

Conference on Aging

Mental Health and Aging

Tools & Resources

Compiled and shared by Heather Kinderthain B.S.W. of Jill's House Memory Care (812-278-1072) and Cathleen Weber, MSW, LCSW, Better Day Counseling & Consulting LLC, Cathleen@BetterDayBloomington.com

Centers for Evaluation

We cannot emphasize strongly enough the value of clinical assessment with an interdisciplinary team. These are most generally found in larger urban areas and cities. While the time and travel might be cumbersome, the overall evaluation can help the individual, families and local providers in determining how to build the best care planning around strengths and needed areas of support.

<https://www.eskenazihealth.edu/health-services/brain-center>

<https://healthcare.ascension.org/locations/indiana/ineva/indianapolis-ascension-st-vincent-center-for-healthy-aging>

<https://www.ecommunity.com/services/senior-services-touchpoint/healthy-aging-transition-services-hats>

National/Federal Websites & Resources

Suicide Prevention Hotline 800-272-8255

<https://suicidepreventionlifeline.org/>

Dementia Specific

<https://www.nia.nih.gov/health/about-adear-center>

Mental Health & Aging

<https://www.nia.nih.gov/health/topics/mental-and-emotional-health>

<https://www.nia.nih.gov/>

Wellness Toolkits via the NIH

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

Hoarding (excellent section in this article on things that need to be assessed for this situation)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8236875/>

Depression

<https://www.nia.nih.gov/health/depression-and-older-adults>

<https://www.nia.nih.gov/health/cognitive-health-and-older-adults>

State Specific Home and Community Based Resources

PLUS Information and Referral services

**A call to one of these agencies is always worth your time!

Called different things in different states, each state has regional catchment areas for the “Bureau of Aging”:

“Area Agencies on Aging (AAAs) deliver services to older adults and people with disabilities of any age and their caregivers. They provide information about resources and service providers, assess needs for service, make referrals to case managers, link to services, monitor consumer satisfaction and adjust services to meet changing needs...Some subsidies are available based on age alone. Others are based on your level of disability, income and assets. Some subsidies may require a cost-share. You should contact your AAA to determine what resources are currently available and best fit your needs.”

In **Indiana** you can call 800-986-3505 to find your local agency or learn more at <http://www.iaaaa.org/>
Outside of Indiana you can google “Bureau of Aging and your state” and you will find links to the agencies you need. Once you call one, they can direct you to the local agency or the one that services the geographic area where your loved one resides. Ex: “Bureau of Aging Nebraska” brings up a list of the “Offices of Aging” for the state of Nebraska. Calling any one of those will get you connected with the proper area of the state needed.

Finding a professional and private geriatric care manager:

<https://www.aginglifecare.org/>

Finding an attorney specializing in elder law:

www.naela.org

Bloomington, Indiana and regional resources

For dementia specific programs, support, education:

<https://iuhealth.org/in-the-community/south-central-region/alzheimers-dementia-resource-service>

For local guidance and information on everything from in-home support services to navigating Medicare, finding long term care and assisted care facilities, senior programs, transportation, etc:

Area 10 Agency on Aging (serves Monroe & Owen Counties)

<https://area10agency.org/>

Presenting Partner:



Supporting Partners:



Contributing Partners:

