



**ELDER
AFFAIRS**
ADVISORY BOARD

Older Adult Miami-Dade Resource Guide

THIRD EDITION



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Elder Affairs Advisory Board

Executive Board

Guadalupe Bruneman, Chair

Mario Tapia, Vice-Chair

Verania Hermida, Second Vice-Chair

Board Members

Venghan “Winnie” Tang

Magali Abad

Guadalupe “Lupe” Bruneman

Verania “Betty” Hermida

Rosa Kasse

Johnnie Mae Kerr

Brenda Lampon

Barbara Morales

Dionne Polite

Armando Riera

Mario Tapia

Deborah J. “Debbie” Lowe

Staff

Vanessa Garcia Azzam, Program Officer

Laura Morilla, Executive Director

Special thanks to Katherine Bolt,
immediate past Program Officer for the
Elder Affairs Advisory Board, for her hard
work compiling this resource guide.

About

The Miami-Dade County Elder Affairs Advisory Board was established by Ordinance No. 18-49 in May 2018, sponsored by Commissioner Rebeca Sosa and approved unanimously by the Board of County Commissioners. The board will expand the support for seniors in Miami-Dade County, while allowing them to play a more active role in the local government by crafting strategies to better meet their needs.

Mission Statement

To advocate for the interests of the older adult community in Miami-Dade County; to advance their quality of life, and increase access to services to meet their needs; and to promote an age-friendly community where our older residents are safe, respected, active, and engaged.



Elder Affairs Advisory Board

111 NW 1 ST Street, Suite 1034

Miami, FL 33128

305-375-3025

Advisory Boards and Organizations



Advisory Boards

Asian-American Advisory Board

(305) 375-1570

<https://www.miamidade.gov/global/government/boards/asian-american-advisory-board.page>

The Asian-American Advisory Board was created to work in an advisory capacity to the Board of County Commissioners, administration, community, and all agencies in Miami-Dade County, with respect to matters pertaining to the Asian-American community.

Black Affairs Advisory Board

(305) 375-4606

<https://www.miamidade.gov/global/government/boards/black-affairs-advisory-board.page>

The BAAB exists to advocate for the social, economic, political and educational needs of the diverse Black World Community in Miami-Dade County, while advancing the quality of life for these residents in a dedicated and responsive manner.

Commission for Women

(305) 375-4967

<https://www.miamidade.gov/global/government/boards/commission-for-women.page>

The Commission for Women advocates for women and girls in the community and strives to improve their quality of life.

Community Relations Board

(305) 375-1406

<https://www.miamidade.gov/global/government/boards/community-relations-board.page>

The CRB serves as an advisor to the Mayor, Board of County Commissioners and the County administration on issues impacting intergroup relations.

Domestic Violence Oversight Board

(305) 375-2861

<https://www.miamidade.gov/global/government/boards/domestic-violence-oversight-board.page>

The DVOB is committed to protection, advocacy and support of domestic violence victims through collaborations with all entities and systems who assist in moving victims toward safe and productive lives.

Elder Affairs Advisory Board

(305) 375-3025

<https://www.miamidade.gov/global/government/boards/elder-affairs-board.page>

The EAAB serves to expand the support for seniors in Miami-Dade County, while allowing them to play a more active role in the local government by crafting strategies to better meet their needs.

Hispanic Affairs Advisory Board

(305) 375-5098

<https://www.miamidade.gov/global/government/boards/hispanic-affairs-board.page>

The Miami-Dade County Hispanic Affairs Advisory Board serves to improve the quality of life of Hispanic citizens, to identify and monitor the needs or interests of Hispanic citizens, develop programs addressing such issues, encourage involvement of Hispanics in matters of community concerns, support the development of Hispanic in leadership roles, and recommend to the Board of County Commissioners legislation supporting Hispanic issues.

Interfaith Advisory Board

(305) 375-5784

<https://www.miamidade.gov/global/government/boards/interfaith-advisory-board.page>

The Miami-Dade County Interfaith Advisory Board (IAB) provides the opportunity for increased involvement by faith-based, religious and spiritual leaders to come together and address issues of great importance within Miami-Dade County.

LGBTQIA+ Advisory Board

(305) 375-4935

<https://www.miamidade.gov/global/government/boards/lgbtqia-plus-advisory-board.page>

The purpose of the Board is to advise the Board of County Commissioners with respect to laws and policies that support Miami-Dade County's LGBTQIA+ residents, visitors, and businesses, to ensure a strong voice for the LGBTQIA+ community in local government and public policy and to encourage and support the development of the LGBTQIA+ community.

Military Affairs Advisory Board

(305) 375-4493

<https://www.miamidade.gov/global/government/boards/military-affairs-board.page>

The mission of the Military Affairs Board (MAB) is to provide the Miami-Dade Board of County Commissioners with recommendations in regards to the military and veterans.

Miami-Dade County Office of Community Advocacy

(305) 375-5730

www.miamidade.gov/advocacy

The Office of Community Advocacy (OoCA) was established to meet its unique community needs, through various events and initiatives, OoCA promote productive community relations and cultural understanding for a better quality of life for all County residents.

Organizations

AARP

1-888-687-2277

www.aarp.org

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

Advocacy Network on Disabilities

(305) 596-1160

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

The Advocacy Network on Disabilities champions the rights of individuals with intellectual, developmental, and other disabilities by promoting inclusion, providing services, and advancing systems change.

Alliance for Aging

(305) 670-6500

www.allianceforaging.org

The Alliance is Miami-Dade's local area agency on aging which serves the needs of older adults and people with disabilities.

ALS Association

800-782-4747

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

The ALS Association's mission is to discover treatments and a cure for ALS, and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest.

Alzheimer's Association

Helpline: 800-272-3900

<https://www.alz.org>

The Alzheimer's Association works to accelerate global research, drive risk reduction and early detection, and maximize quality care and support.

American Bar Association Commission on Law and Aging

(202) 662-8690

https://www.americanbar.org/groups/law_aging/

The mission of the Commission on Law and Aging is to educate and advocate to protect the rights and dignity of adults as they age.

American Cancer Society

800-227-2345

<https://www.cancer.org>

The American Cancer Society works to improve the lives of people with cancer and their families by combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.

American Cancer Society Cancer Action Network

(202) 661-5700

<https://www.fightcancer.org>

The American Cancer Society Cancer Action Network advocates for evidence-based public policies to reduce the cancer burden for everyone.

American Foundation for the Blind

212-502-7600

<https://www.afb.org>

The mission of the American Foundation for the Blind is to create equal opportunities and expand possibilities through advocacy, thought leadership, and strategic partnerships.

American Geriatrics Society

1-212-308-1414

<https://www.americangeriatrics.org>

The American Geriatrics Society is a nationwide, not-for-profit society of geriatrics healthcare professionals dedicated to improving the health, independence, and quality of life of older people.

American Health Care Association

1-202-842-4444

www.ahcancal.org

The American Health Care Association is an advocacy group for the long term and post-acute care profession.

American Society on Aging

1-800-537-9728

<https://www.asaging.org>

ASA's work concentrates on five strategic priority areas: Ageism & Culture, Economic Security, Innovation & Social Impact, Health & Well-being and Equity & Justice.

Arthritis Foundation

800-283-7800

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

The Arthritis Foundation is pursuing a cure for America's #1 cause of disability while championing the fight to conquer arthritis with life-changing science, resources, advocacy and community connections.

Caregiver Action Network

(855) 227-3640

<https://www.caregiveraction.org>

CAN is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Catalyst Miami

305-576-5001

<https://www.catalystmiami.org>

Catalyst Miami seeks to improve lives through free services, economic security programs, and grassroots organization.

Epilepsy Alliance Florida

1-877-553-7453

www.epilepsyalliancefl.org

The Epilepsy Alliance works to prove every Floridian impacted by epilepsy the most fulfilled and productive life possible.

Florida Department of Children and Families

(850) 300-4324

TTY: 1-800-955-8771

<https://www.myflfamilies.com>

The FL Department of Children and Families works in partnership with local communities to protect the vulnerable, promote strong and economically self-sufficient families, and advance personal and family recovery and resiliency.

Florida Department of Elder Affairs

850-414-2000

<https://elderaffairs.org>

The Florida Department of Elder Affairs is responsible for developing policy recommendations for long-term care, combating ageism, creating public awareness of aging issues, understanding the contributions and needs of elders, advocating on behalf of elders, and serving as an information clearinghouse.

Florida Health Justice Project

www.floridahealthjustice.org

Florida Health Justice Project engages in comprehensive advocacy to expand health care access and promote health equity for vulnerable Floridians.

Health Foundation of South Florida

(305) 374-7200

<https://hfsf.org>

The Health Foundation of South Florida works to invest in and be a catalyst for collaborations, policy and systems change that improve the health of South Florida communities, with a focus on vulnerable, low-to moderate-income populations.

Justice in Aging

(202) 289-6976

<https://justiceinaging.org/>

Justice in Aging is a national organization that uses the power of law to fight senior poverty by securing access to affordable health care, economic security, and the courts for older adults with limited resources.

Latino Center on Aging

(305) 647-1150

<https://lcaflorida.org/>

The Latino Center on Aging (LCA) seeks to advocate for improved services for Latino seniors and educate the seniors about various options available to them.

National Alliance for Caregiving

(202) 918-1013

www.caregiving.org

The National Alliance for Caregiving builds partnerships in research, advocacy, and innovation to make life better for family caregivers.

National Council on Aging

<https://www.ncoa.org>

NCOA delivers the resources, tools, best practices, and advocacy our nation needs to ensure that every person can age with health and financial security.

National Institute on Aging

800-222-2225

<https://www.nia.nih.gov>

The Institute leads a broad scientific research effort to understand the nature of aging and to extend the healthy, active years of life. NIA is also the primary federal agency supporting and conducting Alzheimer's disease and related dementias research.

Parkinson's Foundation

Helpline: 1-800-473-4636

<https://www.parkinson.org>

The Parkinson's Foundation makes life better for people with Parkinson's disease (PD) by improving care and advancing research toward a cure.

Urban Health Partnership

(786) 224-2309

<https://urbanhp.org>

UHP's mission is to invest in our communities by co-designing sustainable change and promoting equity and well-being across the life span.

The United Way

(305) 646-7000

<https://www.unitedway.org>

United Way seeks to improve lives by mobilizing the caring power of communities around the world to advance the common good.

