

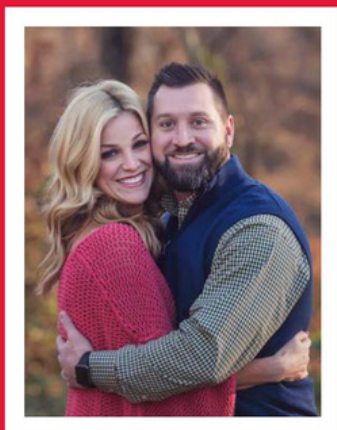


Member Resource Directory





Making *Life Easier*®



Owners Tatum & Jessica Owenby

In-Home Senior Care

Remaining in the comforts of your own home is as important to us as it is to you.

We strive to be the extended family when your family is unavailable. Our goal is to make life easier by keeping you as safe, comfortable, and independent as possible in your home.

homehelpershomecare.com/fortsmith

(479) 308-2588



OUR MISSION

Serve as a unified resource and advocate for regional senior citizens, formal and informal caregivers.

**Senior Care Alliance
PO Box 10474
Fort Smith, AR 72903**

**info@arseniorcarealliance.org
www.arseniorcarealliance.org
www.facebook.com/SeniorCareAlliance**

How Senior Care Alliance Enhances the Lives of Seniors

As we gracefully journey through the golden years, it becomes increasingly important to have a supportive community that understands and caters to the unique needs of seniors. In the heart of Fort Smith, Arkansas, the Senior Care Alliance has been diligently working since 2011 to create an exceptional senior care community. Comprising a diverse team of individuals, businesses, non-profits, and agencies, the Alliance is committed to advocating for seniors and family caregivers, providing valuable resources, and fostering a sense of unity within the community.

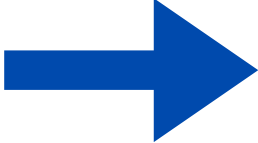
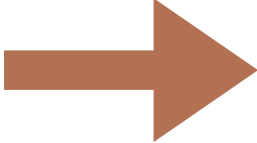
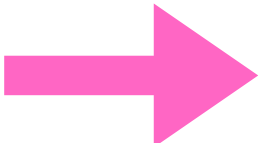
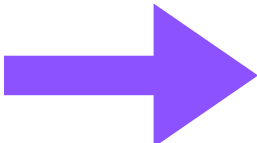


- Advocacy for Seniors and Family Caregivers
- Education, Resources, and Referrals Made Easy
- Recreational, Social, and Entertaining Events
- Building Networks for a Stronger Community



Color Key Code

**What level of care do I need? Look for Healthcare terms and definitions.
Match colored arrow to Provider Service.**

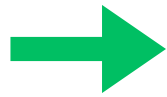
	Assisted Living Facility		Long Term Care
	Behavioral Health (geriatric health, mental health)		Memory Care Unit
	Elder Law Attorney		Miscellaneous
	Funeral Services		Inpatient Rehabilitation
	Home Care (Non-medical)		Outpatient Rehabilitation
	Home Health (skilled visits)		Respite
	Hospice care		Retirement Community
	Insurance		Skilled Nurse Facility

Understanding Provider Service and other definitions

See Healthcare Terms and Definitions

Access Home Health

4300 Rogers Ave, Suite 34-35
Fort Smith, AR 72903
479-441-5850



At Access Home Health, it's all about helping more people. Our local nurses, therapists, and support staff work together every day to deliver the high-quality healthcare you need in the comfort of home.

Area Agency on Aging of Western Arkansas

3600 Wheeler Avenue Suite 2
Fort Smith, AR 72901
479-783-4500
www.agingwest.org



AREA AGENCY
ON AGING
OF WESTERN ARKANSAS



OUR HEART IS IN YOUR HOME

Let AAAWA help you and your loved ones realize a better quality of life through individually tailored services. Proudly serving Western Arkansas since 1974.

- Hospice Services
- Transportation
- Victim Advocacy
- Senior Centers
- Caregiver Services
- Home Health
- Physical Therapy
- Affordable Housing

CALL TODAY



479-783-4500
800-320-6667



Visit our website:
agingwest.org



Senior Care Alliance a proud member



Brookdale Senior Living Fort Smith

www.brookdale.com

479-484-5556

5501 Duncan Road

Fort Smith AR 72903



BROOKDALE
SENIOR LIVING

When you're looking for assisted living or memory care, Brookdale Fort Smith has care options to meet your changing needs. Our community has the lifestyle you want, plus care if you need it, with bathing, dressing and managing medications. Our memory care residents benefit from a little extra support through gentle guidance and visual reminders. With several floor plans to choose from, including studio, one-bedroom and two-bedroom options, you'll be able to find just the right pet-friendly apartment to fit your style.

Assisted Living: Brookdale caregivers are available to provide assistance with daily living, balancing independence with assistance while delivering service with compassion, understanding and respect.

Memory Care: Our memory care program is deeply rooted in a person-centered approach. We offer the necessary resources and nurturing staff to care for those with Alzheimer's and other forms of dementia.

HEART HEALTH & BRAIN HEALTH

What is good for the heart is good for the brain.

