

Resource	Address & Phone number	Website	Description of Services
<p>Penn Memory Center at the Penn Neuroscience Center / Penn Geriatric Psychiatry</p>	<p>3400 Civic Center Boulevard South Pavilion, 2nd Floor Philadelphia, PA 19104 Phone: 215-662-7810</p>	<p>https://pennmemorycenter.org/</p>	<p>The Penn Memory Center is a single, unified Penn Medicine source for those age 65 and older seeking evaluation, diagnosis, treatment, information, and research opportunities related to symptoms of progressive memory loss, and accompanying changes in thinking, communication and personality. They offer state-of-the-science diagnosis, treatment and research, focusing on individuals with Alzheimer's disease, mild cognitive impairment (MCI) and other age-related progressive memory disorders. The Penn Memory Center team are board-certified, experienced physicians specializing in cognitive neurology, geriatric psychiatry, or geriatric medicine, and clinical professionals from disciplines including neuropsychology, psychometrics, nursing, psychotherapy, social work, and research management. Late life is a time of transitions, with increased vulnerability to losses and illnesses that can lead to problems in memory and other cognitive abilities, emotion, and behavior. Their goals are to identify the nature and causes of these common problems, to use the most advanced treatments to help restore mental health, and to discover strategies to enhance resilience against the distinctive stressors of late life. Under the direction of Dr. Steven Arnold, the Section for Geriatric Psychiatry and the Penn Memory Center together comprise an interdisciplinary center dedicated to aging and Alzheimer's Disease.</p>
<p>Penn Memory Center Programs</p>		<p>https://pennmemorycenter.org/program-s-services/</p>	<p>Classes, support and a wide range of information on Alzheimer's disease and brain-aging related topics are available to Penn Memory Center research participants, patients, and their caregivers. Topics can include caregiver classes, caregiver support, mindfulness meditation, exercise, healthy aging, fitness, and more.</p>

Tower Health	1-833-34-TOWER		<p>They offer Older Adult Units specialize in meeting the needs of patients 65 and older. They assist older individuals who are dealing with a mental health challenge that requires immediate intensive therapy. Their therapeutic programs are designed to return patients to their homes or supervised care settings. They offer a variety of services, including short-term acute units; 24/7 skilled nursing care; 24/7 access to physicians; individual, family and group therapy; recovery focused environments; physical, speech, respiratory therapies; and dietary counseling.</p> <p>Programs are covered by most commercial insurance plans and Medicaid/Medicare.</p>
Coatesville Veterans Administration Medical Center	<p>1400 Blackhorse Hill Rd, Coatesville, PA 19320 Phone: 610-384-7711 Mental Health: 610-384-7711 x6800 Veterans Crisis Line: dial 988, then press 1</p>		<p>Geriatric and psychiatric services are offered in Coatesville and at other locations.</p> <p>They offer a range of medical and support services to help aging people stay as healthy, active and independent as possible. They also offer help to family members and caregivers. Some common mental health conditions that they treat are: addiction, depression, anxiety, trauma, PTSD, bipolar disorder, schizophrenia, OCD. If you or your loved one is struggling with issues like PTSD, depression, grief, anger or trauma, they offer counseling and other support. All VA health care facilities offer same-day help. You or your loved one may qualify even without enrolling in VA health care.</p>

