



## Where Do Seniors Go For Services

**Elder Helpline**    **1-800-96-ELDER / 1-800-963-5337**

**SRA**                      Senior Resource Alliance, Aging and Disability Resource Center, Area Agency on Aging of Central FL  
988 Woodcock Road, suite 200, Orlando, FL 32803  
407-514-1800 [www.sraflorida.org](http://www.sraflorida.org)

**DOEA/CARES**    **Long term care assistance in the home or the community**  
407-228-7700 (spinal cord injuries, NH, PAC, etc..)

**DCF for < 60 regarding the CCDA program (Community Care for Disabled Adults) HCDA**  
407-317-7633; 407-317-7502

**MOWS, etc. (Home Delivered Meals, Homemaking, Weatherization, etc.)**  
407-333-8877

**Share The Care (Day Care, Respite in Orange and Seminole Counties)**  
407-423-5311

**Seniors First (Lead Agency, Home Delivered Meals, Congregate Meals, Home Making, Community Care for Elderly, Home Care Elderly, etc...)**

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407-292-0177

**Osceola Council on Aging** (Lead Agency/Congregate Meals, Home Delivered Meals, free Clinic, Adult Day Care, Home Delivered Meals, Homemaking, transportation, etc...) Serves only Osceola  
407-846-8532

**Alzheimer's and Dementia Resource Center** (Orange, Seminole, Osceola) (Edith Gendron, Jerry Hamilton, Nancy Squilacioti)  
407-843-1910

**Aging Matters** (Lead Agency in Brevard/ Congregate Meals, Home Delivered Meals, Homemaking Transportation, etc..)  
321-639-8770

**SHINE (SERVING HEALTH INSURANCE NEEDS OF ELDERS)**  
1-800-96ELDER 1800-963-5337 (Medicare Option Counseling sponsored by DOEA)  
**To Volunteer for SHINE**  
407-514-1023 OR 407-514-1816 (ask for Sarah or Dona)

**Veterans' Services in Seminole**  
407-665-2370 - 407-665-2300 (Ed Burford or Tish)

**Veterans' Services in Orange**  
407-836-8990 (Mike Dixon)

**Veterans' Affairs**  
1-877-222-8387

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**Division of Veterans' Benefits and Assistance – Veterans' Claims Examiner**

1-800-922-7521 ext. 1386 or 407-599-1386

**Veterans' Assistance in Brevard**

321-637-3518 VIERA Benefit Counselor Paul Hyatt

**DriveAble (Evaluating your ability to drive)**

407-514-1819

**DCF/ACCESS FLORIDA to apply for Medicaid, Food stamps, etc., and location of DCF's Access Partners**

1-866-762-2337

[www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)

**APS (Adult Protective Services) to report Abuse, Neglect and Exploitation**

1-800-962-2873

**Light House Central Florida (Assist the visually impaired)**

407- 898-2483

**Center for Independent Living**

407-623-1070 (Free phone for the Hearing Impaired, install Ramps, Grab bars, etc...)

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**LIHEAP (Electric Bill Assistance)**

Call 211 regarding your service area

**EHEAP (Electric Bill Assistance for Seniors) (if the Elderly client has received a final bill)**

1-800-96ELDER 1-800-963-5337

**Telephone Assistance Program with Florida Public Service Commission**

850-413-6100 (main); 850-413-6480 (intake)

**SafeLink Wireless (free cell phone with free limited minutes)**

1-800-977-3768

**Assurance Wireless (free cell phone with free limited minutes)**

1-800-392-3850

1-800-898-4888

**Food Banks**

Call the Elder Helpline 1-800-96ELDER if you are elderly and/or disabled

**Or**

Call 211

**Second Harvest Food Bank**

407-295-1066

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**Free Clinics**

Call the Elder Helpline 1-800-96ELDER if you are elderly and/or disabled

**Or**

Call 211

**Legal Aid Society of Orange County Bar Association**

407-841-8310

**Consumer Fraud Hotline**

1-800-848-3792

**Legal Aid Society of Seminole County**

407-834-1660

**Community Legal Services of Mid Florida**

**Orange** : 407-841-7777

**Seminole** : 407-322-6673

**Osceola** : 407-933-1791

**Statewide Senior Legal Helpline**

1-888-895-7873

**Your own Church or Synagogue**

**Orange County Office on Aging**

407-836-6563

407-836-6581 ask for Mimi (**Caregiver Seminars**)

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**Social Security Administration**

1-800-772-1213

**Access Lynx (Transportation for the disabled and the blinds)**

407-423-0787

407-843-0747 Lynx regular Transportation

**ITNORLANDO (Transportation Services for the Elderly and the Blind)**

– They need volunteer Drivers – Reimburse the mileages.

