

*Proactive in Aging – The Best is Yet To Come*  
*A resource booklet for the aging and their caregivers*



**Campbell County Department of Social Services**

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## Executive Summary

Campbell County Department of Social Services seeks to promote self-reliance and provide protection for Virginians through community based services. The mission of the department is: *Leading the way to a Life of Quality and Independence.*

The Campbell County Department of Social Services provides services and benefits to the citizens of Campbell County, along with volunteer opportunities, and is administered according to state and federal regulations.

The resources in this document have been collected and are shared for the sole purpose of providing the community with specific information to assist adults in leading healthy, independent, and safe lives. Being *Proactive in Aging*, means taking control of everyday situations and anticipating needs. These steps lead directly to a fulfilling life for the “aging”- and that is all of us. With knowledge, planning, and creativity the inevitable process of aging can hold the best for us all!

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## Safety in the Home

*Please consider following these safe practices to ensure safety in the home.*

- Use a walker or cane for stability, to help you get up or down and watch for slippery surfaces.
- Keep frequently used items within reach, so climbing on a chair or stool is not necessary.
- Wear good shoes with traction and low heels; don't walk around in socks, stockings or scuffs.
- If you wear slip-on or backless shoes for convenience, be sure they fit properly and don't "flop" when you walk.
- Look carefully at floor surfaces.
- Keep a clear path between the bedroom and bathroom.
- Keep clutter off the floor.
- Be sure all rugs have non-slip backing, are skid-proof or nailed down; discard loose throw rugs.
- Set your water heater temperature low enough to prevent scalding.
- Install handrails at steps and down hallways; flat hand rails are better than round ones as they allow you to rest an entire arm for support.
- Use fluorescent tape on top and bottom stairs.
- Consider using a raised seat on toilets.
- Install grab bars in bathrooms, use a bathmat and a plastic chair or shower bench in tub. Bars may be needed around the toilet, sink and shower/tub.
- Keep rock salt or kitty litter on hand for slippery conditions.
- Keep a working flashlight beside your bed.
- Use a night-light and keep extra bulbs handy.
- Have home well-lit; use 100-watt light bulbs, as older people require three to five times more light.



- Have access to lamp or light switch at entrance of each room.
- Use touch lamp by bedside.

### Safety in the Home Continued

- Have a cordless or cellular phone and keep it with you. (If you use a walker or wheelchair, phone can be kept in an attached bag.)
- Arrange for someone to check on you daily.
- Keep up your strength with regular exercise to prevent injury or break from falls.
- Keep fire extinguisher near stove and know how to use it.
- Have a fire escape plan and practice it.
- Don't overload sockets or use multiple extension cords.
- Fix a work area with a sturdy table and chairs where you can prepare food.
- Keep cords secure and out of path you travel. Don't dangle cords over counters.
- Use security locks, but be sure you can operate them easily.
- Use smoke and carbon dioxide detectors and have batteries checked regularly.
- Avoid chairs that are too low, soft or deep.
- Stabilize chairs so that they won't move away from you when sitting down.
- Visit a store that sells home health supplies and equipment and see what's available that could assist you.
- Think "*outside the box*": If the height of your bed presents a hazard from falling, cut the legs off so it is closer to the floor. (The value of the bed is not as important as your safety.) Use a cushioned mat beside the bed and other areas of potential injury.



## Stay Prepared for an Emergency

*In the event of severe weather or other such emergency, it is best to be prepared beforehand.*

*Have the following things on-hand in an emergency kit, check and update the kit regularly:*

- Bottled or distilled water (one gallon per person, per day)
- Flashlights and extra batteries for flashlights, hearing aid and medical devices
- Canned food or other food that is non-perishable and bottled beverages
- Hand-operated can opener
- Matches (in waterproof container)
- Battery-powered radio or television with batteries
- Duct tape
- Pre-moistened wipes, antibacterial waterless cleanser
- Whistle
- Prescription, non-prescription drugs
- Extra medical supplies, like oxygen and syringes, if used
- Extra pair of eyeglasses
- First aid kit
- Pocket knife
- Personal hygiene items like soap, washcloth, towel, toothbrush, toothpaste, feminine products as needed
- Blankets and warm clothing including hats, earmuffs, and gloves
- Extra keys for house, car, etc.
- Sand, salt, or kitty litter to place on steps to prevent slipping in icy weather



***Talk with family, friends, neighbors and any other supports to develop a plan ahead of time for your well-being.***

- Have a plan to escape should you be forced to leave your home and practice the escape plan
- Develop a system of emergency care if you depend on others for your activities of daily living
- If you drive, have your tank full of gas and remember to start your car occasionally if you do not drive often
- Keep enough cash on hand to meet emergency needs, including change for a pay phone
- Make a list of important phone numbers and keep it in your purse or wallet
- Keep your debit/credit card in a convenient but safe place
- Have a reliable and safe source of emergency heat or a plan as to where you would go should you have no heat
- Don't put yourself in a dangerous situation by using open flames, candles, unattended kerosene lamps or heaters, or camping stoves indoors
- Follow all safety instructions when using a generator or gas burning grill or stove



