



The front cover is a copy of the painting entitled “Barnegat Light,” by Harriet L. Niblock. Harriet is a prolific painter (over 650 paintings so far), an older adult mental health consumer and a member of the Senior Advocacy Team. She is a vocal advocate for better mental health services for older adults in the Philadelphia area.

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## Preface

This booklet is a guide for helping older adults and their families and friends to understand how to keep mentally fit and to learn where they can get help if they are concerned about depression, anxiety, alcoholism or other mental health problems. It provides information about resources made for older persons who may need advice, counseling, support, advocacy or other help in Philadelphia.

This is the second guide that was created by the Delaware Valley Mental Health/Aging Advocacy Committee and the Senior Advocacy Team as part of their efforts to advocate for more accessible and appropriate mental health and substance abuse services for older adults. These groups participate in the Mental Health and Aging Advocacy Project of the Mental Health Association of Southeastern Pennsylvania. It also hosts a website, [www.mhaging.org/](http://www.mhaging.org/), which has many helpful materials including a place to download the resource guide.

Our intention is not to support or advocate for any one of the professional agencies listed in this guide. Inclusion does not imply our endorsement nor does absence imply our disapproval.

We would appreciate your comments and additions to the guide for future updates on our Web site. Send any comments to: Mental Health/Aging Advocacy Project, 1211 Chestnut Street, Philadelphia, PA 19107, 215-751-1800, ext. 266.

Here's to your good health,  
Mental Health and Aging Project

## **Acknowledgements**

The Mental Health and Aging Advocacy Project wishes to express its appreciation to all who made this guide possible. It wishes to recognize and thank Nicola Donlen for her tireless work in researching, writing and editing the document.

We thank the many resources from which we adapted information for this guide. We are also grateful to the many agencies and organizations named in this guide who serve older adults in our community.

There were many who helped contribute to and/or reviewed the contents of this guide, including Bonnie Gilbert, Trudy Persky, Esther Mathieu, Doris Loftin, Cynthia Zubritsky, Marian Mullahy, Deborah Sterne, Misa Romasko, Bill Krum, Sarah Nathan, Maria Brown, Mary Hurtig, Susan Rogers, Tom Volkert, the Senior Advocacy Team, the Philadelphia Corporation for Aging, the Philadelphia Office of Mental Health and the Mental Health Association of Southeastern Pennsylvania. Special thanks go to Michael Nathan for the cover design. In particular, the Mental Health/Aging Advocacy Project wishes to thank Eli Lilly and Company, who provided the funding for this resource guide.

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## **Mental Health and Mental Illness**

The United States Surgeon General's report on mental health describes good mental health as "the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and cope with adversity." Older adults experience many challenges and adjustments. Good mental health enables a person to face these changes and deal with them. This does not mean that an older person never experiences any problems or disease, but that symptoms are treated and controlled, and do not interfere with leading a rewarding life. Unfortunately, many older people still believe the myth that mental health problems result from personal failure or weakness. This stigma means that they may not want to admit that a problem or symptom exists, and do not seek help.

Mental illness is a health term used for a group of mental conditions that cause severe disturbances in thinking, behavior, feeling and relating, often resulting in a substantially diminished capacity to cope with the ordinary demands of life and distress. Mental illness can affect persons of any age and social strata and can occur in any family.

### **Older Adults and Mental Health**

Aging successfully should include good mental health.

A key to understanding the mental health needs of older adults is to recognize that physical health and mental health are very much interconnected. For instance, people who have physical problems like heart problems and diabetes are more likely to develop mental health problems. People with depression or anxiety are more likely to develop physical problems. In addition, older adults with mental health problems may experience them as physical problems such as lack of energy or stomach problems or difficulty concentrating. For this reason, many older adults and even health care professionals may mistakenly identify depression, anxiety and other mental health problems as physical troubles. It is no wonder that studies have shown that many older adults with depression spend as much as three times the amount of money on physical health care as older adults without depression.

In addition, many people mistake the symptoms of depression, anxiety and other mental health problems for the aging process itself. Unfortunately, many people think that confused thinking, irritability, depressed mood, and loss of energy are just signs that someone is getting older rather than signs that someone needs help. The truth is that normal aging involves changes, but most changes are gradual. The aging process does not cause sudden personality changes, loss of intellect, or confusion.

The following factors can interact with each other and lead to or escalate a mental health problem, such as anxiety or depression: Lack of basic nutrition, alcoholic beverages, prescription medications (some may cause depression or anxiety), over-the-counter drugs (some may interact with prescriptions), vitamins and herbal or other nutritional supplements, lack of exercise, the stress of change and loss, and physical illness.

**Some important tips for maintaining good mental health:**

- Be flexible and learn to adapt to changing circumstances.
- Use your mind and stay active.
- Use with care prescription or over-the-counter medications (such as tranquilizers, sleeping pills or alcohol).
- Get regular physical checkups.
- Set goals for yourself and work toward them.
- Check your general attitude: positive or negative? Have you laughed recently?
- Exercise regularly, eat nutritiously, and get adequate sleep.
- Learn the signs of depression; it is treatable.
- Avoid isolating yourself; isolation is a breeding ground for depression.
- Develop and maintain good relationships with others for support.

## Common Mental Health Concerns

### How do I know if I could benefit from professional mental health services?

The following is a list of questions that can help you determine whether you or someone you care about could use some professional help. All of the questions represent some important part of thinking or behavior that can be addressed through mental health/substance abuse services. A YES answer to one or more questions may suggest that you could benefit from a mental health assessment or intervention.

- Have I noticed a change in my behavior?
- Do I feel more disoriented, confused, or easily agitated than usual?
- Do I feel strong and repeated concerns about death or dying?
- Have I not been taking my medication for mental health problems as it is prescribed?
- Do I find myself arguing a lot with my family and my neighbors?
- Do I find myself in a bad mood more than usual?
- Do I avoid being with people and feel anxious when I talk with people?
- Do I feel pains and aches that don't have any medical basis?
- Have I more trouble functioning in the community than in the past?
- Do I find myself wandering around not sure of what I am doing or where I am going?
- Have I not been eating or caring for my personal hygiene?
- Am I suspicious of others, including my friends and family?
- Do I find no pleasure in doing things that I used to enjoy a great deal?
- Do I feel hopeless or worthless?
- Do I feel more nervous and worried than usual without any reason?
- Do I feel that it doesn't matter if I live or die?

### What are some of the common mental health problems of older adults?

The United States Surgeon General reports that while most older adults enjoy good mental health, nearly 20% of those 55 and older experience mental disorders that are not part of normal aging. The following are some of the most common disorders.

**Depression:** a disorder characterized by feelings of sadness and despair and ranging in severity from mild to life threatening. When a depressed or irritated mood goes beyond a temporary state and interferes with daily living for more than two weeks, it becomes a medical illness that needs to be treated.

*Signs of depression in older adults include* a persistent anxious or “empty” mood; sleeping too much or too little; reduced appetite and weight loss, or increased appetite and weight gain; loss of interest or pleasure in activities once enjoyed, including sex; irritability; restlessness; persistent physical symptoms that don't respond to treatment (such as

chronic pain or digestive disorders); difficulty concentrating, remembering or making decisions; fatigue or loss of energy; feeling guilty, hopeless or worthless; thoughts of death or suicide.

**Suicide:** the taking of one's own life. Older adults have the highest suicide rate in the country. About 17 older adults take their lives every day. Untreated depression can lead to suicide. One of the unique features of suicide in older adults is that they usually do not commit suicide impulsively. Another is that their attempts are often disguised, which leads to underreporting. There are many that silently give up on life and stop taking care of themselves.

*Signs of potential suicide in older adults include* talking a lot about suicide and the uselessness of living, having well-defined plans for suicide, a history of alcohol abuse and being depressed.

**Dementia:** a loss of mental abilities caused by the death or degeneration of brain cells that is not part of normal aging. Involves deterioration of certain functions: amnesia, apraxia (impairment of learned movements), agnosia (failure to recognize what is seen), and aphasia (inability to talk). The majority of dementia victims are older. The likelihood of developing dementia increases with age.

*Signs of dementia in older adults include* gradual memory loss, decline in the ability to perform routine tasks, disorientation, loss of language skills, impairment of judgment, and personality changes.

**Anxiety Disorders:** An inability to cope with normal fears and worries that interferes with daily living. It can take the form of panic attacks, physical symptoms, phobias, or general anxiety about living. It involves unrealistic or excessive anxiety about life circumstances.

*Signs of anxiety disorders include* restlessness, muscle tension, intense feelings of stress, obsessive-compulsive behavior. Sometimes physical signs may be confused with the signs of a heart attack, stroke or other medical emergencies.

**Alcohol Abuse:** the use of alcohol to such an extent that it causes physical or mental harm. It often involves needing to take more to have the same effect and having withdrawal symptoms when the person stops consuming. One third of older adult alcoholics develop the disease after age 45. Older adults are more affected by less alcohol because of slower metabolism and the use of medications.

*Signs of alcohol abuse include* incontinence, sleep problems, poor self-care, malnutrition and a withdrawal from activities.

**Misuse of Medications:** taking prescribed medications in the incorrect amount or dosage, or otherwise contrary to the doctor's order.

*Signs of misuse of medication include* falls, delirium, confusion, urinary incontinence, insomnia, weakness or lethargy, loss of appetite, changes in speech and depression.

## Helping Someone Who Has a Mental Health Problem

### Tips for supporting someone with a mental health problem

- Practice “active listening.” People are actively listening when they respond to someone in a way that shows that they have listened to what the person has said and understand how the person feels and what they are saying about themselves. A helpful way to do this is for the listener, having heard what the speaker has said, to then repeat, in the listener’s own words, what he or she thinks the speaker has said. The listener does not have to agree with the speaker—he or she must simply state what they think the speaker said. This enables the speaker to find out whether the listener really understood. If not, the speaker can explain some more.
- Another part of active listening is for the listener to reflect back the feelings that he/she heard from the speaker. For instance the listener might say, “It sounds to me that you felt angry or frustrated or confused when [a particular event] happened. Is that right?” The speaker, than can confirm or clarify how they feel. Often because of active listening, the speaker can feel that the listener understands, not only the facts of what happened but also the speaker’s inner feelings about the matter.
- If you are concerned that an older adult will not accept your help and that the person is in danger of hurting themselves or others, you can call the Mental Health Delegate at 215-685-6440. They may recommend that you fill out a petition for involuntary treatment for the person, also called a 302 petition. Visit [Legal Terminology](#) on our web site for more information on a 302 petition.
- If you are concerned that an older adult is being abused, neglected, exploited by someone or is self neglecting call Protective Services at 215-765-9033.
- Show concern and support

### How to Refer a Person for Help with a Problem<sup>1</sup>

Listen for signs and symptoms that a family member or someone else needs help you can’t provide (i.e., legal advice, financial advice, personal counseling). You can link the individual with resources that can help.

Be aware of agencies and resources available in your community. Get to know the professionals and volunteers in your community who can help. Find out what services they offer and what their limitations are. Assess what agency or community resource would be most appropriate to address the person’s (or family’s) problem. If you have questions about whether a given organization could be of help, call and ask!

Discuss the referral with the person or family. You might say, “I sense that you need help with \_\_\_\_\_. I think \_\_\_\_\_ organization can help you.” It’s even more useful if you can say, “I know of a family that went to \_\_\_\_\_ organization, and they found it to be very helpful.” In short, if you know of people who have been helped, share their experiences, but keep their names confidential.

Explore the individual’s or family’s willingness to make contact with the community resource. You might say, “Does it make sense to you to contact \_\_\_\_\_?” Or “How do you feel about seeking help from this agency?” If the person or family feels comfortable making the contact, simply urge them to do so.

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<sup>1</sup> Adapted from National Mental Health Association 1999; and *Act by Caring Today*, K-State Research and Extension, 1995.

If the person or family is unwilling to make the contact, or if there is some danger if action is not taken, you should take the initiative.

1. Call the agency and ask to speak with the intake worker (if there is one).
2. Identify yourself and your relationship with the person or family.
3. State what you think the person's or family's needs are.
4. Ask the agency what follow-up action they will take and what (if anything) you can do.

Try to find out whether the person or family contacted the resource and whether they were helped. Don't be nosy or pry for details - just make sure they know that you care and that you want them to get the help they need.

### **Coping with Challenging Behaviors**

When dealing with someone with mental health problems or substance abuse, try to find out what contributes to the situation. Taking a "detective's" approach may help to avoid or remedy a problem situation, or help you learn what solutions work best.

What can cause a problem behavior?

- Physical discomfort or pain
- Too much stimulation
- Unfamiliar people or places
- Complicated activities
- Communication problems
- Something, such as stress, "triggers" it.

### **Dealing with challenging behavior**

- Be calm and understanding.
- Be patient and flexible.
- Help the person try to name the feeling: "You seem angry."
- Don't argue, try to convince, or ask for an explanation.
- Is something wanted or needed? If so, acknowledge it and respond.
- Is the person confused about time or afraid of a sight or sound?
- Will changing the surroundings help? Is it too crowded? Noisy? Dark or bright?
- Don't take poor behavior personally; remember, it is a symptom of a disease.