Because wellness is everything, here's some guidance to help you achieve it.

- **Restful Not Stressful:** Practice gratitude and relieve stress. Establish a bedtime routine.
- **Regular exercise** can relieve stress, improve your mood, control your appetite, lower your blood pressure & give you more energy.
- **Stop smoking:** 'Cold Turkey', cut down the number of cigarettes you smoke until you stop completely, join a cessation program.
- **Manage diabetes:** Diabetes is a chronic disease. Manage blood glucose levels, enjoy healthy eating habits, control your weight, & regular exercise.
- **Control blood pressure:** Be responsible to take your medications, talk to your PCP about blood pressure management.
- **Protect your head:** Prevent an injury, do what you can to prevent falls.



Where Care
FEELS LIKE HOME



Services & Amentities



**24/7 SKILLED
NURSING CARE**
Round-the-clock
care from
dedicated team.



**RESPIRE
CARE**
Short-term stays
for you and relief
for your loved
ones.



**LONG-TERM
CARE**
Comfortable long-
term care in
a warm, supportive
environment
with all-private
rooms designed
for comfort and
dignity.



**REHABILITATION
SERVICES
(PT, OT, ST)**
Large therapy gym
featuring
exceptional physical,
occupational,
and speech therapists
focused on
restoring strength and
independence.



**BEAUTIFUL,
HOME-LIKE
ENVIRONMENT**
Luxury dining, on-site
beauty salon,
peaceful gazebo areas,
and a secure
walking trail designed
with resident
comfort and safety in
mind.



Schedule a tour today!

(479) 227-5551 | 9000 Hwy. 71 South,
Fort Smith, AR 72908



Scan to visit
our website!

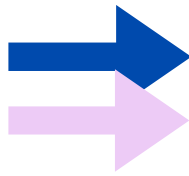
Brookfield of Fianna Oaks

2300 Fianna Oaks Drive

Fort Smith, AR 72908

479-649-7100

www.brookfieldseniors.com



BROOKFIELD
SENIOR • LIVING

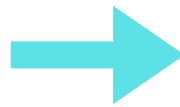
Our mission is to care for the physical, mental, and social well-being of our residents. We encourage the independence and individuality of each resident, all while providing personalized assistance to meet their needs. Our apartments are large, accessible, and all on the ground floor. We offer delicious, healthy dining options in a catered atmosphere. Live music, arts & crafts, and shopping outings are just a few of the enriching activities on our calendar.

City of Fort Smith

479-784-2262

UtilityPC@FortSmithAR.gov

www.fortsmithar.gov/ProjectConcern



YOU MAY QUALIFY FOR A DISCOUNT ON YOUR CITY UTILITY BILLS



Project Concern is a utility assistance program established by the **City of Fort Smith** to provide relief to low-income residential customers. If eligible, you can receive 50% off Water & Sewer services and 25% off Solid Waste services.



See if you qualify. Scan the QR code or visit
www.fortsmithar.gov/ProjectConcern



479-784-2262



UtilityPC@FortSmithAR.gov

Grandparent Scams

- If you get a call from someone who sounds like a grandchild or relative asking you to wire or transfer money or send gift cards to help them out of trouble, it could be a scam.
- Scammers make it seem like someone you know needs help. Meant to play on your emotions, this scam is among those commonly used to target older adults, especially during the holidays.
- **What to do:** Beware of a caller who insists on secrecy and contact your relative yourself or your bank to verify the story. If you can't reach them, try to get in touch with them through another trusted person, another family member, or their friends.

Elite Home Health

2904 Jenny Lind Rd
Fort Smith, AR 72901
479-494-7273



Elite Home Health is focused on helping patients recover from illness, injury, a medical procedure, or manage a chronic illness. Elite Home Health helps prevent unnecessary rehospitalizations, helps patients maintain their independence, and improves health and quality of life.

BE FAST

KNOW THE SYMPTOMS OF STROKE



Balance

Loss Of Balance, Dizziness

Unstable with less coordination, stumbling, unable to walk straight.



Eyes

Vision Changes

Blurred vision or trouble with eyesight in one or both eyes.

Squinting or rubbing their eyes, not able to read.



Face

Facial Drooping, Severe Headache

One side of the face is drooping or looks uneven.

Ask the person to smile and observe their face. See if the face droops on one side.

Pain or discomfort in the head, scalp, or neck with no known cause.



Arms

Weakness, Numbness

Lack of strength in arm or leg-especially on one side of the body.

A tingling feeling in the body (face, arm, leg) like pins or needles.



Speech

Trouble Speaking, Confusion

Unable to speak or slurred speech.

Unable to understand what is happening, can't think clearly or feel thrown off.



Time

To Call 911

These symptoms are not unique to stroke but if they are sudden & out of the ordinary, they may indicate a sign of stroke. Seek medical care immediately.

Senior Care Alliance Sweet Connections

Senior Care Alliance Members enjoy monthly visits at various Senior Citizens Centers in the River Valley. Times vary according to the Center schedule. We enjoy some activity with Seniors attending the Center & provide a SCA Bag filled with SCA Members Marketing information to further our Mission in education. Come join us monthly and enjoy some 'sweet connections.'

