

The Sketchley Law Firm, P.A.




Care Resources

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You can follow The Sketchley Law Firm online:

 Website: <http://www.sketchleylaw.com>

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This is a reference guide for families. It was created to help guide them through difficult decisions and processes and find resources to help make things easier. If you need further assistance, feel free to contact our office for an appointment.

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Home Health & Companion Care Services

- Amedisys's Home Health of Tallahassee
Address: 8116 Killearn Plaza Circle, Suite 104, Tallahassee, FL 32312
Phone: (850) 681-0080
Website: <http://amedisys.com/>
- Comfort Keepers In-Home Care
Address: 2709 Killarney Way, Tallahassee, FL 32309
Phone: (850) 402-0051
Website: www.comfortkeepers.com
- Gentiva Home Health Services
Address: 2450 Tim Gamble Place, Tallahassee, FL 32308
Phone: (850) 878-2191
Website: www.Gentiva.com
- Home Helpers
Address: 1117 Rosewood Drive, Tallahassee, FL 32301
Phone: (850) 668-1164
Website: www.homehelpers.cc
- Home Instead Senior Care
Address: 2528-B Barrington Circle, Tallahassee, FL 32308
Phone: (850) 297-1897
Website: www.homeinsteadtally.com
- Hopewell Home Health Care
Address: 2121 Killarney Way, Tallahassee, FL 32309
Phone: (850) 386-5552
Website: www.hopewellcare.com
- Interim Home Health Care
Address: 1962B Village Green Way, Tallahassee, FL 32308
Phone: (850) 422-2044
Website: www.interimhealthcare.com
- Maxim Healthcare Services
2777-3 Miccosukee Road, Tallahassee, FL 32308
Phone: (850) 422-1111
Website: www.maximhealthcare.com
- NHC Homecare
Address: 3034 Coastal Hwy, Crawfordville, FL 32327

Phone: (850) 926-7044

Website: www.nhccare.com

- Tallahassee Homecare
Address: 2777 Miccosukee Road, Suite 3, Tallahassee, FL 32308
Phone: (850) 422-1111
Website: www.maximhomecare.com/Tallahassee
- Tallahassee Home Help Services, LLC
Address: 1425 Alshire Ct. S., Tallahassee, FL 32317
Phone: (850) 877-4357
- Tallahassee Memorial Home Health Care
Address: 1619 Physician's Drive, Tallahassee, FL 32308
Phone: (850) 431-6800
Website: www.tmh.org/homehealth

Senior Apartments

- Allegro Heritage Oaks (Independent Living)
Address: 4501 W. Shannon Lakes Drive, Tallahassee, FL 32309
Phone: (850) 273-4579
Website: www.alegroliving.com
- Cherry Laurel
Address: 1009 Concord Road, Tallahassee, FL 32308
Phone: (850) 391-7285
Website: www.holidaytouch.com
- Georgia Belle
Address: 301 East Carolina Street, Tallahassee, FL 32301
Phone: (850) 224-8021
Website: www.westminsterretirement.com/legacy/html/georgia_belle_apt.php
- Jamestown Woods
Address: 3150 Windsong Drive, Tallahassee, FL 32308
Phone: (850) 386-3006
Website: www.jamestownwoods.com
- Lake Ella Manor
Address: 1433 N. Adams Street, Tallahassee, FL 32303
Phone: (850) 224-1341
- Westminster Oaks
Address: 4449 Meandering Way, Tallahassee, FL 32308
Phone: (850) 878-1136
Website: www.westminsterretirement.com

Adult Day Cares

- 1.) Elder Day Stay
Address: 1660-11 North Monroe Street, Tallahassee, FL 32303
Phone: (850) 921-5554
- 2.) Tallahassee Memorial Adult Day Care
Address: 2039 North Monroe Street, Tallahassee, FL 32303
Phone: (850) 531-0712

