



CARING  
ACROSS  
GENERATIONS

# Georgia Care Kit

This Care Kit was collated by Caring Across Generations and was created to be a helpful guide on care resources in Georgia. If you have any questions, comments, or concerns on any of the resources below – or if you'd like help accessing any of these resources – please email [Angela.Holton@caringacross.org](mailto:Angela.Holton@caringacross.org).



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# Medicare and Benefits Resources

## [Georgia State Health Insurance Assistance Program \(SHIP\)](#)

Georgia SHIP provides free, unbiased information and assistance to Medicare beneficiaries and their caregivers with health and drug plans. Georgia SHIP helps people with Medicare understand their benefits and make informed decisions about health care options.

You can speak to a Georgia SHIP counselor for Medicare assistance anytime Monday through Friday, between 8 a.m. and 5 p.m. Call 866-552-4464 and select Option 4.

## [Medicare Financial Assistance Programs - Georgia Department of Human Services](#)

If you have Medicare and limited income, you may qualify for financial assistance programs such as Extra Help (Low-Income Subsidy) and Medicare Savings Programs. To apply for extra financial assistance, contact 866-552-4464 and select Option 4.

## [Medicare Enrollment Guide](#)

A guide by AARP.

## [Benefits Checkup](#)

Benefits Checkup is a free service of the National Council on Aging that will help you assess benefits that you might be eligible to receive.

## [Find And Compare Care Providers Tool](#)

A tool from Medicaid.gov that includes information on hospice care, long term care, inpatient rehabilitation facilities, doctors, and more.

## [United Way 211 Atlanta - Information and Referral Service](#)

A comprehensive list of state-wide resources. You can also text "211od" to 898211 to receive a list of referrals based on your zip code.

# Home and Community-Based Services

When someone qualifies for Medicaid long term care services, they may decide they'd prefer to receive those services in their home. Home and community-based services (HCBS) provide opportunities for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings.

## [Visiting Nurse Health Systems](#)

A program helping seniors and people with functional and/or cognitive impairments stay in their homes.

## [HCBS | Georgia Department of Community Health](#)

A comprehensive list of all the home-based care programs in Georgia.



# Guides and Support for Caregivers

Programs available for caregivers in Georgia include: information and assistance, adult day and adult day health care, legal assistance, nutrition services, respite care, telephone counseling, and other supportive services.

To find the Area Agency on Aging(AAA) that provides services where you reside, [locate your AAA](#).

## [Caregiver Training - Georgia Office of Insurance and Safety Fire Commissioner](#)

Register for a caregiver life and fire safety training provided by the Fire Commissioner.

## [Caregiving Guide: Understanding Aging and Caregiving](#)

A guide by Easter Seals.

## [AARP's Family Caregiving Guides](#)

Includes guides in English, Spanish, and Chinese. Also includes guides for Asian-American, military and LGBTQ caregivers.

## [A list of AARP's Family Caregiving Resource Guides](#)

Includes information on how to make your home safe for aging parents, tips for having difficult caregiving conversations, and more.

## [AARP's Support Line](#)

AARP's dedicated, toll-free family caregiving line for people taking care of a family or community member. Agents are available to take calls Monday-Friday, 8 a.m. to 8 p.m. ET at 1-877-333-5885. The support line is also available in Spanish, at 888-971-2013.

## [An Overview of Long-Distance Caregiving and Helping from Afar](#)

A guide from Aging Care.

## [Combating the Epidemic of Loneliness in Seniors](#)

An article by Aging Care.

## [How to be a Caregiver - Article](#)

A piece by the New York Times with advice from experts on caregiving and aging.

## [10 Tips for Family Caregivers](#)

A guide by the Caregiver Action Network.

## [Caregiver Help Desk](#)

Caregiver Help Desk offers free support to family caregivers across the country. It is staffed by caregiving experts who can help you find the information you need to navigate your caregiving challenges and support you on your caregiving journey. Help desk is available Monday through Friday, from 8:00 AM – 7:00 PM ET.

