



ALZHEIMER'S & DEMENTIA RESOURCE CENTER

2020-2021
Directory of Local Resources

*Creating a community
where no one affected by Alzheimer's and dementia
makes the journey alone.*

For more information:
Phone: (318) 780-7906
P.O. Box 4038, Shreveport, LA 71134
www.alzagency.org

Who We Are, What We Do

The mission of The Bridge Alzheimer's & Dementia Resource Center is to provide resources, education, and support services for those in our community diagnosed with Alzheimer's disease and related dementias, as well as to their family members and caregivers, and to promote awareness in our community.

CURRENT SERVICES

- Local telephone helpline with referral service
- Resource Directory
- Local website
- Education for caregivers
- Caregiver support groups
- Active Facebook Page
- Art Expressions programs at local facilities
- In-home assessments
- Advocacy, intervention and problem-solving

FINANCIAL SUPPORT

The Bridge Alzheimer's & Dementia Resource Center is a non-profit organization qualified under Internal Revenue Code 501(c)3 to accept donations as tax deductible contributions. All donations made to the Center are used to provide services in our local community. The Center is financially supported by member commitments, general donations, memorial donations, corporate partnerships, fund-raising events, and grant opportunities.

****All funds raised here and are used to provide services in our community!***

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Seniors & Caregivers

DO YOU NEED IN HOME SUPPORT?

Transportation

Meals on Wheels

Personal Care

Caregiver Services

Homemaker Services

Eligibility Requirements

Be 60 or over

Reside in Bossier Parish

Meet assessment criteria

No support to perform these services

Contact Bossier Council on Aging
(318) 741-8302

The Right to Choose

This Alzheimer's Resource Directory was created by a non-profit organization dedicated to providing resource information and education for individuals with Alzheimer's and dementia, their families, and caregivers. All information is intended for use as a reference only reflecting available resources as provided to us, and does not represent an endorsement by this organization.

THE
PATIENT'S BILL OF RIGHTS ACT
MANDATES EVERY PATIENT'S
RIGHT TO CHOOSE THE PROVIDER
OF THEIR HEALTHCARE SERVICES.

Information provided within is not intended for diagnosis, treatment, or providing a plan of care for those with Alzheimer's or dementia. Our hope is for you to become more knowledgeable regarding available options allowing opportunity for discussion with your medical provider.

J. Gary Booker, M.D.

Adult Psychiatry

851 Olive Street

Shreveport, LA 71104

Telephone: (318) 227-9600

ALZHEIMER'S BRAIN IMAGING RESEARCH

LSU Health
SHREVEPORT

We are looking for volunteers **WITH** and **WITHOUT** Alzheimer's

WHAT WE DO

- We study **BRAIN** and **HEART** health and how they are affected in Alzheimer's Disease

WHAT IS INVOLVED

- Neuropsychological tests (brain teasers)
- Blood draw (30ml)
- MRI scan

BENEFITS

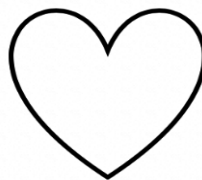
- Help us understand Alzheimer's Disease.
- Keep your MRI images and share with your doctor.



Contact Us
(318)-675-4932

or at

shvparkinsonsmri@lsuhsc.edu



From The Members

Dear Friends:

We are pleased to bring to you an updated edition of our Directory of Local Resources. This directory has been developed by The Bridge Alzheimer's & Dementia Resource Center to provide you and your loved ones with as comprehensive a list as we were able to provide of the resources available in the Shreveport/Bossier community. The information contained in this resource directory is to be used as a starting point for your journey with Alzheimer's disease and dementia. This guide was created by caregivers for caregivers to empower you to have the best tools and resources available to face the challenges ahead.

The Bridge Alzheimer's & Dementia Resource Center is a non-profit organization made up of members who have been directly affected by Alzheimer's disease and dementia and have faced many of the challenges brought on by this disease. We have created this directory to be a user friendly resource, and it was designed to provide information for your immediate access. Our hope is that you will find something within these pages that will guide you and support you in the challenges that lie ahead.

On behalf of The Bridge Alzheimer's & Dementia Resource Center, we appreciate the opportunity to serve you and your family. If we can be of any further service to you, please call us at 318-780-7906 or visit our website, www.alzagency.org. May you and your loved ones be blessed with strength and courage each and every day.

Graciously,

The Board of Directors

The Bridge Alzheimer's & Dementia Resource Center

*There is no medicine better than hope,
no comfort more than home, and no
power greater than the expectation of
tomorrow.*



Call us today for information on palliative and hospice care services, or if interested in becoming a hospice volunteer.

Shreveport ♦ 318-222-8723

Sibley ♦ 318-377-5648

StJosephHospice.com

Resource Directory Sponsor Pages

The Bridge Alzheimer's & Dementia Resource Center sincerely appreciates the page sponsors for their help--without them this book would not be possible.

Placement of the ads in this directory does not constitute endorsement of the advertisers by this organization.

Thank You!



ASSISTED LIVING
memory care
IN A UNIQUE SETTING.

THE GLEN
RETIREMENT SYSTEM
THE COTTAGES

WWW.THEGLENSYSTEM.ORG 318-798-3500

The advertisement features a dark, textured background with a collage of vintage, torn-edge photographs of children and families. A small house icon is in the top right corner. The text is arranged in a central, semi-transparent white box.

What to Do When Diagnosed

There are some very important factors you and your first diagnosed with Alzheimer's or dementia. Below is a

- Needs and Goals:** Plan for your immediate and future healthcare needs and financial goals. Choose someone you trust to openly discuss these matters.
- Caregiver:** Discuss with your family who will assume the role as your main caregiver. This may be a spouse, your child, or a friend.
- Caregiver Assistance:** Discuss with family and friends who would be able to assume the caregiver role in case your main caregiver becomes ill or unable to care for you.
- Legal:** Determine your healthcare wishes and seek legal counsel to set up a **Living Will** and **Durable Power of Attorney**.
- Financial:** Determine your financial needs and goals and **SEEK FINANCIAL PLANNING**.

*No matter what your financial status, getting the right advice from someone who knows the facts can truly save you and your family from future worry or hardship. Many companies do not charge a fee for consultation. It is also important to look into Long Term Care planning as early as possible, even if you do not plan to need it.**

*According to the Genworth 2015 Cost of Care Survey, costs for most long term care options in the Shreveport/Bossier area continue to rise. The average cost of a semi-private room in a nursing home is rising at the rate of 3% per year with a current average of \$159 per day. Rates for private rooms in area nursing homes are also rising at the rate of 3% per year with a current average rate of \$167 per day. Rates for a one bedroom unit in an assisted living facility in the Shreveport/Bossier area actually went down by 1% to an average rate of \$2,925 per month. Adult day care rates, at \$63 per day, are about 2% less on average than previous years. In-home non-medical care costs have risen by 1% to an average of \$16 per hour while homemaker/sitter services costs have gone up by 1% as well to an average of \$15 per day.

with Alzheimer's or Dementia

family should consider and discuss when a loved one is
a checklist of these factors to help you plan for the future.

- Community Safety:** Get registered with your local Sheriffs Operation Safeguard (S.O.S.) Program.*

**This is very important! Each person advances through the stages of Alzheimer's differently. Change can occur rapidly, and no one knows when or if a person may wander or become lost!*

- Knowledge:** Educate yourself and your family on the challenges that come with Alzheimer's and dementia.

- Information:** Be informed. Refer to the references provided in this directory including books, websites, and other services that will keep you informed on the latest updates in Alzheimer's research and care.

*For information or an Educational Packet, contact us at:
318-780-7906*

- Family and Friends:** Keep trusted family and friends in the loop. No matter how strong and healthy caregivers are perceived to be, they must have time to care for themselves. Ask for Help! Join a support group! A list of local support groups is included. See programs listed offering respite care.

It is frequently observed that due to the intense daily pressure and stress of caring for a loved one with Alzheimer's or dementia, the caregiver's physical health will deteriorate much quicker than the loved one for whom they are caring. Don't forget to take care of yourself, the caregiver.



THE
BLAKE
AT BOSSIER
CITY



Resort Style Assisted Living & Memory Care



Memory Care Residents Enjoy:

- Chef-prepared meals and restaurant style choices.
- Private Landscaped Courtyard
- Full time Memory Care Activities Coordinator
- IN2L Engagement Technology
- Private Suites with tall ceilings & traditional millwork.



Understanding

Our certified dementia practitioners create the best plan of care for individuals based on their current state of Alzheimer's and dementia related disorders. We complete a biography with the residents' families to gain background knowledge of the resident.

Technology

Our Vigil Dementia Call System uses sensors & motion detectors in each resident's apartment to alert our care staff when residents may be in need of assistance. The system can be customized to the needs of each resident.

**Call 318-752-6611
to schedule a tour!**

**2000 Blake Boulevard | Bossier City, LA 71111
(318) 752-6611 | blakeliving.com/bossiercity**

Common Terms

Related to Diagnosis

•**Dementia** — a term used to describe a group of symptoms that occur when the brain is not working properly. The symptoms include problems with memory, orientation, judgment, concentration, visual perception, and language.

There are many different health problems which can cause dementia. Some of these health problems can be reversed. This makes it very important to see a doctor or neurologist for an accurate diagnosis.

•**Alzheimer's disease (AD)** - a disease which causes cells in the brain to die. Over time, this cell death affects the brain's ability to process information causing a person to have memory-loss as well as problems with thinking and reasoning; problems with orientation, language, behavior, and personality changes. As this disease progresses individuals eventually lose the ability to live independently.

•**Activities of Daily Living (ADL)** - a person's daily routine of basic functions; examples include dressing, bathing, personal hygiene, eating, walking, and other personal activities.

Many diagnostic tests measure activities of daily living to determine the level of care a person may need.

Common Terms

Related to Level of Care

In Home Care:

- **Durable Medical Equipment (DME)** - medical equipment prescribed by a physician that is used for the treatment of an illness or injury. (Examples include wheelchairs, hospital beds, oxygen, etc.)
- **Home Health Care (HH)** - is care and treatment performed in the home of a person during visits by professionals including nurses and social workers; physical, occupational, and speech therapists; and home health aides. This care is prescribed and managed by a physician.
- **Respite Care** - a service providing care for individuals requiring continual assistance. This service allows needed relief for family members and friends who serve as main caregivers. This service is provided in the home, at adult day care centers or skilled nursing facilities outside the home.
- **Hospice** — a service providing comfort and supportive care by professionals and volunteers to terminally ill individuals and their families. Care can be provided in the home or within a facility, such as a hospital, nursing home, or independent hospice facility.
- **Non-medical In-Home Care** - Care providing assistance with ADLs, companionship, meal preparation and light housekeeping.

