

**COMMUNITY RESOURCES FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES * April 2026**

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

(*All addresses/phone numbers are in Omaha unless otherwise noted)

ABUSE/NEGLECT 24-hour crisis lines (* Indicates those with emergency shelters)

Adult Protective Services (Nebraska Dept. of Health & Human Services) 1-800-652-1999
[Home Page - Abuse Hotline](#) (General Information: [Adult Protective Services](#))

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://www.heartlandfamilyservice.org/services/domestic-violence-sexual-assault/>

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

ADULT DAY PROGRAMS

Beautiful Life Adult Center 4205 S. 96th St. 531-466-1275
<https://beautifullifeadultcare.com/>

Country House Residence Day-Stay" Program
5030 S. 155th St. [Omaha – Our Community – CountryHouse](#) 402-964-2060
3720 George B. Lake Pkwy. [Elkhorn – Our Community – CountryHouse](#) 531-999-2747

Edgewood Memory Care Omaha 17620 Poppleton Ave. 402-333-5749
<https://www.edgewoodhealthcare.com/services/adult-day-services/>

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

Legato Living (Multiple locations in Omaha) [Respite & Adult Daycare - Living Legato](#)

The Club at Hillcrest Mabel Rose 4609 Hilltop St., Papillion 402-682-4800
<https://hillcresthealth.com/locations-and-services/the-club-adult-day-services/>

House of Hope (Royal Oaks Assisted Living) 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 <https://www.alz.org/nebraska> 1-800-272-3900

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		1-888-598-3789
https://www.hydroassoc.org/hydrocephalus-in-adults/		

Respite care financial grants for families caring for a relative with dementia.
[Dementia Home Care Grants for Families](#)

DISEASE-RELATED ORGANIZATIONS

American Cancer Society	Nebraska American Cancer Society	1-800-227-2345
A Time to Heal Cancer Foundation	220 N. 89 th St. #201 https://atth.org/	402-401-6083
American Diabetes Association	https://diabetes.org/	1-800-342-2383
American Heart Association	9900 Nicholas St., #200 https://www.heart.org/en/affiliates/nebraska	402-810-6870
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
Arthritis Foundation	https://www.arthritis.org/	1-800-283-7800
Bone Health and Osteoporosis Foundation	Home - Bone Health & Osteoporosis Foundation	1-800-231-4222
Epilepsy Foundation	https://www.epilepsy.com/	1-800-332-1000
National Fibromyalgia Association	https://www.fmaware.org/	
Nebraska Stroke Association	https://www.nebraskastroke.org/	1-402-484-8131

DRIVING CONCERNS

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

DRIVING SKILLS REFRESHER COURSES Classroom and On-Line

AAA Senior Driver Safety & Mobility	https://exchange.aaa.com/safety/senior-driver-safety-mobility/	
AARP Smart Driver Online Course	https://www.aarpdriversafety.org/	

National Safety Council Nebraska	3111 Oak View Dr.	402-896-0454
https://www.safenebraska.org/safe-road/adult-senior-driving/senior-driver-program		

DRIVER ASSESSMENT & REHABILITATION PROGRAMS Voluntary evaluation of physical & cognitive abilities to drive. Provides in-car driving assessment, training & adaptive equipment.

CHI Health Driver Evaluation & Training	6901 N. 72 nd St.	402-572-3055
https://www.chihealth.com/services/rehabilitation/outpatient-rehabilitation/driver-rehabilitation-program		
Madonna Therapy Plus	17500 Burke St.	402-401-3000
https://therapyplus.madonna.org/programs/occupational-therapy		

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

HOW TO REQUEST AN INVOLUNTARY RE-EXAMINATION OF AN UNSAFE DRIVER:

A family member or friend, a law enforcement officer, or any concerned citizen may contact the Driver's Licensing Division with specific concerns and questions.

Nebraska Dept. of Motor Vehicles, Driver's Licensing Division 1-402-471-3861
<https://dmv.nebraska.gov/dl/contact>

If the Department of Motor Vehicles is sufficiently concerned that an individual may be incapable of safely operating a motor vehicle, it will request that the person appear before Driver Licensing Staff on a specified date and time for reexamination.

The person will be required to furnish a statement by a licensed physician regarding medical history and present condition as it pertains to driving ability. A visual acuity statement from an optometrist or ophthalmologist may also be required.

The person will be required to take and successfully pass an in-car driving test.

Failure to report for a re-examination, or to submit the required medical or vision statement, or to pass required written and driving tests, will result in cancellation of the person's driver's license. <https://dmv.nebraska.gov/dl/license-cancellation>

FAMILY MEDIATION SERVICES

Concord Mediation Center 2910 S. 84th St. 402-345-1131
Concord's "Family Conflict Resolution Program" mediates **non-legal** disputes within caregiving families. <https://concordmediationcenter.com/conflict-resolution-services/family-conflict-resolution/>

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>) Online Assistance Applications: <https://iserve.nebraska.gov/>

Customer Service:

Financial Assistance 1-800-383-4278 (Toll-free)
Medicaid Assistance 1-855-632-7633 (Toll-free)

Douglas County Offices (all in Omaha) :

1215 S. 42 nd St.,	402-595-2665	5319 N. 30 th St.	1-800-383-4278
1500 N. 24 th St., #102	402-595-3700	1313 Farnam St.	402-595-2890

Sarpy County Office:

8044 S. 84th St., La Vista 402-595-1258

UTILITY BILL ASSISTANCE

Nebraska Energy Assistance <https://dhhs.ne.gov/pages/energy-assistance.aspx>

The Low-Income Home Energy Program provides financial help for heating and cooling bills, and window air conditioner, furnace and central air conditioning system repair/replacement.

The **Metropolitan Utilities District (MUD)**, and the **Omaha Public Power District (OPPD)** both provide help to low-income and disabled persons to pay utility bills. (continued)

MUD Home Fund: <https://www.mudomaha.com/utility-assistance/> 402-595-1258

OPPD Energy Assistance Program: [OPPD Energy Assistance Program \(EAP\)](#) 1-888-650-9132

TELEPHONE & INTERNET SERVICE DISCOUNTS & REBATES

Lifeline is a federal program that provides eligible lower-income phone and internet service customers with a monthly discount on their bill. <https://www.lifelinesupport.org/get-started/>

The Nebraska Telephone Assistance Program 1-800-526-0017

A supplement to the federal Lifeline program. Applications are available on line or by phone.