Encompass Health Rehabilitation Hospital of Fort Smith

www.encompasshealth.com

1401 South J Street

479-785-3300



We know that choosing where to receive care after a life-changing illness or injury is an important decision for you and your loved ones. At Encompass Health Rehabilitation Hospital of Fort Smith, we are committed to helping you get back to what matters most. Located in Fort Smith, we are a leading provider of inpatient rehabilitation for stroke, brain injury, hip fracture and other complex neurological and orthopedic conditions.

When you choose Encompass Health Rehabilitation Hospital of Fort Smith for your rehabilitation, you receive compassionate care from an expert team of physical, occupational and speech therapists; physicians; nurses; dietitians; pharmacists; and case managers who work together to create a plan to help you meet your unique goals.

At our hospital you will receive: three hours of therapy, five days per week, 24/7 nursing care, including nurses who specialize in rehabilitation, frequent visits from a physician. Each patient's recovery is different. At Encompass Health Rehabilitation Hospital of Fort Smith, our expert clinicians combine the latest technologies, real-world simulations and advanced therapies into a treatment plan that helps you achieve what's important to you. We are now offering inpatient hemodialysis.



Our hospital holds disease-specific care certifications from The Joint Commission for its stroke, hip fracture, and amputee rehabilitation programs. Referrals accepted from anyone. Call 479-785-8554 www.encompasshealth.com

First Light Home Care

2408 S 51st Court, Suite B

479-367-4601

www.firstlighthomecare.com



At First Light we are cherished for our outstanding caregiving services, and this is largely due to our special and detailed processes. We understand that every situation is unique, so we carefully select caregivers who truly fit your needs. We take the time to understand you, your family dynamic, and your individual requirements, and then we match you with the perfect caregiver. Our Fort Smith home care and senior care services are personalized to meet your specific needs. Contact us today to learn about how we take caregiving to a whole new level.

Heart of Hospice

1401 South Waldron Rd., Ste 201

Fort Smith, AR 72903

479-494-0100



Hospice care is available to patients with life-limiting illnesses who can no longer benefit from curative treatments and usually have a life expectancy of six months or less, as determined by a physician. Hospice focuses on patient/family-centered care that addresses the physical, spiritual, emotional, and practical needs of the patient. Services can be provided in the patient's home, nursing home or assisted living.

Home Helpers Home Care

1115 S Waldron Road

Fort Smith, AR 72903

479-316-4639

www.homehelpershomecare.com/fort-smith



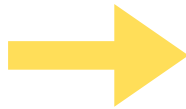
Home Helpers of Fort Smith In-Home care Services is more than an in-home health care agency; we're your extended family when the family can't be there. We're a locally owned, trusted provider of quality, compassionate in-home care, and we customize our home care solutions to your unique situation for an affordable solution that keeps your loved one where they're happiest: at home.

Romance Scams

- Scammers create fake online relationships to gain your trust and then ask for money or personal financial information.
- **Protect Yourself:** Never send money or share bank account numbers, credit card information, or your Social Security number with someone you've only met online or through social media. Be cautious with new online relationships.

Home Instead

2409 South 51st Court
www.Homeinstead.com
479-434-6960



Home Instead in Fort Smith, AR offers many different types of in-home care that can be individualized to meet the needs of your family members. All our highly trained Caregivers are bonded and insured for your peace of mind. Each Caregiver completes a comprehensive training program to deliver individualized senior care with compassion. "Care" simply means care that does not involve nursing-type activities. In home care provides practical support with a human touch. Our compassionate Caregivers assist clients with common activities of daily living like showering, cooking and much more. Call us today!

Hopes Creek Retirement Center

2502 Fayetteville Road
Van Buren, AR 72956
479-471-1900



Our aim is not only to meet & exceed the expectations of our residents, but to do so with compassion, sincerity and respect, while also honoring their individuality & independence. We believe that in order to Be Well, personal care and safety needs must always be met. We ensure this by putting the following four items into practice every day: Care, Safety, Service and Community.

Legacy Heights Memory Lane

1012 Fayetteville Road
Van Buren, AR 72956
479-262-6466



Enjoy luxury retirement living for one low, monthly cost. Legacy Heights is an upscale, all-inclusive retirement community that provides cooked meals, weekly housekeeping, paid utilities & more, all offered alongside the freedom of independent living. All the amenities we provide create more time for our residents to do things they enjoy most, without the responsibility of having to care for or maintain a home. We are an active & loving family that shares laughter & experiences. The independent residents at Legacy Heights feel a sense of belonging that comes with being surrounded by a neighborhood of friends.

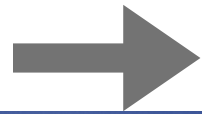
When a Telemarketer calls you, ask yourself:

Who is calling and why?

What's the hurry?

If it is free, why are they asking me to pay?

Don't give out your account information.