IMMIGRATION, FINANCIAL, AND LEGAL SERVICES



Immigration

Center for Immigrant Advancement

(305) 416-7902

<https://cimausa.org>

The Center for Immigrant Advancement, Inc is a non-profit organization created to make an impact at the local, state and national level for the needs of all immigrants while creating a positive difference in the community and in the lives of Hispanic Immigrant Families.

United States Citizenship and Immigration Services (USCIS)

(800) 375-5283

<https://www.uscis.gov>

USCIS is the government agency that oversees lawful immigration to the United States.

Financial Assistance

Axis Helps

www.axishelps.org

Axis Helps Miami connects Miami-Dade County small business owners and residents to the economic resources our community needs to weather storms and emerge with stability and strength.

AARP Tax Aide Sites

<https://taxaide.aarpfoundation.org/>

The AARP Tax Aide Site provides tax assistance free of charge with a special focus on taxpayers who are over 50 and have low to moderate income.

Internal Revenue Service

800-829-1040

www.irs.gov

The IRS mission is to provide America's taxpayers top quality service by helping them understand and meet their tax responsibilities and to enforce the law with integrity and fairness to all.

Office of the Attorney General

(305) 377-5441

Consumer Protection: (305) 377-5835

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

The Attorney General serves as the State of Florida's Chief Legal Officer, holding the position as a statewide elected office for a term of four years.

Operation S.A.F.E.

www.myfloridacfo.com/safe

The Department of Financial Services' Be Scam Smart Video Series is designed to help inform, empower, and protect Florida's seniors from financial fraud and scams.

United States Social Security Administration (SSA)

1-800-772-1213

www.ssa.gov/locator/

The SSA provides financial protection and administers benefits like retirement, disability, survivor, and family.

Legal Services

Americans for Immigrant Justice

(305) 573-1106

<https://aijustice.org>

Americans for Immigrant Justice is a non-profit law firm that fights for justice for immigrants through a combination of direct representation, impact litigation, advocacy and outreach.

CABA Pro Bono Project

(305) 646-0046

www.cabaprobono.com

CABA offers free, direct legal assistance for civil legal matters to low-income Florida residents.

Catholic Legal Services

(305) 373-1073

www.cclsmiami.org

Catholic Legal Services provides professional legal services to those who come from foreign lands who lack sufficient means to obtain representation without regard to faith or national origin.

Community Justice Project

(305) 907-7697

www.communityjusticeproject.com

Community Justice Project supports organizing for racial justice and human rights through legal work.

Dade Legal Aid

(305) 579-5733

TTY: (305) 679-1001

www.dadelegalaid.org

Dade Legal Aid provides free civil legal services to qualifying low-income residents of Miami-Dade County.

Disability Independence Group

(305) 669-2822

www.justdigit.org

Disability Independence Group works to expand opportunities for participation, education, employment, and acceptance of persons with disabilities through advocacy, litigation, education, and training.

FIU Law Practice

(305) 348-7876

<https://law.fiu.edu/fiu-law-practice>

FIU Law Practice offers affordable, low cost legal services in the family law area to low- and moderate-income families who do not qualify for free legal services.

Florida Bar Lawyer Referral Service

800-342-8011

<https://www.floridabar.org/public/lrs/>

The Florida Bar Lawyer Referral Service is designed to make it easy for consumers to connect to verified attorneys.

Florida Senior Legal Helpline

1-888-895-7873

<https://law.elderaffairs.org/>

The Florida Senior Legal Helpline provides free civil legal advice and brief services over the telephone to eligible Florida residents 60 years and older.

**Legal Services of Greater Miami-Dade
County**

(305) 576-0080

www.legalservicesmiami.org

Legal Services of Greater Miami-Dade County provides free civil legal services for the low-income communities of Miami-Dade and Monroe Counties

**Office of State Attorney Katherine
Fernandez Rundle**

(305) 547-0100

<https://miamisao.com/>

The State Attorney's Office's primary mission is to protect and defend the community while upholding and enforcing the law.

Senior Legal Helpline

1-888-895-7873

<https://law.elderaffairs.org/legal-services/florida-senior-legal-helpline/>

Senior Legal Helpline provides free civil legal advice and brief services over the telephone to eligible Florida residents 60 years and older.

HEALTH AND CARE SERVICES



Home Care Assistance

Administration for Community Living Eldercare Locator (800) 677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

The Administration for Community Living offers the Eldercare Locator, a nationwide referral service that connects individuals to trustworthy local support resources for older adults and caregivers.

Agape Medical Staffing, LLC

(786) 320-5467

www.ams.health

Agape caregivers are trained to provide professional care, including assisting with tasks of daily living, errands, and other activities that can improve the quality of life for people who are elderly, disabled, injured, sick, or in need of specialized care.

All Ways Home Care, Inc

(305) 446-6120

<http://allwayshomecare.net>

All Ways Home Care, Inc. is committed to providing well trained, dedicated, and experienced care givers to individuals that require medical staffing in Miami-Dade County.

A Place For Mom

(866) 671-3802

<https://www.aplaceformom.com>

A Place for Mom simplifies the process of finding senior living and home care with personalized guidance at no cost to families.

Arch Creek Senior Care Services

(305) 944-0663

After Hours: (786) 916-0661

<https://www.acseniorcare.com>

Arch Creek Senior Care Services is a state-licensed home health agency that provides non-medical in-home care.

CareGivers of America

(786) 981-9882

<https://caregiversofamerica.com>

CareGivers of America is a licensed nurse registry that carefully matches screened, experienced, and certified home care aides and nursing assistants to aging seniors in Broward, Miami-Dade and Palm Beach Counties.

Center for Independent Living of South Florida

(305) 751-8025

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

CILSF empowers people of all disabilities and ages to maximize their abilities to live independently and challenge barriers that prevent us from being a fully integrated community.

Complete Home Care

1 (888) 686-6564

<https://completehcf.com>

Complete Home Care's mission is to provide compassionate, reliable, quality home health care services that clients recommend to their friends and family; physicians prefer for their patients; employees are proud to be a part of and community partners think of first.

Granny Nannies

(305) 591-1818

<https://grannynannies.com/Miami>

Granny Nannies of Miami, Florida is dedicated to ensuring you receive the home health care you or a loved one require and deserve.

Home Health Care of South Florida

(305) 871-3601

<https://healthcareofsouthflorida.com>

Home Health Care of South Florida's mission is to provide quality, reliable, up-to-date care in the patient's home and offer support to the family.

Home Instead

(786) 349-3518

<https://www.homeinstead.com>

Home Instead helps aging adults live well at home.

Little Havana Home Health Agency

(786) 470-3080

<https://www.lhanc.org/home-1.html>

Little Havana Activities and Nutrition Centers of Dade County, Inc. ("LHANC") provides a wide range of social services to socially isolated and economically disadvantaged seniors in the South Florida area.

Miami Lighthouse for the Blind

(305) 856-2288

<https://miamilighthouse.org/>

Through education, training, research and vision enhancement, Miami Lighthouse is a center for learning that provides hope, confidence, and independence to people of all ages.

Nursing South Corp.

(305) 275-0461

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

Nursing South Corp. provides care for people of all ages with disabilities and seniors living at home in their community and helps them to lead fuller lives.

Premier Homecare Services

(305) 603-7333

<https://premierhcservices.com/>

Premier Homecare Services offers homecare services in South Florida.

Providence Healthcare Services

(305) 220-1088

<https://providencehhs.com/>

Providence Healthcare Services is a comprehensive home care agency dedicated to providing quality patient care.

Right at Home

(877) 697-7537

<https://www.rightathome.net/>

Right at Home provides a range of in-home care options for seniors and adults with disabilities.

Miami Beach

(305) 407-1735

Miami-Dade County

(305) 697-9722

Aventura

(786) 783-3265

Palmetto Bay

(786) 305-5822

Senior Care Services Miami

(305) 271-7065

<https://seniorcareservicesmiami.com>

Senior Care Services offers a range of services, from assistance with daily activities to specialized care.

Senior Helpers

(305) 874-7022

<https://www.seniorhelpers.com/fl/miami/>

Senior Helpers provides in-home care and personalized care in other locations, including assisted living facilities.

Visiting Angels

(305) 728-3153

<https://www.visitingangels.com/senior-home-care-florida-fl>

Visiting Angels provides dedicated senior home care services in Florida.

Information and Assistance

Alliance on Aging Medicaid Assistance

(305) 670-4357

Alliance on Aging's Medicaid Assistance provides information for a variety of resources, publicly funded programs, private pay services and long-term care options including the Medicaid Managed Long-Term Care Program.

Alzheimer's Association 24/7 Helpline

800-272-3900

TRS: Dial 711

The Alzheimer's Association's helpline connects you with a live person who can provide information, local resources, crisis assistance and emotional support.

Camillus House Institute of Success and Personal Achievement

(305) 374-1065 ext. 509 or ext. 555

<https://www.camillus.org/need-help/#1643231153365-fea58433-a214>

The Institute provides substance abuse treatment services to individuals who are actively using substances and who are homeless in Miami.

Coral Gables Fire Blood Pressure Checks

(305) 461-6764

<https://www.coralgables.com/department/fire-department/fire-department-community-services/services/fire-dept-community-services#952>

Free blood pressure checks are available to the public from 8:00 a.m. to 10:00 a.m. and from 6:00 p.m. to 8:00 p.m. seven days a week.

Florida Agency for Health Care Administration Health Finder

888-419-3456

TDD: 800-955-8771

www.floridahealthfinder.gov

The health finder site provides easy access to health care information.

Florida Department of Elder Affairs Elder Helpline

1-800-963-5337

<https://elderaffairs.org/programs-services/elder-helpline-1-800-963-5337/>

The Elder Helpline offers the public access to a statewide database of local community resources.

Florida Department of Health in Miami-Dade County

(305) 324-2400

TDD: 800-955-8771

<https://miamidade.floridahealth.gov>

The FDOH's mission is to protect, promote & improve the health of all people in Florida through integrated state, county, and community efforts.

Help Finder

www.AuntBertha.com

Aunt Bertha helps find free or reduced-cost resources like food, housing, financial assistance, health care, and more.

Medicare Rights Center

National Helpline: 800-333-4114

<https://www.medicarerights.org>

The Medicare Rights Center works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives.

MedlinePlus

<https://www.medlineplus.gov>

MedlinePlus is an online health information resource for patients and their families and friends.

Senior Alcoholism Help

877-624-1853

<https://www.alcoholhelp.com/alcohol/victims-alcoholism/senior-citizen-alcoholism/>

The Senior Alcoholism Help Number will confidentially connect you to a treatment provider.