Assisted Living Facilities

Tallahassee

- Allegro Heritage Oaks (Independent Living)
Address: 4501 W. Shannon Lakes Drive, Tallahassee, FL 32309
Phone: (850) 273-4579
Website: www.alegroliving.com
- Broadview Assisted Living at Tallahassee
Address: 2110 Fleischmann Road, Tallahassee, FL 32308
Phone: (850) 270-7775
Website: www.broadview-tallahassee.com
- Clare Bridge of Tallahassee
Address: 1980 Centre Pointe Blvd, Tallahassee, FL 32308
Phone: (850) 347-1542
Website: www.brookdaleliving.com/clare-bridge-of-tallahassee
- HarborChase of Tallahassee
Address: 100 John Knox Road, Tallahassee, FL 32303
Phone: (850) 531-0404
Website: www.harborchase.com
- Heritage Oaks Senior Housing
Address: 4501 Shannon Lakes Drive, West Tallahassee, FL 32308
Phone: (850) 668-4004
- Pacifica Senior Living Woodmont
Address: 3207 North Monroe Street, Tallahassee, FL 32303
Phone: (850) 462-5728
Website: www.pacificawoodmont.com
- St. Augustine Plantation Assisted Living & Memory Care
Address: 2507 Old St. Augustine Road, Tallahassee, FL 32301
Phone: (850) 309-1982
Website: www.tallahassee-memorycare.com
- Sterling House of Tallahassee
Address: 1780 Hermitage Blvd, Tallahassee, FL 32308
Phone: (877) 713-1963
Website: www.brookdaleliving.com/sterling-house-of-tallahassee

- Tallahassee Memory Care
Address: 2767 Raymond Diehl Road, Tallahassee, FL 32309
Phone: (850) 329-4634
Website: www.tallahassemc.com

 - Westminster Oaks Retirement Village
Address: 4449 Meandering Way, Tallahassee, FL 32308
Phone: (850) 878-1136
Website: www.westministerretirement.com
- **Quincy**
- Magnolia House
Address: 1125 Strong Road, Quincy, FL 32351
Phone: (850) 875-1334
Website: www.magnoliahouseal.com

Nursing Homes

Tallahassee

- Centre Pointe Health and Rehab Center
Address: 2255 Centerville Road, Tallahassee, FL 32308
Phone: (850) 386-4054
Website: www.centrepointerehab.com
- Consulate Health Care of Tallahassee
Address: 1650 Phillips Road, Tallahassee, FL 32308
Phone: (850) 942-9868
Website: www.consulatehc.com
- Heritage Healthcare Center at Tallahassee
Address: 3101 Ginger Drive, Tallahassee, FL 32308
Phone: (850) 877-2177
Website: www.heritagehealthoftallahassee.com
- Miracle Hill Nursing & Rehab Center, Inc.
Address: 1329 Abraham Street, Tallahassee, FL 32304
Phone: (850) 224-8486
- Seven Hills Health & Rehab Center
Address: 3333 Capital Medical Blvd, Tallahassee, FL 32308
Phone: (850) 877-4115
Website: www.sevenhillshealthandrehab.com
- Westminster Oaks
Address: 4449 Meandering Way, Tallahassee, FL 32308
Phone: (850) 878-1136
Website: www.westminsterretirement.com

○ Crawfordville

- Eden Springs Nursing and Rehab Center
Address: 4679 Crawfordville Hwy, Crawfordville, FL 32326
Phone: (850) 926-7181
Website: www.edenspringsrehab.com

○ Monticello

- Brynwood Center
Address: 1656 South Jefferson Street, Monticello, FL 32344
Phone: (850) 997-1800

