



Resource Guide for Seniors

Meals on Wheels

941-876-9191

<http://www.northportmealsonwheels.org>

Dedicated to home-delivering one nutritious meal a day to Seniors and other residents of North Port who are unable to prepare a meal for themselves.

North Port Social Services

941-429-3700

<http://www.northportfl.gov>

Provides crisis financial assistance to families and individuals due to an unavoidable crisis. In order to receive financial assistance, we require proof of residency in North Port. Financial assistance programs are based on current income eligibility, proof of residency, and availability of funds. Assistance is available in the following areas: Rent/Mortgage, Electric, Water/Sewer.

Area Agency on Aging for Southwest Florida-Elder Care

866-413-5337

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

Informative web site offering seniors and their caregivers in Sarasota County referrals to services and other resources in the community. Services include the elder helpline, home, community-based care, SHINE (Medicare counseling), elder abuse prevention, EHEAP (emergency home energy assistance, MIPPA (Medicare savings for low-income individuals), respite care, and other resources.

Benefits Check Up

(Developed and maintained by The National Council on Aging)

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

1-800-794-6559

Informative website for individuals 55 or older with limited income and resources. You can be screened to see if you qualify for any federal, state, local & private programs that help pay for prescription drugs, utility bills, meals, health care, housing, and other needs.

Florida Department of Elder Affairs (Elder Helpline)

800-963-5337

<http://www.elderaffairs.state.fl.us/>

An informative website offering information and referral assistance service linking the caller to federal, state, and local resources.

Jewish Family & Children's Services of the Suncoast

941-366-2224

<http://www.jfcs-cares.org/>

Senior services include Alzheimer's and caregiver counseling and supportive services. They also provide a variety of other senior services, including caregiver hotlines, support groups, counseling for seniors, cancer support, and wellness and bereavement support groups.

Lutheran Services

941-358-6330

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

Provides guardianship to some of the community's most vulnerable citizens. Program is dedicated to protecting incapacitated individuals, most of whom are disadvantaged, frail, and elderly, from abuse, neglect, and exploitation. By being legally appointed as a guardian of these individuals, they can regularly assist and monitor their needs, including food, clothing, shelter, and medical conditions.

Neuro Challenge Foundation

941-926-6413

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

Connects you with local resources for those who have Parkinson's disease. Care Advisors guide you to the various education, support, and therapeutic programs in your area. It also offers monthly support and online programs.

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Roskamp Institute Neurology Clinic

941-256-8019

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

Specializes in diagnosing Alzheimer's disease and related disorders, providing superior diagnostic and clinical services to dementia patients and their caregivers. Also, it includes a list of resources for the caregivers.

Sarasota County Senior Advocacy Council

941-328-8088

<http://www.scsac.net/>

The mission is to address the unmet needs of low-income individuals over 50 living in Sarasota County by appropriate referrals and services. They also provide life alert buttons, durable medical equipment such as walkers, canes, wheelchairs, grab bars, and much more. General meetings are held once a month, and all are welcome to attend.

Sarasota Memorial Hospital Memory Disorder Clinic

941- 917-7197

<https://www.smh.com/Home/Services/Memory-Disorders>

A team including a geriatrician, neurologist, and neuropsychologist provides expert diagnostic services and support and education for caregivers. It also provides seminars, support groups, and free memory screening.

Empath Health

941-552-7500

<https://empathhealth.org/>

Provides Hospice Comfort Care in Sarasota, Manatee, Charlotte, and DeSoto counties. Services include case management, professional nursing, staff physicians, Hospice Houses, pain control, symptom management, respite program, emotional support, spiritual support, pharmacy, home medical equipment, children's services, approved home health, and 24-hour on-call. No one is denied care because of financial hardship.

Senior Friendship Centers

941-955-2122

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

For those 50 years and older. Provides a variety of services such as help in accessing Federal Assistance Programs such as Medicaid and Food Stamps, help with budgeting, free one-time legal assistance, Medicare counseling, variety of classes and programs, low-cost lunch, entertainment, medical help, caregiver support groups, adult day care programs, home-delivered meals home share and other programs. Some of their programs include Adult Day Care, Caregiver Resource Center, Geriatric Care, Friendship at Home, Nutrition Services, Home Share Program, and Health and Dental Services.

SHINE (Serving Health Insurance Needs of Elders)

866-413-5337

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

Provides materials and free, unbiased insurance counseling to Florida elders, adults with disabilities, caregivers, and family members. The goal is to help you make informed decisions about health care coverage, Medicare, Medicaid, prescription assistance, long-term care planning, and other issues. Goodwill Manasota and the Senior Friendship Centers are currently offering free counseling.

The North Port Senior Center

941-246-2204

<https://npseniorcenter.wixsite.com/npseniorcenter>

The North Port Senior Center provides the opportunity to enhance the lives of the senior citizens of North Port and its environs through the programs and services it offers. A place to come by and meet new friends and enjoy some activities and programs.

Other Important Phone Numbers

211 Resource Hotline 941-308-4357

Abuse Hotline 1-800-962-2837

North Port Health Center 941-529-0300

North Port Senior Center 941-426-2204

North Port Veterans Office 941-429-7214

Social Security Administration 1-800-772-1213

Legal Aid of Manasota 941-366-0038

Good Samaritan Pharmacy 941-445-5687

SCAT On-Demand Services 941-3001553