SHINE Florida

1-900-963-5337

TTD: 1-800-955-8770

www.floridashine.org

The SHINE (Serving Health Insurance Needs of Elders) Program provides health insurance information and free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers.

SHINE Miami-Dade

For appointments call (305) 671-6356

<https://www.floridashine.org/Counseling-Sites/Dade.aspx>

The SHINE (Serving Health Insurance Needs of Elders) Program provides health insurance information and free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers.

United Senior Consultants, Inc.

(305) 403-2535

<https://unitedseniorconsultants.com/>

United Senior Consultants, Inc. is a referral service helping families find Assisted Living Facilities, Alzheimer Care, Retirement Communities, and other senior care options.

Insurance

Advocate Health Advisors

(800) 709-5513

TTY: 711

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

Advocate Health Advisors is a national Field Management Organization in the Medicare market, specializing in assisting people who are turning 65.

Aetna Medicare Advantage

1-833-220-0349

TTY: Dial 711

<https://www.aetna.com>

Aetna Medicare is an HMO, PPO plan with a Medicare contract.

Avmed Medicare

888-492-8633

<https://www.avmed.org/medicare/>

AvMed Medicare is an HMO plan with a Medicare contract.

Care Plus

1-855-605-6171

TTY: Dial 711

<https://www.careplushealthplans.com>

CarePlus is an HMO plan with a Medicare contract.

Cigna

1 (877) 350-77720

TTY/TDD Dial 711

<https://www.cigna.com>

Cigna Healthcare offers Medicare Advantage, Part D, and Medicare Supplement plans.

Devoted Health Plans

1-866-646-3841

TTY Dial 711

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

Devoted Health offers Medicare Advantage plans.

Florida Agency for Health Care Administration Medicaid Assistance

(888) 419-3456

<https://ahca.myflorida.com/medicaid>

The Florida Agency for Health Care Administrative Medicaid Assistance is the department responsible for Medicaid in Florida.

Florida Blue

1-888-902-5708

TTY: 1-800-955-8770

<https://www.floridablue.com>

Florida Blue offers Medicare Advantage, Part D, and Medicare Supplement plans.

Humana Medicaid

800-457-4708

TTY: Dial 711

<https://www.humana.com/medicaid>

Humana is a Medicare Advantage organization with a Medicare contract.

Medicare

Helpline: 1-800-633-4227

TTY: 1-877-486-2048

<https://www.medicare.gov>

Medicare is health insurance for people 65 or older.

Medicare Rx Extra Help

800-772-1213

TTY: 1-800-325-0778

<https://www.ssa.gov/medicare/part-d-extra-help>

The Extra Help program helps people with limited income and resources lower or cut Part D costs.

Molina Healthcare

Medicaid: (866) 472-4585

Health insurance marketplace: (888) 560-5716

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

Molina Healthcare offers Medicare Advantage plans designed to meet the needs of individuals with Medicare or both Medicare and Medicaid coverage.

Sunshine Health

1-866-796-0530

TTY: 1-800-955-8770

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

Sunshine Health is a managed care plan with a Florida Medicaid contract.

Simply Healthcare Plans

Medicare Member Services: 1-877-577-0115
Medicaid Member Services: 1-844-406-2396
<https://www.simplyhealthcareplans.com/florida-home/simply.html>

As a Florida licensed health maintenance organization (HMO), Simply Healthcare Plans offers health plans for people enrolled in Medicaid and/or Medicare programs.

United States Government Center for Medicare and Medicaid

1-800-633-4227
www.cms.gov

CMS is the federal agency that provides health coverage to more than 160 million through Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace.

WellCare Health Plans

1-800-225-8017
TTY: Dial 711
<https://www.wellcare.com/en/Florida>

Wellcare offers HMO, PPO, and Special Needs Plans for Medicare beneficiaries.

Medical Centers and Healthcare Systems

Accent Care

1-800-834-3059
<https://www.accentcare.com/>

Accent Care offers personal care, home health services, medical home care, and hospice & palliative care.

Agape Network

(305) 235-2616
<https://theagapenetwork.org/>

Agape offers comprehensive treatments that integrate behavioral health, primary care services and faith-based programs to address the whole individual.

Banyan Community Health

(305) 774-3400
<https://banyanhealth.org/>

Banyan Community Health is a not-for-profit healthcare system that brings integrated primary and behavioral healthcare to the South Florida community.

Baptist Health

1-833-692-2784
<https://baptisthealth.net/>

Baptist Health offers an extensive range of medical, surgical and technological services — including cancer, neuroscience, heart and vascular, sports medicine and orthopedics.

Borinquen Medical Centers

(305) 576-6611
<https://www.borinquenhealth.org>

Borinquen Medical Centers provide a comprehensive range of health and social services to our culturally diverse community in Miami-Dade County.

CAC Florida Medical Centers

<http://cacscandomain.com/>

CAC offers senior focused primary care.

Cano Health Medical Centers

(855) 975-5119
www.canohealth.com

Cano Health offers senior focused care and services.

Centrum Health

(888) 726-5116

<https://www.centrumhealth.com/?r=0>

Centrum provides comprehensive care.

Chen Senior Medical Center

1-855-845-6333

www.chenmedicalcenters.com

Chen Senior Medical Center is a family-owned primary and specialty care practice committed to delivering healthcare to Medicare-eligible seniors.

Citrus Health Network

(305) 825-0300

<https://citrushealth.org>

Citrus Health Network offers primary medical and behavioral health services to people of all ages

Community Health of South Florida

(305) 252-4820

After Hours: (305) 253-5100

www.chisouthfl.org

Community Health of South Florida is a nonprofit health care organization providing affordable primary and behavioral health care services to the residents of South Florida.

Conviva Care Center

(844) 208-2444

<https://www.convivacarecenters.com>

Conviva Care Center offers senior focused care and services.

Eden Medical Center

(786) 651-2442

<https://edenmedicalcenters.com/>

Eden Medical Center provides comprehensive care.

Encompass Health Rehabilitation Hospital

(305) 251-3800

<https://encompasshealth.com/>

Encompass Health Rehabilitation Hospital is an inpatient rehabilitation center for complex neurological and orthopedic conditions.

Florida PACE Centers at Miami Jewish Health

(786) 933-7223

TTY: 800-955-8771

floridapacecenters.miamijewishhealth.org

The Program of All-Inclusive Care for the Elderly (PACE) is a comprehensive healthcare program and provider of coordinated, personalized care and social engagement for older adults who qualify for nursing home care but prefer to live independently in their own community.

HCA Floridal

(305) 223-3000

https://www.hcafloridahealthcare.com/?sc_lang=en-US

HCA Florida Healthcare offers comprehensive healthcare.

Health Choice Network, Inc.

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

Health Choice Network (HCN) is a health-center controlled network; a nation-wide collaboration among health centers and partners.

Jackson Health System

(305) 585-1111

<https://jacksonhealth.org>

Jackson Health System is a nonprofit academic medical system offering care to any person who walks through its doors.

Jessie Trice Community Health System

(305) 637-6400

<https://www.jtchs.org>

Jessie Trice Community Health System, Inc (JTCHS) is one of Miami-Dade County's federally qualified community healthcare centers.

Las Mercedes Medical Centers

(305) 423-4044

<https://www.mercedesmedicalcenters.com/en>

Las Mercedes Medical Centers offers senior-focused healthcare.

Larkin Health System

(305) 284-7500

<https://larkinhealth.com/en/>

Larkin is a network of acute care hospitals that provide healthcare services, including inpatient and outpatient services, and home health agencies.

Leon Medical Centers

(305) 642-5366

<https://leonmedicalcenters.com>

Leon Medical Centers is a healthcare provider serving Medicare patients.

Little Havana In-Home Long-Term Care Program

(786) 250-8375

www.lhanc.org/request-services.html

The LHANC Long-Term Care Program provides in-home care to qualifying individuals.

Miami Jewish Health

(305) 751-8626

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

Miami Jewish Health provides nursing, residential living, a PACE program, and other healthcare services to seniors.

Mount Sinai Medical Center

(305) 590-5374

<https://www.msmc.com>

Eldercare Program: https://www.msmc.com/medical_care/eldercare-pace/eldercare-program-overview/

Mount Sinai Medical Center is a private, non-for-profit teaching hospital.

North Beach Rehabilitation Center

(305) 945-1401

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

North Beach Rehabilitation Center offers recovery care, including rehabilitation, nursing, and wound care services.

Nova Medical Services

866-347-1821

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

Nova Medical Services offers comprehensive primary care and family medicines services, and provides treatment and management for a wide range of health conditions.

One Health Medical Centers

(786) 725-2929

<https://onehealthmedical.com/>

One Health Medical Centers provides comprehensive healthcare services.

Palm Medical Centers

(833) 500-7256

<https://www.palmmedicalcenters.com>

Palm Medical Centers provides primary care to adults and seniors.

Palmetto Care Center

(786) 587-1363

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

Palmetto Care Center provides short and long-term rehabilitation services.

Pasteur Medical Center

(305) 727-8387

TTY: 711

<https://pasteurmedical.com/>

Pasteur provides comprehensive clinical care.

Prima Health Center

(305) 217-7462

www.primahealthcenter.com

Prima Health Center provides family medicine and primary care.

Sanitas Medical Center

1-866-932-8643

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

Sanitas Medical Center offers primary care, select specialty care, urgent care, laboratory, and diagnostic services.

Sylvester Comprehensive Cancer Center (UMH)

(305) 243-5302

<https://umiamihealth.org/en/sylvester-comprehensive-cancer-center>

Sylvester is a comprehensive academic-based cancer center.

Unity Health and Rehabilitation Center

(305) 325-1050

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

Unity Health and Rehabilitation Center offers both short-term and long-term care.

VidaMax Medical Center

(786) 464-5120

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

VidaMax Medical Center provides primary care, chronic disease management, preventive medicine, referrals, aesthetics, and well-being services.

Vida Medical Centers

(786) 332-5250

www.vidamedicalcenters.com

Vida Medical Centers offer comprehensive care for older adults.

Vitas Hospice Care

866-447-0160

www.vitas.com

Vitas provides hospice and palliative care.

VivaMás Medical Centers

(305) 537-4766

vivamasmedicalcenter.com

VivaMas Medical Centers provides comprehensive primary care, in addition to other services.

Wellmax Medical Centers

(888) 530-4271

TTY: Dial 711

<https://wellmaxmedicalcenters.com>

Wellmax Medical Centers offers both medical and social services.