Community Based Care :

- **Acute Care Hospital**- a hospital which provides care to individuals who have had a recent onset of an illness, injury, or worsening symptoms of a chronic illness requiring immediate and continual care by physicians, skilled nurses, and therapy staff to restore good health. These facilities provide emergency rooms, operating rooms, critical care units, surgery care units, and medical units. (Examples: Willis Knighton Hospitals, CHRISTUS Hospital, University Health, and VA Hospital)

Common Terms

Community Based Care Continued:

- **Long Term Acute Care Hospital (LTAC)** - a hospital which provides care to individuals whose medically complex illness (multiple illnesses) require a longer stay in an acute care setting to restore a person back to a level of good health. These facilities provide the same continued monitoring by physicians, nurses, and therapists within critical care units and medical care units, and also offer rehabilitation to maximize recovery. These facilities do not offer emergency or operating room services. (Examples: Promise Hospitals, Lifecare Hospitals and Cornerstone)
- **Rehabilitation (Rehab) Hospital** - a facility which provides extensive rehabilitation therapy on an inpatient basis for patients recovering from physically debilitating conditions, such as complex orthopedic disorders, and/or neurological disorders and injuries. These facilities provide aggressive physical and occupational therapy programs designed for patients able to tolerate at least three hours of therapy per day.
- **Skilled Nursing Facility**- a facility providing full-time supervision by skilled nursing staff and generalized rehab therapy. These facilities are located within hospitals, rehabs, and nursing homes. Skilled nursing units within a nursing home can accept patients for temporary stay until the patient recovers and is able to return home.
- **Outpatient Rehab** - programs designed on an outpatient basis for patients who are moderately stable and will benefit from a formal rehab program to build physical endurance, to improve mental and cognitive function, or to manage pain. (Examples include: Pulmonary Rehab and Cardiac Rehab programs available at Willis Knighton and CHRISTUS Schumpert)

Common Terms

Community Based Care Continued:

- **Adult Day Care** - a day program providing health, social, and functional support to elderly and disabled adults in a group setting outside the home; can be utilized as source for respite care outside the home.
- **Independent Hospice Facility** - freestanding facility designed specifically to provide inpatient hospice care. Beneficial for patients without primary caregivers or caregivers unable to manage the overwhelming tasks associated with the terminally ill, who need up to 5 days of respite care, or may allow brief admission for critical medical needs that cannot be met in a home environment.

Terms Related to Senior Living

- **Senior Housing** - housing restricted to seniors in a community setting, including:
 - age restricted neighborhoods offering resort style amenities and social activities with options to own, lease, or rent property.
 - age restricted apartments are apartment settings for seniors which may offer some social activities.

(Do not offer support services or staffing for special needs.)

- **Independent Living Facility** - a facility offering private residential dwellings with bedroom, bathroom, living room, and kitchen. These facilities are designed for independently functioning adults, and may not provide other support services. However, some independent living facilities may provide central dining areas; housekeeping, linen, and transportation services as well as recreational activities and other support services. When these services are offered in an independent living environment it may also be referred to as “Congregate Housing.”
- **Assisted Living Facility** - a facility offering twenty-four hour staff with private dwelling units. These facilities are designed for individuals who have difficulty functioning independently and require assistance with normal daily activities such as dressing, grooming, bathing, and medication reminders.

Common Terms

Terms Related to Senior Living

- **Long Term Care Facility (LTCF)** - a facility licensed by the state as a nursing home which provides skilled nursing services, intermediate care, and custodial care.
- **Skilled Nursing Facility (SNF)** - a facility licensed to provide skilled nursing services and rehabilitation care for patients recovering from an illness. Patients do not require the intensive level of therapy provided in a rehab hospital.
- **Intermediate Care Facility** - a facility providing care to individuals who are not actively ill, but require twenty-four hour care, or for those in a crisis situation whose medical needs cannot be managed in a home setting. This facility does not provide long term care.
- **Custodial Care** - general level of care providing assistance with activities of daily living, but does not require continued care by trained medical personnel
- **Alzheimer's / Dementia Unit** - a special unit, wing, or independent facility designed with a secure environment constructed to help minimize sights and sounds which may cause confusion and agitation, also providing trained staff to work effectively and stimulate constructive behaviors.

Terms Related to Expense and Insurance Coverage

- **Medicare** - the United States federal government program which provides health insurance to people age 65 or older, under age 65 with certain disabilities, and to any age person with permanent kidney failure requiring dialysis or kidney transplant.
- **Medicaid** - a federal and state funded program designed to help pay for medical services and long term care services to individuals who qualify. *(See page 58 for details)*
- **Medicare Supplemental** - an additional insurance policy held by a Medicare beneficiary or commercial beneficiary that processes and pays claims after the primary insurance has paid their part.
- **Long Term Care Coverage** - insurance coverage which helps pay the cost of long-term care which is generally not covered under a regular health insurance plan, Medicare, or Medicaid.

**ALZHEIMER'S
AND
DEMENTIA
RESOURCES
in our
LOCAL
COMMUNITY**

Caddo Parish Sheriff's Operation Safeguard S.O.S. Program

The Sheriff's Operation Safeguard (S.O.S.) is a program designed to help identify and reunite lost, memory- impaired persons with their families.

How it Works:

- Memory-impaired individuals register by completing application.
- Information is stored into a confidential database and referenced by an identification number.
- Applicants will receive a bracelet with this identification number and the Sheriff's phone number engraved on it.
- In the event an individual becomes lost the phone number and ID number provide a link to help ensure the individual's safe return.
- *Must live in Caddo Parish and reside in a private residence.*

How to Register:

- Obtain an application. Complete application and return to:
Caddo Parish Sheriff's Office
1000 Grimmatt Dr., Shreveport, LA 71107
- Once application is processed, you will receive your ID bracelet.
- For other questions, please contact the Caddo Parish Sheriff's Office at 318-681-0869.



To Receive an Application by Mail:

Contact the: Community Program Section at 318-681-0871



Applications can be picked up at:

- Caddo Parish Court House, Community Program Section in Shreveport. 1000 Grimmatt Drive
- Caddo Council on Aging...1700 Buckner Square, Ste. 240
- Government Plaza505 Travis Street
- Any Caddo Parish Sheriff's Office Substation:
 - Oil City 11411 Highway 1 North
 - Shreveport 4910 North Market
 - Keithville. 9956 Mansfield Rd.

Bossier Parish Sheriff's Operation Safeguard S.O.S. Program

The Sheriff's Operation Safeguard (S.O.S.) is a program designed to help identify and reunite lost, memory-impaired persons with their families.

How it Works:

- Memory-impaired individuals register by completing application.
- Information is stored into a confidential database and referenced by an identification number.
- Applicants will receive a bracelet with this identification number and the Sheriff's phone number engraved on it.
- In the event an individual becomes lost the phone number and ID number provide a link to help ensure the individual's safe return.
- *Must live in Bossier Parish and reside in a private residence.*

How to Register:

- Obtain an application. Complete application and return to:
***Bossier Parish Sheriff's Office Substation
2510 Airline Dr., Bossier City, LA 71111***
- Once application is processed, you will receive your ID bracelet.
- For other questions, please contact the Bossier Parish Sheriff's Office at 318-965-3500.



To Receive an Application by Mail:

Contact the: *Bossier Parish Sheriff's Office at 318-965-3500*



Applications can be picked up at:

- Bossier Parish Sheriff's Office Substation:
2510 Airline Drive, Bossier City, LA 71111

Services for Seniors

Local Councils on Aging

Councils on Aging are community service agencies which provide help to seniors based on each individual's needs:

(Services may vary by site - for additional Northwest Louisiana councils, see pages 39-40.)

Caddo Council on Aging **318-676-7900**

1700 Buckner Square, Suite 240 Shreveport, LA 71101

www.caddocouncilonaging.org

- Meals on Wheels
- Senior RX
- Aging & Disability Resource Center - Includes Medicare Counseling
- In-Home Services (Personal Care, Homemaker, and Family Caregiver/Respite Services)
- Information and Referral
- Assistance with Legal Services
- Foster Grandparents
- Nursing Home Ombudsman
- Senior Center/Dining Sites
- Ombudsman

Bossier Council on Aging **318-741-8302**

706 Bearkat Dr., Bossier City, LA 71111

- Family Caregiver
 - Homemaker
 - Legal Services
 - Meals on Wheels
 - Personal Care
 - Telephone Reassurance
 - Medical Alert
 - Senior Centers/Dining Sites
 - 911 Emergency Phones
 - Transportation
- (Services may vary by site - for additional Northwest Louisiana councils, see pages 39-40)*

Healthcare Providers

Hospitals that Provide Behavioral Health Services

Brentwood Hospital
1006 Highland Ave.
Shreveport, LA 71101
877-678-7500

Ochsner LSU Health Shreveport
1541 Kings Highway
Shreveport, LA 71103
318-626-2445

Freedom Behavioral Hospital of Minden
1 Medical Plaza
Minden, LA 71055
318-371-5646

Promise Hospital of Louisiana
1800 Irving Place
Shreveport, LA 71101
Contact: Deborah Havens
Phone: 318-425-4096
Fax: 318-424-2627
dhavens@promisehealthcare.com
Website: www.promise-shreveport.com

Red River Behavioral Center
2800 Melrose Ave.
Bossier City, LA 71111
318-549-2033

Willis Knighton Rehabilitation Institute - Behavioral
1111 Line Ave., Tower 2, 3rd floor,
Shreveport, LA 71101
318-716-4610

Hospices

Hospice is an organized program that serves patients who are diagnosed with a terminal illness and/or have a limited life span. Hospice specializes in palliative management of pain and other symptoms with medical, spiritual and emotional support through the services of Registered Nurses, Home Health Aides, Social Workers, and Chaplains. Generally all medication and durable medical equipment directly related to the diagnosis is provided when the patient has been approved for service.

Aime Hospice Care
104 MBL Bank Drive
Minden, LA 71055
Phone: 318-371-1140
Toll Free: 877-371-1140
Fax: 318-212-1873

infominden@agapehospicegroup.com
www.aimehospice.com

Aime Hospice
6425 Youree Drive
Shreveport, LA 71107
Phone: 318-861-2150
Fax: 318-797-1047
Website: shreveportinfo@
aimehospice.com

Amedysis Hospice
425 Ashley Ridge Blvd., Ste. 240
Shreveport, LA 71106
(318) 868-8788

**Christus Hospice & Palliative Care
of Shreveport-Bossier**

1700 Buckner Square, Suite 200
Shreveport, LA 71101
Contact: Carla Sharp
Phone: 318-383-6748
Fax: 318-383-6750

**Hospice of Louisiana
at Willis Knighton**

616 East Flournoy Lucas Rd.
Shreveport, LA 71115
Contact: Megan Lewikar
Phone: 318-212-2170
Fax: 318-212-2189
www.wkhs.com/hospice/home.aspx
Four levels of care depending on needs.

Hospice of Shreveport/Bossier

3829 Gilbert St.
Shreveport, LA 71104
Contact: Amy Stewart
Phone: 318-865-7177
Fax: 318-865-4077
Toll Free: 800-824-4672
www.hospicesb.com

LifePath Hospice Care Services

8720 Quimper Pl Suite 100
Shreveport, LA 71105
Phone: 318-222-5711
Fax: 318-222-5715
Email: FRiordan@asimgt.com
www.lifepathhospicecare.com

Regional Hospice

8660 Fern Ave. #145
Shreveport, LA 71105
Phone: 318.524.1046
Fax: 318.524.2166

SouthernCare Hospice Services

2103 Old Minden Rd., Suite A
Bossier City, LA 71112
Phone: 318-227-9160
Toll Free: 1-866-694-6371
Fax: 318-227-9781
Website: www.southerncareinc.com

Stat Home Care

8039 Line Ave., Suite 1B
Shreveport, LA 71101
Phone: 318-861-1965
Fax: 318-222-0014
Website: www.aimhome.org

St. Joseph Hospice of Shreveport

8950 E. Kings Hwy
Shreveport, LA 71115
Contact: Paige Parker
Phone: 318-222-8723
Toll Free: 888-731-3575
Fax: 318-222-8732
Email: pparker@stjosephhospice.com
Website: thecarpenterhealthnetwork.com/locations/st-joseph-hospice/

Home Health Services

Home health is care and treatment performed in the home of a person during home visits by professionals including nurses, social workers, physical, occupational and speech therapists, and home health aides. This care is prescribed and managed by a physician and is generally covered by Medicare or other health insurance.

