

**2.1.1**

**Get Connected. Get Help.™**  
**211 Tampa Bay Cares, Inc.**



# **SENIOR DIRECTORY**

**Pinellas**

**2023 - 2024**

# 211 Tampa Bay Cares Senior Directory Pinellas

## 2023 - 2024

Our goal at 211 Tampa Bay Cares is to have a community that is connected and informed regarding health, mental health, crisis response and human service information.

If you or someone you know needs help  
please call 211 or text your zip code to 898211.

Caring people are available 24 hours per day 7 days per week to provide help, hope and connection to community resources.

*Organizations or companies that would like to be listed in the 211 database, please email our 211 Database Office at [update@211tampabay.org](mailto:update@211tampabay.org)*

*Disclaimer: Some listings in this directory may have changed after printing. Please call 211 or visit us on line at <https://211tampabay.org/> for additional information.*

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as part of the  
Senior Mental Wellness & Crisis  
Response program



Get Connected. Get Help.™  
211 Tampa Bay Cares, Inc.



**Call 211**



**Text Zip Code  
to 898211**

[www.211tampabay.org](http://www.211tampabay.org)

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**Pinellas Senior Directory**

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# Alzheimer's & Dementia Care/Caregiving/Respite

**Alzheimer's Association Florida** (800) 272-3900  
24-hour helpline providing emotional support. Caregiver and care receiver support groups, disease/disability information, up to date information on home care, adult daycare, and other caregiver resources

**Area Agency on Aging of Pasco-Pinellas  
Caregiver Program** (800) 963-5337  
Family caregiver support and counseling program for adults providing in-home care to older adult or grandchildren

**Dementia Caregivers Resources** (727) 391-9999  
Caregiver counseling, disease/disability information, support groups

**Empath Health  
Caregiver Services and Support** (727) 523-3451  
Caregiver/care receiver support groups, caregiver counseling for individual and family

**Empath Health,  
Suncoast PACE** (727) 289-0062  
Adult day programs centers, home health aide services, specialty care and transportation to and from PACE

**Gulf Coast Jewish Family and Community  
Services, Elder Services** (727) 479-1887  
Adult in home respite care, case/care management, family caregiver subsidies

## **St. Anthony's Hospital**

### **Memory Disorders Center**

**(727) 825-1595**

Free caregiver support groups, family support groups and support for those living with a memory disorder

# **Respite - Adult Day Centers**

## **Empath Health - Elder Care Services**

### **Auer Szabo Empath Adult Day Center**

Specially designed to fit the needs of veterans and all adults. Provides recreational, psychosocial and medical needs

**St. Petersburg**

**(727) 328-6428**

## **Neighborly Care Network**

### **Adult Day Centers**

Supervised setting for older adults with functional impairments. Therapeutic activities, medical and nutritional monitoring.

**Palm Harbor**

**(727) 754-1100**

**Largo**

**(727) 593-1253**

**St. Petersburg**

**(727) 954-6484**

## **Ruth's Promise Adult Day Care**

Program designed to maximize function and cognition in older adults using therapeutic and recreational activities, comprehensive evaluation, care planning, medical and nutritional monitoring.

**Largo**

**(727) 265-2609**

## **Weissman Adult Day Center**

Comprehensive adult day care program for seniors. Provides recreational activities, exercise, mental stimulation, medical and nutritional monitoring

**St. Petersburg**

**(727) 302-3900**

# Disaster Resources

## Disaster Preparedness

### **Area Agency on Aging of Pasco- Pinellas**

**Safety Phone Project** (800) 963-5337

Enhances safety of at-risk seniors by giving them a cell phone so they can access 911 in an emergency

### **Disability Achievement Center**

**Disaster Planning** (727) 539-7550

Assist those with a disability to create a disaster plan and register for the special needs registry

### **FEMA, Ready.gov**

(202) 646-2500

A tool to help people prepare for and mitigate emergencies. Order free preparedness materials that make emergency planning very easy and quick

### **FEMA, Ready.gov, Build a Kit**

(800) 621-3362

Tips and checklists to help people build an emergency kit that allows them to survive on their own for a few days

### **FEMA, National Flood Insurance**

**Program**

(800) 621-3362

Provides affordable flood insurance for property owners of private or public structures

### **Pinellas County**

**Emergency Management Department** (727) 464-3800

Find information such as evacuation zones and routes, special needs registration, preparation checklists, shelter locator and more

# Special Needs Registries

## **Pinellas County Emergency Management**

**Department - Special Needs (727) 464-3800**

Assistance for residents with medical, functional or special transportation needs in an emergency.

