

HEMPSTEAD COUNTY DIRECTORY OF SENIOR SERVICES

Alphabetical Listing

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ABUSE

Adult Protective Services.....1-800-482-8049
TDD: 1-877-815-8390
Local 1-870-773-0563

(Physical or sexual abused, neglected, & exploited adults 18 years & older. Investigates endangered & impaired adults found in situations that pose immediate risk of death & bodily harm.)

Battered Women:.....1-800-876-4808
(Center for battered women and children that offer services such as relocation and protection.)

Women's Crisis Center.....1-903-794-4000
(The goal of the Women's Crisis Center is to end domestic and sexual violence against women and children by providing support to survivors and education for the community.)

24 Hour Crisis Hotline.....1-903-793-4357
(Provides services for battered women and sexual assault victims.)

Nursing Home Abuse.....1-501-682-8425
(Reporting suspected nursing home abuse)

National Center on Elder Abuse.....1-202-898-2578
(For information on domestic elder abuse; institutional elder abuse; and self-neglect or self-abuse)

ADULT DAY CARE

Golden Years Adult Day Care.....Texarkana.....1-870-772-1299
Senior Adult Day Care...SW Ark. Dev. Center...(Tonya Adams)...1-870-216-1136

AGING ISSUES

US Administration on Aging

*(Dept. of Health and Human Services).....1-202-619-0724
(Advocate agency for older persons and their concerns. Through information and referral and outreach efforts at the community level, AoA seeks to educate older people and their caregivers about the benefits and services available to help them.)*

Area Agency on Aging...Texarkana.....1-870-773-0051

Area Agency On Aging of Southwest Arkansas, Inc.....1-870-584-4743
Arkansas Toll Free.....1-800-272-2127

(Provides info on a variety of elderly services in SW Arkansas: consumer info, health and human services, info on Federal & State benefits, legal help, housing, emergency help, recreation & leisure, employment for older workers, meals on wheels, home health, support groups for elderly, Alzheimer's support groups, silver hair legislature, housing rental assistance, case management, and Ark. Volunteer lawyers.)

Area Agency on Aging provides help with or information on: case management, Senior centers, meal delivery, health promotion, disease prevention, and Transportation, rental assistance, advocacy, employment opportunities, and Volunteer opportunities.

- National Council on Aging**.....1-800-424-9046
(Refers clients to agencies that offer elder assistance with housing, meals on wheels)
- Texarkana Regional Center On Aging**.....1-903-779-6042
(Non-profit Resource Center for seniors and their families. Services Include: comprehensive patient care, educational programs and consultation programs relating to home health, caregiving, and geriatric expertise, clinics services at St. Michael Senior Clinic, as well as education and training for public, patients, and health professionals.)
- AIDS HOTLINE (COUNSELING AND INFORMATION)**
- Aids Interfaith Network**.....1-800-458-5231
- Spanish**.....1-800-344-7432
- Hard of hearing**.....1-800-243-7889
(Aids Interfaith Network ensures that individuals with HIV and AIDS receive compassionate and non-judgmental support, care and assistance.)
- Arkansas Consortia Care**.....1-870-773-1994
(HIV/AIDS Support, medication, labs, physician visits, eye care, utility care)

ALCOHOL AND DRUG ABUSE

- Alcohol Recovery Helpline & Treatment.....Texarkana.....1-870-798-1024
- Alcoholics Anonymous.....1-870-933-1518
- Senior Psych Associates.....1-800-700-1782
- River Ridge Treatment Center.....1-870-774-1315
- National Clearinghouse on Alcohol/Drug Info Hotline.....1-800-729-6686

ALZHEIMER'S DISEASE

- Alzheimer's Disease Referral Center.....(Toll Free).....1-877-312-8536
- Alzheimer's Disease Association...ARK Chapter.....1-501-224-0021
- Alzheimer's Support Group.....Ark. Nursing & Rehab Center.....1-870-772-4427

ARTHRITIS

- The Arthritis Foundation**.... Arkansas Chapter.....1-800-482-8858
(Educational brochures, listing of rheumatologists throughout Arkansas)

ASSISTED LIVING

- Hope Haven Retirement Home.....1-870-777-5339
 .. Or 1-870-777-8655
- Live Oak Apartments South.....1-870-777-3389