<https://psc.nebraska.gov/telecommunications/nebraska-telephone-assistance-programlifeline>

HOMESTEAD EXEMPTIONS

Volunteers Assisting Seniors 900 S. 74th St. <http://vas-nebraska.org/> 402-444-6617

Douglas County Assessor <http://dcassessor.org/homestead-exemptions> 402-444-7060

Sarpy County Assessor <https://www.sarpy.gov/165/Homestead-Exemption> 402-593-2122

SOCIAL SECURITY RETIREMENT & DISABILITY PENSIONS

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>

FRAUD & SCAM PREVENTION

The Nebraska Attorney General's Office web site 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
[Fraud and scams | Consumer Financial Protection Bureau](#)

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

GERIATRICS MEDICAL SPECIALISTS AND PRIMARY CARE PROVIDERS

NEBRASKA MEDICINE **730 S. 38th Ave.** **402-559-9600**
Home Instead Center for Successful Aging

Maureen Choman, MD Amy Coffey, MD Alfred Fisher, MD
Brandi Flagg, MD Elizabeth Harlow, MD Joseph Hejkal, MD
Jessie Jenkins, MD Katherine Maliszewski, MD Morgan Julian, MD
Cassandra Wehling, MD Nora Kovar, MD <https://www.unmc.edu/homeinsteadcenter>

OTHER NEBRASKA MEDICINE CLINICS:

Brentwood Health Center **8604 Giles Rd., La Vista** **402-559-0000**
Alyssa Emodi, MD Cassandra Wehling, MD Brandi Flagg, MD
Jessie Jenkins, MD Nora Kovar, MD Katherine Maliszewski, MD
Kelly Godfrey, APRN Tonya McLeay, APRN <https://www.nebraskamed.com/brentwood-village>

Elkhorn Health Center **20310 Blue Sage Pkwy** **402-559-0111**
Alexandra Ensign, PA-C Lindsey Schindler, DO <https://www.nebraskamed.com/elkhorn>

Fontenelle Health Center **5005 Ames Ave.** **402-559-0282**
Brandi Flagg, MD (Geriatric Consultation only) <https://www.nebraskamed.com/fontenelle>

Nebraska Medicine Internal Medicine Clinic **4400 Emilie St.** **402-559-4015**
Carrie A. B. Hoarty, MD <https://www.nebraskamed.com/doctors/carrie-a-b-hoarty>

Nebraska Medicine Family Medicine Clinic **4400 Emilie St.** **402-559-7200**
Timothy Malloy, MD <https://www.nebraskamed.com/doctors/timothy-r-malloy>

OTHER GERIATRICS SPECIALISTS AND PRIMARY CARE PROVIDERS

CHI Health 16909 Lakeside Hills Ct. #300 402-758-5400
Heather Morgan, MD <https://providers.chihealth.com/p/heather-m-morgan-1922013531?skipPrescreen=true>

Methodist Physicians Clinic 8901 W. Dodge Rd. #250 402-354-3152
Abelardo Cruz, MD and Kilie Donovan, MD [Find a Doctor or Specialist | Methodist Health System](#)

Immanuel Pathways PACE 5755 Sorensen Parkway 402-512-6199
Natalie Manley, MD <https://immanuel.com/pathways-pace>

A private, managed-care program offering medical, dental & home health care; physical & occupational therapy, social work services, coverage for prescription medications, medical transportation, nutritional counseling, and a recreation & activities center. Person must be at least 55 years old who require nursing home level of care but reside independently.

GERIATRIC ASSESSMENT PROGRAMS Comprehensive medical & cognitive evaluations

Geriatric Assessment Program <https://www.nebraskamed.com/geriatrics> **402-559-9600**
730 S. 38th Ave. Nebraska Medicine, Home Instead Center for Successful Aging

Methodist Geriatric Assessment Clinic 8901 W. Dodge, #250 402-354-3152
<https://bestcare.org/specialties/geriatrics-and-senior-services/geriatric-assessment-clinic>

Geriatric Evaluation and Management Clinic VA Medical Center 402-930-7099
4101 Woolworth Ave. (Clinic Case Manager: Norrie Ragland, RN, BSN 402-930-7623)

GROCERY SHOPPING Stores providing home delivery and/or curbside pickup services

Aldi [FAQs - Grocery Delivery & Curbside Pickup | ALDI US](#)
Bakers <https://www.bakersplus.com/i/ways-to-shop/delivery>
Family Fare <https://www.shopfamilyfare.com/>
Hy-Vee [Hy-Vee](#)
Target <https://www.target.com/c/same-day-delivery/-/N-bswkz>
Walmart [Fulfillment Options - Walmart.com](#)
Whole Foods [Order Online: Grocery, Catering & To-Go | Whole Foods Market](#)

HEARING IMPAIRMENTS Programs and Services

Nebraska Commission for the Deaf & Hard of Hearing 1-402-471-3593
Provides free, reconditioned hearing aids, phone amplifiers, and personal listening devices to lower-income persons. [Nebraska Hearing Aid Banks | Deaf and Hard of Hearing](#)

HOME CARE SERVICES Companions, personal care aides, housekeeping, meal preparation, transportation, errands, etc.

A Place at Home <https://aplaceathome.com/omaha/> 402-932-4646
Akkase Home Health Care www.akkasehhc.com 402-359-1265
Amada Senior Care <https://amadaseniorcare.com/omaha-senior-care> 402-281-0921
Assured Companions at Home <https://assuredcah.com/> 402-507-9797
Beautiful Life Home Care <https://www.blifehomecare.com/> 402-850-8438
Care Minders Home Care <https://www.caremindersnebraska.com/> 402-932-2211
Care One <https://mycareone.com/> 402-504-3219
Care Tech, Inc. <https://caretechinc.com/> 402-697-5121
Caring for People Services <https://caringforpeopleservices.com> 402-334-6900
Caring Senior Services <https://caringseniorservice.com/omaha/> 402-226-5552
CCA Home Care <https://ccahomecare.com/> 402-398-1848
Comfort Keepers <https://www.comfortkeepers.com/offices/nebraska/omaha> 402-503-3175
Comfort Squad <https://comfordsquad.org/> 402-252-5442
Cornerstone Caregiving [Elderly Home Care in Omaha, NE - Cornerstone Caregiving](#) 402-251-5770
Dignity Home Care <https://www.dignityhomecares.org/> 402-401-6689
Eastern Nebraska Office on Aging <https://enoa.org/programs/community-services/> 402-444-6536
First Light Home Care <https://www.firstlighthomecare.com/home-healthcare-omaha> 402-543-3833

Friends With Caring Hands	https://www.caringhandshelp.com/	402-819-8089
Genuine Global Care	https://genuineglobalcare.com/	531-207-3545
Home Care Advocacy Network – Douglas Co.	https://hcan.com/omaha/	402-359-1996
Home Care Advocacy Network – Sarpy Co.	https://hcanthrive.com/sarpy/	402-907-5659
Home Instead Senior Care	https://www.homeinstead.com	402-498-3444
Kellah Home Care	https://www.kellahhomecare.com/	402-706-6894
Kohl's Vesta Home Care	https://kohllsvesta.com/home-care/	402-973-1918
Love Thy Neighbor Senior Care	https://ltnseniorcare.com/	402-393-2525
Patron Senior Services	https://www.patronseniorliving.com/	402-800-7759
Quality Beginnings Home Care	https://qualitybeginnings.com/	402-946-1263
Right At Home	https://www.rightathome.net/omaha-metro	402-697-7536
Seniors Helping Seniors	https://seniorcaregreateromaha.com	402-331-3073
The Key	https://thekey.com/locations/nebraska/omaha	402-539-5249
Touching Hearts at Home	https://www.touchinghearts.com/omaha	402-804-2607
True North Home Care	https://truenorthhomecare.com/	402-981-8593
Trusted Life Choices	https://trustedlifechoicesllc.com/	402-982-9254
Way to Stay Home Care	https://waytostayhome.com/	402-557-0639