- Cross Landing
Address: Rt 4 Box 40430 US Hwy 19N, Monticello, FL 32344
Phone: (850) 997-2313
Website: www.crossseniorcare.com
- **Blountstown**
 - Blountstown Health and Rehab
Address: 224 Chipola Road, Blountstown, FL 32424
Phone: (850) 674-4311
Website: www.blountstownhealthandrehab.com
 - River Valley Rehab Center
Address: 17844 N.E. Crozier Street, Blountstown, FL 32424
Phone: (850) 674-5464
- **Greenville**
 - Cross Winds Nursing Home
Address: US Hwy 90 East Box 445, Greenville, FL 32331
Phone: (850) 948-4601
Website: www.crossseniorcare.com
- **Madison**
 - Lake Park of Madison
Address: 1900 Country Club Road, Madison, FL 32340
Phone: (850) 973-8277
<http://www.healthtiquegroup.com/Lake-Park.html>
 - Madison Nursing Center
Address: Hwy 90 Route 3 Box 2310, Madison, FL 32340
Phone: (850) 973-4880
Website: www.madisonhealthandrehab.com
- **Marianna**
 - Courtyard at the Mill Pond
Address: 2600 Forest Glenn Trail, Marianna, FL 32446
Phone: (850) 526-2000
 - Marianna Convalescent Center
Address: 4295 5th Avenue, Marianna, FL 32446
Phone: (850) 482-8091

- Nursing Pavilion at Chipola
Address: 4294 Third Avenue, Marianna, FL 32446
Phone: (850) 526-4679

- **Perry**

- Marshall Health and Rehab
Address: 207 Marshall Drive, Perry, FL 32347
Phone: (850) 584-6334

- **Quincy**

- Riverchase Care Center
Address: 1000 Strong Road, Quincy, FL 32352
Phone: (850) 875-3711

- **Carrabelle**

- St. James Nursing and Rehab
Address: 239 Crooked River Road, Carrabelle, FL 32322
Phone: (850) 697-2020

- **Dowling Park**

- Advent Christian Village
Address: PO Box 4345, Dowling Park, FL 32064
Phone: 1-800-647-3353
Website: www.acvillage.net

- Good Samaritan Center
Address: PO Box 4332, Dowling Park, FL 32064
Phone: (850) 647-3353

- **Crestview**

- Shoal Creek Rehab Center
Address: 500 S. Hospital Road, Crestview, FL 32539
Phone: (850) 689-3146

○ **Panama City**

- Glen Cove Nursing Pavilion
Address: 1027 E. Business Hwy. 98, Panama City, FL 32401
Phone: (850) 872-1438

○ **Mayo**

- Lafayette Health Care Center
Address: 512 West Main Street, Mayo, FL 32066
Phone: (386) 294-3300

Hospice

- Big Bend Hospice
Address: 1723 Mahan Center Blvd., Tallahassee, FL 32308
Phone: (850) 878-5310
Website: www.bigbendhospice.org
- Covenant Hospice
Address: 1921 Capital Circle NE, Tallahassee, FL 32308
Phone: (850) 575-4998
Website: www.covenanthospice.org

Facility Evaluation

Date or Tour: _____ Time of Day: _____

Facility Name: _____

Type of facility: _____ Distance from your home: _____

Cost per: Day: _____ Month: _____

___ Check facility inspections on Florida Health Finder www.floridahealthfinder.gov

___ Check facility quality score (if nursing home) on www.medicare.gov

___ Ask for and review calendar of facility events

___ Ask for and review copies of admission contracts and paperwork that would need to be signed

Room size: Private room _____ Semi-private room _____

Is there a resident or family council? ___ Y ___ N It meets: _____

Food appearance and taste: _____

Appearance of dining facilities: _____

General appearance of facility: _____

General cleanliness of facility: _____

Smell of facility: _____

General appearance of facility rooms: _____

Where are the residents in the facility? _____

Are the residents engaged in activities? _____

What is the staff to resident ratio: Day shift _____ Night shift _____ # of nurses per shift _____

The facility has on _____ staff nurses or _____ nursing agency to staff facility.

