Parent Care: No need to be overwhelmed; help is easy to get

by Marsha_Kay_Seff

We've all been there, unable to see the forest for the trees. Or solutions for ever-changing problems.

It's easy to get so overwhelmed with the daily activities of caregiving that we have no time - or energy - for reaching out and finding help.

But there is help. Plenty of it.

Here are some important numbers to hang onto. Better yet, don't just hang on. Dial several of them. You don't have to go it alone.

ADA Paratransit: Call 800-533-6282 to find if it serves your community. A wheelchair-accessible bus will pick up passengers at their doorstep and deliver them back home. Cost each way is $3.50 to $4.50. Or you can buy a book of 10 tickets for $40. Your parents will need ADA (Americans With Disabilities Act) certification.

ADA Certification: 800-514-0301. Your parents and their doctor will need to fill out a rather long form. But it's worth the effort to get low-cost ADA Paratransit rides.

Alzheimer's Association: 800-272-3900. Providing essential services that improve the lives of individuals coping with Alzheimer's, including information and referral, education, support groups and Safe Return.

National Eldercare Locator: 800-677-1116. Assists caregivers in finding resources and services nationwide.

- Marsha Kay Seff

OTHER SOURCES

The Area Agency on Aging has information about community-based medication assistance programs. To

find the nearest office, call 800-677-1116 or visit www.eldercare.gov.

If you or a family member is in the service or is a veteran Contact the Veteran's Administration at 877-222-VETS (8387)

If you are 65 or older or disabled, some drug manufacturers offer drug discount cards for the elderly and disabled:

GlaxoSmithKline's The Orange Card: 888-Orange6 (672-6436)

Eli Lilly's LillyAnswers Card: 877-RX-Lilly (795-4559)

Novartis' The CareCard: 866-974-CARE (2273)

Pfizer's The Share Card: 800-459-4156

Abbott Laboratories, AstraZeneca, Aventis Pharmaceuticals, Bristol-Myers Squibb Co., GlaxoSmithKline, Janssen, Johnson & Johnson, Novartis and Ortho-McNeil's TogetherRx Card: 800-865-7211

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