

In Home Support & Programs

Compliments of Senior Living Advisors

Western Pennsylvania Resource Guide

We are a free service to help families choose an appropriate Independent Living apartment with services, Personal Care Home, or Assisted Living community for their loved one that matches the medical needs, financial capabilities, and geographic preferences.

With the family's permission, we will assess the candidate at home, at the skilled rehab unit, or at the hospital. After obtaining an accurate report to determine the scope of care the individual requires, we make appropriate recommendations of communities that fit the parameters of medical, financial, and geographic needs.

Senior Living Advisors will accompany the family and prospective resident on tours to help them through the process. Our skilled representatives will always make recommendations as if it were pertaining to our own Mom, Dad, or other loved one. We answer seven days a week.

Kerry Beck – 412.860.7516

Joe Roman – 412.737.7459

Mary Beth St. Clair – 412.328.5025

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Web: www.seniorlivingadvisorsltd.com

Email: sla@seniorlivingadvisorsltd.com

Phone – 412.628.0725 Fax – 866.568.0725

In Home Programs

PA 211 – Get Connected, Get Help

Call 211 or Text 898-211

<https://www.pa211.org/>

If you need to connect with resources in your community, but don't know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help with:

- Housing
- Utilities
- Food
- Employment and Expenses
- Health
- Mental Health
- More

Wesley Family Services

(412) 345-7420 - Fax: (412) 342-2300

<https://wfspa.org/>

221 Penn Avenue

Pittsburgh, PA 15221

Wesley Family Services is a non-profit organization that serves more than 20,000 individuals annually throughout Southwestern Pennsylvania. Our more than 900 caring staff members and highly trained and licensed clinicians are committed to providing high-quality behavioral healthcare services and support programs to children, adults, and families over the course of their lifespan so that they are empowered to reach their full potential.

Provides in-home, non-medical services for older adults to help maintain independence and well-being.

Services are provided by volunteers and include transportation to medical appointments, help with grocery shopping and errands, friendly visiting, help reading mail, and home safety inspections.

Eligibility: Older adults age 60 and older living independently (not in nursing homes, personal care homes, etc.). ISOS volunteers are not permitted to lift individuals, provide housecleaning, care for pets, prepare meals, or dispense medications.

Hours: Office Hours: Monday through Friday, 9:00am to 4:00pm

Service Hours vary depending on the needs of the individual and availability of volunteers.

Fee Amounts: Call for details.

Intake Procedure: Call the office to initiate the intake process. ISOS requests a minimum of two weeks advance notice before a ride or escort for doctor visits/errands is needed.

Intake Requirements: Phone screening and in-home assessment required for most services.

Geographical Area: City of Pittsburgh - Allegheny County

Additional Services Offered at this Agency:

- Adult Residential Treatment Facilities * Mental Illness/Emotional Disabilities
- Adult Residential Treatment Facilities
- Aging/Older Adult Support Groups * Older Adults
- Art Therapy
- Autism Therapy
- Behavior Modification
- Case/Care Management
- Certified Application Counselor Programs
- Cognitive Behavioral Therapy
- Crisis Residential Treatment * Mental Illness/Emotional Disabilities
- Dance Therapy
- Errand Running/Shopping Assistance
- Family Counseling
- Friendly Visiting
- Group Counseling
- Home Rehabilitation Services
- Home Safety Evaluations
- Home/Community Based Developmental Disabilities Programs
- Individual Counseling
- Long Tenn Care Options Counseling
- Medicaid Information/Counseling

Home Based Mental Health Services

- Mental Health Evaluation
- Music Therapy
- Non-Emergency Medical Transportation
- Outpatient Mental Health Facilities Autism Spectrum Disorder
- Outpatient Mental Health Facilities
- Parent Child Interactive Therapy
- Peer Counseling
- Psychiatric Case Management
- Psychiatric Medication Monitoring
- Rent Payment Assistance for Veterans

- Representative Payee Services
- Senior Ride Programs
- Social Skills Training Autism Spectrum Disorder
- Special Education Classes/Centers
- Supported Employment
- Undesignated Temporary Financial Assistance* Veterans

