

# SERVICES GUIDE



**LifeStream**  
For the young at heart.®

## Who We Are

LifeStream Services is an Area Agency on Aging and East Central Indiana's Aging and Disability Resource Center. LifeStream provides programs and services to help older adults and people with disabilities remain independent and active in their homes and communities.

## Our Mission

*Provide the right information, resources, and support for improving quality of life and maintaining independence for older adults and those with disabilities.*

## Office Locations

### Headquarters

1701 Pilgrim Blvd.  
Yorktown, IN 47396

### Pendleton

1 Plaza Dr., Suite 6  
Pendleton, IN 46064

### Richmond

2404 National Rd. West  
Richmond, IN 47374

## Connect With Us



800-589-1121



@lifestreamservices



[lifestreaminc.org](http://lifestreaminc.org)

## Getting Started



Are you or someone you know in need of services but don't know where to begin? Are you frustrated with the current process of finding assistance in maintaining your independence?



**Call LifeStream Services.** First, we will determine if a home visit is needed. Then, an Options Counselor will receive this information, assess the individual's needs, and assist in meeting those needs. The Options Counselor will call to schedule a home visit with the individual. This occurs in 2 to 5 days.



A home visit is made with the individual. During the visit, the individual will be asked questions and will choose providers for the services they will receive. Then, the home visit documentation is completed and a care plan is developed, approved, and implemented. This occurs in 2-30 days.



Services will begin as soon as possible. The case is then transferred to an in-home care manager, who makes a 30 day follow-up call and completes a home visit every 90 days. Services are monitored and adjusted as needed on an on-going basis.

# Programs & Services

## **INFORMATION and ASSISTANCE**

Information and Assistance is the first line of communication with the caller and our agency. Callers who are interested in learning what services or programs they may qualify for will be assessed by an I&A Options Counselor to determine if a home visit is needed. I&A can provide callers with a variety of information on health and human service groups and agencies. If LifeStream doesn't offer the service you require, then we can connect you with the organizations that do.

## **CARE MANAGEMENT and OPTIONS COUNSELING**

In-Home Care Managers and Options Counselors help individuals connect with the care they need and deserve. They assess the individual's needs, identify funding sources for services, provide choice of in-home service providers, authorize delivery of service(s) and follow up with individuals to make sure they are getting the level of care they need and they are satisfied. Options Counselors also assist with transition from nursing facilities back into a residential setting, and assist with exploring options for care.

## **IN-HOME SERVICES and SUPPORTS**

In-home services and supports are provided through a person-centered approach. Available services include attendant care, home and community assistance, respite nursing, respite home health, personal emergency response systems, adult day services, assisted living, home modifications, and a variety of other specialized services to meet the needs of the individual. LifeStream partners with over 60 providers in the area to provide quality in-home services and supports.

## **GUARDIANSHIP**

LifeStream's guardianship services help people who don't have family or friends to help take care of their well-being. Guardianship Care Managers have several years of experience in helping those who can no longer take care of their private affairs. LifeStream serves as guardians for more than 40 individuals through a state-supported program.

## **STEP In LifeStream Caregiver Programs**

If you step in to provide help or assistance to a friend, family member, or loved one – you're a caregiver. LifeStream Services can help with support, transitions, education, and planning for those who STEP In to caregiving.

LifeStream's STEP In Caregiver Programs are a comprehensive way to educate and support family caregivers, care partners, and people with care needs. Caregiver Memory Kits, resource binders, support groups, and evidence-based programs are just a few of the ways LifeStream is here to help you STEP In to caregiving.

For more information on special caregiver events, including Memory Cafés, local support groups, and National Caregiver Month programming every November, please visit [lifestreaminc.org/calendar](http://lifestreaminc.org/calendar) or email [stepin@lifestreaminc.org](mailto:stepin@lifestreaminc.org)



# Nutrition & Wellness

## SENIOR CAFÉS

LifeStream has 21 senior cafés throughout East Central Indiana. Lunch is provided on a donation basis to those who are 60 years of age and over and their spouse. Those under 60 can enjoy a meal for a small fee. In addition to a meal, the sites provide activities and opportunities to engage with other older adults.

## HOME DELIVERED MEALS

LifeStream Services can deliver meals right to your door if you live in East Central Indiana. Home-bound individuals ages 60 and older may qualify to receive a meal at home on a donation basis.



## WELLNESS PROGRAMS

LifeStream has programs available to promote health and wellness among older adults, people with disabilities, and their caregivers. Programs include:

- **A MATTER OF BALANCE:** An 8-week group class emphasizing practical strategies to reduce fear of falling and increase activity levels.
- **GERI-FIT:** a 45-minute video-led strength training class for older adults. A virtual option is available to do from the comfort of your home.
- **Healthy Eating Every Day:** a unique behavior-change nutrition program focusing on the underlying causes of unhealthy eating.
- **HOMEMEDS:** A free and convenient review of all your medications by a trained professional.
- **WISE:** The Wellness Initiative for Senior Education class includes information on how to age well.

# Transportation

LifeStream Services provides transportation or provides the contact information for those that do in all twelve of our counties. Whether it's a ride to the grocery store, a trip to the doctor, or a ride to the park, LifeStream Services can get you where you need to be in East Central Indiana. See the list below for LifeStream transportation options in your area.

