

Conference on Aging

Community Resources for Managing Caregiving during COVID

Shared by Indiana University Health

1. Area 10 Agency on Aging 812.876.3383

Area 10 Agency is home to the Aging and Disability Resource Center (ADRC) for Monroe and Owen County. They can provide the gateway to resources such as in-home care, transportation, home delivered meals, fall pendants, volunteer opportunities and more.

2. IU Health Alzheimer's Resource Service 812.353.9299

As part of IU Health's Community Health Department, they do not charge for any of their services. The ARS provides consultation for people living with dementia, their families, and professionals who work in the field. They also offer education, support groups, connection to resources, and planning support.

The ARS covers 11 counties in South Central Indiana.

3. Long Term Care Ombudsman 800.876.3383

The Ombudsman is an advocate who seeks to resolve complaints made by or on behalf of people in long term care. They can help intercede with facilities if there are issues that you cannot evaluate due to COVID restrictions.

4. Bloomington Volunteer Network www.bloomingtonvolunteernetwork.org

This City of Bloomington network matches volunteers with volunteer opportunities. Participants can specify their skills, how frequently they would like to volunteer, and/or whether they would like to participate in opportunities from home.

5. Private Therapist www.psychologytoday.com/us/therapists/in/bloomington

Search for local therapists by specialty, payer source, appointment type and other options. Find someone who you can talk to and who can help you navigate this time of increased isolation and stress.

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