Website:** <alz.org/safety>

1. Caregiver Support – <alz.org/care>
2. End-of-Life Decisions:
	1. Honoring the person’s wishes
	2. Understanding treatment options
	3. Making informed decisions
	4. Resolving family conflicts
	5. Arranging for a brain autopsy
	6. Terms you should know

**Medicare Benefits**

1. **Virginia Senior Medicare Patrol (SMP)** can help you Keep track of your health care. This program provides information on how to detect and report healthcare fraud.

**Phone**: 1.800.938.8885

**Website**: <http://www.virginiasmp.org/>

1. 1.800.MEDICARE

**Fraud and Scam Support**

1. **BBB Senior Fraud Hotline**

**Websites:** mailto:bbbseniorfraud@richmond.bbb.org /

 [http:www.bbb.org/Richmond](http://www.bbb.org/Richmond)

**Phone**: 804.780.2222

1. **BBB Scam Tracker**

**Website**: <www.bbb.org/scamtracker/Richmond>

1. **Federal Trade Commission**

**Phone**: 1.877.382.4357

**Website**: <https://www.consumer.ftc.gov/>

1. **Opting - out of credit offers**

**Phone: 1-888-567-8688**

**Website** <www.optoutpresceen.com>

1. **National Do Not Call Registry**

**Phone:** 1-888-382-1222

1. **VA Department of Professional & Occupational Regulations**

**Phone:** 804-367-8500

**Website:** <www.dpor.state.va.us>

1. **Wire Transfer Scam Reporting**

**Phone:** 1-877-FTC-HELP (1-877-382-4357)

1. **Free Annual Credit Report**

**Phone:** 1-877-322-8228

**Website:** <www.annualcreditreport.com>

1. **Medicare**

**Phone:** 1-800-MEDICARE (1-800-633-4227)

1. **Charity Reports**

**Website:** <www.give.org>

1. **Local Charities**

**Website:** <http://www.bbb.org/richmond/charities-donors>

1. **IRS/Tax Scams**

**Phone:** 800-366-4484

**Website:** <www.tigta.gov>

1. **IRS – Tax Assistance**

**Phone:** 800-829-1040

**Financial Resources**

1. **Earned Income Credit (EITC)** supports individuals with disabilities and people with children with disabilities.

**Website**: <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit>

1. **MetroCare Program** – assist families and individuals who are having special hardship or financial difficult in paying their heating bills.

**Website**: <www.RichmondGov.com/dpu>

1. **NeedyMeds** – helps with medicine and healthcare costs.

**Phone**: 1-800-503-6897

**Website**: <www.needymeds.org>

1. **Village Bank Mortgage Corporation**

**Phone:** 804-363-4163

**Website:** <www.villagebankmortgage.com>

**Retirement Resources**

1. **Social Security**

**Phone:** 1-800-772-1213

**Website:** <www.socialsecurity.gov> / [www.aarp.org/socialsecuritybenefits](http://www.aarp.org/socialsecuritybenefits)

1. **AARP Virginia** – The Building Blocks of Retirement Security Action Plan

**Phone:** 1-866-542-8164

**Website:** <aarp.org/va>

1. **Pensions/ Individual Savings –** Workforce plan options are important parts of your plan.

**Website:** <www.letsmakeaplan.org>

**Connections Opportunities**

1. **AARP Foundation – SCSEP (Senior Community Service Employment Program)**

AARP Foundation’s Senior Community Service Employment Program helps make connections between older adults looking to return to the workforce and employers.

**Phone:** 804-355-3600

1. **Senior Connections –** provides direct services, information and referral, education and advocacy for older adults, caregivers and persons with disabilities.

**Phone:** 804-343-3000

**Website:** <www.seniorconnections-va.org>

1. **RVA Senior Resource Group** – specializes in providing professional services for seniors and their families.

**Website**: <www.RVASRG.org>

1. **Senior Center of Greater Richmond** – members of 50 can join together to participate in activities and programs to improve and enrich their quality of life.