What is the facility staff turn-over rate? _____

Do residents control their own routines such as getting up and going to bed when they choose? ___

What did you dislike about this facility: _____

Care Managers

- Pamela Chamberlynn, MSW, IHCP, MP
Integrative Health Coach
Phone: (850) 329-6638
pchamberlynn@comcast.net
<http://www.integrativehealthcoachpsc.com/default.html>
- Senior Transitions
Address: 339 Deer Run Road, Havana, FL 32333
Phone: (850) 894-6720
www.gcmsolutions.net

Professional Guardians

- Karen Campbell (Office of Public Guardian, Inc.)
Counties: Franklin, Gadsden, Jefferson, Leon, Madison, Wakulla
Phone: (850) 487-4609
- Karen Fader
Counties: Calhoun, Gadsden, Jackson, Leon, Liberty, Wakulla
Phone: (850) 573-4351
- Lynne Liska
Counties: Gadsden, Jefferson, Leon, Wakulla
Phone: (850) 980-7559
- Heather McInnis
Counties: Madison
Phone: (386) 752-8420
- Erika Thompson
Counties: Leon
Phone: (850) 320-0026

Resources

- The Alzheimer's Project
Address: 301 East Tharpe Street, Tallahassee, FL 32303
Phone: (850) 386-2778
Website: www.alzheimersproject.org
- Area Agency on Aging for North Florida
Address: 2414 Mahan Drive, Tallahassee, FL 32308
Phone: (850) 488-0055
Website: www.aaanf.org
- At Home Veterinary Care
Address: P.O. Box 14101 Tallahassee, FL 32317
Phone: (850) 274-5710
- Elder Care Services, Inc.
Address: 2518 W. Tennessee Street, Tallahassee, FL 32304
Phone: (850) 921-5554
Website: www.ecsbigbend.org
- Graceful In Home Aging
Phone: (904) 460-6208
Email: gracefulinhomeaging12@yahoo.com
- Home Help Services, LLC Tallahassee
PO Box 15351
Tallahassee, FL 32317
Phone: (850) 877-4357
Jduncan@hhsworldwide.com
www.hsworldwide.com
- Office of Public Guardianship
Address: 2292 Wednesday Street, Suite 1, Tallahassee, FL 32308
Phone: (850) 487-4609
Website: www.bigbendopg.org
- Tallahassee Senior Citizen Center
Address: 1400 N. Monroe Street, Tallahassee, FL 32303
Phone: (850) 891-4000
- Moving Experience
Address: 2223 Tallahassee Drive, Tallahassee, FL
Phone: (850) 893-3652

Fiduciary Support Services

A fiduciary is someone who is acting on behalf of another. This includes those who are acting using a Durable Power of Attorney, acting as a Guardian or Guardian Advocate, or as a Trustee.

- Ms. Khadija Zackria
Licensed CPA in Florida & Virginia
Zackria & Associates, P. C.
4211 Pleasant Valley Road, Suite 260
Chantilly VA 20151
(703) 378-5676
<http://www.zackriacpa.com/>

Caregiver File

To make things easier when conducting business for your loved one, create a file of your loved one's important papers that you regularly need. Having this information handy reduces the time it takes to conduct business for your loved one, as well as the stress of hunting down information each time it is needed.

This file should include the following:

1. Photo identification (current)
2. Military identification (if applicable)
3. Social Security Card
4. Alien Registration Card (if applicable)
5. Medicare Card
6. Insurance cards (Health Insurance, Medicare Prescription Drug Program, Medicare Supplemental Insurance, Medicaid, Car Insurance)
7. Documentation that gives you the authority to make decisions on behalf of your loved one (Durable Power of Attorney for finances, Health Care Surrogate Designation, Letters of Guardianship, or Trust)
8. Living Will for your loved one
9. List of financial accounts, their corresponding institutions and the contact for each
10. Any credit cards or debit cards
11. List of income sources and contact information
12. List of current medications, including dosages
13. List of allergies
14. List of current medications
15. List of current health care providers and contact information
 - a. Primary care physician
 - b. Physician specialists
 - c. Pharmacy
 - d. Home Health Agency
 - e. Hospital (if applicable)
 - f. Hospice (if applicable)
16. Attorney's name and contact information
17. Accountant's name and contact information
18. Alternative decision-makers and contact information
19. Funeral or burial arrangements
20. Original Last Will & Testament
21. Life Insurance Policies
22. Emergency contact information

