



Care Resources

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

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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.

<u>Subject</u>	<u>Page</u>
Definitions	3
Home Health & Homemaker/Companion Care Services	7
Senior Apartments	16
Adult Day Services	17
Assisted Living Facilities	18
Skilled Nursing Facilities (Nursing Homes)	23
Hospice Organizations	28
Geriatric Care Managers	28
Fiduciary Support Services	28
Professional Guardians	29
Additional Senior Resources	30
Helpful Websites	35
Tools for Families & Caregivers	37
Advance Planning Tools at a Glance	38
Facility Evaluation	40
Caregiver File	41
What to Do When a Loved One Dies	42
Identity Theft Prevention, Correction & Resources	44
10 Ways You Can Help a Caregiver	47

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

2623 CENTENNIAL BLVD STE 201

Tallahassee, FL 32308

(850) 553-9201

<http://amedisys.com>

Barnes Healthcare of Florida

2524 Cathay Court

Tallahassee, FL 32308

(850) 894-4480

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

Capital Home Health Corp

2424 E PLAZA DR UNIT 1

Tallahassee, FL 32308

(850) 553-4002

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

Caring Connections Senior Care 3019 N SHANNON LAKES DR STE 204

Tallahassee, FL 32309

(850) 354-5336

www.caringconnectionsllc.com

Encompass Health Home Health

2510 MICCOSUKEE RD STE 110

Tallahassee, FL 32308

(850) 391-4754

<https://encompasshealth.com/>

Healing by Nature SENIOR CARE

3325 THOMASVILLE ROAD STE A

TALLAHASSEE, FL 32308

(850) 296-5662

<https://myhealingbynature.com/>

Heaven Sent Elderly Care Services

3646 SHAMROCK WEST STE 1

Tallahassee, FL 32309

(850) 999-6527

Home Instead Senior Care 2477 Tim Gamble Place, Ste. 101

Tallahassee, FL 32308

(850) 297-1897

<https://www.homeinstead.com>

Hopewell In-Home Senior Care

2121 Killarney Way, Ste. H

Tallahassee, FL 32309

(850) 386-5552

www.hopewellcare.com

Interim Home Health Care

1962-B Village Green Way

Tallahassee, FL 32308

(850) 422-2044

<https://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

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

Sonas Home Health Care
334 Timberlane Rd Suite 2,
Tallahassee, FL 32312
(850)204-5252
<http://www.sonashomehealth.com/>

Tallahassee Memorial Home HealthCare
1619 Physicians Drive
Tallahassee, FL 32308
(850) 431-6800
<https://www.tmh.org/>

Kindred at Home
1709 HERMITAGE BLVD STE 102
Tallahassee, FL 32308
(850) 878-2191
<https://www.kindredathome.com/>

NurseSpring of Northern Florida, LLC
3380 NE Capital Cir
Tallahassee, FL 32308
(850) 222-1350
<https://nursespring.com/>

Right at home Tallahassee
1204 Miccosukee Rd. Ste.
Tallahassee, FL 32308
(850) 765-4701
<https://www.rightathome.net/tallahassee>

SunCrest OMNI Home Health
4004 NORTON LN STE 204
TALLAHASSEE, FL 32308
(850) 222-5552
<https://lhcgroupp.com/>

The Good News Home Health Services
954 West Brevard St.,
Tallahassee, FL 32304
(850) 284-4660
www.tgnhhealth.com/

Home Health & Homemaker/ Companion Care Services, cont.

Crawfordville

NHC Homecare
3295 Crawfordville Hwy, Unit B,
Crawfordville, FL 32327
(850) 926-7044
<https://nhccare.com/>

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

Heart to Heart in Home Senior Care,
LLC.
103 Rehwinkel Rd.
Crawfordville, FL 32327
(850) 408-2063
<http://hearttoheartseniorcare.com/>

Quincy

NHC Homecare
1962 Pat Thomas Pkwy
Quincy, FL 32351
(850) 627-6374
<https://nhccare.com/>

ALLEN HEALTH CARE
AND COMPANION SERVICES LLC
338 Hines Rd
Quincy, FL 32351
(850) 728-5903

B.I.C. HOMEMAKER
AND COMPANION LLC
295 ARMSTEAD RD
Quincy, FL 32351
(850)559-2807

Caring Hands Companions, LLC.
208 Cheeseborough Ave.
Quincy, FL 32351
(850) 518-4484
<http://www.caringhandllc.com/>

Home Health & Homemaker/ Companion Care Services, cont.

