COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES * March 2022
(*All addresses/phone numbers are in Omaha unless otherwise noted)

Compiled by: Home Instead Center for Successful Aging
Nebraska Medicine, Omaha, Nebraska

ABUSE/NEGLECT

24-hour crisis lines (*Those with emergency shelters)

Adult Protective Services (Nebraska Dept. of Health & Human Services) 1-800-652-1999
https://dhhs.ne.gov/Pages/Adult-Protective-Services.aspx

Catholic Charities Domestic Violence Services * 402-558-5700
https://www.ccomaha.org/program-and-services/domestic-violence

Heartland Family Services Domestic Violence/Sexual Assault Services * 1-800-523-3666
https://heartlandfamilyservice.org/housing-financial-stability

Women's Center for Advancement 3801 Harney St. https://wcaomaha.org 402-345-7273

ADULT DAY CARE

Edgewood In Omaha 17620 Poppleton Ave. 402-333-5749
https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood/

Franciscan Centre https://www.newcassel.org/adult-day-center 402-393-2277
900 N. 90th St. (New Cassel Retirement Center)

Legato Living (Multiple locations) https://www.livinglegato.com/ 402-445-4474

The Club at Hillcrest Mabel Rose 4609 Hilltop St., Papillion 402- 291-9777
https://www.hillcresthealth.com/locations/adult-day-services

House of Hope 4801 N. 52nd St. 402-557-6860
https://www.omahaseniorcare.org/our-services/adult-day-resident-care.html

ALZHEIMERS DISEASE AND RELATED DEMENTIAS

Alzheimer's Association: Nebraska Chapter 24-hour line:1-800-272-3900
1711 Arbor St., Suite 110 https://www.alz.org/nebraska

Association for Frontotemporal Degeneration https://www.theaftd.org 1-866-507-7222
Lewy Body Dementia Association http://www.lbda.org 1-800-539-9767
Normal Pressure Hydrocephalus https://www.hydroassoc.org 1-888-598-3789

COUNSELORS (Specializing in older adults and family caregivers)

Nebraska Medicine Behavioral Health 402-552-6007
Cecelia Yee Man Poon, Ph.D, Amy Dorton, LCSW, and Sarah Wolnisty, LCSW

MaryAnn Calta, LCSW, M.Div. 17007 Joanne Dr. 402-677-7008
https://www.caltatherapy.com/

Sara Pattavina-Moulton, LIMHP 1804 S. 116th St 402-312-0177
http://www.myemotionalwellness.com/

Pando Geriatric Counseling 11932 Arbor St., #104 402-321-8995
https://www.pandogeriatrics.com/

Jeanie Stuto, LCSW. LMHP 3031 S. 87th St. 402-807-0444
http://www.otac.space/associates

Marti Finkel, LIMHP, LCSW 11580 W. Dodge Rd. 402-238-1431
https://www.compassionatemindstherapy.com/

DISEASE-RELATED ORGANIZATIONS

American Cancer Society 1-800-227-2345
https://www.cancer.org/about-us/local/nebraska.html

A Time to Heal Cancer Foundation https://atimetohealfoundation.org/ 402-401-6083

American Diabetes Association https://www.diabetes.org/ 1-800-342-2383

American Heart Association 9900 Nicholas St., #200 402-810-6870
https://www.heart.org/en/affiliates/nebraska/omaha

American Lung Association https://www.lung.org/ 1-800-586-4872

American Macular Degeneration Foundation https://www.macular.org/ 1-888-622-8527

American Parkinson's Disease Assn. https://www.apdaparkinson.org/ 1-800-223-2732
Parkinson's Nebraska https://parkinsonsnebraska.org/ 402-715-4707

Arthritis Foundation https://www.arthritis.org/ 1-800-283-7800

Bone Health and Osteoporosis Foundation 1-800-231-4222
https://www.bonehealthandosteoporosis.org/

Epilepsy Foundation of Nebraska https://www.epilepsy.com/local/nebraska 1-800-332-1000

National Fibromyalgia & Chronic Pain Association https://fibroandpain.org/

Nebraska Kidney Assn. https://kidneyne.org/ 11725 Arbor St., #120A 402-932-7200

DRIVING CONCERNS

DRIVER ASSESSMENT/REHABILIATION PROGRAMS Evaluates physical & cognitive abilities to drive, performs in-car driving assessment, and provides training & adaptive equipment.

CHI Health 6901 N. 72nd St. https://www.chihealth.com/driverevaluation 402-572-3055

Madonna Therapy Plus 17500 Burke St., Omaha 402-401-3900
https://therapyplus.madonna.org/omaha

Methodist Health System 8303 W. Dodge Rd. 402-354-4670
https://bestcare.org/specialties/physical-therapy/driver-rehabilitation

DRIVING SKILLS REFRESHER COURSES Classroom and On-Line

AAA Senior Driving Website https://seniordriving.aaa.com
AARP Smart Driver Online Course https://www.aarpdriversafety.org/
National Safety Council Nebraska 402-896-0454
https://www.safenebraska.org/safe-road/adult-senior-driving/senior-driver-program

HANDICAP PARKING PERMITS & LICENSE PLATES 1-402-471-3918
https://dmv.nebraska.gov/dvr/handicapped-plate-permit

HOW TO REPORT AN UNSAFE DRIVER:

Any concerned citizen may download and complete a **Citizen Re-examination Report**
https://dmv.nebraska.gov/sites/dmv.nebraska.gov/files/doc/dls/forms/CitizenReexaminationReport.pdf
stating specific concerns. It should then be mailed or faxed to:

Director, Department of Motor Vehicles 1-402-471-3861
Driver Licensing Division Fax: 1-402-471-4020
301 Centennial Mall South
P.O. Box 94726
Lincoln, NE. 68509-4726

FINANCIAL HELP

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES (NDHHS)
(For a detailed description of all the programs and services of NDHHS, go to their web site: https://dhhs.ne.gov/Pages/default.aspx)

Douglas County Offices:

1215 S. 42nd St., Omaha	(402-595-2665)	5752 Ames Av.	(402-934-2749)
1500 N. 24th St., #102	(402-595-3700)	1313 Farnam St.	(402-595-2890)

Sarpy County Office:
8044 S. 84th St., La Vista (402-595-1258)

ACESSNebraska Online Assistance Applications:
https://dhhs.ne.gov/Pages/ACCESSNebraska.aspx

ACCESSNebraska Customer Service (Toll Free Numbers):
Economic Assistance (1-800-383-4278) Medical Assistance (1-855-632-7633)

HOMESTEAD EXEMPTIONS

Volunteers Assisting Seniors (VAS) http://vas-nebraska.org/ 402-444-6617

Douglas County Assessor's Office 402-444-7060
http://dcassessor.org/homestead-exemptions

Sarpy County Assessor's Office 402-593-2122
https://www.sarpy.gov/165/Homestead-Exemption

RETIREMENT AND DISABILITY PENSIONS AND MEDICARE HEALTH INSURANCE

Social Security Administration https://www.ssa.gov/ 1-866-716-8299
604 N. 109th Court (Old Mill Centre)

