



Care Resources

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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.

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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

Amedisys's Home Health of Tallahassee
8116 Killearn Plaza Circle, Suite 104

Tallahassee, FL 32312

(850) 681-0080

<http://amedisys.com>

Capital Home Health Corp

1839 Buford Court

Tallahassee, FL 32308

(850) 553-4002

www.capitalhomehealthcorp.com

Encompass Health Home Health

2282 Killearn Center Blvd. Ste 8

Tallahassee, FL 32309

(850) 391-4754

www.ehhi.com

Home Helpers

117 Rosewood Dr.

Tallahassee, FL 32301

(850) 668-1164

Hopewell In-Home Senior Care

2121 Killarney Way, Ste. H

Tallahassee, FL 32309

(850) 386-5552

www.hopewellcare.com

Barnes Healthcare of Florida

2524 Cathay Court

Tallahassee, FL 32308

(850) 894-4480

<http://barneshomecare.com>

Caring Connections Senior Care

267 John Knox Road, Ste. 111

Tallahassee, FL 32303

(850) 354-5336

www.caringconnectionsllc.com

Heaven Sent Elderly Care Services

3843 Wigginton Rd.

Tallahassee, FL 32303

(850) 508-6724

Home Instead Senior Care

2477 Tim Gamble Place, Ste. 101

Tallahassee, FL 32308

(850) 583-3723

www.homeinsteadtally.com

Interim Home Health Care

1962-B Village Green Way

Tallahassee, FL 32308

(850) 422-2044

www.interimhealthcare.com

Home Health & Homemaker/Companion Care Services, cont.

Tallahassee

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

www.ecsbigbend.org

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

www.maximhomecare.com

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

www.nursespring.com

Right at home Tallahassee
1204 Miccosukee Rd. Ste.
Tallahassee, FL 32308
(850) 765-4701

www.seniorcaretally.com

Tallahassee Memorial Home HealthCare
1619 Physicians Drive
Tallahassee, FL 32308
(850) 431-6800

www.tmh.org/homehealth

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

www.kindredathome.com

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

Optum Infusion Services 205, INC.
1812 Riggins Rd.
Tallahassee, FL 32308
(850) 656-4566

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

www.almostfamily.com

The Good News Home Health Services
954 West Brevard St.,
Tallahassee, FL 32304
(850) 264-4140

www.tgnhhealth.com/

Crawfordville

NHC Homecare
3034 Coastal Hwy
Crawfordville, FL 32327
(850) 926-7044

www.nhccare.com

Essence of Grace, LLC.
92 Tilis Ln.
Crawfordville, FL 32327
(850) 557-9204

Heart to Heart in Home Senior Care,
LLC.
103 Rehwinkel Rd.
Crawfordville, FL 32327
(850) 408-2063

Wakulla Senior Citizens Council
33 Michael Dr.
Crawfordville, FL 32327
(850) 926-7146
www.wakullaseniorcitizens.com

Quincy

NHC Homecare
860 Strong Rd.
Quincy, FL 32351
(850) 627-6374

<http://www.nhccare.com/>

Allen and Angel's Helping Hands
1015 Spring Meadows Rd.
Quincy, FL 32351
(850) 210-7030

Caring Hands Companions, LLC.
208 Cheeseborough Ave.
Quincy, FL 32351
(850) 518-4484

4J's ADL Services, LLC
1409 Elm Street
Quincy, FL 32351
(850) 875-3529

Caring & Loving Hands Services, LLC.
3455 Attapulugus Hwy.
Quincy, FL 32352
(850) 363-5244
Comfort Hearts, LLC.
431 Carter Rd.
Quincy, FL 32351
(850) 559-8516

Home Health & Homemaker/Companion Care Services, cont.

Quincy

Gadsden Senior Services, INC.

79 Lasalle Lefall Dr.

Quincy, FL 32351

(850) 627-9758

Golden Years Home Care Services, LLC.

440 S. Cone St.

Quincy, FL 32351

(850) 557-7974

Loving Care at Home, LLC.

1804 MLK Jr. Blvd.

Quincy, FL 32351

(850) 509-7381

Gift of Giving

925 Arlington Circle

Quincy, FL 32351

(850) 321-6343

Gwen Andrews Home of Success

Agency, INC.

116 N. Madison St.

Quincy, FL 32351

(850) 875-0075

Perry

Compassionate Adult Care Services

511 Pitman Carter Rd.

Perry, FL 32347

(850) 843-1116

www.nhccare.com

Taylor Senior Services Citizens Center,
LLC.