407-228-7761

**Catholic Charities**

407-658-0999

407-658-1818 **EHEAP** application for Orange, Seminole, and Osceola Counties

**Jewish Community Services**

407-644-7593

407-644-2985 (transportation and other assistance)

**Coalition for the Homeless**

407-426-1250

**IDignity (Providing Identification for the Poor)**

407-792-1374

Idignity3@gmail.com

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**Dental assistance (Valencia Community College)**  
407-582-1305

**Dental Assistance**

Call the Elder Helpline 1-800-96ELDER if you are elderly and/or disabled (PCANs clinics)

**Or**

Call 211 for a Community Health Center near your Zip Code

**Housing Authority of your County**

407-895-3300 Orange

407-365-3621 Seminole

**United States Department of Housing and Urban Development (HUD)**

407-648-6441

**Housing search:** [www.Socialserve.com](http://www.Socialserve.com)

[www.Housingsearch.org](http://www.Housingsearch.org)

<http://fchr.state.fl.us/>

[www.makinghomeaffordable.gov](http://www.makinghomeaffordable.gov)

**Hands Of Central Florida (Housing services for low income persons)**

407-447-5686 (Orange, Seminole, Osceola, and Lake)

**Sheriff's Office of your County (non emergency number)**

407-254-7375 Orange County Senior Program

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## **What should you do if you have a family member/friend in crisis due to a mental illness or substance abuse issue?**

**Call 911!** You can also ask for a **CIT** (Crisis Intervention Team) trained officer and one will be dispatched if available.

**NAMI (National Alliance on Mental Illness)**  
(407)253-1900 (support groups, resources)

**Triad Seminole County Sheriff's Office**  
407-265-0534 **Linda Cavanaugh**

**Triad Orange County Sheriff's Office**  
407-254-7371 **Laura Lang**

**Your Local Library**  
(Look for their schedule regarding free computer classes, etc.)

**Your Senator, Congressman or Congresswoman**

**Haitian Social Services**  
407-343-2155

**Latino Leadership**  
407-895-0801

**Your HMO**  
(Ask your provider if they provide certain services that you may need!)

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**Eldercare Locator**

1-800-677-1116

**50+ Resource Directory**

407-265-0534 Community Resources Directory

**50+ Life Style Magazine**

407-265-0534

**Social Workers/Discharged Planners at the hospital or Rehab**

**Geriatric Clinic at FL Hospital**

407-646-7070

407-599-6060 to schedule an appointment at the Center for Aging and Wellness at FL Hospital

**Memory Disorder Clinic at Orlando Health**

321-841-8526; 321.841.4799

Orange 321.841.9700

**Center for Memory Disorders**

407-447-5971

**Alzheimer's Association**

1-800-272-3900

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**Alzheimer's and Dementia Resource Center**

(407) 843-1910 Administrative  
(800) 330-1910 Toll Free

**Hands on Orlando**

407-740-8652 Volunteer Opportunities.

**Rebuilding Together Orlando (Home improvement for low income individuals)**

407-898-3777

**Parkinson Center at Florida Neuroscience Institute**

407-303-5295

**AHCA (list of Home Health Agencies, Assisted Living Facilities, Nursing Homes, etc... go to their website) [www.floridahealthfinder.gov](http://www.floridahealthfinder.gov)**

1-888-419-3456

**Agency for Persons with Disabilities (APD)**

(407) 245-0440

**Your Physicians!**

**Your Long Term Care Insurance**

(If you need assistance in your home with bathing, cleaning, incontinence supplies, respite care, etc...)

**Elder Law Attorney**

**(Check the Academy of Florida Elder Law Attorneys)**

850-701-1002

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**State Attorney's Office**

407-836-2400 Orlando  
407- 665-6000 Sanford

**Senior Intervention Group/Seminole County Only SIG**

407-790-1948 (free Home repair, Yard cleaning, etc.) – EHEAP application

**Lakeside Behavioral Healthcare, Inc./Community Mental Health Center**

(407) 875-3700; (407) 291-6335

**Suicide Prevention Lifeline**

1-800-827-1000

**Florida Council on Compulsive Gambling**

**1-888-ADMIT-IT (236-4848)**

**Crisis Lifeline of Central Florida**

407-425-2624 – 24/7 Mental Health Counselor - Free

**IRS**

1.800.829.1040

[Treasury Inspector General for Tax Administration](#)

1.800.366.4484. [phishing@irs.gov](mailto:phishing@irs.gov).

**The White House**

202- 456-2121

202-456-2461

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**Your Governor**

850- 488-7146

**211** Community Resources

**311** Government and non-emergency information

**411** Directory Assistance

**511** Traffic and Weather

**611** General Customer Service number for your cell provider.

**711** Telecommunication Relay Services

**811** To call before you dig

**911** Emergency Services

**Hopefully Your Family!**

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