

SENIOR QUICK GUIDE (ROANOKE VALLEY, JUNE 2005)



PARTNERSHIP FOR EMPLOYED CAREGIVERS

— AWARENESS · EDUCATION · SUPPORT —

FOCUS ON ELDERCARE IN THE ROANOKE VALLEY

This guide is designed to help you locate resources in the Roanoke Valley to assist in your caregiving tasks. While not intended to be a comprehensive listing of all resources, this guide does include many helpful public and private sector services related to care for the elderly.

GENERAL CAREGIVING RESOURCES:

Organizations providing information on a broad range of services and programs.

Council of Community Services (Information & Referral)	(540) 982-2345 www.councilofcommunityservices.org
LOA Area Agency on Aging	(540) 345-0451 www.loaa.org
National Eldercare Locator	(800) 677-1116 www.eldercare.gov
SeniorNavigator	(866) 393-0957 www.seniornavigator.org
American Association of Retired Persons (AARP)	(888) 687-2277 www.aarp.org

HOME CARE NEEDS

Home-Based Services, including home health services, in-home companions, certified nursing assistants, and/or medical equipment and supplies.

Medical Equipment & Supplies

American Home Patient	(540) 375-3152
Apria Healthcare	(540) 772-0411
At-Home Care	(540) 343-4322
Carilion Home Care Services	(540) 224-4700
F.C. Respiratory Services	(540) 483-3333
Foundation for Rehab. Equipment & Endowment	(540) 777-4929
Home Care Delivered	(888) 477-2386
Home Choice Partners	(540) 366-7001
Home IV Care & Nutritional Services	(540) 389-7455
Lincare, Inc.	(540) 344-8677

Rotech Home Medical Care	(540) 563-8540
Sun Medical	(540) 389-3800
Meals on Wheels (LOA)	(540) 345-0451

Personal Caregivers and/or Home Health Services

A Plus Loving Care	(540) 387-9083
American Red Cross (In-home Care Instruction)	(540) 985-3535
Care Unlimited	(540) 265-2193
Carilion Home Care Services	(540) 224-4800
Companion Home Care, Inc. (Non-medical sitters)	(540) 981-2255
Eldercare Convalescence Services	(540) 774-9611
Family Services of Roanoke Valley (Adults Plus Prog.)	(540) 563-5316
Generation Solutions	(540) 776-3622
Gentiva Health Services	(540) 362-7578
Griswold Special Care	(540) 265-7712
Heartland Home Health Care	(540) 725-7600
Home Instead Senior Care	(540) 966-3399
HouseCall Home Healthcare	(540) 378-5200
Interim Healthcare	(540) 774-8686
Kelly Home Care Services	(540) 772-0085
Medi Home Health	(540) 342-6539
(See also <i>Hospice Care</i>)	

HOSPICE & GRIEF / LOSS SUPPORT

Home or nursing home-based care for those with life-limiting illness. Hospices also provide supportive programs for grief/loss.

Adventa Hospice	(540) 378-5200
Carilion Hospice Services of Roanoke	(540) 224-4753
Gentle Shepherd Hospice	(540) 989-6265
Good Samaritan Hospice, Inc.	(540) 776-0198
Medi-Home & Health Hospice	(540) 342-6539

HOUSING

Housing needs for seniors are determined in part by the individual's mental and physical ability to care for himself or herself. Levels of care generally progress from independent living to assisted living to nursing home care. This listing does not include facilities outside Roanoke City, Roanoke County, Salem boundaries.

Continuing Care Communities (Independent/Assisted Living/Nursing Home Care):

(These retirement communities offer housing on all three levels.)

