

Social Work RESOURCES in Philadelphia Area

1. How can I be assessed for **in-home services** in Philadelphia?

PCA- Philadelphia Corporation for Aging is the largest provider for in home services (**non medical**). Referrals can be made by calling 215-765-9040 or through their website at www.pcacares.org

2. How can I locate a list of **Senior Centers, Adult Day Care Centers, & subsidized Senior Apartments?**

PCA's website www.pcacares.org has a list and contact information for all of these resources. You can also call PCA to have a list mailed to your home 215-765-9040.

3. How can I apply for transportation services in Philadelphia? **TRANSPORTATION**

All Philadelphia residents aged 65 and up are eligible to apply for CCT Connect through SEPTA 215-580-7145 or www.septa.org. Rides can be pre-arranged for a local destination. The fare is \$4.25 each way.

People with Medicaid as primary or secondary insurance are eligible for free rides to medical appointments through Logisticare and can register in advance by phone at 877-835-7412

4. Questions about my Medicare health benefits & what Medicare plan is right for me? **MEDICARE**

Call Medicare 1-800-Medicare or visiting the www.medicare.gov website can help answer any questions that you may encounter. For guidance with choosing a Medicare plan you can contact an Apprise counselor: Individual counseling is available. Contact one of the following two APPRISE providers in Philadelphia, depending upon **your zip code** of residence:

(a) Albert Einstein Medical Center's Premier Years Program
Phone: 215-456-7600

Covered Zip Codes:

19111, 14, 15, 16, 18, 19, 20, 24, 26, 28, 29, 35, 36, 40, 41, 44, 49, 50, 52 and 54.

(b) The Mayor's Commission on Services to the Aging
Phone: 215-686-8462

Covered Zip Codes:

19102, 03, 04, 05, 06, 07, 12, 21, 22, 23, 25, 27, 30, 31, 32, 33, 34, 37, 38, 39, 42, 43, 45, 46, 47, 48, 51 and 53.

*For **low income residents** and those who are **uninsured**, the Philadelphia Health Law Project is a great resource. Helpline- 800-274-3258

5. Who can I contact for legal assistance? **LEGAL**

(a) Senior Law Center 215-988-1244 is a great resource for wills, advance healthcare directives, POA's, tenant/landlord issues, transfer of deeds, abuse problems, consumer complaints and small claims. Services are sliding scale based on income.

(b) Community Legal Services is another resource: 215-227-2400.

(c) CARIE (Center for Advocacy for the Rights and Interests of the Elderly) 215-545-5728 or www.carie.org is an excellent resource for advocacy and legal direction.

6. What are other sources for **Home Health Agencies, Assisted Living Facilities and Nursing Homes?**

- (a) Agencies such as A Place for Mom www.aplaceformom.com 866-900-1819 and
- (b) Caring www.caring.com 800-973-1540

can be very helpful with matching patients and their families with in-home care agencies, Assisted Living Facilities and Nursing Homes.

- (c) The Medicare website www.medicare.gov has a Nursing Home compare chart and gives the facilities most recent results from the state survey.

7. What if I am having difficulty paying for my medications? **MEDICATIONS**

The PACE/PACENET drug assistance program is a good resource to explore. Applications can be taken online at www.portal.state.pa.us or can be made very easily by phone 1-800-225-7223. This program is income based but has a broad range for income. This program works with or without a Medicare Part D plan to lower the cost of medications to a fixed amount depending on generic or name brand.

8. I am a **Caregiver / Family member** who needs support and direction with caring for my family member; what resources are there?

The Alzheimer's Association offers a 24/7 helpline 1-800-272-3900 or www.alz.org. They also have an up to date list of Caregiver Support Groups in the area and what date & time they are held.

9. I am having trouble paying for utilities, what can I do? **UTILITIES, HEAT, ELECTRIC**

All utility companies offer assistance programs for older adults with lowering the cost of utilities. LIHEAP is a grant that can be applied for in the fall for people with low income to help pay for utilities.

Center in the Park is an agency that offers assistance with this process 215-848-7722 or www.centerinthepark.org.

Additionally, calling the utility company (PGW, PECO & PWD) to ask for how to enroll in low income programs or other programs targeted to help older adults is helpful.

10. I am having trouble paying for food, what can I do? **FOOD**

You can apply to the local welfare office either in person or online at www.compass.state.pa.us to see if you are eligible for any benefits including medical and food stamps.

PCA 215-765-9040 www.pcacares.org is the largest provider of meals on wheels in the area and you can call to be assessed for these services.

Other agencies such as Aid for Friends 215-464-2224 offer home delivered meals based on availability.