***Check on others who may need help; don't be afraid or ask for help for yourself when you need it.***

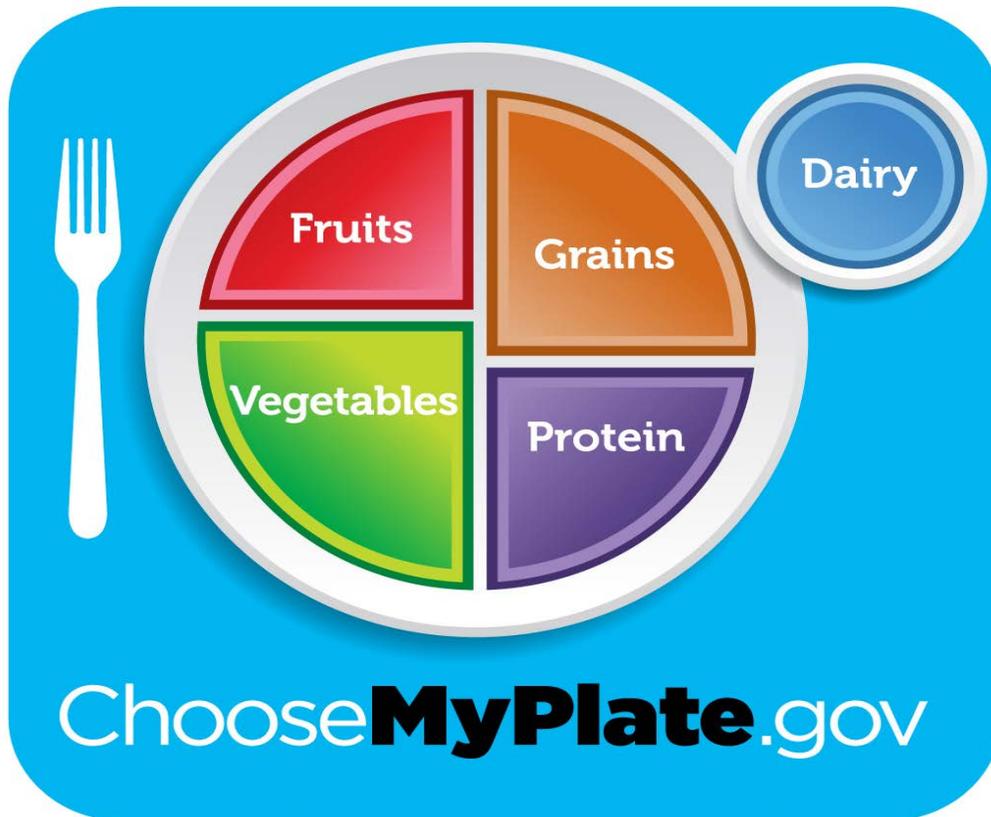
## **Other Ways I Can Stay Prepared:**

## Taking Control of your Health

- Choose a doctor you are comfortable talking to and speak up if you have questions or concerns. Participate fully in decisions about your health care. Ask questions and have the doctor explain answers so you can understand them.
- Make sure you get the results of any test or procedure. Don't assume there was no problem; ask specifically for the results.
- Talk with your doctor about your options if you need hospital care or other facility or specialist care.
- Make sure you understand exactly what will happen if you need surgery. Ask exactly what will be done, how long it will take, what will happen after surgery and how you can expect to feel during recovery. Determine beforehand what your needs and limitations will be after surgery or other procedures.
- Don't be afraid to be persistent in getting your questions answered. Ask your doctor to write down information, use pictures, talk to your family and take any other measures that would help you know more about your health.
- Consider a geriatric specialist if conditions warrant it, especially if diagnosed with dementia or related disease. Many other problems may look like dementia but be treatable, such as: urinary tract infection, brain tumor, thyroid disease, diabetes, hormonal imbalance, dehydration, upper respiratory infection, constipation, lead poisoning, liver disease (cirrhosis), alcohol toxicity, syphilis, tuberculosis, to name a few.



## Guide to Healthy Eating



Choose **MyPlate**.gov



### **Fruits**

1/2 your plate

### **Grains**

1/2 of your grains  
should be whole-wheat

### **Vegetables**

1/2 your plate

### **Protein**

Choose lean or low-fat  
meat or poultry

### **Dairy**

Consider fat-free or  
low-fat (1%) milk.

<p><b>GRAINS</b></p> <p>Make half your grains whole</p>	<p><b>VEGETABLES</b></p> <p>Vary your veggies</p>	<p><b>FRUITS</b></p> <p>Focus on fruits</p>	<p><b>MILK</b></p> <p>Get your calcium-rich foods</p>	<p><b>MEAT &amp; BEANS</b></p> <p>Go lean with protein</p>
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p>				
<p>Eat 6 oz. every day</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 2 cups every day</p>	<p>Get 3 cups every day, for kids aged 2 to 8, it's 2</p>	<p>Eat 5 1/2 oz. every day</p>
<p><b>Find your balance between food and physical activity</b></p> <ul style="list-style-type: none"> <li>Be sure to stay within your daily calorie needs.</li> <li>Be physically active for at least 30 minutes most days of the week.</li> <li>About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.</li> <li>Children and teenagers should be physically active for 60 minutes every day, or most days.</li> </ul>				
<p><b>Know the limits on fats, sugars, and salt (sodium)</b></p> <ul style="list-style-type: none"> <li>Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.</li> <li>Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.</li> <li>Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>				



## Using Drugs Wisely

Any symptom in an elderly patient may be a side effect of medication. Check it out.

### ***Common Adverse Drug Reactions in Elderly:***

- Fatigue
- Altered Mental State
- Falls
- Dizziness
- Constipation
- Blurred vision
- Depression

### ***Causes of Adverse Drug Reaction:***

- Improper dose
- Failure to take medicine as prescribed
- Changes in body
- Multiple medication
- Use of multiple doctors and pharmacies
- Use of over the counter medications

### ***How to Take Precautions:***

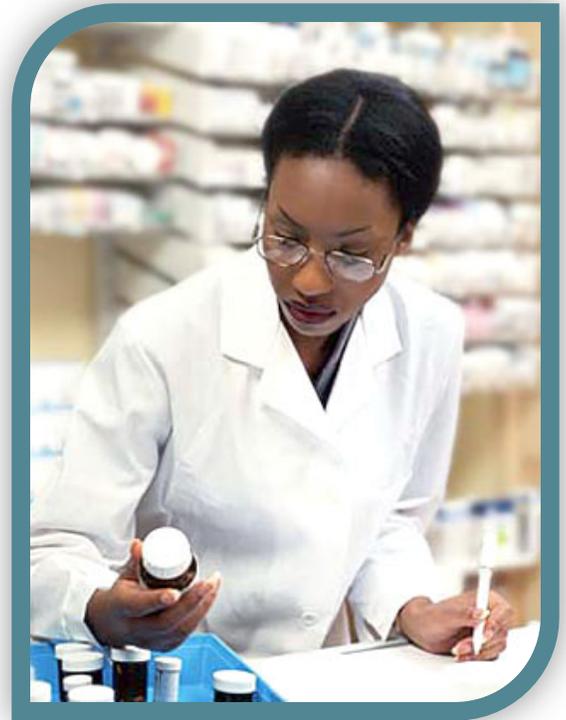
- Discuss symptoms with your doctor and pharmacist.
- Use one pharmacy, have a primary physician who is aware of any other healthcare provider with which you are involved.
- Don't stop and start medications unless directed to do so by your healthcare provider.
- Take medication on-time, as prescribed; don't divide or skip doses.
- Don't take someone else's medication or share yours.
- Keep a record of your reactions to medication and discuss these with your doctor.
- Don't mix alcohol with medication.



## Using Your Pharmacist

Your pharmacist or “druggist” is well trained to see that your medications work for you. Use his or her expertise and knowledge by doing the following:

- Ask your pharmacist questions. He or she will take time to be sure you understand what you need to know about your medicines.
- Ask your pharmacist for advice before using non-prescription medications.
- Read all labels on medication or have someone read them to you.
- Ask about common side effects of all medicine.
- Be sure your pharmacist knows all the medication you are taking, including over the counter medicine, herbal remedies, vitamins and dietary supplements.
- Ask your pharmacist how you will feel after taking the medication and if there are signs to watch for, particularly to indicate that it may or may not be working.
- Report side effects to your pharmacist (and doctor).
- Ask about a time of day to take your medicine and whether to take it on a full or empty stomach.
- Contact your pharmacist for advice should you miss a dose of your medicine; don't “catch up” the dose unless instructed to do so.
- Tell your pharmacist if you can't afford your medicine. He or she may be able to consult with your doctor about alternatives.
- Advise your pharmacist if you have trouble with the packaging or labeling of your medicines. He or she can provide you with tops or packaging that is more manageable and labels that are easier to read.
- If you receive a medication that doesn't “look right” (for instance, different appearance than the last time you received it), notify your pharmacist immediately. While the medicine may be correct, never be afraid to ask.



## About Osteoporosis

Osteoporosis is a disease that gradually weakens bones, making them increasingly fragile and more likely to break from minor injury.

### **Are you at risk for Osteoporosis?**

*Are you:*

A woman past menopause?

A man with decreased testosterone levels?

Of Caucasian or Asian descent?

*Do you have:*

Low bone mass (as confirmed by a Bone Density Test)?

A family history of osteoporosis?

Broken bones from a minor injury?

Low body weight or a thin or petite build?

*Do you:*

Use certain medications, such as steroids (e.g., for asthma or arthritis) or too much thyroid hormone?

Smoke?

Drink several caffeinated or alcoholic beverages a day?

Take too little calcium or vitamin D?