*Afterward, ask yourself:*

- How can the problem be prevented next time?
- Did my response help? How?
- What can I do differently next time?

## Crisis Help in Your Community

If you feel that there is a crisis and that you or someone you know may be a danger to themselves or others, these may be helpful resources.

Hotlines:

Hotlines are telephone resources that can direct you to the help you need in a crisis. Most hotlines are available 24 hours a day. For more detailed information on each resource listed, please refer to the Index section of this guide.

\*Indicates agencies that have specific programs for older adults.

- Community Behavioral Health Hotline (For Medicaid participants) [www.phila-bhs.org](http://www.phila-bhs.org) 888-545-2600
- Older Adult Protective Services\*: [www.pcaphl.org](http://www.pcaphl.org) 215-765-9040  
Investigates complaints of elder abuse and neglect of individuals 60+.
- Philadelphia Mobile Emergency Team (MET) 215-685-6440
- Suicide and Crisis Intervention 215-686-4420

### Philadelphia Mobile Emergency Services

Mobile services are crisis services that will come to you. Emergency or crisis centers are places for you to go to get help. For more detailed information on each resource listed, please refer to the Index section of this guide.

- Consortium, Inc. (West Philadelphia) 215-596-8000
- Northeast Treatment Team (Northeast Philadelphia) 215-831-2863
- Northwestern Mobile Crisis Unit (Northwest Philadelphia) 215-248-6700
- Philadelphia Mobile Emergency Team (MET): 215-685-6440  
24 hours a day service that includes the mental health delegate.

## **Area Psychiatric Emergency Services**

- Bucks County Hotline: 800-499-7455  
[www.buckscounty.org/departments/mental\\_health](http://www.buckscounty.org/departments/mental_health)
- Chester County 610-918-2100
- Delaware County 610-447-7600
- Montgomery County 610-279-6100  
800-452-4189
  
- Southern New Jersey 856-428-4357

## **Crisis Response Centers (CRC)**

Crisis Response Centers are specifically set up for individuals who need emergency psychiatric treatment or substance abuse crisis. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Einstein CRC at Germantown (North) 215-951-8300  
1 Penn Boulevard, Germantown (City-wide for children)
  
- Larkspur CRC\* (Northeast) 215-831-6300  
Friends Hospital, 4641 Roosevelt Blvd, Phila. PA 19124  
[www.friendshospitalonline.org/crc.htm](http://www.friendshospitalonline.org/crc.htm)
  
- Mercy Hospital CRC (West/Southwest) 215-748-9525  
501 South 54<sup>th</sup> Street, Phila., PA 19143 [www.mercyhealth.org/](http://www.mercyhealth.org/)
  
- Pennsylvania Hospital CRC\* Hall Mercer 215-829-5433  
(Center City and South), 245 South 8<sup>th</sup> Street, Phila. PA 19107  
[www.pennhealth.com/pahosp/psychiatry/hall\\_mercer.html](http://www.pennhealth.com/pahosp/psychiatry/hall_mercer.html)
  
- Temple CRC (North)  
100 East Lehigh Avenue, Phila. PA 19125 215-707-2577

## Helplines

Helplines are telephone resources you may want to call for information. Helplines may not be available 24 hours a day. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies that have specific programs for older adults.

- Alcoholics Anonymous 215-923-7900  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)
- Alzheimer's Association Delaware Valley Chapter 866-224-5224  
[www.alz-delawarevalley.org](http://www.alz-delawarevalley.org) 215-561-2919
- Apprise Health Insurance Counseling 800-783-7067  
215-686-8462
- Center for Advocacy for the Rights and Interests of  
the Elderly\* (CARIE) [www.carie.org](http://www.carie.org) 215-545-5728  
800-356-3606
- Clinical Sentinel Hotline (for those in Healthchoices) 800-426-2090
- Commonwealth of Pennsylvania (handles consumer  
complaints about medical professions or businesses) 800-822-2113
- Contact Careline for Greater Philadelphia 215-879-4402  
[www.contactcareline.org](http://www.contactcareline.org) :
- Counseling/Crisis Helpline 215-649-5250
- Department of Veterans Affairs [www.va.gov](http://www.va.gov) 800-827-1000
- Health Law Project [www.phlp.org](http://www.phlp.org) 800-274-3258  
Helpline: 215 625-3663  
Main:
- Medicare Hotline\* [www.medicare.gov](http://www.medicare.gov) 800-medicare  
800-633-4227
- National Council on Aging [www.ncoa.org](http://www.ncoa.org) 800-424-9046

- Office of Fair Housing and Equal Opportunity 215-656-0647
- **PACE** - Pharmaceutical Assistance Contract for the Elderly\* [www.pahealthcoverage.com](http://www.pahealthcoverage.com) 800-225-7223
- Pennsylvania Department of Health (takes complaints about HMOs [www.health.state.pa.us](http://www.health.state.pa.us)) 888-466-2787
- Pennsylvania Insurance Department of Consumer Services [www.ins.state.pa.us/ins](http://www.ins.state.pa.us/ins) 215-560-2630  
Hotline: 877-881-6388
- Philadelphia Corporation for Aging (PCA) \* [www.pcaphl.org](http://www.pcaphl.org) Senior Helpline: 215-765-9040  
TDD/TYY: 215-765-9041
- Quality Insights Medicare Peer Review [www.qipa.org](http://www.qipa.org) 877-346-6180
- Social Security [www.ssa.gov](http://www.ssa.gov) 800-772-1213
- Survivors of Suicide 215-545-2242
- US Department of Housing and Urban Development: housing 800-669-9777
- Welfare helpline 800-692-7462

Where can I go for help when it is NOT a crisis situation?

If you have decided there is not a life or death crisis but that warning signs indicate you or another individual could benefit from treatment for a mental health problem, the following are some tips for getting help:

- It is important to know what medical insurance you have and its limitations. Refer to the [Financial section](#) of this guide.
- Telephone the insurance carrier to see what services are provided for older adults and if they have a network of providers in the area.
- Speak with your primary care physician and ask for help.
- If you are on Medical Assistance contact the behavioral health care agency in Philadelphia: Community Behavioral Health, 888-545-2600.
- If you or the person are homebound or would have difficulty traveling somewhere to get help, contact in-home services to come to your home. Refer to the [list of In-Home Services](#).
- Contact an assessment/treatment agency. Refer to a [list of Community Mental Health facilities](#), your [District Health Clinic](#) or a [Geriatric Psychiatric Assessment center](#).
- Contact the Philadelphia Corporation for Aging Helpline at 215-765-9040 for resources.
- Find mental health professionals in private practice. The yellow pages phone book has telephone numbers for mental health professionals under such sections as “Mental Health Centers,” “Mental Health Services,” “Psychologists/Psychotherapists,” “Social Workers,” and “Counselors.”
- The white pages provide public services in the blue section under “Mental Health.”
- Local social services organizations - such as Catholic Social Services, Jewish Family Services or Lutheran Social Services - can either provide counseling services or refer you to local mental health services.
- Contact local hospitals that may have mental health services or will be able to inform you of local mental health services.
- The Department of Veterans Affairs will provide information on services for those qualified to receive benefits.

## **Kinds of Treatment/Therapy**

What types of help are available for people to improve their mental health?

Most older adults who receive treatment for mental illness will get better. However, too many older adults don't get or complete their treatment because they don't understand how the treatment is supposed to work. The goal of treatment should be to provide care in the least restrictive setting that is appropriate for older adults, by people who understand and can treat their mental health needs.

Always remember that you are in charge of your own treatment. You have a right to know any risks and side effects that may be involved. Ask your doctor or therapist any questions you may need answered in order for you to have a full understanding of anything that is new to you. It may help to bring someone with you for support when seeking answers.

Treatment generally falls into two categories: outpatient and inpatient. Outpatient involves less than 24-hour care. Inpatient means 24-hour care. Refer to the sections on [Outpatient Services](#) and [Inpatient Care](#) for more information.

There are many forms of treatment. Listed are different kinds of therapy for older adults with mental health needs.

**Talking Therapy** involves talking with a mental health counselor alone or with a group. Talking about problems helps people understand themselves and learn more helpful ways of dealing with problems.

**Medication Therapy** involves the use of a medicine to help persons with mental or emotional disorders. Before taking a medication, the person should ask about risk, possible side effects and interaction with certain foods, supplements, alcohol or other medications. Medication should be taken in the prescribed dosage, at the prescribed intervals and should be monitored daily.

**Electroconvulsive Treatment (ECT)**, or shock treatment, is a controversial procedure that involves sending electrical shocks to parts of the brain. It is a treatment for major depression. ECT has some side effects, which may be severe, and must be carefully administered. Those who favor this treatment say it can have positive results when other therapies have not worked. Those who do not favor this type of treatment point to potential side effects such as short- and long-term memory loss and damage to the ability to retain new knowledge. There is also a risk of death.

**Adjunct Therapies** are additional therapies that can go along with the psychological therapies. These therapies include movement, art and music therapy.

**Substance Abuse Therapy** is offered at some inpatient facilities when there is a primary diagnosis of substance abuse. Other psychiatric facilities will treat for substance abuse but only as a secondary diagnosis. At these facilities, the primary diagnosis must be a psychiatric diagnosis.

### **Geriatric Outpatient Services- Description of Services**

Geriatric outpatient services provide less than 24-hour care by staff members who have been specially trained in geriatric psychiatry. Outpatient services range from very structured programs that meet all day every day to individual outpatient sessions that meet one hour per month. The following offers a brief explanation of these outpatient services.

A geriatric **Partial Hospitalization** program is an intensive, short-term form of treatment for individuals with acute psychiatric problems. The goal of this program is to prevent psychiatric deterioration, relapse and hospitalization. Typically, a geriatric partial hospitalization program includes individual and group sessions with therapists and staff who are trained and experienced in helping older adults with mental health needs. The program lasts for up to six hours per day, four to five days per week. It serves persons with moderate to severe behavioral health concerns who require more structure, support, and treatment than can be provided by other services.

A geriatric **Intensive Outpatient** program meets less often than the geriatric partial hospitalization program (from one to three times per week) and provides more long-term or maintenance treatment to older adult consumers of mental health services. It includes individual and group meetings with a therapist and staff who are trained and experienced in helping older adults with mental health needs.

**Psychiatric social rehabilitation** assists persons 18 years old or older with functional disabilities resulting from mental illness to develop, enhance, and/or retain psychiatric stability, social competencies, personal adjustment and/or independent living competencies so that they experience more success and satisfaction in the community and can function as independently as possible. These interventions should occur along with necessary clinical treatments and should begin as soon as clinically possible. A planned program of goal setting, functional assessment, identification of needed and preferred skills and supports, skill teaching and managing supports and resources is needed to produce the desired outcomes consistent with a person's cultural environment.

**Outpatient Counseling** services provide support and therapy in group or individual settings.

**In-Home Geropsychiatric Programs** are part of an effort to reach out to older adults who have difficulty accessing services. In-home geropsychiatric programs provide mental health services to people age 60 and older in their homes or community settings. The non-crisis services include assessment, treatment, referral, case management, and coordination with medical and service providers.

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## **Geriatric Outpatient Service Provider-**

The following agencies provide support and therapy in group or individual settings. We have divided up the providers in terms of Community Mental Health Centers, District Health Centers, In-Home programs and other outpatient services. Their location by area within Philadelphia has been provided in parenthesis ( ). Call for more specific information on fees, hours of operation, etc. Those with special services for older adults have an asterisk (\*)

**Community Mental Health/Mental Retardation Centers** (CMH/MRC) are publicly funded outpatient facilities. They offer a range of mental health treatment, including crisis intervention, though not all provide 24-hour services. Payment is on a sliding scale according to an individual's ability to pay. Philadelphia residents may seek services at any center in Philadelphia. For more detailed information on each resource listed, please refer to the Index section of this guide.

\*Indicates agencies with specific programs for older adults.