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BLIND & VISUALLY IMPAIRED

- American Council for the Blind**.....1-800-424-8666
(Provides information on blindness and low vision, and such issues as advocacy, aging and vision loss, education, employment, literacy, technology and web accessibility. Find organizations that provide services to people who are blind or visually impaired and their families.)
- Services for the Blind**.....Texarkana DHS.....1-870-779-1141
(Division of service for the blind-vocational rehabilitation for 55 and older program-"Living Independently for Elders." For medically eligible clients. Provides diagnostic eye exams for uninsured. Texarkana office serves 7 counties in SW Arkansas.)
- Lions World Services for the Blind**.....1-800-248-0734
 Arkansas Chapter.....1-501-664-7100

(Serves people who are blind and visually impaired who needed to learn independent living skills or job training skills that considered the special requirements of their individual visual impairments.)

Visually Impaired Library of Northwest Arkansas.....1-800-532-2235

(Provides library services to handicapped readers.)

Library for the Blind and Handicapped, Southwest

Magnolia.....1-870-234-1991

Little Rock... ..1-501-682-1155

TDD:.....1-501-682-1002

(Provides library services to handicapped readers. Free library program of braille and audio materials circulated to eligible borrowers in the United States by postage-free mail.)

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CANCER SOCIETY

American Cancer Society.....1-800-227-2345

Local Chapter..... 1-501-664-3480

(Extensive network of services and organizations fighting cancer by providing education & support. Resources for Survivors, family, friends & professionals.)

The Susan G. Komen Breast Cancer Foundation.....1-800-462-9273

(Non-profit organization that provides information about breast cancer, resources for those afflicted, & details about fundraisers & other programs dedicated to fighting breast cancer.)

CHAMBER OF COMMERCE.....1-870-777-3640

CONSUMER PROTECTION

Consumer Protection Division.....1-800-482-8982

The Consumer Protection Division (Office of the Attorney General, 323 Center Street, Little Rock, AR 72201) works to protect the rights of the elderly, whom scam artists often target. Prosecutes those guilty of that practice; provides education brochures and speakers for groups.

Consumer Product Safety Commission.....1-800-638-2772

(Helps protect consumers. Report information about unsafe products. Also provides product recall information.)

CREDIT COUNSELING CENTERS

Credit Counseling Center of Arkansas & Texas...Texarkana..1-903-792-1116

(Free counseling in person, by phone or mail, budgeting, housing, debt management, educational programs.)

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DEAF & HEARING IMPAIRED

Office of Deaf & Hearing Impaired....2807 E. Broad.....TDD 1-870-773-2807

(Contact: Libby Wolf)

Office of Deaf & Hearing Impaired provides hearing & medical evaluations, Interpreting, sign language, service-related transportation and limited help with

National Institute on Deafness

& Other Communication Disorders.....1-800-241-1044

(Supports & conducts research & research training on hearing balance, smell, taste, voice, & language. Provides health information for healthcare workers, patients, educators, industry & general public.)

International Hearing Aid Society.....1- 800-521-5247

(IHS is a professional organization providing assistance to consumers in locating a hearing aid specialist, support, and repair services. The Hearing Aid Helpline offers information and publications on how hearing works, types of hearing loss, and design and use of hearing instruments.)

DEPARTMENT OF HUMAN SERVICES

Hempstead Co.....1-870-777-8656

TDD...1-870-777-0458

(DHS provides services to enable people to maximize their potential and to increase their abilities; to preserve human dignity and prevent or reduce the need for services. Programs include: Medicaid Spenddowns, QMB (Pays Medicare premiums & deductibles, Insurance Co-Pay), Elder Choice (Pays Prescription and Home Health), Long-Term Care (Nursing Home), SMB (Pays monthly Medicare Part B).

DHS Client Assistance.....1-800-482-8988

(Provides information on eligibility requirements for TEA (transition employment assistance) which includes food stamps, temporary services, employment, medicaid, different services for the elderly, & Medicaid Spenddowns. Can mail information and applications.)