FINANCIAL INVESTMENTS – Information, resources & fraud prevention for seniors

Financial Industry Regulatory Authority - Securities Helpline for Seniors 1-844-574-3577
https://www.finra.org/investors/have-problem/helpline-seniors

North American Securities Administrators Association – Serving Our Seniors Program
https://serveourseniors.org/

FRAUD & SCAM PREVENTION

The Nebraska Attorney General's Office has a web site that allows someone to file a complaint, report a scam and learn how to handle identity theft or determine whether a charity is reputable. Downloadable brochures describe common financial scams and tips to avoid becoming a victim. https://protectthegoodlife.nebraska.gov/ 1-800-727-6432

Consumer Financial Protection Bureau 1-855-411-2372
https://www.consumerfinance.gov/consumer-tools/fraud

Charity Navigator monitors and rates charities for accountability & transparency, and posts consumer advisories on questionable and bogus charities. https://www.charitynavigator.org

GERIATRIC ASSESSMENT PROGRAMS

Comprehensive medical & cognitive evaluations

Geriatric Assessment Program **402-559-7515**
730 S. 38th Ave. (Nebraska Medicine/University of Nebraska Medical Center)
https://www.unmc.edu/homeinsteadcenter/

Geriatric Assessment Clinic (Methodist Physicians Clinic) 402-354-3152
8901 W. Dodge, #250 (*Serves persons referred by Methodist Health System physicians only)
https://bestcare.org/specialties/geriatrics-and-senior-services/geriatric-assessment-clinic

Geriatric Evaluation and Management Clinic 402-930-7380
4101 Woolworth Ave. (Veterans Administration Medical Center) Norrie Ragland
(*Serves persons referred by VA system medical providers only)

HEALTH & FITNESS PROGRAMS

Programs especially for older adults.

UNMC EngGage Wellness Center **730 S. 38th Ave.** **402-552-7210**
https://www.unmc.edu/engage

Lied Activity Center 2700 Arboretum Dr. Bellevue 402-293-5000
https://www.bellevuepublicschools.org/domain/431

Omaha Wellbound Fitness Center 12121 Emmet St. 402-506-4333
https://www.omahawbfitness.com/

Omaha Dept. of Parks & Recreation Parks & Recreation Centers 402-444-5900
https://parks.cityofomaha.org

Salvation Army Kroc Center 2825 Y St. https://omahakroc.org/ 402-905-3500

YMCA (Multiple locations) https://metroymca.org

AQUATIC EXERCISE PROGRAMS FOR ADULTS AND SENIORS

Common Ground Community Center	1701 Veterans Dr. Elkhorn	402-289-0451
Lied Activity Center	2700 Arboretum Dr., Bellevue	402-293-5000
Mockingbird Hills Community Center	10242 Mockingbird Dr.	402-444-6103
Montclair Community Center	2304 S. 135th Ave.	402-444-4956
Salvation Army Kroc Center	2825 “Y” St.	402-905-3500

WALKING CLUBS

Omaha Zoo & Aquarium Walking Club (once weekly, year-round) 402-733-8401
https://www.omahazoo.com/join-a-club

Lauritzen Garden Walking Club (once weekly, Apr-Oct) 402-346-4002 x 253
https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club

HEARING IMPAIRMENTS Programs and Services

Nebraska Commission For The Deaf & Hard of Hearing 1-800-545-6244
Provides free, reconditioned hearing aids, phone amplifiers and personal listening devices to lower-income hearing-impaired persons. https://ncdhh.nebraska.gov/services/sertoma-hab

CapTel https://www.captel.com 1-800-233-9130
The Nebraska Public Service Commission (https://psc.nebraska.gov/) provides phones that amplify voice and display text of conversation.

HOARDING De-Cluttering/Cleaning, Sorting/Organizing, Counselors & Therapists

Absolute Bio-Recovery Services, Inc. https://abrsne.com/ 402-933-0077
Craft Lifestyle Management, Inc. http://craftlifestylemgt.com/ 1-402-216-3288
Steri-Clean https://hoardingcleanup.com/steri_clean_nebraska 402-800-1205

Patricia Wicks, Ph.D 6550 S. 84th St., #300 402-339-7991
https://www.wickspsyc.com/pwicks

HOME CARE NAVIGATION SERVICES Help to identify & access local in-home care services

Eastern Nebraska Office on Aging https://enoa.org 402-444-6536

A Place at Home https://www.aplaceathome.com/franchise/omaha/ 402-932-4646
(Serves Douglas, Sarpy, Dodge, Washington & Saunders Counties in Nebraska; and Pottawattamie and Mills Counties in Iowa)

HOME HEALTH SERVICES: Skilled care nurses, nurse-aides & therapists. (Most also provide non-medical companions/sitters, housekeeping, meal preparation, errands, transportation, etc.)

Advanced Home Health Care https://www.homehealthcareomaha.com/ 402-490-3120
All Midlands Health Service http://allmidlands.com/Pages/home.aspx 402-391-5554
Ambi's Home Health Care https://www.ambishomehealth.com/ 402-934-3441
Amedysis Home Health Care 402-342-5566
https://locations.amedisys.com/ne/omaha/amedisys-home-health-care.html

Angels Care Home Health https://angelscarehealth.com/locations/omaha-ne 402-934-4752
Arial Home Health https://www.arialhomehealth.com/ 402-393-0833
Care Minders Home Care https://www.caremindersnebraska.com/ 402-932-2211
Care One https://www.mycareone.com/ 402-504-3219
CHI Health At Home https://www.chihealthathome.com/ 402-898-8000
Comper Care http://compercareinc.com 402-932-0703
Elite Professionals Home Care https://www.eliteprohomecare.com 402-339-7727
Freedom In-Home Services http://www.freedominhome.com 402-934-2224
Heritage OnCare https://www.heritageoncare.com/ 402-403-4330
Hillcrest Home Health Care 402-682-4808
https://www.hillcresthealth.com/locations/home-care-omaha

Home Nursing with Heart	https://www.homenursingwithheart.com/	402-614-4622
Personal Choice Home Care	https://personalchoiceservices.com/	402-885-6700
Physicians Choice	https://pchhc.com	402-331-2273
Physmed, Inc. Home Health Care	https://physmedinc.com/	402-926-4088
Prime Home Care	https://primehomecare.org/	402-390-2492
Right At Home	https://www.rightathome.net/omaha-metro	402-697-7536
St. Joseph Villa Home Care	https://www.stjosephvillaomaha.com/homecare	402-926-4444
Willingham Health Services	http://www.willinghamhealth.com	402-505-9511

HOME REPAIR/SPECIAL NEEDS MODIFICATION (Income limits may apply)

Kohll's Home Care "Mod Squad" 402-895-6025
https://kohllsrx.com/home-medical-equipment/modsquad/

Superior Van & Mobility 11147 Mockingbird Dr. https://www.superiorvan.com 402-934-7826
(Sales & service of handicap-accessible vehicles and equipment)

Project Houseworks https://projecthouseworks.org/ 402-965-9201
(Free home painting, repairs and modifications for lower-income elderly/disabled persons)

Nebraska Weatherization Assistance Program 1-877-253-2603
(Insulation, calking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners). https://neo.ne.gov/programs/wx/wx.html

HOME SAFETY

EMERGENCY RESPONSE SYSTEMS (All offer GPS technology)

FallCall Lite	https://www.fallcall.com/Apps/FallCall-Lite	
Life Alert	http://lifealerthelp.com/default.aspx	1-800-852-3081
Life Station Medical Alert System	https://www.lifestation.com	1-877-354-3050
Lively Medical Alert System	https://www.lively.com/	1-800-650-6471
MediGuard USA	https://mediguardusa.com/mobile-monitoring	402-891-9700
Medical Alert	https://medicalalert.com	1-800-800-2537
Phillips Lifeline Response System	https://www.lifeline.philips.com	1-855-681-5351
Security Equipment, Inc.	https://seisecurity.com/medical-alert/	1-888-909-9517

HOME SENSORS

System of electronic sensors that attach to frequently-used household items (coffee pot, microwave, pill box, walker, refrigerator and bathroom door, etc.). Sensors send wireless messages (not images) to caregiver's smart phone/computer allowing them to track use of these objects and alerting them of a possible emergency. Sensors can also be placed on beds and chairs, and can be worn by the person to detect a fall.

