FROM THE SITTING ROOM SERIES
GETTING MORE HELP

2

Who to Contact

Free Help for Older Adults and Families



Stephen Deason

LARGE PRINT

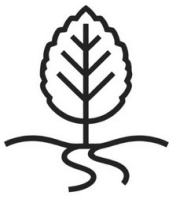
Worksheets

from

Who to Contact

Free Help for Older Adults and Families

Book 2 of The Sitting Room Series



Alder Creek
EDITIONS

About these worksheets

These are the 5 worksheets from Who to Contact. Print as many copies as you need. Each one names the chapter that explains it.

The book comes in paperback and for Kindle. To find it, search for its title, or ask a bookstore or library for ISBN 979-8-952410-28-2.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

State and local offices

Area Agency on Aging

Adult Protective Services

Long-term care ombudsman

SHIP, for Medicare counseling

More state and local offices

State Medicaid office

State licensing agency, for complaints

Legal aid, or senior legal help

State crisis line

211

The person's own providers and helpers

Main doctor, and the after-hours number

Pharmacy

Home care or home health agency

Hospice, and its 24-hour number

More providers and helpers

Case manager (Medicaid, the VA, or insurance)

Social Security office

VA office or accredited representative

Person who holds the power of attorney

Elder law attorney

Call log

Write down every call: the date, the office, the person you spoke with, what they said, and what happens next.

Date	Office and number	Who I spoke with	What they said, and the next step