Elder Choices Program.....1-870-773-0563

(Arkansas Dept. of Human Services Program-65 or older, income less than 1650/month-in home services, Meals on Wheels, Adult Day Care, life line)

DIABETES

American Diabetes Association Hotline.....1-800-232-3472

(The American Diabetes Association funds [research](#), publishes scientific findings, provides [information](#) and other services to people with diabetes, their families, [health care professionals](#) and the public. The Association is also actively involved in [advocating](#) for scientific research and for the rights of people with diabetes.)

DISABILITIES

Arkansas Vocational Rehabilitation Services.....1-870-773-2807

(State agency that provides assistance to persons with physical or mental disabilities that would lead to competitive employment.)

Alternatives for Adults with Physical Disabilities.....1-800-981-4457

(Serves persons between the ages of 21-64, who have physical disabilities and are unable to perform certain task of daily living, but would like to remain in their home.)

Arkansas Spinal Injury.....1-800-459-1517

(State agency devoted to meeting the needs of people with spinal cord disabilities in the state. The spinal cord may be damaged by trauma, infection, tumor, developmental defect, or degenerative disorders such as multiple sclerosis. The damage may be complete or incomplete. To be eligible for services from the ASCC, individuals must be an Arkansas resident, have sustained damage to the spinal cord and demonstrate three of the following four medical conditions; Loss of Motor Control, Loss of Sensation, Loss of Normal Bladder Control, Loss of Normal Bowel Control)

<http://www.state.ar.us/ascc/>

National Library Service for the Blind &

Physically Handicapped.....1-800-424-8567

(Through a national network of cooperating libraries, NLS administers a free library program of braille and audio materials circulated to eligible borrowers in the United States by postage-free mail.)

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EDUCATION

Literacy Council.....1-870-777-8892
Area Vocational Center.....1-870-777-3076

All Arkansas residents 60 and older may attend all Arkansas State-supported Colleges and universities tuition free.

University Affiliated Programs.....1-800-467-2170

ELDER CARE LOCATOR.....1-800-677-1116
<http://www.eldercare.gov/>

The Elder Care Locator is a national toll-free telephone referral service that Provides information on community resources for seniors anywhere in the U.S. Not an automated service. Callers speak with trained service representatives. Designed to assist caregivers who do not live close to the older person they are Helping.

EMERGENCY SERVICES

Disaster Assistance.....1-800-582-5233
FEMA.....(disaster assistance).....1-800-462-9029
Southwest Arkansas MHMR.....(disaster counseling).....1-800-652-9166
Or 1-870-773-4655
American Red Cross.....(food & shelter needs).....1-501-623-9321
Or 1-800-881-7660-
Southwest Arkansas REA...(emergency generators/heaters).....1-800-782-2743
Or 1-870-772-2743

EMPLOYMENT

AR rehab Commission.....1-870-773-2807
District office.....1-870-862-5451

(Vocational rehabilitation for persons needing physical restoration or retraining. Also college training for persons meeting eligibility standards.)

Arkansas Workforce Center.....(Contact: Claudia Griffin).....1-870-777-3421
(Helps seniors 55 or older find employment or pays for training and/or college. Must apply for pell grant first. Will pay tuition, fees & books. Also does job searches.)

EYE CARE

Vision USA.....(Eye Care for Low Income).....1-800-766-4466
(Providing basic eye health and vision care services free of charge to the many uninsured low-income people and their families who have no other means of obtaining care.)

National Eye Care Project (Monday through Friday).....1-800-222-3937

(Provides medical eye care to financially disadvantaged people who meet the following requirements: have U.S. citizenship or legal residency; are 65 years of age or older; and have no access to an ophthalmologist (e.g., through an HMO).

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FEDERAL INCOME TAX INFORMATION

- Volunteer Information Tax Assistance**.....1-903-794-0401
(Provides information for personal tax preparers with questions or concerns about tax returns.)
- Internal Revenue**.....(Toll Free).....1-800-829-1040
(Provides information for personal or business tax preparers with questions or concerns about tax returns. May also be used to check on current status of tax return already filed.)
- Internet Site to Check On Refund:**..... <http://www.irs.gov/>

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GRIEF

- Bereavement Support Group.....1-903-614-2675
- Beyond Grief Support Group.....1-903-794-4263
- Coping Support Group.....1-903-614-2675
- Grief Support Group.....1-903-614-2676
- They Help Each Other Spiritually.....1-903-838-7846
- Wadley Life Source (Grief Support Group).....1-903-793-5433

