

Care♥Link

Resources for Older People and Their Families

www.care-link.org



**Get CareLinked to the
Help You Need**

Call 501-372-5300

or 800-482-6359

E-mail info@care-link.org



Find the Answers • Find a Place to Connect • Find a Way to Stay in Your Home

At CareLink, there's someone to help find the answers you need. CareLink helps homebound older people receive services that allow them to stay at home as long as possible, avoiding more costly care. We help active older people stay fit, healthy and involved through senior centers, wellness programs and volunteer opportunities. And we help family caregivers navigate the maze of available services and care for their aging family members.

Last year more than 19,000 people in Faulkner, Lonoke, Monroe, Prairie, Pulaski and Saline counties were CareLinked with information and resources to help them stay active and independent.

Call CareLink

Call 501-372-5300, call toll free at 800-482-6359 or e-mail info@care-link.org to speak to a CareLink professional. It's okay if you don't know exactly what you need. We'll help you figure it out.

Here's a list of some of the services available through CareLink. Some are delivered directly and others by contract providers.



Information and Assistance

Free information and guidance about services for older people. Care coordinators help families match their needs with programs, services and resources.

Family Caregiver Services

One-on-one assistance for family members who help care for aging relatives, including resources to help the caregivers deal with challenges; cash grants for respite care.

Medicare Prescription Drug Counseling

Help in understanding the Medicare Part D options that need to be reviewed annually to ensure the best coverage for prescription drugs.

Meals On Wheels

Hot or frozen home-delivered meals for homebound older people who are unable to shop or prepare their own meals.

Emergency Response Button

An activator, worn around the neck or on the wrist, enables a call for help day or night.

Home Care

Help with personal needs such as planning and preparing meals, bathing and grooming, and light housekeeping.

In-Home Respite

Relief for family caregivers, allowing them a break from their duties, knowing loved ones are in good hands.



List of Independent Workers

A database of home care workers and others who have been screened by background checks and can be hired directly by consumers.

Legal Assistance

Advice and assistance with legal issues such as living wills, property disputes and problems involving personal finances or Social Security.

Senior Centers

Friendly places that foster fun, fitness and activities, with lunch provided.

Transportation

Vans provide rides for groups to and from senior centers and for other purposes, such as group shopping trips.

Respite Center*

Supervision in a loving, secure environment while family caregivers are at work. Daily exercises, games, crafts, educational programs, a nutritionally balanced meal and light snacks.

Senior Companion

Dual-purpose program encourages volunteers who are seniors themselves to help other older people remain independent and active.

Long-Term Care Ombudsman

Advocates for residents of nursing homes and residential care facilities.

Telephone Reassurance*

Regular calls to people who are physically or socially isolated.

**Available in selected areas.*



Volunteer

CareLink's many dedicated volunteers add meaning to their lives, brighten the lives of others and save the organization more than \$1 million annually. They help deliver meals, volunteer in senior centers, provide companionship to isolated older people and visit long-term care facilities. For information on volunteer opportunities, call 501-372-5300 or 800-482-6359, e-mail info@care-link.org or visit www.care-link.org.

Donate

CareLink is a nonprofit agency that needs your support to continue its important mission to serve a growing population of older people in Central Arkansas. Make a donation today at www.care-link.org or contact the CareLink Development Department at 501-372-5300 or 800-482-6359.



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CareLink does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.