



Care Resources

A publication of The Sketchley Law Firm, P.A.

The Professional Center at SouthWood

3689 Coolidge Court, Suite 8

Tallahassee, FL 32311

Telephone: (850) 894-0152

Email: info@sketchleylaw.com

Follow The Sketchley Law Firm online:



Website: www.sketchleylaw.com



Facebook: www.facebook.com/sketchleylaw



Twitter: [@TLHElderlaw](https://twitter.com/TLHElderlaw)



Blog: www.sketchleylaw.com/blog

The resources listed in this guide are for informational purposes only. The Sketchley Law Firm does not endorse, promote, or otherwise recommend providers or services listed in this guide. The use of this guide does not constitute an attorney/client relationship with this firm or its attorneys.

Contents

This handbook of regional care resources was created to help guide families and caregivers toward services available in our community to assist in navigating the maze of aging, long-term care, and end-of-life care.

If you need further assistance specific to your circumstances, please do not hesitate to contact our office for a new client consultation.

<u>Subject</u>	<u>Page</u>
Definitions	3
Home Health & Homemaker/Companion Care Services	7
Senior Apartments	17
Adult Day Services	18
Assisted Living Facilities	19
Skilled Nursing Facilities (Nursing Homes)	25
Hospice Organizations	31
Geriatric Care Managers	31
Fiduciary Support Services	32
Professional Guardians	32
Funeral Homes	33
Additional Senior Resources	35
Helpful Websites	38
Tools for Families & Caregivers	40
Advance Planning Tools at a Glance	41
Facility Evaluation	43
Caregiver File	44
What to Do When a Loved One Dies	45
Identity Theft Prevention, Correction & Resources	47
10 Ways You Can Help a Caregiver	50

To sign up for The Sketchley Law Firm’s Newsletter and access our Elder Law Issues blog, please visit www.sketchleylaw.com

Definitions

Adult Day Service/Adult Day Care

Adult day care centers provide programs and services for adults who need a protective setting during the day. An adult day care center can be a freestanding program or services can be offered through a nursing home, assisted living facility, or hospital. The basic services include, but are not limited to: social activities, self-care training, nutritional meals, a place to rest, and respite care. Adult day care centers are licensed and surveyed by the State of Florida. *(From www.floridahealthfinder.gov)*

Advance Directive

General term used to describe those documents that provide instructions to caregivers and professionals, and provide a legal means for your business to be carried out and decisions to be made for you in the event of your incapacity. See Tools for Families & Caregivers at the end of this guide for more information on types of Advance Directives.

Assisted Living Facility (ALF)

Assisted living facilities (ALF) provide full-time living arrangements in the least restrictive and most home-like setting. The basic services include, but are not limited to: housing and nutritional meals; help with the activities of daily living, like bathing, dressing, eating, walking, physical transfer, giving medications or helping residents give themselves medications; arrange for health care services; provide or arrange for transportation to health care services; health monitoring; respite care; and social activities. Assisted living facilities are licensed and surveyed by the State of Florida.

(from www.floridahealthfinder.gov)

Definitions, cont.

Elder Law

A holistic approach that addresses the legal issues involving elders and individuals with special needs and their families. Elder law integrates legal solutions with social, medical and long term care structures to assist clients in maintaining the highest quality of life, dignity, and autonomy possible given an individual's circumstances.

Geriatric Care Manager

Geriatric Care Managers help individuals, families, and caregivers adjust and cope with the challenges of aging or disability. They typically have prior training in nursing, social work, gerontology, or other health service areas. Usually, a care plan is prepared after a comprehensive assessment has taken place, and is monitored and modified as needed. Geriatric Care Managers can assist in finding housing, home care services, nutritional services, assistance with activities of daily living, and social programs.

Guardianship (Chapter 744 Florida Statutes)

An extraordinary legal procedure in which a court appoints someone to assist a ward in the event of the ward's incapacity. A guardianship is usually instituted because there are no other advance directives in place and/or available.

Home Health Agency

Agencies which provide services to patients in private homes, assisted living facilities, and adult family care homes. Some of the services include nursing care; physical, occupational, respiratory, and speech therapy; home health aides; homemaker and companions; and medical equipment and supplies. Along with services in the home, an agency can also provide staffing services in nursing homes and hospitals. Home health agencies are licensed and surveyed by the State of Florida. *(from www.floridahealthfinder.gov)*

Definitions, cont.

Homemaker and Companion Services

Companies which provide housekeeping, prepare and serve meals, help with shopping, routine household chores, companionship in the client's home, and can take the client to appointments and other outings. By law, homemakers and companions may not provide hands-on personal care, such as help with bathing, and cannot give medications. Homemaker and companion agencies are registered by the State of Florida. However, individuals who work on their own, with no other workers helping them are not required to be registered. *(from www.floridahealthfinder.gov)*

Medicaid

A joint federal and state program that helps with medical costs for some people with limited income and resources. Medicaid programs vary from state to state, but most health care costs are covered if you qualify for both Medicare and Medicaid. *(from www.medicare.gov)*

Medicare

The federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). *(from www.medicare.gov)*

Hospice

Services in a patient's residence or in a hospice facility for patients with a diagnosis of a terminal illness. They provide a coordinated program of professional services, including pain management and counseling for patients; nursing, physician, therapy, and social work services; counseling and support for family members and friends of the patient; and other support services. Hospices are licensed and surveyed by the State of Florida. *(from www.floridahealthfinder.gov)*

Definitions, cont.

Probate (Chapter 765 Florida Statutes)

The legal process whereby the validity of a decedent's Will is proven in a court and accepted as a valid public document that is the true last testament of the deceased. The formal administration of a probate estate in Florida involves admission of the Will and court appointment and oversight of a personal representative (a/k/a executor) during administration of the estate as determined by the Will or by Florida Statutes, if no Will exists.

Senior Apartment

Senior apartments or independent living communities are general terms for any housing arrangement designed exclusively for seniors. Also included are retirement communities, and retirement homes. These may be apartment complexes, condominiums, or even free-standing homes. Senior housing under HUD regulations generally serves residents age 55 or over.

