

## Help for the Elderly and Those with Disabilities

### **CICOA Aging & In-Home Solutions**

In Indianapolis, contact CICOA Aging & In-Home Solutions at (317) 254-5465. Their Internet address is: [cicoa.org](http://cicoa.org) The CICOA Aging and Disability Resource Center can be contacted at (317) 254-3660.

### **Indiana Association of Area Agencies on Aging**

If your elderly parent(s) needs assistance with food, medicine, assistive technology, legal services, support groups, etc., or if you are their caregiver and you need help with finding services for them or for you (respite care, home care options, selecting a residential facility, etc.) contact the Indiana Association of Area Agencies on Aging at: 1 (800) 986-3505 or visit [iaaaa.org](http://iaaaa.org). They can also help you find resources if your parent lives outside of Indiana.

### **Modifications to Your Home**

If you need modifications to your home as a result of a disability or failing health, and the modifications will help you to stay in your home, you should, get a prescription of medical necessity or a recommendation from a doctor or physical therapist describing what modification you need. This document may help you to secure funding or reimbursement for making the home modifications you need.

Home modifications may be relatively minor and inexpensive, such as installing grab bars, handrails, and lever handles. They may also be major and very expensive, such as installing elevators or lifts, enlarging doorways to allow wheelchair passage, modifying kitchens for easier meal preparation, or even installing emergency communication systems.

If you live in Indiana, The Indiana Housing & Community Development Authority (IHCDA) provides opportunities for qualifying Indiana homeowners to receive assistance in order to make much needed repairs to their homes. For more information, go to: <https://www.in.gov/ihcda/2410.htm>

To find financing ideas for remodeling, a checklist to help you evaluate your remodeling needs room by room, tips on hiring a

contractor, and other helpful information, go to the ElderCare.gov website located at: [https://eldercare.acl.gov/Public/Resources/Factsheets/Home\\_Modifications.aspx](https://eldercare.acl.gov/Public/Resources/Factsheets/Home_Modifications.aspx)

To find other helpful information about making home modifications, go to the University of Southern California - Leonard Davis School of Gerontology webpage located at: <https://homemods.org/resources/>

To find a NARI Certified Remodeler in your part of the country, go to the “National Association of Remodeling Industry (NARI)” webpage located at: <https://www.nari.org/>