West Gables Rehabilitation Hospital

(305) 262-6800

<https://www.westgablesrehabhospital.com>

West Gables Rehabilitation Hospital provides specialized care and treatment that help individuals rebuild their life following injury or illness.

HOUSING AND SOCIAL SERVICES



Communication

Clear Captions

1-866-246-7850

www.clearcaptions.com

Provides telephone captioning services to help hard of hearing seniors regain independence and live a more meaningful life.

Florida Alliance for Assistive Services and Technology

1-844-353-2278

TTY: 1-877-506-2723

www.faast.org

FAAST, or the Florida Alliance for Assistive Services and Technology, is a program designed to provide assistive technology to Floridians with disabilities and their loved ones.

Stand Up Wireless

1-800-544-4441

<https://standupwireless.com/>

StandUp Wireless is a provider of Lifeline, a government benefit program. Qualifying individuals enrolling in Lifeline with StandUp Wireless will receive free minutes, text and data.

TruConnect

(800) 430-0443

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

TruConnect provides free phone service, including unlimited talk, text, international calling to select countries, and up to 6GB of data to qualifying customers.

Florida Telecommunications Relay, Inc.

1-800-222-3448

www.ftri.org

Florida Telecommunications Relay is a statewide nonprofit organization that provides special telephone equipment for Hard of Hearing, Deaf, Deafblind, and Speech Impaired Floridians.

Engagement

AARP Miami

(866) 595-7678

<https://local.aarp.org/miami-fl/>

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

AARP Online & Local Events

<https://local.aarp.org/south-miami-fl/aarp-events/>

AARP Online Calendar of local events.

Aviva

(305) 673-6060

Miami Beach Senior Center extension senior activity program in cooperation with the JCC for active seniors.

Bay Harbor Islands Seniors on the Go

(786) 646-9970

Seniors On The Go is a program to transport for free Bay Harbor Islands senior residents to cultural, shopping, or events outside town.

City of Hialeah Senior Centers

<https://www.hialeahfl.gov/547/Senior-Programs>

Goodlet Adult Center

(305) 825-4947

Villa Aida Adult Center

(305) 883-8020

Wilde Community Center
(305) 556-0833

City of Hialeah Gardens Senior Center

(305) 558-4114

<https://www.cityofhialeahgardens.com/departments/human-services/senior-center>

The City of Hialeah Gardens Senior Center provides daily meals and activities, and organizes special outings for their seniors.

City of Miami Beach Senior Programs

(305) 673-7000 ext. 22663

<https://www.miamibeachfl.gov/city-hall/parks-and-recreation/park-programs-classes/senior-programs/>

The City of Miami Beach offers activities and programs for seniors ages 55+.

City of Opa Locka Seniors on the Move Program

(305) 953-2875

<https://www.opalockafl.gov/195/Arts-Other-Programs>

The Seniors On the Move Program helps improve the quality of life for seniors and their communities, from enabling seniors to share their knowledge, wisdom, and experiences with others to improving facilities for seniors' programs and activities and raising awareness of elder abuse.

City of Sweetwater Community Center

(305) 552-1319

Calendar: <https://cityofsweetwater.fl.gov/elderly-program/>

The City of Sweetwater Community Center provides a hot lunch in addition to social activities, arts and crafts, health and wellness activities, and more.

Coral Gables Adult Activity Center

(305) 461-6764

<https://www.coralgables.com/department/community-recreation/adult-activity-center>

The AAC offers a wide range of activities and classes including fitness, leisure and support groups tailored for those over 50.

Cutler Bay Active Adults

(786) 573-5502

<https://www.cutlerbay-fl.gov/parksrec/page/active-adults>

The Cutler Bay Active Adults Program provides activities and events for Cutler Bay residents 60+.

Cyber Seniors

1-844-217-3057

<https://cyberseniors.org/>

Cyber-Seniors provides free technology support and training for older adults.

De Hostos Senior Center, Inc.

(305) 573-6220

DehostosSeniorCenter.org

DeHostos is a non-profit organization which provides comprehensive services to those 60+ who are below poverty level.

Easterseals

(305) 325-0470

<https://www.easterseals.com/southflorida/>

Easterseals missions is provide services that address equity and inclusion disparities for individuals with disabilities by enhancing education, advancing health, expanding employment, and elevating community.

FIU Osher Lifelong Learning Institute

(305) 919-5900

olli.fiu.edu

The Osher Lifelong Learning Institute (OLLI) at FIU is a membership-based program that offers various educational learning opportunities and socially engaging activities throughout the year.

Golden Ticket Arts Guide

<https://www.miamidadearts.org/education/golden-ticket-arts-guide>

The Golden Ticket Arts Guide features an array of free cultural offerings for Miami-Dade County senior residents, ages 62 and over. Seniors can enjoy everything included in the Golden Ticket Arts Guide free of charge.

Hialeah Gardens Senior Center

(305) 558-4114

<https://www.cityofhialeahgardens.com/departments/human-services/senior-center>

The City of Hialeah Gardens' Senior Center provides daily meals and activities, in addition to special outings.

Hialeah Gardens Senior Services

(305) 819-5320

<https://www.cityofhialeahgardens.com/departments/human-services>

The City of Hialeah Gardens Senior Services supports their senior center, senior focused activities, and field trips to local attractions, as well as transportation to and from the center, and to the supermarket.

Jewish Community Services of South Florida Senior Services

(305) 576-6550

TTY: (786) 709-9431

<https://jcsfl.org/services/senior-services/>

Whether seniors require assistance with food, finances or seeking friendship, help around the house or a Holocaust survivor, JCS has programs that meets the needs of today's senior population.

Jewish Community Services of South Florida Virtual Events

(305) 899-1587

<https://jewishcommunityservicesofsouthflorida.wildapricot.org/events/>

JCS Virtual Events Calendar provides information on upcoming virtual events provided by Lambda Living.

Key Biscayne Adult & Senior Programs

(305) 365-8900

https://keybiscayne.fl.gov/parks___recreation/adult___senior_programs.php

Key Biscayne offers activities and programs for their adults and seniors.

L'Chaim

(305) 673-6060

Miami Beach Senior Center extension senior activity program in Sunny Isles, located in the St. Mary's Parish Hall for active seniors.

Little Havana Activities & Nutrition Centers of Dade County, Inc.

(305) 858-0887

<https://www.lhanc.org/home-1.html>

Little Havana Activities and Nutrition Centers of Dade County, Inc. ("LHANC") provides a wide range of social services to socially isolated and economically disadvantaged seniors in the South Florida area.

Little Havana Adult Day Health Services

(786) 470-3080

www.lhanc.org/request-services.html

Adult Day Health Care services are available to seniors aged 60 or older.

Medley Social Services & Parks and Recreation

(305) 887-9541 ext. 131

<https://www.townofmedley.com/social-services-department>

The Town of Medley provides different programs and services to their seniors.

Miami Beach Senior Center

(305) 673-6060

Miami Beach Senior Center provides a State-licensed adult day care program for frail elders in addition to a full social and recreational Senior Center program for well elders. Adult day care provides transportation, Kosher meals and a full complement of therapeutic social and recreational programs.

Miami-Dade County Adult Day Cares

www.miamidade.gov/global/socialservices/home.page

Adult Day Care helps meet the needs of functionally-impaired elderly persons and young adults with disabilities.

Locations:

Edison Little River
(305) 751-4342

South Dade
(305) 255-1433

North Dade
(305) 940-0075

West Dade
(305) 267-6372

Miami-Dade County Community Resource Centers

www.miamidade.gov/global/socialservices/home.page

Miami-Dade County Community Resource Centers offer a variety of social services to economically disadvantaged individuals and families interested in achieving self-sufficiency.

Locations:

Accion
(305) 545-2224

Culmer
(305) 438-4161

Edison
(305) 758-9662

Florida City/Homestead
(305) 247-2068

Frankie Shannon Rolle
(305) 446-3311

Hialeah
(305) 884-4801

Dr. Martin Luther King Office Plaza
(305) 756-2830

Reverend Dr. Edward T. Graham
(305) 623-6500

Naranja
(305) 258-5471

Perrine
(305) 254-5804

South Beach

(305) 672-1705

Stephen P. Clark Center
(786) 469-4600

Wynwood
(305) 547-7661

Miami-Dade County Computer Training

(786) 469-4640

<https://www.miamidade.gov/global/socialservices/home.page>

Free computer training courses and computer repair classes are available for income-eligible residents.

Miami-Dade County Senior Volunteer Programs

www.miamidade.gov/global/socialservices/home.page

Persons 55 years of age and older can help maintain an active lifestyle while helping residents in our community in meaningful ways through participation in the Foster Grandparents Program, the Retired and Senior Volunteer Program and the Senior Companion Program.

Foster Grandparent Program
(786) 469-4844

Retired and Senior Volunteer Program
(786) 469-4851

Senior Companion Program
(786) 469-4849

Miami Gardens Focal Point Senior Center

(305) 622-8080

<https://www.miamigardens-fl.gov/Facilities/Facility/Details/Senior-Family-Center-31>

The Miami Gardens Focal Point Senior Center

provides a space for seniors to engage in different activities.

Mind & Melody

(786) 321-8100

www.mindandmelody.org

Mind & Melody works with older adults with or without neurological impairments, active older adults, and kids with disabilities.

NoMi Golden Senior Program (North Miami)

(305) 893-6511

<https://www.northmiamifl.gov/260/NoMi-Golden-Silver-Senior-Program>

The City of North Miami's Golden Silver Senior Program strives to provide the best quality recreational, educational and social programs to promote healthy aging while keeping our seniors engaged in their community.

North Miami Foundation for Senior Citizens' Services, Inc.

(305) 893-1450

<https://www.northmiamifoundationforseniors.org>

The mission of the North Miami Foundation For Senior Citizens' Services, Inc. is to maximize the opportunities for the elderly of Northeast Miami-Dade County to maintain their personal independence and to enhance their quality of life by providing a broad array of social services.

Sant La, Haitian Neighborhood Center

(305) 573-4871

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

Sant La's mission is to empower, strengthen and uplift South Florida's Haitian community by providing free access to information and existing services to ensure its successful integration.

Senior Tech Connect

<https://srtechconnect.com/>

Senior Tech Connect's mission is to enhance brain health for seniors by providing the tools and knowledge they need to thrive.

Silver Sneakers

866-584-7389

TTY: 711

www.silversneakers.com/starthere

SilverSneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.