Brandon Oaks Lifecare Retirement Community	(540) 776-2611
Friendship Retirement Community	(540) 265-2100

Richfield Retirement Community (540) 380-6511
 Roanoke United Methodist Home (540) 344-6248

Independent Living (Handicapped Accessible):

Clearview Manor Apts. (Vinton) (540) 342-5690
 Edinburgh Square (NW Rke) (540) 366-1888
 Elm Manor Homes (Elm Ave, Rke) (540) 343-2871
 Elm Park Estates (SW Rke) (540) 989-2010
 Fairington Apartments (SW Rke) (540) 989-7731
 Hawthorne Towers (HUD approved; NW Rke) (540) 362-5412
 The Park-Oak Grove (540) 989-9501
 Tinker Creek Manor Apartments (Section 8) (540) 342-0431
 (See also *Continuing Care Communities*)

Assisted Living

Candis Home for Adults, Inc. (Auxillary Grants) (540) 343-8640
 Cypress Court (Alzheimers/Dementia) (540) 343-4900
 Loyalton of Roanoke (SW Roanoke) (540) 772-7181
 Magnolia Ridge Residential Care (Grandin area) (540) 342-8861
 Our Lady of the Valley (540) 345-5111
 The Park – Oak Grove (540) 989-9501
 Public Housing & Section 8 (540) 983-9281
 Ridgewood Gardens (Salem) (540) 387-3945
 Southern Manor Home for Adults (all ages/disability) (540) 563-0608
 Superior Residences of Pheasant Ridge (SW Rke) (540) 725-1120
 Tyree’s Home for Adults (540) 345-0009
 Valley Retirement Home (all ages, inc. mental disabled) (540) 563-9153
 Virginia Veterans Care Center (veterans only) (540) 982-2860
 Virginia’s Assisted Living (all ages) (540) 343-3330
 Virginia Lutheran Homes, Inc. (540) 562-5443
 (See also *Continuing Care Communities*)

Nursing Homes (Skilled and Intermediate Care):

Avante at Roanoke Health Care Center (540) 345-8139
 Berkshire Health Care Center (Vinton) (540) 982-6691
 Our Lady of the Valley Retirement Community (540) 345-5111
 Pheasant Ridge Nursing & Rehab Center (540) 725-8210
 Raleigh Court Health Care Center (540) 342-9525
 Salem Health and Rehab Center (540) 345-3894
 Snyder Nursing Home (Salem) (540) 389-6305
 South Roanoke Nursing Home (540) 344-4325
 Springtree (540) 981-2790
 Virginia Veterans Care Center (540) 982-2860
 (See also *Continuing Care Communities*)

LEGAL SERVICES

Blue Ridge Legal Services Inc	(540) 344-2080
LOA Area Agency on Aging	(540) 345-0451
National Academy of Elder Law Attorneys	www.naela.org

LIFE ENHANCEMENT

Services designed to improve quality of life, including adult recreation and learning opportunities.

Adult Leisure Services/Brambleton Ctr.	(540) 772-7505
AARP 55 Alive (Driver safety/may lower auto ins. costs)	(540) 389-1678
Are You OK? (LOA)	(540) 345-0451
Blue Ridge Independent Living Center (Disabilities)	(540) 342-1231
Congregate Meals/Diners Clubs (LOA)	(540) 345-0451
LOA Area Agency on Aging	(540) 345-0451 www.loaa.org
Look Good, Feel Better (Amer. Cancer Soc.)	(540) 981-7668
Retired & Senior Volunteer Program	(540) 985-0131
Roanoke City Parks & Recreation	(540) 853-2236
Roanoke County Parks & Recreation	(540) 387-6455
Salem Senior Center	(540) 375-3054
Senior Citizens Center (Vinton)	(540) 983-0643
Senior Companion (LOA)	(540) 985-9600
Senior Friends (Lewis-Gale Medical Ctr.)	(540) 776-4106
SeniorNavigator	(866) 393-0957 www.seniornavigator.org
VIVA (Carilion)	(540) 342-3694
Voice of the Blue Ridge (For vision impaired)	(540) 985-8900
YMCA of Roanoke Valley	(540) 527-9622
YWCA Arthritis Aquatics	(540) 345-9922

MEDICAL CARE: INPATIENT & OUTPATIENT SERVICES

Community-based healthcare resource for treatment of medical conditions.

Hospitals

Carilion Community Hospital	(540) 985-8000
Carilion Roanoke Memorial Hospital	(540) 981-7000
Lewis-Gale Medical Center	(540) 776-4000

Outpatient Care & Other Healthcare Resources

Alzheimer's Association	(540) 345-7600
Alzheimer's Association (24 hour toll-free helpline)	(800) 272-3900

American Cancer Society	(540) 344-8699
Bradley Free Clinic of Roanoke Valley, Inc.	(540) 344-5156
Carilion Center for Healthy Aging	(540) 981-7653
Carilion Direct (Physician Referral/Service Information)	(540) 266-6000
Center for Outpatient Rehabilitation (Lewis-Gale Medical Center)	(540) 772-2816
Congregational/Parish Nursing (Ridgewood Baptist Church)	(540) 342-6492
Congregational/Parish Nursing (Loudon Ave. Christian Church)	(540) 342-8852
Deaf & Hard of Hearing Services Center	(540) 342-0031
Faith In Action Parish Nursing (24017 & 24017 areas)	(540) 342-0333
Medline Free Physicians Referral (Lewis-Gale)	(540) 776-4863
Rehabilitation Center (Carilion)	(540) 981-7743
<i>(See also Home Care Needs; Hospice)</i>	

MENTAL HEALTH RESOURCES

Blue Ridge Behavioral Healthcare (Sliding scale)	(540) 343-3007
Blue Ridge Beh. Health Crisis Services (24 hrs. a day)	(540) 345-9841
Carilion Center for Healthy Aging	(540) 981-7653
CONNECT (Carilion Info/Crisis & Referral, 24 hrs. a day)	(540) 981-8181
CCS Information & Referral Services	(540) 982-2345
Family Service of the Roanoke Valley (Sliding scale)	(540) 563-5316
RESPOND (Lewis-Gale Info/Crisis & Referral, 24 hrs. a day)	(540) 776-1100
Lewis-Gale Center for Behavioral Health	(540) 772-2801
Roanoke Listen Line (8:30am – Midnight)	(540) 344-1948
Veterans Outreach Center	(540) 342-9726

RESPIRE & DAY CARE

Facilities providing daytime care only for qualified elderly persons.

Adult (Day) Care Center of Roanoke Valley (Roanoke)	(540) 362-5741
Adult (Day) Care Center of Roanoke Valley (Salem)	(540) 983-1026

TRANSPORTATION

Carilion Ambulance Service	(540) 345-7628
RADAR/STAR Program Registration (Roanoke City)	(540) 982-2222
RADAR/CORTRAN Registration (Roanoke County)	(540) 776-7271
Valley Metro Senior Citizen Discounts	(540) 982-0305
Road to Recovery (Cancer Patients)	(888) 227-6333
United Ambulance	(540) 981-0400
Vital Service Transportation (LOA)	(540) 345-0451

ABUSE/NEGLECT COMPLAINTS

Resources for reporting complaints of abuse, neglect, or exploitation of an elderly person. Also includes assistance for reporting rental property problems in Roanoke City.

Adult Protective Services Roanoke City	(540) 864-5117
Adult Protective Services Roanoke County/Salem	(540) 853-2591
Long-Term Care Ombudsman (LOA)	(540) 345-0451
Va. Dept. of Social Services, 24 Hour Hotline	(888) 832-3858
Rental Inspection & Complaints (Rke. City only)	(540) 853-2344

MISCELLANEOUS RESOURCES

AARP 55 Alive (Driving classes/Adjust auto insur. rate)	(540) 389-1678
Fan Care (AC Units/Fans for qualified persons) (LOA)	(540) 345-0451
Guardian Angel (Guardianship assistance/Family Services)	(540) 563-5316
Health Insurance Counseling (LOA)	(540) 345-0451
Homespun Legacy (Personal histories/ethical wills)	(540) 473-3998
Refugee and Immigration Services	(540) 342-7561
Roanoke Area Ministries (In-kind/Financial assist. for qualified)	(540) 345-8850
Roanoke Interpreter Services	(540) 342-7561
Safe Return (ID Bracelets for Memory Impaired)	(540) 345-7600
US Social Security Administration	(540) 857-2190
Veterans Affairs	(800) 827-1000

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