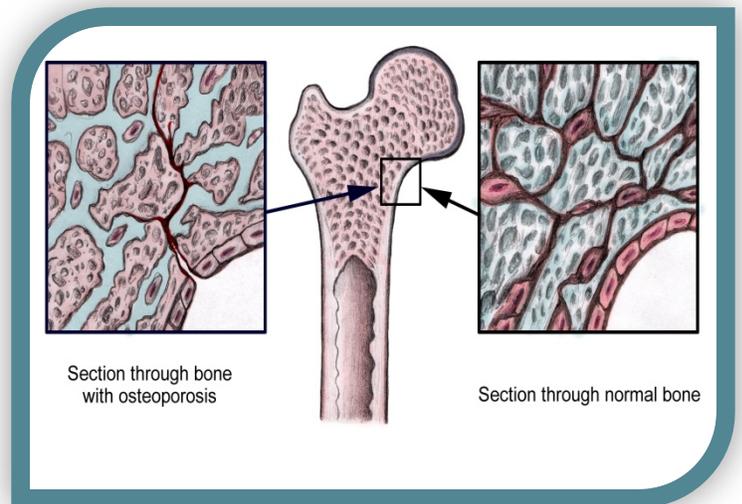
Exercise infrequently?

### **Who Needs a Bone Density Test?**

All women age 65 and over

All post-menopausal women under age 65 with one or more risk factors besides menopause

All **men or women** with **strong** risk factors as noted above.



## About Osteoporosis Continued

### ***Management for Prevention and Treatment***

After discussion with your doctor, be sure to:

- Take calcium supplements (1200-1500mg/day in divided doses);
- Take vitamin D supplements 400 IU/day (600 IU/day, if over age 70);
- Do weight-bearing exercises;
- Use fall-prevention techniques;
- Take any medications prescribed by your doctor.



### ***Getting Calcium and Vitamin D Into Your Diet***

Among the many increased needs for individuals over the age of 50 are calcium and vitamin D, as both nutrients play a huge role in bone health which is increasingly important as we grow older.

- Milk
- Yogurt
- Fortified Cereals (Read labels)
- Eggs (yolk)
- Salmon (with bones)
- Sardines
- Cheese
- Calcium-fortified juice
- Mustard greens
- Lactase treated products for the lactose intolerant
- 15 minutes in the sun, 3 times per week to help meet the need for vitamin D

## AIDs/HIV

### HIV, AIDS, and Older People

#### From the National Institutes on Health, National Institute on Aging

Like most people, you probably have heard a lot about HIV and AIDS. You may have thought that these diseases weren't your problem and that only younger people have to worry about them. But anyone at any age can get HIV/AIDS.

HIV (short for human immunodeficiency virus) is a virus that damages the immune system – the system your body uses to fight off diseases. HIV infection leads to a much more serious disease called AIDS (acquired immunodeficiency syndrome). When the HIV infection gets in your body, your immune system can be made weaker. This puts you in danger of getting other life-threatening diseases, infections, and cancers. When that happens, you have AIDS. AIDS is the last stage of HIV infection. If you think you may have HIV, it is very important to get tested. Today there are drugs that can help your body keep the HIV in check and fight against AIDS.

### What Are the Symptoms of HIV/AIDS?

Many people have no symptoms when they first become infected with HIV. It can take as little as a few weeks for minor, flu-like symptoms to show up, or more than 10 years for more serious symptoms to appear. Signs of HIV include headache, cough, diarrhea, swollen glands, lack of energy, loss of appetite, weight loss, fevers and sweats, repeated yeast infections, skin rashes, pelvic and abdominal cramps, sores in the mouth or on certain parts of the body, or short-term memory loss.

You can now also test your blood at home. The "Home Access Express HIV-1 Test System" is made by the Home Access Health Corporation. You can buy it at the drug store. It is the only HIV home test system approved by the Food and Drug Administration (FDA) and legally sold in the United States. Other HIV home test systems and kits you might see on the Internet or in magazines or newspapers have not been approved by FDA and may not always give correct results.

### How Do People Get HIV and AIDS?

Anyone, at any age, can get HIV and AIDS. HIV usually comes from having unprotected sex or sharing needles with an infected person, or through contact with HIV-infected blood. No matter your age, you may be at risk if:

- You are sexually active and do not use a latex or polyurethane condom. You can get HIV/AIDS from having sex with someone who has HIV. The virus passes from the infected person to his or her partner in blood, semen, and vaginal fluid.
- You do not know your partner's drug and sexual history. What you don't know can hurt you.
- You have had a blood transfusion or operation in a developing country at any time.
- You had a blood transfusion in the United States between 1978 and 1985.

## Is HIV/AIDS Different in Older People?

A growing number of older people now have HIV/AIDS. Almost one-fourth of all people with HIV/AIDS in this country are age 50 and older. This is because doctors are finding HIV more often than ever before in older people and because improved treatments are helping people with the disease live longer.

But there may even be many more cases than we know about. Why? One reason may be that doctors do not always test older people for HIV/AIDS and so may miss some cases during routine check-ups. Another may be that older people often mistake signs of HIV/AIDS for the aches and pains of normal aging, so they are less likely than younger people to get tested for the disease. Also, they may be ashamed or afraid of being tested. People age 50 and older may have the virus for years before being tested. By the time they are diagnosed with HIV/AIDS, the virus may be in the late stages.

The number of HIV/AIDS cases among older people is growing every year because:

- Older Americans know less about HIV/AIDS than younger people do. They do not always know how it spreads or the importance of using condoms, not sharing needles, getting tested for HIV, and talking about it with their doctor.
- Healthcare workers and educators often do not talk with middle-aged and older people about HIV/AIDS prevention.
- Older people are less likely than younger people are to talk about their sex lives or drug use with their doctors.
- Doctors may not ask older patients about their sex lives or drug use or talk to them about risky behaviors.

Anyone facing a serious disease like HIV/AIDS may become very depressed. This is a special problem for older people, who may not have a strong network of friends or family who can help. At the same time, they also may be coping with other diseases common to aging such as high blood pressure, diabetes, or heart problems. As the HIV/AIDS gets worse, many will need help getting around and caring for themselves. Older people with HIV/AIDS need support and understanding from their doctors, family, and friends.

HIV/AIDS can affect older people in yet another way. Many younger people who are infected turn to their parents and grandparents for financial support and nursing care. Older people who are not themselves infected by the virus may find they have to care for their own children with HIV/AIDS and then sometimes for their orphaned or HIV-infected grandchildren. Taking care of others can be mentally, physically, and financially draining. This is especially true for older caregivers. The problem becomes even worse when older caregivers have AIDS or other serious health problems. Remember, it is important to get tested for HIV/AIDS early. Early treatment increases the chances of living longer.

## **Facts About HIV/AIDS**

You may have read or heard things that are not true about how you get HIV/AIDS. Here are the FACTS:

- You cannot get HIV through casual contact such as shaking hands or hugging a person with HIV/AIDS.
- You cannot get HIV from using a public telephone, drinking fountain, restroom, swimming pool, whirlpool, or hot tub.
- You cannot get HIV from sharing a drink.
- You cannot get HIV from being coughed or sneezed on by a person with HIV/AIDS.
- You cannot get HIV from giving blood.
- You cannot get HIV from a mosquito bite.

## **HIV/AIDS in People of Color and Women**

The number of HIV/AIDS cases is rising in people of color across the country. More than half of all people with HIV/AIDS are African American or Hispanic.