- Catch CMH/MRC\* (South) 215-735-7423
- COMHAR, Inc.\* (North) 215-203-3000  
TDD/TYY: 800-654-5984
- Community Council for CMH/MRC (West) 215-473-7033
- Consortium, Inc.\* (West, Southwest) 215-596-8000
- Hall Mercer CMH/MRC U of P (Center City, South) 215-829-5222
- Intercommunity Action, Inc. (Interac)(Northwest) 215-487-1750  
Intake: 215-487-1330  
TDD/TYY: 215-487-9529
- Kennedy CMH/MRC\* (Center City) 215-568-0860
- Northeast CMH/MRC\* (Northeast) 215-831-2863
- Northwestern Human Services at Knights Road (Northeast) 215-632-9040
- Northwestern Human Services of Philadelphia (Northwest) 215-248-6700

- People Acting to Help (PATH), Inc. (Northeast) 215-728-4600
- Dr. Warren E. Smith CMH/MRC:\*  
     Windrim Avenue (North) 215-455-3900  
     W. Lehigh Avenue (North) 215-226-7100

Some **District Health Clinics** offer mental health services for older adults in addition to providing primary health care. At the following centers a nurse specialist is available to assess needs, make referrals and provide treatment. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- District 4\* (West) 215-685-7600
- District 5\* (North) 215-685-2930
- District 9\* (North) 215-685-5701
- District 10\* (Northeast) 215-685-0600
- Maria de los Santos Health Center\* 215-291-2500

The following provide ***In-Home Services*** in Philadelphia. . In-home geropsychiatric programs provide mental health services to people age 60 and older in their homes or community settings. The non-crisis services include assessment, treatment, referral, case management, and coordination with medical and service providers. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- COMHAR\* Visiting Nurses 215-543-9020
- Counseling for Caregivers\* 215-371-1350  
800-995-8949
- Geriatric Counseling Service\* (North, Northwest, South) 215-487-1990
- HOPE\* (Homebound Outreach Program for the Elderly) (Northeast and homebound city-wide) 215-624-2795
- OATS\* (Outreach Assessment and Treatment Services) (North) 215-203-3000
- Visiting Nurses Association of Philadelphia\* (city-wide) 215-473-7600

The following provide a wide range of ***Outpatient mental health treatment***, including partial hospitalization, intensive outpatient, individual therapy and group therapy. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Albert Einstein Medical Center (North) 215-456-7240
- Belmont Center for Comprehensive Treatment\* (West) 800-220-4357  
Admission: 215-581-3941
- Catholic Social Service\* Jackson Street (Northeast) 215-624-5691  
18<sup>th</sup> Street (Center) 215-587-3900  
Casa Del Carmen 4400 North Reese St. (North) 215-329-5660
- Center in the Park (Northwest) 215-848-7722

- Chestnut Hill Hospital-Senior Behavioral Health Unit \*(Northwest) 215-233-6271
- Drexel University ( Center City) 215-762-6660
- Elderly Center for Behavioral Health- Roxborough Hospital\* (Northwest) 215-509-6800
- Elders Counseling and Family Services\* (Northwest) 215-886-2227
- Fairmount Behavioral Health System (Northwest) 215-487-4000  
Toll free 800-235-0200
- Friends Hospital\* (Northeast) 215-831-4600
- Friendship Support Group (North) 215-203-3027
- Geriatric Psychiatry Group of the Delaware Valley (City wide referrals for assessments) 215-629-0195
- Germantown Community Geriatric Intensive Outpatient (Northwest) 215-951-8154
- Girard Medical Center\* (North) 215-787-2000
- Holy Redeemer Hospital (North) 215-938-2860
- Horizon House\* (West) 215-386-3838
- Intercultural Family Services (West) 215-386-8490
- Jefferson Geriatric Unit\* at Wills Eye (Center) 215-503-1254
- Jefferson University Hospital\* (Center) 215-955-8420
- Jewish Family and Children Services (Northeast) 215-673-7741

- Kirkbride Center\* (West) 215-471-2488
- Memory Disorders Clinic:\* Bilingual site (North) 215-614-1829
- Memory Disorders Clinic\* (West) 215-662-7810
- Mercy Hospital (West) 215-748-9634
- New Life of Community Health Services, Inc. (Northeast) 215-708-1645
  - Northeast Psychiatric Associates of Belmont 215-827-1540
  - Penn Behavioral Health Contact Center 866-301-4724
- Philadelphia Center for Human Development (Northeast) 215-632-6400
- Philadelphia Mental Health Clinic (Center City) 215-735-9379
- Philadelphia Veterans Administration Medical Center (Center City) 215-823-4300
- Philadelphia Veterans Center 215-627-0238
- Philadelphia Veterans Multi Services and Education Center 215-923-2600
- Presbyterian Medical Center (West) 215-662-8747
- Reed Street Program\* (South) 215-551-3150
- Southeast Asian Mental Health Program at Hall Mercer (Center) 215-829-3478
- South Philadelphia Initiative 215-487-1990

- The Wedge Medical Center\* (North, Northeast) 215-276-3922

### Inpatient Services

**Geropsychiatric Inpatient** programs are specifically for older adults experiencing acute psychiatric or substance abuse symptoms requiring inpatient treatment. Many also provide comprehensive outpatient or inpatient evaluations. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Albert Einstein Medical Center (North) 215-456-8925
- Belmont Center for Comprehensive Treatment\* (West) 215-581-3775  
800-220-Help  
800-220-4357
- Chestnut Hill Hospital Senior Behavioral Health Unit\* (Northwest) 215-233-6271
- Consortium, Inc.\* (West) 215-596-8000
- Elderly Center for Behavioral Health\* (Northwest) 215-509-6800
- Fairmount Behavioral Health System (Northwest) 215-487-4000
- Friends Hospital\* (Northeast) 215-831-6300
- Girard Medical Center\* (North) 215-787-2000
- Holy Redeemer Hospital Geriatric Psychiatric Unit (North) 215-938-2860
- Jefferson Geriatric Unit\* Wills Eye Hospital (Central) 215-503-1254
- Jefferson University Hospital\* (Central) 215-955-8420
- Kirkbride Center\* (West) 215-471-2488
- Mercy Hospital (West) 215-748-9525
- Pennsylvania Hospital\* (Central) 215-829-5249

- Philadelphia Veterans Administration Medical Center (West) 215-823-4300
- Presbyterian Medical Center (West) 215-662-0874
- Temple University Hospital (North) 215-707-4545
- University of Pennsylvania Hospital\* (West) 215-662-2121

## **Support Services**

### **What other mental health/support resources are there for older people?**

Often distressed older adults have more than just mental health needs. The following are services that help support older adults in the community.

**Social Services** are services provided by the professional staff to support people in the community. These services can include substance abuse, help for mental illness and a wide range of needs, which can include information and referral, and support groups and education. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Aid For Friends 215-464-2224
- Alzheimer's Association 215-561-2919
- Behavioral Health Care Education 215-842-4340
- Center for Advocacy for the Rights and Interests of the Elderly\* (CARIE) 215-545-5728  
800-356-3606
- Catholic Social Service\*
  - Jackson Street (Northeast) 215-624-5691
  - N. 18<sup>th</sup> Street (Center) 215-587-3900
  - Casa Del Carmen (North) 215-329-5660
- Center in the Park Senior Center 215-848-7722
- Community Choice Program – services to prevent institutionalization in a nursing home 888-482-9060

- Customized Community Transportation\* (CCT Connect), SEPTA customer service: 215-580-7145
- Drexel University College of Medicine Behavioral Health Care Education 215-842-4344
- Emergency Shelter and Service 215-686-7150
- Family Caregiver Support Program (FCSP) 215-765-6580
- Griswold Special Care (in home care) 610-645-5567
- Housing Consortium for Disabled Individuals 215-528-5056
- Institute on Aging,\* University of Pennsylvania 215-898-3163
- Intercommunity Action, Inc.\* (Interac) 215-487-1750
- Intercultural Family Services 215-386-8490
- Jaison Center\* 215-224-9528
- Jewish Family and Children Services in the Northeast/Senior Horizons 215-673-7741
- Jewish Employment and Vocational Services 267-298-1300  
800-610-7910  
TTY: 267-298-1399
- Liberty Resources, Inc. 215-634-2000  
888-634-2155  
TTY: 215-634-6630
- Living Independently For Elders (LIFE)- St. Agnes 215-339-4747
- Living Independently For Elders (LIFE)-UPENN (Southwest) 215-573-7200

- Maria de los Santos Health Center 215-291-2500
- Mayor's Commission on Services to the Aging\* 215-686-8450
- Memory Disorders Clinic\*  
Allegheny Avenue. (North), Bilingual site 215-614-1829  
Chestnut Street (West) 215-662-7810
- Northwest Interfaith Movement\* 215-843-5600
- Office of Fair Housing and Equal Opportunity 215-656-0647
- Philadelphia Corporation for Aging\* (PCA) 215-765-9000
- Philadelphia Housing Authority 215-684-4300
- Philadelphia Senior Center Broad Street (South) 215-546-5879
- Psycho-Educational Program 215-742-7816
- Social Service/Health Independence Program (SHIP)-  
Philadelphia Senior Center\* 215-546-5879
- SOWN:\* Supportive Older Women's Network 215-477-6000
- Visiting Nurses Association of Philadelphia\* 215-473-7600
- Wheels Medicaid Transportation 215-563-2000

## **Adult Day Services**

Adult Day Services provide services to physically and/or cognitively impaired older adults and supports their caring families. They should offer a balanced program of therapy and activity to help older people maintain the highest possible level of independence. Services may include: assessment and care planning, individual and family counseling, health screenings and monitoring, activities of daily living (ADL) training and nursing interventions, medication administration and reviews, hot luncheons and snacks, assistance with personal care and

creative group and individual programs. Their location by area within the Philadelphia area has been provided in parenthesis ( ). Call individual sites for more specific information on services, fees, hours of operation, etc.

- Anello Adult Day Health Center 215-229-4550
- Circle of Friends Adult Day Health Care (Northeast) 215-856-9100
- DACHA, Corp (Northeast) 215-677-7707
- ElderWatch Plus Adult Day Services (West) 215-877-0202
- Homelink, Inc. (North)(Northwest) 215-951-4321
- Immaculate Mary Home Adult Day Care Program (Northeast) 215-335-2100
- Inglis House Day Program (West) 215-581-0736
- Interac Geriatric Adult Day Center (Northwest) 215-487-1750
- Living Independently For Elders (LIFE) - St. Agnes. (South) 215-339-4747
- Living Independently For Elders (LIFE) – UPENN –(Southwest) 215-573-7200
- New Hope Adult Day Care (Northeast) 215-698-2876
- Northeast Adult Day Care (Northeast) 215-671-0200
- Senior Care
  - of Center City (Center) 215-561-2733
  - of Chestnut Hill (Northwest) 215-242-4501
  - of the Northeast (Northeast) 215-676-7800

- St. John Neumann Adult Day Service (Northeast) 215-698-5655
- Sterling Glen of Center City (North) 215-564-5455
- Temple East Adult Day Health Center (North) 215-291-2126

**Legal Support Services**

The following services provide information and guidance for older adults with legal issues. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Community Legal Services, Inc.\*  
    Broad Street                               215-227-2400  
    Chestnut Sreet                             215-981-3700
  
- Commonwealth of Pennsylvania                               800-822-2113
  
- Disabilities Law Project   215-238-8070
  
- Pennsylvania Health Law Project                               800-274-3258  
   215-625-3663
  
- Pennsylvania Legal Services                                     800-322-7572
  
- Pennsylvania Protection and Advocacy                         800-692-7443
  - Philadelphia Legal Assistance                                     215-981-3800
  
- Senior Law Center\*   215-988-1244

**Volunteer Support Services**

Individual volunteer groups offer other support services. These services link volunteers and peer support. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Aid For Friends\* 215-464-2224
- Alcoholics Anonymous 215-923-7900
- Catholic Social Services 215-624-5691
- Children of Aging Parents\* (CAPS) 800-227-7294
- Community Companion, Mental Health Association 215-751-1800,  
ext. 269
- Community Treatment Team 215-923-8042
- Compassionate Friends 215-884-6691
- Contact Careline for Greater Philadelphia 215-879-4402  
610-649-5250
- Little Brothers\* 215-765-8118
- Mental Health/Aging Advocacy Project 215-751-1800,  
ext. 266, 207
- Northwest Interfaith Movement\* 215-843-5600
- Retired Senior Volunteers Progrm (RSVP) 215-765-9000  
Ext. 5544

## Advocacy

Advocacy services help people overcome barriers that keep them from getting the information and help that they need. For more detailed information on each resource listed, please refer to the Index section of this guide. \*Indicates agencies with specific programs for older adults.

- Action Alliance of Senior Citizens 215-557-0751
- Alzheimer's Association- Delaware Valley Chapter 215-561-2919
- Center for Advocacy for the Rights and Interests of the Elderly\* (CARIE) 215-545-5728  
800-356-3606
- Consumer Satisfaction Team, Inc. 215-923-9627
- Commonwealth of Pennsylvania 800-822-2113
- Community Legal Services, Inc. 215-981-3700  
215-227-2400
- Horizon House 215-386-3838
- Liberty Resources, Inc. 215-634-2000
- Mayor's Commission on People with Disabilities 215-686-2798
- Mayor's Commission on Services to the Aging\* 215-686-8450
- Mental Health and Aging Advocacy Project\* 215-751-1800  
of the Mental Health Association of Southeastern  
Pennsylvania ext. 266, 207
- Mental Health Association of Southeastern Pennsylvania 215-751-1800

- National Alliance for the Mentally Ill of Eastern Pennsylvania  
     (North Phila.) 215-228-7214  
     (Northeast Phila.) 215-342-9553  
     (Northwest Phila.) 215-549-8468
- National Council of Aging 800-424-9046
- Northwest Interfaith Movement\* 215-843-5600
- Office of Fair Housing and Equal Opportunity 215-656-0647
- Pennsylvania Department of Health 888-466-2787
- Pennsylvania Insurance Department of  
     Consumer Services 215-560-2630
- Pennsylvania Protection and Advocacy 800-692-7443
- Philadelphia Corporation for Aging\* (PCA) 215-765-9000
- Philadelphia Office of Mental Health 215-685-6440
- Philadelphia Senior Center\* 215-546-5879
- Quality Insights –Medicare Peer Review 877-346-6180
- Senior Law Center\* 215-988-1244

## Financial Assistance

The cost of treatment to an individual for a mental health problem depends on such factors as type of treatment, therapist's training, treatment location and insurance coverage. Most older adults have Medicare. Many may also have insurance plans (sometimes called Medigap policies) that cover a majority of the expense. Unfortunately, Medicare does not cover most costs of long-term care for older adults who have Alzheimer's or similar diseases and require nursing facilities. It also only covers 50 percent of outpatient mental health costs.