Quincy

Destined Connections Homecare
Services, LLC
1436 Bristol HWY
Quincy, FL 32352
(407) 549-6497

Gift of Giving
925 Arlington Circle
Quincy, FL 32351
(850) 321-6343

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

<https://gssinc.org/services-we-provide/>

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

Loving Care at Home, LLC.
1804 MLK Jr. Blvd.
Quincy, FL 32351
(850) 933-4058

LEGACY OF GREATNESS AGENCY LLC
511 Woodland AVE
Quincy, FL 32351
(850) 815-6749

Perry

Compassionate Adult Care Services
511 Pitman Carter Rd.
Perry, FL 32347
(850) 843-1116

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

Taylor Senior Services Citizens Center
800 West Ash Street
Perry, FL 32347
(850) 584-4924

Home Health & Homemaker/Companion Care Services, cont.

Carrabelle

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

Blountstown

Calhoun County Senior Citizens
Association, INC.
16859 NE. Cayson St.
Blountstown, FL 32424
(850) 674-4163
<http://calhouncountyseniors.org/>

Blountstown Health & Rehab Center
16690 Chipola Rd,
Blountstown, FL 32424
(850) 674-4311

<https://blountstownhealthandrehab.com/>

Encompass Home Health of Florida
20452 Central Avenue W.
Blountstown, FL 32424
(850) 674-5455
<https://www.encompasshealth.com/>

Rivertown Assisted Living LLC
16354 Chipola Rd,
Blountstown, FL 32424
(850) 443-7445

Home Health & Homemaker/Companion Care Services, cont.

Live Oak

Advent Christian Village Home Care

23740 Park Center Drive

Live Oak, FL 32060

(386) 658-5460

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

Family Life Care

406 SOUTH OHIO AVENUE

Live Oak, FL 32064

(386) 364-5515

www.familylifecare.com

Suwannee River Economic Council, Inc.

1171 Nobles Ferry Dr. Bldg 2

Live Oak, FL 32064

(386) 362-4115

<http://srecinc.org/>

Marianna

BY YOUR SIDE HOME CARE SERVICE, LLC

3026 AUCTION DR

Marianna, FL 32448

(850) 372-4883

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

Dot's Caring Hands

2587 HEAVENLY DR

Marianna, FL 32466

(850) 482-1781

Kindred at Home

2491 Commercial Park Drive

Marianna, FL 32448

(850) 342-0242

QUALITY CARE SERVICES OF NW FL LLC

2914 Green Street

MARIANNA, FL 32446

(850) 482-2770

**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
1013 Beck Ave.
Panama City, FL 32401
(850) 769-3398

Medical Services of NW. Florida Inc.
2639 C Lisenby 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
1015 Grace Ave,
Panama City, FL 32405
(850) 532-6235

www.nhccare.com

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

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) 873-6888

Encompass Home Health of Florida
4001 W 23Rd St STE C
Panama City, FL 32405
(850) 522-4211

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

Home Health & Homemaker/Companion Care Services, cont.

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

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

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

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

Brightstar Care of Bay County
1138 Harrison Ave.
Panama City, FL 32404
(850) 238-3270

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

<https://www.brightstarcare.com/bay-county>

PEDIATRIC SERVICES OF AMERICA,
LLC DBA AVEANNA HEALTHCARE
803 Jenks Ave. STE 6
Panama City, FL 32401-2568

Senior Helpers Of Panama City
1038 Jenks Ave.
Panama City, FL 32405
(850) 215-1793

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

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

Monticello

Jefferson Senior Citizen Center, INC.
1155 N. Jefferson St.
Monticello, FL 32344
(850) 342-0242

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

Home Health & Homemaker/Companion Care Services, *cont.*
Monticello

PEDIATRIC SERVICES OF AMERICA, LLC
DBA AVEANNA HEALTHCARE
803 Jenks Ave. STE 6
Panama City, FL 32401-2568
<https://www.aveanna.com/>

Senior Helpers Of Panama City
1038 Jenks Ave.
Panama City, FL 32405
(850) 215-1793
<https://www.seniorhelpers.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.holidayeniorliving.com

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

Kenwood Place
410 Junco Ct.
Tallahassee, FL 32304
(850) 580-0151
<https://kenwoodplaceapt.com/>

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

Mulligan Park
Gracious Retirement Living
1800 Hermitage Blvd
Tallahassee, FL 32308
<https://seniorlivinginstyle.com/mulligan-park/>

Red Hills Village Retirement Resort
5103 Cold Harbor Dr
Tallahassee, FL 32312
(850)629-0451
<https://rlcommunities.com/florida/red-hills-village-retirement/>

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

Senior Apartments, cont.