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HEALTH CARE

- Arkansas Health Care Access Foundation.....1-800-950-8233
- Arkansas Health Counseling for Women.....1-800-272-3283
- Low Income Health Care Assistance.....1-800-638-0742
- National Health Information Center.....1-800-336-4797

HEALTH DEPARTMENT

- Hempstead Co. Health Unit.....1-870-777-2191
- Hempstead Co. In-Home Services.....1-870-777-9424

HEARING AIDS

- International Hearing Aid Society**.....1-800-521-5247
(IHS is a professional organization providing assistance to consumers in locating a hearing aid specialist, support, and repair services. The Hearing Aid Helpline offers information and publications on how hearing works, types of hearing loss, and design and use of hearing instruments.)

HEART ASSOCIATION

American Heart Association.....1-800-242-8721

(Directory of resources related to heart health and disease. Resources include medical information and contacts.)

National Heart, Lung, and Blood Institute

(NHLBI) Information Center.... 1-800-575-9355

(The Information Center, funded by NHLBI, part of NIH, provides referrals to resource organizations and information on elevated cholesterol, high blood pressure, heart disease, exercise, risk of and recovery from stroke, chronic cough, asthma, cystic fibrosis, and sleep disorders.)

HOME CARE SERVICES

Ark-La HH & Hospice Care.....1-800-772-0958

Arkansas Provider Services.....1-879-773-2108

Option 7

Elder Choices.....1-870-773-0563

Visiting Nurse Association.....1-870-772-0958

HOME HEALTH SERVICES

Southwest Ark. Dev. Council Home Health Agency.....1-870-773-0819

Ark La Tex Home Health.....1-800-772-0958

Arkansas Provider Services.....1-879-773-2108

...Option 7

Elder Choices.....1-870-773-0563

Hempstead Home Health Care.....1-870-777-9424

Or ...1-800-527-5302

County Health Unit.....1-870-777-2191

Jordan Health Services.....(Medicare Skilled Services).....1-800-307-0249

(Medicare Attendant Services).....1-800-234-1866

Visiting Nurse Association.....1-870-772-0958

HOSPICE

Hospice Association of America.....1-202-546-4759

National Hospice Organization.....1-800-658-8898

Hempstead County of Home Health Care.....1-870-777-9424

Or ...1-800-527-5302

HOSPITALS/CLINICS

Medical Park Hospital.....1-870-777-2323

HOUSING FOR THE ELDERLY

Housing Authority.....1-870-777-5742

....Section 8 1-870-777-6119

Hope Migrant Mission Center.....1-870-777-8219

Habitat for Humanity.....1-870-245-5320

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ICAN EQUIPMENT EXCHANGE SERV.....1-800-828-2799

ICAN (Increasing Capabilities Access Network) is a rehabilitative services program. The equipment exchange services provide a way for people with disabilities to sell, trade, or lend adaptive equipment that is new or no longer needed.

INDEPENDENT LIVING

Housing Opportunities, Inc.....1-870-772-2573

Housing Opportunities, Inc. is a non-profit, HUD-subsidized, independent living complex for persons age 62 or greater.

INSURANCE

Arkansas Insurance Department Hotline.....1-800-852-5494

Arkansas Insurance Network.....1-800-282-9134

Senior Insurance Network..... 1200 W. 3rd St. L.R. 72204.....1-800-852-2782

The Senior Insurance Network helps the elderly with problems involving insurance agents, companies, policies or claim representatives.

INTERNET WEB SITES

www.aoa.dhhs.gov -Administration On Aging

www.agelessdesigns.com -Ageless Designs

www.hospice-america.org -Hospices of America

www.medicare.gov -Medicare

www.socialsecurity.gov -Social Security Office

www.ama-assn.org -American Medical Association

www.familydoctor.org -Self-help

www.mayohealth.org -Ask the Physician

www.webmd.com -Medical Advice

www.yoursurgery.com -Info and Photos of surgeries

www.care-givers.com -Caregiver Info.

www.familycaregiverweb.com -Caregiver Info

www.healthtouch.com/level1/p_dri.htm -Drug Info

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KIDNEY DISEASE HOTLINE.....1-800-638-8299

Blankenship Kidney Dialysis Center.....Texarkana.....1-870-773-1111

National Kidney Foundation.....1-800-622-9010

Hempstead County Dialysis.....1-870-777-4040

Blankenship Kidney & Diabetes Center..... 1-870-777-1700

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LEGAL SERVICES

Arkansas Attorney General's Office.....1-800-482-8982

Arkansas Bar Association.....1-800-609-5668

Arkansas Volunteer Lawyers for the Elderly .