800 West Ash Street

Perry, FL 32347

(850) 584-4924

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

Calhoun County Senior Citizens
Association, INC.
16859 NE. Cayson St.
Blountstown, FL 32424
(850) 674-4163

<http://calhouncountyseniors.org/>

Encompass Home Health of Florida

20452 Central Avenue W.

Blountstown, FL 32424

(850) 674-5455

<https://www.encompasshealth.com/>

Caring Angels Home Companion
Services, LLC.

15364 SW. Chipola Rd.

Blountstown, FL 32424

(850) 447-1720

Live Oak

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

<https://www.acvillage.net/medical-services/home-care/>

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

www.familylifecare.com

Home Health & Homemaker/Companion Care Services, cont.

Live Oak

Angel's Touch Companion Care
LLC.
424 Maple St. Sw
Live Oak, FL 32064
(386) 209-7649

www.familylifecare.com

Angels with Care, LLC.
206 Walker Ave. Sw.
Live Oak, FL 32064
(386) 205-5751

Suwanee River Economic Council,
Inc.
1171 Nobles Ferry Dr. Bldg 2
Live Oak, FL 32064
(386) 362-4115

Marianna

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

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

www.interimhealthcare.com

Home Health & Homemaker/Companion Care Services, cont.

Marianna

Kindred at Home
2491 Commercial Park Drive
Marianna, FL 32448
(850) 342-0242

Monticello

Jefferson Senior Citizen Center, INC.
1155 N. Jefferson St.
Monticello, FL 32344
(850) 212-3030

Lakay's Helping Hands Companion
Caregiver Services, LLC.
1425 Florida Ave.
Monticello, FL 32344
(850) 694-2604

Panama City

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

www.1stchoicehomehealth.net

Aveanna Healthcare
803 Jenks Ave.
Panama City, FL 32401
(850) 387-7685

<http://www.aveanna.com/>

All Ways Caring Homecare
2683 Jenks Ave.
Panama City, FL 32405
(850) 769-1976

<http://www.rescare.com/>

Brightstar Care of Bay County
6134 E. Hwy 98
Panama City, FL 32404
(850) 238-3270

Home Health & Homemaker/Companion Care Services, cont.

Panama City

Covenant Home Health
107 W. 19TH St.
Panama City Beach, FL 32405
(850) 433-2155

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

www.interimhealthcare.com

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

Medical Services of NW. Florida Inc.
2679 Jenks Ave.
Panama City, FL 32405
(850) 233-3384

www.kindredathome.com

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

Rescare Homecare
200 Forest Park Circle
Panama City, FL 32405
(850) 769-1976

www.nhccare.com

www.rescare.com/homecare-services

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

Visiting Angels of the Emerald Coast
2101 Northside Dr. Ste. 304
Panama City, FL 32405
(850) 215-3300

www.tendertouchhomehealth.com

<http://www.visitingangels.com/panama-citys>

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

Encompass Home Health of Florida
239 Southwood Drive
Panama City, FL 32405
(850) 522-4211

<http://www.encompasshealth.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

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

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

Kenwood Place
410 Junco Ct.
Tallahassee, FL 32304
(850) 224-1341
<https://kenwoodplaceapt.com/>

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

Westminster Gardens
301 E. Carolina Street
Tallahassee, FL 32301
(850) 224-8021
<http://www.westminstercommunitiesfl.org/westminster-gardens>

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/adulday

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

Azalea Gardens
Alzheimer's Special Care
272 Ox Bottom Rd.
Tallahassee, FL 32312
(850) 668-0509
www.sunshineretirementliving.com

Brookdale Centre Pointe Boulevard
1980 Centre Pointe Boulevard
Tallahassee, FL 32308
(850) 309-7500
[www.brookdale.com/en/communities/
brookdale-centre-pointe-
boulevard.html](http://www.brookdale.com/en/communities/brookdale-centre-pointe-boulevard.html)

Brookdale Hermitage Boulevard
(former Sterling House of Tallahassee)
1780 Hermitage Blvd
Tallahassee, FL 32308
(850) 422-3397
[www.brookdale.com/en/communities/
brookdale-hermitage-boulevard.html](http://www.brookdale.com/en/communities/brookdale-hermitage-boulevard.html)

Canterfield of Tallahassee
208 E. Tharpe St.
Tallahassee, FL 32303
(850) 631-2393
www.canterfieldoftallahassee.com/

Elmcroft of Tallahassee
2110 Fleishmann Rd.
Tallahassee, FL 32308
(850) 386-4300
www.elmcroft.com

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

Assisted Living Facilities, cont. *Tallahassee*

La Grande Belle Estates
5898 Orchard Pond Road
Tallahassee, FL 32303
(786) 200-8897