Skilled Nursing Facility (SNF)/Nursing Home

A nursing home provides nursing, personal, custodial, and rehabilitative care. Nursing homes, sometimes called skilled nursing facilities, are freestanding, which means they are not part of a hospital. Nursing homes are licensed and surveyed by the State of Florida. *(from www.floridahealthfinder.gov)*

Home Health & Homemaker/Companion Care Services

Tallahassee

Affinity Home Care Agency
3218 Thames Drive
Tallahassee, FL 32309
(850) 345-4806

www.affinityhomecareagency.org

Ambient Nursing Services
1812 Riggins Road
Tallahassee, FL 32308
(850) 656-4566

Amedisys's Home Health of Tallahassee
8116 Killearn Plaza Circle, Suite 104
Tallahassee, FL 32312
(850) 681-0080

<http://amedisys.com>

American Eldercare of North Florida
325 John Knox Road, Ste. 240
Tallahassee, FL 32303
(850) 462-1380

www.americaneldercare.com

Barnes Healthcare of Florida
2524 Cathay Court
Tallahassee, FL 32308
(850) 894-4480

<http://barneshomecare.com>

Candid Care, LLC
1909 Hillbrooke Trail, Ste. 4
Tallahassee, FL 32311
(850) 590-7361

www.candidcare.com

Capital Home Health Corp
1839 Buford Court
Tallahassee, FL 32308
(850) 553-4002

www.capitalhomehealthcorp.com

Caretakers Services, Inc.
102 W 5th Ave
Tallahassee, FL 32303
(850) 513-0002

Caring Connections Senior Care
267 John Knox Road, Ste. 111
Tallahassee, FL 32303
(850) 354-5336

www.caringconnectionsllc.com

Comfort Keepers In-Home Care
2709 Killarney Way
Tallahassee, FL 32309
(850) 402-0051

www.comfortkeepers.com

Home Health & Homemaker/Companion Care Services, cont.

Tallahassee

Devine Care, LLC
1798 Dax Court
Tallahassee, FL 32308
(850) 566-2859

Elder Care Services, Inc.
2518 W. Tennessee Street
Tallahassee, FL 32304
(850) 921-5554

www.ecsbigbend.org

Elite Home Care Services LLC
1530 Metropolitan Blvd., Ste. 208
Tallahassee, FL 32308
(850) 345-6300

Encompass Home Health of Florida
(formerly Caresouth)
2282 Killearn Center Blvd., Ste. A
Tallahassee, FL 32309
(850) 391-4754

www.caresouth.com

Healing By Nature Senior Care, LLC
1530 Metropolitan Blvd.
Tallahassee, FL 32308
(850) 570-3348

Heaven Sent Elderly Care Services
3843 Wiggington Rd.
Tallahassee, FL 32303
(850) 508-6724

<http://myhealingbynature.com>

Heavenly Helpers Senior Care, LLC
3111 Mahan Dr., Ste. 20-134
Tallahassee, FL 32308
(850) 544-0335

Home Instead Senior Care
2477 Tim Gamble Place, Ste. 101
Tallahassee, FL 32308
(850) 583-3723

www.heavenlyhelpers.org

www.homeinsteadtally.com

Hopewell In-Home Senior Care
2121 Killarney Way, Ste. H
Tallahassee, FL 32309
(850) 386-5552

Interim Home Health Care
1962-B Village Green Way
Tallahassee, FL 32308
(850) 422-2044

www.hopewellcare.com

www.interimhealthcare.com

Home Health & Homemaker/Companion Care Services, cont.

Tallahassee

Kindred at Home
2450 Tim Gamble Place
Tallahassee, FL 32308
(850) 878-2191

www.kindredathome.com

Lavenia Allen Home Care Services
722 Stiles Ave.
Tallahassee, FL 32303
(850) 514-7032

Lending A Hand Senior Companion
Services, LLC
2626 E Park Ave., Apt. 4104
Tallahassee, FL 32301
(850) 284-7578

Loving Home Care
137 Salem Ct.
Tallahassee, FL 32301
(850) 270-9123

Maxim Healthcare Services
2473 Care Drive, Ste. 104
Tallahassee, FL 32308
(850) 422-1111

Miracle Care Service
725 Pointe Ct., Apt. C
Tallahassee, FL 32308
(850) 405-0645

www.maximhomecare.com

Mission Of Hope Of Tallahassee, Inc.
1541 Glenway Dr.
Tallahassee, FL 32301
(850) 322-4589

No Place Like Home
1832 Capital Circle NE, Ste. 2
Tallahassee, FL 32308
(850) 408-9756

NurseSpring of Northern Florida, LLC
3380 NE Capital Cir
Tallahassee, FL 32308
(850) 222-1350

Optum Women's & Children's Health
1234 Timberlane Rd., Ste. D
Tallahassee, FL 32312
(850) 491-0931

www.nursespring.com

Home Health & Homemaker/Companion Care Services, cont.

Tallahassee

P & D Companion Services
956 Beaver Creek Way
Tallahassee, FL 32301
(850) 366-3415

Panhandle Support Services
2500 Merchants Row Blvd., Apt. 47
Tallahassee, FL 32311
(850) 366-3415

Precious Helping Hands And Companion
Solutions
2074 Midyette Rd., Apt. 121
Tallahassee, FL 32301
(850) 402-0815

Premier Home Companion Services, LLC
475 Appleyard Dr., Apt. 112
Tallahassee, FL 32304
(850) 508-3397

Purposed Hearts Homemaker &
Companion Services
2607 Brighton Rd.
Tallahassee, FL 32305
(850) 210-8899

Quality Lifestyles, Inc.
113 S Monroe St., Ste. 103
Tallahassee, FL 32301
(407) 879-3951

Rebecca Kilpatrick's Homemaker
Companion Service
2107 Faulk Dr.
Tallahassee, FL 32303
(850) 297-0085

Right Direction Services
820 Hillcrest St.
Tallahassee, FL 32308
(850) 212-2061

Sharon Paulette Richardson
4112 Susan Ave.
Tallahassee, FL 32305
(850) 694-5136

SunCrest OMNI Home Health
2343 Hansen Lane, Ste. 1
Tallahassee, FL 32301
(850) 222-5552

www.almostfamily.com

Home Health & Homemaker/Companion Care Services, cont.

Tallahassee

Tallahassee Memorial Home HealthCare

1619 Physicians Drive

Tallahassee, FL 32308

(850) 431-6800

www.tmh.org/homehealth

The Sweetest Sitters LLC

1630 Balkin Rd., Lot 173

Tallahassee, FL 32305

(850) 321-5108

Technique Matters And Hygiene

Company, LLC

2711 Allen Rd., Apt. A12

Tallahassee, FL 32312

(786) 818-8931

Warrior Home Care Services

113 S. Monroe Street

Tallahassee, FL 32301

(844) 321-8875

Crawfordville

NHC Homecare

3034 Coastal Hwy

Crawfordville, FL 32327

(850) 926-7044

www.nhccare.com

Quincy

4J's ADL Services, LLC

1409 Elm Street

Quincy, FL 32351

(850) 875-3529

DRC Support Services, LLC

9 W King St.

Quincy, FL 32351

(313) 701-5785

Home Health & Homemaker/Companion Care Services, cont.