## [I Just Realized I'm a Family Caregiver Now](#)

A list of resources for new caregivers by the Caregiver Action Network.



# Respite Care

Respite services are designed to give caregivers a much-needed break from the stress of caregiving.

## [National Respite Locator Service](#)

A search tool by the National Respite Network.

# Community-Based Care Resources

## [Parent to Parent of Georgia](#)

Parent to Parent of Georgia offers a variety of services to Georgia families. Their mission is to be the source of choice for support, information, education, and leadership development for Georgians with disabilities or special health care needs, ages birth to 26 and their families. Find a list of their support groups [here](#) and a link to their trainings & courses [here](#).

## [disABILITY Link](#)

disABILITY Link provides advocacy support, independent living skill training, information and referral services, peer counseling, and transition services to folks in Georgia.



# Disability Resources

Information specialists at [Georgia's Aging & Disability Resource Connection](#) (866-552-4464) provide access to a variety of aging services, including caregiver programs.

## [File a Disability Services Complaint](#)

The Disability Services Ombudsman is responsible for investigating and making reports and recommendations concerning any act or failure to act by any services provider with respect to the safety, well-being, and rights of disabled people. File a complaint by filling out [this contact form](#).

## [Georgia Department of Behavioral Health and Developmental Disabilities](#)

The Division of Behavioral Health's goal is to build a recovery-oriented, community-based system of care, with the capacity to provide timely access to high-quality behavioral health treatment and support services. Find your local office [here](#).

## [Receive Medical Equipment – Friends of Disabled Adults and Children](#)

A service by the Friend of Disabled Adults and Children. Call their offices to check availability at 770-491-9014 (press 2) or schedule with them on their [contact page](#).

## [Equipment Repair – Friends of Disabled Adults and Children](#)

Disability care equipment repair appointments can be made by calling 770-491-9014 (press 2).

## [Vehicles & Vehicle Lifts – Friends of Disabled Adults and Children](#)

Friends of Disabled Adults and Children can install adaptive lifts on vehicles for a small fee based on the compatibility of the vehicle with the mobility device - [view pricing list](#).





## [Tax Help for People with Disabilities](#)

Taxpayers who have accessibility needs can call 833-690-0598. The Accessibility Helpline can answer questions related to current and future accessibility products and services available in alternative media formats.

## [HIV Care Resources](#)

Resources by the Georgia Department of Public Health.

## [Department for HIV Elimination - List of Providers](#)

List compiled by the Ryan White Program.

## ***Job Search Engines Dedicated to Hiring Equitably***

- [AbilityJobs](#)
- [Chronically Capable](#)
- [Getting Hired](#)
- [Job Board - Disability Power](#)
- [Consortium for Constituent with Disabilities](#)

# Tax Support

## [Free Tax Preparation Services](#)

The Volunteer Income Tax Assistant program offers free tax help to people who need assistance in preparing their own tax returns, including: 1) people who generally make \$60,000 or less, 2) persons with disabilities, and 3) limited English-speaking taxpayers. The Tax Counseling for the Elderly program offers free tax help, particularly for those who are 60 years of age and older.

# Legal Support

## [Atlanta Legal Aid Intake Form](#)

Atlanta Legal Aid will provide legal support for folks who meet low-income guidelines. Contact your nearest office [here](#).

## [Elderly Legal Assistance Program - Division of Aging Services](#)

Find local legal support by contacting your local Division of Aging Services; search for locations near your home [here](#).

## [Find a Lawyer](#)

A lawyer-finding resource by the National Academy of Elder Law Attorneys.

## [Know Your Rights: Resources and Help Line](#)

A guide by Better Balance, a national, nonprofit legal advocacy organization.

If you are facing a workplace issue involving sick leave, family and medical leave, pregnancy discrimination or accommodations, fair scheduling or equal pay, please their hotline 1-833-633-3222. [Click here for more info](#).

# Aging Resources

## [Report Elder Abuse](#)

Call Georgia's Aging and Disability Network at 866-552-4464, select your preferred language option, and select option 3 to report abuse, neglect, or exploitation of a disabled adult or older adult. Reports are accepted by phone Monday through Friday, 8 a.m. to 5 p.m. You can also submit an Elder Abuse complaint online [here](#).