South Miami Plaza Senior Center

(305) 669-0712

<https://www.southmiamifl.gov/479/South-Miami-Senior-Center>

South Miami Plaza Senior Center offers programs for seniors.

Sunny Isles Beach Senior Programs

(305) 792-1706

<https://www.sibfl.gov/Parks-Recreation/Programs-and-Athletics/Senior-Programs>

The Sunny Isles Beach Cultural & Community Services Department offers a variety of programs for seniors, ages 55+

Sunny Isles Beach Senior Services

<https://www.sibfl.gov/Resident-Services/Living-in-Sunny-Isles-Beach/Senior-Services>

This page includes links to city, county, state, and federal resources for senior residents.

Town of Surfside Senior Programs

(305) 866-3634

<https://www.townofsurfsidefl.gov/departments-services/parks-and-recreation/senior-programs>

The Town of Surfside offers many different programs to their older adults.

U.S. Passports

<https://travel.state.gov/content/travel/en/passports.html>

Information on the process to apply for or replace passports.

U.S. Passport Acceptance Facility Search

<https://iafdb.travel.state.gov/>

This link provides information on local passport acceptance facilities.

Village of Pinecrest Adult Programs

(305) 234-2121

<https://www.pinecrest-fl.gov/Government/Parks-Recreation/Adult-Programs>

The Village of Pinecrest offers various programs for their older adults.

Workforce Miami

(305) 684- 3341

<https://workforce.miami/>

Workforce Miami's mission is to empower local residents and businesses by providing access to workforce development tools, training, and job opportunities that fuel economic growth and innovation across our community.

Food Assistance

Camillus House Day Center

<https://www.camillus.org/what-we-do/assistance-basic-needs/>

Camillus House Day Center offers a hot meal, daily shower, clean clothes, mail, and other important services to Miami-Dade County's homeless community.

Catholic Charities Congregate Meals

(305) 751-5203

www.ccadm.org/sh_projects/congregate-meals/

Catholic Charities Senior Centers provide nutritious hot meals daily for seniors who live independently in their homes.

Chabad of Palmetto Bay & Deering Bay Food Bank

(305) 542-7649

https://www.jewishpalmettobay.org/templates/articlecco_cdo/aid/4930490/jewish/Food-Bank.htm

Chabad of Palmetto Bay & Deering Bay Project Care

(305) 942-7742

https://www.jewishpalmettobay.org/templates/articlecco_cdo/aid/4930507/jewish/Project-Care.htm

Chabad of Palmetto Bay & Deering Bay reaches out to the elderly and other vulnerable members of society to ensure that they have their basic necessities.

City of West Miami Community Center Congregate Meals

(305) 263-8900

<https://cityofwestmiami.gov/?SEC=AC744E9D-5399-4361-AFF1-84C12FCB1634>

The City of West Miami offers congregate lunch meals for those individuals 60 years of age and older, Monday through Friday, 8:30 a.m. through 1:00 p.m.

City of West Miami-Home Bound Meal Program

(305) 263-8900

<https://cityofwestmiami.gov/index.asp?SEC=BD6DC76F-802F-41FC-BBA6-6D771A79B169>

The Home-bound Meal Program provides hot meals to those seniors who are eligible and meet the programs criteria.

Curley's House of Style, Inc.

(305) 759-9805

<https://curleyfoodbank.org/>

Curley's House of Style feeds South Florida veterans, elderly, homeless, and anyone who comes to them in need.

Feeding South Florida

(954) 518-1857

<https://feedingsouthflorida.org/>

Feeding South Florida's mission is to end hunger in South Florida by providing immediate access to nutritious food, leading hunger and poverty advocacy efforts and transforming lives through innovative programming and education.

Greater Miami Jewish Federation Shopping Service

(305) 899-8301

https://jewishmiami.org/resources/senior_services/

The Greater Miami Jewish Federation shopping services provides shopping services for home-bound elderly clients.

Hialeah Housing Authority Hot Lunch Program

(305) 888-9744

<https://www.hialeahhousing.org/elderly-services-hot-lunch-program>

The Hot Lunch Program provides food and nutrition services to over 1968 senior citizens daily, ensuring access to a nutritionally balanced lunch five days a week and holidays.

Jewish Community Services Kosher Food Bank

(305) 947-8093

<https://jcsfl.org/programs/kosher-food-bank/>

Kosher Food Bank recipients are able to select from non-perishable staples and canned goods, fresh produce, meat and frozen items. By appointment only.

Jewish Community Services Kosher Home Delivered Meals

(305) 576-6550

<https://jcsfl.org/programs/kosher-home-delivered-meals/>

JCS' Kosher Meals on Wheels Program currently serves approximately 150,000 meals annually to nearly 650 elderly homebound

recipients, providing nutritionally balanced meals each week for those who would otherwise not have enough to eat.

Little Havana Activities & Nutrition Centers of Dade County, Inc.

(305) 858-0887

<https://www.lhanc.org/home-1.html>

LHANC provides homebound meals and congregate meals to older adults.

Miami-Dade County Meals on Wheels

(786) 469-4707

www.miamidade.gov/global/socialservices/home.page

Seniors at least 60 years old and homebound can receive free meals at home through the Meals on Wheels Program.

Miami-Dade County Meals at Senior Centers

www.miamidade.gov/global/socialservices/home.page

Eligible participants receive daily nutritionally-balanced hot meals, nutrition education, counseling, transportation and a wide variety of educational, cultural, recreational activities and health-wellness services.

Carrie Meek/Charles Hadley

(305) 903-2609

Covenant Palms Ward Tower II

(305) 836-2593

Culmer/Overtown

(305) 438-4169

Deedco Gardens
(305) 242-7671

Florida City/Homestead
(305) 242-7650

Haitian American Senior Center (Soar Park)
(305) 756-4179
(305) 756-2833

Jack Orr
(305) 579-2616

Leonard Batz Center
(305) 903-2609

Miami Gardens
(305) 628-4354

Mildred and Claude Pepper Towers
(305) 903-2609

Naranja Center
(305) 257-0986

Perrine
(305) 234-4986

Peter Plaza
(305) 903-2609

Pinewoods Villa
(305) 235-8269

Richmond Heights
(305) 232-5536

South Miami Plaza
(305) 669-0712

Stirrup Plaza
(305) 441-9045

Miami Springs Home Delivered and Congregate Meals

(305) 805-5160
<https://www.miamisprings-fl.gov/elderlyservices>

Miami Springs offers meal services to their older adult residents.

Mom's Meals

1-877-508-6667
<https://www.momsmeals.com/>

Mom's Meals provides home-delivered, medically tailored meals designed by registered dietitians and professional chefs.

NoMI Food Pantry (North Miami)

(305) 893-6511 ext. 20013
<https://www.northmiamifl.gov/829/NoMi-Food-Pantry>

Operated by the City of North Miami, the NoMi Food Pantry provides fruits and vegetables, protein, dairy and shelf-stable items to registered North Miami residents, twice a month by appointment only.

Senior Nutrition Project

(305) 899-8301

Senior Nutrition Project provides kosher meals to those ages 60+, deemed to be in

economic or social need, at five community-based congregate meal sites on Miami Beach, North Miami Beach, and South Dade.

Housing

Assistance to the Elderly

(305) 267-2700 ext. 219

<https://atteinc.org/>

Assistance to the Elderly's mission is to enable low-income, vulnerable older adults to lead meaningful and dignified lives by facilitating education, advocacy, and acting as a liaison between them and services and care in our community.

Camillus House

(305) 374-1065

TTY: (305) 549-3019

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

Camillus House mission is to improve the quality of life of those who are vulnerable and homeless in South Florida through the provision of a continuum of housing and supportive services.

The Caring Place

(305) 571-2273

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

The Caring Place provides food, shelter, substance abuse treatment, education, computer literacy, job placement, healthcare, spiritual development and housing with Christian love, compassion and encouragement.

Chapman Partnership

<https://chapmanpartnership.org>

Chapman Partnership provides comprehensive programs and services in

collaboration with others that empower our residents with dignity and respect to overcome homelessness, and achieve and maintain long-term self-sufficiency.

City of Miami Senior Rental Assistance Program

(305) 416-2080

<https://www.miami.gov/Housing-Assistance-Recovery/Housing-Assistance/Senior-Rental-Assistance-Program>

The City of Miami Senior Rental Assistance program provides up to \$500 in rental assistance, based on need, to qualifying senior (age 62 and up) applicants who are renters in the City of Miami, are 50% AMI and below, and spend more than 30% of their income towards rental housing costs.

ComForCare Home Care

(305) 860-8200

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

ComForCare offers a variety of in-home care services.

Department of Housing and Urban Development (HUD)

(305) 536-4456

TTY: (305) 536-4743

HUD Housing Discrimination Reporting:
1-800-669-9777

www.hud.gov

HUD provides housing support.

Greater Miami Jewish Federation Senior Housing

https://jewishmiami.org/resources/senior_services/

The Greater Miami Jewish Federation has two affordable housing facilities funded through HUD and sponsored by the federation.

Weinberg Federation Gardens
(305) 279-1708

Weinberg Federation Towers
(305) 531-2388

Hialeah Housing Authority

(305) 888-9744

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

The Hialeah Housing Authority provides affordable housing to the community. In addition, the Hialeah Housing Authority serves the community beyond its Housing programs by offering supportive social services such as Family Self-Sufficiency (FSS), Hot Lunch for the elderly and activities through the Elderly Services Program.

Hope, Inc.

(305) 651-4673

TDD: 800-955-4673

www.hopefhc.com

Hope, Inc. fights housing discrimination.

Housing and Section 8

(786) 469-4300

<https://www.miamidade.gov/global/housing/home.page>

There is a single online application available only during an open registration period.

Miami-Dade County Home Care Assistance for Elderly Residents with Disabilities

(786) 469-4707

www.miamidade.gov/global/socialservices/home.page

The Home Care Program offers assistance to elderly residents with disabilities including homemaker services, personal care, chores, and more.

Miami-Dade County Homeless Trust

Office: (305) 375-1490

Homeless Helpline: 1-877-994-4357

<https://www.homelesstrust.org/homeless-trust/home.page>

The Miami-Dade County Homeless Trust serves as the lead agency for Miami-Dade County's homeless Continuum of Care (CoC), responsible for the oversight, planning, and operations of the entire CoC.

Miami-Dade County Housing Choice Voucher Program

(786) 469-4100

www.miamidade.gov/global/housing/home.page

The housing choice voucher program provides assistance on behalf of very low-income families, the elderly, and the disabled. Participants find their own housing in the private market and are not limited to units located in subsidized housing projects.