What to Do When a Loved One Dies

Immediately upon death

1. Contact the funeral home with which your loved one has made arrangements prior to death. If your loved one has not made arrangements, contact a funeral home that you and your family prefer to use. The funeral home will transport your loved one's body to their facilities.
2. Contact immediate family and close relatives
3. Make necessary burial/cremation and memorial service arrangements. If your loved one made the arrangements before his/her death, the funeral home will help you fulfill those arrangements.
4. If your loved one did not pre-pay for his/her arrangements, consider the cost and who will be paying for the arrangements.
5. If your loved one is a veteran, inquire about veteran burial, memorial benefits. You can call Veterans Affairs at (800) 827-1000 or visit www.va.gov for list of federal veteran's benefits.
6. Notify friends and remaining family of death and pending funeral arrangements.
7. Write obituary for the local paper and include funeral service times and information.
8. Secure your loved one's home and personal property such a vehicles, tools and equipment.
9. Arrange for a headstone.

After the funeral

10. DO NOT PAY your loved one's bills until you have spoken to a lawyer about the estate's obligations and the law regarding what bills may be the responsibility of the surviving spouse or family.
11. Order certified copies of the death certificate. On average, families will need 6.
12. If the funeral home has not already done so, notify Social Security Administration.
13. Make an appointment with a lawyer to discuss probate issues, creditors, estate debts, and disposition of personal and real property.
14. Stop any health insurance and other insurances that are not needed to protect property.
15. Cancel all credit and debit cards.
16. Notify the United States Post Office of your loved one's death.
17. Collect your loved one's important papers such as their Will, Trust agreement, life insurance policies, bank statements, and mail.
18. Make a list of your loved one's creditors including any mortgage holders, banks or credit unions, credit cards, health care providers, judgment lien-holders, any ex-spouses, children owed child support, or any other entity that sends a bill in the name of your loved one.
19. Notify the banks and financial institutions where your loved one had accounts.
20. Notify all credit reporting agencies.
21. Cancel his/her driver's license
22. Cancel your loved one's membership in any organizations.
23. Contact your loved one's accountant for final tax preparation.
24. Follow you attorney's instructions regarding winding up your loved one's affairs.

ID Theft Prevention, Correction & Resources

Prevention

Pay Attention

- Check ALL Bank & Credit Card Statements Immediately Upon Receipt
- Check Your Insurance Statements & Explanations of Benefits Immediately
- Check Your Accounts On-Line Regularly
- Get the Mail Out of Your Mailbox EVERYDAY
- Check Your Credit Report at Least Once a Year – Annualcreditreport.com (you can get one free one each year from each credit reporting agency)

Shred Sensitive Information

- Credit Card Offers
- Credit Card Checks
- Unused Checks
- Bank Statements
- Statements That Come In the Amazon or Other Mail Order Box
- Expired Credit/Debit Cards
- Bills, Statements & Invoices
- Expired Insurance Cards (Auto & Health)
- Insurance Claim Forms
- Anything with a SSN, DOB, Account Numbers
- Medical Records