Medical Assistance pays for treatment of mental health problems and for long-term care for low-income persons if it is determined to be medically necessary. People who qualify for Medical Assistance generally have a very small amount of co-payment or none at all.

### **What Are My Medicare Rights?**

Many older adults are being offered insurance by managed care organizations, for example, Health Management Organizations (HMO), Managed Care Organizations (MCO), and Preferred Provider Organizations (PPO). While these insurance plans may offer good benefits, the buyer must understand what is and is not covered by each plan. Having so many health care insurance options to consider can be somewhat overwhelming. The **APPRISE Health Insurance Counseling** Program helps persons who have Medicare or Medicaid health insurance questions.

All **APPRISE** services are provided free of charge. The local telephone number is **215-686-8462**. The toll free number is **800-783-7067**. Also, if you need help with Medicare, you can call **Quality Insights** (Medicare Insurance), **877-346-6180**.

*Every Medicare beneficiary has the right to:*

- Receive good quality health care.
- Be admitted to the hospital when it is medically necessary.
- Stay in the hospital until it is medically safe to leave.

## Medical Assistance

Many older adults aren't aware that they may be eligible for programs to help with their medical expenses.

**Health Horizons** is a program that helps with the medical expenses of adults 65 or over who have low income. The program will pay for medical benefits including prescriptions, doctor or clinic visits, dental and eye care. For more information on the program call **Department of Public Welfare County Assistance Office 215-560-2947** or the **Philadelphia Corporation for Aging 215-765-9040**.

## Prescription Drug Coverage

The cost of medication can be a huge barrier for many older adults in need of help. Unfortunately, many older adults will decrease their medication or stop taking it if it is too expensive. Here are some ways to get medication coverage or medication that is more affordable.

- Explore **Pharmaceutical Assistance Contract for the Elderly (PACE) or PACENET**: If you are over 65, **PACE** is available to cover prescriptions (after a co-payment) for individuals with 2004 annual incomes below \$14,500 for single persons and \$17,700 for married couples.

**PACENET** is available to cover prescriptions with a co-payment (after a monthly \$40 deductible) for individuals with 2004 annual incomes between \$14,500 and \$23,500 for single persons and between \$17,700 and \$31,500 for married couples.

*The **PACE** program can be reached at **800-225-7223**.*

- **Medicare HMOs**: Some offer prescription coverage, but policies vary in their degree of coverage. Before changing HMOs, make sure to ask a lot of questions. Some questions to ask are:
  - Is there a monthly premium and how much?
  - Does the HMO include my doctor in its network?
  - What pharmacies would I have to use?
  - Does the HMO cover my present prescription drugs on the formulary?
  - If not, what is the cost to me for drugs that are not covered?
  - Is there an annual limit on brand-name drugs?
  - How is the limit calculated?
  - Explain how the limit would be calculated in my case, given the drugs I take.
- **Veterans Administration**: All veterans who have served on active duty in the Armed Forces, wartime or peacetime, and received an Honorable or General Discharge are eligible for medical care through the **Department of Veterans Affairs, 800-827-1000**.

- **Programs from the companies that make or distribute the drugs:** Most pharmaceutical companies have patient assistance programs through which people can get their prescriptions filled.

The first step is to find out the name of the manufacturer of the medication. Second, call the pharmaceutical manufacturer and ask if it has a patient assistance program. Ask what the requirements are for receiving free prescription drugs. Some companies require that the applicant have limited income or no insurance coverage at all in order to qualify for the program. Many companies require the applicant's physician to request participation in the program, and also to play a role in completing the application. Two Web sites offer information on contacting pharmaceutical companies: [www.rxhope.com](http://www.rxhope.com) and [www.phrma.org](http://www.phrma.org)

- **Private Prescription Services:** People can also obtain low-cost prescription drugs through a private prescription service. There are several. One is called [www.needymeds.com](http://www.needymeds.com) and is an online service. The other is called **Indigent Patient Services (IPS)** and can be reached at **727-821-7333**. These services usually charge a one-time registration fee and a cost per prescription (and refill). For example, there might be a one-time registration fee of \$25 and a \$10 fee per prescription filled. The services require people to submit a request for each specific prescription drug that they need. They take phone requests and generate formal request forms that applicants and their doctors must sign and send to each pharmaceutical company. The pharmaceutical company will then send the medication to the doctor, who gives it to the applicant.
- Explore **discount mail-order services:** Another way of getting lower cost medication is by contacting discount mail-order medication services. Here are just a few of the mail-order services to explore:

**Preferred Prescription Plan: 800-881-6325**

**Managed Healthcare Systems: 954-938-7984**

RXUSA: 800-798-7248

**U-Save: 888-817-3784**

### New Medicare Part D

A new Medicare prescription drug benefit will start on January 1, 2006. This is a voluntary benefit. All persons who have Medicare Part A and/or Part B can choose to enroll in Medicare Part D. Medicare will approve private drug insurance plans and allow Medicare HMOs to offer plans. Each plan will differ in terms of costs, drugs covered and pharmacy network. Consumers will have to thoroughly compare plans to determine which plans meet their needs. There will be no more Medicaid prescription drug program. All those who previously in Medicaid will be included under Medicare Part D.

Enrollment will begin November 15, 2005. Those who don't enroll may face increased premiums if they later decide to enroll. The cost of the prescription drug coverage will depend on which plan you choose and how many drugs you take. Estimates are that the premiums will be about \$37. In addition you will have to meet an annual deductible which will be \$250 in 2006. After you have reached the deductible you will have to pay for part of your drug costs until your reach \$3,600. Then you will have to pay only a small co-payment for the rest of the year.

There will be subsidies for low income consumers ( single persons with income less than \$14,356 with assets less than \$10,001 and married couples with income less than \$19,246 with assets less than \$20,001). The subsidies will reduce or eliminate premiums and limit co-payments on prescription drugs.

For help in regard to this benefit contact the **APPRISE** program. The local telephone number is **215-868-8462**. The toll free telephone number for the **APPRISE** is **800-783-7067**.

### Legal Issues

There are some important legal terms for older adults to consider.

## Involuntary Commitment or 302

Admitting someone to a hospital without his or her permission. To be involuntarily admitted, you must have a mental illness that lessens your capacity to exercise self-control, judgment, and discretion, so that you pose a clear and present danger of harm to others or yourself. This is legal language meaning that you have no control over your actions and that you might hurt yourself or someone else.

## Guardianship

A legal process whereby an individual petitions the court to be appointed to make decisions for a person who is not capable of making decisions for him- or herself. Having a guardian appointed for a mentally ill person over 18 should not be considered until all other options have been exhausted. Appointing a guardian can totally or severely limit the freedom of a person as it involves denying some or all of the person's civil rights by limiting his rights to make his own decisions. Application for guardianship must be filed in the proper court where the mentally ill person lives. A doctor's or other qualified evaluator's examination and testimony are also required. It is best to seek the advice of a lawyer if you are considering this option.

## Health Care Directives<sup>2</sup>

Legal tools are available to help anyone plan for a time when he or she might not be able to make medical treatment decisions. This could happen because of an accident, unexpected illness or mental disorders and dementia. All adults should make these plans to ensure that their wishes about medical treatment will be carried out if they become incapacitated. Hospitals and long-term care facilities will request information about health care directives at the time of admission, and it is best to have resolved these issues earlier, in a less stressful situation.

## Power of Attorney (POA)

Allows a competent individual to have someone else to act on his or her behalf. POAs can be very broad, allowing someone to act on behalf of an individual in all aspects of their life: financial, health care, etc. A POA can also be limited by spelling out what kinds of decisions a person can make on behalf of another. It is important to know that in Pennsylvania, unless otherwise specified, all POAs are considered in effect, or active, as of the date signed by all parties, and are "durable," meaning they remain in effect even after someone becomes incapacitated or disabled. A POA can be limited to take effect only after disability has occurred, but this must be specifically written into the document. Also, an individual can rescind or void a POA at any time that they have the mental capacity to do so. The POA does not allow an individual acting as agent or an attorney "in fact" to override the wishes of the principal person (the person who issued the POA). While it is possible to simply handwrite a POA, with both parties' signatures and a notary seal, it is advised, because of the complexities that can be involved, to consult a lawyer.

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<sup>2</sup> Adapted from *A Caregivers Guide to Alzheimer's Disease and Related Disorders*, Kansas Department on Aging and K-State Research and Extension.

## Durable Power of Attorney for Health Care Decisions

### *(Medical Durable Power of Attorney)*

This permits one person, “the agent,” to make health care decisions on behalf of another. This permission is to be used when the person granting the power, “the principal,” becomes incapacitated. It is designed to extend the decision-making capacity of the individual into an unknown future, through instructions to some trusted person. The agent has broad authority, so it is important to choose an agent you can trust to do what you want.

### Living Will

Allows a person to instruct the physician about their wishes regarding extraordinary life-sustaining measures in the event of terminal illness or permanent unconsciousness (of any kind). Unlike the Medical Durable Power of Attorney for Health Care Decisions, a Living Will only goes into effect when two physicians certify that the person’s condition is terminal. It is not as flexible, because it provides specific instructions that a physician must follow at the end of life. It does not allow for medical decisions that must be made before that point. It also does not allow for an agent to make any decision in the best interests of the person. A person may have both documents guide his or her care.

## Index

The following is an alphabetical list of agencies and organizations that may be helpful for older adults at risk for mental illness and/or substance abuse. \*Indicates agencies with specific programs for older adults.

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**Action Alliance of Senior Citizens** **215-557-0751**

1201 Chestnut Street, 5<sup>th</sup> Floor, Phila., PA 19107

**[www.actionseniors.org](http://www.actionseniors.org)**

Organizes Senior Citizen Clubs around issues affecting older adults.  
Volunteers welcome.

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**Aid For Friends** **215-464-2224**

12271 Townsend Road, Phila., PA 19154-1204

**[www.aidforfriends.org](http://www.aidforfriends.org)**

Provides social services, meals, visits, counseling and advocacy for homebound older adults. Volunteers welcome.

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**Albert Einstein Medical Center\*** **Main:**

Belmont Behavioral Health

**215-456-8925**

5501 Old York Road, Tower 7, Phila., PA 19141

**[www.einstein.edu](http://www.einstein.edu)**

Provides a wide range of children, adult and older adult mental health services, including, inpatient geriatric and electroconvulsive therapy. Can provide information and referral for other services. Also see **Philadelphia Center for Human Development, Belmont Center for Comprehensive Treatment, Einstein CRC at Germantown, Germantown Community Health Services, Belmont Behavioral Health and Northeast Psychiatric Associates of Belmont.**

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**Alcoholics Anonymous** **215-923-7900**

Phila., PA

**[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)**

Provides information, helpline and counseling on alcohol abuse problems.  
Volunteer support services.

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**Alzheimer's Association,  
Delaware Valley Chapter** 215-561-2919  
100 N. 17<sup>th</sup> Street, 2<sup>nd</sup> floor, Phila., PA 19103 Helpline:  
**800-272-3900**  
[www.alz-delawarevalley.org](http://www.alz-delawarevalley.org)  
Provides education, support and advocacy services, including caregiver training, support groups, consultations and assessments. Social services and community education.

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**Anello Adult Day Health Center\*** 215-229-4550  
Philadelphia Development Disabilities Corp.  
2350 Westmoreland Street, Phila., PA 19140  
Offers specialized programs for adults. Offers Adult day health services

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**APPRISE Health Insurance Counseling\*** Local:  
Provides health insurance counseling and community 215-686-8462  
education for older adults. Volunteers welcome. Toll Free:  
800-783-7067

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**Behavioral Health Care Education** 215-923-2116  
Drexel University College of Medicine  
At Friends Hospital  
P.O. Box 45357, Phila., PA 19124  
[www.drexel.edu/bhe](http://www.drexel.edu/bhe)  
Provides behavioral health care education to mental health professionals.  
Also see **Drexel University**

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**Belmont Center for Comprehensive Treatment\***

Belmont Behavioral Health  
4200 Monument Road, Phila., PA 19131-1689

[www.einstein.edu](http://www.einstein.edu)

Offers a full continuum of mental health treatment, including geriatric inpatient, partial hospitalization and outpatient services, counseling, as well as emergency and crisis intervention. Has

geropsychiatrist on staff. Also see **Albert Einstein Medical Center, Philadelphia Center for Human Development, Einstein CRC at Germantown, Northeast Psychiatric Associates of Belmont, Belmont Behavioral Health** and **Germantown Community Health Services**.