## [Falls Prevention Conversation Guide](#)

A guide by the National Alliance for Caregiving.



## [Long-Term Care Ombudsman Program - Georgia Division of Aging Services](#)

A Long-Term Care Ombudsman seeks to improve the quality of life for residents of long-term care facilities. Ombudsmen seek the resolution of problems and advocate for the rights of residents of long-term care facilities. For more information, call 866-552-4464 and select option 5.

Submit a complaint with the Georgia Ombudsman online [here](#).

## [AGING RESOURCES - Georgia Council on Aging](#)

A list of aging resources from the Georgia Council on Aging.

## [Benefits Checkup](#)

Benefits Checkup connects millions of older adults and disabled people with benefits programs that can help pay for health care, medicine, food, utilities, and more – a service by the National Coalition on Aging.

## [SeniorLink Georgia](#)

Careforth provides an expert care team, emotional support, and financial assistance for families caring for loved ones at home.

## [Free Publication - AARP HomeFit Guide](#)

A free publication (available in English, Spanish, Chinese, Korean and Vietnamese) featuring smart ways to make a home comfortable, safe and a great fit for aging adults.

## [Home Health Compare](#)

Home Health Compare includes skilled nursing care, physical therapy, occupational therapy, speech therapy, medical social services, and home health aide services.

## [AARP Tools and Calculators](#)

Includes a long-term care cost calculator, Medicaid questions and answer tool, and more.

# Aging Care Facilities

[How to Choose a Home Care Agency](#)

An article by Aging Care.

[How to Choose an Adult Day Care Center](#)

An article by Aging Care.

[Checklist: How to Find the Best Nursing Home for a Senior](#)

An article by Aging Care.

[Eldercare Locator](#)

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

[Senior Living Facilities](#)

A free service that allows families, aging adults, and their caregivers to search for and find various types of aging adult living facilities, including assisted living homes, dementia care homes, Alzheimer's care communities, retirement communities and more.

[Senior Moving Guide: Storage and Housing Assistance](#)

A guide by StorageUnits.com.



# Housing/Utility/Financial Support

## [Georgia Housing Search](#)

Statewide affordable housing directory.

## [Furniture Bank of Metro Atlanta](#)

Provides furniture for disabled people, those moving out of homelessness, fleeing domestic violence, or living with HIV/AIDS. Apply to receive furniture [here](#).

## [Home and Community-Based Services Handout](#)

A guide from the Georgia Department of Community Health.

## [Georgia Energy Assistance Program](#)

The Georgia Energy Assistance Program (EAP), is a Federally-funded program that helps low-income households with their home energy bills. To be eligible for this benefit program, you must be a resident of Georgia and you must need financial assistance with home energy costs. Find more information [here](#).

## [Low Income Household Water Assistance Program - Division of Family & Children Services](#)

The Low Income Household Water Assistance Program is a federally funded program created in response to the COVID-19 pandemic that helps households pay for drinking water and wastewater for their homes.

## [Home Energy Tips for Aging Adults](#)

A guide by Eldercare Locator.

## [Tips for Preventing Financial Exploitation for Aging Adults](#)

A guide by Eldercare Locator.

# Families and Children Resources

## [Georgia Women, Infants and Children \(WIC\)](#)

Learn more about the WIC program and find eligibility income guidelines [here](#). You can call (800) 228-9173 for more assistance over the phone. You can apply for WIC [here](#).

## [Find Child Care and Pre-K Programs Near You](#)

An resource by Georgia Department of Early Care and Learning.

## [Georgia Time Off Resources and Information](#)

Resource compiled by A Better Balance.

## [Choosing Quality Child Care](#)

A guide by Child Care Aware of America.

## [Partnering with Families for Child Care Emergency Preparedness](#)

Emergency preparedness for families with children; a guide by Child Care Aware of America.