2020 W. 3rd St. Suite 620, L.R.,72205-4467.....1-501-376-9263
Toll free.....1-800-999-2853

AVLE provides legal help to persons 55 or older in areas of bankruptcy, adoption, divorce, elder law, employment, health, housing, public benefits, real estate, civil wrongs, will and estates and consumer problems.

Area Agency on Aging Legal Services.....1-903-832-8636
Hempstead County (Public Defender And Investigator).....1-870-777-7835
Center for Arkansas Legal Services.....1-800-950-5817
Lawyer Referral/Arkansas Bar Association.....1-800-482-9406
Legal Services of Arkansas.....1-800-950-0368

LUNG ASSOCIATIONS

American Lung Association of Arkansas.....1-800-586-4872
Hotline.....1-800-252-5864
(Fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. Provides information and the latest news on these diseases.)
National Heart, Lung, and Blood Institute
(NHLBI) Information Center.... 1-800-575-9355
(The Information Center, funded by NHLBI, part of NIH, provides referrals to resource organizations and information on elevated cholesterol, high blood pressure, heart disease, exercise, risk of and recovery from stroke, chronic cough, asthma, cystic fibrosis, and sleep disorders.)

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MAGAZINES FOR SENIORS

Aging Arkansas.....706 S. Pulaski, L.R. , 72201.....1-501-376-6083
Active Age.....Texarkana Gazette.....1-903-794-3311

MEALS – HOME DELIVERED

SW AR Development Council.....1-870-773-5504/5505
Meals on Wheels.....1-870-216-1136
Ark-La-Texas Council of Gov.....Toll Free.....1-800-372-4464

MED-ALERT-Home Emergency Response Services

Lifeline.....1-903-614-2771
Care-Link.....1-903-793-5433

MEDICAID.....1-800-482-1411

Elder Choice Medicaid Waiver.....1-800-981-4457
Inspector General's Hotline(Medicaid Complaints).....1-800-368-5779
Medicaid Eligibility Information/ASOP.....1-800-550-1401
Medicaid Long Term Care & Food Stamps.....1-800-482-8988
Medicaid Recipients Information.....1-800-482-5431
Medicaid Web Site: www.dhs.state.tx.us

MEDICARE.....(Hotline).....1-800-638-6833

Arkansas Foundation for Medical Care (Peer Review for Medicare).....
 .1-800-272-5528
 Inspector General's Hotline (Medicare/Medicaid Complaints).....1-800-368-5779
 Medicare Services Part B & MEDPARD Directory.....1-800-482-5525
 Medicare Telephone Hotline.....1-800-638-6833
 Medicare Questions.....1-800-633-4227
 Speech and Hearing Impaired....TTY/TDD.....1-800-486-2048

MENTAL HEALTH

National Alliance for the Mentally Ill – AR Chapter.....1-800-844-0381
 P.E.O.P.L. (Mental Health Resources).....1-800-237-3675
Southwest Arkansas Counseling & Mental Health.....1-870-773-4655
 After Hours.....1-903-831-7585
(Psychological Consulting Service that provides suicide intervention, family and marital counseling, psychological testing and evaluations among other services.)

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NATIONAL TOLL-FREE DIRECTORY ASSISTANCE.....1-800-555-1212

NURSING HOMES...FACILITIES.

Heather Manor Nursing Home.....1-870-777-3448
 Pinehope Nursing Home.....1-870-777-8855

NURSING HOMES...OTHER

Nursing Home Complaints/Office of Long-Term Care Nursing Home
 Complaints...Call Ombudsman – Arkansas.....1-501-682-8487
 1-800-482-8988
 Ombudsman – Regional.....1-870-336-5575

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PARKINSON'S DISEASE INFORMATION

American Parkinson's Disease Information Center.....1-800-407-9295
 Local Chapter.....1-501-318-1690

(Provides information and resources to patients, their families, friends, doctors and other medical professionals and enhances public education and awareness of the disease.)