- Secure Your Home & Business Wireless Internet so No Unauthorized Access
- Do NOT Use Free Health Care Services that Require You to Provide Your Health Insurance Information
- Do NOT Use Check Cashing Services
- Do NOT Carry You Social Security Card with You in Your Wallet or Purse
- Do NOT Carry Multiple Credit/Debit Cards with You
- Do NOT Send Your Account Information, Social Security Number, DOB via Email
- Do NOT Give Your Account Information, Social Security Number, DOB to Unsolicited Emails
- Do NOT Give Your Account Information, Social Security Number, DOB to Unsolicited Calls
- Do NOT Keep Your PIN with Your Credit/Debit Card or in Your Wallet
- Protect Your PIN Input in Stores
- Do NOT Use the Last 4 Digits of Your SSN as Your PIN
- Do NOT Use Your Birth Year or Birth Month and Day as Your PIN
- Do NOT Use the Last Four Digit of Your Credit/Debit Card as Your PIN
- Do NOT Use an Easy Password for Your Log-Ins
- Do NOT Chitchat with Phone Folks – Cable, Telephone, Warranty People
- Have Different Passwords and PINs for each account
- Make Your Passwords Difficult-Use a combination of CAPS & lowercase letters, numbers &

punctuation

Add Your Name & Phone Numbers to the Do Not Call Lists

Correction

Report Identity Theft to Law Enforcement Immediately

Report Identity Theft to Your Financial Institutions

Challenge Unauthorized Charges on Your Credit/Debit Cards Immediately

Cancel All Credit/Debit Cards When One is Compromised

Report All Health Insurance Irregularities to Your Health Insurance Company Immediately

Put Identity Theft/Fraud Alerts on Your Accounts with Credit Reporting Agencies

Resources

Free Credit Report Each Year <https://www.annualcreditreport.com/cra/index.jsp>

Florida's Identity Theft Victim's Kit

<http://myfloridalegal.com/pages.nsf/Main/CBBEBA3F2583433385256DBA004BC600?OpenDocument#minimize>

Florida' Division of Consumer Services Little Black Book of Scams

<http://www.800helpfla.com/scams/blackbook/identitytheft.html>

Florida's Do Not Call List <http://www.800helpfla.com/nosales.html>

National Do Not Call List <https://www.donotcall.gov/>

Federal Trade Commission Identity Theft Consumer Information

<http://www.consumer.ftc.gov/features/feature-0014-identity-theft>

Helpful Websites

Academy of Florida Elder Law Attorneys	http://afela.org/
Affordable Care Act	https://www.healthcare.gov/
Agency for Persons with Disabilities	http://www.apd.myflorida.com/
Agency for Health Care Administration	http://www.fdhc.state.fl.us/
Area Agency on Aging of North Florida	http://aaanf.org/
Disability Rights Florida	http://www.disabilityrightsflorida.org/
Elder Law Issues	http://elderlawissues.blogspot.com/
Florida AARP	http://states.aarp.org/category/florida/
Florida Adult Protective Services	http://www.myflfamilies.com/service-programs/adult-protective-services
The Florida Bar	http://www.floridabar.org/tfb/flabarwe.nsf
Florida CHAIN	http://floridachain.org/
Florida Courts	http://flcourts.org/
Florida Department of Elder Affairs	http://elderaffairs.state.fl.us/index.php
Florida Developmental Disabilities Council	http://www.fddc.org/
Florida Health Finder (check facility ratings & inspections)	http://www.floridahealthfinder.gov/index.html
Florida Legal Services Legal Aid Programs	http://floridalegal.org/Directory/2013Directory.pdf
Florida Medicaid/Public Benefits Application	http://www.myflorida.com/accessflorida/
Florida Medicaid Managed Care Program	http://www.ahca.myflorida.com/Medicaid/statewide_mc/index.shtml
Florida's Voice on Developmental Disabilities	http://floridasvoice.org/
Foundation for LTC Solutions	http://ltafoundation.org/
Long Term Care Ombudsman	http://ombudsman.myflorida.com/
Medicare	http://www.medicare.gov/
Social Security Administration	http://www.ssa.gov/
Veterans Administration	http://www.va.gov/