**Phone**: 804-353-3171

**Website**: <SeniorCenterofGreaterRichmond.org>

1. **Virginia TRIAD** ­– partnership consisting of the local Sheriff and/or Police Chief, seniors, and senior service providers in a community who agree to work together to reduce criminal victimization of the elderly.

**Phone**: 804-786-9516

**Website**: <www.vaag.com>

**Health Care Resources**

1. **What can I do to improve my Blood Pressure?**

**Website:** <https://www.heart.org/-/media/files/health-topics/high-blood-pressure/what-can-i-do-to-improve-my-blood-pressure-chart-ucm_486661.pdf>

1. **Mental Health**

**Website:** <www.nami.org>

1. **Safe Harbor –** provides the support that survivors of sexual and domestic violence need to overcome their crisis and to transform their lives.

**Phone:** 804-249-9470

**Website:** <SafeHarborShelter.com>

1. **Brain Health**

**Phone:** 1-866-542-8164

**Website:** <www.mystayingsharp.org>

1. **Caregivers**

**Website:** <aarp.org/caregiving>

1. **UnitedHealthcare**

**Website:** <https://www.uhc.com/>

**Community Rewards Plan:** <myuhc.com/CommunityPlan>

1. **Anthem HealthKeepers**

**Website:** <https://mss.anthem.com/va/virginia-home.html>

1. **Optima Health Family Care**

**Phone:** 1-800-881-2166

**Website:** <optimahealth.com/familycare>

1. **JenCare Neighborhood Medical Centers**

**Phone:** 804-334-5127

**Website:** <JenCareMed.com>

1. **Bon Secours Medical Group**

**Phone:** 804-359-WELL (804-359-9355)

**Website:** <bonsecours.com>

1. **Northside Medical Center**

**Phone:** 804-780-0840

**Website:** <cahealthnet.org>

1. **My HealtheVet**

**Phone:** 804-675-5312

**Website:** <www.myhealth.va.gov>

1. **Cardiocom –** VA Home Telehealth Teleresponse Program

**Phone:** 1-855-808-5684

**Website:** <cardiocom.com>

1. **VCU Dental Care**

**Website:** <vcudentalcare.com>

**Phone:**

Oral and Facial Surgery: 804-628-6636

Pediatrics: 804-828-9095

Dental Care: 804-828-9190

1. **Caremed – In Home Healthcare**

**Phone:** Greater Richmond: 804-674-7130; Southside and Central Virginia: 800-624-9194

1. **Virginia Relay –** enables people who are deaf, Hard of Hearing, DeafBlind or have difficulty speaking to communicate with standard telephone users.

**Phone:** 804-662-9502

**Website:** <www.vddhh.org>

1. **MedlinePlus –** user friendly source with health information for patients and the public

**Website:** <medlineplus.gov>

1. **Go4Life –** an exercise and physical activity campaign, designed to help you fit exercise and physical activity into your daily life.

**Website:** <go4life.nia.nih.gov>

1. **ClinicalTrials –** easy access to information on clinical trials for a wide range of serious or life-threatening diseases and conditions.

**Website:** <clinicaltrials.gov>

1. **Tox Town –** provides information on toxic chemicals.

**Website:** <toxtown.nlm.nih.gov>

1. **Household Products Database –** provides safety and health information for products used in and around the home.

**Website:** <householdproducts.nlm.nih.gov>

1. **VirginiaNavigator SNAP (Supplemental Nutrition Assistance Program) –** helps people stretch their food budgets, and put healthy foods within reach.

**Website:** <VirginiaNavigator.org/snap>

1. **Hearing Aids:**
	1. **Zounds Hearing:**
		1. **Phone:** 1-888-5ZOUNDS(1-888-596-8637
		2. **Website:** <www.ZoundsHearing.com>
2. **National Eye Institute**

**Phone:** 301-496-5248

**Website:** <www.nei.nih.gov>

1. **Medical Fitness for Safe Driving** – the medical review process ensures the safety of all drivers sharing the road.

**Phone**: 804-367-6203

**Website**: [www.dmvNOW.com](http://www.dmvNOW.com)

1. **Richmond Ambulance Authority**

**Phone:** 804-254-1150

**Website:** <https://raaems.org/>

**Veterans**

1. **Christopher & Dana Reeve Foundation –** designed to support the unique needs of ALL military service members – regardless of when you served or how you were injured.

**Phone: 866-962-8387**

**Website:** <ChristopherReeve.org>

1. **Veterans & Athletes United (VAU) –** dedicated to honoring the ultimate sacrifice of Veterans in the Global War on Terrorism (GWOT) and taking care of all generations who bare the scars from the war.

**Website:** <www.vetsau.com>

1. **Troops to Energy Jobs** ­– helps Veterans and members of the National Guard and Reserves apply relevant military experience to careers in the energy industry.

**Website**: <www.troopstoenergyjobs.com>

1. McGuire VA Medical Center Richmond, VA
2. [Veteran's Affairs](http://www.va.gov)

Returning Home for Veterans:

**Phone:** (804) 353-8958

1. [Job Corps](http://www.recruiting.jobcorps.gov)

**Phone:** (800) 733-5627

1. [Personal Branding Resume Engine](file:///C%3A%5CUsers%5Cgail%5CDocuments%5CMAD4YU%5CResources%20for%20Parents%2C%20Students%20and%20Volunteers%5CresumeEngine.org)
2. [Veteran's Self-Management Guide to Stroke Prevention](http://www.stroke.org)
3. [Virginia Department of Veterans Services Benefit Offices](https://www.dvs.virginia.gov/)
4. [Veterans of Foreign Wars Unmet Needs Program](https://www.vfw.org/assistance/financial-grants)

**Technology Resources**

1. **Home Telehealth (HT) –** helps Veterans and their providers better manage difficult health problems.

**Phone:** 804-675-6525

**Self-Improvement**

1. **MOVE –** Weight Management Program for Veterans

**Phone:** 804-675-6559

**Website:** <http://www.move.va.gov> / <http://www.telehealth.va.gov>

1. **VA Insurance Counseling & Assistance Program**

**Phone:** 804-343-3014

1. **Ready Virginia –** statewide public education effort to prepare Virginians for all hazards through educational materials and an interactive Web site.

**Phone:** 866-782-3470

**Website:** <www.ReadyVirginia.gov>

1. **REACHcycles –** dedicated to creating mobility and independence for children and veterans with disabilities.

**Website:** <www.REACHcycles.org>

**Senior Support Programs**

* [EngAGE](file:///C%3A%5CUsers%5Cgail%5CDocuments%5CMAD4YU%5CResources%20for%20Parents%2C%20Students%20and%20Volunteers%5Chenrico.us%5Cservices%5Cseniors)
* [City of Richmond Office on Aging (Advocacy and Information)](file:///C%3A%5CUsers%5Cgail%5CDocuments%5CMAD4YU%5CResources%20for%20Parents%2C%20Students%20and%20Volunteers%5Crichmondgov.com)
* [Darby House](http://www.DarbyHouse.net)

**Phone:** (804) 236-8382

**Office on Aging and Persons with Disabilities:**

* **ENGAGED =** Civic & Community Engagement
	+ Engage seniors and persons w/ disabilities in active citizenship through Neighbor-to-Neighbor, i.e., Friendly Visitor’s Program and Nursing Home Care Program.
* **WELL =** Health & Wellness
	+ Nutrition Education Programs – Cooking Classes, CDSM, etc.
	+ Fitness Programs – Yoga, Tennis, Walking, Line Dancing, Basketball, Senior Games, etc.
* **LIVABLE =** Housing & Transportation
	+ Assist in Affordable Housing Search
	+ Encourage ADA accessibility within the City
	+ Assist with Affordable Transportation
	+ Assist with Home Repairs
* **STABLE =** Workforce & Finance
	+ Assist with Employment
	+ Assist with Financial Assistance

**Phone: 804-646-1082**

**Website:** <www.richmondgov.com/officeonaging>

**Senior Care Facilities**

1. **Darby House**

**Phone:** 804-236-8382

Website: <DarbyHouse.net>

1. **Boomer3 Solutions**

**Phone:** 804-314-9988

**Website:** <www.boomer3solutions.com>

1. **Right at Home –** services include companionship/homemaking, physical assistance, hygiene, & wellness.