The number of cases of HIV/AIDS for women has also been growing over the past few years. The rise in the number of cases in women of color age 50 and older has been especially steep. Most got the virus from sex with infected partners. Many others got HIV through shared needles. Because women may live longer than men, and because of the rising divorce rate, many widowed, divorced and separated women are dating these days. Like older men, many older women may be at risk because they do not know how HIV/AIDS is spread. Women who no longer worry about getting pregnant may be less likely to use a condom and to practice safe sex. Also, vaginal dryness and thinning often occur as women age. When that happens, sexual activity can lead to small cuts and tears that raise the risk for HIV/AIDS.

## **Treatment and Prevention**

There is no cure for HIV/AIDS. But if you become infected, there are drugs that help keep the HIV virus in check and slow the spread of HIV in the body. Doctors are now using a combination of drugs called HAART (highly active antiretroviral therapy) to treat HIV/AIDS. Although it is not a cure, HAART is greatly reducing the number of deaths from AIDS in this country.

Remember, there are things you can do to keep from getting HIV/AIDS. Practice the steps below to lower your risk:

- If you are having sex, make sure your partner has been tested and is free of HIV. Use male or female condoms (latex or polyurethane) during sexual intercourse.
- Do not share needles or any other equipment used to inject drugs.
- Get tested if you or your partner had a blood transfusion between 1978 and 1985.
- Get tested if you or your partner has had an operation or blood transfusion in a developing country at any time.

## Water: How much should you drink every day? (From The Mayo Clinic)

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.

How much water should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live. Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

### Health Benefits of Water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

### How Much Water Do You Need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake for men is roughly 3 liters (about 13 cups) of total beverages a day. The adequate intake for women is 2.2 liters (about 9 cups) of total beverages a day.

### What About the Advice to Drink Eight Glasses a Day?

Everyone has heard the advice, "drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink at least eight 8-ounce glasses of fluid a day," because all fluids count towards the daily total.

### Factors That Influence Water Needs

You may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breast-feeding.

**Exercise.** If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. An extra 1.5 to 2.5 cups of water should suffice for short bouts of exercise, but intense exercise lasting more than an hour requires more fluid intake, depending on how much you sweat during exercise. It is important to replace fluids after you're finished exercising.

## Water Continued

**Environment.** Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime. Further, altitudes greater than 8,200 feet (2,500 meters) may trigger increased urination and more rapid breathing, which use up more of your fluid reserves.

**Illnesses or health conditions.** When you have fever, vomiting or diarrhea, your body loses additional fluids. In these cases, you should drink more water. In some cases, your doctor may recommend oral rehydration solutions, such as Gatorade, Powerade or CeraLyte. Also, you may need increased fluid intake if you develop certain conditions, including bladder infections or urinary tract stones. On the other hand, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.

### Beyond The Tap: Other Sources Of Water

Although it's a great idea to keep within reach at all times, you don't need to rely on what you drink to meet your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and tomatoes, are 90 percent or more water by weight.

In addition, beverages such as milk and juice are composed mostly of water. Even beer, wine and caffeinated beverages – such as coffee, tea or soda – can contribute, but these should not be a major portion of your daily total fluid intake. Water is still your best bet because it's calorie-free, inexpensive and readily available.

### Staying Safely Hydrated

Generally if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters or 6.3 cups or more of colorless or light yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you.

To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.
- Although uncommon, it is possible to drink too much water. When your kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, resulting in low sodium levels in blood, a condition called hyponatremia. Discuss with your doctor your need for water.

## Fluids That I Can Drink To Meet My Need For Water:

## Relaxation techniques: Learn ways to reduce your stress

Relaxation techniques can reduce stress symptoms and help you enjoy a better quality of life. Explore relaxation techniques you can do on your own. Relaxation techniques are essential to stress management. Relaxation isn't just about peace of mind or enjoying a hobby, it is a process that decreases the wear and tear on your mind and body from the challenges and hassles of daily life. We can all benefit from learning relaxation techniques.

### The benefits of relaxation techniques

- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration
- Reducing anger and frustration
- Boosting confidence to handle problems
- Helping your body to heal itself

### Types of relaxation techniques

Health professionals can teach various relaxation techniques. But if you prefer, you also can learn some relaxation techniques on your own. In general, relaxation techniques involve refocusing your attention to something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap the benefits.

There are several main types of relaxation techniques, including:

- Deep breathing
- Listening to music
- Exercise
- Meditation
- Massage
- Autogenic relaxation
- Progressive muscle relaxation
- Visualization
- Yoga or Tai chi

## Ways I Like To Relax:

## Coping with Memory Loss

- Have someone keep an extra set of glasses, keys and other important items for you.
- Write things down in a memory book and keep it with you.
- Keep important phone numbers written down by the phone.
- Use pictures and labels on drawers and doors.
- Post a list of daily activities on refrigerator or other visible place.
- Keep clocks within view.
- Mark days off on a calendar kept in view.
- Have someone remind you of appointments, meals and medications.
- Don't go out alone.
- If lost, ask immediately for help. Go into nearest store or business if you cannot find your way.
- Wear/carry identification at all times, including name, address, phone and emergency contact names/numbers.
- Be sure friends and neighbors have names/numbers of people to call on your behalf in case of an emergency.
- Explain your memory problem and ask people to repeat a statement if you don't understand.
- Focus, relax and take your time in all you do – don't rush and don't panic.
- If noise is bothersome, move to a quieter place in the room.
- Maintain a schedule for daily activities – hygiene tasks, meals, medication, exercise, rising and going to bed.
- Have someone help you organize dressers, drawers, closets, etc. Remove items you don't need, clothes you don't wear, arrange items for convenience. Put outfits of clothes together for ease in selection.
- Post written reminders such as "turn off stove," "don't smoke in bed" as needed.
- Remove knobs from stove when it cannot be used safely.



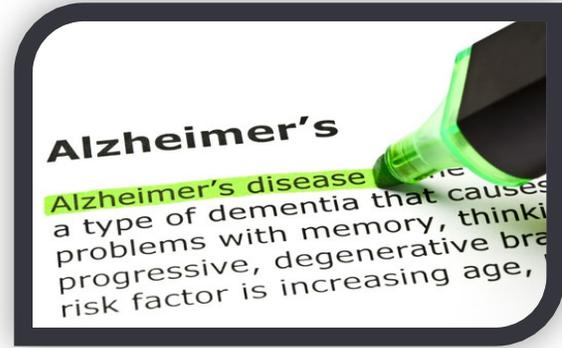
## Coping with Memory Loss Continued

- Use appliances that shut off automatically (such as irons, coffee makers, etc.).
- Never allow strangers in your home. Take their name and number so that a family member or a friend can contact them later.
- Have someone you trust assist you in managing bills. Consider direct deposit and automatic drafts of your bills, (electric bill, for instance). Have automatic delivery of heating fuel.
- Have family meetings to plan and keep abreast of the situation.
- Plan ahead to anticipate needs and how these may be met.
- Confide in someone you trust and use your support system.
- Above all, never lose hope! Don't be afraid to ask for help.



## My Ideas To Help Remember Information:

## Caring for Adults with Alzheimer's Disease or Dementia



### Promoting Independence

- Use reminders and prompts.
- Lay out supplies for grooming/hygiene tasks.
- Allow the adult to participate in household tasks, even if the outcome is not perfect. Involve the adult in your activities.
- Don't rush the adult; allow sufficient time to finish the activity.
- Maintain an exercise program as approved by the adult's physician.
- Take adult to the bathroom routinely.
- Identify bathroom so that it stands out; spotlight the toilet.
- Have adult wear ID/Medic-Alert bracelet at all times.
- Adapt hobbies, activities to adult's level of ability.
- Minimize choices in clothing and have all choices to match.
- Look for clothing items that offer simplicity in getting on and off. For instance, shoes or other items with Velcro™ closures, a camisole instead of a bra, slacks with elastic band (men or women) may be easier to handle.
- Reduce glare, reflections and shadows, which may be confusing.
- Observe a regular routine.
- Create distinct contrasts between chair/table, floor/walls, halls/doors (unless these are doors that should not be accessed; these should blend with the wall to minimize attraction).
- Avoid patterns in flooring or seating that could cause mistaken depth perception.