Ark-La-Tex Home Health

2090 Stockwell Road
Bossier City, LA 71111
Phone: 318-747-6180
Fax: 318-746-2771
www.arklatexhomehealth.com

Skilled nursing, home health aide, ancillary services include PT, ST, and OT. Payment: Medicare, private pay and insurance.

Christus Schumpert Home Health

1700 Buckner Square Suite 200

Shreveport, LA 71101

Contact: Amanda Nash

Phone: 318-383-6745

Toll Free: 1-800-346-0527

Fax: 318-383-6747

www.christushomecare.org

Skilled Nursing; Physical, Occupational and Speech Therapy; Medical Social Workers; Personal Care Attendants.

Accept: Medicare, Medicaid, and private insurance.

Louisiana Home Care

6425 Youree Drive, Ste. 290

Shreveport, LA 71105

Phone: 318-219-9549

Fax: 318-219-3211

www.lhcgroupp.com/shreveport

Skilled Nursing, Physical, Occupational, and Speech Therapy. Psychiatric Nursing, Medical Social Worker, Home Health Aides and Emergency Call System. Accept: Medicare, Medicaid, Private Insurance.

Medistar Home Health

Contact: Krystal Kendrick

4442 Viking Drive, Ste. 400

Bossier City, LA 71111

Phone: 318-742-4026

Fax: 318-742-4273

www.medistarhomehealth.com

RN, LPN, Home Health, PT, OT, ST.

Insured and Bonded.

National Homecare Services

Contact: Kim Smith

4211 Youree Drive

Shreveport, LA 71105

Phone: 318-869-2655

Fax: 318-869-2657

NationalHomecareServices.com

Home care, nursing, speech, physical, occupational and nutrition therapy. Accept: Medicare, Medicare HMO's, Private Insurance, Medicaid

Professional Home Health Services

3601 Youree Dr.

Shreveport, LA 71105

Phone: 318-861-3900

Fax: 318-868-4888

Home Care, w/ RN's and LPN's. Occupational, Physical and Speech Therapy, Social Worker, CNA's. Payment: Medicare, Medicaid, Some private insurance.

Smart Health Care Shreveport

Contact: Valerie Hall

6135 Fairfield Avenue

Shreveport, LA 71106

Phone: 318-865-9747

Southland Home Health

Contact: Richard Candler or
Laura Lafitte

9301 Wallace Lake

Shreveport, LA 71106

Phone: 318-683-1190

Toll Free: 1-866-683-1190

Fax 318-683-1191

www.southlandhomehealth.com

Skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides. Payment: Medicare, and some private insurance.

Stat Home Health

8039 Line Avenue, Suite 1B

Shreveport, LA 71106

Phone: 318-861-1965

Fax: 318-424-5375

St. Genevieve Health Care

6000 Financial Plaza, Suite 101

Shreveport, LA 71129

Phone: 318-221.2566

Toll Free: 1-866-247-3500

Fax: 318-221.2567

Email: info@sghealthcare.com

www.sghealthcare.com

Assistance with: eating, bathing, dressing, and grooming, transferring and

ambulation, toileting and incontinence care, light housekeeping, grocery shopping, meal prep, laundry, medical appointments, medication reminder/assistance.

Synergy Home Care

2533 Bert Kouns Industrial Loop, Ste. 17
Shreveport, LA 71118
Phone: 318-550-0285
Fax: 318-550-0291
www.kindredhealthcare.com

Speech, Occupational and Physical Therapy, Social Worker and Skilled Nursing. 24/7 Service. Medicare, some Private Insurance.

Thompson Home Health

8650 Business Park Dr
Shreveport LA 71105
Phone: (318) 797-9392
Fax: (318) 797-9383
www.carecyclesolutions.net

Nursing (LPN/RN) available 24/7, PT, OT, ST, MSW, Registered Dietitian, and Home Health Aides. Specialty Programs: CareCycle Solutions Telehealth, Balancing Act (Fall Prevention), Heart Failure Programs, Joint Replacement Rehab. Accept: Medicare, Medicare HMO's, Medicaid, some private ins.

United Home Healthcare

9400 Village Green Dr.
Shreveport, LA 71115
Phone: 318-798-7777
Fax: 318-798-7788
www.unitedhomehealthcare.com

Nursing, RN & LPN, Rehab, Speech, Physical and Occupational Therapy. Home Health Supplies provided. Service within 50 miles of Shreveport. Medicare, Medicaid, and Private Insurance.

VA Medical Center

510 East Stoner Avenue
Shreveport, LA 71101

Phone: 318-221-8411, ext. 7019
Toll Free: 1-800-863-7441
Website: www.shreveport.va.gov

Willis Knighton Home Health

3300 Albert Bicknell Drive, Ste.# 4
Shreveport, LA 71103
Phone: 318-212-4180
Toll Free: 1-800-421-9007
Fax: 318-212-4382

Nursing: Skilled Assessment and Management; Chemotherapy; IV Therapy; Wound Care; Phototherapy; Pain Mgt., Certified Nursing Assistants for clients.

Geriatricians

Geriatricians are physicians who specialize in treating the challenges and illnesses most frequently experienced by older adults.

Dr. Jack Berg, Dr. Robert Savory and Dr. April Patton

7813 Youree Dr.
Shreveport, LA 71105
Phone: 318-212-3830
www.wkfamilymedicalcenter.com

Dr. Thomas Reilly and Dr. Lawrence Drexler Shreveport Geriatrics

850 Margaret Pl.
Shreveport, LA 71101
Phone: 318-222-8187



WRG
Whitelaw, Rice & Green, CPAs, LLC

Managing the health and well being of a loved one can be quite consuming. When you add in taking care of all the financial responsibilities, it can get overwhelming fast. Here at Whitelaw, Rice & Green, CPAs, LLC, we strive to give peace of mind.

With our accounting and tax services, you get the help of a caring, honest and knowledgeable professional.

Your loved ones get assistance with their daily finances and you are kept informed of every step we make. Whether your loved one is no longer entirely independent or simply needs extra help to enjoy their lives, we can help.

Contact us today for more information.

Barbara L. Rice, CPA
7600 Fern Ave., Bldg. 1300
Shreveport, LA 71105

Barbara@wracpallc.com
Phone: (318)797-9500
Fax: (318)797-9501

Supported Living Facilities and Services

Assisted Living

Facilities offering 24 hour staff with private dwelling units. Appropriate for individuals who have difficulty functioning independently and require assistance with normal daily activities such as dressing, grooming, bathing and medication reminders.

Azalea Estates of Shreveport

516 E. Flournoy Lucas
Shreveport, LA 71115
Contact: Lorrie Nunley
or Nancy Rivers
Phone: 318-459-8006
Fax: 318-797-8540
Email: azalealpn@bellsouth.net
Website: www.azaleaestates.com

Home-like atmosphere with studio, one bedroom and deluxe one bedroom. 3 meals, weekly housekeeping, medication monitoring and assisted bathing and dressing, small pets welcomed, respite suite available.

The Blake at Bossier City

2000 Blake Boulevard
Bossier City, LA 71111
Contact: Renee Matheny
Phone 318-752-6611
Website: www.blakeliving.com/
bossiercity/home

Spacious Assisted Living and Memory Care suites offering dedicated staff, courtyards and tailored programs. 24-hour on-site nursing care. Active Living program that offers social, emotional and physical engagement. Secure Memory Care Unit.

Bloom at Bossier

4828 Medical Dr.
Bossier City, LA 71112
Phone: 318-746-0470
Email: Bloom@Bossier.com
Contact: Laurie Manno

The building and individual apartment design allows easy modifications to enable residents to Age in Place through assisted service additions. Independent and Assisted Living..

Brookdale of Bossier

2540 Beene Blvd
Bossier City, LA 71111
Contact: Betsy Williams
Phone: 318-747-2114
Fax: 318-747-2164
Website: www.brookdaleliving.com

135 Assisted Living Units. Offers anytime dining schedule for residents. Provides supportive independent living, assisted living, and care for memory impaired.

Brookdale of Shreveport

7110 University Drive
Shreveport, LA 71105
Phone: 318-524-2100
Fax: 318-524-2300
Contact: Ellie Watson

80 Assisted Living Units with dementia care suites, courtyard suites, weekly housekeeping, small pets welcomed, scheduled transportation.

The Gables at Spring Lake

8622 Line Avenue
Shreveport, LA 71106
Contact: Derek Smith
Phone: 318-861-2366
Fax: 318-861-3022
dsmith@springlakenursinghome.com
www.guestcareatspringlake.com

Assisted living, 24 hour staff, ER system, 3 meals a day, activities and scheduled transportation, med. assistance, bathing and dressing assistance and memory assistance.

The Glen Retirement System

403 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Phone: 318-798-3500
Fax: 318-798-7988
Email: info@theglensystem.org
Website: www.theglensystem.org

Cottages at The Glen designed and staffed for memory care.

Montclair Park Assisted Living

9100 East Kings Highway
Shreveport, LA 71115
Contact: Dr. Jordan Abdehou
Phone: 318-797-1114
Fax: 318-797-1158
Email: montclairpark@yahoo.com
Website: www.montclairpark.com

Physician owned and managed assisted living center, lush gardens and grounds, the only Eden Alternative Center, free assistance with relocation available, small pets welcomed, individualized personal care. Memory Care.

Savannah at The Oaks of Louisiana

600 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Phone: 318-212-2300
Three meals, transportation, activities, RN on duty.

Savannah Grand of Bossier City

Assisted Living and Memory Support
4770 Brandon Blvd.
Bossier City, LA 71111
Phone: 318-600-5883
Fax: 318-549-0019
www.SavannahGrandBossierCity.com

An independent and assisted living community offering several levels of care and apartment styles. Also offers dementia care.

Adult Daycares

VOA Adult Day Health Center

1133 Southpointe Pkwy
Shreveport, LA 71105
(318) 212-5000
www.voa.northla.org

Services: Adult day center hours 7am until 5:30pm Mon-Fri. Healthy noon meal and snacks provided. Daily exercises, educational and support groups. Transportation available to and from the facility. Payment Sources: Medicaid, Long Term Care, Insurance, private pay.

Legacy Senior Day Center

812 Brook Hollow Drive
Shreveport LA 71115
(318) 459-9330
www.legacyseniordaycenter.com

Legacy provides compassionate care for those with dementia, Alzheimer's, or just general aging and loneliness. Monday - Friday 7:30 am - 5:30 pm. Attendance may vary from 1 to 5 days a week

Comfort and Care

211 North Thomas
Shreveport, LA 71107
318 670-3933

Respite Care

Azalea Estates of Shreveport

516 E. Flournoy Lucas
Shreveport, LA 71115
Contact: Lorrie Nunley
Phone: 318-459-8006
Fax: 318-797-8540
Email: azalealpn@bellsouth.net
Website: www.azaleaestates.com

Home-like atmosphere with studio, one bedroom and deluxe one bedroom. 3 meals, weekly housekeeping, medication monitoring and assisted bathing and dressing, small pets welcomed, respite suite available.

Bossier Council on Aging

706 Bearkat Drive
Shreveport, LA 71111
318-741-8302
www.bossiercoa.org

Caddo Council on Aging

1700 Buckner Square, Ste 240
Shreveport, LA 71101
318-676-7900
www.caddocoa.org

**See other Councils on pgs. 38-39.*

Skilled Nursing and Rehabilitation Facilities

Shreveport

Bradford Guest Care

3050 Baird Road
Shreveport, LA 71118
688-1010

Has dementia unit.