Quincy

Gift Of Giving
925 Arlington Cir.
Quincy, FL 32351
(850) 321-6343

Love And Care Agency, LLC
108 Astor Ave.
Quincy, FL 32352
(850) 274-9371

Gwen Andrews Home Of Success
Agency, Inc.
116 N. Madison St.
Quincy, FL 32351
(850) 875-0075
NHC Homecare
860 Strong Road
Quincy, FL 32351
(850) 627-6374
www.nhccare.com

Perry

Doctor's Memorial Home Health
1209 N. Center Street
Perry, FL 32347
(850) 838-1408
www.nhccare.com

Integrity Supports & Services
102 El Rancho Dr.
Perry, FL 32347
(850) 838-5792

Carrabelle

NHC Homecare
1617 W. Highway 98, Ste. E
Carrabelle, FL 32322
(850) 697-2400
www.nhccare.com

Home Health & Homemaker/Companion Care Services, cont.

Blountstown

Encompass Home Health of Florida
(Formerly Caresouth)
20452 Central Avenue W.
Blountstown, FL 32424
(850) 674-5455
www.caresouth.com

Tender Loving Enrichment Services
17434 NW 11th St.
Blountstown, FL 32424
(850) 272-4585

Live Oak

Advent Christian Village HomeCare
23740 Park Center Drive
Live Oak, FL 32060
(386) 658-5460
www.acvillage.net

Family Life Care
205 Howard Street W.
Live Oak, FL 32064
(386) 364-5515
www.familylifecare.com

Kindred at Home
712 Ohio Avenue S.
Live Oak, FL 32064
(386) 364-4593
www.kindredathome.com

Suwannee River Economic Council, Inc.
1171 Nobles Ferry Rd. NW, Bldg. 2
Live Oak, FL 32064
(904) 362-4115

Marianna

Chipola Rehabilitation Services, Inc.
2419 Fairview Rd.
Marianna, FL 32466
(850) 528-0982

Dot's Caring Hands
4640 Clayton Dr.
Marianna, FL 32466
(850) 482-1781

Home Health & Homemaker/Companion Care Services, cont.

Marianna

Gail's Traveling Angels LLC
5022 White Oak Dr.
Marianna, FL 32466
(850) 264-1793

Interim Healthcare of NW Florida
4306 5th Avenue
Marianna, FL 32466
(850) 482-2770

www.interimhealthcare.com

Kindred at Home
2491 Commercial Park Drive
Marianna, FL 32448
(850) 526-1932

www.kindredathome.com

Monticello

Caring Hearts In-Home Care, LLC
510 S Marvin St
Monticello, FL 32344
(850) 212-3030

Panama City

1st Choice Home Health
2617-B W. 23rd Street
Panama City, FL 32405
(850) 588-4500

Agape Care
1815 W 15th St., Ste. 10
Panama City, FL 32401
(850) 625-4828

www.1stchoicehomehealth.net

Home Health & Homemaker/Companion Care Services, cont.

Panama City

Best Care Home Health
12216 Panama City Beach Pkwy., Ste. B
Panama City Beach, FL 32407
(850) 249-2359

Kindred at Home
475 Harrison Ave., Ste. 250
Panama City, FL 32401
(850) 769-3398
www.kindredathome.com

NHC Homecare
1830 Lisenby Avenue, Ste. B
Panama City, FL 32405
(850) 769-5256
www.nhccare.com

Tender Touch Health Care Services
217 E. 23rd Street, Ste. E
Panama City, FL 32405
(850) 913-1500
www.tendertouchhomehealth.com

Crescent Healthcare, Inc.
1352 W 15th Street, Ste. 8
Panama City, FL 32401
(850) 573-6888

Interim Healthcare of NW Florida
2679 Jenks Avenue
Panama City, FL 32405
(850)747-0080

www.interimhealthcare.com

Lisenby Home Care, Inc.
412 N. Cove Boulevard
Panama City, FL 32401
(850) 769-0440

Rescare Homecare
200 Forest Park Circle
Panama City, FL 32405
(850) 769-1976
www.rescare.com/homecare-services

Covenant Home Care
107 W 19th St.
Panama City, FL 32405
(850) 433-2155

Encompass Home Health of Florida
(Formerly Caresouth)
239 Southwood Drive
Panama City, FL 32405
(850) 522-4211
www.caresouth.com

Home Health & Homemaker/Companion Care Services, cont.

Panama City

Lovely Heart Service
3937 W 22nd St., Apt. B
Panama City, FL 32405
(850) 851-6261

Medical Services of Northwest FL, Inc.
123 W 23rd St.
Panama City, FL 32405
(850) 233-3384

Senior Helpers Of Panama City
11 W. 23rd St., Bldg. B-1
Panama City, FL 32405
(850) 215-1793

Medi Home Health Agency
17844 Ashley Dr., Ste. 102
Panama City Beach, FL 32413
(850) 234-2113

www.msa-corp.com

Senior Apartments

Allegro Heritage Oaks
4501 W. Shannon Lakes Drive
Tallahassee, FL 32309
(850) 273-4579
www.allegroliving.com

Cherry Laurel
1009 Concord Road
Tallahassee, FL 32308
(850) 391-7285
www.holidaytouch.com

Jamestown Woods
3150 Windsong Drive
Tallahassee, FL 32308
(850) 386-3006
www.jamestownwoods.com

Lake Ella Manor
1433 N. Adams Street
Tallahassee, FL 32303
(850) 224-1341
www.rhf.org/location/lake-ella-manor

Westminster Gardens
(formerly Georgia Belle Apartments)
301 E. Carolina Street
Tallahassee, FL 32301
(850) 224-8021
www.westminsterretirement.com

Westminster Oaks
4449 Meandering Way
Tallahassee, FL 32308
(850) 878-1136
www.westminsterretirement.com

Adult Day Services

Elder Day Stay

1660-11 North Monroe Street
Tallahassee, FL 32303
(850) 921-5554

Tallahassee Memorial Adult Day Care

2039 North Monroe Street
Tallahassee, FL 32303
(850) 531-0712

www.tmh.org/adultday

Wisdom Adult Day Care Services

1747 Florida-Georgia Highway
Havana, FL 32333
(850) 539-8485

<http://wisdomaduldaycare.com>

Assisted Living Facilities Tallahassee

Allegro Heritage Oaks
4501 W. Shannon Lakes Drive
Tallahassee, FL 32309
(850) 668-4004
www.allegroliving.com

Broadview at Tallahassee
2110 Fleischmann Road
Tallahassee, FL 32308
(850) 386-4300
www.broadview-tallahassee.com