## Alzheimer's Disease Continued

### Protecting Against Wandering

- Advise neighbors that the adult may wander.
- Keep a current picture of the person; consider leaving it with the local police and advising them of potential to wander.
- Consider a secure outdoor environment or rummage room where the adult can putter around safely.
- Don't leave confused adults alone for long periods, as they may become afraid and leave to look for you.
- Consider appropriate means to make getting out of the house difficult (as long as the incapable adult is never left alone in case of fire, etc.). Warning bells when doors open, childproof latches or latches installed very high or very low may be appropriate as well.
- Make the adult feel as safe and comfortable as possible. Check for appropriate temperature of room, adequate pain management, availability of familiar items, minimal noise level, over/under stimulation and continue to demonstrate love and concern, even if not reciprocated.

### Promoting Sleep Habits

- Keep adult active during daytime.
- Use routine for bedtime.
- Toilet before bedtime.
- Use nightlight.
- Minimize distractions.
- Keep blankets within reach, as sometimes body temperature of adults may decrease during sleep.
- Avoid large meals at night, especially fatty or salty foods.
- Limit number and length of daytime naps.
- Decrease stimulation (including caffeine) and engage in calming pursuits before bedtime).
- Check bedroom for safety risks should wandering occur.
- Write down trouble patterns and look for triggers, discuss with physician for advice.

## Alzheimer's Disease Continued

### Encouraging Eating

- Use food pyramid, with healthy foods including good fiber sources.
- Provide plenty of fluids.
- Serve one or two foods at a time, don't overwhelm.
- Cut food into bite-size pieces.
- Eat with the adult, providing encouragement to eat slowly and chew food thoroughly.
- Use finger foods if utensils pose a problem.
- Assure that tableware accommodates the ability of the adult.
- Consider using baby foods, especially "junior" or "graduate" version; these can be picked up with the fingers and come in a variety of single-serve items.



### Communicating Effectively

- Use short sentences and simple words.
- Use a calm, deep voice tone.
- Use body language.
- Limit background noise and other distractions (For example, don't leave TV on all the time, as it may be confusing).
- Give directions one at a time.
- Ask directions one at a time.
- Ask simple questions that can be answered yes or no.
- Minimize choices.
- Don't question or continue to prod adult, come back to it later.
- Don't argue or continually correct the adult.
- Keep a calm, reassuring demeanor.
- Offer an activity or distraction if the adult becomes agitated.
- Determine what the adult is upset about if he/she becomes agitated.
- Watch for rising anxiety levels and attempt to head them off.
- Don't allow the adult's instability or restlessness to make you lose control.

## Caring for the Caregiver

Illness is a family affair. Caregivers must take care of themselves spiritually, emotionally, physically and mentally. A healthy support system is critical if the caregiver and the loved one are to have an acceptable quality of life.



- Involve all stakeholders in family meetings to plan a system of care, which includes shared responsibility and regular respite for the primary caregiver.
- Don't isolate yourself. Keep in touch with friends and invite people over. Your real friends will empathize with you and will not be bothered by circumstances if your house is not neat or your loved one has some undesirable behaviors.
- Have regular health care check-ups. Don't be afraid to pursue professional counseling when indicated. Get adequate rest and nutrition. Take power naps and don't skip meals.
- Exercise. Stick to a regular routine of physical exercise. Adapt exercise to your situation and level of confinement. Just lifting a can or stretching with a towel in both hands will give you some benefit.
- Prioritize and organize. Get tasks in order, decide what must be done and what is not essential. Don't procrastinate.
- Keep a life! Pursue hobbies, support groups, games (word search or puzzles), read, get on the internet or maintain usual activities such as church, sports or clubs to the greatest extent possible.
- Get out of the house. Have a frequent, regular time to spend time away from your loved one. Have a family member, friend or paid caregiver take over for you. **YOU ARE WORTH IT**, and you will be no good to your patient if you burn out.
- Contact Social Services, Senior Citizen's Services and/or other resources in your area to find avenues of support and sources of assistance in care-giving.
- Treat yourself occasionally – get your hair done, have a massage, order a pizza, buy a new toy – do something that is meaningful for you.

## Caring for the Caregiver Continued

- Develop appropriate ways to handle stress when you feel you are reaching a boiling point – don't wait to boil over. Walk around, exercise, meditate, cry, laugh, pray, call a friend, scream into a pillow, squeeze a stress ball, take a hot bath or shower, learn to forgive and do whatever you can to relieve tension before it gets the best of you.

Visualize your favorite place or a more peaceful, relaxing time and place.

- Plan a vacation at least yearly even if you only stay at home in peace and quiet. Your loved one may be eligible for third party assistance, such as Medicaid, in paying for respite care. If not, have a family provide or pool funds to pay for the necessary care. You can't afford NOT to.
- Don't be reluctant to ask for help. Don't assume that others can't or won't help you – everyone can do something. Accept when you can no longer meet the need and pursue other arrangements without feelings of guilt. Remember the Serenity Prayer (for wisdom to know when to change a situation and when to accept a situation as it is).
- Look for your successes. Practice positive thinking and speaking. Write down your strengths or share them with a friend or loved one.
- Lower your own expectations and the expectations of those around you.
- Remember that if you do you're your best, that's good enough!



## Things I Can Do To Care For Myself:

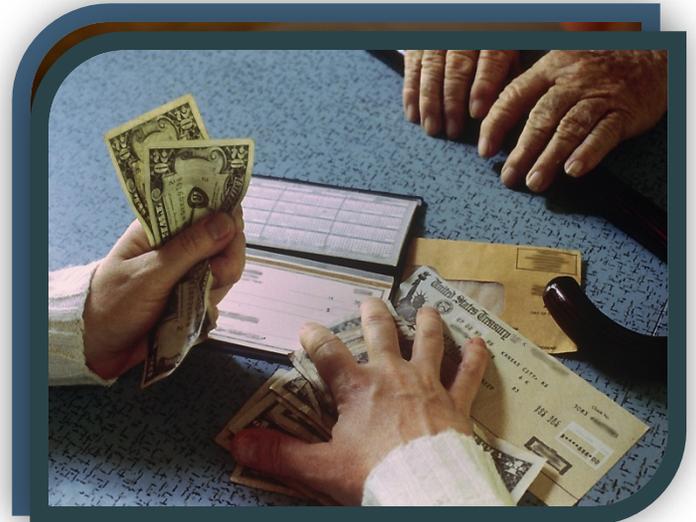
## Preventing Financial Exploitation

- Plan ahead. Before you need it, decide whom you would like and trust to handle your financial matters should you become unable to do so. Consult a lawyer who can execute a will and explain the types and authorities of powers of attorney. Be cautious of 'do-it-yourself' versions. Put your wishes in writing. Make sound decisions in advance so that your affairs will be handled according to your specifications.
- Never sign blank documents or blank checks. Don't sign anything that you don't fully understand. Keep a copy of any document you sign.
- Consider using a safety deposit box and/or fire-proof lockbox for valuables.
- Discuss with your bank or financial institution ways that they can safeguard your accounts. Control access to your finances and review financial statements frequently. Save all statements and keep them together in a secure place.
- Protect yourself against identity fraud. Be careful with anything that contains your name, birth date, social security number and account numbers. Identity thieves can use this to steal from you. Keep your social security card in a safe place; don't carry it unless you must use it. Tear up anything that contains your social security number before throwing it away. Never put your social security number on personal checks.
- Write down information on your finances, such as a list of accounts and who has access, where certain documents are located, who has copies of POA's, wills, etc., location of safety deposit or lockbox keys, a list of property/real estate owned and keep this information in a secure location. Provide a copy to someone you trust, your lawyer and/or attorney-in-fact.
- Regularly review all insurance policies. Be sure there have been no unauthorized changes and that policies continue to meet your needs.
- Beware of joint accounts. Understand that both parties are equal owners with equal access. Discuss any such account in private with staff of the institution before signing. Continue to have monthly statements sent to you and review these closely.