Alarm.com Wellness	https://alarm.com/wellness-independent-living	1-877-389-4033
Care Innovations	https://resources.careinnovations.com/quietcare	1-855-855-2273
Evermind	https://evermind.us/evermind-for-family-caregivers	
HomeExcept	https://www.homeexcept.com	

Safe in Home	https://www.safeinhome.com/	1-855-476-6665
TruSense	https://mytrusense.com	1-855-814-6478

HOME SAFETY INSPECTIONS: Covered by most insurance plans for home bound elderly.

Community Home Elder Safety Solutions Group (CHESS)
University of Nebraska Medical Center provides free home safety inspections with emphasis on preventing falls and accidents. Develops solutions and arranges minor home safety repairs and modifications. Email contacts: Nicole Burns nicole.burns@unmc.edu or Stephen Kotopka stephen.kotopka@unmc.edu .

Therapy Works of Nebraska https://www.therapyworksne.com 402-942-1329
(Will conduct home safety evaluations for non-home bound adults.)

OTHER SAFETY SERVICES
Free Smoke/Carbon Monoxide Alarm Installation (Omaha Fire Dept.) 402-444-3560
https://www.omaha-fire.org/smokealarms

HEAT'S ON Program sponsored by the Mechanical Contractors Association of Omaha. Provides free fall furnace & smoke detector checks for low-income seniors. Persons must be current clients of the Eastern Nebraska Office on Aging, and referred to MCA by ENOA.

HOME SERVICES Non-skilled nursing services only

Companions/Sitters, Personal Care Aides, Houskeeping, Meal Preparation, Errands, Transportation, etc.

Amada Senior Care	https://amadaseniorcare.com/omaha-senior-care	402-281-0921
Anew In-Home Care	www.anewinhomecare.com	402-871-7869
BellaCare	https://www.bellacare.us/	402-347-0007
Care Builders	https://carebuildersathomeomaha.com/	402-506-9368
Care Tech, Inc.	https://caretechinc.com/	1-800-991-7006
Caring for People Services	https://caringforpeopleservices.com	402-625-6901
Caring Senior Services	https://www.caringseniorservice.com/omaha	402-682-7326
CCA Home Care	https://www.ccahomecare.com/	402-398-1848
Comfort Keepers	https://www.comfortkeepers.com/offices/nebraska/omaha	402-991-9880
Dignity Home Care	https://www.dignityhomecares.org/	402-401-6689
Eastern Nebraska Office on Aging	https://enoa.org/	402-444-6536
First Light Home Care	https://www.firstlighthomecare.com/home-healthcare-omaha	402-215-0111
Home Care Assistance	https://www.homecareassistanceomaha.com	402-249-0204
Home Instead Senior Care	https://www.homeinstead.com	402-498-3444
Key Home Care	https://www.keyhomecare.us	402-982-9254
Seniors Helping Seniors	https://seniorcaregreateromaha.com	402-331-3073
Touching Hearts at Home	https://www.touchinghearts.com/omaha	402-934-3303
Way to Stay Home Care	https://waytostayhome.com/	402-557-0639

GROCERY SHOPPING Stores that provide curbside pickup and/or home delivery services

Aldi	https://shop.aldi.us
Bakers	https://www.bakersplus.com/
Family Fare	https://delivery.shopfamilyfare.com
Hy-Vee	https://www.hy-vee.com/aisles-online
Schwan's Home Delivery	https://www.schwans.com
Target	https://www.shipt.com
Walmart	https://www.walmart.com/
Whole Foods	https://www.wholefoodsmarket.com/online-ordering

HOSPICE AND PALLIATIVE CARE SERVICES http://www.nationalhospicelocator.com
Interactive directory of hospice and palliative care services in the United States

On-line interactive comparison tool for all national Hospice providers from Medicare.Gov.
https://www.medicare.gov/hospicecompare

HOUSING: ASSISTED LIVING Retirement Centers that provide personal care services, such as assistance with bathing/dressing, and medication administration **(*indicates facility accepts Medicaid Waiver or other lease subsidies. # indicates facility provides dementia care.)**

Aksarben Village * #	1330 S. 70TH St.	402-810-9440
Bickford Senior Living * #	11308 Blondo St.	402-491-0400
Bickford Senior Living * #	7337 Hickory St.	402-391-3000
Brighton Gardens #	9220 Western Ave.	402-393-7313
Crown Pointe #	2820 S. 80th St.	402-391-7555
Elk Ridge Village #	19400 Elk Ridge Dr.	402-763-8692
Esprit Whispering Ridge #	17555 Emmet St.	402-932-7300
Fountain View Senior Living #	5710 S. 108th St.	402-596-9033
Granville Villa *	8507 Granville Pkwy, La Vista	402-415-0044
Heritage Pointe * #	16811 Burdette St.	402-614-5222
Heritage Ridge * #	1502 Ft. Crook Rd. South, Bellevue	402-932-1881
Heritage at Legacy #	2961 S. 169th Plz.	402-934-2999
Heritage at Sterling Ridge * #	1111 Sterling Ridge Dr.	402-504-3111
Hickory Villa *	7315 Hickory St.	402-392-0767
Hillcrest Country Estates #	6082 Grand Lodge Ave., Papillion	402-885-7007
Hillcrest Mable Rose * #	4609 Hilltop St., Papillion	402-291-9777
House of Hope * #	4801 N. 52nd St.	402-827-6060
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6801 N. 67th Plz.	402-829-3220
Keystone Villas	7300 Graceland Dr.	402-572-5750
Lakeside Village #	17475 Frances St.	402-829-9020
Marquis Place * #	20800 W. Maple Rd.	402-289-9229
The Meriwether #	8140 S. 97th Plz. La Vista	402-597-0700
New Cassel Retirement Cr.*	900 N. 90th St.	402-393-2277