Brookdale Centre Pointe Boulevard
(former Clare Bridge of Tallahassee)
1980 Centre Pointe Boulevard
Tallahassee, FL 32308
(850) 309-7500
www.brookdale.com/communities/clare-bridge-of-tallahassee

Brookdale Hermitage Boulevard
(former Sterling House of Tallahassee)
1780 Hermitage Blvd
Tallahassee, FL 32308
(850) 422-3397
www.brookdale.com/communities/sterling-house-of-tallahassee

HarborChase of Tallahassee
100 John Knox Road
Tallahassee, FL 32303
(850) 531-0404
www.harborchase.com

L & L Assisted Living Community
4211 Chaires Cross Road
Tallahassee, FL 32317
(850) 877-3527

La Grande Belle Estates
5898 Orchard Pond Road
Tallahassee, FL 32303
(786) 200-8897
<http://tallahasseealf.com>

Linda's Assisted Living Facility
2069 Dellwood Drive
Tallahassee, FL 32303
(850) 980-7877

Assisted Living Facilities, cont.

Tallahassee

Pacifica Senior Living at Woodmont

3207 North Monroe Street

Tallahassee, FL 32303

(850) 562-4123

www.pacificawoodmont.com

St. Augustine Plantation

2507 Old St. Augustine Road,

Tallahassee, FL 32301

(850) 309-1982

www.staugustineal.com

Tallahassee Memory Care

2767 Raymond Diehl Road

Tallahassee, FL 32309

(850) 668-2884

www.tallahassemc.com

Tapestry Senior Living of Tallahassee

2516 W. Lakeshore Drive

Tallahassee, FL 32309

(850) 536-8600

<http://tapestry senior.com>

Westminster Oaks Retirement

4449 Meandering Way

Tallahassee, FL 32308

(850) 878-1136

www.westminsterretirement.com

Havana

Bell Road Human Services

182 Bell Road

Havana, FL 32333

(850) 539-8510

Assisted Living Facilities, cont.

Quincy

Magnolia House
1125 Strong Road
Quincy, FL 32351
(850) 875-1334

www.magnoliahouseal.com

Greenville

Rosa's Caring Heart
2873 N.W. U.S. 221
Greenville, FL 32331
(850) 948-2054

Madison

Care Well, LLC
309 NE Marion Street
Madison, FL 32340
(850) 973-2117

Southern Living for Seniors
765 N.E. Delphinium Drive
Madison, FL 32340
(850) 948-2054

www.southernlivingforseniors.com

Florida Assistant Living
Organization Chateau
240 S.E. Stephens Avenue
Madison, FL 32340
(850) 973-2380

Rosa's Caring Heart - Madison
587 S.W. Bunker Street
Madison, FL 32340
(850) 973-1308

Assisted Living Facilities, cont.

Bristol

Queen Brown Haven Assisted Living
6906 N.W. Torreya Park Road
Bristol, FL 32321
(850) 509-3271

Varnum's Rest Home
12167 N.W. Freeman Road
Bristol, FL 32321
(850) 643-5155

Blountstown

Rivertown Assisted Living
16354 S.W. Chipola Road
Blountstown, FL 32424
(850) 447-1720

Rivertown Senior Care
17112 Charlie Johns Street
Blountstown, FL 32424
(850) 674-1090

Dowling Park

Advent Christian Village Dacier Manor
10676 Marvin Jones Drive
Dowling Park, FL 32060
(386) 658-5550
www.acvillage.net

Mayo

Homewood Lodge Assisted Living
430 S. E. Mill Street
Mayo, FL 32066
(386) 294-2273
www.homewoodlodge.com

Oakridge Assisted Living
297 S.W. County Road 300
Mayo, FL 32066
(386) 294-5050

Assisted Living Facilities, cont.

Marianna

Chipola Health & Rehab Center

4294 3rd Avenue

Marianna, FL 32446

(850) 526-3191

www.gchc.com/location-page/chipola-health-and-rehab

Panama City

BeeHive Homes of Lynn Haven

4621 Hilltop Lane

Panama City, Florida 32405

(850) 420-8698

<http://beehivehomes.com/location/lyn-n-haven>

Brookdale Panama City

2575 Harrison Avenue

Panama City, FL 32405

(850) 872-8484

www.brookdale.com/communities/sterling-house-of-panama-city

Cove Manor Retirement

521 E. Beach Drive

Panama City, FL 32401

(850) 763-3655

Garden View Assisted Living

526 N. Mary Ella Avenue

Panama City, FL 32404

(850) 871-1611

Lisenby on Lake Caroline

1400 W. 11th Street

Panama City, FL 32405

(850) 785-6121

www.lisenbyretirement.com

Mathison Retirement Community

3637 W. Highway 390

Panama City, FL 32405

(850) 215-4663

www.methodishomes.org/mathison-panama-city-fl.html

Assisted Living Facilities, cont.
Panama City

Provision Living at Panama City Beach

6012 Magnolia Beach Road

Panama City, FL 32408

(850) 236-0510

www.provisionliving.com

Robinson's Residential Care

11921 Caruson Drive

Panama City, FL 32404

(850) 871-6555

Summer's Landing Retirement Center

615 Florida Avenue

Lynn Haven, FL 32444

(850) 265-9829

Superior Residences

95 Grand Heron Drive

Panama City Beach, FL 32407

www.superioralf.com/location/panama-city

Skilled Nursing Facilities (Nursing Homes) *Tallahassee*

Centre Pointe Health and Rehab Center

2255 Centerville Road

Tallahassee, FL 32308

(850) 386-4054

www.centrepointerehab.com

Consulate Health Care of Tallahassee

1650 Phillips Road

Tallahassee, FL 32308

(850) 942-9868

www.consulatehc.com

Heritage Healthcare Center

3101 Ginger Drive

Tallahassee, FL 32308

(850) 877-2177

www.heritagehealthoftallahassee.com

Miracle Hill Nursing & Rehab Center

1329 Abraham Street

Tallahassee, FL 32304

(850) 224-8486

Seven Hills Health & Rehab Center

3333 Capital Medical Blvd.

Tallahassee, FL 32308

(850) 877-4115

www.sevenhillshealthandrehab.com

Westminster Oaks

4449 Meandering Way

Tallahassee, FL 32308

(850) 878-1136

www.westminsterretirement.com

Crawfordville

Eden Springs Nursing and Rehab Center

4679 Crawfordville Hwy.

Crawfordville, FL 32326

(850) 926-7181

www.edenspringsrehab.com

Skilled Nursing Facilities (Nursing Homes), cont.