National Parkinson's Disease Information Line.....1-800-327-4545

(Encourages the establishment of support groups and provides the necessary informational materials for their formation. In addition, it provides all current materials relating to drugs in clinical trials and the services available both through the Foundation and other service organizations in their area.)

PRESCRIPTION DRUGS ASSISTANCE PROGRAMS

(Internet)...Needy Medicines.....needy.meds.com
 (Internet)...Pharmaceutical Research & Manufacturer of America.....Pharma.org
 (Internet).....rxhope.com

These online sources offer programs to assist people who cannot afford to buy their drugs. Each has its own program, forms and requirements.

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REHABILITATION SERVICES

Arkansas Vocational Rehabilitation Services.....1-870-773-2807
Hope Physical Therapy Center.....1-870-777-9359
Haynes Sports Therapy & Rehab Center.....1-870-777-6798
Arkansas Nursing & Rehabilitation Center.....1-870-772-4427

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SENIOR CENTERS

Hope Senior Citizens Center.....1-870-777-1345
Hempstead County Senior Citizen Program.....1-870-777-2380

SENIOR HELP

Southwest Arkansas Development Council, Inc.....1-870-773-5504

The Southwest Arkansas Development Council provides the following services to seniors: senior center, transportation, in-home services such as meals, help with crisis intervention, adult learning, life skills and weatherization

SENIOR SERVICES LOCATOR

Eldercare.....1-800-677-1116
TRCOA Senior Education Center.....1-870-779-6000

SOCIAL SECURITY ADMINISTRATION

General information and services.....1-800-772-1213
National Organization of Social Security Claimants' Rep.....1-800-431-2804
Supplemental Security Income (SSI).....1-800-772-1213

SOCIAL SERVICES

American Association of Retired Persons.....1-501-227-7740
Hempstead Co. Extension Service.....1-870-777-5771
Hope In Action.....1-870-777-4112
Or 1-870-777-8227
Kiwanis.....1-870-772-2441
Lions Club.....1-870-772-2408
Rotary.....1-870-777-5861
VFW.....1-870-777-1373

STROKE CENTERS

National Stroke Association..... 1-800-787-STOKES (6597)
(Provides education, services and community-based activities in prevention, treatment, rehabilitation and recovery of stroke. NSA serves the public and professional communities —

people at risk, patients and their health care providers, stroke survivors, and their families and caregivers.)

<http://www.stroke.org/>

American Stroke Association..... 1-888-478-7653

(Provides outreach, promotes research, and publishes a journal. Provides education, information, and resources.)

<http://www.strokeassociation.org>

SUICIDE INTERVENTION

Southwest Arkansas Counseling & Mental Health.....1-870-773-4655

After Hours..... 1-903-831-7585

(Psychological Consulting Service that provides suicide intervention, family and marital counseling, psychological testing and evaluations among other services.)

SUPPORT GROUPS

Alzheimer's Support Group.....Ark. Nursing & Rehab Center.....1-870-772-4427

Arkansas Hepatitis C Support Center.....1-501-416-9948

Central Arkansas Transplant Support Group.....1-501-224-2623

Or....1-501-945-2485

Or....1-501-954-8746

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TEXARKANA REGIONAL CENTER ON AGING

Senior Education Center.....1-870-779-6000

Center On Aging.....1-870-779-6042

(Non-profit Resource Center for seniors and their families. Services Include: comprehensive patient care, educational programs and consultation programs relating to home health, caregiving, and geriatric expertise, clinics services at St. Michael Senior Clinic, as well as education and training for public, patients, and health professionals.)

TRANSPORTATION SERVICES

Southwest Arkansas Development Council.....1-870-773-5504

SW Ark Development Center.....Rural Transportation.....1-870-772-5758

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VETERANS AFFAIRS

Regional Office.....(Little Rock).....1-800-482-5344

Debt Management.....1-800-827-0648

Dept. of Benefits Info. & Assistance.....1-800-827-1000

Telephone Device for the Deaf/TDD1-800-829-4833

VA Life Insurance and Service.....1-800-669-8477

Veteran's Service Office.....1-870-777-8429

Or 1-870-777-1541

Veterans of Foreign Wars.....1-870-777-1373