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) 222-4208

<https://eldercarebigbend.org/>

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
2724 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
<https://www.brookdale.com/en.html>

Brookdale Hermitage Boulevard
1780 Hermitage Blvd
Tallahassee, FL 32308
(850) 422-3397
<https://www.brookdale.com/en.html>

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

Capital Square Tallahassee
1060 Clarity Pointe
Tallahassee, Florida 32308
(850) 219-2900
<https://www.rui.net/capital-square-at-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) 629-5635

Assisted Living Facilities, *cont.*

Tallahassee

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

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

<http://www.staugustineplantation.com>

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

<https://sodalissenior.com>

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

www.tapestryseior.com

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

www.tapestryseior.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
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

A s s i s t e d L i v i n g F a c i l i t i e s , *cont.*

Q u i n c y

Sodalis Quincy
1125 Strong Road
Quincy, FL 32351
(850) 875-1334
<https://sodalissenior.com/>

G r e e n v i l l e

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

M a d i s o n

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
Madison, FL 32340
(850) 973-1308

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

www.southernlivingforseniors.com

A ssisted Living Facilities *cont.*

M a d i s o n

Stepping Stones Assisted Living Facility
183 SE Columbus Trail
Madison, FL 32340
(850) 677-1673

Trinity Community Living
308 SW Shelby Ave
Madison, FL 32340
(850) 212-3491

M i d w a y

Genesis Assisted Living Facility
324 Mine Rd,
Midway, FL 32343
(850)284-6460

New Mercys Care LCC
1458 Rusting Pines Blvd,
Midway, FL 32343
(850)570-9994

B r i s t o l

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

B l o u n t s t o w n

Rivertown Assisted Living
16354 S.W. Chipola Road
Blountstown, FL 32424
(850) 647-1077

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

M a y o

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

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

www.homewoodlodge.com

Assisted Living Facilities *cont.*

Marianna

Marianna Health & Rehab Center
4295 5th Ave
Marianna, FL 32446
(850)481-8091

Elder Care Services Inc
4297 Liddon St
Marianna, FL 32446
(850)482-3220

Panama City

BeeHive Homes of Lynn Haven
4621 Hilltop Lane
Panama City, Florida 32405
(850) 940-7413

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

Brookdale Panama City
2575 Harrison Avenue
Panama City, FL 32405
(850) 872-8484

<https://www.brookdale.com/en/communities/brookdale-panama-city.html>

Charter Senior Living of Panama City
6012 Magnolia Beach Rd.
Panama City, Florida 32408
(850) 236-0510

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

Creative Living Centers
521 E. Beach Dr.
Panama City, Florida 32401
(850) 763-3655

Garden View ALF
526 N. Maryella Avenue
Panama City, FL 32404
(850) 871-1611

Mathison Retirement Community
3637 W. Highway 390
Panama City, FL 32405
(850) 387-2134

<https://www.methodisthomes.org/>

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

Heritage Center at Tallahassee
3101 Ginger Drive
Tallahassee, FL 32308
(850) 877-2177
<http://www.consulatehealthcare.com/>

Miracle Hill Nursing & Rehab Center
1329 Abraham Street
Tallahassee, FL 32304
(850) 224-8486
<https://www.miraclehillhealthcare.com/>

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
<https://www.westminsteroaksfl.org/>

Tallahassee Memorial Extended Care
1609 Medical Dr.
Tallahassee, FL 32308
(850)431-5440
<https://www.tmh.org/services/rehabilitation-services/>

Pruitt Health – SOUTHWOOD
2301 Bluff Oak Way
Tallahassee, FL 32311
(850)204-3485
<https://www.pruitthealth.com/>

Skilled Nursing Facilities (Nursing Homes)

Crawfordville

Eden Springs Nursing and Rehab Center

4679 Crawfordville Hwy.

Crawfordville, FL 32327

(850) 926-7181

www.edenspringsrehab.com

Monticello

Brynwood Center

1656 South Jefferson Street

Monticello, FL 32344

(850) 997-1800

<https://brynwoodhrc.com/>

MONTICELLO CARE CENTER

1780 N JEFFERSON HWY

Monticello, FL 32344

(850)997-2313

Quincy

Riverchase Health & Rehab Center

1017 Strong Road

Quincy, FL 32351

(850) 875-3711

<https://riverchasehrc.com/>

Greenville

Crosswinds Health & Rehab Center

13455 W US Hwy 90

Greenville, FL 32331

(850) 948-4601

<https://goldseniorcare.net/our-team/crosswinds-health-rehab/>

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

259 SW CAPTAIN BROWN RD

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

Blountstown

Blountstown Health and Rehab

16690 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

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

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

Live Oak

Advent Christian Village
10680 Dowling Park Dr.
Live Oak, FL 32060
1-800-647-3353
www.acvillage.net