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Inpatient:  
**215-581-3775**  
Outpatient:  
**215-581-3941**  
**800-220-Help**  
**800-220-4357**  
Main:  
**215-581-9197**

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**Belmont Behavioral Health**

5575 Park Avenue, Phila., PA 19141

Provides mental health outpatient treatment. Also see **Albert Einstein Medical Center, Northeast Psychiatric Associates of Belmont, Philadelphia Center for Human Development, Einstein CRC at Germantown and Germantown Community Health Services**.

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Outpatient:  
**215-456-7240**

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**Belmont Residence**

3 Penn Boulevard, Phila., PA 19144

[www.einstein.edu](http://www.einstein.edu)

Provides a long-term structured residence for adults with behavioral health needs.

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**215-951-8990**

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**Bucks County Department of Mental Health/Mental retardation**

600 Louis Drive, Suite 101, Warminster, PA 18974

[www.buckscounty.org/departments/mental\\_health](http://www.buckscounty.org/departments/mental_health)

Psychiatric Emergency Service. Hotline after 5PM and weekends.

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Main:  
**215-442-0760**  
Hotline:  
**800-499-7455**

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**Bucks County Psychiatric Emergency Service** see **Bucks County Department of Mental Health/Mental Retardation**

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**Center for Advocacy for the Rights  
and Interests of the Elderly\* (CARIE)**

100 North 17<sup>th</sup> Street, #600, Phila., PA 19103

[www.carie.org/](http://www.carie.org/)

Provides outreach, consultation and advocacy services for older adults. Includes CARIE helpline, ombudsman program for nursing homes and personal care homes, victims' advocacy, training, individual advocacy, education and support social services. Main number also has helpline.

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**215-545-5728,**  
Ask for Helpline:  
**800-356-3606**

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**Center in the Park**

5818 Germantown Avenue, Phila., PA 19144

[www.centerinthepark.org](http://www.centerinthepark.org)

*Passport to Health* is a wellness program offering individual counseling and support groups, the *Fulani program* for men only, as well as other services.

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**215-848-7722**

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**Chester County Psychiatric Emergency  
Service**

**610-918-2100**

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**Chestnut Hill Hospital \* Senior Behavioral  
Health Unit**

8601 Stenton Avenue, Wyndmoor, PA 19038

[www.chh.org/](http://www.chh.org/)

Inpatient geropsychiatric unit. Addresses both physical and medical needs by having both a geropsychiatrist and internist on staff. Geriatric psychiatric assessment.

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**215-233-6271**

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**Children of Aging Parents\* (CAPS)**

This national non-profit organization is dedicated to caregivers of elderly people. It provides information and referrals, education outreach, support groups, publications and a speakers' bureau. Volunteers welcome.

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Helpline:  
**800-227-7294**

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**Circle of Friends Adult Day Health Care\***

9405 Bustleton Avenue, Phila., Pa 19115

Offers specialized programs for adults. Offers Adult day health services

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**215-856-9100**

<b>Clinical Sentinel Helpline</b>	<b>800-426-2090</b>
Helpline for those enrolled in HealthChoices program	
<b>COMHAR, Inc.*</b>	<b>215-203-3000</b>
100 West Lehigh Avenue, Phila., PA 19133-4097	TDD/TYY:
<a href="http://www.comhar.org/">www.comhar.org/</a>	<b>800-654-5984</b>
Community mental health/mental retardation center. Provides a variety of mental health services including a geriatric partial hospital program, a geriatric intensive outpatient program, geriatric in-home services, and a home health care agency. Has a geriatric psychiatrist. Spanish language services available. Also see <b>Outreach Assessment and Treatment Services (OATS), Friendship Support Group and Comhar Visiting Nurses.</b>	
<b>COMHAR Visiting Nurses*</b>	<b>215-543-9020</b>
Comhar, Inc. 2824 Cottman Avenue, Suite 5, Phila., Pa 19149 <a href="http://www.comhar.org">www.comhar.org</a>	
A Medicare certified agency providing a wide range of services to clients in their homes, addressing both the physical and mental health care needs of our community. Bilingual (English/Spanish) speaking nurses and home health aides are available. Also see <b>COMHAR, Inc.</b>	
<b>Commonwealth of Pennsylvania</b>	<b>800-822-2113</b>
<b>Department of State Legal Office</b> Government Office of General Counsel Handles consumer complaints about medical professions or businesses.	
<b>Community Behavioral Health Hotline (Medicaid)</b>	<b>888-545-2600</b>
801 Market Street, 7 <sup>th</sup> fl, Phila., PA 19107 <a href="http://www.phila-bhs.org">www.phila-bhs.org</a> Crisis Hotlines. Provides referrals for mental health and substance abuse services for all participants in Medical Assistance.	

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**Community Choice Program\*** **888-482-9060**  
Project in Philadelphia allows persons with disabilities and older adults to be seen within 24 hours and to receive a set of medical and non-medical services in their homes as quickly as 72 hours. This program is designed to promote independent living and avoid nursing home placement.

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**Community Companion** **215-751-1800,**  
Mental Health Association of Southeastern Pennsylvania **ext. 269**  
1211 Chestnut Street, Phila., PA 19107 **800-688-4226,**  
[www.mhasp.org/](http://www.mhasp.org/) **ext. 269**  
A **Mental Health Association of Southeastern Pennsylvania** project.  
Matches volunteers with mental health consumers to overcome isolation and loneliness. Training and ongoing mentoring is provided. Consumers are referred to the program by case managers or therapists. Volunteers welcome. Also see **Mental Health Associatio of Southeastern PA, Mental Health and Aging Advocacy Project** also **Training and Education Center.**

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**Community Council for Community** **215-473-7033**  
**Mental Health/Mental Retardation Center**  
4900 Wyalusing Avenue, Phila., PA 19131  
Provides mental health services for adults, including partial hospitalization, outpatient counseling, and outpatient substance abuse.

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**Community Legal Services, Inc.\***  
1424 Chestnut Street, Phila., PA 19102 **215-981-3700**  
3638 North Broad Street, Phila., PA 19140 **215-227-2400**  
[www.clsphila.org](http://www.clsphila.org)  
Provides bilingual legal information, counsel and advocacy.

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**Community Mental Health/Mental Retardation Center** see  
**Northwestern Human Services of Philadelphia** and **Northwestern Human Services at Knights Road**

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**Community Treatment Team** 215-923-8042

520 North Delaware Avenue, 4<sup>th</sup> floor, Phila., PA 19123

This program serves individuals who were formerly hospitalized in Philadelphia State Hospital. They provide aggressive outreach and support to maintain former patients in the community.

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**Compassionate Friends** 215-884-6691

[www.angelfire.com/pa4/nephilatcf/](http://www.angelfire.com/pa4/nephilatcf/)

Volunteers provide information, support and referrals by phone to people whose children have died. Volunteers welcome.

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**Compeer Program** see **Mental Health and Aging Advocacy Project**

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**Consortium, Inc.\*** 215-596-8000

451 University Avenue, Phila., PA 19104

[www.consortium-inc.org](http://www.consortium-inc.org)

A Community Mental Health/Mental Retardation Center that provides many mental health services, including geriatric outpatient counseling, mobile crisis unit, and inpatient substance abuse. Works with Southwest Senior Center and Sunshine Senior Center.

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**Consumer Satisfaction Team, Inc.** 215-923-9627

520 North Delaware Avenue, 7<sup>th</sup> Floor, Phila., PA 19123

[www.thecst.com](http://www.thecst.com)

Ensures that the behavioral health system is responsive and accountable to the needs of consumers, people in recovery and family members. They respond to calls from families as well as consumers.

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**Contact Careline for Greater Philadelphia** 215-879-4402

P.O. Box 2516, Bala Cynwyd, PA 19004

Crisis/Helpline operated by trained volunteers.

Volunteers provide telephone reassurance to homebound and elderly people. Volunteers welcome.

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**Counseling for Caregivers\*** **215-371-1350**

The Abramson Center  
1425 Horsham Road, North Wales, PA 19454  
Counselors provide in-home services to caregivers for older adults and disabled persons.

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**Counseling/Crisis Helpline** **215-879-4402**

A helpline staffed by trained volunteers to field help calls. **610-649-5250**  
Also offers a telephone reassurance program. See **Contact Careline**

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**Customized Community Transportation\* (CCT Connect), SEPTA** Customer service: **215-580-7145**

1234 Market Street, Phila., PA 19107  
[www.septa.org/](http://www.septa.org/) Reservations: **215-580-7700**  
Coordinates transportation services for paratransit ADA and Shared Ride for adults 65 and older. TDD/TYY: **215-580-7712**

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**COPE see Germantown Community Geriatric Intensive Outpatient Program**

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**DACHA, Corp.\*** **215-677-7707**

250 Geiger Road, Philadelphia PA 19115  
Offers specialized programs for adults. Offers Adult day health services

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**Delaware County Psychiatric Emergency Services** **610-448-7600**

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**Department of Public Welfare County Assistance Office** **215-560-2947**

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**Department of Veterans Affairs** **800-827-1000**

[www.va.gov/](http://www.va.gov/)  
Provides information on benefits for veterans.

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<b>Disabilities Law Project</b> 1315 Walnut Street, Suite 400, Phila., PA 19107 <a href="http://www.dlp-pa.org/">www.dlp-pa.org/</a> Provides legal information, counsel and advocacy.	<b>215-238-8070</b> TDD/TYY: <b>215-789-2498</b>
<b>District 4 Health Center*</b> 4400 Haverford Avenue, Phila., PA 19104 <a href="http://www.phila.gov/health/units/ahs/hcc/index.html">www.phila.gov/health/units/ahs/hcc/index.html</a> A geriatric nurse specialist provides mental health assessment, referral and treatment. The district health clinic also provides medical help.	<b>215-685-7600</b>
<b>District 5 Health Center*</b> 1900 North 20 <sup>th</sup> Street, Phila., PA 19121 <a href="http://www.phila.gov/health/units/ahs/hcc/index.html">www.phila.gov/health/units/ahs/hcc/index.html</a> A geriatric nurse specialist provides mental health assessment, referral and treatment. The district health clinic also provides medical help.	<b>215-685-2930</b>
<b>District 9 Health Center*</b> 131 Chelton Avenue, Phila., PA 19144 <a href="http://www.phila.gov/health/units/ahs/hcc/index.html">www.phila.gov/health/units/ahs/hcc/index.html</a> A geriatric nurse specialist provides mental health assessment, referral and treatment. The district health clinic also provides medical help.	<b>215-685-5701</b>
<b>District 10 Health Center*</b> 2230 Cottman Avenue, Phila., PA 19149 <a href="http://www.phila.gov/health/units/ahs/hcc/index.html">www.phila.gov/health/units/ahs/hcc/index.html</a> A geriatric nurse specialist provides mental health assessment, referral and treatment. The district health clinic also provides medical help.	<b>215-685-0600</b>
<b>Dr. Warren E. Smith Community Mental Health/Mental Retardation Center</b> see <b>Smith, Dr. Warren E.</b>	
<b>Drexel University</b> Outpatient Psychiatry Service 1427 Vine Street, Phila., Pa 19102 Provides partial hospitalization and intensive outpatient services. Also see <b>Drexel Univ. College of Med. BH Care Education.</b>	<b>215-762-6660</b> Intake: <b>215-831-7800</b>

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**Drexel University College of Medicine** see **Behavioral Health Care Education**

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**Einstein, Albert Medical Center Belmont Behavioral Health** see **Albert Einstein Medical Center** or **Einstein Crisis Response Center at Germantown**

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**Einstein Crisis Response Center at Germantown** **215-951-8300**

Belmont Behavioral Health

1 Penn Boulevard, Germantown Hospital, Phila., PA 19144

Provides emergency mental health services. Also see **Albert Einstein**

**Medical Center, Philadelphia Center for Human Development**

**Germantown Community Health Services, Northeast Psychiatric**

**Associates of Belmont, Belmont Behavioral Health** and **Belmont Center for Comprehensive Treatment.**

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**Elderly Center for Behavioral Health\*** **215-509-6800**

Roxborough Memorial Hospital

5800 Ridge Avenue, Phila., PA 19128

Admission:

**215-509-6809**

Mental health services include emergency, outpatient counseling, intensive outpatient, partial hospitalization, outpatient psychosocial rehabilitation, inpatient services and inpatient substance abuse treatment. It has a psychiatrist and staff trained in geropsychiatry.

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**Elders Counseling \*Group, Inc.** **215-886-2227**

349 Meeting House Road, Jenkintown, PA 19046

[www.elderscounseling.com](http://www.elderscounseling.com)

Provides psychotherapy and counseling for elderly in assisted living and continuing care retirement communities. Serves Philadelphia area.

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**ElderWatch Plus Adult Day Services\*** **215-877-0202**

7536 Haverford Ave., Phila., PA 19151

Offers specialized programs for adults. Adult day health services. Bilingual staff, English/Hebrew.

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**Emergency Shelter and Service** **215-686-7150**

141 Juniper Street, Phila., PA 19107

Provides information for homeless individuals and families in Philadelphia.