<http://tallahasseealf.com>

St. Augustine Plantation
2507 Old St. Augustine Road,
Tallahassee, FL 32301
(850) 309-1982

<http://www.staugustineplantation.com>

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

Tallahassee Memory Care
2767 Raymond Diehl Road
Tallahassee, FL 32309
(850) 668-2884

www.Elmcroft.com

Tapestry Senior Living of Tallahassee
2516 W. Lakeshore Drive
Tallahassee, FL 32303
(850) 536-8600

www.tapestry senior.com

Tapestry Senior Living of Tallahassee
3080 Walden Rd.
Tallahassee, FL 32317
(850) 688-1234

www.tapestry senior.com/walden

The Grove at Canopy
2601 Crestline Rd.
Tallahassee, FL 32308
(850) 219-2196

www.groveatcanopy.com

Villas at Killlearn Lakes
8213 Killlearn Lake Terrace
Tallahassee, FL 32312
(850) 391-1754

www.villasatkilllearnlakes.com

Westminster Oaks Retirement
4449 Meandering Way
Tallahassee, FL 32308
(850) 878-1136

www.westminsterretirement.com

Woodmont at Pacifica Senior Living
3207 North Monroe Street
Tallahassee, FL 32303
(850) 562-4123

www.pacificawoodmont.com

YourLife of Tallahassee
1060 Clarity Pointe
Tallahassee, Florida 32308
(850) 219-2900
www.yourlifesi.com

Quincy

Magnolia House
1125 Strong Road
Quincy, FL 32351
(850) 875-1334
www.veritashcg.com

Greenville

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

Madison

Angels with a Divine Purpose, LLC.
240 SE. Stephens St.
Madison, FL 32340
(850) 510-3080

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

Rosa's Caring Heart - Madison
587 S.W. Bunker Street

Southern Living for Seniors
765 N.E. Delphinium Drive
Madison, FL 32340

Madison, FL 32340

(850) 973-1308

Stepping Stones Assisted Living Facility

183 SE Columbus Trail

Madison, FL 32340

(850) 677-1673

(850) 948-2054

www.southernlivingforseniors.com

Trinity Community Living

308 SW Shelby Ave

Madison, FL 32340

(850) 212-3491

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

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

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) 271-3115

<http://beehivehomes.com/location/lynn-haven>

Brookdale Panama City

2575 Harrison Avenue

Panama City, FL 32405

(850) 872-8484

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

Charter Senior Living of Panama City

6012 Magnolia Beach Rd.

Panama City, Florida 32408

(850) 236-0510

<https://www.charterseniorliving.com/our-communities/panama-city-beach/>

Creative Living Center

521 E. Beach Dr.

Panama City, Florida 32401

(850) 763-3655

Garden View Assisted Living

526 N. Mary Ella Avenue

Panama City, FL 32404

(850) 871-1611

Mathison Retirement Community

3637 W. Highway 390

Panama City, FL 32405

(850) 215-4663

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

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 Center at Tallahassee

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

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

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

www.healthtiquegroup.com/Lake-Park.html

Madison Health & Rehab Center
2481 W. US 90

Madison, FL 32340

(850) 973-4880

www.madisonhealthandrehab.com

Skilled Nursing Facilities (Nursing Homes), cont.

Blountstown

Blountstown Health and Rehab

224 Chipola Road

Blountstown, FL 32424

(850) 674-4311

www.blountstownhealthandrehab.com

River Valley Rehab Center

17844 N.E. Crozier Street

Blountstown, FL 32424

(850) 674-5464

Live Oak

Advent Christian Village

10680 Dowling Park Dr.

Live Oak, FL 32060

1-800-647-3353

www.acvillage.net

Surrey Place Care Center

110 S.E. Lee Avenue

Live Oak, Florida 32060

(386) 364-5961

Good Samaritan Center

10676 Marvin Jones Boulevard

Live Oak, FL 32060

(386) 658-5550

Suwannee Health & Rehab Center

1620 Helvenston Street S.E.

Live Oak, Florida 32064

(386) 362-7860

Marianna

Chipola Health & Rehab Center

4294 3rd Avenue

Marianna, FL 32446

(850) 526-3191

<https://www.chipolahealthrehab.com/>

Marianna Health & Rehab Center

4295 5th Avenue

Marianna, FL 32446

(850) 482-8091

[https://cityofmarianna.com/126/About-](https://cityofmarianna.com/126/About-Us)

[Us](https://cityofmarianna.com/126/About-Us)

Signature Healthcare at the Courtyard

2600 Forest Glen Trail

Marianna, FL 32446

(850) 526-2000

<https://shcatthecourtyard.com/>

Panama City

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

Glencove Health & Rehab Center

1027 E. Highway 98

Panama City, FL 32401

(850) 872-1438

Gulf Coast Rehabilitation Center, Inc.