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

Eastern Nebraska Office on Aging	https://enao.org	402-444-6536
Flaherty Senior Consulting	https://www.flahertyconsulting.net/about	402-312-9324

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	https://www.allmidlands.com/	402-391-5554
Amakes Quality Home Care	https://www.amakeshomecare.com/	402-884-1645
Amedisys Home Health Care	Home Health Care Services in Omaha, NE Amedisys	402-342-5566
Aveanna Home Health Care	https://www.aveanna.com/locations/326/omaha-nebraska-68144/	402-933-3360
Boost Home Health Care	https://boosthomehealth.com/omaha/	531-366-5599
Brookestone Home Health Care	https://www.brookestonehomehealthcare.com/	402-932-9406
CHI Health At Home	https://www.chihealthathome.com/our-locations/omaha-ne-homecare	402-898-8000
Elite Professionals Home Care	https://www.eliteprohomecare.com/contact/omaha/	402-339-7727
Hillcrest Home Care	https://hillcresthealth.com/locations-and-services/hillcrest-home-care-omaha/	402-682-4808
Home Nursing with Heart	https://www.homenursingwithheart.com/	402-614-4622
Neighbors Keeper Home Health	https://www.neighborskeeperhomehealth.com/	402-884-2490
OnCare	https://oncareathome.com/	402-403-4330
Personal Choice Home Care	https://personalchoiceservices.com/	402-885-6700

Physicians Choice	https://pchhc.com	402-331-2273
Prime Home Care	https://primehomecare.org/	402-390-2492
St. Joseph Villa Home Care	https://www.stjosephvillaomaha.com/homecare	402-926-4444

HOME REPAIR & ACCESSIBILITY SOLUTIONS

* Indicates that income limits apply

Kohl's Rx Home Modifications 402-553-8901
<https://kohllsrx.com/products-services/home-modifications/>

101 Mobility 402-267-9778
<https://www.101mobility.com/omaha/>
 Sale/rental & installation of ramps, stair lifts, lift chairs and scooters.

Superior Van & Mobility 402-268-5697
 11147 Mockingbird Dr.
 Handicap-accessible vehicles and equipment rental, sales and service.
<https://www.superiorvan.com/locations/omaha-ne>

HomeWoven * 402-965-9201
<https://www.homewoven.org/>
 Free home painting/repairs and modifications; heating & cooling checks/repairs and help to purchase affordable housing. This program serves low-income elderly and/or disabled persons.

Nebraska Weatherization Assistance Program * 402-444-6666
 Insulation, caulking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners in Douglas County). <https://unitedwaymidlands.org/weatherization/>

City of Omaha Planning Department * [For Homeowners - City of Omaha Planning CD](#) 402-444-5150
 Funds and arranges exterior and interior home repair and accessibility projects, including ramp & handrail installation, bathroom modification, window/door/furnace/water heater repair and replacement, minor plumbing repair; interior painting & drywall repair, etc.

HOME SAFETY

EMERGENCY RESPONSE SYSTEMS

(All offer GPS technology)

Eastern Nebraska Office on Aging 402-444-6536
<https://enoa.org/programs/community-services/emergency-response-system.html>

ADT Health	https://www.adt.com/health	1-888-678-7024
Bay Alarm Medical	https://www.bayalarmmedical.com/	1-877-522-9633
FallCall Lite	https://www.fallcall.com/Apps/FallCall-Lite	1-844-832-5522
Life Alert	http://lifealerthelp.com/default.aspx	1-800-852-3081
Lifeline Response System	https://www.lifeline.com/	1-855-415-5856
Life Fone	https://www.lifefone.com/	1-877-245-7998
Life Station Medical Alert System	https://www.lifestation.com	1-888-712-1224
MediGuard USA	https://mediguardusa.com/mobile-monitoring	402-891-9700
Medical Alert	https://medicalalert.com	1-866-381-8316
Medical Guardian	https://www.medicalguardian.com/	1-800-668-9200
Mobile Help	https://www.mobilehelp.com/	1-800-992-0616
One Call Medical Alert	https://onecallmedicalalert.com/	1-800-916-0138

HOME SENSORS

System of electronic sensors that attach to frequently-used household items (bed, chair, coffee pot, refrigerator, pill box, walker, bathroom door, etc.). Wireless messages are sent to the caregiver's phone/device allowing them to track use of these objects to alert them of a possible emergency. Sensors can also be worn by the person to detect a fall.

Alarm.com Wellness <https://alarm.com/wellness-independent-living> 1-877-389-4033
Safe in Home <https://www.safeinhome.com/older-adults/> 1-855-476-6665

PROJECT LIFESAVER <https://projectlifesaver.org/> 1-877-580-5433

National program that trains caregivers and local first-responders, and provides them with the technology to locate and rescue impaired wandering persons. The website helps users locate Project Lifesaver programs in their area. Local member agencies include:

Omaha Police Department: 402-444-4313 Sarpy County Sheriff's Office: 402-593-2288

OTHER HOME SAFETY SERVICES

Free Smoke/Carbon Monoxide Alarm Installation 402-444-5700
(The Omaha Fire Department provides and installs traditional alarms, and specialized alarms for the hearing-impaired.) <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 SAFETY ASSESSMENTS

Medicare Parts A and B, and many private insurance plans, may pay for an Occupational Therapist to evaluate your home for potential safety hazards and to recommend modifications or assistive devices to prevent falls and other injuries. You must be homebound, under the care of a doctor, receiving home health care, and the therapist identifies risks to your safety.

HOSPICE AND PALLIATIVE CARE SERVICES

National Hospice Locator <http://www.nationalhospicelocator.com>
Interactive directory of Hospice and palliative care services in the United States

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

HOUSING: ASSISTED LIVING Retirement Centers that provide personal care services, such as help with bathing/dressing, and medication administration (# Notes a facility providing dementia/memory support care. * Notes a facility that may accept Medicaid Waiver.)

Aksarben Village # 1330 S. 70TH St. 402-810-9440
Astoria Senior Living # * 9220 Western Ave. 402-393-7313