Ovation Heartwood Preserve **#**	471 Maxwell Plz. (Open 2021)	402-999-7900
Pacific Springs Village **#**	805 S. 173rd Ct.	402-691-8434
Parsons House **#**	14325 Eagle Run Dr.	402-498-9554
Prairie Meadows **#**	13208 Meredith Ave.	402-391-2790
Remington Heights	12606 W. Dodge Road	402-493-5807
Richmont Terrace *** #**	620 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Cr. *** #**	12301 N. 149 Circle, Bennington	402-884-7644
Royale Oaks *****	4801 N. 52nd St.	402-827-6060
St. Joseph Tower *****	2205 S. 10th St.	402-952-5000
Silver Ridge Village *** #**	20332 Hackberry Dr., Gretna	402-332-4280
Southview Heights *****	5110 S. 49th St.	402-731-2118
Trinity Village *****	522 W. Lincoln St., Papillion	402-614-5500
Valley Lakes *****	1006 S. Mayne St. Valley	402-359-4884
Via Christe *** #**	3636 California St.	402-551-5557
Waterford at Miracle Hills *****	11909 Miracle Hills Dr.	402-431-0011
Waterford at Roxbury Park *****	5728 S. 108th St.	402-537-0544
Wel-Life Assisted Living *****	801 N. Adams St., Papillion	402-339-1775
Westgate Assisted Living *****	3030 S. 80th St.	402-391-8566

The Nebraska Resource and Referral System (NRRS) offers an on-line interactive program that allows you to identify Assisted Living Facilities throughout Nebraska and compare their services. https://nrrs.ne.gov/ (* Contact facilities to obtain the most current information).

HOUSING: INDEPENDENT LIVING Apartment complexes and retirement communities for older adults. **(*notes facilities that are rent-subsidized and/or may set upper income limits.)**

Aksarben Village Senior Living	1330 S. 70TH St.	402-810-9440
Arboretum Village	8141 Farnam Dr.	402-391-7573
Avidor Omaha	13110 Sterling Ridge Dr.	402-979-7717
Bellevue Place	1808 Warren St., Bellevue	402-292-0423
Bellewood Courts *****	1002 Bellewood Ct., Bellevue	402-292-3300
Benn View Apartments *****	15652 N. Fourth St., Bennington	402-444-6203
Bloomfield	9804 Nicholas St.	402-390-9991
Camelot Village VI *****	9415 Cady Ave.	402-397-5445
Central Park Tower *****	1511 Farnam St.	402-341-5130
Concord Square *	2120 Paul St.	402-345-3168
Corrigan Heights *****	5945 S. 39th St.	402-827-8234
Crown Pointe Retirement Cr.	2820 S. 80th St.	402-391-7555
DeFreese Manor *****	2669 Dodge St.	402-345-0622
Durham-Booth Manor *****	923 N. 38th St.	1-847-294-2000
Elk Ridge Village	19303 Seward Plz.	402-763-8692
Elmwood Tower	801 S. 52nd St.	402-558-3161
Fountain View Retirement Cr.	5710 S. 108th St.	402-596-9033
Grand Reserve	3535 Piney Creek, Elkhorn	402-502-7565
Graceland Affordable Apartments	7350 Graceland Dr.	402-572-5750

Harmony Court	1802 Wall St., Bellevue	402-291-4200
Harrison Heights Senior Village	7544 Gertrude St., LaVista	1-844-841-7327
Heritage at Legacy	2961 S. 169Th Plz.	402-934-2999
Heritage at Sterling Ridge	1111 Sterling Ridge Dr.	402-504-3111
Heritage Ridge	1502 Ft. Crook Rd. South, Bellevue	402-932-1881
Hillcrest Country Estates	6021 Grand Lodge Ave., Papillion	402-885-7000
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6803 N. 68th Plz.	402-829-3220
J.C. Wade Villa *	3464 Ohio St.	402-451-8456
Kellom Gardens *	2517 Caldwell St.	402-341-1019
Keystone Villa	7350 Graceland Dr.	402-572-5750
Kings Gate Senior Apartments *	7055 Crown Point Ave.	402-571-7910
Lakeside Village	17475 Frances St.	402-829-9020
Lakeside Lofts	2303 S. 175th Ct.	402-317-5994
Leo Vaughn Manor *	3325 Fontenelle Blvd.	402-453-6100
Livestock Commons	4920 S. 30th St.	402-345-8450
Livingston Plaza *	303 S. 132nd St.	402-330-3995
Maple Ridge	3525 N. 167th Cir.	402-403-0178
Meredith Townhomes *	3325 Meredith Ave.	402-614-0414
The Meriwether	8140 S. 97th Plz., La Vista	402-597-0700
Millard Manor *	12835 Deauville Dr.	402-895-2266
Mission House Vue *	406 E. Mission Ave., Bellevue	402-292-0423
Monarch Villas *	201 E. Cedardale Rd., Papillion	402-331-6882
North Acres Apartments *	5449 N. 108th St.	402-444-6203
Oak Valley Apartments *	12555 Krug Ave.	402-3339888
Orchards at Wildwood *	7454 Gertrude St., La Vista	402-933-7478
Ovation Heartwood Preserve	471 Maxwell Plz. (Open 2021)	402-999-7900
Pacific Springs Village	805 S. 173RD Ct.	402-691-8434
Papio Valley Apartments	2004 N. 81st. Ct.,	402-339-9014
Park East Tower *	539 S. 26th Ave.	402-345-3168
Parkside Apartments	7775 Park Dr., Ralston	1-844-833-7635
Pilgrim Heights *	1315 N. 26th St.	402-341-3168
Ralston House *	7301 “Q” St.	402-339-9014
Remington Heights	12606 W. Dodge Road	402-493-5807
Richmont Village	702 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Community	12301 N. 149 Circle, Bennington	402-884-7644
River Road Townhomes *	Waterloo, NE	402-444-6203
Rolling Hills Ranch	4324 N. 132nd St.	402-391-1055
Salem Village at Miami Heights *	3502 Lake St.	402-614-0414
Seven Oaks of Florence I *	3501 State St.	402-451-4477
Seven Oaks of Florence II *	3439 State St.	402-451-4477
Southview Heights	5110 S. 49th St.	402-731-2118
Stone Plaza Townhomes	6025 Ville de Sante Dr.	402-504-1700
Sunridge Village	13410 Blondo St.	402-496-0116
Tregaron Residences *	2315 Greenwald Dr. Bellevue	402-292-1818
Trinity Courtyard *	620 W. Lincoln St. Papillion	402-614-1900

Trinity Village	522 W. Lincoln St., Papillion	402-614-5500
Valley Heights *	309-317 W. Meigs, Valley	402-444-6203
Valley View *	400 W. Meigs, Valley	402-444-6203
Village East	2011 N. 25th St.	402-679-3229
Ville de Sante Terrace *	6202 Ville De Sante Dr.	402-504-1700
Walnut Creek	2204 Albert St., Bellevue	402-819-3999
Walnut Grove	4901 S. 153 St.	402-403-4246
The Wellington *	501 E. Gold Coast Rd., Papillion	402-331-3101
Westbrook Gardens	81St & Blondo Sts.	402-572-7041
Woodbridge Senior Village	7205 N. 73rd Plz. Circle	402-573-5555

OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS *		402-444-6900
Crown Tower	5904 Henninger St.	402-444-4213
Evans Tower	3600 N. 24th St.	402-444-3662
Kay Jay Tower	4500 S. 25th St.	402-444-3316
Underwood Tower	4850 Underwood Ave.	402-444-7558

HOUSING: DEMENTIA Residential care homes for persons with dementia

An Angel's Touch https://anangelstouchinc.com (Multiple locations) 402-672-9580
Becky's House 13016 Shirley St. http://beckyshousememorycare.com 402-885-8103
Compassionate Memory Care 402-614-7446

Country House Residence Omaha 5030 S. 155th St. 402-964-2060
https://www.countryhouse.net/our-communities/omaha-ne/

Country House Residence Elkhorn 3720 George B Lake Pkwy 402-307-2004
https://www.countryhouse.net/our-communities/elkhorn-ne/

Edgewood in Omaha 17620 Poppleton Ave. 402-333-5749
https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood

Legato Living (Multiple locations) https://www.livinglegato.com/ 402-445-4474

Miles Memory Care 1425 Grandview Ave., Papillion 402-593-5496
http://www.milesmemorycare.net

HOUSING NAVIGATION SERVICES Free consultation and referral to local senior housing and nursing home options. (Some services may be paid a "referral fee" by facilities).