Monticello

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

[www.gchc.com/location-
page/brynwood-health-and-rehab](http://www.gchc.com/location-page/brynwood-health-and-rehab)

Cross Landings Health & Rehab Center
Route 4, Box 40430, US Hwy 19-N
Monticello, FL 32344
(850) 997-2313

www.crossseniorcare.com

Quincy

Riverchase Health & Rehab Center
1017 Strong Road
Quincy, FL 32351
(850) 875-3711

[www.gchc.com/location-
page/riverchase-health-and-rehab](http://www.gchc.com/location-page/riverchase-health-and-rehab)

Greenville

Crosswinds Health & Rehab Center
US Hwy 90 East Box 445
Greenville, FL 32331
(850) 948-4601

www.crossseniorcare.com

Skilled Nursing Facilities (Nursing Homes), cont.

Perry

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

Carrabelle

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

Madison

Lake Park of Madison
1900 Country Club Road
Madison, FL 32340
(850) 973-8277

Madison Health & Rehab Center
2481 W. US 90
Madison, FL 32340
(850) 973-4880

www.healthtiquegroup.com/Lake-Park.html

www.madisonhealthandrehab.com

Skilled Nursing Facilities (Nursing Homes), cont.

Blountstown

Blountstown Health and Rehab
224 Chipola Road
Blountstown, FL 32424
(850) 674-4311

River Valley Rehab Center
17844 N.E. Crozier Street
Blountstown, FL 32424
(850) 674-5464

www.blountstownhealthandrehab.com

Live Oak

Good Samaritan Center
10676 Marvin Jones Boulevard
Live Oak, FL 32060
(386) 658-5550

Surrey Place Care Center
110 S.E. Lee Avenue
Live Oak, Florida 32060
(386) 364-5961

Suwannee Health & Rehab Center
1620 Helvenston Street S.E.
Live Oak, Florida 32064
(386) 362-7860

Mayo

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

Skilled Nursing Facilities (Nursing Homes), cont.

Marianna

Chipola Health & Rehab Center
4294 3rd Avenue
Marianna, FL 32446
(850) 526-3191

Marianna Health & Rehab Center
4295 5th Avenue
Marianna, FL 32446
(850) 482-8091

Signature Healthcare at the Courtyard
2600 Forest Glen Trail
Marianna, FL 32446
(850) 526-2000

Panama City

Bay Center
1336 St. Andrews Boulevard
Panama City, FL 32405
(850) 763-3911

Clifford Chester Sims State
Veteran's Nursing Home
4419 Tram Road
Panama City, FL 32404
(850) 747-5401

Community Health & Rehab Center
3611 Transmitter Road
Panama City, FL 32404
(850) 747-9688

Emerald Shores Health & Rehab
626 N. Tyndall Parkway
Callaway, FL 32404
(850) 871-6363

Glencove Health & Rehab Center
1027 E. Highway 98
Panama City, FL 32401
(850) 872-1438

Lisenby on Lake Caroline
1400 W. 11th Street
Panama City, FL 32401
(850) 785-6121

*Skilled Nursing Facilities (Nursing Homes), cont.
Panama City*

Panama City Health & Rehab Center
924 W. 13th Street
Panama City, FL 32401
(850) 763-8463

Sea Breeze Health Care
1937 Jenks Avenue
Panama City, FL 32405
(850) 769-7686

St. Andrews Bay Nursing & Rehab
2100 Jenks Avenue
Panama City, FL 32405
(850) 763-0446

Hospice Organizations

Big Bend Hospice
1723 Mahan Center Blvd.
Tallahassee, FL 32308
(850) 878-5310

www.bigbendhospice.org

Covenant Hospice
1921 Capital Circle NE
Tallahassee, FL 32308
(850) 575-4998

<https://choosecovenant.org>

Emerald Coast Hospice
421 Oak Avenue
Panama City, FL 32401
(850) 769-0055

www.emeraldcoasthospice.org

Geriatric Care Managers

Pamela Chamberlynn, MSW, IHCP, MP
Integrative Health Coach
Phone: (850) 329-6638
pchamberlynn@comcast.net

www.integrativehealthcoachpsc.com

Senior Transitions
339 Deer Run Road
Havana, FL 32333
(850) 894-6720

www.gcmsolutions.net

Fiduciary Support Services

A fiduciary is someone who is acting on behalf of another. This includes those who are acting as an Agent under a Durable Power of Attorney, Guardians, Guardian Advocates, and Trustees.

Khadija Zackria, C.P.A.

Licensed in Florida & Virginia

Zackria & Associates, P. C.

480 Maplewood Drive, Ste. 3

Jupiter, FL 33458

(703) 378-5676

www.zackriacpa.com

Professional Guardians

A complete list of Florida registered professional guardians is available on the Florida Department of Elder Affairs Statewide Public Guardianship Office website.

<https://fmw.state.fl.us:8890/apps/doeaapex/f?p=2115>

Karen Campbell, Esq.

North Florida Office of Public Guardian

(850) 487-4609

Counties: Franklin, Gadsden,

Jefferson, Leon, Madison, Wakulla

Karen Fader

(850) 573-4351

Counties: Calhoun, Gadsden,
Jackson, Leon, Liberty, Wakulla

Lynne Liska

(850) 980-7559

Counties: Gadsden, Jefferson,

Leon, Wakulla

Stephen Randolph

Randolph Mediation & Guardianship
Services

(757) 390-7772

Counties: Bay, Calhoun, Columbia,
Franklin, Gadsden, Jackson, Jefferson,
Lafayette, Leon, Liberty, Madison,
Suwannee, Taylor, Wakulla

Funeral Homes Tallahassee

Abbey Funeral Home and Tallahassee
Memory Gardens/Overstreet of Florida
4037 N. Monroe Street
Tallahassee, FL 32303
(850) 562-1518
www.abbeyfh.com

Bevis Funeral Home, Inc.
2710 N. Monroe Street
Tallahassee, FL 32303
(850) 385-2193
www.bevisfh.com

Culley's MeadowWood Funeral Home
700 Timberlane Road
Tallahassee, FL 32312
(850) 893-4177
www.culleysmeadowwood.com

Richardson's Family Funeral Care
1650 W. Tennessee Street
Tallahassee, FL 32304
(850) 576-4144

Tillman Funeral Home
4006 Crawfordville Road
Tallahassee, FL 32305
(850) 942-1950

Beggs Funeral Home - Apalachee Chapel
3322 Apalachee Parkway
Tallahassee, FL 32311
(850) 942-2929
www.beggsfuneralhomes.net

Culley's MeadowWood Funeral Home
1737 Riggins Road
Tallahassee, FL 32308
(850) 877-8191
www.culleysmeadowwood.com