MEDICARE CAN BE CONFUSING **WE MAKE IT SIMPLE**



Your paragraph text

Medicare Specialist
of **Arkansas**

NON-GOVERNMENT ENTITY NOT AFFILIATED OR ENDORSED BY ANY FEDERAL AGENCY



(479) 237-7777

PRICE INSURANCE SERVICES

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JAYROE & ASSOCIATES

310 N BOSTON PL. STE. 1 RUSSELLVILLE



PHARMACY

- ✓ Long Term Care Insurance Billing
- ✓ Med Sync Program
- ✓ Travel Vaccines
- ✓ Fast Convenient Service



DME SERVICES

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- ✓ MEDICAL EQUIPMENT
- ✓ LIFT CHAIRS
- ✓ DIABETIC SHOES
- ✓ INCONTINENCE SUPPLIES

Call to
inquire if your
insurance will
cover these
items

COMPOUNDING

- ✓ Bio-identical Hormone Therapy
- ✓ Low Dose Naltrexone
- ✓ Vet compounds
- ✓ Topical pain management



Ask us
about other
compounding
options!

MediSav

HEMOCARE PHARMACIES

8820 Rogers Ave.
Fort Smith, AR 72903
479-452-0278

1910 South Zero St. Suite A
Fort Smith, AR 72901
479-646-2971

621 East Main St.
Charleston, AR 72933
479-965-2244

Mercy Crest Assisted Living

1300 Strozier Lane
Barling, AR 72923
479-478-3000
www.mercycrest.com



Discover compassionate, faith-based senior living at Mercy Crest Assisted Living in Barling, Arkansas—just minutes from Fort Smith. Nestled on 19 beautiful acres, our premier retirement community offers Independent Living, Assisted Living, Memory Care, and Respite Care in a warm, welcoming environment.

Our personalized care plans are tailored to each resident's unique needs and preferences, promoting independence while providing the support they deserve. Licensed and certified caregivers are available 24 hours a day to assist with medication management and activities of daily living.

Residents enjoy delicious home-style meals, transportation to medical appointments, weekly housekeeping and laundry services, and a full calendar of engaging social, recreational, physical, and spiritual activities.

At Mercy Crest, we're more than a senior living community—we're a family dedicated to helping every resident live with comfort, dignity, and purpose.

Mercy Rehabilitation Hospital

6700 Chad Colley Blvd
Fort Smith, AR 72916
479-957-1700



Rehabilitation
Hospital

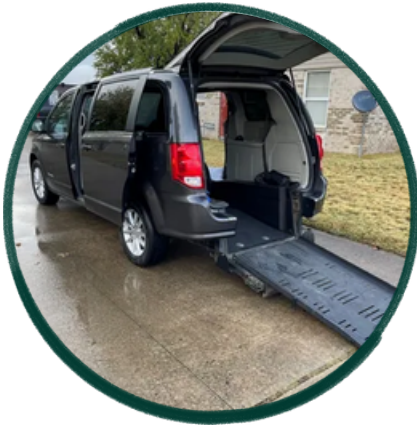
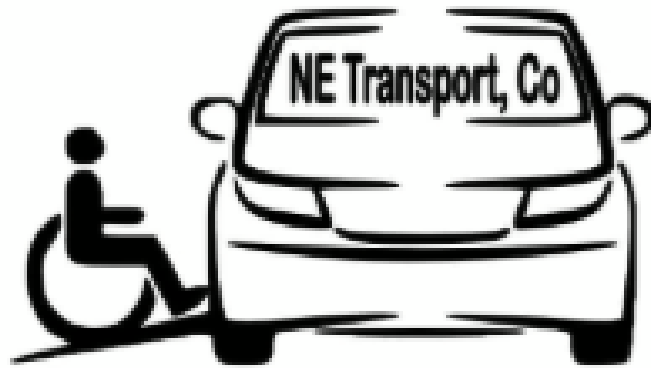
Mercy Rehabilitation Hospital is a state-of-the-art, 50-bed (all private rooms) inpatient acute rehabilitation hospital dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a severe injury or illness.

Mercy Rehabilitation Hospital strives to maximize the health, function, and quality of life of those we serve through comprehensive physical medicine and rehabilitation programs. Our rehabilitation programs provide ongoing care and specialized treatment to patients throughout their recovery journey. We offer customized, intense rehabilitation tailored to the individual needs of those recovering from stroke, brain injury, neurological conditions, trauma, spinal cord injury, amputation, and orthopedic injury.



Find us on Facebook
Senior Care Alliance

www.Facebook.com/SeniorCareAlliance



Top of the Line Equipment

NE Transport prides itself on staying up to date on the latest transport equipment to ensure the comfort and care of it's clients.



Helpful Staff

Our highly trained staff will ensure your loved one always arrives safe, comfortable, and on time.



Easy Scheduling

Making an appointment is only a phone call away. Tell us where and when and let our in-house dispatch take care of all the fine details.