Miami Homes for All, Inc.

(305) 209-2004

www.miamihomesforall.org

Miami Homes For All's mission is to ensure that all Miami-Dade residents have a safe, affordable place to call home.

Office of Housing Advocacy

(786) 469-4545

https://www.miamidade.gov/global/service.page?Mduid_service=ser1652192015243613

The Office of Housing Advocacy (OHA) acts as a clearinghouse and coordinator to address issues of affordable housing and landlord and tenant rights with a focus on assisting families and individuals' efforts to obtain housing related resources.

Senior Proof

833-373-6467

<https://seniorproof.com/>

Senior Proof's mission is to make aging in place safer and more comfortable for seniors by preventing falls and other common risks at home. They specialize in senior home modifications that address the unique needs of older adults.

Information and General Help

211 Miami

Dial 211

<https://211miami.org>

211 Miami, a program of Jewish Community Services of South Florida, Inc. is a confidential helpline that connects people in need to community resources available in Miami-Dade and Monroe Counties.

Administration for Community Living

(202) 401-4634

www.acl.gov

ACL was created around the fundamental principle that all people, regardless of age or disability, should be able to live independently and participate fully in their communities.

Eldercare Locator

(800) 677-1116

Long Term Care

www.acl.gov/ltc

Older Indians

(267) 831-2329

olderindians.acl.gov

Alliance for Aging

Elder Helpline: (305) 670-4357

www.allianceforaging.org

The Alliance is Miami-Dade's local area agency on aging which serves the needs of older adults and people with disabilities.

City of Miami Beach Elder Services

(305) 673-7491

<https://www.miamibeachfl.gov/city-hall/housing-and-community-development/community-services/elder-services/>

The Office of Community Services serves as an information and advocacy conduit for Miami Beach's elder residents.

Emergency Home Energy Assistance for the Elderly Program

(305) 671-6317

www.eheap.org

The Emergency Home Energy Assistance Program for the Elderly (EHEAP) helps eligible older adults pay energy bills in an emergency.

Florida Department of Elder Affairs Programs and Services

(850) 414-2000

<https://elderaffairs.org/programs-services/>

The Florida Department of Elder Affairs mission is to promote the well-being, safety, and independence of Florida's seniors, their families, and caregivers.

Florida Department of Elder Affairs Elder Helpline

1-800-963-5337

<https://elderaffairs.org/programs-services/elder-helpline-1-800-963-5337/>

Information regarding elder services and activities is available through the Elder Helpline Information and Assistance service within each Florida County.

**Florida Department of Elder Affairs
Ombudsman Program**

(850) 414-2323

<https://ombudsman.elderaffairs.org/>

An ombudsman is an advocate for people who live in nursing homes, assisted living facilities and adult family care homes. All services are confidential and free of charge.

Healing Hearts Medical Support

(305) 676-4325

<https://hhflorida.com/>

Healing Hearts was established to help provide support while individuals navigate illness.

Health Foundation of South Florida

(305) 374-7200

<https://hfsf.org/>

The Health Foundation of South Florida's mission is to invest in and be a catalyst for collaborations, policy and systems change that improve the health of South Florida communities, with a focus on vulnerable, low-to moderate-income populations.

Hispanic Coalition, Inc.

(305) 262-0060

The Hispanic Coalition is a non-profit organization dedicated to providing a wide range of community resources and support services to individuals and families in need.

Jewish Community Services of South Florida

(305) 576-6550

TTY: (786) 709-9431

<https://jcsfl.org/>

The mission of Jewish Community Services is to improve the quality of life and self-sufficiency of the Jewish and broader

communities throughout South Florida in accordance with Jewish values.

Lambda Living

(305) 576-6550

<https://jcsfl.org/programs/lambda-living-program-lgbtqia-seniors/>

Lambda Living/JCS has a vast array of resources available and provides professional and caring services on an individual, family or group basis to address problems and challenges facing LGBTQIA+ persons of any age, regardless of race or religion.

Little Havana Social Services

(305) 858-0887 ext. 1240

www.lhanc.org/request-services.html

Little Havana Activities and Nutrition Centers of Dade County, Inc. ("LHANC") provides a wide range of social services to socially isolated and economically disadvantaged seniors in the South Florida area.

Miami-Dade County Community Action and Human Services

(786) 469-4600

www.miamidade.gov/global/socialservices/home.page

Community Action and Human Services empowers families, individuals and communities through the provision of comprehensive social services.

Miami-Dade County Elder Care Planning

(786) 469-4851

www.miamidade.gov/global/socialservices/home.page

Elderly Care Planning services include helping people who require crisis intervention and need in-home care and regular monitoring. Emphasis is given to assisting functionally

impaired people, enabling them to avoid institutionalization.

Miami-Dade County Light Bill Assistance

(786) 469-4640

www.miamidade.gov/global/socialservices/home.page

Households experiencing financial difficulty may be eligible to apply for help to pay the light bill.

Miami-Dade County Public Housing and Community Development

(786) 469-4100

<https://www.miamidade.gov/global/housing/home.page>

Public housing was established to provide decent and safe rental housing for eligible low-income families, the elderly and persons with disabilities.

Miami-Dade County Voters with Special Needs

(305) 499-8683

TTY: (305) 499-8480

<https://www.miamidade.gov/global/elections/home.page>

Voters with disabilities have multiple voting options that meet the Americans with Disability Act (ADA) standards in Miami-Dade County.

SAGE

(954) 634-7219

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

SAGE (Senior Action in a Gay Environment) of South Florida is a nonprofit organization that enriches the lives of the LGBT senior community through membership inclusive of age, gender, race, nationality, and religion.

Salvation Army

(305) 456-5850

<https://miami.salvationarmyflorida.org/>

Salvation Army provides food assistance, housing assistance, disaster services, and adult rehabilitation centers, in addition to their Center of Hope.

TRANSPORTATION

American Cancer Society Road to Recovery

1-800-227-2345

<https://www.cancer.org/support-programs-and-services/road-to-recovery.html>

The American Cancer Society Road To Recovery® program gives free rides to cancer-related medical appointments.

Aventura Express Shuttle

(305) 932-1287

<https://www.cityofaventura.com/183/Aventura-Express-Shuttle-Bus>

The Aventura Express serves its passengers with three routes connecting them to great shopping, easier transfers to any Miami-Dade transportation or Broward County Transit route at the Aventura Mall with hourly schedules that reduce wait and transfer times in air-conditioned comfort. All buses are ADA accessible.

Call The Care

(855) 850-2255

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

CallTheCare's mission is to deliver comfort and professional care in non-emergency medical transportation throughout the Miami metropolitan area.

City of Doral Trolley

<https://www.cityofdoral.com/Departments/Public-Works-Department/Doral-Trolley>

Doral Trolley provides service around the City of Doral.

City of Hialeah Free Transit System

Download App or call (305) 681-5757

<https://www.fl.gov/269/Transit>

The City of Hialeah transit system provides transportation through the City of Hialeah along two routes.

City of Homestead Trolley

Download app or call (305) 224-4775

<https://www.homesteadfl.gov/374/Homestead-Trolley>

The City of Homestead Trolley provides public transportation through the City of Homestead along three routes.

City of Miami On-Demand Transportation

(305) 416-1686

<https://www.miami.gov/Transportation-Roadways/Request-On-Demand-Transportation>

The On-Demand Transportation Service is a free transportation service provided by the City of Miami to the elderly and persons with special needs that are residents of the City of Miami.

City of Miami Beach On-Demand Transit Service for Seniors

855-918-3733

<https://www.miamibeachfl.gov/city-hall/transportation/on-demand-seniors/>

The City of Miami Beach launched an on-demand Freebee service for elderly residents (65 and older) living in affordable housing facilities throughout the City. Service is being

provided to/from approximately 40 elderly facilities located in South, Middle, and North Beach and the closest Publix supermarket or pharmacy. The service is also available to Miami Beach seniors who participate in any of the elder programs provided by UNIDAD, Jewish Community Services, or Little Havana Activities and Nutrition Center (advanced registration with Freebee is required).

City of Miami Springs Free Shuttle

<https://www.miamisprings-fl.gov/community/new-shuttle-bus-map-route-timetable>

The City of Miami Springs shuttle provides transportation through the City of Miami Springs.

Coral Gables Trolley

(305) 460-5070

<https://www.coralgables.com/department/parking-department/trolley>

The Coral Gables Trolley provides free transportation through Coral Gables Monday through Saturday from 6:30 a.m.-10:00 p.m. on two routes.

Easy Card for non-county residents 65+

(786) 469-5151

<https://www.miamidade.gov/global/transportation/home.page>

Senior citizens 65 years old and over who do not reside in Miami-Dade County can ride on Metrobus and Metrorail at a discount fare with the Discount-Fare EASY Card.

Florida Department of Highway Safety and Motor Vehicles

(850) 617-2000

<https://www.flhsmv.gov/>

The FLHSMV mission is to provide highway safety and security and provides services such

as driver's licenses, car registration, and more.

Freebee On-Demand Car Service

Download the app or call (855) 918-3733

<https://ridefreebee.com/>

Freebee serves areas of Miami-Dade County including Aventura, Bal Harbour Village, Bay Harbor Islands, Biscayne Park, Brickell, Coconut Grove, Doral, Coral Gables, Doral Senior Service, Downtown Miami, Florida City, Homestead, Key Biscayne, Miami DDA, Miami Lakes, North Bay Village, North Miami, North Miami Beach, Pinecrest, South Miami, Surfside, West Miami, Hialeah, Palmetto Bay

Golden Passport

(786) 469-5151

<https://www.miamidade.gov/global/transportation/home.page>

Senior citizens and Social Security beneficiaries can ride Transit free with a Golden Passport EASY Card.

inDrive

Download the App

<https://indrive.com/>

inDrive is a ride-hailing service.

Jewish Community Services Senior Ride Transportation

(305) 673-6060

<https://jcsfl.org/programs/senior-ride-transportation/>

JCS' Senior Ride program provides independence and transportation to older adults, who are unable to use public transportation, to locations such as meal sites, doctors' offices in Miami Beach, and shopping centers in Miami Beach and North Miami Beach.

MetroConnect Mobile Application

Download app or call (786) 321-5842

<https://www.miamidade.gov/global/transportation/home.page>

MetroConnect provides an on-demand shared ride service that connects transit stations and nearby destinations within the service area.