HELP Long Term Care Planning Service 402-341-6559 x102
8522 Park Drive https://helpequipment.org/long-term-care-planning/

(HELP does not accept a "referral fee" from any facility. There is no charge to families for this service, but donations are welcomed).

A Place at Home	https://aplaceathome.com/	402-932-4646
Assisted Living Locators	https://assistedlivinglocators.com/care-advisor/Omaha	402-671-0446
Bridge to Better Living	https://bridgetobetterliving.com	402-218-5610
CareMATRIX	http://carematrix.net	402-885-5693
CarePatrol	https://www.carepatrol.com/nebraska.html	402-621-6212
Clare Senior Advisors	https://www.clarescnioradvisors.com	402-990-6994
Oasis Senior Advisors	https://www.oasisseniorsadvisors.com/omaha/	402-378-9592

HOUSING RELOCATION Organizes and arranges household relocation and downsizing

A Simple Nest	https://a-simplenest.com/#real-estate	
Caring Transitions	https://www.caringtransitionsgreateromaha.com/	402-882-4238
Senior Moving Services	http://www.seniormovingservices.com	402-445-0996
Tender Transitions	https://tendertransitions.net/	402-965-9170
Downsizing with Dignity	https://downsizingwithdignity.org	402-230-7333

National Association of Senior and Specialty Move Managers https://www.nasmm.org/

INFORMATION/REFERRAL

AARP Information Center 1941 S. 42nd St. #220 (Center Mall) 402-398-9568
https://local.aarp.org/omaha-ne

Eastern Nebraska Office on Aging 4780 S. 131st St. https://enoa.org 402-444-6536

Elder Care Locator https://eldercare.acl.gov/Public/Index.aspx 1-800-677-1116

Retirement Living.com https://www.retirementliving.com/

United Way "211" Information & Referral Hotline Dial: 211
https://www.unitedwaymidlands.org/2-1-1

Paying for Senior Care – Assisted Living 1-855-481-6777
https://www.payingforseniorcare.com/assisted-living-in-omaha-ne [payingforseniorcare.com

Paying for Senior Care – Nursing Home 1-855-481-6777
https://www.payingforseniorcare.com/longtermcare/resources.html [payingforseniorcare.com

Seniors Blue Book https://www.seniorsbluebook.com/local/nebraska
Website and free booklet listing local resources in Douglas, Sarpy and Pottawattamie Counties

LEGAL ASSISTANCE Estate planning, guardianships, powers of attorney, etc.

ELDER LAW ATTORNEYS

Badura & Wintz Law LLC 7602 Pacific St., #300A 402-398-3040
https://www.omahaestatelawyers.com/

Elder Law of Omaha 2813 S. 88th St. http://www.elderlawomaha.com 402-614-6400

Ronald C. Jensen Baird Holm LLP, 1700 Farnam St., #1500 402-636-8302
https://www.bairdholm.com/attorneys/ronald-c-jensen/

Leroy Peterson 11819 Miracle Hills Dr. #104 402-718-8888
https://www.leroypetersonlaw.com

William E. Seidler Jr. 10050 Regency Circle #525 402-397-3801
https://www.seidler-seidler-law.com

David M. Thompson (two Omaha locations) 402-810-8611
https://www.carlsonburnett.com/our-attorneys/david-m-thompson/

FAMILY MEDIATION SERVICES Legal and Non-Legal Issues

Concord Mediation Center 4225 N. 90th St. 402-345-1131

Concord's "Generations Around the Table" program mediates disputes for families caring for an elderly or disabled relative. http://concordmediationcenter.com/mediation/family-mediation

K.T. Beck Enterprises Kathleen Kauth, BS, MPP https://ktbeckenterprisesllc.com

LEGAL SERVICES FOR LOWER INCOME PERSONS

Elder Access Line (Legal Aid of Nebraska) 1-800-527-7249

Milton R. Abrams Legal Clinic (Creighton University School of Law) 402- 280-3068
https://law.creighton.edu/clinics/abrahams-legal-clinic

Omaha Bar Association Lawyer Referral Service 402-280-3603
https://www.omahalawyerreferral.com/

NEBRASKA HEALTH CARE POWER OF ATTORNEY FORM (Downloadable Form)
https://eforms.com/power-of-attorney/ne/nebraska-durable-power-of-attorney-for-health-care/

NEBRASKA LIVING WILL FORM (Downloadable Form)
https://eforms.com/living-will/nebraska-living-will-declaration-form/

MEDICAL AND ASSISTIVE EQUIPMENT Loaned or free

HELP Medical Equipment & Medical Supplies Market 402-341-6559 x101
8522 Park Drive https://www.helpequipment.org

Assistive Technology Partnership 402-979-0142
https://atp.nebraska.gov/services/reuse-network

MEDICARE Agencies providing free & unbiased counselling about Medicare & health insurance options.

Senior Health Insurance Information Program (SHIP) 800-234-7119
Nebraska Department of Insurance https://doi.nebraska.gov/consumer/senior-health

Volunteers Assisting Seniors (VAS) http://vas-nebraska.org 402-444-6617
1941 S. 42nd St. #312

MENTAL HEALTH SERVICES * Specialized Geriatric programs

UNMC Geriatric Psychiatry Service * 730 S. 38th Ave. 402-552-6007
https://www.unmc.edu/psychiatry/patient-care/geriatric/index.html

Nebraska Medicine Adult Psychiatric Emergency Center 402-836-9377
Via the Nebraska Medicine Emergency Department 24 hours/7 days per week
Provides emergency evaluation, stabilization and referral for adults with mental health crises and drug/alcohol intoxication.

