

SENIOR SERVICES IN LINCOLN COUNTY

As we get older we may need to have some help to continue living in our home. The phone book lists several places you can get help but it can be hard to find. The following list may help you or others. Unfortunately Dial A Ride is only available within the city limits of Newport and Lincoln City. The regular bus service does serve this area and going northbound they actually drive into our entryway to let you off so you don't have to walk across highway 101.

- The Oregon Cascades West Council of Governments (Senior and Disabled Services) can be contacted to visit a person to assess services needed and assist in finding services. They will also check when senior abuse (physical, psychological, or financial) is suspected. (541-336-2289)
- Dial 211: this is a relatively new service which has information on a variety of resources and will help you locate what you need.
- Meals on Wheels has meal sites in Newport and Lincoln City but also delivers in Depoe Bay; 541-574-0669 or 541-994-7731.
- ADEO In Home Care services 541-574-8660.
- North Coast Home Care 541-574-0411.
- Aging Wisely With Heartfelt Hands 541-265-8530.
- Home Health medical equipment: see phone book yellow pages under Medical Equipment & Supplies.
- Retired Senior Volunteer Program: Prescription Assistance program, Friendly Visitor program, small transportation program (temporary and not emergency), put up grab bars, and may have some other helpful services. 541-574-2684.
- Senior Companion Program can provide transportation or some other care once a week to take someone shopping or to medical appointments. 541-574-4714
- Both hospitals have in-home medical care which your physician can prescribe if you are housebound.
- Hospice Care for the last six months of life (assisting the caregivers): Samaritan North Lincoln Hospital 541-996-7328 or Samaritan Pacific Communities Hospital 541-574-1811. Both also have classes for those grieving a loss.
- Food Stamps now called the SNAP program and associated with the "That's My Farmer" program which allows use of food stamps at farmer's markets. Inquire through Self Sufficiency Program—Adult and Family Services 541-265-2248.
- Veteran's Services: 611 SW Hurbert St., Newport. 541-574-6955. Information among other things on a van that takes people to Portland and Salem for health care services. There is a Veteran's Administration physician who sees veterans in Newport at the Lincoln Community Health Center, 1010 SW Coast Hwy, 541-265-4947.
- Medicare information and help in appealing refusal to pay or other problems and help in understanding and selecting supplemental plans. The SHIBA councilor (Senior Health Insurance Benefits Assistance) works out of the RSVP office but sees people at 140 NE 4th St., Newport. Phone 541-574-2684 (Richard Reynolds, M.D.)
- Do you have an Advance Directive for medical care? Forms are available at the hospitals. There is also a Physician Orders For Life-sustaining Treatment (POLST) available at your physician's office which is an agreement between you and your physician regarding end-of-life care. You should also have emergency information on the side of your refrigerator with who to call, medications taken, chronic conditions, allergies, etc. in case an ambulance is called.
- If you have one of the emergency Lifeline notification systems which use your phone to communicate to someone that you need help you should contact Centurytel to ask that your account be designated as a lifeline phone. They will then give you top priority service when your phone has problems because they know you need it for emergency communications.

If you hire someone through one of the companies that furnish people for these types of service, you need to question them to find out what type of background check they do and what checking they do on the service the people provide and what they might do to assure that no abuse takes place.

USING SENIOR SERVICES

As we get older we may need to have someone come in to help us. We have compiled a list of agencies that can be of help. The list will be available in the office, online, and on the table to the left of the doors into the recreation center.

Many of us hire people to do housework or yard work and probably think nothing about risk. Some of us hire people who are or have been employees of the Little Whale Cove Homeowners Association but the Association is not in any way connected with these people so far as guaranteeing you against risk. Hiring them is no different than hiring someone not connected with the Association.

When you have someone working with you as a caregiver the office will be glad to take information about who is taking care of you and how they can be contacted in an emergency if that is appropriate. The information the office would need is as follows:

- Your name, address, and phone.
- The name of your caregiver and a phone
- If the person is hired through an agency it may be valuable to have the name of the agency and phone so they can be reached if we cannot reach the caregiver.

You may want to provide the office with the name of a relative you would want to notify in an emergency.