1937 Jenks Ave.

Panama City, FL 32405

(850) 769-7686

Lisenby on Lake Caroline

1400 W. 11th Street

Panama City, FL 32401

(850) 785-6121

Panama City Health & Rehab Center

924 W. 13th Street

Panama City, FL 32401

(850) 763-8463

Pruitt Health Panama City

3212 Jenks Ave, Panama City, FL 32405

(770) 279-6200

St. Andrews Bay Nursing & Rehab

2100 Jenks Avenue

Panama City, FL 32405

(850) 763-0446

Skilled Nursing Facilities (Nursing Homes), cont.

Panama City

Sweet Bay Health and Rehab

1336 St. Andrews Blvd.

Panama City, FL 32405

(850) 763-3911

Hospice Organizations

Big Bend Hospice

1723 Mahan Center Blvd.

Tallahassee, FL 32308

(850) 878-5310

www.bigbendhospice.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

Renee's Bookkeeping Service
(813) 927-5638
reneesbookkeepingfl@gmail.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>

Constance Buchanan,
North Florida Guardian and Family
Services
(386) 755-0388
Counties: Alachua, Baker, Bradford,
Clay, Columbia, Dixie, Duval, Flagler,
Gadsden, Gilchrest, Hamilton,
Lafayette, Leon, Levy, Madison,
Marion, Nassau, Polk, Putnam, St.
Johns, Suwannee, Taylor, Union, and
Volusia

Charlotte Heuler
(850) 445-7137
Counties: Leon

John Heys

Ppro@proguardians.com

Counties: Leon and Wakulla

Lynne Liska

(850) 980-7559

Counties: Gadsden, Jefferson,
Leon, Wakulla

Felicia Thomas

(850) 366-3910

Counties: Franklin, Gadsden, Jefferson,
Leon, Madison, and Wakulla

Sandra Heys

Ppro@proguardians.com

Counties: Leon and Wakulla

Sara Shoemaker

North Florida Guardian and Family
Services

(386) 755-0388

Alachua, Baker, Bradford, Clay,
Columbia, Dixie, Duval, Flagler,
Gadsden, Gilchrist, Hamilton, Leon,
Levy, Madison, Marion, Nassau,
Putnam, St. Johns, Suwannee, Taylor,
Union, and Volusia

Big Bend Office of Public Guardian

(850) 487-4609

Counties: Franklin, Gadsden,
Jefferson, Leon, Madison, Wakulla

Funeral Homes Tallahassee

Abbey Funeral Home
4037 N Monroe St.
Tallahassee, FL 32303
(850) 562-1518

<https://www.abbeyfh.com/>

Beggs Funeral Home Apalachee
3322 Apalachee Pkwy,
Tallahassee, FL 32311
(850) 942-2929

<http://www.beggsfuneralhomes.net/>

Bevis Funeral Home
200 John Knox Rd.
Tallahassee, FL 32303
(850) 385-2193

<https://www.bevisfh.com/>

Capital City Crematory
3673 Peddie Dr.
Tallahassee, FL 32303
(850) 576-5040

Culley's MeadowWood Funeral Home
1737 Riggins Rd.
Tallahassee, FL 32308
(850) 877-8191

Culley's MeadowWood Funeral Home
and Memorial Park
700 Timberlane Rd.
Tallahassee, FL 32312
(850) 893-4177

Fairchild Funeral Home-Cemetery
2380 Centerville Rd.
Tallahassee, FL 32308
(850) 386-8686

<http://www.fairchildfh.com/>

Gulf Coast Crematory
1737 Riggins Rd.
Tallahassee, FL 32308
(850) 877-8191

Neptune Society Cremation Services -
Tallahassee, FL
3111 Mahan Dr #2,
Tallahassee, FL 32308
(850) 656-7024

<https://www.neptunesociety.com/location/tallahassee-cremation>

Precious Memories, Home for Funerals
2619 S Meridian St.
Tallahassee, FL 32301
(850) 576-4144

Strong & Jones Funeral Home Inc

629 W Brevard St.

Tallahassee, FL 32304

(850) 224-2139

<https://strongandjones.com/>

Tillman Funeral Home

4006 Crawfordville Rd.

Tallahassee, FL 32305

(850) 942-1950

<http://www.tillmanfh.com/>

Young ~ Fulford Funeral Home and

Crematory

4948 6 Oaks Dr.

Tallahassee, FL 32303

(850) 610-4444

<https://www.youngfulfordcremationandfuneralservices.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.floridagranddriver.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
madisonseniors.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 your 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.