Bailey Pointe at Miracle Hills *	11909 Miracle Hills Dr.	402-295-1392
Bailey Pointe at Roxbury Park *	5728 S. 108 th St.	402-448-1259
Bickford of Omaha - Blondo # *	11308 Blondo St.	402-810-8510
Bickford of Omaha - Hickory *	7337 Hickory St.	531-233-1151
The Brant at Gretna #	6991 S. 178 th Plz.	531-541-5522
Cedarhurst Senior Living #	8140 S. 97 th Plz., La Vista	531-365-9676
Crown Pointe #	2820 S. 80 th St.	531-233-5848
Eastern Nebraska Veterans Home #	12505 Harrison Tull Dr., Bellevue	402-595-2180
Echo Hills #	14509 Echo Hills Dr., LaVista	531-721-2500
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. 108 th St.	402-704-3463
Garden View Manor #	2450 N. 185 th St.	531-999-2264
Heritage Pointe # *	16811 Burdette St.	531-201-7704
Heritage Ridge # *	1502 Ft. Crook Rd. South, Bellevue	402-524-5343
The Heritage at Legacy #	2961 S. 169 th Plz.	531-999-6533
The Heritage at Sterling Ridge #	1111 Sterling Ridge Dr.	531-999-6223
Hickory Villa *	7315 Hickory St.	402-378-9284
Hillcrest Country Estates #	6021 Grand Lodge Ave., Papillion	402-682-4800
Hillcrest Highlands #	10890 S. 208 th St., Gretna	402-656-6622
Hillcrest Mable Rose # *	4609 Hilltop St., Papillion	402-736-6971
Hillcrest Silver Ridge # *	20332 Hackberry Dr., Gretna	402-600-0347
Homestead of La Vista *	8507 Granville Pkwy, La Vista	402-816-2651
House of Hope #	4801 N. 52 nd St.	402-557-6868
Immanuel Courtyard *	6759 Newport Ave.	402-682-7173
Immanuel Lakeside #	17475 Frances St.	402-704-4871
Immanuel Pacific Springs #	805 S. 173 rd Ct.	402-704-3543
Immanuel Village	6803 N. 68 th Plz.	402-378-9474
Keystone Villas *	7350 Graceland Dr.	402-572-5750
Marquis Place # *	20800 W. Maple Rd.	402-267-9492
New Cassel Retirement Center *	900 N. 90 th St.	402-393-2277
Ovation Heartwood Preserve #	471 Maxwell Plz.	402-645-0205
Parsons House # *	14325 Eagle Run Dr.	402-498-9554
Remington Heights	12606 W. Dodge Rd.	402-503-4793
Richmont Terrace # *	620 Fort Crook Road South, Bellevue	402-291-9800
Ridgewood Senior Living # *	12301 N. 149 Circle, Bennington	402-687-3944
Royale Oaks *	4801 N. 52 nd St.	402-557-6860
St. Joseph Tower *	2205 S. 10 th St.	402-952-5000
Southview Heights *	5110 S. 49 th St.	402-731-2118
Symphony Pointe #	445 S. 193 rd Plz.,	402-502-8577
Trinity Village *	522 W. Lincoln St., Papillion	402-704-8169
Valley Lakes *	1006 S. Mayne St. Valley	402-359-4884
Wel-Life Assisted Living *	801 N. Adams St., Papillion	402-339-1775
Westgate Assisted Living	3030 S. 80 th St.	402-600-0558

HOUSING: DEMENTIA

Facilities and group homes for persons with dementia

An Angel's Touch (Multiple locations)	https://anangelstouchomaha.com/	402-672-9580
Cedar Creek at Prairie Meadows	13208 Meredith Ave. https://www.cedarhurstliving.com/cedar-creek-prairie-meadows-ne	531-352-5419
Country House Residence Omaha – Our Community – CountryHouse	5030 S. 155 th St.	402-964-2060
Country House Residence Elkhorn – Our Community – CountryHouse	3720 George B Lake Pkwy	531-999-2747
Edgewood Memory Care Omaha Edgewood Omaha Memory Care - Edgewood Healthcare	17620 Poppleton Ave.	402-333-5749
Legato Living	https://legatoliving.com/ (website lists multiple locations with contact numbers)	
Miles Memory Care http://www.milesmemorycare.net	1425 Grandview Ave., Papillion	402-593-5496

HOUSING: INDEPENDENT LIVING

Apartment complexes & retirement communities for seniors.

(*Rent-subsidized and/or income limits. # Some handicap/wheel chair accessible units.)

Adams Park Senior Cottage	2707 N. 36 th Ct.	402-453-6100
Aksarben Village Senior Living	1330 S. 70 TH St.	402-810-9440
Arboretum Village	8141 Farnam Dr.	402-704-3626
Avidor Omaha	13110 Sterling Ridge Dr.	402-875-5985
Bellevue Place * #	1808 Warren St., Bellevue	402-292-0423
Bellewood Courts *	1002 Bellewood Ct., Bellevue	402-292-3300
Benn View Apartments *	15652 N. 4th St., Bennington	402-444-6203
Bloomfield	9804 Nicholas St.	402-404-3076
Camelot Senior Residences *	9415 Cady Ave.	402-275-6778
Cardinal Commons * #	1012 Kasper St., Bellevue	1-402-434-3344
Central Park Tower *	1511 Farnam St.	402-341-5130
Concord Square * #	2120 Paul St.	402-979-1655
Connect 55+	3535 Piney Creek, Elkhorn	402-502-7565
Connect 55+	7544 Gertrude St.	402-761-1477
Connect 55+	7205 N. 73 rd Plz. Circle	402-573-5555
Crown Pointe Retirement Cr.	2820 S. 80 th St.	531-365-0140
Crown Tower * #	5904 Henninger St.	402-444-6900
Cypress Pointe * #	6025 Hartman Ave.	1-402-434-3344
DeFreese Manor * #	2669 Dodge St.	402-345-0622
Durham-Booth Manor *	923 N. 38th St.	402-898-5880
Elk Ridge Village	19303 Seward Plz.	402-763-8692
Elmwood Tower	801 S. 52nd St.	402-558-3161
Evans Tower *	3600 N. 24 th St.	402-444-6900

Founders Ridge *	12925 Constitution Blvd. Papillion	402-982-0627
Fountain View Senior Living	5710 S. 108 th St.	402-704-3463
Freedom Village	1821 Freedom Village Dr., Bellevue	402-869-6973
Harmony Court	1802 Wall St., Bellevue	402-291-4200
The Heritage at Legacy	2961 S. 169 th Plz.	531-999-6533
Heritage at Sterling Ridge	1111 Sterling Ridge Dr.	531-999-6223
Heritage Ridge	1502 Ft. Crook Rd. South, Bellevue	402-524-5343
Hillcrest Country Estates	6021 Grand Lodge Ave., Papillion	402-885-7007
Hillcrest Highlands	10890 S. 208 th St, Gretna	402-784-4711
Hillside Senior Apartments	1404 Castelar St.	402-999-4559
Holiday Rolling Hills Ranch	4324 N. 132nd St.	402-856-8509
Immanuel Courtyard *	6759 Newport Ave.	402-682-7173
Immanuel Lakeside	17475 Frances St.	402-704-4871
Immanuel Village	6803 N. 68th Plz.	402-378-9474
James Tinsley Villas * #	5304 N. 58 th Plz. Cir.	1-402-434-3344
J.C. Wade Villa * #	3464 Ohio St.	402-451-8456
Kay Jay Tower *	4500 S. 25 th St.	402-444-6900
Kellom Gardens *	2517 Caldwell St.	402-341-1019
Keystone Villas	7350 Graceland Dr.	402-572-5750
Kings Gate Senior Apartments *	7055 Crown Point Ave.	402-571-7973
Lakeside Lofts	2303 S. 175 th Ct.	402-235-9672
Larimore Senior Residences *	3483 Larimore Ave.	1- 844-481-2136
Leo Vaughn Manor	3325 Fontenelle Blvd.	402-453-1070
Livestock Commons * #	4920 S. 30 th St.	1- 844-787-7301
Livingston Plaza * #	303 S. 132nd St.	402-330-3995
Maple Ridge	3525 N. 167 th Cir.	402-403-0178
Millard Manor Apartments *	12835 Deauville Dr.	402-896-2319
Millard Senior Residences	15625 "S" St.	402-884-4421
Mission House Vue * #	406 E. Mission Ave., Bellevue	402-292-0423
Monarch Villas * #	201 Cedardale Rd., Papillion	402-331-6882
North Acres Apartments *	5449 N. 108th St.	402-444-6203
Notre Dame Housing *	3439 State St.	402-451-4477
Oak Valley Apartments * #	12555 Krug Ave.	402-333-9888
Orchards at Wildewood *	7454 Gertrude St., La Vista	402-933-7478
Ovation Heartwood Preserve	470 Maxwell Plz.	402-387-7295
Pacific Springs Village	805 S. 173 RD Ct.	402-704-3543
Papio Valley Apartments #	2004 N. 81 st . Ct.,	402-955-0414
Park East * #	539 S. 26th Ave.	402-345-3168
Parkside Apartments	7775 Park Dr., Ralston	402-339-9080
Pilgrim Heights * #	1315 N. 26 th St.	402-953-8959
Platte Valley Apartments *	712 South West St., Valley	402-444-6203
Ralston House *	7301 "Q" St.	402-339-9014
Remington Heights	12606 W. Dodge Road	402-503-4793
Richmont Village	702 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Senior Living	12301 N. 149 Cir., Bennington	402-687-3859
River Road Townhomes *	Waterloo, NE	402-444-6203