Garden Park Nursing and Rehab

9111 Linwood Avenue
Shreveport, LA 71136
688-0961

Guest Care Center at Spring Lake

8622 Line Avenue
Shreveport, LA 71106
868-4126

Guest House

9225 Normandie Drive
Shreveport, LA 71118
687-0311

Heritage Manor West

7060 Cottonwood Blvd.
Shreveport, LA 71129
(318) 686-1400

Heritage Manor Stratmore Nursing and Rehab Center

530 Stratmore Drive
Shreveport, LA 71115
524-2022

Has dementia unit.

Heritage Manor South

9712 Mansfield Road
Shreveport, LA 71118
687-2080

Oaks of Louisiana

600 East Flournoy Lucas Road
Shreveport, LA 71115
212-6257

Magnolia Manor

1411 Claiborne Ave.
Shreveport, LA 71103
868-4421

Nursecare Nursing and Rehabilitation Center

1736 Irving Place
Shreveport, LA 71101
221-1983

Has dementia unit.

Pierremont Healthcare Center

725 Mitchell Lane
Shreveport, LA 71106
868-2789

Has dementia unit.

Progressive Care Center

2715 Albert Bicknell Drive
Shreveport, LA 71103
212-8200

**Roseview Nursing and
Rehabilitation Center**

3405 Mansfield Road
Shreveport, LA 71103
222-3100

Has dementia unit

Village Health Care at The Glen

403 E. Flournoy Lucas Road
Shreveport, LA 71115
213-3500, Ginger or Jennifer

Has dementia unit.

**Willis-Knighton Extended Care
Center**

2550 Kings Highway
Shreveport, LA 71103
212-6820

**Skilled Nursing and
Rehabilitation Facilities**

Bossier City

Colonial Oaks Guest Care

4921 Medical Drive
Bossier City, LA 71112
742-5420

Cypress Point

2901 Douglas Street
Bossier City, LA 71111
747-2700

Garden Court Nursing Center

(no Medicaid beds)
4405 Airline Drive
Bossier City, LA 71111
747-5440

Heritage Manor of Bossier

2575 Airline Drive
Bossier City, LA 71111
746-7466

Northwest LA War Veterans Home

3130 Arthur Ray Teague Pkwy.
Bossier City, LA 71112
318-741-2763

Pilgrim Manor Guest Care Center

1524 Doctors Drive
Bossier City, LA 71111
742-1623

Riverview Care Center

4820 Medical Drive
Bossier City, LA 71112
747-1857

**Food and Nutritional
Support**

**Angel Food Ministries-Christlove
International**

214 West 70th St., Ste# 104
Shreveport, LA 71106
Contact: Rev. Mary Cummings
Phone: 318-869-1204
www.christloveinternational.org
www.angelfoodministries.com

*Purchase food for seniors at discounted
prices. Call to order.*

Angel Food Ministries - Mooringsport United Methodist Church, 221 Lake St
Mooringsport, LA 71060
Contact: Carole Posey
Phone: 318-996-7439
Website: www.mooringsport.com

Angel Food Ministries-St Mary A.M.E. Church
1603 Rex Avenue
Shreveport, LA 71101
Contact: Mrs. Gerry Lampkins
Phone: 318-221-2230 or 318-425-2930
www.angelfoodministries.com

For seniors, call to order.

Angel Food Ministries-Word of Deliverance Church/DHS
5700 West 70th Street
Shreveport, LA 71129
Contact: Shelly Williams
Phone: 318-687-5400
www.freewebs.com/definitivehumanservices
www.angelfoodministries.com

For seniors. Call to order.

Catholic Charities of Shreveport
331 E. 71st. Street
Shreveport, LA 71106
Phone: 318.865.0200

Food Bank of Northwest Louisiana
2307 Texas Ave.
Shreveport, LA 71103
Contact: Libby T. Smith
Phone: 318-675-2400 ext. 113
Fax: 318-675-2440
Website: www.Foodbanknla.org

Noel Neighborhood Ministries
520 Herndon St.
Shreveport, LA 71101
Contact: Peggy Hamiter, Director
Phone: 318-424-0434
Fax: 318-425-7643

Meals on Wheels Caddo Council on Aging
Nutrition Department
1700 Buckner St, Suite 240
Shreveport, LA 71101
Phone: 318-676-7900 ext:242
Email: ccoa@caddocoa.org

Bossier Council on Aging
706 Bearkat Drive
Bossier City, LA 71111
Phone: 318-741-8302

Other Assistance

New Horizons
1111 Hawn Ave, Suite A
Shreveport, LA 71107
Phone: 318-671-8131

Notes: Independent Living Center and Personal Care Service.

Volunteers of America
360 Jordan Street
Shreveport, LA 71101
Phone: 318-221-2669
Website: voanorthla.org

Weatherization Assistance Program (WAP)
4055 St. Vincent Ave
Shreveport, LA 71108
Contact: Lawrence Guidry
Phone: 318-868-9501
Email: lguidry@shreve.net

Notes: Weatherizes homes to improve heating and cooling efficiency. Reduces energy costs by improving the comfort level of household members.

**Smoke Alarms for Seniors
Shreveport Fire Prevention**

505 Travis Street, Ste. 510
Shreveport, LA 71101
Phone: 318-673-6650

Smoke alarms for Seniors

**Home Care Providers-
Licensed**

Agencies which have a Personal Care Attendant license from the LA Dept. of Health and Hospitals may provide all of the following services:

Assistance with Activities of Daily Living (ADLs,) including bathing, toileting, grooming, eating dressing, transferring, continence care, companionship, light housekeeping, meal preparation, pet care and incidental transportation.

Always Best Care Senior Services

4700 Line Ave, Suite 111
Shreveport LA 71106
Phone: 318-424-5300
Fax: 318-424-5513
email: abcshreveport@abc-seniors.com
www.abc-shreveport.com

State Licensed, Insured & Bonded. Certified Nursing Assistants (CNAs) on staff and available 24 hours a day for non-medical in home care needs. Assistance with Activities of Daily Living, including mobility, transfers, incontinence care, dressing, bathing, light housekeeping, meal prep, and transportation for errands or appointments. Care may be provided in third party facilities. Live-In Care available.

Brooks Personal Care Attendant Service, LLC

2809 Truely Ln
Shreveport, LA 71118
Phone: 318-687-4589
Fax: 318 687-4640
Email: BrooksPCA@aol.com

Bonded, licensed. Provide: bathing, grooming walking, light housework, shopping, running errands, transport to medical appointments, and companionship. Payment: Medicare, Medicaid, private Insurance, and private pay.

**Caddo Council on Aging
Personal Care**

(Utilizes licensed agencies)
1700 Buckner St, Suite 240
Shreveport, LA 71101
Contact: Ernell Brown
Phone: 318-676-7900 x229
Email: ebrown@caddocoa.org
Website: <http://www.caddocoa.org>

Personal Care provided every other week for ages 60+.

Care Services of NW Louisiana

3018 Old Minden Rd., Suite 1201
Bossier City, LA 71112
Phone: 318-742-8380

Comfort Keepers

6039 Five Oaks Dr., Suite B
Shreveport, LA 71129
Phone: 318-934-0090
Fax: 318-754-3374
shreveportla@comfortkeepers.com
www.comfortkeepers.com/office-147/shreveport-louisiana

Personal Care services, Long term personal care service. 3-hour minimum. Can do 24 hr service. Licensed & Bonded. Unskilled.

Community Angels of Hope, LLC.

2750 Shed Road, #D2
 Bossier City, LA 71111
 Phone: 318-746-4673

Daystar Health Care Services

200 North Thomas
 Shreveport, LA 71107
 Phone: 318-221-0210
 Fax: 318-946-8420

Elite Health Solutions, LLC

7591 Fern Avenue, #1601
 Shreveport, LA 71105
 Phone: 318-213-5483
 Fax: 318.213.5484
www.elitehealthsolution.com

*Sitter services and vaccination programs.
 Private pay only, available 24 hours a day.*

Exceptional Client Care Services

835 Margaret Pl
 Shreveport, LA 71101
 Phone: 318-688-2118
 Email: exceptionclient@aol.com

Family Care Services

7623 Pines Road
 Shreveport, LA 71129
 Phone: 318-671-1799
 Toll Free: 1-800-556-9199
 After hours: 318-387-8099
 Fax: 318-671-1313 or 800-319-8131
www.familycareservices.net

Long Term Care, Elderly and Companion care. 8:00 - 4:30 pm M-F, Supervisor on Call 24/7, Payment: Medicaid, Private Pay, and some Private Insurance.

A Good Home Care

9300 Mansfield Rd., #305
 Shreveport, LA 71118
 Phone: 318-688-0832
 Toll Free: 1-888-688-0832
agoodhomecare@bellsouth.net

Home Assistance Services, Inc.

9300 Mansfield Rd., #302
 Shreveport, LA 71118
 Phone: 318-682-8182
 Toll Free: 877-682-8182
 Fax: 318-686-6899

Personal hygiene, ambulation service and transfers, meal prep, light housekeeping, transportation and errands, Individual assistance at hospital and at independent living centers. Accept Medicare, Medicaid, Private Pay and Insurance, Medicaid waivers.

Home Instead Senior Care

7600 Fern Ave., Building 400
 Shreveport, LA 71105
 Contact: Rosemary Brant
 Phone: 318-741-9898
 Fax: 318-741-6986
 Email: Rosemary-HISC@hotmail.com
 Website: www.homeinstead.com

Meal prep, transportation, housekeeping, medication reminders, assistance with bathing and dressing. Provide service up to 24 hours per day-7 days a week. Live-in caregivers at a discounted rate, private pay, insurance, Do not accept Medicare or Medicaid. Licensed, Insured, and bonded. VA Benefits. Non-medical.

Johnson Client Care Service, LLC

2620 Centenary Blvd, Ste. 142, Bldg 2,
 Shreveport, LA 71104
 Phone: 318-424-5070
 Fax: 318-424-8026
JohnsonCTcare@bellsouth.net

Insured, Long-Term Care, New Opportunity Waiver, Supported Independent Living

Preferred Care at Home of Northwest Louisiana

Contact: Scott Green
8321 Line Avenue, Suite 200
Shreveport, Louisiana 71106
318-861-4632
nwla@preferhome.com
www.preferhome.com/nwla

Meal prep, dress/hygiene assistance, medication reminders, light housekeeping, laundry, and incidental transportation. In-home and supplemental facility care for Alzheimer's and dementia patients. Post-surgery recovery, will attend clients in hospitals and nursing homes.

Sitters or Companion Services, Non-Licensed

Agencies which do not have a license from the LA Dept. of Health and Hospitals may only provide the following services: Companionship, light housekeeping, meal preparation, pet care and incidental transportation. These non-licensed agencies may not provide any hands-on care.

Bayou Companion Care

9301 Wallace Lake Rd
Shreveport LA 71106
Phone: (318) 683-0026
www.bayoucompanioncare.com

Bluebird Paramedical Register, Inc.

622 Crossroads Blvd.
Bossier City, LA 71111
Phone: 318-742-2224

Notes: Bonded, licensed through the state, hospital and home care or nursing home.

Caddo Council on Aging - Homemaker Services

1700 Buckner St, Suite 240
Shreveport, LA 71101
Contact: Ernell Brown
Phone: 318-676-7900
Email: ebrown@caddocoa.org
Website: <http://www.caddocoa.org>

A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested 1 time per month for ages 60+.

Louisiana Care Tenders

1747 Bayou Drive
Shreveport, LA 71105
Phone: 318-868-3983
<http://louisianacaretenders.com/>

Delta Medical Services

2800 Youree Dr, Bldg 1 Ste 120
Shreveport, LA 71104
Phone: 318-459-1600
Tollfree: 1-800-933-1600
Fax: 318-459-1063

Services: Respite Care; Private Sitters. Service Area: Caddo and Bossier. Payment Sources: Medicaid Waiver, Private Insurance, and Private Pay.