Fairchild Funeral Home
2380 Centerville Road
Tallahassee, FL 32308
(850) 386-8686
<http://fairchildfh.com>

Strong & Jones Funeral Home
551 W. Carolina Street
Tallahassee, FL 32301
(850) 224-2139
www.strongandjones.com

Funeral Homes, cont.
Crawfordville

Bevis Harvey Young Chapel
3106 Crawfordville Hwy.
Crawfordville, FL 32327
(850) 926-3333
www.bevisfh.com

Family Funeral Home & Cremation
Services
84 Ochlockonee Street
Crawfordville, FL 32327
(850) 926-5919
www.familyfhc.com

Havana

Faith Funeral Home, Inc.
6972 Florida/Georgia Hwy.
Havana, FL 32333
(850) 539-4300
www.faithfuneralhome.com

Additional Senior Resources

The Alzheimer's Project
301 East Tharpe Street
Tallahassee, FL 32303
(850) 386-2778

www.alzheimersproject.org

Area Agency on Aging for North Florida
2414 Mahan Drive
Tallahassee, FL 32308
(850) 488-0055

www.aaanf.org

At Home Veterinary Care
1833 Junwin Court
Tallahassee, FL 32306
(850) 274-5710

www.athomevet.care

North Florida Office of Public Guardian
1425 E. Piedmont Dr. Suite 201-B
Tallahassee, FL 32308
(850) 487-4609

<http://northfloridaopg.org>

Dial-A-Ride (StarMetro)
555 Appleyard Drive
Tallahassee, FL 32304
(850) 891-5199

www.talgov.com/starmetro

Elder Care Services, Inc.
2518 W. Tennessee Street
Tallahassee, FL 32304
(850) 921-5554

www.ecsbigbend.org

Florida Department of Transportation
Safe Mobility for Life Program
605 Suwannee Street, MS 36
Tallahassee, FL 32399
(850) 410-5414

www.safeandmobileseniors.org

Florida GrandDriver Program
2900 Apalachee Parkway
Tallahassee, Florida 32399-0570
(850) 617-2713

www.floridagrandidriver.com

Additional Senior Resources, cont.

Florida Telecommunications Relay
1820 East Park Avenue, Ste. 101
Tallahassee, FL 32301
(800) 222-3448
www.ftri.org

Gadsden Senior Services, Inc
79 LeSalle Leffall Drive
Quincy, FL 32351
(850) 875-4524

Graceful In Home Aging, LLC
(850) 583-0771
<http://gracefullyagingathome.com>

Home Help Services, LLC Tallahassee
PO Box 15351
Tallahassee, FL 32317
(850) 877-4357
jduncan@hhsworldwide.com
www.hhsworldwide.com/Tallahassee

Jefferson Senior Citizen's Center
1155 N Jefferson Street
Monticello, FL 32344
(850) 342-0242

Legal Services of North Florida
2119 Delta Boulevard
Tallahassee, FL 32303
(850) 385-9007
<http://lsnf.org>

Liberty County Senior Citizens
Association
15629 N.W. C.R. 12
Bristol, FL 32321
(850) 643-5613

Senior Citizens Council of
Madison County
1161 S.W. Harvey Greene Drive
Madison, FL 32340
(850) 973-4241
madison seniors.org

Additional Senior Resources, cont.

Seniors vs. Crime

Florida Attorney General

(800) 203-3099

www.seniorsvscrime.com

SHINE (Serving Health

Insurance Needs of Elders)

4040 Esplanade Way, Suite 270

Tallahassee, FL 32399

(800) 963-5337

www.floridashine.org

Suwannee River Economic Council, Inc.

1171 Nobles Ferry Rd. NW, Bldg. 2

Live Oak, FL 32064

(904) 362-4115

Tallahassee Senior Citizen Center

1400 N. Monroe Street

Tallahassee, FL 32303

(850) 891-4000

www.talgov.com/seniors

Taylor Senior Citizens Center

800 W Ash Street

Perry, FL 32347

(850) 584-7126

<http://srecinc.org/programs/aging>

Wakulla Senior Citizens Council

33 Michael Drive

Crawfordville, FL 32327

(850) 926-8138

www.wakullaseniorecitizens.com

Helpful Websites

Academy of Florida Elder Law Attorneys	http://afela.org
Affordable Care Act	www.healthcare.gov
Agency for Persons with Disabilities	www.apd.myflorida.com
Agency for Health Care Administration	www.fdhc.state.fl.us
Area Agency on Aging of North Florida	www.aaanf.org
Disability Rights Florida	www.disabilityrightsflorida.org
Elder Law Issues Blog	www.sketchleylaw.com/blog
Elder Law Issues Broadcast Archives (WFSU)	www.wfsu.org/elderlaw
Florida AARP	http://states.aarp.org/region/florida
Florida Adult Protective Services	www.myflfamilies.com/service-programs/adult-protective-services
The Florida Bar	www.flabar.org
The Florida Bar Foundation Directory of Legal Aid Organizations	https://thefloridabarfoundation.org/directories
Florida CHAIN	http://floridachain.org
Florida Courts	http://flcourts.org
Florida Department of Elder Affairs	http://elderaffairs.state.fl.us
Florida Developmental Disabilities Council	www.fddc.org
Florida Health Finder (check facility ratings & inspections)	www.floridahealthfinder.gov

Helpful Websites, cont.

Florida Medicaid/Public Benefits
Application

www.myflorida.com/accessflorida

Florida Medicaid Managed Care
Program

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

www.medicare.gov

National Academy of Elder Law
Attorneys

www.naela.org

Social Security Administration

www.ssa.gov

The Sketchley Method
(Maltreatment, Abuse, and
Exploitation Resources)

<https://thesketchleymethod.com>

Veterans Administration

www.va.gov

Tools for Families & Caregivers

The tools and forms provided on the following pages are prepared and disseminated by The Sketchley Law Firm, P.A., and may not be reproduced or used in any manner whatsoever without the express written permission of The Sketchley Law Firm, P.A.

The Sketchley Law Firm, P.A. regularly speaks to local groups, businesses, and organizations on a variety of topics covered and not covered in this guide. Contact our office to schedule a presentation to your organization with handouts of these and/or other useful reference tools.

Advance Planning Tools at a Glance

Advance Directives: General term used to describe those documents that provide instructions to caregivers and professionals, and provide a legal means for your business to be carried out and decisions to be made for you in the event of your incapacity.