NE Transport

Dispatch: 479-438-5815
netransportco@gmail.com

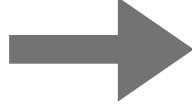
Local Insurance Advisors

Margie Partin

Licensed Insurance Agent

479-388-4155

margiepartin75@gmail.com



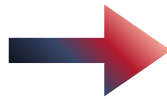
Providence Estate Planning & Elder Law

3223 Old Greenwood Road

Fort Smith, AR 72903

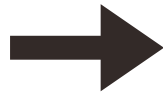
479-434-3531

www.providencefirm.com



RiverGlenn Cremation and Funeral Services

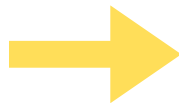
1805 North A Street
Fort Smith, AR 72901
479-551-0981



RiverGlenn
FAMILY FIRST | FAMILY FOCUSED
RiverGlenn.com
CREMATION | FUNERAL SERVICES
1805 North A St - Fort Smith, AR 72901 | PH 479.551.0981

Southern Caregivers

2801 Old Greenwood Road, Suite 15
Fort Smith, AR 72903
479-222-7775



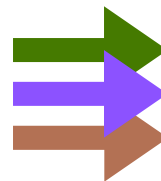
In-Home Personal Care. Taking care of your family

The Blossoms of Van Buren

2010 Main Street
Van Buren, AR 72956
479-474-6885

The Blossoms of Fort Smith

5301 Wheeler Avenue
Fort Smith, AR 72901
479-646-3454



Placing your loved one in a healthcare facility is a challenging decision. But at The Blossoms, we can help make that decision a bit easier. By delivering a care experience founded on total commitment to top-quality care, we help ensure your loved one can live life to their fullest capabilities. We provide short term and long-term care. The Blossoms has a secured memory care dividing men and women for specialty care.

Contact: Cassie Barnes at 479-670-0073 or fax 501-490-9771

The Oaks Health Care Center

1501 Clayton Avenue

Poteau OK 74953

918-647-8236

oakshealthcare.com



The Oaks Healthcare Center

Compassionate Care. Exceptional Outcomes.
A Place to Call Home.

At The Oaks Healthcare Center, we provide high-quality, personalized care in a warm, faith-centered environment. Whether you're here for a short stay or for the future, our dedicated team is here to support you every step of the way.

OUR MISSION
"To shepherd people for the glory of God."
We believe care is more than meeting medical needs—it's about serving others with compassion, dignity, and excellence.

OUR SERVICES INCLUDE:

- Skilled Nursing Care
- Long-Term Care
- Short-Term Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech-Language Pathology Services
- Hospice Care
- Respite Care for Family Caregivers

Skilled Nursing Care with a Higher Purpose
To shepherd people for the glory of God.

Experience the difference where healing, hope, and heartfelt care come together.

1501 Clayton Ave
Poteau, OK 74953

918-647-8236

Oakshealthcare.com

The Oaks Healthcare Center

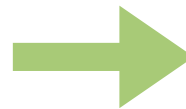
Thrive Neuro Therapy & Mobile FEES Swallow Diagnostics

2801 Old Greenwood Rd, Suite 14 Maybranch Square

Fort Smith, AR 72903

479.222.1425 phone

855.212.0581 fax



Helping adults with neurological conditions live healthier, more independent lives.

Thrive Neuro Therapy specializes in physical therapy, speech therapy, and swallowing therapy for adults with Parkinson's disease, stroke (CVA), traumatic brain injury, multiple sclerosis, and other neurological conditions.

Our experienced therapists provide personalized, evidence-based care to improve mobility, communication, swallowing, and overall quality of life. We are proud to be the area's only provider offering Flexible Endoscopic Evaluation of Swallowing (FEES) and AmpCare® therapy for dysphagia rehabilitation.

Our Mobile FEES Swallow Diagnostics service brings advanced swallowing evaluations directly to healthcare facilities while providing consultation and education for speech-language pathologists.

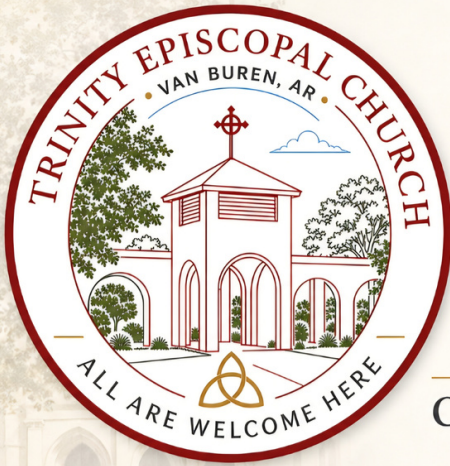
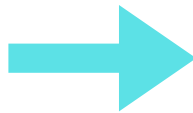
Compassionate Care. Advanced Technology. Better Outcomes.

Trinity Episcopal Church

918 North 9th Street

Van Buren, AR 72956

479-474-3144



A TRADITION OF
Faith, Community & Service

Trinity Van Buren is an Episcopal Church located in the heart of Van Buren, Arkansas, with a long-standing tradition of worship, community, and service.

The church has been a place of welcome *since 1844*, making it one of the older congregations in the area.

Over more than *180 years*, it has grown into a vibrant parish that blends historic roots with modern outreach, including being a proud supporter of Senior Care Alliance.

Come *worship*
with us!