Salem Village *	3502 Lake St.	402-614-0414
Shannon Heights * #	1811 Maple Plz. Cir.	1-402-434-3344
Sorensen Heights Senior Residence *	5425 Mary St.	402-881-8233
South Ridge Senior Apartments * #	2215 "Q" St.	402-999-9170
Southview Heights	5110 S. 49th St.	402-731-2118
Stone Plaza Townhomes *	6025 Ville de Sante Dr.	1-866-579-0451
Sunridge Village	13410 Blondo St.	402-496-0116
Symphony Pointe	445 S. 193 rd Plz.	402-502-8577
Tregaron Senior Residences	2135 Greenwald St., Bellevue	1-202-966-2244
Trinity Courtyard *	620 W. Lincoln St. Papillion	402-512-8681
Trinity Village	522 W. Lincoln St., Papillion	402-704-8169
Underwood Tower *	4850 Underwood Ave.	402-444-6900
Valley Heights *	309-317 W. Meigs, Valley	402-444-6203
Valley View *	400 W. Meigs, Valley	402-444-6203
Village East #	2011 N. 25 th St.	1-866-940-3277
Ville de Sante Terrace * #	6202 Ville De Sante Dr.	1-888-509-3679
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

HOUSING NAVIGATION SERVICES Consultation and referral to appropriate local senior housing and nursing home options. They may also organize and facilitate the move. While the initial consultation may be free of charge, some navigation services may be paid a "referral fee" by facilities, some of whom may then pass this cost along to the new resident.

A Place for Mom	https://www.aplaceformom.com/	1-866-732-8240
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	402-617-5186
Care Patrol	https://carepatrol.com/omaha/	402-557-0719
Clare Senior Advisors	https://www.clare senior advisors.com	402-990-6994
Oasis Senior Advisors	https://www.oasis senior advisors.com/omaha/	402-669-9490
Simple Senior Solutions	https://sssmidwest.com/	402-990-0341
HELP Long Term Care Planning Service	8522 Park Drive https://helpequipment.org/long-term-care-planning/	402-341-6559 x101

HOUSING RELOCATION Organizes and arranges household downsizing and moving.

A Simple Nest	https://a-simplenest.com/	402-850-5660
Caring Transitions	https://www.caringtransitionsgreateromaha.com/	402-882-4238
Craft Lifestyle Management, Inc.	http://craftlifestylemgt.com/	1-402-944-9494
Golden Years Relocation	https://goldenyearsrelocation.com/	1-833-776-6877
Senior Moving Services	http://www.seniormovingservices.com	402-445-0996
Simple Senior Solutions	https://sssmidwest.com/moving/	402-990-0341
The Move Coordinators	https://themovecoordinators.com/	402-480-6779
National Association of Senior and Specialty Move Managers	https://www.nasmm.org/	

HOUSING RESOURCES FOR OLDER ADULTS Affordable housing and rental assistance

US. Department of Housing and Urban Development 402-492-3100
<https://www.hud.gov/states/nebraska#LocalOffice>

Douglas County Housing Authority [Rental Programs - Douglas County Housing](#) 402-444-6203

Housing Foundation for Sarpy County <https://sarpyhousing.org/> 402-734-5448

Omaha Housing Authority [Senior Housing - Omaha Housing Authority](#) 402-444-6900

INFORMATION & REFERRAL

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

Benefits Check Up <https://benefitscheckup.org/> 1-800-794-6559

Elder Care Locator <https://eldercare.acl.gov/home> 1-800-677-1116

Seniors Blue Book <https://seniorsbluebook.com/local/nebraska-iowa>

Nebraska Aging & Disability Resource Center 1-844-843-6364

<https://dhhs.ne.gov/Pages/Aging-and-Disability-Resource-Center.aspx>

United Way "211" Information & Referral Hotline Dial: 211

<https://unitedwaymidlands.org/211-2/>

LEGAL ASSISTANCE Elder Law Attorneys

Burnett Legal Group 17525 Arbor St. 402-810-8611
<https://www.burnettwilsonlaw.com/elder-law/>

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

Elder Law & Life Care Planning Center 14301 FNB Parkway, #100 402-660-5913
Kimberly Hughes, JD <https://lifecarefirm.com/>

Gross, Welch, Marks & Clare 2120 S. 72nd St. #1500 402-392-1500
Margaret Badura, JD & Daniel Wintz, JD <https://gwmclaw.com/>

Hochstein Strategic Legal Planning 440 Regency Parkway Dr. #147 402-682-8975
Justin Hochstein, JD <https://www.hochsteinlegalplanning.com/>

Leroy Peterson Law 11819 Miracle Hills Dr. #104 402-718-8888
<https://www.leroypetersonlaw.com/about-leroy-peterson-law/>

LEGAL SERVICES FOR LOWER INCOME PERSONS

Abrahams Legal Clinic (Creighton University School of Law) 402-280-3068
<https://www.creighton.edu/law/clinics/abrahams-legal-clinic>

Legal Aid Society 209 S. 19th St. #200 <https://www.legalaidofnebraska.org/> 402-348-1069

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

NEBRASKA LIVING WILL DOCUMENT:

<https://eforms.com/living-will/nebraska-living-will-declaration-form/>

NEBRASKA HEALTH CARE POWER OF ATTORNEY DOCUMENT:

<https://eforms.com/power-of-attorney/ne/nebraska-durable-power-of-attorney-for-health-care/>

POLST Portable Medical Order

“POLST” is a process that lets people who are seriously ill or extremely frail **voluntarily chose** certain health care treatments in emergency situations when they cannot speak for themselves. Portable Medical Order forms are **specifically designed for people whose medical conditions mean they are likely to have a medical emergency, and they likely know what that emergency will be.**

POLST gives seriously ill or frail people more specific direction over their health care treatments compared to advance directives, and more options than “Do Not Resuscitate” (DNR) orders. It should be used as a supplement – not a replacement – for Advance Directive (Living Will and Health Care Power of Attorney) documents.

Conversations between the individual and their health care provider may result in them jointly executing a Portable Medical Order (POLST) document for the patient. Nebraska and most other states recognize POLST forms as legal documents. See the following links: <https://polst.org/>

THE CONVERSATION PROJECT® <https://theconversationproject.org/>

The Conversation Project® offers free guidance, and resources to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected by those who matter most to us them. The place for this to begin is at the kitchen table, not at a time of crisis.

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>

Easterseals Nebraska Alternative Financing Program 402-462-3031
Provides low-interest loans for the purchase of assistive technology devices and services.
<https://www.easterseals.com/ne/our-programs/alternative-financing/>

Methodist Health Clinics Equipment Loan Program 8111 West Dodge Rd. 402-807-3062
<https://bestcare.org/specialties/occupational-therapy/equipment-loan-program>

MEDICARE & HEALTH INSURANCE

Medicare <https://www.medicare.gov/> 1-800-633-4227

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

Sources of free & unbiased counselling about Medicare & health insurance options:

Nebraska Department of Insurance Senior Health Insurance Information Program (SHIP)	https://doi.nebraska.gov/consumer/senior-health	1-800-234-7119
Volunteers Assisting Seniors (VAS) 900 S. 74 th Plz. (serving residents of Douglas & Sarpy Counties)	http://vas-nebraska.org	402-444-6617

MENTAL HEALTH & COUNSELING SERVICES

COUNSELORS & THERAPISTS FOR OLDER ADULTS & FAMILY CAREGIVERS

Nebraska Medicine

Cecilia Yee Man Poon, Ph.D Multiple locations 402-552-6007
<https://www.nebraskamed.com/doctors/cecilia-yee-man-poon> 402-559-5031

Pando Geriatric Counseling 11620 Arbor St., #101 402-321-8995
<https://www.pandogeriatrics.com/>

Omaha Therapy and Arts Collaborative <https://www.otac.space/> 402-807-0444
Jean Stuto, LICSW, LIMHP, CGCS (on-line appointments only)

Brighter Horizons Counseling, PC <https://brighterhorizonscounseling.com/> 402-312-4179
Nene Diallo, LICSW, LIMHP (on-line and in-office appointments)

Marti Finkel, LIMHP, LCSW, LADC 11605 Miracle Hills Dr., #300 402-238-1431
Compassionate Minds Therapy <https://compassionatemindstherapy.com/marti-finkel/>

Erin Bagwell, LCSW, LIMHP 820 S. 75th St. 402-391-2477
Family Enrichment, Inc. <https://www.familyenrichmentomaha.com/therapists/erin-bagwell-lcsw-limhp>

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

The Friendship Line * The Institute on Aging 1-888-670-1360
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 EVALUATION & CARE FOR OLDER ADULTS

Nebraska Medicine Geriatric Psychiatry Service * 730 S. 38th Ave. 402-552-6007
<https://www.nebraskamed.com/behavioral-health/geriatric-mental-health> Appointment: 1-800-922-0000

Nebraska Medicine Adult Psychiatric Emergency Center 1-800-922-0000
Short-term crisis admissions for persons first seen at the Nebraska Medicine Emergency Room.
24/7 emergency evaluation, stabilization, and referral for adults with mental health crises and drug/alcohol intoxication. <https://www.nebraskamed.com/nebraska-medical-center/clarkson-tower/adult-pes>

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

Community Alliance 7150 Arbor St. 402-341-5128
Serves chronically mentally ill persons & their families <https://community-alliance.org/>

Suicide and Crisis Hotline (Formerly the National Suicide Prevention Hotline) Dial: **988**
National 3-digit phone number for anyone experiencing a mental health, drug use or suicidal thoughts, connecting them with trained crisis counselors 24/7. Services are available in English, Spanish and will provide interpretation services for over 150 other languages. <https://988lifeline.org/>

INVOLUNTARY MENTAL HEALTH HOSPITAL ADMISSIONS

Douglas County <https://clerk.dc4dc.com/board-of-mental-health> 402-444-3670
Sarpy County <https://www.sarpy.gov/313/Mental-Health> 402-593-2230

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. 22 nd Ave.	402-293-3041
Bennington 60 Plus Center (Wed.only)	322 N. Molly St.	402-502-9264
Camelot Friendship Center	9270 Cady Ave.	402-444-3091
Florence Senior Center	2920 Bondesson St.	402-444-6333
Immanuel Courtyard (Evening Meal)	6757 Newport Ave.	402-829-2914
Intercultural Senior Center	5545 Center St.	402-444-6529
LaVista Senior Center	8116 Park View Blvd.	402-331-3455
Millard-Montclair Center	2304 S. 135 th Ave.	402-546-1270
NE Urban Indian Health Coalition (T,W,Th)	2226 "N" St.	402-346-0902
Papillion Landing 55+ Club	1046 W. Lincoln St. Papillion	402-597-2059
Schenzel Community Center (T,Th)	2220 N. 20 th St.	402-612-0848
Seven Oaks Senior Center	3439 State St.	402-451-4477

DELIVERED MEALS

Eastern Nebraska Office on Aging <https://enoa.org> 402-444-6536
Jewish Senior Outreach (Kosher) <https://rbjh.com/outreach-services> 402-334-6532

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 Regular and specialty menus. Shipped and delivered

Mom's Meals <https://www.momsmeals.com/> 1-877-508-6667
BistroMD <https://www.bistromd.com> 1-866-401-3438

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

NEBRASKA HUMANE SOCIETY 8929 Fort St. 402-444-7800
Programs include: Low-cost **spay/neuter** services, **pet cremation** services, **Ana-Meals** (delivery of free pet food to older persons receiving mobile meals through the Eastern Nebraska Office on Aging), donation of **free pet food to local human food pantries**, **Project Pet Safe** (temporary shelter for pets of domestic violence victims) and a **Pet Loss Support Group**.
<https://www.nehumanesociety.org/community-services/community-resources/>

The **Eastern Nebraska Office on Aging (ENOA)** subsidizes transportation of pets to and from veterinary & grooming appointments, pet day care and boarding kennels for lower-income, homebound elderly ENOA clients. For information, call ENOA at 402-444-6536

PRESCRIPTION MEDICATIONS

DISPOSING OF OUTDATED/UNWANTED PRESCRIPTION DRUGS: The Nebraska MEDS Coalition can direct you to Nebraska pharmacies that will accept and properly dispose of unwanted medications free of charge. <https://www.nebraskameds.org> 1-800-222-1222

DIGITAL (ONLINE) PHARMACIES

The National Assn. of Boards of Pharmacy lists accredited US on-line pharmacies.
<https://nabp.pharmacy/programs/accreditations-inspections/digital-pharmacy/accredited-digital-pharmacies/>

MEDICARE PRESCRIPTION DRUG PLANS

<https://www.medicare.gov>

All Medicare beneficiaries qualify for optional coverage of some medication costs through plans offered by insurance companies. Plans vary according to premiums, co-payments, which medications are covered and participating pharmacies. For more information, call **Volunteers Assisting Seniors** at 402-444-6617.