FINANCIAL TOOLS

Durable Power of Attorney: (*Chapter 709 Florida Statutes*) A document in which an individual (principal) designates another (attorney in fact) to act on his or her behalf with regard to a wide range of transactions, especially financial transactions. As long as its durability is clearly stated, Florida law allows the attorney in fact to continue to act on behalf of the principal even after the principal's incapacity. A principal **MUST** have capacity to sign the Durable Power of Attorney. Note: Effective October 1, 2011, significant changes were made to Florida's Durable Power of Attorney laws and durable power of attorney forms found on the internet or purchased from office supply stores or website may not be valid if they do not meet the specific requirements set forth under the new laws. Please contact your attorney for more information.

Trust: (*Chapter 736 Florida Statutes*) A right to use or get the benefit of property or money that is held by one person (trustee) for the benefit of another (beneficiary). The trustee continues to manage the trust property even after a beneficiary has been determined to be incapacitated.

HEALTH CARE TOOLS

Health Care Surrogate: (*Chapter 765 Florida Statutes*) The individual (surrogate) designated by an individual (principal) to make health care decisions for him or her in the event of incapacity.

Advance Planning Tools at a Glance, cont.

Health Care Proxy: (*Chapter 765 Florida Statutes*) The individual designated by Florida law to make healthcare decisions for an individual in the event of the individual's incapacity.

Living Will: (*Chapter 765 Florida Statutes*) A document announcing an individual's intent and wish regarding the health care he or she would like to receive or would like withdrawn in the event the individual should be found to have an end stage condition, terminal condition, or to be in a permanent vegetative state.

Do Not Resuscitate Order: (*Chapter 401 Florida Statutes*) A medical order instructing paramedics, EMS, and other medical personnel not to resuscitate an individual in the event of cardiac or respiratory arrest.

Anatomical Gift: (*Chapter 765 Florida Statutes*) The individual provides for the donation of his or her body, organs or tissue upon his or her death.

GUARDIANSHIP

Designation of Pre-Need Guardian: (*Florida Statute § 744.3045*) An individual's written declaration naming another to serve as his or her guardian in the event of his or her incapacity.

Guardianship: (*Chapter 744 Florida Statutes*) A guardianship is an extraordinary legal procedure in which a court appoints someone to assist a ward in the event of the ward's incapacity. A guardianship is usually instituted because there are none of the other planning tools discussed above available.

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

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 routines (such as getting up and going to bed when they choose)? ___ Y ___ N

What did you **like** about this facility: _____

What did you **dislike** about this facility: _____

Caregiver File

To stay organized when conducting business for your loved one, create a file of regularly needed important information. Having this information together and handy can reduce the stress of hunting it down in a crisis. Be sure to replace outdated or updated information as soon as possible. A tabbed folder or binder system makes your file easily accessible and organized.

A caregiver file should include the following vital information:

1. Emergency contacts
2. Photo identification, including state-issued identification and passports
3. Military identification (if applicable)
4. Social Security Card & Alien Registration Card (if applicable)
5. Insurance cards (Medicare, Health Insurance, Medicare Prescription Drug Program, Medicare Supplemental Insurance, Medicaid, Car Insurance)
6. Living Will
7. Documents giving decision-making authority on behalf of your loved one (Durable Power of Attorney, Health Care Surrogate Designation, Letters of Guardianship, Trust, etc.)
8. Alternative decision-makers and contact information
9. List of financial accounts, their corresponding institutions, and contact information for each
10. List of credit cards or debit cards and contact information
11. List of income sources and contact information, including annuities and stocks/bonds (if applicable)
12. List of allergies and current medications, including dosages
13. Health care provider information (primary care physician, specialists, pharmacy, home health, hospital, hospice, etc.)
14. Professional services provider information (attorneys, accountants, advisors, etc.)
15. Pre-arranged funeral and burial or cremation information
16. Original Last Will & Testament
17. Life insurance policies

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 and memorial benefits. You can call Veterans Affairs at (800) 827-1000 or visit www.va.gov for a 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 as vehicles, tools and equipment.
9. Arrange for a headstone.

What to Do When a Loved One Dies, cont.

After the funeral

1. 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.
2. Order certified copies of the death certificate. On average, families will need 6.
3. If the funeral home has not already done so, notify the Social Security Administration.
4. Make an appointment with a lawyer to discuss probate issues, creditors, estate debts, and disposition of personal and real property.
5. Stop any health insurance and other insurances that are not needed to protect property.
6. Cancel all credit and debit cards.
7. Notify the United States Post Office of your loved one's death.
8. Collect your loved one's important papers such as their Will, Trust agreement, life insurance policies, bank statements, and mail.
9. Make a list of your loved one's creditors including any caregivers (even if a family member), 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.
10. Notify the banks and financial institutions where your loved one had accounts.
11. Notify all credit reporting agencies.
12. Cancel his/her driver's license.
13. Cancel your loved one's membership in any organizations.
14. Contact your loved one's accountant for final tax preparation.
15. Follow you attorney's instructions regarding winding up your loved one's affairs.

Identity Theft Prevention, Correction & Resources

Identity Theft Prevention Tips

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.

Retrieve mail from your mailbox daily.

Check your credit report at least once a year at

<https://www.annualcreditreport.com>. You can get one free report annually from each major credit reporting agency (TransUnion, Equifax, and Experian).

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, and invoices

Expired insurance cards (auto & health)

Insurance claim forms

Anything containing social security numbers, dates of birth, or account numbers

Medical records

Identity Theft Prevention, Correction & Resources, cont.

Identity Theft Prevention Dos and Don'ts

- DO secure your home & business wireless internet so there is no unauthorized access.
- DO protect your PIN input in stores and at ATMs.
- DO have different passwords and PINs for each account.
- DO make your passwords difficult by using a combination of CAPS & lowercase, numbers & punctuation.
- DO add your name & phone numbers to the do not call lists.
- 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 your 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, or date of birth via email.
- DO NOT give your account information, social security number, or date of birth to unsolicited emails.
- DO NOT give your account information, social security number, or date of birth to unsolicited calls.
- DO NOT keep your pin with your credit/debit card or in your wallet.
- DO NOT use the last 4 digits of your social security number 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 solicitors – cable, telephone, warranty companies.

Identity Theft Prevention, Correction & Resources, cont.

Identity Theft 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.

Place identity theft/fraud alerts on your accounts with all three major credit reporting agencies (Experian, TransUnion, and Equifax).