Entrum Care, Inc.

PO Box 1265
6235 Highway LA-157
Haughton, LA 71037
Phone: 318-949-1828
Fax: 318-949-1825
Email: entrumcareinc@aol.com

Provides under Medicaid Long Term-Personal Care Services, Medicaid Wavier services for the Elderly/Disabled and the NOW-Supervised Independent Living services: Activities of Daily Living (ADL) and instrumental activities of daily living. Accepts: Medicare, Medicaid, and Medicaid Waiver, private pay, some long term care Insurance.

Proactive Nursing Solutions

Contact: Anne James
2502 Prestwick Court
Shreveport LA 71118
Phone (318) 703-3788
www.ProActiveSolution.com

Nursing Care, Chronic Illness, Long-Term Care

Durable Medical**Equipment**

DME is medical equipment prescribed by a physician that is used for the treatment of an illness or injury (wheelchair, hospital bed, lift chair, etc.).

Allegiance Medical Supply

1532 Irving Place
Shreveport, LA 71101
Contact: Heather Warren
Phone: 318-865-7111
Fax: 318-865-7771
Email: heather@allegemed.com

Wheel Chairs, Walkers, Potty Chairs, Hospital Beds, Power Wheel Chairs, Home Modifications. Most insurance accepted.

Accucare Home Medical

9011 Linwood Ave
Shreveport, LA 71106
Phone: (318) 687-1444
Fax: (318) 687-1012
Hours: Monday - Friday 8-5
www.accucaremedical.org
accucaremedical@gmail.com

Also have a ladies Health Boutique for mastectomy clients and wigs.

Ark-La-Tex Medical Services

3825 Gilbert St. Suite 142
Shreveport, LA 71104
318-861-5907
Contact: Amy Bruno
arklatexmedical@bellsouth.net

Audibel of Shreveport

701 Jordan St Suite D
Shreveport, Louisiana 71101-4660
Contact: Sammy San Angelo, Jr.
Phone: (318) 425-5417 or 1-800-367-1211
Website: www.shreveportheating.audibel.com

Custom hearing aids, sound devices, other products and services related to hearing needs. Free hearing tests.

**The Betty and Leonard Phillips
Deaf Action Center**

Contact: Raydra Hall
601 Jordan Street
Shreveport, LA 71101
Phone: 318-425-7781
Fax: 318-226-1299
www.deafactioncenter.org

Free amplified phone or doorbell flasher for Louisiana residents who are hard of hearing. FREE Hearing Aids; Sign Language Classes.

Community LLC (Ramps & more)**The Community Plumber**

1087 Oliver Road
 Haughton, LA 71037
 Contact: Sherman or Vicki Thomas
 Phone: 318-949-8007
 Fax: 861-0776
 Email: communityllc@yahoo.com

Doorways widened, comfort high toilets, lever handles, walker steps, roll-in showers, bidets, handheld showers, grab bars, etc.

FastServ Medical

1329 Driftwood Drive
 Bossier City, LA 71111
 Contact: Mike Mayfield, Owner
 Office: (318) 741-9586
 Toll Free: (800) 256-2601
 www.FASTSERVMEDICAL.com

Providing high-quality technology for mobility impaired since 1995.

North Highlands United Methodist Church, Ramp Ministry

835 Poleman Road
 Shreveport, LA 71107
 Contact: Bob Dykes, Project Director or Wayne Cooksey
 Church Office: 318-221-4716
 Church Fax: 318-221-4725
 Email: NHume@att.net

We accept new/used wheelchairs, and crutches and build ramps for permanently disabled.

Red Ball Medical Supply

501 West 67th St
 Shreveport, LA 71106
 Phone: 318-424-8393
 Fax: 855-293-7761
 mbeam@redballmedical.com
 www.redballmedical.com

Home medical equipment, wheelchairs, walkers, medical beds, respiratory equipment, C-Pap, Bi-Pap. Lift Chairs.

Southern Rehab & Home Medical Equipment

2207 California Drive, Suite 9-A
 Bossier City, LA 71111
 Phone: 318-409-8324
 Fax: 318-747-6060
 john.southernrehab@gmail.com

Wheel Chairs, Walkers, Potty Chairs, Hospital Beds, Power Chairs, Canes.

Senior Apartments and Retirement Communities**Bentley Apartments**

6760 Raspberry Ln., #601
 Shreveport, LA 71129
 Phone: 318-687-2007
 Fax: 318-687-2005
 Contact: Charlotte Bass

Eligibility: 84 units/1 and 2 bedroom units. All elderly, disabled and handicapped

Bloom at Bossier

4828 Medical Dr.
 Bossier City, LA 71112
 Phone: 318-746-0470
 Email: Bloom@Bossier.com
 Contact: Laurie Manno

The building and individual apartment design allows easy modifications to enable residents to Age in Place through assisted service additions. Independent and Assisted Living.

Brookhaven Elderly Apartments

2701 Stanberry Drive
 Shreveport, LA 71118
 Phone: 318-671-8999

Eligibility: Must be 55 or older, or have mental/physical handicap. Income limits apply.

Cambridge Court Apartments

3009 Kitty Lane
 Shreveport, LA 71107
 Phone: 318-221-0240

Facilities to make living easier for the handicapped individuals. Offers: Rental Assistance; Senior Citizen/Handicapped Provisions; Elderly (62 years of age or older, handicap/disabled, regardless of age.

Cedar Hills Apartments

7401 St. Vincent Avenue
 Shreveport, LA 71106
 Phone: 318-861-6915 (option 2)
 Fax: 318-868-9936
 Email: leasing@cedarhillsseniors.com
 Contact: Samantha Anderson

Eligibility: Senior Adult or disabled. Rent is based on income. Some apartments designed for wheelchairs.

Canaan Towers Apartments

400 N. Dale St.
 Shreveport, LA 71101
 Phone: 318-222-4230 (option 2)
 Fax: 318-222-7011
 Email: leasing@cedarhillsseniors.com
 Contact: Lesa Townsend

Eligibility: 62 or older/mental or physical handicap. Newly remodeled. Gated community, video security, barrier free.

Evangeline Foundation Apartments

3875 Line Ave
 Shreveport, LA 71106
 Contact: Janice Girdley
 Phone: 318-861-1177
 Fax: 318-861-0173

Efficiency, one and two bedroom units. Call for pricing. Eligibility: Must be 62 years or older in good health or mentally/physically able to live independently. Must provide doctor's certificate.

Galilee Majestic Arms Apartments

1525 Sycamore Avenue
 Shreveport, LA 71103
 Phone: 318-222-4810
 Fax: 318-222 4860

Eligibility - 62 years and older. Social services and on site security provided. Some apartments equipped for handicapped. There are emergency buzzers in each apartment. Day room activities are provided.

Greenwood Elderly Apartments

8910 Greenwood Rd.
 Greenwood, LA 71033
 Phone: 318-938-0038
 24 Units. 1 & 2 Bedrooms.

Eligibility: All Elderly, Disabled & Handicapped eligible. Income limits apply.

Holy Cross Villas West

9333 Normandie Dr.
 Shreveport, LA 71118
 Phone: 318-688-8051
 Fax: 318-688-6357
 Contact: Debra Tillman
 Email. bettyfj114@comcast.net

Eligibility: Must be 62 yrs. and older. Pricing based on income.

Jordan Square Senior Apartments

623 Jordan Street
 Shreveport, LA 71101
 Phone: 318-227-2591
 Fax: 318-227-9575
 Contact: Paige Gleason

Eligibility: Must be 62 or older. Rent based on income. Utilities paid.

King Gardens Apartment

1510 David Raines Rd.
Shreveport, LA 71107
Phone: 318-222-0805
Fax: 318-429-6070
Contact: Diana Kassen

Eligibility: Must be 55+.

**Tower and Garden Apartments at
The Oaks of Louisiana**

600 E. Flournoy Lucas
Shreveport, LA 71115
Phone: 318-212-2000
Phone: 318-212-2223
Contact: Donna Angle

Meals, transportation, activities available.

Park Place Manor

3231 Mertis Ave.
Shreveport, LA 71109
Phone: 318-635-2416
Fax: 318-631-3342
Contact: Sherita King

Rent is determined by income, 62+

**Shreveport Garden Elderly
Apartments**

235 E Stoner Ave
Shreveport, LA 71101
Phone: 318-678-8900

**Southwood Square Apartments &
Southwood Gardens Patio Homes**

3550 Cedar Creek Rd.
Shreveport, LA 71118
Phone: 318-682-4022
Fax: 318-682-4017

*All units have wide doorways - all handles
are user friendly. Activities and service
coordinator available. Independent living.
96 units.*

Summerfield Estates

9133 Baird Rd.
Shreveport, LA 71118
318-618-0635

Meals, transportation, activities provided.

**Volunteers of America
South Pointe Place**

1133 South Pointe Parkway
Shreveport, LA 71105
Contact: Connie Minus
318-631-1011

**Vivian Housing Authority
Twin Oak Apartments**

609 Redbud Courts
Vivian, LA 71082
Phone: 318-375-2381
Fax 318-375-4824
Contact: Marilyn Abraham
Website: www.vivianelderly.com

*Country setting, fully accessible, recreation
room, planned activities. Rent is based on
income. Twin Oaks is elderly only.*

Waterview Court

2222 E. Bert Kouns Industrial Loop
Shreveport, LA 71105
Contact: Jo Ellen Griggs
Phone: 318-524-3300
Fax: 318-524-3301

*Independent Retirement Community. 62
yrs. and above. Apartment style living.
Services include: utilities, basic cable,
weekly housekeeping, three daily meals,
transportation, activities program, 24-
Hour staff, small pets accepted.*

Wellington Square Apartments

1812 Jewella Avenue
Shreveport, LA 71109
Phone: 318-635-5867
Fax: 318-631-8747
Contact: Kerri Hines

*Beauty shop, activity room, picnic areas,
weekly prayer services. All units fully
accessible. Eligibility: 62+, rent is 30% of
income.*

When you need nursing home care, how will you pay for it?

This is NO Time to Delay!

Nursing home care can cost over \$6,000 per month!

Fees like that can wipe out your savings in short order, leaving you to the bare minimum of care covered by Medicaid and nothing extra.

Let Joe Gilsoul and Lee Aronson guide you in setting up a plan that suits your needs.



Call or Email us about our next FREE Seminar!



Lee Aronson
23 Years
Experience



Joe Gilsoul
34 Years
Experience



Bridget Lyman
Client Care
Coordinator

Both Joe and Lee have appeared on The Best of Times Radio Hour. Lee is the author of an award-winning monthly column for The Best of Times magazine. Both give frequent lectures to the public on elder law issues, and Joe has presented at continuing education seminars for lawyers at LSU Law School and the Louisiana State Bar Association.

Gilsoul & Associates, LLC

2950 Fairfield Ave., Ste. 300 • Shreveport, LA

318-524-9966

www.gilsoul-law.com • email: joe@gilsoul-law.com

Governmental Agencies and Senior Service Agencies

AARP Chapters

AARP Chapter Bossier #3570

Contact: Tamara Crane, Executive Director

Bossier Council on Aging
706 Bearkat Dr.

Bossier City, LA 71111

Contact: 318-741-8302

Website: Bossiercoa.org

Meets third Wed. 2PM

AARP Chapter: Northwest Caddo #5227

David Raines Center

1625 David Raines Rd

Shreveport, LA 71107

Phone: 318-425-2252

Contact: June Phillips

318-425-2401

Website: www.davidraineschc.org

Meets second Thurs. at 12 noon

AARP Chapter: Rose City #3568 Southern Hills Center

1002 Bert Kouns Industrial Loop

Shreveport, LA 71118

Phone: 318-222-6738

Website: www.myspar.org

Meets first Monday at 2pm

AARP Driver Safety Program

Contact: Niemyer 318-442-5332

This is a refresher course designed to meet the specific needs of the older driver.. Upon completion you will receive a certificate.