## Preventing Financial Exploitation Continued

- Remember that if you have given power of attorney to someone, this person is only authorized to act on your behalf and according to your desires. If you become dissatisfied with the individual's performance, remove him/her immediately. Do so in writing with copies to the individual, your bank, attorney, etc.
- Execute an Advanced Medical Directive so that appropriate medical decisions can be made according to your wishes if you are unable to speak for yourself. Discuss this matter with your doctor.
- Consider a prepaid or prearranged funeral. Get all details in writing and be sure you understand the agreement fully.
- Be careful about deeding or willing your property in exchange for care, even to a family member or loved one. Consult a lawyer and have any such arrangements that you agree upon documented. Specify payment, services to be provided, timeframes and what is to occur should you have to leave that care situation. Talk to someone you trust.
- Ask for help. Even your clergyman or doctor can help. If you find yourself at a loss as to what to do about a situation, or if you feel your money or other assets have been mishandled, contact your local Social Services agency or Adult Protective Services at the Hotline, 1-888-832-3858.
- Monitor your credit report. Review it yearly to be sure it is correct and contains information only about you.
- Cut up pre-approved credit cards. Never use deposit slips, credit card bills or other statements as scrap paper. Watch your billing cycles and report any bill that is late.
- Stay active. Don't isolate yourself. Learn about services and resources for older adults. Stay in touch and informed to the greatest extent possible. Remember, aging is not a disease; it's a state of mind!



## Avoiding Scams, Frauds & Flim-Flams

- Remember the old saying, *“If it sounds too good to be true, it is!”*
- Don’t buy anything over the telephone unless you made the initial call.
- Don’t allow door-to-door salespeople or solicitors to enter your home. Call the police if they persist or remain on your property.
- Never give out personal information to telephone callers, especially bank numbers, social security numbers, credit card numbers, address, mother’s maiden name (which can be used to access other information about you), living arrangements, health, age or other personal information.
- Never give any money or personal data to anyone telling you that you have won a prize. Remember that a prize should not cost you anything or require specific personal information.
- Tear or cut up credit card applications, vouchers and other such mailings that come to you unrequested.
- Don’t respond to someone driving by your home and noticing a need for roof repair or asphalt/driveway sealant. Only do business with legitimate vendors that you contact. Avoid those who are transient and “just passing through”.
- Have a trusted friend or family member assist you to find someone reputable for home maintenance and repairs when needed.
- Don’t pay for work in advance. Get estimates, descriptions of work to be done, time frames and payment arrangements in writing before agreeing on any job.
- If you are interested in buying a product or service, ask the seller to send you written information. Have someone you trust help you decide on purchases with which you are not totally comfortable.
- Don’t be intimidated by high-pressure salespeople. Politely say “no thank you” or “I don’t conduct any business by phone,” then discontinue the conversation. Ask to be placed on the company’s **DO NOT CALL** list.

Report any suspicious contacts to law enforcement and/or your local Department of Social Services.



## Long Term Care Options

- Think about long term care before you need it. Talk with your loved ones and make decisions.
- Educate yourself about long term care services in your area. Your local Department of Social Services and Area Agency on Aging can provide you with resource information. The following are some types of long term care services that may be available to you:
  - *Home delivered meals and transportation services*
  - *Socialization and recreational services*
  - *Companions, chore or homemaker services to provide in-home assistance*
  - *Retirement services, in which private companions are paid to provide or arrange services necessary to help an adult maintain his/her personal, household, maintenance and medical needs*
  - *Adult Day Care, which provides, during day hours only, site-based care for adults who cannot care for themselves in the home.*
  - *Apartments for the elderly and retirement centers*
  - *Continual care communities, which will meet your lifelong needs for long term care*
  - *Assisted Living Facilities (formerly known as Adult Homes)*
  - *Nursing Homes*
- Consider long-term care insurance. Talk to a reputable company and make inquiries before you reach the point of needing long term care. Many of these policies now provide home-based care.
- Visit facilities and service providers, talk to participants, gather written information and make careful decisions. Never sign any agreements or pay deposits without fully understanding the details. Get agreements in writing. You may want to have an attorney review them before signing. Ask questions; remember the only stupid question is the one not asked!



## Medicare Prescription Drug Plan

Medicare offers prescription drug coverage to everyone with Medicare. If you decide not to join a Medicare Prescription Drug Plan when you're first eligible, and you don't have other creditable prescription drug coverage, or you don't get Extra Help, you'll likely pay a late enrollment penalty.

To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. Each plan can vary in cost and drugs covered. There are two ways to get coverage.

1. Medicare Prescription Drug Plan (Part D). These plans (sometimes called "PDPs") add drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private Fee-for-Service (PFFS) Plans, and Medicare Medical Savings Account (MSA) Plans.
2. Medicare Advantage Plan (Part C). (like an HMO or PPO) or other Medicare health plan that offers Medicare prescription drug coverage. You get all of your Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage, and prescription drug coverage (Part D), through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called "MA-PDs." You must have Part A and Part B to join a Medicare Advantage Plan.

Once you choose a Medicare drug plan, here's how you may be able to join:

- Call 1-800-MEDICARE (1-800-633-4227).
- Enroll on the Medicare Plan Finder or on the plan's website.
- Complete a paper enrollment form.
- Call the plan.

When you join a Medicare drug plan, you'll give your Medicare number and the date your Part A and/or Part B coverage started. This information is on your Medicare card.

If your Medicare Advantage Plan (Part C) includes prescription drug coverage and you join a Medicare Prescription Drug Plan (Part D), you'll be disenrolled from your Medicare Advantage Plan and returned to Original Medicare. There are specific times when you can sign up for Medicare prescription drug coverage (Part D), or make changes to coverage you already have – October 15 – December 7 yearly.



## Medicare Continued

**If you have limited income and resources, you may qualify for help to pay for some health care and prescription drug costs. Extra Help is a Medicare program to help people with limited income and resource pay Medicare prescription drug costs.** You may qualify for Extra Help, also called the low-income subsidy (LIS), if your yearly income and resources are below the limits that are set each year. Resources

include money in a checking or savings account, stocks,

bonds, mutual funds, and Individual Retirement Accounts (IRAs). Resources **don't** include your home, car, household items, burial plot, up to \$1,500 for burial expenses (per person), or life insurance policies.