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

Surrey Place Care Center
110 Lee Avenue
Live Oak, Florida 32064
(386) 364-5961
<https://surreyplacecare.com/>

Suwannee Health & Rehab Center
1620 Helvenston Street S.E.
Live Oak, Florida 32064
(386) 362-7860
<https://suwanneehealthrehab.com/>

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-
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/>

Skilled Nursing Facilities (Nursing Homes), cont.

Panama City

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

<https://www.floridavets.org/>

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

Gulf Coast Rehabilitation Center, Inc.
1937 Jenks Ave.
Panama City, FL 32405
(850)769-7686

Pruitt Health Panama City
3212 Jenks Ave,
Panama City, FL 32405
(770) 279-6200

<https://pruitthealth.com/>

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

Callaway

Emerald shores Health and
Rehabilitation
626 N Tyndall pkwy
Callaway. FL 32404
(850) 871-6363

Hospice Organizations

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

Emerald Coast Hospice
401 E 23rd St STE C,
Panama City, FL 32405
(850) 769-0055
www.emeraldcoasthospice.org

Geriatric Care Managers

Pamela Chamberlynn, MSW, IHCP, MP
Integrative Health Coach
Phone: (850) 329-6638
pchamberlynn@comcast.net
<https://www.mindfullifestylesnow.com/>

Senior Transitions
Debra Simmons
(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
15111 Elk Run Road
Chantilly, VA 20151
(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>

Constance Buchanan,
North Florida Guardian
and Fiduciary, LLC
(386) 755-0388

Counties: Alachua, Bradford, Clay,
Dixie, Duval, Escambia, Flagler,
Gadsden, Gilchrest, Leon, Levy,
Madison, Marion, Nassau, Putnam, St.
Johns, Taylor, Union, and Volusia

Felicia Thomas
swthomaslaw@gmail.com
(850) 366-3910
Bay

Charlotte Heuler
Lifespan Care management LLC
(850)445-7137
County: Leon

Sara Shoemaker
North Florida Guardian
and Fiduciary, LLC
(386) 755-0388

Counties: Alachua, Bradford, Clay, Dixie,
Duval, Escambia, Flagler, Gadsden,
Gilchrest, Leon, Levy, Madison, Marion,
Nassau, Putnam, St. Johns, Taylor,
Union, and Volusia

North Florida Office of Public Guardian
(850) 487-4609
<https://northfloridaopg.org/>
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

<https://www.dignitymemorial.com>

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

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

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

Funeral Homes cont.

Tallahassee

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 Oaks Dr.

Tallahassee, FL 32303

(850)610-4444

<https://www.youngfulford.com>

A d d i t i o n a l S e n i o r R e s o u r c e s

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

<https://www.advantageaging.org/>

At Home Veterinary Care
1833 Junwin Court
Tallahassee, FL 32308
(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.safemobility.com/

Neil Kirkman Service Center
2900 Apalachee Parkway
Tallahassee, Florida 32399-0570
(850) 606-4700

<https://www.flhsmv.gov/driver-licenses-id-cards/florida-granddriver/>

A d d i t i o n a l S e n i o r R e s o u r c e s , *cont.*

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

Gadsden Senior Services, Inc
79 LaSalle Lafall Drive
Quincy, FL 32351
(850) 627-9758
<https://gssinc.org/>

Graceful In Home Aging, LLC
(850) 597-3915
<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. Co Rd 12
Bristol, FL 32321
(850) 643-5690

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

A d d i t i o n a l S e n i o r R e s o u r c e s , *cont.*

Seniors vs. Crime

Florida Attorney General

<http://www.seniorsvscrime.com/office>

S

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. #1

Live Oak, FL 32064

(386)362-1164

<http://srecinc.org/>

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) 584-4924

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

Wakulla Senior Citizens Council

33 Michael Drive

Crawfordville, FL 32327

(850) 926-7145

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	https://www.floridabar.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>

Long Term Care
Ombudsman

<https://ombudsman.elderaffairs.org/>

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. Ms. Sketchley has been selected as a Florida Super Lawyer for 11 consecutive years and one of the Top 50 Florida Women Super Lawyer for 2022.

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.