Example: need oxygen, need electricity, need accessible transportation, need assistance with routine care and medication and more. Registration required

## **Pinellas County Emergency Management**

**Department - Special Needs Shelters (727) 464-3800**

Register in advance for a spot in the special needs shelter and you will receive complimentary transportation they will also be prepared for your special needs. Registration required

## **Pinellas County Animal Services**

**(727) 582-2600**

Pets are not allowed in special needs shelters. There are pet-friendly shelters but they are not equipped for special needs. If you are registered for a special needs shelter and have no other options for your pet, call to register your pet and they will make arrangements to care for your pet while you are in the shelter

# Crisis Response/Resources

## **211 Tampa Bay Cares**

**211**

Call 211 or text your zip code to 898211 for crisis intervention, health, utility financial assistance, legal and other community resources



## **Pinellas County**

### **Emergency Management Department (727) 464-3800**

Emergency information, disaster assistance, flood information, evacuation zones and routes, shelter locator and more

## **Pinellas County Emergency Management**

### **Public Disaster Shelters (727) 452-3150**

Community storm shelters, evacuation information, disaster related animal shelters, special needs registry

# **Crisis Response/After Disaster**

## **American Red Cross Central Florida**

### **Tampa Bay Chapter (813) 348-4820**

Disaster related emergency supplies and assistance plus other forms of disaster relief

### **Community Law Program (727) 582-7475**

Free legal assistance. Post disaster housing databanks and referrals, tenant rights information and counseling

## **Disability Achievement Center**

### **Disaster Recovery Services (727) 539-7550**

Post disaster recovery assistance for people with a disability including debris removal and help filing a claim. Also provide durable medical equipment and repair existing equipment

### **DisasterAssistance.gov (800) 621-3362**

Disaster claims information, FEMA disaster assistance online and via telephone

**FEMA, Disaster Assistance** (202) 646-2500  
Assistance programs for individual citizens after disaster, online and via telephone

**Intercultural Advocacy Institute  
Hispanic Outreach Center** (727) 445-9734  
Post disaster crisis counseling, interpreter service  
mental health counseling and legal clinics

**Small Business Administration (SBA)  
Disaster Assistance Loans** (305) 536-5521  
(800) 659-2955  
Provides assistance to homeowners and business owners  
affected by disaster. Eligibility requirements apply.

## Report Service Issues

**Clearwater Gas**  
General 727) 562-4900  
Gas leaks (727) 462-6633

**Duke Energy**  
Report outages (800) 228-8455

**Frontier** (800) 921-8101

**Spectrum** (855) 222-0102

**TECO Peoples Gas**  
Report outages (877) 588-1010  
Gas leaks (877) 832-6747

**WOW!** (866) 745-3685

# Education

## Continuing Education & Lifelong Learning

### **AARP, Senior Planet**

**(888) 713-3495**

Live, online classes for seniors. Learn about finance, wellness, fitness, computers and technology. Register online at [seniorplanet.org/classes](http://seniorplanet.org/classes) or call the hotline

### **University of South Florida**

#### **Osher Lifelong Learning Institute**

**813) 974-5848**

A member-based learning community of adults 50+. Classes, workshops, lectures, events and social networking, over 300 classes annually on a variety of topics

### **St. Petersburg College**

#### **Senior Citizen Enrollment-Senior Waiver (727) 341-4772**

Seniors can complete an admission application then apply for a senior waiver that covers the cost of tuition only for a wide variety of classes. Some classes are not covered by the waiver

### **St. Petersburg College**

#### **Community Enrichment Classes**

#### **Lifelong Learning**

**(727) 341-4772**

Numerous choices for pursuing lifelong learning including, art and music, computers in the community, world languages, personal finance and more

# Community Center Educational Opportunities

## **City of Clearwater, Aging Well Center**

### **Long Center**

**(727) 562-4904**

In person, online classes and more

## **City of Dunedin**

### **Hale Senior Activity Center**

**(727) 298-3299**

Programs and classes for seniors including; fitness & wellness and computer classes