CHI Health Senior Mental Health Services * 402-717-4673
6901 N. 72nd St. https://www.chihealth.com/senior-mental-health-services

Community Alliance 4001 Leavenworth St. 402-341-5128
https://community-alliance.org (serves chronically mentally ill persons & their caregivers)

The Friendship Line * The Institute on Aging 1-800-971-0016
(A 24-hour, toll-free non-emergency line for persons 60 & older suffering from loneliness, depression and/or suicidal thoughts. It also offers on-going phone outreach and wellness-checks to seniors.
https://www.ioaging.org/services/friendship-line

MENTAL HEALTH HOSPITAL COMMITMENTS

Douglas County https://clerk.dc4dc.com/board-of-mental-health 402-444-7191
Sarpy County https://www.sarpy.gov/313/Mental-Health 402-593-2230

NURSING HOMES **(# Indicates nursing homes with dementia units)**

Ambassador Health of Omaha	1540 N. 72nd St.	402-393-6500
Arbor Care Center Valhaven	300 W. Meigs, Valley	402-359-2533
Azria Health Gretna	700 Hwy 6, Gretna	402-332-3446
Azria Health at Midtown	910 S. 40th St.	402-342-2015
Azria Health Montclair **#**	2525 S. 135th Ave.	402-333-2304
Brighton Gardens **#**	9220 Western Ave.	402-393-7313
Brookestone Meadows	600 Brookestone Meadows Plz.	402-289-2696
Brookestone Village **#**	4330 S. 144 St.	402-614-4000
Douglas County Health Center	4102 Woolworth Ave.	402-444-6064

Eastern Nebraska Veterans Home **#**	12505 S. 40th St. Bellevue	402-595-2180
Florence Home Health Care Center	7915 N. 30th St.	402-827-6000
Good Samaritan Home	12856 Deauville Dr., Millard	402-895-2266
Hillcrest Country Estates #	6021 Grand Lodge Ave., Papillion	402-885-7000
Hillcrest Health & Rehabilitation Cr.	1702 Hillcrest Dr., Bellevue	402-291-8500
Hillcrest Shadow Lake **#**	1507 Gold Coast Rd., Papillion	402-339-6010
Immanuel Fontenelle Home **#**	6809 N. 68th Plz.	402-572-2595
Life Care Center of Elkhorn	20275 Hopper St.	402-289-2572
Life Care Center of Omaha	6032 Ville De Sante Dr.	402-571-6770
Maple Crest Health Center **#**	2824 N. 66th Ave.	402-551-2110
Omaha Nursing & Rehabilitation Center	4835 S. 49th St.	402-733-7200
Papillion Manor	610 S. Polk St., Papillion	402-339-7700
Ridgecrest Rehabilitation Center **#**	3110 Scott St.	402-455-6636
Rose Blumkin Jewish Home #	323 S. 132nd St.	402-330-4272
St. Joseph Villa Nursing & Rehabilitation Center	2305 S. 10th St.	402-345-5683
The Lighthouse	17600 Arbor St.	402-829-9070

NURSING HOMES: Consumer information and reporting concerns

On-line Health Inspection Reports for all US nursing homes
https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true

Nebraska Long Term Care Ombudsman https://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx
Eastern Nebraska Office on Aging Ombudsman 402-444-6536

NUTRITION

COMMUNITY RECREATION & MEAL SITES: Open Mon - Fri unless otherwise noted.

Adams Park Senior Center (M,W,F)	3230 John Creighton Blvd.	402-444-3237
Bellevue Senior Community Center	109 W. 22nd Ave.	402-293-3041
Bennington Center (Wed.only)	322 N. Molly St.	402-502-9264
Camelot Friendship Center	9270 Cady Ave.	402-444-3091
Corrigan Senior Center	3819 "X" St.	402-731-7210
Florence Senior Center	2920 Bondesson St.	402-444-6333
Heartland Generations Center (T-F)	4318 Fort St.	402-553-5300
Immanuel Courtyard (Evening Meal)	6757 Newport Ave.	402-829-2914
Intercultural Senior Center	5545 Center St.	402-444-6529
(This site also sponsors a food pantry)	https://www.interculturalseniorcenter.org	
LaVista Senior Center	8116 Park View Blvd.	402-331-3455
Millard-Montclair Center	2304 S. 135th Ave.	402-546-1270
NE Urban Indian Health Coalition (T,W,Th)	2240 Landon Ct.	402-346-0902
Notre Dame/Seven Oaks Senior Center	3439 State St.	402-451-4477
Papillion Landing 55+ Club	1046 W. Lincoln St., Papillion	402-597-2059
Ralston Senior Center (W)	7301 “Q” St.	402-339-4926
Seven Oaks Senior Center	3439 State St.	402-451-4477 x 134

DELIVERED MEALS

Eastern Nebraska Office on Aging https://enoa.org 402-444-6536
Jewish Senior Outreach (Kosher) https://rbjh.com/outreach-services 402-374-4075

LOCAL RESTAURANT FOOD DELIVERY SERVICES

Door Dash.com https://www.doordash.com
Grub Hub https://www.grubhub.com
Uber Eats https://www.ubereats.com/en-US/

PRE-PREPARED MEALS (Shipped and delivered)

Eat Fit Go 17250 Davenport St. (Village Pointe) https://eatfitgo.com 402-885-8777
Mom's Meals https://www.momsmeals.com/ Regular & specialty menus 1-877-508-6667
BistroMD https://www.bistromd.com Regular & specialty menus 1-866-401-3438

PET/COMPANION ANIMAL SERVICES Some veterinarians & pet groomers make home visits.

NEBRASKA HUMANE SOCIETY https://www.nehumanesociety.org/ 402-444-7800
Programs include: Low-cost spay/neuter services. Pet cremation services, **Ana-Meals** (monthly delivery of free pet food to older persons receiving mobile meals through the Eastern Nebraska Office on Aging), **Pet Food Panty** (weekly distribution of free pet food to needy pet-owners) and a **Pet Loss Support Group** that meets monthly.

PAWS TO ANGELS 11718 W. Dodge Rd. http://ptapetlosscenter.com 402-507-0585
Offers pet cremation, funeral and memorial services. Also offers group counseling/support for those grieving the loss of a pet.

PHYSICIANS: GERIATRICIANS Specialists in care for older adults

NEBRASKA MEDICINE – HOME INSTEAD CENTER FOR HEALTHY AGING
730 S. 38th Ave. https://www.unmc.edu/homeinsteadcenter **402-559-9600**

Alfred Fisher, MD	Elizabeth Harlow, MD	William Lyons, MD
Joseph Hejkal, MD	Cassandra Wehling, MD	Karina Bishop, MD
Mandy Byers, MD	Katherine Maliszewski, MD	Amy Coffey, MD
Sara Wolfson, APRN	Tonya McLeay, APRN	Kelly Godfrey, APRN

NEBRASKA MEDICINE – INTERNAL MEDICINE CLINIC

Carrie A. B. Hoarty, MD 4400 Emilie St. (Durham Outpatient Center) 402-559-4015
https://www.nebraskamed.com/doctors/carrie-a-b-hoarty

NEBRASKA MEDICINE - FAMILY MEDICINE CLINIC

Timothy Malloy, MD 4400 Emilie St. (Durham Outpatient Center) 402-559-7200
https://www.nebraskamed.com/doctors/timothy-r-malloy

Lindsey J. Schindler, DO 20310 Blue Sage Parkway, Elkhorn 402-559-0111
https://www.nebraskamed.com/doctors/lindsey-j-schindler

PRIMARY CARE GERIATRICIANS IN THE COMMUNITY

CHI Health 16909 Lakeside Hills Ct. #300 402-758-5400
Heather Morgan, MD
https://www.chihealth.com/en/find-a-provider/heather-morgan-md.html

Methodist Physicians Clinic 8901 W. Dodge Rd. #250 402-354-3152
Abelardo Cruz, MD
https://providers.bestcare.org/search?filter=locations.external_id%3A6745627377&_ga=2.102055105.153009643.1636585699-802095022.1636214542

Think Whole Person Health Care 7100 W. Center Rd. 402-506-9049
Rebecca Reilly, MD and Susan G. Scholer, MD https://thinkhealthcare.org

PROGRAM OF ALL- INCLUSIVE CARE FOR THE ELDERLY (PACE) 402-512-6199
5755 Sorensen Parkway https://immanuel.com/pathways-pace/eastern-nebraska/about

A private, managed-care program offering medical, dental & home health care; physical & occupational therapy, coverage for prescription medications, medical transportation, nutritional counseling, social services and a recreation & activities center. Services are free to Nebraska Medicaid recipients. Persons who are not financially eligible for Medicaid will be charged a monthly premium. Person must be at least 55 years old and reside independently.

PRESCRIPTION MEDICATIONS

DISPOSING OF OUTDATED/UNWANTED PRESCRIPTION DRUGS: The Nebraska Meds Coalition has a searchable website to locate Nebraska pharmacies that will accept and properly dispose of unwanted medications free of charge. https://www.nebraskameds.org

MEDICARE PRESCRIPTION DRUG PLANS
All Medicare beneficiaries qualify for optional coverage of some medication costs through plans offered by insurance companies. Plans vary according to premiums, co-payments, medications that will be covered and participating pharmacies. For more information, call **Volunteers Assisting Seniors** at 402-444-6617, or go online at https://www.medicare.gov

INTERNET PHARMACIES
The National Association of Boards of Pharmacy lists accredited US digital pharmacies.
https://nabp.pharmacy/programs/accreditations-inspections/digital-pharmacy/accredited-digital-pharmacies/

PRESCRIPTION DISCOUNT CARD FOR DOUGLAS COUNTY RESIDENTS
https://www.douglascounty-ne.gov/prescription-discount-card/ 1-877-321-2652

PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS
Rx Outreach is a non-profit organization that provides affordable mail-order prescription and generic medications to persons in need. https://rxoutreach.org/ 1-888-796-1234

GOOD Rx PRESCRIPTION SAVINGS CARD https://www.goodrx.com/
Compares local prices and offers discount coupons for prescription medications.

PATIENT ASSISTANCE PROGRAMS
Most pharmaceutical companies have Patient Assistance Programs that provide medications free of charge to physicians who apply on behalf of their lower-income patients. Contact your pharmacist for information, or go on line at Benefits Checkup https://www.benefitscheckup.org

MEDICATION DISPENSING/REMINDER SYSTEMS (Locked, with reminder signals)

The Alzheimer's Store	https://www.alzstore.com/default.asp	1-800-752-3238
ePill.com	https://www.epill.com/	1-800-549-0095

RECREATIONAL/EDUCATIONAL PROGRAMS:

UNMC EngAge WELLNESS PROGRAM 730 S. 38th Ave. 402-552-7210
(Home Instead Center for Successful Aging) https://www.unmc.edu/engage

Salvation Army Kroc Center 2825 Y St. https://omahakroc.org/ 402-905-3500
YMCA (Multiple Locations) https://metroymca.org

Papillion Landing Recreation Center 1046 W. Lincoln St. Papillion 402-597-2041
https://www.papillion.org/334/55-Club

CITY OF OMAHA DEPARTMENT OF PARKS & RECREATION 402-444-5900
https://parks.cityofomaha.org/

Adams Park Community Center	3230 John Creighton Blvd	402-444-5164
A.V.Sorensen Community Center	4808 Cass St.	402-444-5596
Benson Community Center	6008 Maple St.	402-444-5184
Camelot Community Center	9270 Cady Ave.	402-444-5972
Common Ground Community Center	1701 Veterans Dr. Elkhorn	402-289-0451
Florence Community Center	2920 Bondesson St.	402-444-5216
Mockingbird Hills Community Center	10242 Mockingbird Dr.	402-444-6103
Montclair Community Center	2304 S. 135th Ave.	402-444-4956
Saddlebrook Community Center	14850 Laurel Ave.	402-932-1080
Sherman Community Center	5701 N. 16th St.	402-444-5673
Subby Anzaldo-Columbus Park Community Center	1515 S. 24th St.	402-444-4111

CYBER SENIORS Do Space – 7205 Dodge St. 402-819-4022
Informal group that meets every Wednesday, 9:00 am – 12:00 pm. Volunteers teach and mentor older adults in computer skills. Do Space membership is free. https://www.dospace.org

RESPITE SERVICES (see also: **NON-MEDICAL HOME SERVICES - COMPANIONS**)

In Home:
Nebraska Lifespan Respite Network https://respite.ne.gov/family-caregivers 1-866-737-7483
Caregiver Support Program (Eastern Nebraska Office on Aging) 402-444-6536

Community-based:
Most assisted living facilities and nursing homes provide short-term, respite stays.

SUPPORT / EDUCATION / SELF- HELP GROUPS

Support groups are an excellent source of information, education and emotional support for persons facing challenging life events, such as chronic illness, disability and bereavement. Support groups are usually facilitated by health care professionals who provide accurate and reliable information, and who encourage group participants to share their concerns and coping strategies, and to problem-solve with each other.

Local chapters of disease-specific organizations often sponsor support groups. On-line support groups and webinars are increasingly popular. The United Way of the Midlands keeps an updated list of local support groups. Dial 211 for their information line, or log on to https://www.unitedwaymidlands.org/2-1-1/

TRANSPORTATION Sources of non-emergency public, private & subsidized transportation services. Many home care agencies allow workers to transport a client in the client's own vehicle.

Omaha Metro (Reduced bus fare for elderly/disabled) 402-341-0800
http://www.ometro.com/wp-content/uploads/2020/09/Metro_Half_Fare_App_1-4-11.pdf

Moby/ADA Paratransit (Wheelchair accessible vans) 402-341-0800
https://www.ometro.com/rider-guide/moby/

Bellevue Specialized Transportation Service 402-293-3138
https://www.bellevue.net/departments/human-services/programs#specialized-transportation

LaVista/Ralston Special Services Van 402-657-3550
https://www.cityoflavista.org/256/La-VistaRalston-Special-Services-Van

Papillion Special Transportation Services 402-680-3970
https://www.papillion.org/640/Special-Transportation-Services

Compassion Care Medical Transport 531-772-0931
http://www.ccmedtransport.com/

Oceans Drive Transportation https://oceansdrivetransportation.com/ 531-213-2211

GoGo Grandparents https://gogograndparent.com 1-855-464-6872
Program that allows family caregivers to pre-arrange rides through Uber and Lyft for their older relatives and monitor status from pickup to drop off via text message and phone calls.

Share-A-Fare, Inc. http://www.shareafare.org 402-827-9814
Subsidized cab fare for the visually impaired. Application needed.