**If you qualify for Extra Help and join a Medicare drug plan, you'll:**

Get help paying your Medicare drug plan's monthly premium, yearly deductible, coinsurance, and copayments

- Have no coverage gap
- Have no late enrollment penalty

**You automatically qualify for Extra Help if you have Medicare and meet any of these conditions:**

- You have full Medicaid coverage.
- You get help from your state Medicaid program paying your Part B premiums (in a Medicare Savings Program).
- You get Supplemental Security Income (SSI) benefits.

To let you know you automatically qualify for Extra Help, Medicare will mail you a purple letter that you should keep for your records. You don't need to apply for Extra Help if you get this letter. If you aren't already in a Medicare drug plan, you must join one to use this Extra Help. If you don't join a Medicare drug plan, Medicare may enroll you in one. If Medicare enrolls you in a plan, you'll get a yellow or green letter letting you know when your coverage begins.

Different plans cover different drugs. Check to see if the plan you're enrolled in covers the drugs you use and if you can go to the pharmacies you want. Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan), or call 1-800-MEDICARE (1-800-633-4227) to compare with other plans in your area. TTY users should call 1-877-486-2048. For assistance, you may also call the Virginia Insurance Counseling Assistance Program (VICAP) at (434) 385-9070.



## Personal Care Agencies

*Please note: Provision of this list does not imply recommendation of any listed agency.*

A+ Qualified Care	(434) 846-1960
Appomattox Adult Healthcare	(434) 352-8000
AmeriCare Plus	(434) 587-4073
Carilion Private Duty (Bedford County)	(540) 587-2929
Community Sitters	(434) 384-2806
Comprehensive Home Care (Nelson, Buckingham)	(434) 581-3245
Elite Care Services	(434) 846-1514
Generation Solutions	(434) 455-6500
Gentle Hands Home Care	(434) 376-9019
Hallmark (Pittsylvania County)	(800) 422-1842
Heavenly Angels	(434) 299-6211
Health Care Services	(434) 455-2131
Helping Hands	(434) 846-7407
Home Instead	(434) 385-0321 or (866) 462-0810
Home Recovery	(800) 832-7144
Interim	(434) 836-4686
Peace Haven Personal Care Services	(434) 432-8558
Personal Home Care	(434) 384-2412
Prince Charles Home Care Agency LLC	(434) 656-2333
Pro-Careers	(434) 832-0553
Team Nurse	(434) 582-4755
Team Nurse (Pittsylvania County)	(434) 656-6000



## Assisted Living Facilities in the Central Virginia Area

*Please note: Provision of this list does not imply recommendation of any listed facility.*

### **Autumn Care of Altavista**

1317 Lola Avenue  
Altavista, VA 24517  
(434) 369-6651

### **Babcock Manor, Inc.**

4151 Pumping Station Road  
Appomattox, VA 24522  
(434) 352-8686

### **Bentley Commons at Lynchburg**

1604 Graves Mill Road  
Lynchburg, VA 24501  
(434) 316-0207

### **Campbell Rest Home**

1350 Longwood Avenue  
Bedford, VA 24523  
(540) 586-0825

### **Carriage Hill Retirement Center**

1203 Roundtree Drive  
Bedford, VA 24523  
(540) 586-5982

### **English Meadows**

931 Ashland Avenue  
Bedford, VA 24523  
(540) 586-8232

### **Heritage Green (Private Pay Only)**

201 Lillian Lane  
Lynchburg, VA 24502  
(434) 385-6077

### **Heritage Green/Daybreak (Private Pay Only)**

Alzheimer's Unit  
200 Lillian Lane  
Lynchburg, VA 24502  
(434) 385-5102



## Assisted Living Facilities in the Central Virginia Area Continued

### Johnson's Senior Center Amherst 3

P.O. Box 989  
Amherst, VA 24521  
(434) 946-2799  
(434) 946-2770 (Building 1)  
(434) 946-9288

### Johnson's Senior Center Meridian House

P.O. Box 9  
Roseland, VA 22967  
(434) 277-5939

### Pineview Manor

State Route 647  
Spout Spring, VA 24593  
(434) 352-8282

### Oddfellows Home of Virginia

600 Elmwood Avenue  
Lynchburg, VA 24503  
(434) 845-1261

### Oak Grove Lodge

Robin Turner  
State Route 57  
Chatham, VA 24531  
(434) 432-0513

### The Oaks (Private Pay Only)

2249 Murrell Road  
Lynchburg, VA 24501  
(434) 846-6611

### Runk & Pratt

20212 Leesville Road  
Lynchburg, VA 24502  
(434) 237-7809



## Assisted Living Facilities in the Central Virginia Area Continued

### **Runk & Pratt (Private Pay Only)**

208 Gristmill Drive  
Forest, VA 24551  
(434) 385-8506

### **Runk & Pratt**

115 Retirement Drive  
Hardy, VA 24101  
(540) 719-1300

### **Slagle Home**

Lucy Slagle  
3209 Memorial Avenue  
Lynchburg, VA 24501  
(434) 845-1636

### **Summit Assisted Living**

1320 Enterprise Drive  
Lynchburg, VA 24501  
(434) 845-6045

### **Valley View Retirement Community**

1213 Long Meadows Drive  
Lynchburg, VA 24502  
(434) 237-3009

### **Westminster Canterbury**

501 VES Road  
Lynchburg, VA 24503  
(434) 386-3500

### **Williams Home (Private Pay Only)**

1201 Langhorne Road  
Lynchburg, VA 24503  
(434) 384-8282



## Nursing Homes in the Central Virginia Area

*Please note: Provision of this list does not imply recommendation of any listed facility.*