## **Disability Achievement Center**

**(727) 539-7550**

Education for people with a disability. Learn independent living skills, self advocacy and more

## **Safety Harbor Leisure Services**

**(727) 724-1572**

Educational programs, exercise classes/groups

# Employment

## **AARP Senior Community**

### **Service Employment**

**(727) 547-0534**

Matches eligible older job seekers (55+) with local non profits and companies to increase skills and build confidence while earning a modest income. Job search/placement

## **Florida Department of Economic**

### **Opportunity, CareerSource Pinellas**

**(727) 524-4344**

Comprehensive job assistance centers for people making a job change, seeking training or underemployed. Support with all aspects of career development

**ServiceSource, Job Placement (813) 480-6894**

Program designed to empower people with disabilities gain employment. Career counseling, job readiness, resume preparation, vocational assessment

**United Way Suncoast**

**Campbell Park Resource Center (727) 280-6703**

Job training and placement, computer literacy training, job retraining, job search resource center, resume preparation

# Financial Assistance/Taxes

**211 Tampa Bay Cares**

**Adult Emergency Financial**

**Assistance Program (AEFAP)**

**211**

Assistance for adults with unexpected financial hardships. Electric, gas, mortgage, rental deposit, rent payment, utilities deposit, water service, work clothes/tools/equipment

**City of Pinellas Park, Angel Fund**

**(727) 369-5749**

For Pinellas Park residents only, mortgage and water service payment assistance

**Daystar Life Center, St. Petersburg**

**(727) 825-0442**

Emergency assistance for electric, gas, water, clothing, food and prescription expenses

**Homeless Empowerment Program, Community**

**Housing Assistance Program (CHAP)**

**(727) 442-9041**

People with 3-day notice or eviction notice receive assistance with past due rent

**Oldsmar Cares**

**(813) 415-7373**

Oldsmar residents can receive assistance for rent, utilities, food and clothing at no cost to those in need

**Pinellas County Urban League**

**Low-Income Home Energy Assistance (727) 327-2081**

Electric or gas service payment assistance

**Low-Income Household**

**Water Assistance (727) 327-0977**

Water service payment assistance

**Pinellas Opportunity Council Emergency Home**

**Energy Assistance for Elderly**

**St. Petersburg (727) 821-0584**

**Largo (727) 823-4101 X110**

**Tarpon Springs (727) 937-9393**

Assists low-income seniors experiencing a home energy emergency. Electric/heating service payment assistance

**Emergency Services Program**

**Clearwater/Tarpon Springs (727) 937-9393**

**North St. Petersburg (727) 894-5176**

**Pinellas Park (727) 823-4101 X110**

**South St. Petersburg (727) 823-4101 X110**

Financial assistance once per year, to alleviate electric, gas, water, rent, telephone, internet, car payment/insurance (for work), mortgage emergencies

**Salvation Army**

**St. Petersburg Social Services (727) 822-4954**

**Clearwater Social Services (727) 446-4177**

**Tarpon Springs Social Services (727) 934-4476**

Emergency utility assistance for electric, gas or water bills, clothing vouchers and emergency food assistance

## **Wounded Veterans Relief Fund**

### **Veteran Programs**

**See Page 39**

Numerous emergency financial support programs for wounded veterans

# Taxes

## **AARP Foundation, Tax Aide Program**

### **St. Petersburg**

**(888) 227-7669**

Available in various locations call for a location near you provides in-person and virtual tax preparation assistance free of charge

## **Daystar Life Center, St. Petersburg**

**(727) 825-0442**

Tax preparation assistance free of charge

## **Gulfcoast Legal Services**

### **Low-Income Taxpayer Clinic**

**(727) 821-0726**

Offers a low-income taxpayer clinic and programs

## **Internal Revenue Service**

### **Pinellas County Office**

**(844) 545-5640**

In person help with tax issues that can't be handled by phone

## **United Way Suncoast, VITA Tax Sites**

**(833) 897-8482**

Free tax preparation for those who earn less than \$74,000/yr

# Fitness & Recreation

## **City of Clearwater, Aging Well Center**

### **Long Center**

**(727) 562-4904**

Day trips, education and creativity options, SilverSneakers Classes, online classes and more