MEDICATION DISPENSING/REMINDER SYSTEMS Locked, with reminder signals

The Alzheimer's Store <https://www.alzstore.com/browse-alzstore-s/1898.htm> 1-800-752-3238
ePill.com <https://www.epill.com/> 1-800-549-0095

PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS

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>

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

PRESCRIPTION MEDICINE DISCOUNT PROGRAMS

Discounts for local pharmacy and mail-ordered prescription medications.

Good Rx <https://www.goodrx.com/>
Single Care <https://www.singlecare.com/>
Cost Plus Drugs <https://costplusdrugs.com/>
Live Healthy Discount Program <https://www.nacorx.org/home>

RECREATIONAL & FITNESS PROGRAMS Programs for adults & seniors

UNMC EngGage Wellness Center https://www.unmc.edu/engage	730 S. 38th Ave.	402-552-7210
Lied Activity Center https://www.bellevuepublicschools.org/domain/431	2700 Arboretum Dr. Bellevue	402-293-5000
Life Time Fitness Center (Arora Program) https://www.lifetime.life/locations/ne/omaha/arora/classes.html	17007 Elm Plz.	402-334-4030
Omaha Wellbound Fitness Center https://www.omahawbfitness.com/	12121 Emmet St.	402-506-4333
Omaha Dept. of Parks & Recreation https://parks.cityofomaha.org	Multiple Locations	402-444-5900
Papillion Landing Recreation Center https://www.papillion.org/334/55-Club	1046 W. Lincoln St. Papillion	402-597-2041
Salvation Army Kroc Center YMCA (Multiple locations)	2825 Y St. https://omahakroc.org/ https://metroymca.org	402-905-3500
Moments With Purpose - Recreational Therapy at Home https://sites.google.com/view/recreationtherapyathome/home		319-325-1101

AQUATIC EXERCISE PROGRAMS

Common Ground Community Center	1701 Veterans Dr. Elkhorn	402-444-4227
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. 135 th Ave.	402-444-4956
Salvation Army Kroc Center	2825 "Y" St.	402-905-3500

WALKING CLUBS

Omaha Zoo & Aquarium Walking Club https://www.omahazoo.com/join-a-club	(once weekly, year-round)	402-733-8401
Lauritzen Garden Walking Club https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club	(once weekly, Apr-Oct)	402-346-4002 x 212

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

In Home:

Caregiver Support Program https://enoa.org/programs/choices/caregiver-support.html	(Eastern Nebraska Office on Aging)	402-444-6536
Nebraska Lifespan Respite Network	https://respite.ne.gov/	

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

SKILLED CARE NURSING HOMES # Indicates nursing homes with Memory Support units

Ambassador Health of Omaha	1540 N. 72nd St.	402-393-6500
Arbor Care Center - Valhaven	300 W. Meigs, Valley	402-359-2533
The Banyan at Montclair #	2525 S. 135th Ave.	402-333-2304
Brookestone Meadows	600 Brookestone Meadows Plz.	402-289-2696
Brookestone of Papillion	610 S. Polk St., Papillion	402-339-7700
Brookestone Village #	4330 S. 144 St.	402-614-4000
The Cypress at Midtown	910 S. 40th St.	402-342-2015
Douglas County Health Center #	4102 Woolworth Ave.	402-444-7041
Eastern Nebraska Veterans Home #	12505 Harrison Tull Dr., Bellevue	402-595-2180
Emerald Nursing & Rehab Legacy Pointe #	3110 Scott Circle	402-455-6636
Emerald Nursing & Rehabilitation Mercy	7410 Mercy Rd.	402-397-1220
Emerald Nursing & Rehabilitation Omaha	5505 Grover St.	402-558-0225
Florence Home Health Care Center	7915 N. 30th St.	402-827-6000
Good Samaritan Home	12856 Deauville Dr., Millard	402-885-4624
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 Newport House	6798 N. 67 th Plz.	402-682-8929
Life Care Center of Elkhorn	20275 Hopper St.	402-289-2572
Life Care Center of Omaha	6032 Ville De Sante Dr.	402-571-6770
The Lighthouse	17600 Arbor St.	402-769-3540
Maple Crest Health Center #	2824 N. 66th Ave.	402-551-2110
Omaha Nursing & Rehabilitation Center	4835 S. 49th St.	402-733-7200
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 Willows at Gretna	700 Hwy 6, Gretna	402-332-3446

NURSING HOMES: Consumer information and how to report concerns

On-line Health Inspection Reports for all US nursing homes

<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

Searchable site for the latest state inspection reports of all nursing homes nationwide.

Pro Publica <https://projects.propublica.org/nursing-homes/state/NE/>

Eastern Nebraska Office on Aging Ombudsman 402-444-6536

Nebraska Long Term Care Ombudsman <https://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx>

SKILLED CARE REHABILITATION FACILITIES (Short-term in-patient rehab. services only)

CHI Immanuel Rehabilitation Institute	6901 N. 72 nd St.	402-572-2327
Hillcrest Millard	13225 Westwood Ln.	402-682-4800
Keystone Ridge Post-Acute Nursing & Rehab.	7501 Keystone Dr.	402-572-5750
Madonna Rehabilitation Hospital	17500 Burke St., Omaha	402-401-3000
Old Mill Rehabilitation	1131 Papillion Pkwy.	402-934-7500
Quality Living Rehabilitation Institute	6404 N. 70 th Plz.	402-573-3700
Select Specialty Hospital	1870 S. 75 th St.	402-361-5700

SOCIAL & EDUCATIONAL PROGRAMS

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

Nebraska Urban Indian Health Coalition 2240 Landon Ct. 402-346-0902
(Tired Moccasins Elders Program) <https://www.nuihc.org/community-outreach>

Papillion Landing Recreation Center 1046 W. Lincoln St. Papillion 402-597-2059
<https://www.papillion.org/334/55-Club>

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

Schenzel Community Center 2220 N. 20th St. 402-612-0848
<https://www.hopecenterforkids.com/schenzelcommunitycenter>

Get Set Up <https://www.getsetup.io/partner/nebraska>

Line interactive classes to keep you mentally and socially active. Classes are taught by mature adults and kept small to ensure that everyone can participate. Classes are free, easy to join and are offered day and night.

UNO Senior Passport Program 402-554-2370

Allows older adults to sit in on undergraduate courses at the University of Nebraska at Omaha.
[Lifelong Learning for Senior Learners | Division of Continuing Studies | University of Nebraska Omaha](#)

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. **(continued)**

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://unitedwaymidlands.org/211-2/>

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 (Multiple programs and services) 402-341-0800
Reduced bus fare for older and disabled riders <https://www.ometro.com/fares/>

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

Metro Flex <https://www.ometro.com/rider-guide/metro-flex/> 402-341-0800
Wheelchair accessible vans provide individual and ride-share transportation to and from Omaha Metro bus stops.