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**Fairmount Behavioral Health System** **215-487-4000**

561 Fairthorne St., Phila., Pa 19128

**800-235-0200**

[www.fairmountbhs.com](http://www.fairmountbhs.com)

Provides adult mental health services, including inpatient, partial hospitalization, intensive outpatient, and inpatient and intensive outpatient for chemical dependency.

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**Family Caregivers Support Program\* (FCSP)** **215-765-6580**

Philadelphia Corporation for Aging

642 North Broad Street, Phila., PA 19130

[www.pcaphl.org/](http://www.pcaphl.org/)

Provides financial support and counseling for family caregivers.

Also see **Philadelphia Corporation for Aging**.

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**Friends Hospital\***

4641 Roosevelt Boulevard, Phila., PA 19124

[www.fiendshospitalonline.org](http://www.fiendshospitalonline.org)

Has a Crisis Response Center on site.

Admissions:

**215-831-6300**

Hospital

& CRC:

**215-831-4600**

Services include short-term inpatient treatment for older adults, geriatric partial hospitalization, substance abuse, outpatient counseling and education. Also see **Larkspur CRC**.

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**Friends of the Elderly** see **Little Brothers**

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**Friendship Support Group\***

**215-203-3027**

COMHAR

100 West Lehigh Avenue, Phila., PA 19133

[www.comhar.org](http://www.comhar.org)

Provides counseling services for older adults. Also see **COMHAR**.

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**Geriatric Counseling Service\*** 215-487-1990

Intercommunity Action, Inc.(Interac)  
6012 Ridge Avenue, Phila., PA 19128  
Staff trained in geriatric psychiatry provide assessments, referral and treatment in home and at senior centers. Also see **Intercommunity action, Inc. (Interac)**.

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**Geriatric Psychiatry Group of the Delaware Valley\*** 215-629-0195

Provides as an outpatient service, city wide referrals for assessments. It is a geriatric psychiatrist organization

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**Germantown Community Geriatric Intensive Outpatient Program\*** 215-951-8154

Belmont Behavioral Health  
Tower Building, Suite 100  
One Penn Boulevard, Phila., PA 19144  
Provides a geriatric intensive outpatient program and geriatric support groups. Offers Community Outreach program for the Elderly (COPE) a geriatric intensive outpatient program.

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**Girard Medical Center\*** 215-787-2000

North Philadelphia Health System  
8<sup>th</sup> Street and Girard Avenue, Phila., PA 19122  
[www.nphs.com](http://www.nphs.com)  
Provides emergency, geriatric inpatient, intensive outpatient, and outpatient services. Also mental health and substance abuse services, including drug and alcohol services to the Latino community. Has a geriatric psychiatrist and staff trained in geropsychiatry. Entire staff is bi-cultural and bilingual.

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**Government office of General Counsel** see **Commonwealth of Pennsylvania Department of State Legal Office,**

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**Griswold Special Care** **610-645-5567**

26 Ardmore Avenue, Ardmore, PA 19003

[www.home-care.net](http://www.home-care.net)

Offers social services, and Homecare which includes personal care, meal prep, housekeeping, transportation and med reminders. Scholarships are available.

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**Hall Mercer** see **Pennsylvania Hospital Crisis Response Center**

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**Health Law Project** see **Pennsylvania Health Law Project**

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**Holy Redeemer Hospital Geriatric Unit\*** **215-938-2860**

1648 Huntingdon Pike, Meadowbrook, PA 19046

Provides a multi-disciplinary assessment of physical, functional and social areas. Geriatric psychiatrist. Inpatient, outpatient and short term intensive inpatient treatment.

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**Homebound Outreach Program for the Elderly\* (HOPE)** **215-624-2795**

Catholic Social Service, 7340 Jackson Street, Phila., PA 19136

This mobile service provides comprehensive mental health assessments and therapy to people in Philadelphia who have difficulty accessing mental health services. It has a geriatric psychiatrist and the staff is trained in geriatric psychiatry.

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**Homelink, Inc.\*** **215-951-4321**

3150 N Mascher Street, Phila., PA 19133

6950 Germantown Avenue, Phila., Pa 19119

Offers specialized programs for adults. Provides adult day services

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**HOPE** see **Homebound Outreach Program for the Elderly**

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<b>Horizon House*</b>	<b>215-386-3838</b>
120 South 30 <sup>th</sup> Street, Phila., PA 19104	
<a href="http://www.hhinc.org">www.hhinc.org</a>	
Provides mental health services, including counseling, intensive outpatient, partial hospitalization, psychosocial rehabilitation, outpatient substance abuse, advocacy and social services. Geropsychiatrist on staff.	
<b>Immaculate Mary Home Adult Day Center*</b>	<b>215-335-2100</b>
2990 Holme Avenue, Phila., PA 19136	
<a href="http://www.imh-phl.org/index.html">www.imh-phl.org/index.html</a>	
Offers specialized programs for adults. Provides adult day services.	
<b>Independence Promotion Program</b> see <b>Philadelphia Senior Ctr.</b>	
<b>Indigent Patient Services</b>	<b>727-821-7333</b>
<b>Inglis House Day Program *</b>	<b>215-581-0736</b>
2600 Belmont Avenue, Phila., PA 19131	
<a href="http://www.inglis.org">www.inglis.org</a>	
Offers specialized programs for adults. Provides adult day services.	
<b>Institute on Aging*</b>	<b>215-898-3163</b>
University of Pennsylvania, Penn Medicine	
Ralston-Penn Center, 3615 Chestnut Street, Phila., PA 19104	
<a href="http://www.med.upenn.edu/aging">www.med.upenn.edu/aging</a>	
Works to foster interdisciplinary research, education and clinical care for older adults.	
<b>INTERAC Geriatric Adult Day Services*</b>	<b>215-487-1750</b>
6012 Ridge Avenue, Phila., PA 19128	
<a href="http://www.intercommunityaction.org/day_services.htm">www.intercommunityaction.org/day_services.htm</a>	
Offers specialized programs for adults. Provides adult day services.	

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**Intercommunity Action, Inc.\* (Interac)**

6012 Ridge Avenue, Phila., PA 19128

[www.intercommunityaction.org](http://www.intercommunityaction.org)

This community mental health/mental retardation center provides assessment and treatment for people 60+ with mental health or substance abuse issues. Offers in-home services, community-based services and adult day services and the South Philadelphia Initiative. Also see **Geriatric Counseling Services, Interac Older Adult Day Center**, and.

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Aging  
services:  
**215-487-1750**  
Intake:  
**215-487-1330**  
TTY:  
**215-487-9529**

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**Intercultural Family Services**

**215-386-8490**

University City, 4254 Chestnut Street, Phila., Pa 19104

[www.ifsinc.org/bhs/bhsindex.htm](http://www.ifsinc.org/bhs/bhsindex.htm)

Provides regular mental health outpatient services. Its staff specializes in providing culturally competent behavioral health services for clients from ethnically diverse communities. Also provides an array of community-based social care. Services available in 22 languages.

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**IPS** see **Indigent Patient Services**

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**Jaison Center\***

**215-224-9528**

6705 Old York Road, Phila., PA 19126

Provides services to the Korean community. Korean bilingual psychiatrist. Social worker provides case management, interpreting, information and referral and special programs.

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**Jefferson Geriatric Psychiatry Program\***

**215-503-1254**

Wills Eye Hospital, 900 Walnut Street 8<sup>th</sup>, Phila., PA 19107

[www.jeffersonhospital.org](http://www.jeffersonhospital.org)

Acute inpatient treatment unit offers 24 hour acute care for elderly patients with depression, dementia and/or behavioral disorders. Separate unit for advanced dementia. Outpatient care includes; comprehensive medical/psychological evaluation and follow-up provided by geriatric psychiatrists and specialists in geriatric medicine. Also see **Jefferson University Hospital**.

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**Jefferson University Hospital** 215-955-8420  
833 Chestnut Street, Phila., PA  
Offers outpatient geriatric assessment and treatment. Also an Intensive outpatient substance abuse program, Alzheimer's Disease and Dementia Center , adult outpatient and inpatient services,

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**Jewish Family and Children Services  
in the Northeast** 215-673-7741  
10125 Veree Road., Phila., PA 19116  
Provides outpatient counseling and psychosocial rehabilitation. See **Senior Horizons**

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**Jewish Employment and Vocational Services\*** 267-298-1300  
1 Winding Way, Suite 100, Monroe Office Ctr., Phila., PA 19131 800-610-7910  
TTY: 267-298-1399  
[www.jevs.org](http://www.jevs.org)  
Provides personal care services, home health, homemaker, payment and fiscal agent services. Has employment program for adults 55+. Part of Community Choice Program.

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**John F. Kennedy (JFK) Community Mental  
Health/Mental Retardation Center\*** 215-568-0860  
112 North Broad Street, Phila., PA 19102 Mobile Crisis:  
215-685-6440  
Emergency/Mental Health Delegate  
Site of the Mobile Emergency Team and Mental Health Delegate, which provide in-home crisis services city-wide. This community mental health center also provides intensive outpatient, geriatric partial hospitalization, outpatient substance abuse and psychosocial rehabilitation and counseling services for older adults.

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**Kirkbride Center\*** 215-471-2488  
111 North 49<sup>th</sup> Street, Phila., PA 19139  
Provides inpatient mental health services for those with acute psychiatric problems. Provides long term and short term inpatient substance abuse services.

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**Larkspur Crisis Response Center\*** 215-831-6300  
Friends Hospital Main:  
4641 Roosevelt Boulevard, Phila., PA 19124-2399 215-831-4600  
[www.friendshospitalonline.org//CRC.htm](http://www.friendshospitalonline.org//CRC.htm)  
Crisis response center provides emergency mental health services. Other mental health services include outpatient counseling, inpatient and referrals for other services. Serving Northeast Philadelphia Also see **Friends Hospital**

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**Liberty Resources, Inc.** 215-634-2000  
1342 North Delaware Avenue, #105, Phila., PA 19125 888-634-2155  
[www.libertyresources.org](http://www.libertyresources.org) TTY:  
Provides social service, information, referral and 215-634-6630  
advocacy.

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-see **Living Independently For Elders**

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**Little Brothers\*** 215-765-8118  
Friends of the Elderly  
642 North Broad Street, Phila., PA 19130  
A Volunteer Supported service. This agency recruits volunteers for visiting isolated elderly people. Prepares Thanksgiving food baskets for those elderly people identified by senior centers. Also does outreach and refers seniors in need of mental health care to appropriate agencies. Volunteers needed year round.

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**Living Independently For Elders\* (LIFE)**  
Penn School of Nursing 215-573-7200  
St. Agnes Continuing Care Center 215-339-4747  
Provides all inclusive care for elderly including comprehensive medical, health and social services, adult day health services. In home services available.

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**Long-Term Care Access\* (PCA)** Helpline  
642 North Broad Street, Phila., PA 19130 **215-765-6580**  
[www.pcaphl.org/](http://www.pcaphl.org/)  
Provides help in getting long-term care at home. Also see **Philadelphia Corporation for Aging.**

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**Maria de los Santos Health Center\*** **215-291-2500**  
5<sup>th</sup> and Allegheny Avenue, Phila., PA 19133  
[www.uphs.upenn.edu/ADC/clinicalcare/latino/](http://www.uphs.upenn.edu/ADC/clinicalcare/latino/)  
Provides outpatient individual and family counseling to older adults. Staff is bilingual English/Spanish and bicultural. Site of University of Pennsylvania Memory Disorder Clinic.

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**Mayor's Commission on People with Disabilities** **215-686-2798**  
1401 JFK Boulevard, Suite 900, Phila., PA 19102  
Advocates by providing information and referral for people with disabilities.

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**Mayor's Commission on Services to the Aging\*** **215-686-8450**  
100 South Broad Street, Suite 401, Phila., PA 19110  
Provides a senior employment program, information and referral, insurance counseling and advocacy

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**Medicaid** see **Community Behavioral Health Hotline**

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**Medicare Helpline\*** **800-medicare**  
[www.medicare.gov](http://www.medicare.gov) **800-633-4227**  
Medicare information helpline. Individuals can also sign up for Medicare card, order Medicare publications and get information on Medicare programs. Spanish language services available.

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**Medicare Peer Review** see **Quality Insights**

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**Memory Disorders Clinic:\*** 215-614-1829  
Maria de los Santos Health Center  
Alzheimer's Disease Center of University of Pennsylvania  
5<sup>th</sup> & Allegheny Avenue., Phila., Pa 19125  
[www.uphs.upenn.edu/ADC/clinicalcare/mdc/locations.htm](http://www.uphs.upenn.edu/ADC/clinicalcare/mdc/locations.htm)  
Spanish-speaking site addressing the needs of those individuals with a dementing disorder or the needs of their families and caregivers. Usually accessed by a physician's referral. Geriatric psychiatric assessment. Support services available.

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**Memory Disorders Clinic\*** 215-662-7810  
Institute on Aging  
Alzheimer's Disease Center of the  
University of Pennsylvania  
3615 Chestnut Street, Phila., PA 19104  
[www.uphs.upenn.edu/ADC/clinicalcare/mdc/locations.htm](http://www.uphs.upenn.edu/ADC/clinicalcare/mdc/locations.htm)  
Mission is to identify, diagnose, treat and provide access to research studies for dementing disorders. Geriatric psychiatric assessment. Support services available.