# Food Support

## [Farmers Market Nutrition Program - Georgia Department of Public Health](#)

Programs available for families with children and aging adults. The Georgia Women, Infants, and Children (WIC) Farmers Market Nutrition Program (FMNP) and Senior Farmers Market Nutrition Program (SFMNP) are federally funded programs that provide WIC recipients and eligible aging adult participants with fresh, locally grown, unprocessed fruits, vegetables, and edible herbs.

You can contact the program by phone by calling (404) 657-2900 or emailing [farmers.market@dph.ga.gov](mailto:farmers.market@dph.ga.gov).



### [Supplemental Nutrition Assistance Program \(SNAP\)](#)

SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. Apply for SNAP benefits in Georgia [here](#).

### [Find Your Local Food Bank - Feeding America](#)

The Feeding America nationwide network of food banks and food programs helps millions of people find food and grocery help in their communities every year.

### [Find Meals - Meals on Wheels America](#)

Search for the nearest Meals on Wheels program; this service provides meals delivered directly to your home.

## Employment and Aging

### [AARP Job Board](#)

Features employers committed to hiring aging adults.

### [Resume Help — AARP Resume Advisor](#)

Get free resume support by resume professionals; a service provided by AARP.

## Mental Health Resources

### [National Alliance of Mental Illness - Georgia](#)

NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. They can be contacted by phone at (770) 234-0855. Find Georgia-specific support groups [here](#) and family support groups [here](#).

### [Mental Health America of Georgia](#)

Mental Health America of Georgia is a non-profit organization dedicated to improving the lives of individuals with mental health challenges as well as promoting mental wellness throughout Georgia. Find mental health screenings [here](#) and find mental health community events in Georgia [here](#).

# COVID-19

## [Boosters - Division of Aging Services](#)

[Schedule your vaccine or booster dose appointment online](#) or call the Health Department Vaccine Scheduling Resource Line at 888-457-0186. The scheduling resource line is available Monday - Friday from 8 a.m. to 7 p.m. ET and Saturday - Sunday from 8 a.m. to 1:30 p.m. ET. Languages other than English are available.

Call 888-572-0112 or email [HVS@dph.ga.gov](mailto:HVS@dph.ga.gov) for vaccinations provided at home.

## [Plain Language COVID Information](#)

For folks who may benefit from a straight-forward guide to COVID-19.

## [COVID-19 Funeral Assistance](#)

Includes information on how COVID-19 funeral assistance works, who is eligible, and what is covered. You can call the Federal Emergency Agency by calling 844-684-6333. This support line is open Mondays through Fridays from 9 am to 9 pm ET. Multilingual services are available.

# Related Community-Based and Advocacy Organizations

## [Legislative Information - Georgia Co-Age](#)

Georgia Co-Age is a statewide agency advocating with and on behalf of aging Georgians and their families to improve their quality of life. They educate, advise, inform and make recommendations concerning programs for the elderly in Georgia and serve in an advisory capacity on aging issues to the Governor, General Assembly, Department of Human Services and all other state agencies.





## [Legislative Advocacy Guides - New Georgia Project](#)

New Georgia Project is a nonpartisan effort to register, civically engage, and build power with the New Georgia Majority - the large and growing population of Black, brown, young, and other historically marginalized voters in the Peach State. Check out their municipal advocacy guide [here](#) and their Spanish language guide [here](#).

# Classes and Community Events

[Upcoming Events - Georgia Department of Human Services](#)

[Caregivers Mental Health Support Group - Brain Injury Association of Georgia](#)

# Miscellaneous

## [Disaster Preparedness Guide](#)

This guide covers common types of emergencies that family and caregivers of aging adults should be aware of, tips for helping the aging adults evacuate when needed, and a handy checklist of items to have and bring with you in the event of an emergency.

## [Emergency Preparedness for Older Adults Guide](#)

Written by the Center for Disease Control.

# Online Spaces for Caregivers

[Georgia Relatives Caregivers Facebook Group](#)

[Self Care Support for Caregivers Facebook Group](#)

[AARP's Family Caregiving Online Communities and Forums](#)

[AARP'S Family Caregivers Discussion Group](#)