### **Appomattox Health Care Center**

215 Evergreen Avenue  
Appomattox, VA 24522  
(434) 352-7658

### **Autumn Care of Altavista**

1317 Lola Avenue  
Altavista, VA 24517  
(434) 369-6651

### **Avante at Lynchburg**

2081 Langhorne Road  
Lynchburg, VA 24501  
(434) 846-8437

### **Bedford County Nursing Home**

1229 County Farm Road  
Bedford, VA 24523  
(540) 586-7658

### **The Carrington**

2406 Atherholt Road  
Lynchburg, VA 24501  
(434) 846-3200

### **Fairmont Crossing**

173 Brockman Park Drive  
Amherst, VA 24521  
(434) 946-2850

### **Gretna Health Care**

Route 40 West  
Gretna, VA 24557  
(434) 656-1206

### **Guggenheimer**

1902 Grace Street  
Lynchburg, VA 24504  
(434) 947-5100



## Nursing Homes in the Central Virginia Area Continued

### **Heartland at Lynchburg**

2200 Landover Place  
Lynchburg, VA 24501  
(434) 846-4626

### **Heritage Hall of Brookneal**

633 Cook Avenue  
Brookneal, VA 24528  
(434) 376-3717

### **Liberty Ridge**

189 Monica Blvd.  
Lynchburg, VA 24502  
(434) 847-2860

### **Lynchburg Health & Rehabilitation Center**

5615 Seminole Avenue  
Lynchburg, VA 24502  
(434) 239-2657

### **Nella's Nursing Home**

P.O. Box 1399  
Elkins, WV 26241  
304-636-2033

### **Oakwood Manor**

1613 Oakwood Street  
Bedford, VA 24523  
(540) 586-2441

### **River View On The Appomattox**

201 Eppes Street  
Hopewell, VA 23860  
804-541-1445

### **The Summit**

1300 Enterprise Drive  
Lynchburg, VA 24502  
(434) 845-6045

### **Westminster Canterbury**

501 VES Road  
Lynchburg, VA 24503  
(434) 386-3500

## Helpful Phone Numbers

<b>Adult Protective Services Hotline.....</b>	<b>1-888-832-3858</b>
<b>Aging Rehabilitation Services.....</b>	<b>1-800-552-5019</b>
<b>AIDS Hotline .....</b>	<b>1-800-533-4148</b>
<b>Assurance Wireless Discount Phone Service.....</b>	<b>1-888-898-4888</b>
<b>Central VA Area Agency on Aging.....</b>	<b>1-800-552-3402</b>
<b>Long Term Care Ombudsman</b>	
<b>Complaints Against Health Care Practitioners..</b>	<b>1-800-533-1560</b>
<b>Consumer Protection Office.....</b>	<b>1-800-552-9963</b>
<b>Dept. for Deaf and Hard of Hearing.....</b>	<b>1-540-342-0031</b>
<b>(Voice/TTY)</b>	
<b>Dept. for the Blind and Visually Impaired.....</b>	<b>1-800-622-2155</b>
<b>Domestic Violence/Sexual Assault.....</b>	<b>1-800-838-8238</b>
<b>Information &amp; Referral Service/VA 211.....</b>	<b>1-800-230-6977</b>
<b>Safe Link Discount Phone Service.....</b>	<b>1-800-723-3546</b>
<b>Social Security Administration.....</b>	<b>1-800-772-1213</b>
<b>State Corporation Commission.....</b>	<b>1-866-722-2551</b>
<b>Virginia Fair Housing Office.....</b>	<b>1-888-551-3247</b>
<b>Virginia Family Violence and Sexual Assault.....</b>	<b>1-800-838-8238</b>
<b>Virginia Information and Referral .....</b>	<b>211</b>
<b>Virginia Legal Aid Society .....</b>	<b>1-888-846-8527</b>
<b>Virginia Office for Protection and Advocacy.....</b>	<b>1-800-552-3962</b>

## Adult Resources

- **2-1-1 Virginia:** A free information and Referral database of health and human services in the Central Virginia area.
  - <http://www.211virginia.org>
  - Toll-Free Dial 2-1-1
  
- **Campbell County Public Library(s):** Located in Rustburg, Brookneal, Altavista and Lynchburg (Timberlake location), the public library offers resources for health, aging, academic and career tools as well as various informative events and programs for the public.
  - <http://www.campbellcountylibraries.org>
  - Campbell County Public Library – Rustburg (Main Branch) (434) 332-9560
  - Patrick Henry Memorial Library – Brookneal (434) 376-3363
  - Staunton River Memorial Library – Altavista (434) 369-5140
  - Timbrook Library – Timberlake (434) 239-1190
  
- **Senior Navigator:** A statewide organization that provides aging well, care-giving, community, health, housing and long-term care, legal and financial and transportation resources. Also provides tools to find help find services in person’s locality.
  - <http://www.seniornavigator.org>
  - 1-866-393-0957
  
- **Virginia Easy Access:** A website developed for seniors, adults with disabilities, their caregivers and the providers that support them. This database is constantly updated with information about services and supports that are available across the Commonwealth.
  - <http://www.easyaccess.virginia.gov>

## Adult Resources Continued

- **Virginia Department for the Aging (VDA):** The Virginia Department of Aging assists in advocating for programs and services for older Virginians and their caregivers. VDA assists the state in determining programs for the older population and works with lawmakers to help guide the Commonwealth in preparing for the aging population.
  - <http://www.vda.virginia.gov>
  - 1-800-552-3402
  
- **Beard Center on Aging, Aging and Caregiving Resource Center:** The Center on Aging through Lynchburg College provides community education and outreach, involving students and faculty with older individuals of Central VA. Collaborating with Central Virginia Area Agency on Aging (CVAAA), the Beard Center offers an Aging & Caregiving Resource Center for older adults, caregivers, family members, business managers and anyone interested in aging resources.
  - <http://lynchburg.edu/beard>
  - (434) 544-8456
  
- **Central Virginia Alliance for Community Living (CVACL):** Provides services to the age 60 and over population to assist in remaining in their homes as long as possible. Services are provided on an as-needed basis to seniors including: Transportation, Nutritious Meals (site and home-delivered), Care Coordination, Homemaker Services, Virginia Insurance Counseling and Assistance Program (VICAP), Ombudsman/Elder Rights Advocacy, Legal Assistance and Information Assistance.
  - <http://www.cvaaa.com>
  - (434) 385-9070
  
- **Ombudsman:** The Ombudsman protects and represents the rights of persons in Nursing Homes, Assisted Living Facilities and Adult Care Residences or those receiving long-term care services in their home. The Ombudsman also can provide a point of entry whereby complaints made by or on behalf of older persons who are receiving long-term care services can be received, investigated and resolved. The Ombudsman serves as an advocate for residents and those responsible for their care. The program also acts as a resource for information regarding institutional and community based long-term care options and general issues and concerns affecting the elderly.
  - <http://www.cvaaa.com/Pages/Programs.html>
  - (434) 385-9070

## Adult Resources Continued

- **Adult Abuse Hotline:** Anyone may report suspected abuse, neglect or exploitation of an adult to the Adult Protective Services (APS) toll-free hotline, 24 hours a day. An APS Hotline worker will take the information; reports can be made anonymously.
  - 1-888-832-3858
  
- **Meals on Wheels, Inc.:** Delivers hot meals daily for a fee. Not connected with the CVAAA. Will deliver to limited parts of Campbell County that are close to the city limits.
  - <http://www.mealsonwheelsynchburg.org>
  - (434) 847-0796
  
- **Retired Senior and Volunteer Program (RSVP):** The Campbell County Department of Youth Adult and Community Services (YACS) offers a volunteer program for adults age 55 and older to partner with agencies for a range of events. To individuals while volunteering, RSVP provides insurance coverage, mileage and meals reimbursement, recognition events and the opportunity to meet new people while serving the community.
  - <http://www.co.campbell.va.us/depts/yacs/Pages/rsvp.aspx>
  - (434) 332-9572
  
- **Campbell County/Lynchburg City Recreation Departments:** Recreation Departments offer recreational services through professionally coordinated programs and activities. Available services vary from athletics to cultural arts and seasonal trips. Senior Centers offer ongoing weekly programs in local communities.
  - Campbell County Recreation Department
    - <http://www.co.campbell.va.us/depts/rec/Pages/index.aspx>
    - (434) 332-9570
  - Lynchburg City Recreation Department
    - <http://www.lynchburgva.gov/Index.aspx>
    - (434) 455-5858

## Adult Resources Continued

- **PACE – A Program of All-Inclusive Care for the Elderly:** PACE is a comprehensive program for adults 55 and older who meet the criteria for nursing facility placement, but prefer to stay at home and have an assessment indicating that living at home with the support of the PACE program is a safe alternative. Centra Health is the sole provider of PACE in Central Virginia. PACE is an all-inclusive care option that offers socialization at the Centra PACE center while allowing an individual to reside at home. The following zip codes are covered by Central Virginia PACE: 24501, 24502, 24503, 24504, 24521, 24522, 24536, 24538, 24550, 24551, 24554, 24556, 24572, 24574, 24588 and 24593.
  - <http://www.centrahealth.com/pace-program>
  - (434) 200-6516
  
- **Adult Care Center:** The Adult Care Center is a facility which provides daytime care services for adults who may need supervision and are not able to reside independently full time. The Adult Care Center also serves adults who would benefit from socialization and for their caregivers who need relief through support and resources to keep the adult in the home as long as possible.
  - <http://www.adultcarecenter.org>
  - (434) 847-8111

## My Resources:

## Additional Notes: