

START HERE!

AGING & DISABILITY
RESOURCE CENTER (ADRC)



“How May We Help You?”

The ADRC is the place to start for ALL inquiries to LifeSpan. Begin your search for help by calling us and asking to speak to an Options Counselor (OC). Our OCs are highly trained and state-certified to perform assessments and provide information and assistance to anyone needing public or private resources.

CALLS & WALK-INS ALWAYS WELCOME!

812-948-8330 | 888-948-8330

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WHO WE HELP

WHAT OUR CLIENTS ARE SAYING...

Millie: “LifeSpan is doing everything to keep me at home!”

Services: Wheelchair ramp, medical alert button, home delivered meals, in-home caregiving.



The Syeds: “Mother is happy at home with family. It improves her health and she doesn’t feel lonely. Thank you LifeSpan!”

Services: Structured family caregiver, home delivered meals, stair chair lift.



John: “I’m very fortunate to have LifeSpan help me. I have nothing but praise for the staff!”

Services: Meals to Go!, Attendent Care



Aisha & grandmother: “I could not have taken on the task of raising my granddaughter without the support of LifeSpan.”

Services: Adaptive devices and supports, in-home skilled nursing, nutrition shakes.



A member of the INconnect Alliance.



AREA 14 AGENCY ON AGING

*Connecting Individuals to Resources,
Options, and Services for Over 45 Years!*

Serving Clark, Floyd, Harrison and
Scott Counties, Indiana

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NEED HELP STAYING INDEPENDENT?

PROGRAMS AVAILABLE THROUGH LIFESPAN

- **Case Management**- Our state-certified case managers are the heart and soul of LifeSpan! They work on behalf of our clients to create person-centered care plans tailored to the individual's needs.
- **In-Home Services**- For those meeting eligibility, these programs offer services and supports to remain in one's own home, such as: in-home personal and attendant care, home delivered meals, medical alert buttons, adult day programs, adaptive aids and devices, home modifications, respite for caregivers, and more.
- **Meals To Go!**- LifeSpan's meals-on-wheels program. Weekly delivery of 7-pack meals. Diabetic-friendly, soft foods, breakfast menu and puree plans are available.
- **LifeSpan Transportation**- Offers medical and social trips. All vehicles are wheelchair accessible.
- **Legal Services**- Provides referrals for legal assistance and education.
- **Long Term Care Ombudsman**- Resolves concerns about nursing home care, assisted living and resident rights.



STAYING ACTIVE

PROGRAMS FOR ACTIVE OLDER ADULTS



- **Congregate Senior Centers**- Each center offers a daily hot lunch plus a variety of social and wellness programs. See website for locations, menus and calendars.
- **Senior Games**- A fun week of active games and socialization. Takes place the first week in June annually. One of LifeSpan's most popular community events!
- **Senior Games Gang**- Membership program for adults age 55+. The "Gang" has fun year-round!
- **SHIP Counseling**- Need help with Medicare or health insurance? Call us and ask to speak to a SHIP (State Health Insurance Plan) counselor.
- **Dementia Friends**- Workshops offered at LifeSpan and community locations to educate and break down stigmas.
- **Volunteer Opportunities**- Want to give back? LifeSpan LOVES volunteers! Lots of positions available!

For more information about these programs:

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HOW CAN YOU HELP?

FUNDRAISING AT LIFESPAN

- **Voice and Vino At The Casino**- LifeSpan's one-of-a-kind annual gala. Brings together talented local singers and celebrity judges for a fun and friendly singing competition. Sponsorships available.
- **Senior Games and The "Gang"**- Corporate sponsorships, individual donations and membership fees go toward our client service programs.
- **Donations**- Individuals donate through our bi-monthly newsletter, annual holiday drive, website, and other campaigns.
- **Community, Corporate and Foundation Grants**- Programmatic support through local foundations and other philanthropic organizations.
- Other funding is provided by the Indiana Family and Social Services Administration/Division of Aging to support older adults and individuals with disabilities.



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