



## Most commonly needed general resources

### Caregiving:

In home caregiving can be a difficult process to begin, here are a few paths:

- 1.) Private pay- finding someone who has experience in caregiving assistance and making arrangements to use your own funds to pay for hours and services. Ways to find help include: word of mouth when at healthcare appointments, posting flyers or emailing department coordinators at nursing and allied health (therapy schools)- [LSU Health](#) and [Delgado](#) have these programs locally in New Orleans, and finally [care.com](#) has a nice search filter that will connect you with matches of caregivers.
- 2.) Medicaid funded- call the Louisiana Options in Long Term Care Hotline at 1-877-456-1146 to determine if you qualify for the [Community Choice Waiver Program](#). This program will give you access to caregiving assistance, including potential for paying family caregivers or providing adult day health care at a center.
  - 2a.) You may also ask the hotline to determine if you qualify for [Long Term Personal Care Services](#) or [Program for All-Inclusive Care for the Elderly \(PACE\)](#).
- 3.) Medicare funded- if you have Medicare, you may have some limited coverage for home health services-most of the time under Part B, but sometimes Part A if there was a recent hospitalization. There are lots of rules regarding the number of hours and lasts less than 21 days in most cases. They also do not cover housekeeping, meal delivery or transportation. **Call the number on your card to find out what services you can receive.**



## **Accessible Transportation**

1.) Paratransit- The [Regional Transit Authority \(RTA\)](#) has a Paratransit system that is a shared-ride service which uses accessible buses and vans to meet the needs of eligible riders who are unable to ride other forms of public transportation and need picking up at their residences. The cost is \$2.00. You will need to reserve your ride in advance. All qualified paratransit riders need to have an RTA Paratransit Card. Application [Part 1](#) and [Part 2](#), you will need a healthcare provider to fill out Part 2. If you are visiting New Orleans, [here is information.](#)

2.) Medicaid Medical Transportation- if you have medical insurance through one of Louisiana's 6 Medicaid programs, you are eligible for accessible transportation to health related appointments. Make sure you explain your mobility level and if you use any type of wheelchair or walker so they set you up with an appropriate vehicle, you will also need to call several days in advance to set up a ride: [Aetna Betterhealth](#): 1-877-917-4150; [AmeriHealth Caritas](#): 1-888-913-0364; [Healthy Blue](#): 1-866-430-1101; [Humana Healthy Horizons](#): 1-844-613-1638; [Louisiana Healthcare Connections](#): 1-855-369-3723; [United Healthcare Community Plan](#): 1-866-726-1472

3.) [WeLift](#)- on demand wheelchair accessible vehicles in Greater New Orleans, Baton Rouge, and surrounding areas. 1-877-857-7728 or 504-800-8005

4.) Rental Vehicles: [Superior Van and Mobility](#).

5.) Accessible Tourism and New Orleans Visitors: check out [New Orleans & Company Accessible Guide](#) and [Nola Rolla's Travel Guide](#)



### **Medical Equipment and Supply:**

1.) [New Orleans Medical Mission Services](#)- a local non-profit that operates a warehouse of donated equipment and supplies, free to the community and accepts donations. Currently open on Wednesdays & Saturdays, see website for details or call 504-392-1934.

2. [Louisiana Assistive Technology Access Network \(LATAN\)](#) – LATAN assists individuals with disabilities to achieve enhanced quality of life and greater independence through access to Assistive Technology (AT). They can assist through providing evaluations, training, and loans for assistive devices.

3. [MakeGood Nola](#)- an innovative non-profit that creates custom assistive devices. We support individuals with special needs, disabilities, and chronic conditions—empowering them through adaptive solutions. Contact them through their website.

4. [Thrash Medical Supply](#)- a family owned business that provides quality care to those living with disabilities and illnesses. They are nationally accredited for durable medical equipment, licensed by the Louisiana Board of Pharmacy, and are Certified Shoe Fitters for diabetic shoes. They offer a variety of medical supplies for your individual needs. Visit website or call 504-962-3103



### **Home Modifications or Renovations:**

1.) Modifications or renovations are not typically covered under any type of insurance, so it is important to get this right the first time. This means finding a contractor, builder, or handy person with experience in ADA modifications, particularly if renovating a bathroom. Researching and word of mouth can be helpful in finding the right company. In rare cases, a few non-profits may be able to assist with renovation and cost. They are: [Craftsman Home Improvement: A Volunteers of America Southeast La Program](#) and [New Orleans Area Habitat for Humanity](#).

### **Food Assistance**

1.) Supplemental Nutrition Assistance Program (SNAP) provides funds to help cover food costs based on income. Call 1-888-LAHELP-U (1-888-524-3578 to determine if you qualify.

2.) Meals on Wheels- available through the [New Orleans Council on Aging](#), available to Orleans Parish residents who are over 60 years of age. Delivers low cost prepared meals to homes. Call (504) 821-4121

3.) [Top Box Foods](#)- low cost grocery delivery available in the Greater New Orleans area and west throughout the Baton Rouge area. Provides produce and meats delivered to your door at low cost and accepts EBT/SNAP. Visit link above for more information.

4.) Call 211 and ask about food assistance or [Second Harvest Food Bank](#) for locations where food can be picked up. 504.734.1322