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**Mental Health and Aging Advocacy Project\*** 215-751-1800,  
ext. 266, 207  
Mental Health Association of  
Southeastern Pennsylvania  
1211 Chestnut Street, Phila., PA 19107  
[www.mhaging.org/](http://www.mhaging.org/)  
Provides information and referral, education and advocacy for older adults. The COMPEER program matches volunteers with mental health consumers to overcome isolation and loneliness. Training and ongoing mentoring is provided. Consumers are referred to the COMPEER program by case managers or therapists. Volunteers welcome. Also see **Community Companion, Mental Health Association of Southeastern Pennsylvania, also Training and Education Center.**

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**Mental Health Association of Southeastern Pennsylvania** 215-751-1800

1211 Chestnut Street, Phila., PA 19107

[www.mhasp.org/](http://www.mhasp.org/)

Provides a whole range of mental health services including direct service, education and advocacy for children, adults, older adults and families. Volunteers welcome. Also see **Community Companion, Mental Health and Aging Advocacy Project and Training and Education Center.**

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**Mercy Hospital Crisis Response Center** 215-748-9525

501 South 54<sup>th</sup> Street, Phila., PA 19143

[www.mercyhealth.org/](http://www.mercyhealth.org/)

Crisis Response Center provides emergency mental health services and acute inpatient psychiatric inpatient services. A co-occurring unit provides mental health and substance abuse outpatient and intensive outpatient treatment. A substance abuse detox unit is available. Serving West Philadelphia. Also see **Mercy Hospital of Philadelphia.**

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**Mercy Hospital of Philadelphia**

501 South 54<sup>th</sup> Street, Phila., PA 19143

[www.mercyhealth.org/](http://www.mercyhealth.org/)

Provides 24 hour emergency mental health services, and acute inpatient psychiatric inpatient services. A co-occurring unit provides mental health and substance abuse outpatient and intensive outpatient treatment. A substance abuse detox unit is available and the New Horizons program. Also see **Mercy Hospital Crisis Response Center.**

Outpatient  
Addiction  
Treatment:  
**215-748-9634**  
Crisis  
Response Ctr.  
**215-748-9525**  
New Horizons  
**215-748-9636**

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**MET** see **Philadelphia Mobile Emergency Team**

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**Mid County Senior Services\***

610-353-6642

22 Media Line Road, Newtown Square, PA 19073

Offers specialized programs for adults. Provides adult day services. Montgomery County.

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**Mobil Emergency Team (MET)**

215-685-6440

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**Montgomery County Psychiatric Emergency Services.** 610-279-6100  
800-452-4189  
[www.mces.org](http://www.mces.org)

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**National Alliance for the Mentally Ill of Eastern PA**  
North Philadelphia: 215-228-7214  
Northeast Philadelphia: 215-342-9553  
Northwest Philadelphia: 215-549-8468  
[www.nami.org](http://www.nami.org)  
Provides advocacy and information on mental health issues. Volunteers welcome.

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**National Council on Aging\*** 800-424-9046  
[www.ncoa.org](http://www.ncoa.org)  
Helpline. Organization specific to the needs of older adults. It provides information, education and advocacy.

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**Neighbor to Neighbor Program** see **Northwest Interfaith Movement**

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**New Hope Adult Day Care\*** 215-698-2876  
10750 Bustleton Avenue, Phila., PA 19116  
Offers specialized programs for adults. Provides adult day services.

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**New Life of Community Health Services, Inc.** 215-708-1645  
6722 Bustleton Avenue, Phila., PA 19149  
[www.phila-bhs.org/](http://www.phila-bhs.org/)  
A non-profit facility providing psychiatric evaluation and diagnosis; individual, group and couple therapy; family counseling for multicultural community. Has a geriatric psychiatrist. Offers caregiver information and support. Bilingual facility (English/Spanish/Russian)

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**North Philadelphia Health System** see **Girard Medical Center.**

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**Northeast Adult Day Care\*** 215-671-0200  
11048 Rennard Street, Phila., Pa 19116  
Offers specialized programs for adults. Provides adult day services.  
Mental Health Association of Southeastern Pennsylvania

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**Northeast Community Center for Mental Health/Mental Retardation\*** 215-831-2863  
Mobil  
Orleans Building, on the grounds of Friends Hospital,  
Adams Avenue and Roosevelt Boulevard, Phila., PA 19124  
Emergency: 215-685-6440  
Provides mobile emergency services for Northeast Philadelphia. Other services include geriatric partial hospitalization, psychosocial rehabilitation and outpatient substance abuse. Also see **Psycho-Educational Program.**

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**Northeast Psychiatric Associates of Belmont** 215-827-1540  
Belmont Behavioral Health  
Einstein Center One, Suite 218, Phila., PA 19115  
Offers outpatient services as well as individual therapy. Also see **Philadelphia Center for Human Development, Albert Einstein Medical Center, Einstein CRC at Germantown, Germantown Community Health Services** and **Belmont Center for Comprehensive Treatment.**

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**Northeast Treatment Team**  
see **Northeast Community Center for Mental Health/Mental Retardation**

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**Northwest Interfaith Movement\*** 215-843-5600  
6757 Greene Street, Phila., PA 19119  
Provides training to direct care staff and outreach services to older adults. Organizes the Neighbor to Neighbor program. Oversees ombudsman program for Northwest and Northeast Philadelphia. Volunteers welcome.

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**Northwest Mobile Crisis Unit** see **Northwestern Human Services of Phila. Community Mental Health/Mental Retardation Center.**

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**Northwestern Human Services at Knights Road Community Mental Health/Mental Retardation Center** 215-632-9040  
11082 Knights Road, Phila., PA 19154  
Provides mental health/mental retardation and substance abuse services. Including partial hospitalization and outpatient drug and alcohol counseling. Also see **Northwestern Human Services of Philadelphia.**

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**Northwestern Human Services of Philadelphia** 215-248-6700  
Community Mental Health/Mental Retardation Center Mobile crisis:  
27 East Mount Airy Avenue, Phila., PA 19119 215-685-6440  
Provides mental health/substance abuse services, including a mobile crisis  
team for Northwest Philadelphia. Also see **Northwestern Human Services  
at Knights Road.**

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**OATS\*** see **Outreach Assessment and Treatment Services**

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**Office of Behavioral Health** 215-413-2415  
520 N. Delaware Avenue, 7<sup>th</sup> Floor, Phila., PA 19123  
Manages mental health programs.

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**Office of Fair Housing and Equal Opportunity** 215-656-0647  
Helplines. Handles housing-related complaints of discrimination.

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**Older Adult Protective Services\*** 215-765-9040  
Philadelphia Corporation for Aging  
642 North Broad Street, Phila., PA 19130  
[www.pcaphl.org](http://www.pcaphl.org)  
The Philadelphia Corporation for Aging's Mobile Service. Investigates  
complaints of elder abuse and neglect of individuals 60+. Also see  
**Philadelphia Corporation for Aging.**

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**Outreach Assessment and Treatment Services\* (OATS)** 215-203-3000  
COMHAR Community Mental Health Center  
100 West Lehigh Avenue, Phila., PA 19133  
This program reaches out to homebound older adults in the Frankford, Port  
Richmond and Kensington areas of North Philadelphia. The staff is bilingual  
and bicultural.

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**PACE\*** see **Pharmaceutical Assistance Contract for the Elderly**

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**PATH** see **People Acting to Help**

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**PCA\*** see **Philadelphia Corporation for Aging**

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**Penn Behavioral Health** 866-301-4724

University of Pennsylvania Department of Psychiatry

[www.pennhealth.com/pbhoutpatient](http://www.pennhealth.com/pbhoutpatient)

Also see **Presbyterian Hospital** and **University of Pennsylvania Hospital**.

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**Pennsylvania Department of Health** 888-466-2787

[www.health.state.pa.us](http://www.health.state.pa.us)

HMO Complaint Helpline. Takes complaints about services provided by HMOs, including Medicare HMO's. Also provides advocacy

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**Pennsylvania Health Law Project** Main:

924 Cherry Street, #300, Phila., PA 19107

[www.phlp.org](http://www.phlp.org)

Provides free legal services and advocacy to

Pennsylvanians having trouble accessing publicly funded health care coverage and services.

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**Pennsylvania Hospital Crisis Response Center\*** 215-829-5249

Located at Hall-Mercer Community Mental Health/Mental

Retardation Center

245 South 8<sup>th</sup> Street, Phila., PA 19107

[www.pennhealth.com/pahosp/psychiatry/hallmercercr.html](http://www.pennhealth.com/pahosp/psychiatry/hallmercercr.html) 215-829-5433

Crisis Response Center provides emergency mental health services and inpatient services.

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**Pennsylvania Insurance Department of** 215-560-2630

**Consumer Services**

[www.ins.state.pa.us/ins](http://www.ins.state.pa.us/ins)

Helplines. This state office provides information and advocacy concerning insurance.

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**Pennsylvania Legal Services** 800-322-7572

Provides legal information and assistance.

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**Pennsylvania Protection and Advocacy** 800-692-7443  
1414 North Cameron, Harrisburg, PA 17103  
[www.ppainc.org/](http://www.ppainc.org/)  
The legal support service handles complaints and provides advocacy for rights of people with mental illness.

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**People Acting to Help (PATH)\*** 215-728-4600  
8220 Castor Avenue, Phila., PA 19152  
Community mental health/mental retardation center.  
Provides adult mental health services, including outpatient services for substance abuse and counseling services for older adults.

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**Pharmaceutical Assistance Contract for the Elderly\* (PACE)** 800-225-PACE  
800-225-7223  
[www.pahealthcoverage.com](http://www.pahealthcoverage.com)  
Provides information and assists older adults in joining a state-funded program for discounts on prescription drugs.

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**Philadelphia Center for Human Development** 215-632-6400  
Belmont Behavioral Health  
10360 Drummond Road, Phila., PA 19154  
[www.einstein.edu](http://www.einstein.edu)  
Provides a wide range of outpatient services. Also see **Belmont Center for Comprehensive Treatment, Albert Einstein Medical Center, Einstein CRC at Germantown, Germantown Community Health Services** and **Northeast Psychiatric Associates of Belmont.**

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<b>Philadelphia Corporation for Aging* (PCA)</b> Philadelphia's Area Agency on Aging 642 North Broad Street, Phila., PA 19130 <a href="http://www.pcaphl.org/">www.pcaphl.org/</a> Plans and administers services as well as advocates for older adults. It coordinates services such as senior centers, housing, attendant transportation, adult day care, in-home support and long-term care services, including nursing home assessment. Also see <b>Older Adult Protective Services, Family Caregivers Services, Long-Term Care Access.</b>	<b>215-765-9000</b> Senior help line: <b>215-765-9040</b> Protective services: <b>215-765-9033</b> TDD: <b>215-765-9041</b> Long-term care access: <b>215-765-6580</b>
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<b>Philadelphia Housing Authority</b> Section 8 Program 2012 Chestnut Street, Phila., PA 19103-4497 Provides public housing and housing vouchers.	<b>215-684-4300</b>
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<b>Philadelphia Legal Assistance</b> 1424 Chestnut Street, Phila., PA 19102 <a href="http://www.philalegal.org">www.philalegal.org</a> Provides legal information and assistance. Bilingual services available English/Spanish.	<b>215-981-3800</b>
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<b>Philadelphia Mental Health Clinic*</b> 1235 Pine Street, Phila., PA 19107 Provides counseling services for older adults.	<b>215-735-9379</b>
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<b>Philadelphia Nursing Home*</b> 2100 West Girard Avenue, Phila., PA 19130 In addition to being a publicly owned skilled nursing facility, it provides mental health services for residents of the facility.	<b>215-685-0800</b>
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**Philadelphia Office of Mental Health** 215-685-6440  
1101 Market Street, Phila., PA 19107  
[www.phila.gov/health/units/mh/index.html](http://www.phila.gov/health/units/mh/index.html)  
Administrator for mental health and substance abuse services in Philadelphia. Also provides advocacy, information, referral, caregiver support and community education.

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**Philadelphia County Psychiatric Emergency Services** 215-685-6440

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**Philadelphia Mobile Emergency Team (MET)** 215-685-6440  
Provides 24-hour mobile mental health services.

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**Philadelphia Senior Center** 215-546-5879  
509 South Broad Street, Phila., PA 19147  
Provides a variety of services including: the Geriatric Assessment Program, a joint program with Jefferson Family Medicine in which participants can receive an evaluation of their physical, emotional and cognitive health; **Independence Promotion Program**, support groups and **Social Service/Health Independence Program (SHIP)**. Also see **South Philadelphia Initiative**.

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**Philadelphia Veterans Administration Medical Center** 215-823-4300  
University and Woodland Avenue, Phila., PA 19104  
[WWW.1.va.gov/directory/guide/facility.asp?ID=367&divisionId=ALL](http://WWW.1.va.gov/directory/guide/facility.asp?ID=367&divisionId=ALL)  
Provides Counseling, inpatient services, inpatient psychiatric unit, inpatient for substance abuse, outpatient, and PTSD programs. Refers to outpatient therapy in the community. Restricted to Veterans. Bilingual English/Spanish.