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Bellevue Specialized Transportation Service 402-293-3138  
<https://www.bellevue.net/299/Programs>

LaVista/Ralston Special Services Bus 402-657-3550  
<https://www.cityoflavista.org/2389/La-Vista---Ralston-Special-Services-Bus>

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

Beautiful Life Medical Transport 402-933-0978  
<https://www.lifemedicaltransport.com/services/#non-emergency>

Comfort Squad Medical Transport <https://comfortmedicaltransport.org/> 402-252-5442 x105  
Compassion Care Medical Transport <http://www.ccmtransport.com/> 531-772-0931  
Kohl's Vesta Transportation <https://kohllsvesta.com/transportation/> 402-973-1918  
My Ol' Friend (Bellevue area) <https://my-ol-friend.com/> 402-915-1062  
Oceans Drive Transportation <https://oceansdrivetransportation.com/> 531-213-2211  
Z Trip Nebraska <https://www.ztrip.com/nebraska/> 402-292-2222

GoGo <https://www.gogograndparent.com/ext16> 1-855-464-6872 x16  
Program to pre-arrange rides through Uber and Lyft and monitor status from pickup to drop off via text message and phone calls to older rider and family caregivers.

Nebraska Urban Indian Health Coalition <https://www.nuihc.org/transportation> 402-346-0902  
Transportation for Native Americans to and from medical appointments within Omaha.

Ponca Express <https://www.poncatribene.gov/services/ponca-express/> 1-855-766-2239  
A program of the Ponca Tribe of Nebraska, providing transportation to local and rural residents both Indian and non-Indian.

Share-A-Fare, Inc. <http://www.shareafare.org> 402-827-9814  
Subsidized Uber, Lyft, GoGo Grandparent and taxi fares for visually-impaired persons.

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

Jewish Senior Outreach <https://www.rbjh.com/outreach-services> 402-330-4272  
United Way of the Midlands: Nebraska 211 <https://search.ne211.org/> Dial: 211

## **VETERANS SERVICES**

### **MEDICAL SERVICES**

VA Nebraska/ Western Iowa Medical Center 4101 Woolworth Ave. 402-346-8800  
<https://www.va.gov/nebraska-western-iowa-health-care/locations/omaha-va-medical-center/>

Omaha VA Clinic 825 Dorcas St., #200 402-977-4444  
<https://www.va.gov/nebraska-western-iowa-health-care/locations/omaha-va-clinic/>

Sarpy Co. VA Clinic 1330 Jersey St., Papillion 402-591-4500  
<https://www.va.gov/nebraska-western-iowa-health-care/locations/bellevue-va-clinic/>

Geriatric Evaluation and Management Clinic (VA Medical Center) 402-930-7099  
4101 Woolworth Ave., Omaha contact: Norrie Ragland, RN, BSN 402-930-7623

### **Transportation for appointments at the Omaha VA Medical Center:**

VetRide <https://www.vetride.va.gov/app/home>

Disabled American Veterans Medical Transportation Service 402-995-3453  
<https://www.va.gov/nebraska-western-iowa-health-care/dav-vans-transportation-for-veterans/>

### **BENEFITS, FINANCIAL ASSISTANCE, AND COUNSELING**

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

Omaha Vet Center 2132 S. 42<sup>nd</sup> St., Suite. 1 402-346-6735  
<https://www.va.gov/directory/guide/facility.asp?ID=424>

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

VetAssist <https://veteranshomecare.com/> 1-888-314-6075

A private organization that helps wartime vets and their surviving spouses to access pension and in-home care services through the Veterans Administration for nonservice-connected disabilities. Not affiliated with the US Government or Department of Veterans Affairs.

### **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

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

**Outlook Enrichment** 4125 S. 72<sup>nd</sup> 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, #316, Omaha <https://ncbvi.nebraska.gov/>

**Share-A-Fare, Inc.** <http://www.shareafare.org> 402-827-9814  
Subsidized Uber, Lyft, GoGo Grandparent and taxi fares for visually-impaired persons.

## **TALKING BOOKS, LARGE-PRINT MATERIALS AND READING SERVICES**

Nebraska Library Commission, Talking Book & Braille Services 1-800-307-2665  
[www.nlc.nebraska.gov](http://www.nlc.nebraska.gov)

Radio Talking Book Service <https://rtbs.org> 402-572-3003

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

## **VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

**Eastern Nebraska Office on Aging** Volunteer Connect Program 402-444-6536  
Volunteer options include: in-home support services for seniors (companion, transportation, handyman, 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. <https://enoa.org/how-to-get-involved/volunteer/>

Seniors Helping Seniors <https://seniorcaregreateromaha.com> 402-331-3073  
Employs older adults to provide non-medical in-home care for other seniors.

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

Share Omaha <https://shareomaha.org>  
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**

### **AFFORDABLE DENTAL CARE**

Creighton Dental Clinic 2109 Cuming St. 402-280-5990  
<https://www.creighton.edu/dentistry/patients>

Creighton University School of Dentistry provides affordable dental care by appointment for uninsured persons with limited incomes. They also have an after-hours emergency dental clinic twice weekly from 5:30 - 8:30 pm. (walk-ins accepted).

## **CARE TEAMS/CARE CALENDARS**

Online organizations that offer guidance to help individuals and caregivers organize and maintain a team of trusted friends to provide care and emotional support during an acute or chronic illness or disability. They provide on-line interactive schedules for helpers to sign up for specific duties.

Caring Bridge <https://www.caringbridge.org/resources/how-to-form-a-care-team/>  
Lotsa Helping Hands <https://lotsahelpinghands.com/>  
Caring Village <https://caringvillage.com/>  
Care Calendar <https://www.carecalendar.org>

## **MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT** - To reduce or stop these

National "Do Not Call" Registry <https://www.donotcall.gov/>  
Association of National Advertisers <https://www.dmchoice.org/>  
Direct Mail.com "Do Not Mail" List [https://www.directmail.com/mail\\_preference/](https://www.directmail.com/mail_preference/)  
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>

## **HILLCREST FOUNDATION FOR ENHANCING LIVES** <https://hillcrestfoundation.org/> **DREAMWEAVER FOUNDATION** <https://dreamweaver.org/>

Organizations that provide seniors with essential life-enhancing items or experiences they could otherwise not afford. They welcome nominations of older persons to receive these gifts.

**NOMOROBO** <https://www.nomorobo.com/>  
Service that intercepts and answers phone calls from known scam robotic phone numbers.

**STORYWORTH** <https://welcome.storyworth.com/>  
Helps an older person create a book of their memories as a keepsake for their family.

**TRASH & RECYCLING CART 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 carts to the curb. An application and medical statement are 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://www.usps.com/manage/informed-delivery.htm>

**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.

**VACCINATION RECORDS** [https://nesiis-dhhs-prod.ne.gov/prd\\_ir/public/clientSearch.do?language=en](https://nesiis-dhhs-prod.ne.gov/prd_ir/public/clientSearch.do?language=en)  
The Nebraska Department of Health & Human Services provides a free personal record of all your vaccinations through its State Immunization Information System. This record may be printed and downloaded to your phone. Log on to the link above, or call 1-888-433-2510

**FREE VOTER PHOTO ID CARDS** – Nebraska law now requires all voters to present a valid photo identification card to cast a ballot. Eligible voters who don't have a Nebraska driver's license or state photo identification card can apply for a **free** photo ID card through any Nebraska Department of Motor Vehicles (DMV) Office. **On the application form, the applicant should indicate that they are seeking the card for voting purposes.** For complete information, click on the following link:  
<https://sos.nebraska.gov/elections/voter-id>



**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>