**Phone:** 804-793-9170

**Website:** <www.rahrichmond.com>

1. **Sheltering Arms Physical Rehabilitation Center**

**Phone:** 804-764-5275

**Website:** <www.ShelteringArms.com>

1. **Transitions Day Support Services**

**Phone:** 804-226-1097

**Website:** <www.transitionsday.com>

**Transportation Resources**

* **GRTC Transit System’s CARE and CARE Plus services** provides curb-to-curb Americans with Disabilities Act (ADA) paratransit services to citizens of the Richmond Region.
	+ **Phone:** 877-232-7433
	+ **Website:** <www.adaride.com>
* **GRTC Transit System’s Specialized Transit Service for 80 Year Olds** provides an ADA Para-transit photo identification card to people 80 years old or older. This card allows individuals to ride GRTC’s local, fixed-route bus for free.
	+ **Phone:** 804-358-4782
	+ **Website:** [Specialized Transit Service for 80 Year Olds Application](http://ridegrtc.com/media/main/2014_01_02_Specialized_Transit_Application_80.pdf)
* **GRTC Transit System’s Reduce Fare Program for Senior Citizens** provides a senior citizen’s photo identification card for people 65 or older. This card allows individuals to ride the GRTC’s local, fixed-route bus or van routes for 75 cents.
	+ **Phone:** 804-358-4782
	+ **Website:** [Reduced Fare Program for Senior Citizens Application](http://www.ridegrtc.com/media/main/Senior_Citizen_Reduced_Fare_Application_update.pdf)

**Senior Citizen Safety**

* **Richmond Police Department:** 804-646-5100
* **Office of the Attorney General Consumer Affairs Hotline:** 800-451-1525
* **State Contractors Board:** 804-367-8511
* **Capital Area Agency on Aging:** 804-343-3000
* **Better Business Bureau:** 804-648-0016

**Important Phone Numbers for Older Henrico Citizens**

* **eHHAARP:** 1-866-542-8164
* **AAdAAdult Protective Services:** 804-501-7346/ 888-832-3858
* **Animal Animal Control:** 804-501-5000
* **BBeBetter Business Bureau Elder Fraud:** 804-780-2222
* **CoCommunity Resource Line:** 804-501-7346
* **CCommunity Revitalization:** 804-501-4757
* **DeDDepartment for Aging and Rehabilitative Services:** 804-662-7000
* **DomDominion Virginia Power:** 804-819-2000
* **EldeElder Care Locator:** 1-800-677-1116
* **EEmergency:** 911
* **Finance, Real Estate Advantage Program – REAP (Tax Relief):** 804-501-5580
* **Fire Non-Emergency**: 804-501-4900
* **General Information:** 804-501-1000
* **Health Department:** West End Main: 804-501-4522; East End Clinic: 804-652-3190
* **Henrico County Library:** 804-290-9000
* **Meals on Wheels of Greater Richmond:** 804-673-5035
* **Mental Health & Developmental Services:** 804-727-8515
* **Mental Health & Developmental Services:** **Emergency Mental Health**: 804-727-8484
* **Police Non-Emergency**: 804-501-5000
* **Public Utilities:** 804-501-4275
* **Public Works Roads Department:** 804-652-3975 (East End) or 804-727-8300 (West End)
* **Recreation & Parks:** 804-501-7275
* **Senior Connections, The Capital Area Agency on Aging:** 804-343-3000
* **Sheriff’s Department:** 804-501-5860
* **Social Security Administration:** 1-800-772-1213; TTY – 1-800-325-0778
* **Social Services:** West End: 804-501-4001; East End: 804-652-3123
* **Virginia Department of Transportation:** 804-328-3044 (East End) or 804-360-2050 (West End)