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**Philadelphia Veterans Multi Services and Education Center** 215-923-2600  
214 N. 4<sup>th</sup> Street, Phila., PA 19106  
Provides outpatient services for veterans.

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**Philadelphia Veterans Center** 215-627-0238

801 Arch Street, Suite 102, Phila., PA  
Provides outpatient counseling for veterans with post traumatic stress disorder (PTSD) for veterans

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**Presbyterian Medical Center** 215-662-8747  
888-321-5533

Penn Behavioral Health  
3910 Powelton Avenue, 6<sup>th</sup> floor, Phila., PA 19104  
[www.pennhealth.com/pmc/](http://www.pennhealth.com/pmc/)

Provides mental health services, including intensive outpatient program and outpatient counseling.

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**Protective Services** see **Philadelphia Corporation for Aging**

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**Psycho-Educational Program** 215-742-7816

6726 Rising Sun Avenue, Philadelphia, PA 19111  
Provides a mobile family support program that teaches coping skills, and conducts support groups. Also provides information and resources.  
Bilingual English/Spanish. Satalite of NE Community MH/MR Center.

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**Quality Insights\* Medicare Peer Review** 877-346-6180

2601 Market Place, Suite 320, Harrisburg, PA 17110  
[www.qipaa.org](http://www.qipaa.org)  
Program funded by Medicare to protect the rights and health of Pennsylvanians with Medicare. It takes complaints on Medicare and provides information. The website provides resources and health education materials pertinent to all consumers, not just those on Medicare. It also has a special section for caregivers.

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**Reed Street Program\*** 215-551-3150  
215-755-0500

CATCH  
1400 Reed Street, Phila., PA 19146  
[www.catchinc.com](http://www.catchinc.com)  
Provides a geriatric partial hospitalization and outpatient substance abuse program.

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**Retired Senior Volunteer Program\* (RSVP)** 215-765-9000  
PCA, 642 North Broad Street, Phila., PA 19130 Ext. 5544

[www.rsvp@pcaphil.org](mailto:www.rsvp@pcaphil.org)

Recruit and arrange for placement of volunteers in non-profit community agencies to assist elders with shopping, transportation for medical appointments, and friendly visiting.

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**Roxborough Memorial Hospital**, see **Elderly Center for Behavioral Health**.

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**RSVP\*** see **Retired Senior Volunteer Program**

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**Senior Behavioral Health Unit** see **Chestnut Hill Hospital**

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**Senior Care of Center City\*** 215-561-2733

2115 Sansom Street., Phila., PA 19103

**Senior Care of Chestnut Hill\*** 215-242-4501

7926 A Germantown Avenue, Phila., Pa. 19118

**Senior Care of the Northeast\*** 215-676-7800

9475 E Roosevelt Boulevard, Phila., PA 19114

[www.seniorcarectrs.com/](http://www.seniorcarectrs.com/)

Offers specialized programs for adults. Provides Adult day services.

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**Senior Horizons\*** 215-567-3631

Jewish Family and Children Services

2100 Arch Street, 5<sup>th</sup> Floor, Phila., PA 19103

Provides care management to help older adults access a variety of services.

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**Senior Law Center\*** 215-988-1244

100 South Broad Street, Suite 1810, Phila., PA 19110

[www.seniorlawcenter.org/](http://www.seniorlawcenter.org/)

Provides civil legal services to low-income older adults in Philadelphia.

Services include information and referral, advocacy, community education and training on issues affecting rights of older adults.

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**SEPTA** see **CCT Connect**

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Mental Health Association of Southeastern Pennsylvania

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**SHIP Social Service/Health Independence Program** see  
**Philadelphia Senior Center.**

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**Smith, Dr. Warren E. Community Mental Health/Mental Retardation Center\*** **215-455-3900**  
Mobil  
1315 Windrim Avenue, Phila., PA 19141  
Provides adult mental health services, including counseling  
and partial hospitalization programs  
1006 West Lehigh Avenue, Phila., PA 19133  
Provides many mental health services including a geriatric  
intensive outpatient program and a mobile service. **215-684-6440**  
Emergency:  
Intake: **215-456-2626**  
**215-226-7100**

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**Social Security Administration** **800-772-1213**  
[www.ssa.gov/](http://www.ssa.gov/)  
Provides information and problem solving regarding Social Security benefits.

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**Social Service/Health Independence Program\* (SHIP)** **215-546-5879**  
509 South Broad Street, Phila., PA 19147  
Offers elderly people living in apartment buildings that have contracted with  
the SHIP program a variety of support services. Also see **Philadelphia  
Senior Center.**

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**South Philadelphia Initiative\*** **215-487-1990**  
Interac, Inc. Geriatric Counseling Services  
Provides assessment and geriatric counseling services from senior  
community centers. Staff trained in geriatric psychiatry, provides  
assessments, referral and treatment in home and at senior centers. Also see  
**Geriatric Counseling Services.**

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**Southeast Asian Mental Health Program** **215-829-3478**  
Hall-Mercer, Pennsylvania Hospital  
250 South Eighth Street, Phila., PA 19106  
Community MH/MRC that provides assessment and geriatric counseling at  
senior community centers. Geriatric psychiatric rehabilitation to members of  
the Southeast Asian community.

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Mental Health Association of Southeastern Pennsylvania

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<b>Southern New Jersey Psychiatric Emergency Service</b>	<b>856-428-Help 856-428-4357</b>
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**SOWN\*** see **Supportive Older Women’s Network**

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**St. Agnes Continuing Care Center** see **Living Independently For Elders (LIFE)**

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<b>St. John Neumann Adult Day Service*</b>	<b>215-698-5655</b>
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10400 Roosevelt Boulevard., Pa 19116  
[www.sjn-phl.org/adult-day.html](http://www.sjn-phl.org/adult-day.html)  
Offers specialized programs for adults. Provides adult day services.

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<b>Sterling Glen of Center City*</b>	<b>215-564-5455</b>
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150 So. 20<sup>th</sup> Street, Phila., PA 19105  
Offers specialized programs for adults. Provides adult day health services.

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**Stiffel Senior Center** see **South Philadelphia Initiative**

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<b>Suicide and Crisis Intervention</b>	Emergency:: <b>215-686-4420</b>
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24-hour telephone counseling, information and referral.

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<b>Supportive Older Women’s Network*</b>	<b>215-447-6000</b>
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2805 No. 47<sup>th</sup> Street, Phila., PA 19131  
City-wide agency organizes that establishes and maintains support groups for older women to assist participants in dealing with depression and aging issues. Encourages follow-up with peer groups and offers consultation to group leaders.

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<b>Survivors of Suicide</b>	<b>215-545-2242</b>
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2064 Heather Road, Folcroft, PA 19032  
Provides support groups for people who have lost someone to suicide.

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**Temple Crisis Response Center** 215-707-2577  
100 East Lehigh Avenue., Phila., Pa 19125  
Crisis response center provides emergency mental health services. Services include outpatient counseling, inpatient and referral for other services.

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**Temple East Adult Day Health Center\*** 215-291-2126  
1741 Frankford Avenue., Phila., PA  
Offers specialized programs for adults. Provides adult day health services.

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**Temple Institute on Aging** 215-707-5312  
3400 North Broad Street, Phila., PA 19140  
Promotes interdisciplinary education, research and outreach. Talks and lectures available on various health related topics for professionals and groups of older adults. Audiovisuals are available to the community. Geriatric Education Center provides specific geriatric education to individuals working in clinically oriented disciplines.

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**Temple Time Out Program\*** 215-204-6540  
1601 N. Broad Street, Phila., Pa  
Temple University Center for Intergenerational learning. Pairs students with older adults for recreational activities.

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**Temple University Hospital** Crisis Center:  
3401 North Broad Street, Phila., PA 19140 215-707-2577  
Provides emergency mental health services. Its mental health services includes inpatient services. 215-707-4545

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**Training and Education Center (TEC)** 215-751-1800,  
Mental Health Association of Southeastern PA Ext. 233  
1211 Chestnut Street, Phila., PA 19107  
[www.mhasp.org/services/tec.html](http://www.mhasp.org/services/tec.html)  
Promoting recovery, anger management, dealing with treatment avoidance in loved ones with mood disorders, personality disorders and schizophrenic disorders. Family questions & Answer groups (morning & evening), support group for “adult children” of people with mental illness. One-on-one information, referral and problem-solving. Also see **Mental Health Association of Southeastern PA, Mental Health and Aging Advocacy Project, and Community Companion.**

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**United States Department of Housing and Urban Development** 800-669-9777  
Helpline offering professional information and referral regarding housing discrimination.

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**University of Pennsylvania** 215-662-2121  
3400 Spruce Street, Phila., PA 19104  
[www.uphs.upenn.edu/](http://www.uphs.upenn.edu/)  
Provides acute psychiatric inpatient and 24 hour psychiatric emergency. Also see **Penn Behavioral health, Institute on Aging, Memory Disorder Clinic U of P, Living Independently For Elders (LIFE)**

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**Veterans Affairs** see **Department of Veterans Affairs**

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**Visiting Nurses Association of Philadelphia\* (VNA)** 215-473-7600  
Monroe Building, One Winding Road Drive, Phila., PA 19131  
[www.vnaphilly.org](http://www.vnaphilly.org)  
Provides in-home psychiatric treatment to homebound older adults. Includes behavior and medication management. Also provides link to medical services such as occupational therapy and physical therapy.

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<b>The Wedge Medical Center*</b>	<b>215-276-3922</b>
6701 North Broad Street, Phila., PA 19126-2899	
Provides a geriatric partial hospitalization and an outpatient program. Offers geriatric psychiatric assessment and counseling. Their staff is trained in geriatrics.	
<b>Welfare helpline</b>	<b>800-692-7462</b>
Provides information regarding Medical Assistance.	
<b>Wheels Medicaid Transportation</b>	<b>215-563-2000</b>
Transportation for people receiving medical assistance.	
<b>Wills Eye Hospital see Jefferson Geriatric Psychiatry Program</b>	

## References

- San Diego Guide, P.O. Box 85524, San Diego, CA 92186-5524
- *Mental Health and Aging* Resource Guide to the Adult Mental Health System in Bucks County
- Resources Available to Elderly Residents of Philadelphia, compiled by Trudy Persky, MSW. Philadelphia Corporation for Aging, Philadelphia
- Senior Citizen 2001 Resource Directory, Philadelphia County Medical Society, 2100 Spring Garden Street, Philadelphia, PA 19130
- Delaware County Mental Health Consumer Resource Guide for Older Adults 2000
- A Mental Health Guide for Older Kansans and Their Families. MHSATR, Kansas Department of Social and Rehabilitation Services, Docking State Office Building, 5<sup>th</sup> Floor, 919 S. Harrison, Topeka, KS 66612-1500
- Health Law PA News, Pennsylvania Health Law Project, 924 Cherry Street, Suite 300, Philadelphia, PA 19107
- The Advocate, Mental Health/Aging Advocacy Project, 1211 Chestnut Street, 11<sup>th</sup> Floor, Philadelphia, PA 19107, Web site [www.mhaging.org/](http://www.mhaging.org/)
- Philadelphia Mental Health Guide, Mental Health Association of Southeastern Pennsylvania, 1211 Chestnut Street, 11<sup>th</sup> Floor, Philadelphia, PA 19107, Web site [www.mhasp.org/](http://www.mhasp.org/)
- Mental Health/Aging Advocacy Project of the Mental Health Association of Southeastern Pennsylvania, 1211 Chestnut Street, 12<sup>th</sup> floor, Philadelphia, PA 19107, Web site [www.mhaging.org](http://www.mhaging.org)

## Emergency Information

Medical Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Psychiatrist \_\_\_\_\_ Phone \_\_\_\_\_

Therapist \_\_\_\_\_ Phone \_\_\_\_\_

Case Manager \_\_\_\_\_ Phone \_\_\_\_\_

Pharmacy \_\_\_\_\_

Medical Number \_\_\_\_\_

Medicines \_\_\_\_\_

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Note: \_\_\_\_\_

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### Things I need to bring to appointments:

- Insurance Cards
- Medical number
- Identification
- All of my medicine
- Emergency contact name and phone number

### **Crisis Intervention Hotline**

215-686-4420

We are grateful to the following individuals and groups whose donations will help distribute this guide to the community.

Major Sponsors

Eli Lilly and Company

Barbara Scolnick

Contributors

Center for Advocacy for the Rights and Interests of the Elderly (CARIE)

Inderjit Jaipaul

Mainline Senior Services, Inc.

Thomas Volkert



[www.mhaging.org/](http://www.mhaging.org/)

**The recipe for “successful aging”** - creating the best possible situation in which to grow older - has three parts:

- Reduce risks of disease and disability.
- Maintain mental and physical function.
- Stay engaged with life.<sup>3</sup>

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<sup>3</sup> From *A Mental Health Guide for Older Kansans and Their Families*