AARP Membership

Toll Free: 888-687-2277

Website: www.aarp.org

Councils on Aging – NW area

Bienville Council on Aging

Ann Chapman, Ex. Director

Phone: 318-263-8936

Fax: 318-263-9774

600 Factory Outlet Drive

Arcadia, LA 71001

Email: biencoa@bayou.com

Bossier Council on Aging

Tamara Crane, Director

Phone: 318-741-8302

Fax: 318-741-7490

706 Bearkat Drive

Bossier City, LA 71111-4568

www.bossiercouncilonaging.org

Email: tcrane@bossiercoa.org

Caddo Council on Aging

Monica Wright, Ex. Director

Phone: 318-676-7900

Fax: 318-676-7911

1700 Buckner St, Suite 240

Shreveport, LA 71101

Email: ccoa@caddocoa.org

www.caddocouncilonaging.org

DeSoto Council on Aging

Cheryl Lane, Ex. Director

Phone: 318-872-3700; 318-588-8349

Fax: 318-872-9473

Post Office Box 996

404 Polk Street, Suite A

Mansfield, LA 71052

Email: DCOA@bellsouth.net

Lincoln Council on Aging, Inc.

Ms. Michelle Wright, Director
Phone: 318-255-5070
Fax: 318-255-5076
Post Office Box 1058
Ruston, LA 71273
1000 Saratoga St.
Ruston, LA 71270
Email: mdwright@suddenlinkmail.com

Natchitoches Council on Aging, Inc.

Ms. Alice Barrios, Ex. Director
Phone: 318-357-3250
Fax: 318-357-2424
Post Office Box 2083
Natchitoches, LA 71457-2083
1016 Keyser Avenue
Natchitoches, LA 71457-0000
Email: npcoa@cp-tel.net

Red River Council on Aging, Inc.

Liz Cannon, Director
Phone: 318-932-5721
Fax: 318-932-9572
Post Office Drawer 688
1825 Front Street
Coushatta, LA 71019
Email: rrcoa2@bellsouth.net

Sabine Council on Aging, Inc.

Mr. Jeff Morrow, Director
Phone: 318-256-4140
Fax: 318-256-4164
200 Legacy Drive
Many, LA 71449
Email: tmangum@sabinecoa.org

Webster Council on Aging, Inc.

Dathene Brown, Director
Phone: 318-371-3056
Fax: 318-371-3070
Post Office Box 913
Minden LA 71055
316 McIntyre Street
Minden LA 71058
Email: wpcoa@yahoo.com

Assistive Technology

Louisiana Assistive Technology Access Network (LATAN)

3042 Old Forge Dr., Suite D
Baton Rouge, LA 70808
Contact: Susie Stewart
Phone: 225-925-9500
Email: sstewart@latan.org
Website: <http://www.latan.org>

Louisiana Center For The Blind

101 South Trenton Street
Ruston, LA 71270
Contact: Janet Bernhardt
Phone: 318-251-2891
Fax: 318-251-0109
Email: janetbern@aol.com
Website: www.louisianacenter.org
*Contact us about our Technology For
Living Confidently Program for 55 years
and older.*

New Horizons Independent Living Center

1111 Hawn Ave, Suite A
Shreveport, LA 71107
Phone: 318-671-8131
Fax: 318-688-7823
Website: www.nhilc.org

The Betty and Leonard Phillips Deaf Action Center

Contact: Raydra Hall
601 Jordan Street
Shreveport, LA 71101
Phone: 318-425-7781
Fax: 318-226-1299
www.deafactioncenter.org
*Free amplified phone or doorbell flasher
for Louisiana residents who are hard
of hearing. FREE Hearing Aids; Sign
Language Classes.*

Local Governmental and Civic Resources

Better Business Bureau

2006 E. 70th St.
Shreveport, LA 71105
Phone: 318-797-1330
Website: www.shreveport.bbb.org

Citizens & Neighborhood Assistance

Shreveport, LA
Phone: 318-673-6900
Website: www.ci.shreveport.la.gov

Caddo Coroner's Office

2900 Hearne Ave
Shreveport, LA 71103
Phone: 318-226-6881
Fax: 318-226-6884
*Hours of Operation: Non-emergency:
M - F 8:00 - 4:30, plus on call 24 hours
for emergency. Investigates sudden,
traumatic and/or unexplained deaths,
and administers mental health laws
relating to involuntary hospitalization.*

Ombudsman Program - Caddo Council on Aging

1700 Buckner Street, Ste 240
Shreveport, LA 71101
Contact: Demetria Miles
318-676-7900
*Education, assistance, and advocacy
services for residents of facilities, their
families and friends. Assists in resolving
issues and problems regarding nursing
homes, assisted living, and residential
care homes.*

Shreveport Police Forgery & Fraud Unit

Shreveport, LA
Phone: 318-673-7300

**Department of Veterans Affairs
Veterans Assistance Counselor**

1031 Creswell Avenue
Shreveport, LA 71101
Contact: Robert Petrus, Veterans
Head Council
Phone: 318-676-7540
Toll Free: 800-827-1000

*Hours of Operation: Monday - Friday 8:00 -
11:30 / 1:00 - 4:00 The U. S. Department of
Veterans Affairs has an office in each parish
with a Veterans Assistance Counselor on hand
devoted to administering veterans programs.*

SenioRx Program

Aging and Disability Resource Center
for NW Louisiana
Caddo Council on Aging
1700 Buckner Street, Ste 240
Shreveport, LA 71101
318-676-7900

*Medication Assistance - Assists uninsured
individuals, or people with Medicare Part
D, who have fallen into the "Donut Hole"
in obtaining medications from the drug
manufacturers for free.*

**Federal Government
Resources**

Shreveport Vet Center

2800 Youree Dr., Bldg. 1, Ste. 105
Shreveport, LA 71104
Phone: 318-861-1776
Counseling, advocacy, information.

Social Security Administration

1240 South Pointe Pkwy.
Shreveport, LA 71105
Phone: 877-319-3074
Fax 676-3141
Email: dora.miller@ssa.gov
Website: www.ssa.gov
*This office addresses retirement, survivors,
disability, supplemental security income and
Medicare issues.*

U. S. Administration On Aging

Website: www.aoa.gov
*Site provides an overview of programs and
services related to aging.*

Veterans Adm. Medical Center

510 E. Stoner Ave.
Shreveport, LA 71101
Phone: 318-221-8411
Website: www.shreveport.va.gov

**State of Louisiana -
Resources**

Department of Motor Vehicles

9310 Normandie Dr.
Shreveport, LA 71118
Phone: 318-688-6807
Website: www.expresslane.org
*Discounted rates for drivers license renewal.
No late fee for an expired license, age 70 and
above. Free State ID Card: Age 60 and above.*

**Office of Aging and Adult Services
Department of Health and Hospitals**

3018 Old Minden Rd. Ste. 1109 - Region 7
Bossier City, LA 71112
Contact: Sonya Williford
Phone: 318-741-2700
Fax: 318-741-2722
Toll Free: 866-758-5035
Email: cldixon@dhh.la.gov
www.dhh.louisiana.gov - click on
aging and adult services
*Quality assurance monitoring of agencies that
provide in-home services.*

Louisiana Dept. of Insurance

1702 North Third Street
Baton Rouge, LA 70802
Phone: 225-342-5900
Fax: 225-342-5711
Toll Free: 800-259-5300
Website: www.ldi.la.gov
*Counseling and assistance free of charge
to seniors who need health and long
term care insurance information.*

**Louisiana Dept. of Revenue -
Taxpayer Assistance Program**

P.O. Box 201

Baton Rouge, LA 70802

Phone: 855-307-3893

Fax: 225-219-2210

Website: www.rev.state.la.us

Information and assistance. Regarding seniors and tax law, including state income tax exemptions.

Louisiana Housing Finance Agency

2415 Quail Drive

Baton Rouge, LA 70808

Toll Free: 225-763-8700

Administers the Low Income Assistance Program (LIHEAP) and the Weatherization Assistance Program (WAP). Eligibility based on income. Priority given to ages 65+.

**Louisiana Office of the Governor -
Department of Veteran Affairs
Disability**

P.O. Box 94095

Baton Rouge, LA 70804

Phone: 225-922-0500

Fax: 225-922-0511

Website: www.gov.state.la.us

Facilitates provision of professional counseling services, nursing and domiciliary care to all eligible veterans.

**Louisiana Public Service
Commission - Do Not Call Program**

P.O. Box 91154

Baton Rouge, LA 70821

Toll Free: 800-256-2397

Website: www.lpsc.org

Maintains a Do Not Call Register to reduce telephone solicitations.

**Mental Health Advocacy Service
State of Louisiana**

2620 Centenary Blvd, Bldg 2, Suite

231, Shreveport, LA 71104

Contact: Joseph Seyler

Phone: 318-676-7332

Attorneys who represent persons who are committed for mental health issues.

**Mental Health Office
State of Louisiana**

Phone: 318-676-5111

**Northwest Regional Center for
Addictive Disorders**

6005 Financial Plaza, 2nd Floor

Shreveport, LA 71129-2615

Contact: Trudy L. Abner, M.A. CPS

Phone: 318-632-2040 Ext. 111

Email: tabner@dhh.la.gov

www.dhh.louisiana.gov/offices/?ID=23

Primary prevention, outpatient, inpatient, and residential treatment.

**Senior Health Insurance
Information Program (SHIIP)**

1702 N. 3rd Street

Baton Rouge, LA 70802

Toll Free: 800-259-5300

225-342-5301

**NW Louisiana Aging and Disability
Resource Center -**

Caddo Council on Aging

1700 Buckner Street, Ste 240

Shreveport, LA 71101

Phone: 318-676-7900

Certified SHIIP counselors available locally.

Governor's Office of Elderly Affairs

525 Florida Street, #4

Baton Rouge, LA 70807

Phone: 225-342-7100

Website: www.goela.la.gov

Psychiatrists & Neurologists

Mental Health and

Caregiver Support Services

Most Family Practice Physicians and Internal Medicine Physicians in our community care for and treat patients with Alzheimer's and Dementia.

Neurologists provide tests and studies to assist in the diagnosis of Alzheimer's and other types of Dementia, and manage the progression of these diseases. Below is a limited listing of Geriatric Psychiatrists who care for and manage behavioral disturbances seen with Alzheimer's and dementia, along with some licensed Geriatricians in our community. Please call the Alzheimer's Agency of Shreveport/ Bossier, Inc. for more information and listings of other physicians in our community.

Dr. Meghan Harris

1455 E. Bert Kouns Ind. Loop, Ste. 109
Shreveport, LA 71115
318-798-4458

Neurologist dealing with diagnosis and management of dementia, stroke, drug interactions and other neuromuscular disorders.

Dr. J. Gary Booker, MD

851 Olive St., Shreveport, LA 71104
318-227-9600

Adult & Geriatric Psychiatry

Dr. Kay Kennedy, MD

Brentwood Hospital Psychiatry
1006 Highland Ave.
Shreveport, LA 71101
318-678-7500

Dr. Gurleen S. Sikand, MD

2551 Greenwood Rd., Suite 240
Shreveport, LA 71103
318-212-8675

Neurologist

Dr. Thomas Staats, PhD

4300 Youree Drive, Suite 200
Shreveport, LA 71105
318-861-0194

*Clinical Neuropsychologist
Dementia Screenings/Evaluations*

Dr. Richard M. Zweig, MD

1501 Kings Hwy.
Shreveport, LA 71103
318-675-4613

Neurologist

Dr. Roger E. Kelley

945 Margaret Pl., Suite 102
Shreveport, LA 71101
318-675-7760

Support Groups

The Glen

403 E. Flournoy Lucas Road
Shreveport, LA 71115
318-798-3500

1st Thursday of each month at 5:30.