Miami-Dade County Golden Passport

(786) 469-5151

TTY: (305) 468-5402

<https://www.miamidade.gov/global/transportation/home.page>

Senior citizens and Social Security beneficiaries can ride Transit free with a Golden Passport EASY Card.

Miami Gardens Express

(786) 279-1267

<https://www.miamigardens-fl.gov/233/Miami-Gardens-Express>

The Miami Gardens Express services Miami Gardens as a supplement to the Miami-Dade County transit system.

Miami Shores Shuttle

(305) 758-8103

<https://www.msvfl.gov/ShoresShuttle>

The Miami Shores shuttle provides transportation through the Village of Miami Shores.

NoMi Express Free Trolley (North Miami)

(305) 895-9872

<https://www.northmiamifl.gov/285/NoMi-Express-Free-Trolley>

The NoMi Express is a free community trolley service provided by the City of North Miami and funded by Miami-Dade County People's Transportation Plan.

North Bay Village Downtown Express

<https://northbayvillage-fl.gov/freebee-downtown-express/>

The North Bay Village Island Hopper is a free transportation service within North Bay Village.

Palmetto Bay I-Bus

(305) 259-1234

<https://www.palmettobay-fl.gov/1016/I-Bus-App-is-Here>

The Palmetto Bay I-Bus provides Palmetto Bay residents with transportation between Palmetto Bay and Dadeland Metrorail South.

Pinecrest People Mover

(305) 234-2121

<https://www.pinecrest-fl.gov/Resident/Village-Apps/Pinecrest-People-Mover>

The Pinecrest People Mover is a free transit bus service connecting the Village's neighborhoods and schools.

Virginia Gardens Free-Bee Shuttle

(305) 805-5010

<https://viriniagardens-fl.gov/residents/#1484889876180-efcd8ce8-c705>

The Free-Bee shuttle provides transportation through Miami Springs and Virginia Gardens.

Senior Ride Service

(305) 673-0133

<https://jcsfl.org/programs/senior-ride-transportation/>

The Senior Ride Service provides wheelchair-accessible transportation services on Miami Beach to those unable to utilize public transportation, including seniors 60+.

Special Transportation Service (STS) Reservations

305-871-1111

TTY: 1-800-955-8771 or Dial 711

<https://www.miamidade.gov/global/transportation/home.page>

STS is a shared-ride public transportation service of Miami-Dade County in compliance with the complementary paratransit service provisions of the Americans with Disabilities Act (ADA) of 1990. STS offers door-to-door transportation service from the main entrance of pick-up to the main entrance of drop-off locations

Sunny Isles Beach Shuttle

(305) 792-1711

<https://www.sibfl.gov/Resident-Services/Transportation/SIBshuttle>

The City provides free Community Shuttle Service 7 days per week with three lines running simultaneously for the convenience of residents and visitors.

VETERAN SERVICES

Homeless Veteran Care

(305) 541-5864

<https://www.va.gov/health-care/schedule-view-va-appointments/>

If you're homeless or at risk of becoming homeless, the VA offers many programs and services, including free health care, and can help you connect with resources in your community.

Miami-Dade County Veteran Services Program

(305) 756-2830

www.miamidade.gov/global/socialservices/home.page

CAHSD Veteran Services Program assists Veterans and their families (spouses, children, widows, parents of Veterans) with applying for Veteran benefits, claims and appeals to the United States Department of Veterans Affairs.

Sunny Isles Beach Nominate a Veteran

<https://www.sibfl.gov/Resident-Services/Living-in-Sunny-Isles-Beach/Nominate-a-Veteran>

The Veterans Wall at Heritage Park displays the names of Sunny Isles Beach residents that have served our country in the U.S. Military. You can nominate a veteran who resides in Sunny Isles Beach to have their name added to the wall.

Veteran Affairs Miami Health Care

<https://www.va.gov/miami-health-care/>

The Miami VA Healthcare System offers a wide range of health, support, and facility services for Veterans in South Florida.

Bruce W. Carter Department of Veterans Affairs Medical Center

(305) 575-7000

Homestead VA Clinic

(305) 248-0874

Miami Flagler

(305) 541-5864

Miami Vet Center

(305) 718-3712

VA Health Connect

(877) 741-3400

<https://www.va.gov/minneapolis-health-care/programs/va-health-connect/>

VA Health Connect creates access for Veterans who need quick, reliable healthcare services, but not in-person treatment

VA Mental Health Care

(305) 575-7000 ext.13050

<https://www.va.gov/miami-health-care/health-services/>

The VA offers mental health care including addiction and substance use care, mental health care, psychiatry, psychology, and suicide prevention.

VICTIM, SAFETY, AND EMERGENCY SERVICES

Advocates for Victims/Safespaces

<https://www.miamidade.gov/global/socialservices/home.page>

These spaces provide temporary emergency shelter, advocacy and supportive services to victims of domestic violence and their dependents.

Central

(305) 693-0232

North

(305) 758-2546

South

(305) 245-5011

Aventura CodeRED Emergency Notification System

<https://www.cityofaventura.com/258/CodeRED-Emergency-Notification-System>

CodeRed, the City of Aventura's community and emergency notification system, provides important notifications by the City's local emergency response team regarding emergency situations or critical community alerts (i.e. evacuation notices, bio-terrorism alerts, etc.).

Camillus House Project Phoenix

(786) 631-2245

<https://www.camillus.org/need-help/#1643231089231-bcc130e6-5cbe>

Project Phoenix provides human trafficking recovery for women over the age of 18 who are victims of human trafficking.

City of Coral Gables Hurricane Preparedness Guide

(305) 460-5401

<https://www.coralgables.com/department/emergency-management/preparing-hurricanes>

The official Coral Gables hurricane readiness guide in PDF format.

Community Action and Human Services Department Victims' Rights Brochure

<https://www.miamidade.gov/socialservices/library/victims-rights-brochure.pdf>

This brochure is being provided to assist with questions you may have regarding your rights as a victim or witness to crime.

Disaster Assistance

1-800-621-3362

www.disasterassistance.gov

The Disaster Assistance Improvement Program's (DAIP) mission is to provide disaster survivors with information, support, services, and a means to access and apply for disaster assistance through joint data-sharing efforts between federal, tribal, state, local, and private sector partners.

Do Not Call Registry

<https://www.donotcall.gov/default.aspx>

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls.

Emergency & Evacuation Assistance Program (EEAP)

(305) 513-7700

TTY: (305) 468-5402

https://www.miamidade.gov/global/service.page?Mduid_service=ser1470238193996672

The Emergency & Evacuation Assistance Program (EEAP) provides free evacuation assistance to eligible residents living in Miami-Dade County who need specialized transportation and/or sheltering or who would like to receive a wellness call after a disaster.

FEMA

1-800-621-3362

www.fema.gov

FEMA's mission is helping people before, during and after disasters.

Fire and Fall Safety Program for Older Adults

(786) 331-4820

https://www.miamidade.gov/global/service.page?Mduid_service=ser1633105665167327

The Fire and Fall Safety Program for Older Adults provides training to older adults free of charge and covering topics including kitchen fire safety, smoke alarms, home escape planning and fall prevention in the kitchen and bathroom.

Florida Abuse Hotline

800-962-2873

TTY: 1-800-955-8771

reportabuse.dcf.state.fl.us

The Florida Abuse Hotline accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.

Florida Domestic Violence 24 Hour Crisis Hotline

1-800-500-1119

<https://www.myflfamilies.com/services/abuse/domestic-violence/office-domestic-violence>

The Office of Domestic Violence is responsible for providing oversight on the administration of state and federally-funded initiatives designed to intervene and prevent domestic violence and support survivors and their families.

(FPL) Power Outages

1-800-468-8243

www.Fplmaps.com

FPL's Power Tracker is an online, interactive map that lets customers view outage and restoration information for their area.

Florida Special Needs Registry

<https://snr.flhealthresponse.com/>

The Florida Department of Health, in coordination with its county health departments and each local emergency management agency in the state, developed a registry for persons with special needs to register with their local emergency management agency to receive assistance during a disaster. The statewide registry provides first responders with valuable information to prepare for disasters or other emergencies.

Free Smoke Alarm and Installation

(786) 336-3473

https://www.miamidade.gov/global/service.page?Mduid_service=ser1675369018402136

The Miami-Dade Fire Rescue Public Education Bureau will provide free battery-operated smoke alarms and installation for homes of qualified residents living in unincorporated

Miami-Dade County while supplies last.

Gables Unique Identification During Emergencies (GUIDE) Registration

<https://survey123.arcgis.com/share/07faf5f930e24307b3bb209605c73884>

GUIDE is a voluntary program offered to residents with disabilities and/or qualifying circumstances who live within the City of Coral Gables.

Healthwatch Emergency Alert Response

(305) 573-6498

Healthwatch provides an at-home emergency response system to help get assistance quickly during a sudden emergency.

Inn Transition Program

(786) 293-3394

<https://www.miamidade.gov/global/socialservices/home.page>

Inn Transition Housing Program provides transitional housing opportunities to victims of domestic and their dependents.

Miami-Dade County Advocates for Victims/Safespace 24 Hour Hotline

Call or Text: (305) 679-0303

www.miamidade.gov/global/socialservices/home.page

Provides temporary emergency shelter, advocacy and supportive services to victims of domestic violence and their dependents.

Miami-Dade County Coordinated Victims Assistance Center

(305) 285-5900

www.miamidade.gov/global/socialservices/home.page

A Miami-Dade County one-stop, non-

residential center for victims of domestic violence, sexual assault, dating violence and human trafficking. The center provides on-site coordinated services in collaboration with community partners, faith-based organizations, universities, nonprofit agencies and other governmental agencies.

Miami-Dade County Emergency and Evacuation Assistance Program

Registrant Hotline: (305) 513-7700

TTY: (305) 468-5402

To sign up for alerts with EEAP

Call 311 or sign up online at

<https://www.miamidade.gov/global/emergency/home.page>

The Emergency & Evacuation Assistance Program (EEAP) provides free evacuation assistance to eligible residents living in Miami-Dade County who need specialized transportation and/or sheltering or who would like to receive a wellness call after a disaster.

Miami-Dade County Sherrif's Office

(305) 476-5423

For emergencies, please call 911.

<https://www.miamidade.gov/global/police/home.page>

The Miami-Dade Sheriff's Office (MDSO) will commit its resources in partnership with the community to promote a safe and secure environment, maintain order, provide for the safe and expeditious flow of traffic, and practice our core values of integrity, respect, service and fairness.