Eastern Nebraska Office on Aging Rural Transportation Program 1-888-210-1093
Provides accessible van transport to older residents of Sarpy and rural Douglas Counties within those counties and to/from Omaha and Lincoln.
https://enoa.org/programs/rural-transportation.html

American Cancer Society (Limited free rides for cancer treatments) 1-800-227-2345
https://www.cancer.org/treatment/support-programs-and-services.html

Wear Yellow Nebraska https://wearyellownebraska.org/ 402-965-1699
A non-profit organization that provides free cab and Uber/Lyft rides for cancer patients to medical/radiation/chemotherapy appointments. Referrals must be made by a social worker or nurse-navigator from the medical facility providing the care.

Jewish Senior Outreach https://www.rbjh.com/outreach-services 402-374-4075

VETERANS SERVICES

MEDICAL SERVICES

Omaha VA Medical Center 4101 Woolworth Ave. 402-346-8800
https://www.nebraska.va.gov

Omaha VA Clinic 825 Dorcas St., #200 402-977-4444
https://www.va.gov/find-locations/facility/vha_636QA

Bellevue VA Clinic 2206 Longo Dr., #102 402-591-4500
https://www.nebraska.va.gov/locations/Bellevue.asp

Geriatric Evaluation and Management Clinic 402-995-4971
4101 Woolworth Ave. (Veterans Administration Medical Center) Kate Giraud

BENEFITS/FINANCIAL ASSISTANCE

Veterans Benefits Administration https://benefits.va.gov/benefits/

Omaha Vet Center 3047 S. 72nd St. 402-346-6735
https://www.va.gov/directory/guide/facility.asp?ID=424

Sarpy County Veterans Service Ofc. 1102 E. 1st St., Papillion 402-593-2203
https://www.sarpy.gov/280/Veterans-Services

VetAssist https://veteranshomecare.com/ 1-888-314-6075
Private organization that helps wartime vets and their surviving spouses to access pension and in-home care services through the Veterans Administration for non-service connected disabilities.

VISUAL IMPAIRMENTS: Devices, training and services

Eye Care America https://www.aao.org/eyecare-america 1-877-887-6327
Referral to eye doctors providing free/low-cost care

Low Vision Products & Large Print Items
Independent Living Aids, Inc. https://www.independentliving.com 1-800-537-2118

Outlook Enrichment 4125 S. 72nd St. https://www.outlooken.org/ 531-365-5051
Training in use of adaptive equipment and support group

Nebraska Commission for the Blind and Visually Impaired 1-877-809-2419
1313 Farnam on the Mall, 3rd Floor, Omaha https://ncbvi.nebraska.gov/

Share-A-Fare, Inc. http://www.shareafare.org 402-827-9814
Subsidized taxi fares for visually-impaired persons.

TALKING BOOKS, LARGE-PRINT MATERIALS AND READING SERVICES

Nebraska Library Commission http://nlc.nebraska.gov/tbbs 1-800-742-7691
Radio Talking Book Service https://rtbs.org 402-572-3003

Weigel-Williamson Center for Visual Rehabilitation 402-559-2463
704 S. 38th Ave.
Evaluation, adaptive equipment and training for persons with visual deficits.
https://www.nebraskamed.com/nebraska-medical-center/weigel-williamson-center

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS

Eastern Nebraska Office on Aging http://enoa.org 402-444-6536
Volunteer options include: in-home support services for seniors (companion, transportation, handy-man, lawn care/snow removal, meal delivery and housekeeping.) Volunteers are also placed in public and non-profit organizations, such as schools and child care centers, food pantries and senior centers. Volunteer ombudsmen provide advocacy for residents of long-term care facilities. Some of these services provide the volunteer with an hourly tax-free stipend, transportation reimbursement and other benefits.

Seniors Helping Seniors https://seniorcaregreateromaha.com 402-331-3073
Recruits older adults for jobs providing non-medical in-home care for other seniors.

Service Corps of Retired Executives https://omaha.score.org/volunteer 402-221-3606
Retired businesspersons help & mentor new business owners.

Share Omaha https://shareomaha.org 402-502-0360
Web site that lists local non-profit organizations seeking volunteers and donations.

United Way of the Midlands https://www.unitedwaymidlands.org/volunteer/ 402-342-8232

Volunteers Assisting Seniors http://vas-nebraska.org 402-444-6617

MISCELLANEOUS

ANGEL FLIGHT CENTRAL https://angelflightcentral.org 1-816-421-2300
Free flights on private aircraft for persons needing to access medical care not available within 125 miles of their home. Service is for those who cannot otherwise afford it, and covers a 10-state region in and around Nebraska.

CAREGIVER CALENDARS
Interactive "Help Calendars" help family members to schedule/coordinate care tasks. A caregiver can post updates and tasks that require help. Other family members can easily see and volunteer for specific duties. Reminders are sent so that no one forgets their commitments.
https://www.alz.org/help-support/caregiving/care-options/care-team-calendar
https://www.carecalendar.org

MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT - To reduce or stop these
DirectMail.com https://www.directmail.com/mail_preference/
Federal Trade Commission "Do Not Call" Registry https://www.donotcall.gov/
Direct Marketing Association https://www.dmachoice.org/
Commercial Email Opt-Out https://www.ims-dm.com/cgi/optoutemps.php

Form for caregiver to opt out of commercial marketing lists for an impaired family member:
https://www.ims-dm.com/cgi/dncc.php

NOMOROBO https://www.nomorobo.com/
Service that intercepts and answers phone calls from known scam robotic phone numbers. No charge for landlines, small monthly fee for mobile phones.

STORYWORTH https://new.storyworth.com/?flow=rebrand
Helps an older person create a book of their memories as a keepsake for their family.

TELEPHONE SERVICE REBATES 1-800-526-0017
The Nebraska Telephone Assistance Program (NTAP) provides lower-income persons a monthly credit for landline or cellular phone service. Applications are available on line or by phone. https://psc.nebraska.gov/telecommunications/nebraska-telephone-assistance-programlifeline

TRASH & RECYCLING BIN PICKUP FROM THE DOOR 402-444-5238
Elderly or disabled persons can designate a special pickup spot near their house if they cannot physically move cans/bin to the curb. Application and medical statement required.
https://wasteline.org/waste-collection-information/70-or-disabled-assistance

US POSTAL SERVICE INFORMED DELIVERY
The US Postal Service will email digital images of mail scheduled to be delivered to you that day. It also allows you to track packages and re-schedule deliveries. Service is free and secure. Enrollment necessary. https://informeddelivery.usps.com/box/pages/intro/start.action

UTILITY SHUT-OFF NOTICES Copies of shut off notices can be sent to the caregiver of an elderly person who fails to pay utility bills. Contact Utility business offices.

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The Community Resource List for Older Adults and Caregivers is intended as a comprehensive and timely directory of services for older adults and their family caregivers in Douglas and Sarpy Counties. It is not an endorsement of any program or service listed. This information is gleaned from public sources, such as internet websites, brochures, newspaper articles and advertisements. We accept no responsibility for the quality of services provided by any resource listed.

This list is updated at least once annually and may be duplicated with proper acknowledgement. You may download and print a copy of this and other patient education documents from the resources link on our Internet web site: https://www.nebraskamed.com/geriatrics/resources

Home Instead Center for Successful Aging
Nebraska Medicine
730 S. 38TH Ave., Omaha, Nebraska
https://www.nebraskamed.com/geriatrics

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