Minden Medical Center

1 Medical Plaza Place

Minden, LA 71055

318/377-2321

*2nd Tuesday of each month.***Montclair Park Assisted Living and Memory Care**

9100 E. Kings Highway

Shreveport, LA 71115

318/797-1114

*3rd Thursday of the month at 5:30 in the theatre.***Morning Star Baptist Church**

5340 Jewella Ave

Shreveport, LA 71109

318/636-6172

*4th Monday of the month at 6:00pm***Brookdale - Shreveport**

7110 University Drive

Shreveport, LA 71105

318-524-2100

*Fourth Friday of each month at noon, lunch provided.***Brookdale - Bossier**

2540 Beene Blvd

Bossier City, LA 71111

318-747-2114

*Third Saturdays at 10:30am.***Garden Park Nursing & Rehab Center**

9111 Linwood Avenue

Shreveport, LA 71106

318-688-0961

*Call for dates and times. Meal provided.***Heritage Manor Stratmore**

530 Stratmore Dr.

Shreveport, LA 71115

318/524-2022

*1st Wednesday of the month at 1:00pm***First Presbyterian Church**

900 Jordan St

Shreveport, LA 71101

318-222-0604

*2nd and 4th Wednesdays at 1:00pm.***Fitness Lady**

1700 Old Minden Rd

Bossier City, LA 71111

318-747-1893

*3rd Saturday at 9:00am.***The Blake at Bossier City**

3452 Airline Dr

Bossier City, LA 71111

318-752-6611

*First Wednesday at noon.***The Carpenter House - Grief Support**

8950 E. Kings Hwy

Shreveport, LA 71115

318-222-8723

*3rd Thursday at 4:30pm.***General Legal Assistance****Related to Elder Care****Elder Law Answers**

www.elderlawanswers.com

Toll Free: 866-267-0947

*Dedicated to Legal and Financial Issues affecting seniors.***LawHelp.org**Website: <http://www.lawhelp.org/LA>**Shreveport Bar Foundation Pro****Bono Project**

625 Texas Street, Suite 100

Shreveport LA 71101

Mike Renneisen or Ruth Ann Moore

Phone: 318-221-8104

Fax: 318-221-8115

*Refers indigent and low-income residents of Caddo & Bossier Parish to private attorneys who volunteer their time to the Project.**Pro Bono Project handles only civil, non-fee generating cases. Intake is by telephone**ONLY, Mon-Thursday 9:30am to 1:30pm.*

Legal Services of North La., Inc.

(Legal Aid)

720 Travis Street

Shreveport, LA 71101

Contact: Gregory Landry

Phone: 318-222-7186

Fax: 318-221-1901

Toll Free: 800-826-9265

www.lsnl.org

Free legal services to low income persons with civil matters.

Toll Free: 800-310-7029

The Center provides legal information to Louisiana seniors regarding family law problems, housing issues, disaster related issues, financial matters and social security. Trained specialists answer calls and gather information. An attorney will evaluate and call the senior back to assist with the problem. SLA cannot assist with criminal problems, but can answer questions about identify theft.

National Academy of Elder Law Attorneys

1577 Springhill Rd., Ste. # 310

Vienna, Virginia 22182

Phone: 703-942-5711

Fax: 703-563-9504

www.naela.org

Non-profit referral system to find an elder law attorney in your area.

Northwest Louisiana Pro Bono Project

625 Texas Street

Shreveport, LA 71101

Contact: Rebecca Buckley

Phone: 318-221-8104

Toll Free: 800-838-2379

Fax: 318-221-2205

www.nwlaprobono.net

The Pro Bono Project refers low-income residents of Caddo and Bossier Parishes to private attorneys who volunteer their time to this Project. The Project handles only civil, non-fee generating cases.

Intake is Tue-Thur. from 1-4 pm. Call for application.

The Five Wishes/Living Wills

3050 Highland Oar Terrace #2

P.O. Box 1661

Tallahassee, FL 32302

Phone: 850-681-2010

<https://agingwithdignity.org>

A helpful guide to living wills is available from this website.

<http://www.shreve-lib.org/westshreve.html>

Referral & Resource Centers

Caddo Council on Aging

1700 Buckner St, Suite 240

Shreveport, LA 71101

Phone: 318-676-7900 ext:242

Email: ccoac@caddocoa.org

Families Helping Families

2620 Centenary Blvd, Ste. 250, Building

2 – Region 7

Shreveport, LA 71104

Contact: Chanel Jackson

Phone: 318-226-4541

Fax: 318-226-4518

Email: info@FHFRegion7.com

Website: www.FHFRegion7.com

All Services are Free.

Private Legal and Financial Services

Whitelaw, Rice & Green, CPAs, LLC

7600 Fern Ave. Bldg. 1300

Shreveport, LA 71105

Contact: Barbara Rice

318-797-9500

Barbara@wracpallc.com

Kyle A. Moore, Elder Law Atty.

912 Kings Highway
Shreveport, LA 71104
Contact: Vickie Rech
318-222-2100
www.weems-law.com

Gilsoul & Associates, LLC

2950 Fairfield Ave, Ste. 300
Shreveport, LA 71104
Contact: Bridget Lyman
318-524-9966
www.gilsoul-law.com



**Always
Best Care**
senior services®

4700 Line Ave. Suite 111
Shreveport, LA 71106
(318) 424-5300

www.abc-shreveport.com
abcshreveport@abc-seniors.com

- Alzheimer's/dementia care
- Monitor diet and eating
- Aid with morning wake-up
- Evening tuck-ins
- Companionship
- Conversation
- Bathing & Grooming
- Medication reminders
- Incontinence/toileting
- Assist with walking
- Plan visits and outings
- Organize mail
- Assist with pet care
- Change linens, make beds
- Answer the door and phone
- Prepare and clean up meals
- Escort for shopping
- Check food expirations

Authorized Alzheimer's Certified Caregiver

(318) 424-5300

Emotional Support Counseling Services

The role of care giving can be very stressful, leading to feelings of frustration and burnout. These feelings affect many aspects of the caregiver's life including emotional, social and physical well-being. Adopting a healthy lifestyle is important for caregivers to be able to care for themselves as well as their loved ones effectively.

Here are a few local providers that offer Talk Therapy and are knowledgeable about dementia and its effect on both the person with the disease and the caregivers.

Emily Cascio, LPC 318-861-0862
321 Southfield Rd., Shreveport, LA 71105

Samaritan Counseling Center 318-221-6121
1525 Stephens St., Shreveport, LA 71104

Jeff Darby, LPC 318-742-6910
1515 Doctors Dr. Bossier, City, LA 71111

Patti McBride Williams, LPC 318-424-4271
820 Jordan St., Shreveport, LA 71101

Leesa Sitter, LCSW 318-226-8753
820 Jordan, Shreveport, LA 71101

Stacey Hand, MA, CVT 318-780-7906
The Bridge Alzheimer's & Dementia Resource Center
3825 Gilbert Dr, Shreveport, LA 71104

Websites With Information on Alzheimer's, Dementia, and Caregiving

<u>WEBSITE ADDRESS</u>	<u>DESCRIPTION</u>
www.alzagency.org	The Bridge Alzheimer's & Dementia Resource Center
https://acl.gov/about-acl/administration-aging	Administration on Aging
www.nia.nih.gov/health/about-adear-center	Alzheimer's Disease Education & Referral Center (ADEAR)
www.alz.org	National Alzheimer's Association
www.agelessdesign.com www.alzstore.com	Ageless Design Information, Articles, & Products
www.alz.co.uk	Alzheimer's Disease International
www.alzbrain.org	Alzheimer's and Dementia Resources
www.alfa.org	Assisted Living Federation of America
www.benefitscheckup.org	Free online service to people age 55 & up needing any healthcare financial assist.
www.caregiver.org	Family Caregiver Alliance
www.caregiversmarketplace.com	Discounts on Caregiver Items
www.goea.la.gov	Governor's Office of Elderly Affairs
www.eldercare.gov	Eldercare Locator
www.vfrvalidation.org	Validation Training Institute - Caregiving, training, understanding dementia

<u>WEBSITE ADDRESS</u>	<u>DESCRIPTION</u>
www.enhancedmoments.com	<i>Creating Moments of Joy</i> for people with Dementia - Author's website
www.ec-online.net	Elder Care Online
www.lds.org/consumers/senior-health-shipp	SHIPP: Senior Health Insurance Information Program
www.makoa.org	Resources for disabilities. Adapted clothing for Alzheimer's patients
www.medicare.gov	Medicare coverage info - review quality of healthcare providers. Enrollment.
www.medicaretoday.org	Medicare today - Preventative care benefits
www.medids.com	Medical ID bracelets. *Check eligibility for SOS program
www.namelabels.com	Labels for clothing - can be for security clothing in nursing homes
www.nationalpartnership.org	Family & Medical Leave Act - for caregiver considering options for leave of absence
www.ncoa.org	National Council on Aging
www.nfcacares.org	National Family Caregivers Association
www.socialsecurity.gov	Federal government website— information / application social security
www.wellspouse.org	Well Spouse Association - Support for spousal caregivers
<u>MEDICATION WEBSITES</u>	
www.aricept.com	Alzheimer's Drug Information
www.namenda.com	Alzheimer's Drug Information
www.staterxplans.us/louisiana.html	Louisiana Senior Rx - Linking seniors to pharmaceutical aid
www.themedicineprogram.com	Free medicines for those who qualify - Applications online

Books on Alzheimer's, Dementia, and Caregiving

<u>BOOK TITLE</u>	<u>AUTHOR</u>
Coach Broyles' Playbooks for Alzheimer's Caregivers: A Practical Tips Guide	Frank Broyles
The 36 - Hour Day	Nancy L. Mace & Peter V. Rabins
Alzheimer's Early Stages: First Steps in Caring & Treatment	David Bennett & Daniel Kuhn
Coping with Alzheimer's: A Caregiver's Emotional Survival Guide	Rose Oliver, PhD & Frances A. Bock, PhD
Coping with Caring: Daily Reflections for Alzheimer's Caregivers	Lyn Roche
The Caregiver: A Life with Alzheimer's	Aaron Alterra
There's Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer's	Michael Castleman, Mathew Naythons & Dolores Gallagher-Thompson
Losing My Mind: An Intimate Look at Life with Alzheimer's	Thomas DeBaggio
Alzheimer's Disease	Paul Dash & Nicole Villemarette-Pittman
Rethinking Alzheimer's Care	Sam Fazio, Dorothy Seman, & Jane Stansell
The Complete Guide to Alzheimer's-Proofing Your Home	Mark Warner and Ellen Warner
What You Need to Know About Alzheimer's	John Medina
Through the Wilderness of Alzheimer's: A Guide in Two Voices	Robert Simpson & Ann Simpson
The Spectrum of Hope: An Optimistic and New Approach to Alzheimer Disease	Gayatri Devi
The Validation Approach	Naomi Feil, Vicki de Klerk

<u>BOOK TITLE</u>	<u>AUTHOR</u>
Talking to Alzheimer's	Claudia J. Strauss
Learning to Speak Alzheimer's	Robert N. Butler
Into the Shadows: A Journey of Faith and Love into Alzheimer's	Robert F. Dehaan
When a Family Member has Dementia: Steps to becoming a Resilient Caregiver	Susan M. McCurry
The Long Goodnight: My Father's Journey Into Alzheimer's	Daphne Simpkins
Voices of Alzheimer's	Betty Petterson
A Mother's Voice	Sally Callahan
The Best Friend's Book of Alzheimer's Activities	Virginia Bell, David Troxel, Tonya M. Cox, Robin Hamon
The Reluctant Caregivers	Anne Hendershott
Behaviors of Dementia	Mary Kaplan & Stephanie B. Hoffman
The Fearless Caregiver	Gary Barg
Creating Moments of Joy	Jolene Brackey
Caring for Your Aging Parents	Barbara Deane
Caring for Yourself While Caring for Your Aging Parents	Claire Berman
In Their Hearts: Inspirational Alzheimer's Stories	Margaret Britton Yearwood
Elder Rage: How to Survive Caring for Aging Parents	Jacqueline Marcell
Show Me the Way to go Home	Larry Rose
Validation for Caregivers	Vicki de Klerk with Naomi Feil

Legal Aspects of Healthcare Planning

**Living Will and Health Care
Power of Attorney**

Medicare Benefits

Medicaid Benefits

Veterans Aid & Attendance Pension

Legal Aspects of Healthcare Planning

Planning medical and legal decisions should be one of the most important conversations you have with your family.