Miami-Dade County Sherrif's Office Special Victims Bureau

(305) 715-3300

<https://www.miamidade.gov/global/police/about-special-victims-bureau.page>

The Special Victims Bureau (SVB) is staffed 24 hours a day, seven days a week, to provide an immediate response along with swift follow-up criminal investigations to allegations of sexual and domestic crimes, child and elderly abuse, missing persons, and the enforcement of Federal, State and local regulations on sexual predators and sexual offenders.

Miami-Dade County Sherrif's Office Victim Advocates Services

www.miamidade.gov/global/police/home.page

The Sherrif's Office is committed to assisting victims of sexual and domestic crimes by facilitating services and serving as a liaison to community agencies and the criminal justice system.

RAPE Hotline

(305) 585-7273

Sexual Crimes Investigations Unit

(305) 715-3300

Domestic Crimes Investigations Unit

(305) 715-7200

National Human Trafficking Hotline

1-888-373-7888

Miami-Dade County Sheriff's Senior Citizen Programs

(305) 471-1730

https://www.miamidade.gov/global/service.page?Mduid_service=ser1705526953989194

The CEU conducts safety presentations at Senior Citizen Centers and Senior Adult Organizations on topics like identity theft and pedestrian safety for the elderly.

Mental Health and Suicide Prevention Lifeline

***988**

<https://988lifeline.org/>

The Lifeline has counselors available for those facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.

National Alliance on Mental Illness

(305) 665-2540

<https://namimiami.org/>

NAMI was founded with a mission to champion community awareness and education on mental health while providing dedicated support and advocacy for individuals living with mental health challenges and their loved ones.

National Domestic Violence 24 Hour Crisis Hotline

1-800-799-7233

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

The Helpline's advocates are here to listen without judgement and help you begin to address what's going on in your relationship. Their services are always free and available 24/7.

National Human Trafficking Hotline & Referral Directory

1-888-373-7888

or

Text "HELP" or "INFO" to 233733

<https://humantraffickinghotline.org/en>

This online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims and survivors of

human trafficking as well as those that provide resources and opportunities in the anti-trafficking field.

North Miami Beach Senior Reassurance Program

(305) 949-5500

<https://www.citynmb.com/161/Senior-Reassurance-Program>

The Senior Reassurance Program is designed to provide peace of mind and a sense of security for elderly or disabled individuals who cherish the independence of living alone.

North Miami Police Missing Persons Tracking & Recovery Program

(305) 891-0294 x21034

<https://form.jotform.com/241843424383053>

The Missing Persons Tracking and Recovery Program consists of a means for the North Miami Police Department to electronically track (with consent) persons with forms of dementia, or developmental disabilities, who have registered with the Department and are later discovered to be and are reported missing.

Office of the Attorney General

Medicaid Fraud: (305) 377-5800

Victims Services: (305) 377-5441

Attorney General Ashley Moody's Senior Protection Team is an intra-agency group of attorneys and investigators dedicated to stopping senior fraud and abuse.

Office of the State Attorney Elder Exploitation Unit

(305) 324-2610

<https://miamisao.com/our-work/victim-services/economic-crimes-unit/>

The unit is staffed by an Elder Exploitation Prosecutor and an Elder Victim Specialist who, with the assistance of the Chief of the State Attorney's investigation team, coordinate numerous elder financial exploitation investigations and prosecutions. These parties work with law enforcement and State agencies to provide community resources for senior citizens.

Office of the State Attorney Hate Crimes Unit Hotline

(786) 687-2566

<https://miamisao.com/our-work/victim-services/hate-crimes-unit/>

HCU works with community stakeholders and law enforcement partners to bring attention to these crimes and support affected communities. Additionally, Miami SAO has an assigned prosecutor on call 24/7 to assist law enforcement agencies in investigating potential hate crime incidents.

Palmetto Bay Senior Go-Bags

(305) 259-1234

<https://www.palmettobay-fl.gov/1581/Senior-Go-Bags>

The Village of Palmetto Bay Mayor and Council approved the "Senior Go-Bag" program to provide their more vulnerable population with pre-packed emergency kits to make it easier for Palmetto Bay's more vulnerable residents to safely weather a storm. The kits include an emergency radio, a first-aid kit, a miniature tool set, and other items that are good to have on hand when the weather turns rough.

Palmetto Bay Sleep Safely Program

(305) 259-1234

<https://www.palmettobay-fl.gov/1510/Sleep-Safely-Program>

The Village of Palmetto Bay Mayor and Council approved the "Sleep Safely" program that provides bed rails for senior citizens to prevent unintended falls during sleep. The bed rails are available FREE of charge for Palmetto Bay residents.

Survivor's Pathway

(786) 275-4364

www.survivorspathway.org

Survivors Pathway is a justice and healing center based in Miami-Dade County.

To obtain this information in an accessible format, please call (305) 375-3025.

To obtain more copies of this document, please call (305) 375-3025.

This resource guide is offered as a public service by the Elder Affairs Advisory Board.

Disclaimer:

The Older Adult Resource Guide represents the best efforts of the Elder Affairs Advisory Board to highlight the many organizations, businesses, and programs that serve the older adult population. We have made every effort to be as comprehensive as possible but understand that there may be omissions or errors. If there are omissions or errors, please contact us at Vanessa.Azzam@miamidade.gov or by phone at (305) 375- 3025. Additionally, this resource guide is offered as a public service by the Elder Affairs Advisory Board. Any views expressed by organizations included in this resource guide are their own.



Daniella Levine Cava
Mayor

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OUR FRIENDS IN THE COMMUNITY



Are you receiving the **Medicare** **benefits** you deserve?

Turning 65 or becoming
Medicare eligible and
have questions about
Medicare?

ESTA RECIBIENDO LOS
BENEFICIOS DE
MEDICARE QUE USTED
NECESITA?

Va a cumplir 65 años y
tiene preguntas acerca
de su cobertura de
Medicare?



For more information, please
call us for a no obligation
review of your options.

Llamos para mas información
o con cualquier pregunta acerca
de sus opciones!

**LUPE
BRUNEMAN**

*Advocate Health Advisors
Regional Manager of South Florida*

(786) 322-8633 (TTY:711)

Lupe.Bruneman@advocatehealthllc.com

This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 13 organizations which offer 200 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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We believe everyone deserves high-quality, coordinated care tailored to their own needs and preferences. From the initial call, we proactively engage with your clients and surround them with compassionate care, including flexible options like in-office and telehealth visits – even 24/7 doctors on call.

Our person-centered approach and relationship with you is how we deliver the high-quality, personalized care your clients deserve.

Dedicated Broker Support

Our dedicated Broker Support team is your partner at every step, helping you build strong, ongoing relationships with your clients.

Contact us today:
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888-640-0060



Asóciase con nosotros.



Cuidado personalizado y de alta calidad para sus clientes

Creemos que todos merecen recibir atención de alta calidad, coordinada y adaptada a sus necesidades y preferencias. Desde la primera llamada, nos involucramos de manera proactiva con sus clientes, brindándoles un cuidado compasivo que incluye opciones flexibles como consultas en la oficina y por telehealth, e incluso médicos disponibles las 24 horas, los 7 días de la semana.

Nuestro enfoque personalizado y nuestra relación con usted son la base de cómo proporcionamos el cuidado de alta calidad que sus clientes merecen.

Asistencia de un agente especializado

Nuestro equipo de asistencia especializado lo acompaña en cada paso del proceso, ayudándole a construir relaciones sólidas y duraderas con sus clientes.

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¿Va a cumplir 65 años o es nuevo en Medicare?

Nuestros planes priorizan sus necesidades y su presupuesto

Planes Medicare Advantage que ofrecen lo que usted necesita

El plan que elija puede marcar la diferencia. El plan Humana Gold Plus H1036-054C (HMO) es un plan Medicare Advantage diseñado para ofrecerle los beneficios adecuados según su presupuesto. Incluye lo siguiente:



Cobertura para servicios dentales de rutina

Subsidio de \$6,000 para gastar por año en cuidado dental preventivo cubierto, exámenes anuales, empastes, limpiezas, extracciones, radiografías, coronas, dentaduras postizas y más*



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Humana es una organización Medicare Advantage HMO, PPO y PFFS con un contrato con Medicare. La inscripción en cualquier plan de Humana depende de la renovación del contrato. Se aplica a Humana Gold Plus H1036-054C (HMO).

En Humana, es importante que usted reciba un trato justo. Humana Inc. y sus subsidiarias cumplen con las leyes federales de derechos civiles aplicables y no discriminan por motivos de raza, color, origen nacional, edad, discapacidad, sexo, orientación sexual, género, identidad de género, ascendencia, origen étnico, estado civil, religión o idioma. **Español:** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **繁體中文:** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **877-320-1235 (聽障專線: 711)**。



WHO WE ARE

At Family Medical Group, we provide comprehensive, high-quality, and accessible healthcare across South Florida. Our multispecialty team offers everything from primary care and urgent services to accident rehabilitation, pain management, and women’s health—all under one roof. We accept most major insurances and offer flexible self-pay options, including a \$39/month Family Medical Membership.

OUR SERVICES

Primary & Preventive Care

- **General Health:** Annual Checkups, Telemedicine, Women’s Health, Mental Health, Immigration, Work & School Physicals
- **Diagnostics & Screenings:** Blood Work, X-Rays, Ultrasounds, Doppler Testing, Osteoporosis Screening
- **Specialized Treatments:** Allergy Testing, Immunotherapy, PrEP (HIV Prevention), IV Therapy, Platelet-Rich Plasma Therapy
- **Non-Emergency Urgent Care:** Minor Procedures, Strep & Flu Treatment, Asthma Therapy, STD Testing
- **Aesthetic & Wellness Treatments**

INSURANCES

We accept any PPO and open-access insurances, including the following:

MEDICARE	MY BLUE
MEDICAID	COMMUNITY CARE PLAN
AETNA	OSCAR
AETNA CVS	PARTNERS DIRECT HEALTH
AETNA FIRST	SOLIS
AVMED	BLUE CROSS BLUE SHIELD
FLORIDA BLUE	MULTIPLAN
HUMANA MILITARY/	TRICARE EAST
UNITED HEALTHCARE	PROCURA MANAGEMENT INC.

OUR LOCATIONS

Coral Gables	Hialeah	Margate
Cutler Bay	Hollywood	North Miami
Dadeland	Homestead	Pembroke Pines
Doral	Kendall	West Palm Beach - Coming Soon!

CONTACT US

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“

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THANK YOU

TO OUR FRIENDS IN THE COMMUNITY





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