Identity Theft Resources

Annual Credit Report (free annual credit reports authorized by Federal Law):

www.annualcreditreport.com

Florida's Identity Theft Victim's Kit:

<http://myfloridalegal.com/idkitprintable.pdf>

Florida' Division of Consumer Services Little Black Book of Scams:

www.freshfromflorida.com/Divisions-Offices/Consumer-Services/Consumer-Resources/Consumer-Protection/Scams-and-Fraud/Little-Black-Book-of-Scams

Florida's Do Not Call List:

www.fldnc.com

National Do Not Call List:

www.donotcall.gov

Federal Trade Commission Identity Theft Consumer Information:

www.consumer.ftc.gov/features/feature-0014-identity-theft

10 Ways You Can Help a Caregiver

More than 60 million Americans are providing care for family members who, due to the infirmities of aging or impairments related to disabilities, need daily care to ensure their health, welfare and safety. Family caregivers are an often forgotten group by their families, friends and communities. Their social lives are limited because of their caregiving duties. Their marriages often end because of the stress of caring for another family member. They face financial hardship because of the economic costs of their caregiving duties. Caregivers often suffer from depression, hypertension, diabetes, and other stress-related illnesses brought on by the stress and physical burdens of caregiving. **Caregivers, while they may not ask, need help from their families, friends and communities.**

Here are a few ways you can help a family member or friend who is a current caregiver:

- 1. Send a supportive card or letter.** This simple act can brighten a caregiver's day and remind them there are people who care for them. If you live at a distance, this is the perfect way to show you care. When sending a card or letter, refrain from making suggestions on how the caregiver might be able to do a better job. Keep your cards and letters positive and share happy news about you and your family. You may want to include a Starbucks gift card so that the caregiver can have a quick cup of coffee on you.
- 2. Give the caregiver a personal care pampering basket.** Create a small basket of their favorite lotions, fluffy socks, soothing music, candy, a scented candle, and bath salts. Caregivers generally do not indulge themselves and need to be reminded to do so. A caregiver pampering basket may do just that.
- 3. Bring a premade meal to the caregiver's home.** You can do this as a one-time act, on a regular basis, or organize a meal calendar where the members of a group sign up to bring a meal over the course of a week or month. Make sure when you bring the meal, you bring the main dish, such as a casserole, plus all the fixings, including a vegetable and dessert.

10 Ways You Can Help a Caregiver, cont.

Also, include paper plates and plastic silverware in the meal pack so the caregiver doesn't have to clean up afterward. Check to see if there are any food allergies or diet restrictions in advance. For long distance caregivers, there are several mail-order and online services which can send a meal when you are unable.

4. Offer to do housework. Many household tasks are difficult to do when someone is caring for an elderly or disabled loved one. Offer to come in and do laundry, dust, clean bathrooms, vacuum or sweep and mop for a caregiver. These are time consuming tasks that may not be completed due to interruptions associated with caregiving. If you are personally unable to do it because of distance or physical limitations, offer to pay a professional cleaning service to come in and help.

5. Offer to do the yard work. Caregivers often have a difficult time allowing someone to come into their home to clean house. This may be for personal reasons or it may be that the individual for whom they are caring reacts badly to the presence of others. Yard work can be done without intruding into a caregiver's home. Yard work is also one of the last things that a caregiver has the time or ability to do. Remember, it is difficult to supervise a dementia patient and use a lawnmower at the same time.

6. Offer to run an errand for the caregiver. When you go to the store, call before you leave and ask if there is anything you pick up for the caregiver. You can also schedule a time each week to go by the caregiver's home and pick up a list of groceries or other needed items and bring them back. Since you are already going to the store, this allows you to assure the caregiver that it is not an inconvenience, which will assuage the guilt that caregivers often feel when they ask for or allow others to help them.

7. Offer to provide some respite care. Caregivers spend the majority of their day focused on the care and support of another human being. They take no time for themselves. They need time to care for themselves, run their personal errands, attend children's sporting or school events, or just have quiet time for themselves. Offer to spend a couple of hours taking care

10 Ways You Can Help a Caregiver, cont.

of their loved one so they can go to a doctor's appointment, do personal banking, get a massage, or just spend a couple of hours sitting quietly without the burdens of caregiving.

8. If you are a family member that lives at a distance, offer to come and visit for a few days and be the primary caregiver while you are there. This will allow the caregiver to have a few days to get caught up on personal business they have neglected and take time to recharge. It can also reduce the amount of family conflict and resentment that often results when one family member provides care while the others continue their lives without caregiving duties.

9. Visit. Caregivers often lose most of their social contacts because they have a difficult time engaging in social events while fulfilling caregiving duties. Friends and family members should make an effort to regularly visit caregivers for social visits to keep the caregiver in the social support system. Make sure you call before you visit to be sure visiting is not interfering with needed hands-on caregiving such as bathing or therapies. Also remember, visiting with a caregiver is sometimes like visiting with parents of young children. The caregiver may have to take time during your visit to redirect a loved one with dementia or to provide some assistance. Don't let that deter your visit. The caregiver needs your social interaction and will appreciate your patience.

10. Help them with their holiday shopping and present wrapping.

Caregivers have little time to go holiday shopping or even wrap the presents they might purchase on line. Offer to help them with holiday shopping by shopping for the items on their list. Then help wrap and tag the presents so that they will be ready for gift-giving times.

About The Sketchley Law Firm

The Sketchley Law Firm, P.A. was established in 2002 by Twyla Sketchley. The Sketchley Law Firm focuses on Elder Law, providing representation with all aspects of elder law and special needs. We are dedicated to providing our clients compassionate, quality representation, and helping create a safe supportive community for our most vulnerable neighbors. Visit our website at www.sketchleylaw.com for more information about the firm.

About Twyla Sketchley

Twyla Sketchley is a Florida Bar Board Certified Elder Law Attorney. She is licensed to practice law in Montana and Florida and founded The Sketchley Law Firm, P.A. in Tallahassee in 2002. She also is Of Counsel to the Bryan Law Firm, P.C. in Bozeman, Montana.

Ms. Sketchley's practice focuses on elder law, guardianship, fiduciary representation, and elder law related litigation. She served as the 2012-2013 Chair of the Elder Law Section of the Florida Bar, 2013-2015 Chair of the Florida Bar's Law Office Management Assistance Service Advisory Board, and the current Chair of the Montana Bar Elder Assistance Committee. In 2016, she founded The Sketchley Method, the nation's leading resource on the prevention of the maltreatment of elders and people with disabilities.

In addition to being an active member of the Florida Bar and its Sections, the National Academy of Elder Law Attorneys, Florida Association for Women Lawyers, and the Montana Bar, Ms. Sketchley is active in her community. She is the President of the Academy of Florida Elder Law Attorneys (AFELA), President of the Board of Directors for the North Florida Office of Public Guardian, a board member for FL CHAIN, and a frequent speaker to community organizations regarding elder law issues. She also writes regularly on elder law and practice management issues for statewide publications and has been accepted by Florida courts as an expert in guardianship issues.