IN PERSON
Sundays at 10am

UAMS/West Central Center on Aging

612 South 12th St.

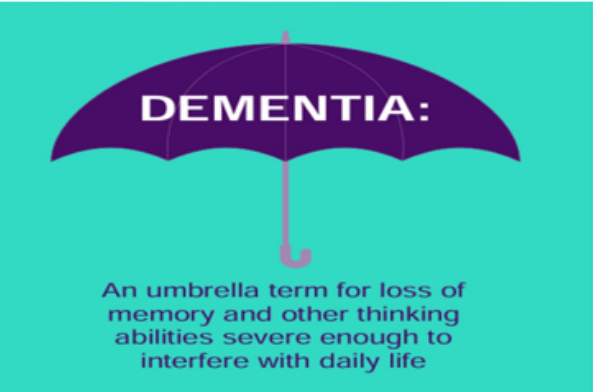
Fort Smith, AR 72901

479-478-8819

www.uamscenteronaging.org



UAMS WEST CENTRAL CENTER on Aging, offering FREE Community Programs for Older Adults and Family Caregivers throughout the 14-county service area served out of their office in Fort Smith. WEST CENTRAL CENTER on AGING'S mission is to improve health outcomes of older Arkansans through interdisciplinary clinical care and innovative education and exercise programs. The eight UAMS Centers on aging are funded by the Arkansas Tobacco Settlement funds and serve all 75 counties in Arkansas through free resources and services for older adults and their caregivers. UAMS WEST CENTRAL CENTER on AGING, YOUR CENTER FOR HEALTHY AGING!



Types of Dementia

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- Mixed dementia: dementia from more than one cause

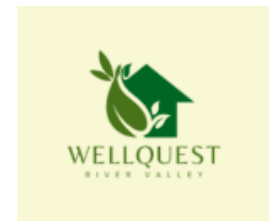
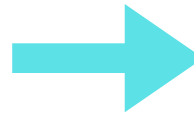
ALZHEIMER'S ASSOCIATION

Wellquest River Valley Pace

330 13th Street

Barling AR 72923

479-441-9491 www.wellquestpace.com



The PACE program was created to provide all-inclusive care for seniors to feel more independent, comfortable, and engaged in their own homes and communities. Our program comes with a dedicated team of healthcare professionals who have extensive experience working with older adults and can't wait to develop a personalized care plan tailored to your loved one's unique needs. Our services are meant to cover every avenue of health for all-inclusive care that adapts to each participant's needs. For older adults in need of care at home, at a PACE center, or inpatient facilities, we have a variety of services wherever your older adult receives care, including Adult Day Care, emergency and urgent care, transportation, respite care and support, preventative care, and more. PACE is a government-funded health and social services program that provides coordinated care for adults aged 55 and older who qualify for a nursing home level of care. To join the program, individuals must live within a PACE service area and be able to safely remain in their home or community with the help of supportive services

W M Health & Wellness

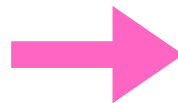
5101 Old Greenwood Road, Suite 105

Fort Smith, AR 72903

Phone: 479-274-8847

Fax: 479-668-4784

www.wmhealthwell.com



Who We Are?

- Compassionate, evidence-based mental health practice
- Rooted in worthiness, mindfulness, and wellness
- Dedicated to supporting healing, growth, and resilience
- Safe and supportive environment for navigating life's challenges and transitions

What We Do?

- Personalized 1:1 therapy (in-person and telehealth)
- Consulting and wellness initiatives
- Clinical supervision for LMSWs pursuing LCSW licensure
- Workshops, conferences, webinars, and speaking engagements



Healthcare Terms and Definitions

Activities of Daily Living	These six basic tasks are required to function in everyday life. If someone is unable to perform two or more of these functions, he or she may require assistance: Bathing, Continence, Dressing, Eating, Toileting, Transferring.
Advanced Directives	This form stipulates the individual's medical preferences in the event of a serious illness. An extra measure is to choose someone trustworthy to carry out these wishes.
Area Care Tech (ACT)	Patient care technicians are medical professionals who provide care to patients. ACT works under the supervision of a registered nurse or nursing team. They assist with taking vital signs, helping to move patients around a clinic, and more. ACT is trained by employers.
AR Choices	AR Choices is an Arkansas Medicaid program that includes home and community based services for adults ages 21 through 64 with a physical disability and seniors aged 65 and older. These services can offer help doing everyday activities that may now be challenging for you or a loved one. Some of these activities may be bathing, dressing, getting around in the home, preparing meals, or doing household chores. graph text
Assisted Living Facility	A residential option for seniors who need help with daily activities but do not require the intensive medical care provided in nursing homes. Assisted living facilities offer a combination of housing, personal care services, and health care designed to promote independence and enhance quality of life. These communities provide a safe and supportive environment where seniors can receive assistance with tasks such as bathing, dressing, medication management, and meal preparation while enjoying social activities and amenities.
Caregiver	Someone who helps another person accomplish basic everyday activities due to an illness, injury or cognitive impairment. A caregiver may be a friend, family member, or paid professional.