<p>Jefferson Hospital Geriatric Psychiatry Program</p>	<p>1020 South 21st Street, Philadelphia, PA 19146 Phone: 1-800-JEFF-NOW (1-800-533-3669)</p>	<p>https://www.jeffersonhealth.org/clinical-specialties/geriatric-psychiatry-program</p>	<p>The Geriatric Psychiatry Program at Jefferson offers inpatient services that are dedicated exclusively to caring for the unique psychiatric and neurological disorders of older adults. Their program physicians will provide expert diagnosis and individualized state-of-the-art treatment for chronic age-related psychiatric, medical and neurological conditions such as depression, dementia, Parkinson's disease or stroke. Jefferson psychiatrists are highly experienced in treating patients with moderate and severe depression or significant dementia accompanied by anxiety, paranoia or aggression. Outpatient services are also offered and include: a comprehensive assessment by a geriatric psychiatrist; psychiatric supervision and medication management, as needed, coordinated with your other doctors; individual psychotherapy (talk therapy) sessions; and referrals to other outpatient therapies, as needed.</p>
<p>Friendship Line</p>	<p>800-971-0016</p>		<p>Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.</p>
<p>Main Line Health Senior Care Navigation line</p>	<p>484-580-1234, mlhseniors@mlhs.org</p>		<p>Main Line Health's senior care navigation line has licensed social workers who can answer questions and connect callers with health care services and community organizations, including: physician referrals and appointments, social and psychosocial support, in-home care, senior day programs, and educational and screening programs. They are committed to serving seniors, their families and caregivers by providing free information and friendly assistance that meets specific needs or preferences.</p>
<p>Philadelphia Area Hoarding Task Force</p>	<p>60 years of age and above: 215-545-5728</p>		<p>Specializing in providing assistance and resources to Older Adults with potential hoarding issues. If you have questions regarding hoarding-related resources in the Philadelphia area, please call the information line.</p>

SAGE National LGBTQ+ Elder Hotline	1-877-360-LGBT (5428)		Can provide phone counseling, advocacy, and connections to local assistance for LGBTQ+ seniors.
Surrey Services for Seniors	Information: 610-647-6404 Broomall: 610-446-2070 Devon: 610-647-6404 Media: 610-566-0505		Surrey's experienced staff has a wealth of information about community resources and services specifically for older adults and their families. They can help with a large variety of resources including programs, meals, mental health resources, transportation and home health services.
Alzheimer's Association Delaware Valley Chapter	1-800-272-3900 (24/7 Helpline)	https://www.alz.org/delval	The Alzheimer's Association Delaware Valley Chapter is the premier source of information and support for the residents in Delaware, New Jersey and Pennsylvania who are living with Alzheimer's disease, and their more than caregivers. Through its network of staff and volunteers, the Chapter offers a broad range of free programs and services, funding for Alzheimer's and dementia research, and advocacy efforts on behalf of those across the region.
ElderNet Of Lower Merion and Narberth	9 South Bryn Mawr Avenue, Bryn Mawr, PA 19010 Phone: 610-525-0706	https://eldernet.org/services/	ElderNet helps older neighbors remain independent and provides a variety of free, practical services so they have access to healthcare, food security, and an improved quality of life. ElderNet also provides information to individuals who need assistance with housing, nursing care, or other necessities. They offer information and referral services, outreach and other services.
Carelink Community Support Services	106 Chesley Drive, Media, PA 19063 Main Phone: (610) 874-1119 Senior Supported Living Phone: (215) 546-0300, ext. 3381		Individuals over 50 living with mental illnesses face unique challenges in community living. Senior Supported Shared Living addresses the specialized needs of the individual. These services increase the potential for individuals to live active, satisfying lives in homes of their own.
Horizon House	610-918-4907, ext. 150	https://www.hhinc.org/behavioral-health-services/peer-support-services/	Offers Peer Support Services, Groups, and activities for Older Adults with Mental Health needs

Hearing Loss Association of America Local Chapters	Chester County: 484-409-4907 Delaware County: 484-841-6624		For those needing support groups or help dealing with hearing loss.
Second Time Around Parents	Contact: Tara Watts, LCSW Phone: 610.566.7540 Ext. 240 E-Mail: twatts@fcsdc.org		STAP is a program for grandparents (and other relative caregivers) raising their grandchildren due to parental drug and alcohol or mental health problems. Services include separate educational and support groups for grandparents and grandchildren, counseling/case management, a stop-in center for grandparents and opportunities for socialization for grandparents and their grandchildren.