## THE NEW INTERURBAN

The New InterUrban is a rural transportation service open to people of all ages. For more information and to schedule a ride in the counties listed below, please call 888-589-1121.

- **Blackford County**
- **Jay County**
- **Henry County**
- **Randolph County**

## SENIOR RIDES

For more information and to schedule a ride in the counties listed below, please call 888-589-1121. Must be 60 years of age or older to ride.

- **Delaware County**
- **Grant County**

## SENIOR CENTERS

For more information and to schedule a ride in the counties below, please contact your local senior center for transportation options.

- |  |                                       |
|--|---------------------------------------|
| • <b>Fayette County</b><br>765-827-1511  | • <b>Union County</b><br>765-458-5500 |
| • <b>Franklin County</b><br>765-647-3509 | • <b>Wayne County</b><br>765-983-7227 |
| • <b>Rush County</b><br>765-932-2935     | 765-458-5500                          |

*\*LifeStream Services does not provide transportation services in Madison County. Please refer to our website for transportation options in this area:*  
[lifestreaminc.org](http://lifestreaminc.org)



# Special Initiatives



## DEMENTIA FRIENDLY COMMUNITIES

LifeStream is part of the Dementia Friends Indiana movement and is dedicated to making our communities dementia friendly to help improve the quality of life for those living with dementia and their caregivers. Join the movement and help your community become dementia friendly by calling 800-589-1121.

## STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

LifeStream has trained SHIP counselors to assist those who need help navigating the complexities of health insurance, including Medicare, Medicaid, long-term financing options, prescription coverage, and more. This program offers free, unbiased health insurance advice and information.

## SPEAKERS BUREAU

LifeStream can provide speakers for area organizations who are interested in learning more about LifeStream's programs and services including fraud education, Medicare information, wellness classes, caregiver resources, and more. Speakers can be scheduled on the LifeStream website or by calling 800-589-1121.

## ANGELWISH

AngelWish is LifeStream's annual program designed to make the holidays brighter for older adults and people with disabilities who are alone during the holidays with doorstep delivery of gift bags filled with basic need items. Collection for this program is year-round.

## SENIOR SAFETY NET

LifeStream and Second Harvest Food Bank partner to provide senior food distributions in select communities in East Central Indiana. People who are 60 years of age or older are eligible to receive assorted foods. Proof of residence, need, or age is not required.

## FRAUD EDUCATION

LifeStream works to educate seniors and other at-risk individuals against the dangers of becoming a victim of fraud or scams. As participants in Senior Medicare Patrol, LifeStream offers a hotline for the community to reach out if they believe they are a fraud victim, as well as education at community events and presentations.

# Annual Events

## AGING WELL

Aging Well is an annual conference held in Muncie, Ind. This event includes educational breakout sessions specifically designed for healthcare professionals, veterans, wellness enthusiasts, and older adults. In addition, the conference welcomes a resource fair, keynote presentation, light breakfast, lunch, and networking opportunities. Past keynote speakers include Loretta Swit, star of the iconic series, *MASH*, and Karen E. Laine and Mina Starsiak Hawk, stars of the hit show *Good Bones* on HGTV.



## JOY GAMES

LifeStream Services partners with local organizations in Richmond and Muncie to host the JOY (Just Older Youth) Games. The event is three days of activities in which older adults can sign up to participate in a fun walk, chair volleyball, basketball, pickleball, and more.

## HEALTHY AGING EXPO

The Healthy Aging Expo held in Richmond, Ind. is in partnership with LifeStream Services, The Leland Legacy, Kicks96, 101.7 The Point, and The Legend 95.3. The event features over 70 informational booths, demonstrations from local experts, complimentary lunch, door prizes, and more. The event is free to attend.

## FALL FESTIVAL

This annual event is held in September at the Treaty Line Pioneer Village in Liberty, IN. The Fall Festival welcomes older adults to enjoy a health fair, live music, bingo, car show, crafts, pontoon boat rides, and more.

## LIFESTREAM GOLF OUTING

The annual LifeStream Golf Outing is held in Yorktown, Ind. at the Players Club. This event helps raise funds to continue providing programs and services to older adults and people with disabilities.

# Supporting LifeStream



## **VOLUNTEER**

LifeStream's volunteer program coordinates volunteer opportunities in a variety of areas to help our community. The program matches students, adults and groups with community needs. Find a volunteer opportunity that fits your interests and your own schedule by giving us a call at 800-589-1121.

## **DONATE**

The number of individuals we can afford to serve is a fraction of those who need our services. While we receive federal and state assistance, those dollars do not cover the cost or allow us to help all of those in need. You can make a donation by visiting our website or by mail to our headquarters in Yorktown.

## **SPONSOR**

LifeStream partners with a number of organizations throughout East Central Indiana to bring the highest quality of services and opportunities to our community. LifeStream offers annual and event-based sponsorships. Please give us a call or visit our website for more details.

## **ADVOCATE**

LifeStream takes a leadership role in advocating on behalf of older adults and people with disabilities. We rely on individuals to help us be a voice for the most vulnerable and ensure people are living the quality of life they deserve. Stay up-to-date on current advocacy alerts and more by joining our advocacy e-news list by emailing [I&A@lifestreaminc.org](mailto:I&A@lifestreaminc.org).