Although most people plan to make medical and legal decisions in advance, many wait and are left unprepared when faced with a crisis. In these cases, family members are left with the heavy burden of determining the medical wishes of their loved ones. However, advance directives have been executed, everyone can be assured their loved one's wishes are met. This will eliminate the heavy burdens of stress, guilt, and devastating family quarrels that may result without clear guidance.

Living will:

A living will or advance directive is a written statement declared by an individual to withhold or withdraw life-sustaining procedures when diagnosed with a terminal and irreversible condition, or, if specified, when diagnosed with a severe and irreversible coma or vegetative state or similar condition. It has no effect until the person is unable to communicate and his primary physician and a consulting physician certify that the conditions set out in the living will have been met. Additionally, most medical providers will not withhold care if family members object, regardless of a living will.

Living will Cont.

An important consideration in making a living will is to clearly specify decide whether to continue with artificial nutrition and hydration when not faced with imminent death but with a profound and irreversible coma or vegetative state. Many people prefer that nutrition and hydration be withheld when there is no hope of recovering mental function, but others have moral or other ethical objections and prefer that nutrition and hydration be administered indefinitely. A person should discuss this with his or her doctor or clergy.

A person may designate another person to make the final decision to withhold care, but most let the statement speak for itself.

Health Care Power of Attorney:

A person may appoint someone to make health care decisions for him when unable to do so himself. As with any power of attorney, the person does not give up his ability to make his own decisions, and cannot do so, rather the health care power of attorney is effective only when the person is unable to make his own decisions.

A health care power of attorney allows the agent to consent to such things as surgery, the administration of medications, plans of treatment, and so forth. It may also include living will verbiage, although a living will is usually executed as a separate document.

Many people name more than one person as agent on a health care power of attorney, with any one agent able to act alone without the consent of the others. In that way, the first person to appear with the power of attorney may make important medical decisions without the need to locate the other agent or agents.

Medicare

Medicare is a health insurance program for people who are age 65 and older, people under age 65 with certain disabilities, or people of any age with end-stage renal disease. Medicare has the following parts:

Medicare Part A (Hospital Insurance)

helps cover your inpatient care in hospitals, critical access to hospitals, and skilled nursing facilities. It may also help cover hospice care and some home healthcare. Most people do not have a monthly payment for Part A because they or their spouse paid Medicare taxes while they were working.

Medicare Part B (Medical Insurance)

helps cover your doctor's services and outpatient hospital care. It also covers some other medical services that Part A doesn't cover, such as some physical and occupational therapy and some home healthcare. For Part B, most people must pay a monthly premium.

Medicare Part C (Medicare Advantage)

is Medicare-approved private health insurance plans for individuals enrolled in Original Medicare, Part A and Part B. When you join a Medicare Advantage plan, you are still in the Medicare program and must continue paying your Part B premium. Medicare Advantage plans provide all of your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) coverage. They generally offer additional benefits, such as vision, dental, and hearing, and many include prescription drug coverage. These plans often have networks, which means you may have to see certain doctors and go to certain hospitals in the plan's network to get care.

Medicare Part D (Prescription Drug Coverage)

may help lower your prescription drug costs and help protect against higher costs in the future.

Covered Services: Medicare may pay for some of the services you need in your home but may not pay for all needed long term care. Medicare pays for home health services provided by Medicare-certified home health agencies, including skilled nursing and therapy.

Medicare may cover long term care up to 100 days after a recent hospital stay, doctor-prescribed home care as part of a rehabilitative program, and hospice in the case of terminal illness. Medicare pays in full for 0-20 days in a skilled nursing facility after a recent hospital stay. If you need additional care, Medicare will cover up to 100 days after you pay a daily co-pay.

Medicare Continued

Medicare provides some coverage in the aftermath of a major medical event.	Medicare does not cover personal or custodial care provided at home or in the community. You may need help around the home before a major medical event occurs.
Medicare covers some skilled nursing care, therapy, and home health aide services that are ordered by a physician and provided by a Medicare-certified provider.	You must be at least 65 years old, disabled, or suffering from end stage renal disease. Because coverage is meant to be rehabilitative, you must show continual signs of improvement to qualify for the full 100 days of coverage.
Part A coverage requires no premiums for most taxpayers.	You must receive care from a Medicare-certified provider. Care provided in assisted living and continuing care facilities is not covered.

1.800.MEDICARE 1.800.633.4227

To get general or claims-specific Medicare information and important telephone numbers.
www.medicare.gov

Social Security 1.800.772.1213

To get a replacement Medicare card; change your address or name; get information about Part A and/or Part B eligibility, entitlement, and enrollment; apply for Extra Help with Medicare prescription drug costs; ask questions about premiums; and report a death.
www.socialsecurity.gov

Ageing and Disability Resources Center 1.800.256.3003

Serves all residents of Northwest Louisiana. Provides Medicare information from certified SHIP counselors.

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Long Term Care Planning

Medicaid Benefits

Medicare does not pay for long-term custodial care, with only limited exceptions. A person who needs nursing home care must pay for it himself unless certain income and resource tests are met. The rules for meeting these financial requirements appear to be simple, but meeting them in the most beneficial fashion can be quite complex.

Income Limit:

In Louisiana, if the income of the person entering the nursing home falls below the Medicaid rate for that facility, the income test is met. Medicaid will pay the difference between the person's income and the Medicaid rate. The institutionalized person can retain income of only \$38 per month (plus \$90 if a qualifying veteran) and enough to pay Medicare and health insurance premiums, but the rest of the income must be paid to the nursing home. However, only the income of the applicant is counted; the income of the spouse who is living at home (the community spouse) is not counted and need not be paid to the nursing home.

Maximum Monthly Maintenance Needs Allowance: \$3,216

If the community spouse's income falls below \$3,216 per month, the institutionalized spouse may transfer enough of his or her income to the community spouse to bring the community spouse's income up to \$3,216. In many cases, this means that the institutionalized spouse pays nothing to the nursing home, and Medicaid will pick up the entire tab, up to the Medicaid rate for the particular nursing home.

Medicaid Benefits Continued

Resource Limit:

Resources include anything of monetary value, with certain exceptions such as a vehicle (even if the person can no longer drive), a prepaid funeral (or up to \$10,000 of life insurance coverage), grave sites for the person and family members, most household items, and so forth. The home is also exempt or non-countable, but Medicaid will, with limited exceptions, expect repayment from the sale of the home after the person dies.

All resources of a couple are counted, not just those of the institutionalized spouse. For example, if the community spouse has separate property, it is countable.

Applicant: **\$2,000**

The applicant is allowed countable resources of only \$2,000. However, if the applicant is married, additional resources are allowed.

Community Spouse Resource Allowance: **\$128,640**

Although the applicant is allowed to retain only \$2,000 of countable resources, the community spouse may have an additional \$128,640. If good cause can be shown, this allowance may be increased.

Patient Liability:

When a person receives Medicaid for long-term care, all of his or her income is paid to the facility, except what the person pays for Medicare premiums, other health insurance (such as a Medigap policy), health insurance premiums if not qualified for Medicare, and a monthly personal needs allowance of \$38. Additionally, a qualified veteran is entitled to a special benefit of \$90 per month.

Medicaid Benefits

Continued

Look-Back Period:

When an application for long term care is filed, Medicaid will “look back” to consider any gifts (transfers for less than fair market value) made during the previous five years. Any gifts made more than five years before the application are disregarded; any made during that five-year period are penalized.

Penalty for Gifts and Five Year Look Back Period:

Any transfer for less than fair market value during the look-back period will result in a penalty – a time for which Medicaid will not pay nursing home costs. The penalty period is determined by dividing the value of the gift by \$5,000 (the average monthly private pay cost, a figure that is slightly out of date). For example, a donation of \$100,000, made four years and eleven months prior to the application, will result in a 20 month penalty. In this example, had the application been held another month, when the five-year look back would have expired, there would have been no penalty.

The penalty begins to run not when the donation is made, but when the person qualifies for Medicaid (is broke) and files an application.

It is important to understand that the look-back period and the penalty for gifting are distinct concepts. Gifts do not automatically disqualify a person for five years, as the penalty period may be considerably less than five years, depending on the amount of the gift. Also, strategies are available to decrease the penalty period often by more than half.

Veterans Aid & Attendance Pension

For veterans who have at least 90 days of active service, at least one day of which was during time of war, a special benefit is available when income and resource requirements are met. A service connected disability is not required for this special pension program, the most popular form of which is called "Aid and Attendance," or A&A.

A&A benefits may be as high as:

Status	Monthly Benefit
Veteran Without Dependents	\$1,912
Veteran With One Dependent (usually the spouse)	\$2,266
Widow or widower of a veteran	\$1,228

The benefit is payable to the veteran, not the spouse, unless, of course, the qualifying person is a widow or widower of a veteran. VA does not pay care providers—the benefit is paid directly to the veteran or surviving spouse. The provider does not need to be VA qualified.

Income test:

The applicant's annual income (including that of any dependents claimed) must be less than the annual benefit amount. However, medical expenses, after a small deductible, reduce income.

Veterans Aid & Attendance Pension Continued

A claimant must be in need of personal assistance from another individual to perform at least two or more of the following Activities of Daily Living (ADLs): bathing or showering, dressing, eating, toileting, transferring and mobility throughout the living environment.

Penalty for Gifts and Three Year Look-Back Period:

The Department of Veterans Affairs implemented a three year look-back period in October of 2018. Any transfer for less than fair market value during the look-back period will result in a penalty - a time for which DVA will not pay the pension.

Resource test:

The net worth limitation has increased to \$129,094 for 2020. Net worth is the total assets plus net income (gross income less allowable medical deductions). The figure for net income cannot be a negative number. Excluded resources from the calculation are the primary residence (with a lot up to a maximum of 2 acres), a vehicle and burial policies or life insurance up to \$10,000 of cash value.

For more information on A&A benefits see:
<http://www.vba.va.gov/bln/21/pension/>

Legal Aspects of Healthcare Planning

Tips to Remember:

- Planning ahead can mean the difference between qualifying for benefits or the complete loss of financial stability and reliance on the minimum level of care that the government will provide.
- Although a person may not ever plan to need a long term care facility, no one can anticipate the future. Therefore, it is safest to plan ahead.
- The complexities of qualifying for Medicaid and VA benefits can be overwhelming, so it is best to seek expert professional help.
- Even families of modest means can benefit from these services – in fact, they may benefit the most.



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