Health-Related Associations and Support Groups

Arthritis

Arthritis Foundation

(800) 283-7800

www.arthritis.org

Alzheimer's Disease

Alzheimer's Association

(800) 272-3900

Bereavement Support Groups

Good Samaritan Hospice

(724) 933-8888

Memorial Park Presbyterian Church

(412) 364-9492

Highmark Caring Place

(888) 224-4673

Gateway Hospice

(412) 536-2020

Three Rivers Hospice

(800) 282-0306

Saint Paul Cathedral Parish

(412) 621-4951

Anchorpoint Counseling

Ministry

(412) 366-1300

Jewish Community Center

(412) 422-5700

Cancer

American Cancer Society

(800) 227-2345

www.cancer.org

National Cancer Institute

(800) 422-6237

www.cancer.gov

Cancer Support Groups

Cancer Bridges

(412) 338-1919

www.cancerbridges.org

Look Good . . . Feel Better

(800) 395-5665

www.lookgoodfeelbetter.org

UPMC Passavant

(412) 367-6454

US TOO - UPMC Prostate

Cancer Support Group

Bob Bowyer

(412) 877-6053

Caregiver Support

PrimeTime Adult Day Care

(412) 835-6661

Jewish Family and Community Service

www.jfcspgh.org

(412) 422-7200

Family Hospice and Palliative Care

(412) 572-8829

VA Caregiver Support

(855) 260-3274

www.va.gov

Hope Grows, Cultivating Caregiver Wellness

(412) 369-4673

Email: info@hopegrows.org

www.hopegrows.org

Cerebral Palsy

United Cerebral Palsy

(800) 872-5827

www.ucp.org

Crohn's and Colitis

Crohn's and Colitis Foundation of America

(800) 343-3637

www.ccfa.org

Western PA Chapter

(412) 823-8272

Diabetes

American Diabetes Association

(412) 824-1181

(888) 342-2383

www.diabetes.org

Diabetes Support Groups

UPMC Diabetes Center

(412) 232-5908

The Center for Diabetes
and Endocrine Health

Bloomfield

(412) 578-5901

Monroeville

(412) 858-4474

Natrona Heights

(724) 367-2400

Epilepsy

Epilepsy Association Western/Central PA

(412) 322-5880

(800) 361-5885

www.eawcp.org

Heart

American Heart Association

(412) 208-3550

(800) 242-8721

www.americanheart.org

HIV/AIDS

Allies for Health + Wellbeing

(412) 345-7456

www.alliespgh.org

Kidney

American Kidney Fund

(800) 638-8299

www.kidneyfund.org

Leukemia

Leukemia and Lymphoma Society

(800) 955-4572

www.lls.org

Leukemia and Lymphoma Support

Call for local
support groups
(412) 395-2882

Liver

American Liver Foundation

(800) 465-4837
www.liverfoundation.org/chapters/westernpa

Lung

American Lung Association

(800) 586-4872
www.lungusa.org

Lupus

Lupus Foundation of PA

www.lupuspa.org
(412) 445-8780

Mental Health Support Groups

National Alliance on Mental Illness (NAMI)

North Hills
(412) 361-8916
Churchill
(412) 731-4855
McKeesport
(412) 373-7977
(412) 527-6600
www.namiswa.org

Chartiers Family Support

(412) 221-3302
www.chartierscenter.org

Mercy Behavioral Health

(877) 637-2924
www.mercybehavioral.org

Multiple Sclerosis

National Multiple Sclerosis Society

(412) 261-6347
(800) 344-4867
www.nationalmssociety.org/pax

Myasthenia Gravis

Myasthenia Gravis Association of Western Pennsylvania

(412) 566-1545
www.mgawpa.org

Osteoporosis

National Osteoporosis Foundation

(800) 231-4222
www.nof.org

Parkinson's Disease

American Parkinson's Disease Association

(800) 223-2732
www.apdaparkinson.org

Parkinson Foundation of Western PA

(412) 837-2542
www.pfwpa.org
To find a support group in your area, call (412)
837-2542.

Stroke

American Stroke Association

(412) 208-3550
(888) 478-7653
www.strokeassociation.org

Stroke Support Groups

Encompass Health Rehabilitation Hospital of Harmarville
(412) 828-1300

Plum Senior Center
(412) 795-2330

Vision

Blind and Vision Rehabilitation Services of Pittsburgh
(412) 368-4400 TTY 711
www.blindVR.org

In Home Support

SAFETY

Network Emergency Alert Systems

Live Safe Solutions

(412) 779-0696, or (866) 677-7995 - Fax: (724) 933-4095

<https://www.livesafesolutions.com/>

Address:

4552 McKnight Road, Suite 6
Pittsburgh, PA 15237

About LiveSafe Solutions

LiveSafe Solutions has been in the Medical Alert Service Business for over 35 years. Located in the North Hills, just outside of Pittsburgh, we are one of the largest providers in Pennsylvania.

Our commitment is to help people live safely, with confidence and independence in their own homes. We are proud to offer state of the art smart technology that automatically detects when falls occur and calls for help – even if the person is unable to press the button.

Customized Care

Extraordinary service is what makes THE difference. We deliver the medical alert button and communication system in person to your home. We install it for you and thoroughly test it to make sure that everything works as it should.

When you purchase service from us, your price will never go up for as long as you use the Medical Alert Service. Cancel it at any time without penalty. And when you do cancel, we'll come out and pick up the equipment from you so you don't have to mail anything back.

Life Alert

(800) 504-2172

www.lifealert.com

- Offers medical, fire, and CO gas protection, as well as intrusion, 911 direct cell phone, life alert mobile
- 24/7 wand carried on the person. Push a button to alert Life Alert
- Smoke and CO alarms

Medical Guardian

(215) 531-7705

<http://guardianalarm.com/medical/>

SECURE YOUR SAFETY WITH GUARDIAN

Get superior coverage with Guardian's Personal Help Buttons, Life Safety Solutions and Medication Dispensers. Guardian's systems can be designed for the interior and exterior of your home and fully customized to meet your individual needs. Life is a journey, so take charge of your worries and let us ensure all of your safety needs.

