

advocacy



Providing and arranging for the care of a loved one can be an emotionally difficult and complicated endeavor full of fear, guilt and sadness. These emotions cloud our perception and interfere with our ability to make objective decisions which are often life changing and irreversible. The organizations listed below provide advocacy assistance on issues of concern involving older adults.

Missouri Listings

Adult Community Action Program (OACAP)

Phone: 314-993-5181 **Fax:** 314-993-5362
8350 Delcrest Drive, St. Louis, MO 63124
Email: OACAP@ncjwstl.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: Advocates with legislators about important issues and legislation affecting all adults. Provides educational programming for all adults. Meetings are open and are generally held on the 4th Wednesday of the month.

ALS Association (The)

St. Louis Regional Chapter
Phone: 314-432-7257, 888-873-8539
Fax: 314-432-2991
2258 Weldon Parkway, St. Louis, MO 63146
Email: info@alsastl.org **Website:** www.alsa-stl.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: The ALS Association encourages participation in the governmental process to effect legislation, regulation, public policy, and programs concerning the needs of persons with ALS. Advocacy Days are held each year in Illinois and Missouri along with participation in National ALS Advocacy Day in Washington, DC, during the month of May – ALS Awareness Month.

American Cancer Society

Phone: 314-286-8158 **Fax:** 314-286-8160
4207 Lindell Blvd., St. Louis, MO 63108
Email: stacy.reliford@cancer.org
Website: www.cancer.org, www.acscan.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: Interested in influencing laws and legislation that help to significantly decrease suffering and death due to cancer? The American Cancer Society and its sister organization the American Cancer Society Cancer Action Network are dedicated to making progress in the fight against cancer. The Society is advocating on a local, state and federal level.

Attorney General of Missouri

Phone: 800-392-8222
207 W. High Street, Jefferson City, MO 65102
Email: consumer@ag.mo.gov
Website: www.ago.mo.gov
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: The Attorney General's Office is available to resolve consumer complaints at no charge. Complaints may be filed by phone or at the Attorney General's website, both above. The Attorney General returned more than \$10 million in refunds and restitution to consumers who had filed complaints in 2006.

Community Leaders Assisting the Insured of Missouri (CLAIM)

Phone: 800-390-3330
200 N. Keene St., Columbia, MO 65201
Website: www.missouricclaim.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: As Missouri's state health insurance assistance program, CLAIM helps people find answers to questions about Medicare. Certified volunteer counselors assist people locally to help them work through health care issues and understand Medicare options or changes. The service is free and our hours are 8:30am - 5:00pm, Monday through Friday.

DH Services LLC

Phone: 314-966-3032 **Fax:** 314-966-3080
1033 Huthmaker Ave., St. Louis, MO 63122
Email: dhservices@charter.net
Website: www.dhsvc.com
Serving: St. Louis, St. Louis City & St. Charles Counties
Description of Services: Personal business concierge service to individuals needing help managing a family member's or their own daily monetary affairs.

Legal Advocates for Abused Women

Phone: 314-535-5229 **Fax:** 314-535-0696
P.O. Box 15137, St. Louis, MO 63110
Email: laaw@sbcglobal.net **Website:** www.laawstl.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties

ADVOCACY CONTINUED

Description of Services: *Legal Advocates for Abused Women is a non-profit dedicated to helping victims of abuse in times of crisis who partners with law enforcement and the courts. LAAW provides free legal representation for Orders of Protection, legal information and advice, court advocacy, immediate and ongoing crisis support, and other services to help battered women and their children.*

Long Term Care Ombudsman Program

Phone: 314-918-8222 **Fax:** 314-918-9188
8702 Manchester, Brentwood, MO 63144
Email: info@ltcop-stl.org **Website:** www.ltcop-stl.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties

Description of Services: *Advocates for nursing home residents. Grievance resolution, dispute mediation, focusing on protection of residents rights. Also provides consumer education about selecting and financing the cost of nursing home care.*

Mid-East Area Agency on Aging (MEAAA)

Phone: 636-207-0847, 1-800-AGE-6060
Fax: 636-207-1329
14535 Manchester Rd., Manchester, MO 63011
Email: info@mid-eastaaa.org
Website: www.mid-eastaaa.org
Serving: St. Louis, Jefferson, Franklin & St. Charles Counties

Description of Services: *MEAAA sponsors a delegation of the Silver Haired Legislature, an elected body of volunteers who advocate for state legislation to benefit seniors and their families. Delegates work with state legislators to find sponsors for bills SHL has chosen as its priorities for the upcoming or current legislative session.*