Certified Nurse Assistant (CNA)	Certified Nurse Assistants are medical staff that have completed a course and passed a written exam receiving certification. A CNA assists with nursing duties in patient care—this can include everything from help with grooming, bathing, feeding, and activities of daily living. CNA's work under the supervision of an RN or LPN.
Cognitive Impairment	A gradual or sudden decrease in a person's ability to think and reason. Generally, one or more of the following areas are affected: short- and long- term memory; awareness of people, place and time; reasoning and judgment.
Home Care	Home care is an option allowing older adults the choice to age in place at home with a specified level of care they need for safety, comfort and independence. This service will help with activities of daily living and light household tasks.
Home Health	Home health care is a wide range of health care services that can be given in your home for an illness or injury. This requires a physician or health care provider's orders to start care then the home health agency staff will talk to your doctor about your care and provide updated information about your progress. Nurses and therapists help patients manage their chronic conditions or recovery from illness, injury, surgery or hospitalization. ph text
Homemaker Services	Nonmedical, nominal support services provided by a professional or volunteer that help an older adult remain at home. Homemaker services may include meal prep, laundry, cleaning and supervising self-administration of medicine.
Hospice Care	At or near the end of life, hospice care is provided by professional medical staff to help make the individual physically, emotionally and spiritually comfortable
Inpatient Rehabilitation	A comprehensive, intensive therapy program provided in a hospital or specialized rehabilitation facility where seniors stay for a period. This type of rehabilitation is designed for older adults recovering from serious injuries, surgeries, or medical conditions such as stroke, joint replacement, or severe illness. The goal of inpatient rehabilitation is to help seniors regain their physical, cognitive, and emotional abilities to return to their highest level of independence.

**Interdisciplinary
Care Team (IDC)**

In healthcare, an interdisciplinary team comprises professionals from various disciplines who work in collaboration to address a patient with multiple physical and psychological needs. Example would be hospice care team consisting of nurse, aide, social worker, chaplain & volunteers. Generally, this team meets regularly to discuss patient care needs and the coordination of efforts toward shared treatment goals.

Living Will

A legal document that expresses the individual's wishes for life-sustaining medical treatment. This document is completed by the individual before any illnesses occur.

**Long Term
Care (LTC)**

LTC helps both the medical and non-medical needs of people with chronic illness or disability who cannot care for themselves for long periods. Medicaid does cover nursing home care for individuals Arkansans who meet both medical needs and financial criteria. Must complete a LTC Medicaid application & submit to DHS for approval. Most LTC facilities will accept LTC Medicaid pending.

**Long Term
Care Insurance
(LTCI)**

This is an individual insurance policy that may help you when you are unable to take care of yourself due to prolonged illness or disability. This policy may pay for skilled, intermediate and custodial care in a nursing home setting. Some policies may pay for home health care or assisted living care. These policies are often a fixed amount per day or per visit to facilities or caregivers that are licensed by the state and/or participate in Medicaid and Medicare.

**Long Term Care
Ombudsman**

Each state appoints an official to help protect the public's interest by resolving complaints and investigating substandard care services. The state ombudsman advocates for quality care and can help individuals and families locate services. text

Memory Care

Memory care is a specialized care for people with memory issues, such as Alzheimer's and other forms of dementia. Memory care facilities provide safe and secure environments where staff can closely monitor the health of the residents. Memory care can be offered as a part of assisted living facilities, nursing homes, or stand-alone facilities.

**Occupational
Therapy**

A type of therapy focused on helping seniors maintain, recover, or improve their ability to perform everyday activities. Occupational therapists work with older adults to develop personalized plans that address physical, emotional, and social challenges. This therapy aims to enhance the quality of life by promoting independence in daily tasks such as dressing, cooking, and grooming, and may include exercises, adaptive equipment, and home modifications to support these goals.

**Outpatient
Rehab**

A type of rehabilitation service where seniors visit a clinic or therapy center for treatment sessions without staying overnight. Outpatient therapy is designed for older adults who need ongoing physical, occupational, or speech therapy but do not require the intensive, 24-hour care provided in inpatient settings. This flexible option allows seniors to receive necessary treatments while maintaining their regular daily routines and living at home.

**Palliative
Care**

Consulting provider that focuses on the quality of life for patients dealing with the symptoms and stress of a serious advanced illness. This care can be provided along with curative treatment.

**Personal
Emergency
Response System
(PERS)**

The PERS is an in-home, 24-hour electric support system with two-way verbal and electronic communication with an emergency control center. PERS enables the elderly or homebound individual to secure immediate help in the event of a physical, emotional or environmental emergency.

**Physical
Therapy**

A therapeutic discipline focused on improving seniors' physical function and mobility through targeted exercises, manual therapy, and various treatment modalities. Physical therapists work with older adults to alleviate pain, restore physical function, prevent disability, and promote overall fitness and wellness. This therapy is crucial for seniors recovering from injuries, surgeries, or dealing with chronic conditions that affect movement and balance.

Plan of Care

Nursing care plans are an essential tool within the nursing process to organize high quality patient care.

POLST form

A Physician's Orders for Life sustaining treatment is a new advance care planning tool that helps ensure treatment preferences are honored in end-of-life situations. This document informs medical providers whether to perform lifesaving procedures during serious illnesses. Preferences for life-saving treatment---such as CPR, artificial nutrition and intubation—are some decisions that can be made in a POLST document.
<https://polst.org>

**Power of
Attorney
Financial &
Healthcare**

This document should be completed ahead of time. This form appoints a designated person to act on an individual's behalf in private affairs such as signing checks or making financial decisions. This grants authority for a person to make decisions on another's behalf. Such decisions may include matters related to medical treatment and living arrangements.