Valley Care Association's Home Safe Home

(724) 266-0408

Fax: (724) 266-9332

345 Maplewood Ave

Ambridge, PA 15003

Email: jseitz@valleycareassociation.org

www.valleycareassociation.org

- Mission is to prevent falls and help older adults maintain independence by making it safer and easier to get around their homes
- Install grab bars in the bathroom, build wheelchair ramps, and convert bathrooms to walk-in showers
- Covers Western Allegheny and Beaver County
- Price varies based on income; financial assistance available

Phillips Lifeline – Medical Alert Systems

(855) 600-6128

Philips Lifeline is an easy-to-use medical alert system that lets you summon help any time of the day or night – even if you can't speak. All you have to do is press your medical alert button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast. That's why Philips Lifeline provides the #1 Medical Alert System to offer you something else: peace of mind.

Dependability is key to peace of mind. That's why doctors, hospitals, and professional caregivers trust our Medical Alert System

STAAR Alert

STAAR Alert's mission is to provide access to help in the event of an emergency, prevent medication errors and provide technology to monitor and track your health. We Provide:

- A SMARTPHONE EMERGENCY RESPONSE APP
- IN-HOME PERSONAL EMERGENCY RESPONSE SYSTEMS
- NON-LOCKING MEDICATION MANAGEMENT SOLUTIONS
- LOCKING MEDICATION MANAGEMENT SOLUTION

Call: 1-800-338-7114 – (412) 461-2030

Visit us on the web: <https://www.staaralert.com/>

MEDICATION DISPENSERS

Live Safe Solutions

(866) 677-7995

<https://www.livesafesolutions.com/>

Address:

4552 McKnight Road, Suite 6

Pittsburgh, PA 15237

No Cost Medication Management Program

Anyone on 5 or more medications is eligible to get their meds delivered to your home each month. The my-Med-Pak Medication management program is a full-service pharmacy that provides a simple and safe solution at no additional cost. Your pills are sorted and delivered in customized, easy to open paks and the pharmacy is available 24/7.

Epill

(800) 549- 0095

www.epill.com

- Automatic pill dispensers

ACORX Pharmacy

(412) 857-2922

Fax: (412) 857-2919

520 E. Main Street

Carnegie, PA 15106

<http://www.acorxpharmacy.com/>

- Multiple medication pill packaging system that organizes prescribed medications in a colorful, easy-open bubble card that contains the pills
- Clearly labeled for time of day and pills to be taken
- Designed to assure adherence to medication regimens
- Hometown Pharmacy provides this specialized packaging, delivery and a pharmacist to consult with doctors and patients at no additional cost
- Covers Greater Pittsburgh area- within 1 hour radius of Greentree
- No fee, insurance co-pays applicable by prescription coverage

Asti's South Hills Pharmacy

250 Mt Lebanon Blvd
Pittsburgh, PA 15234
(412) 561-2347

- Immunizations
- Compounding Services
- Disease State Educational Programs
- Medication Therapy Management
- Adherence Packaging - RxMAP

Taking multiple medications daily can be confusing. Let us send you four weekly disposable pill boxes each month to make it easier.

Jeffrey's Drug Store

1 N. Central Avenue
Canonsburg, PA 15317
(724) 745-6480

Locally Owned and Operated
Compound Medications

STAIRGLIDES**Barrier Free Stair Lift**

(800) 288- 5625
275 Curry Hollow Rd
Pittsburgh, PA 15236

- Offers services to Beaver, Butler, and Allegheny counties

A+ Stairlifts of Pittsburgh

2828 Broadway Blvd. #9
Monroeville, PA 15146
(412) 260-7469

Acorn Stairlifts

(866) 873-6460

<https://www.acornstairlifts.com/>

SCOOTERS

Progressive Mobility & Motor

(724) 228- 4568

320 Cameron Rd

Washington, PA 15301

- Works with Medicare, Medicaid and other insurance companies
- All products available for payment options
- Offers full service customer care, staff recommends trying all products before purchasing
- Sample products available at site

Blackburn's Physician Pharmacy, Inc.

301 Corbet Street

Tarentum, PA 15084

Phone (724) 224-9100

Fax (724) 224-9124

- Work with most insurances

4U Mobility Services

DME Provider – Home Modifications – Vehicle Modifications

(412) 919-6200

1549 Perry Highway

Portersville, PA 16051

2015 Babcock Blvd.

Pittsburgh, PA 15209

Email – info@4UMobility.com

Web – www.4UMobility.com

We Provide:

Stairlift Installation

VPL Installation

Grab Bar Installation

Home Modification

Hand Controls in Vehicles

Vehicle Modifications

Ramp Installation

Elevator Installation

Scooter Sales

Lift Chair Sales

Power Wheel Chair Sales

DME Sales