Missouri Council for In-Home Services

Phone: 573-634-5272 **Fax:** 573-635-2858
P.O. Box 1803, Jefferson City, MO 65102
Email: info@penman-winton.com
Website: www.mohomecare.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *Missouri Council for In-Home Services is an organization for those who provide in-home healthcare services to elderly and people with disabilities. To advance in-home services as the preferred care option for Missouri communities; To provide information exchange, education, and legislative representation essential to the success of member agencies and the home care industry, and To promote leadership in ethical business practices and highest standards of client care.*

Office of United States

Senator Christopher "Kit" Bond

Phone: 314-725-4484 **Fax:** 314-726-3548
7700 Bonhomme, St. Louis, MO 63105
Website: www.bond.senate.gov
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *Senator Bond's casework staff will*

assist residents with problems concerning federal agencies or issues—that includes Medicare, passports, age discrimination, veteran affairs, Social Security, disability, ADA and others.

OWL, the Voice of Midlife and Older Women, Gateway Chapter

Phone: 314-725-5862 **Fax:** 314-645-3510
2165 Hampton Ave., St. Louis, MO 63139
Email: owlstlouis@sbcglobal.net
Website: www.owlstlouis.com
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *National grassroots organization dedicated to provide a voice for mid-life and older women through monthly meetings, information and referrals. The Gateway Chapter sponsors the Midwest Pension Rights Project, the Divorce Support Group, and the Women's Financial Education Series.*

Pope Institute for Health and Education, LLC

Phone: 866-545-7673 **Fax:** 314-830-9003
3466 Bridgeland Drive, Bridgeton, MO 63044
Email: ppope@popeinstitute.com
Website: www.PopeInstitute.com
Serving: St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *We provide health care advocacy to ensure good long-term care, quality short-term rehabilitation, and challenging home health care. You will get consumer education on a variety of topics including patient's rights, resources to age at home instead of a facility, and tools for self-advocacy. We can support long distance caregivers.*

Primaris

Phone: 800-347-1016
200 N. Keene St., Columbia, MO 65201
Website: www.primaris.org
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *Primaris is Missouri's Medicare Quality Improvement Organization. People on Medicare who are concerned about the quality of care they have received may contact our toll-free helpline Monday through Friday from 8:30am through 4:00pm. Primaris conducts reviews based on medical records to ensure Missourians receive appropriate care.*

Purcell & Amen LLC, Attorneys at Law

Phone: 314-966-8077 **Fax:** 314-966-5906
10805 Sunset Hills Office Dr., #100, St. Louis, MO 63126
Website: www.yourestatematters.com
Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties
Description of Services: *Purcell & Amen is an estate planning and elder law firm that advocates for individuals dealing with difficult legal choices and conflicts. We assist with negotiation, mediation, arbitration and litigation of all sort of guardianship, conservatorship, disability, Medicaid planning, and probate problems as well as relationships with care providers. Our attorneys, financial planners, paralegals, and social worker bring together more than a century of experience.*

ADVOCACY CONTINUED

Debra K. Schuster, P.C.

Phone: 314-872-2166 Fax: 314-991-8009

1001 Craig Rd., #260, Creve Coeur, MO 63146

Email: dks@dkschuster.com Website: www.dkschuster.com

Serving: St. Louis, St. Louis City, Jefferson, Franklin & St. Charles Counties

Description of Services: *Debra Schuster's practice focuses on the concerns and goals of each client – not just their legal issues. Her practice includes Medicare, durable powers of attorney, guardianship, long-term care and disability, Medicaid and asset protection, abuse, neglect and financial exploitation, estate planning, and special needs trusts. Will go to client's home if needed.*

Silver Haired Legislature - St. Louis City

Phone: 314-612-5918, 877-612-5918 Fax: 314-612-5915

634 N. Grand, 7th Floor, St. Louis, MO 63103

Email: SLAAA@stlouiscity.com

Website: www.SLAAA.org

Serving: St. Louis City

Description of Services: *The St. Louis Area Agency on Aging (SLAAA) coordinates the Silver Haired Legislature (SHL). The SHL is the group of seniors elected to represent and advocate on behalf of seniors living in the City of St. Louis. The SHL annually travels to Jefferson City for an advocacy day and regularly writes letters and calls their legislators.*

**St. Louis County Office of Family and Community Services
– County Older Resident Programs (CORP)**

Phone: 314-615-4516 Fax: 314-615-7619

121 South Meramec, Clayton, MO 63105

Website: www.co.st-louis.mo.us

Serving: St. Louis County

**FIGHTING
ALS IS A
FULL-TIME JOB**

The ALS Association embraces people stricken by amyotrophic lateral sclerosis or Lou Gehrig's Disease, with the area's most comprehensive program of care and services.

Case management and home visits. Respite care and caregiver support. Equipment loans and assistive technology. Community partnerships and referrals. Professional education and clinical support. It is all part of our comprehensive approach.

ALS is a fatal neurodegenerative disease. **Every 90 minutes, someone dies of ALS.** Time isn't on the side of those afflicted. That's why The ALS Association is waging the battle against ALS.



Contact us at:
888-873-8539
info@alsastl.org
www.alsa-stl.org

Serving Eastern Missouri
as well as Southern and Central Illinois

HELP

It's what we provide nursing home residents and their families.

Our trained staff and volunteers (called Ombudsmen) serve as advocates for residents of long-term care facilities. We work with them to assure their rights, to solve problems and handle complaints. And we provide information, advice and counsel to their families.

Long Term Care

Ombudsman
Program the voice of compassion

If you or a loved one needs help or more information, call
(314) 918-8222 – TTY: (800) 735-2966

www.ltcop-stl.org

DONATIONS ARE TAX DEDUCTIBLE





Illinois Listings

Area Agency on Aging of Southwestern Illinois - Area 8

Phone: 618-222-2561, 800-326-3221

Fax: 618-222-2567

2365 Country Rd., Belleville, IL 62221-2571

Email: ask@answersonaging.com

Website: www.answersonaging.com

Serving: Bond, Clinton, Madison, Monroe, Randolph, St. Clair, & Washington Counties

Description of Services: Office hours are Monday through Friday 8:00am to 4:00pm. The prime focus is to enable older people to remain independent as long as possible and to prevent premature institutionalization. Conducts regional and local advocacy, training, technical assistance for and on behalf of older people. Administers the state Elder Abuse Program and Senior Community Service Employment Program (SCSEP) to persons 60 and older who meet the federal poverty income.

Attorney General State of Illinois

Phone: 618-236-8616

Metro East Illinois Regional Office

201 West Pointe Drive, #7, Belleville, IL 62226

Website: www.IllinoisAttorneyGeneral.gov

Serving: Madison & St. Clair Counties

Description of Services: Office hours are Monday through Friday 8:45am to 4:45pm. This office advocates for senior citizens, disabled populations, crime victims, veterans, and many more populations.

Call For Help, Inc.

Phone: 618-397-0968 Fax: 618-397-6836

9400 Lebanon Rd., Edgemont, IL 62203

Email: mpyle@callforhelpinc.org

Website: www.callforhelpinc.org

Serving: Madison, Randolph, St. Clair & Washington Counties

Description of Services: Advocates accompany victims of sexual assault/abuse to hospitals and police stations. Counseling is also available to victims and their significant others. All advocate services are free.

Catholic Charities of Alton

Phone: 618-462-0634 Fax: 618-462-3209

3512 McArthur Blvd., Alton, IL 62002

Email: manns_ccalton@charterinternet.com

Serving: Madison, Jersey, & Calhoun Counties

Description of Services: Office hours are Monday through Friday 8:30am to 4:30pm. This office offers a lot of different services that include: food pantry, counseling referral services, and med assistance (prescription program long-term meds only for clients with no insurance). There is a six to eight week processing period.

Catholic Charities of Granite City

Phone: 618-877-1184 Fax: 618-798-4287

2105 State Street, Granite City, IL 62040

Serving: Madison County

Description of Services: Office hours are Monday through Friday 8:30am to 4:30pm. The focus areas are aging, grandparent rights, and housing.

Pine Cottage

Phone: 618-474-5503 Fax: 618-474-5517

Pine Cottage, 4500 College Ave., Alton, IL 62002

Serving: Bond, Calhoun, Clinton, Greene, Jersey, Macoupin, Madison, Monroe, Montgomery,

Morgan, Pike, Randolph, Scott, & St. Clair Counties

Description of Services: Office hours are Monday through Friday 8:30am to 5:00pm. The focus areas of the office are aging, disabilities, and state guardianship.

testimonial



‘We have found the *St. Louis Times* RESOURCE GUIDE to be the most comprehensive compilation of pertinent information for anything related to older adults in our community. We use it both internally to find information and also recommend it to our clients. It is laid out in a way that makes it very easy to quickly locate one’s topic of interest. The *St. Louis Times* staff has worked hard to present accurate and up-to-date contact information, pricing and service descriptions across multiple categories.’

Brian Griffith
Jim Griffith
Carla Cook
Home Instead Senior Care