**Patient Care
Aide (PCA) or
Personal Care**

This is a type of caregiver who directly supports patients in a variety of medical settings. PCAs are typically unlicensed and do not have as much training as certified nursing assistants (CNA). Most often, the employer has trained the PCA in their own orientation or training class. PCA's often work under the supervision of nurses and primarily assist patients with activities of daily living.

Respite

Respite provides temporary relief to a primary caregiver who is providing long-term care for individuals in their homes. It may be provided outside the client's home to meet an emergency need.

**Retirement
Community**

A retirement community is a residential neighborhood of retirement-age adults who, by and large, can take care of themselves. Many retirement communities are open to age 55 years or older and offer more independence and privacy than a skilled facility. Often with retirement communities you have no worries about lawn care and are offered three meals per day in a dining room socializing with others.

**Senior
Behavioral
Health**

Senior Behavioral Health may sometimes be called Inpatient Geriatric Psychiatric Treatment. This type of care is for Seniors ages 55+ who are experiencing a change in behavior, psychiatric crisis, or acute mental health symptoms. An interdisciplinary team of nurses, social workers, therapists and psychiatrists formulates a treatment plan specific to the needs of each patient. Admission is pre-approved by the Senior Care and contingent on medical clearance, which may be determined through the emergency department.

**Skilled Nursing
Facility (SNF)**

A licensed healthcare facility that provides a high level of medical care and assistance with daily activities for seniors with serious health conditions. Skilled nursing facilities offer 24-hour supervision and care from licensed nurses, along with a range of rehabilitation and therapeutic services. These facilities are designed for seniors who require ongoing medical treatment, close monitoring, and support with activities of daily living.

**Speech
Therapy**

A therapeutic service designed to help seniors improve their speech, language, communication, and swallowing abilities. Speech-language pathologists (SLPs) work with older adults who may have experienced changes in these areas due to stroke, dementia, Parkinson's disease, or other medical conditions. The goal is to enhance communication skills, promote safe swallowing, and improve the overall quality of life.

**Targeted Case
Management**

These services are provided by a healthcare professional and include the assessment of abilities and needs, coordination of services, and on-going monitoring of the condition of the client as well as the quality of services being delivered by the various other providers. This is a Medicaid program so you must qualify financially.

**Veterans
Assistance (VA)**

This term refers to various programs and services that help veterans and their families. Some examples of veteran assistance are monthly payments for wartime veterans & survivors with limited or no income, VA based home loans and housing grants, health care and mental health services, non-medical counseling and support, disability care and education.

Support Group Meetings

ALZHEIMER'S ASSOCIATION SUPPORT GROUPS

RIVER VALLEY

UAMS West Central Center on Aging

Meets 2nd Tuesday of the month

12:00 p.m.-1:00 p.m.

Forth Smith Public Library | David Room | Main Branch

Crawford County Support Group

Meets 1st Tuesday of the month

5:00 p.m.-6:00 p.m.

**Legacy Heights Memory Lane
1012 Fayetteville Rd, Van Buren**

Sebastian County Caregiver Support Group

Meets 2nd Monday of the month

5:00 p.m.-6:00 p.m.

**Mercy Crest Assisted Living
1300 Strozier Lane, Barling**

VIRTUAL Caregiver Support Group

Meets 1st Tuesday of the month

6:30 p.m.-7:30 p.m.

Call 1-800-272-3900 to register

AMPUTATION SUPPORT GROUP



LAST TUESDAY OF EACH MONTH

5:30 – 6:30 PM

**MERCY REHABILITATION HOSPITAL
6700 CHAD COLLEY BLVD
FORT SMITH, AR 72916**

**ALL PATIENTS AND THEIR FAMILIES, FRIENDS, AND
CAREGIVERS ARE WELCOME TO ATTEND!**

FOR MORE INFORMATION CALL 479-653-0861



GRIEVING TOGETHER SUPPORT GROUP

Grief can be a disorienting time. When someone close to you dies, the world can seem like a very different place. For many it can be an isolating time when it is hard to find someone who can relate to your experience. The Grieving Together Support Group offers a time to connect with other people who are also facing grief. Learn about what to expect when you are grieving and share your story as others share theirs with you.



MONTHLY GROUP

3 PM – 4 PM

SECOND MONDAY
OF EACH MONTH

A time to connect. ♥ A place to heal. ♥ You are not alone.



HEART OF HOSPICE

1401 S. Waldron Road, Suite 201
Fort Smith, AR 72903

You are not alone. ♥
WE ARE HERE TO WALK WITH YOU.





Southern Caregivers

In-Home Personal Care

- Bathing/Grooming/Hygiene
- Transferring/Positioning
- Laundry/Ironing
- Light Housekeeping
- Transportation
- Alzheimer's/Dementia Care
- Companionship
- Shopping/Errands
- Medication Reminders
- Meal Preparation



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Care



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comfort and freedom.



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deserve.



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