**City of Clearwater**

**Parks and Recreation Department (727) 562-4800**

**North Greenwood**

**Recreation and Aquatic Complex (727) 562-4590**

Recreational activities for seniors including exercise programs, individual and team sports, social activities, arts & crafts and clubs

**City of Dunedin**

**Hale Senior Activity Center (727) 298-3299**

Programs and classes for seniors including; fitness & wellness computer classes, dance lessons, social groups, support groups, card games, free educational seminars, monthly luncheons and local trips

**City of Gulfport Multipurpose**

**Senior Center (727) 893-5657**

Programs and activities for seniors. Aging support groups, exercise classes/groups, emergency food assistance, senior ride programs

**City of Largo Community Center (727) 518-3131**

Health, wellness and fitness programs including dancing, card games, yoga, adult education trips and social events.

**City of Pinellas Park**

**Senior Center (727) 541-0776**

Programs, activities, events, classes and social activities for seniors, movies on Mondays, bingo and more



**City of St. Petersburg Beach**

**Recreation Department**

**(727) 363-9245**

Recreational activities for seniors including exercise programs, individual and team sports, social activities, arts & crafts and clubs

**City of St. Petersburg Sunshine**

**Senior Center**

**(727) 983-7101**

Multiservice senior center offering support groups, socialization, fitness and other services such as notary

**Golden Generations, Inc.**

**(727) 471-8683**

A community service organization specializing in intergenerational programming to improve the lives of youth and elders

**Madeira Beach Recreation Department (727) 392-0665**

Recreational activities for seniors including exercise programs, individual and team sports, social activities, arts & crafts and clubs

**Tarpon Springs Recreation Department (727) 942-5628**

Recreational activities for seniors including exercise programs, individual and team sports, social activities, arts & crafts and clubs

**Safety Harbor Leisure Services**

**(727) 724-1572**

Recreational activities for seniors including arts and craft educational programs, exercise classes/groups, general recreational activities/sports

## **Silver Sneakers Fitness Program**

A health, exercise and wellness program for seniors offering a variety of fitness options including but not limited to: aqua fitness, cardio, dance (ballroom, line, swing, Zumba), strength/balance, tai chi, spin class, event training (5K,marathon) and much more. Options vary by location.

### **North Pinellas**

#### ***YMCA of the Suncoast***

**Greater Palm Harbor YMCA (727) 787-9622**

**John Geigle Branch YMCA (727) 772-9622**

### **Mid- Pinellas**

#### ***YMCA of the Suncoast***

**Clearwater Branch YMCA (727) 461-9622**

**Greater Ridgecrest Branch YMCA (727) 559-0500**

#### ***City of Clearwater***

**Aging Well Center – Long Center (727) 793-2320**

**Ross Norton Recreation & Aquatics (727) 462-6025**

#### ***Largo Parks and Recreation***

**Highland Recreation Complex (727) 518-3016**

**Southwest Recreation Complex (727) 518-3125**

### **South Pinellas**

#### ***YMCA of Greater St. Petersburg***

**Bardmoor Branch YMCA (727) 394-9622**

**Jim & Heather Gills YMCA (727) 328-9622**

#### **Silver Sneakers Fitness Program - Continued**

### **South Pinellas**

**YMCA of Lealman Exchange (727) 205-3115**

**Harbordale YMCA (727) 821-9348**

#### ***City of St. Petersburg***

**St. Pete Beach Recreation Center (727) 363-9245**

# Food & Nutrition

## Food Stamp/SNAP Assistance

### **Department of Children and Families (DCF)**

#### **ACCESS**

**(850) 300-4332**

DCF access to assistance programs: Food, medical and cash assistance. EBT card services, food stamps/SNAP, Medicaid and TANF applications

### **St. Petersburg Access Center**

**(727) 353-3357**

In person help for those applying for food stamps/SNAP. cash assistance (EBT), Medicaid certification, social security low-income subsidy, Medicare advantage plans

## Meal Service

### **Feeding Tampa Bay**

#### **Trinity Café, St. Petersburg**

**(813) 492-7812**

Chef prepared hot meal each weekday, free grocery/food pantry twice per week, food stamp/SNAP application help

### **Food with Care**

**(407) 657-3880**

Home delivered frozen meal service

### **Meals on Wheels, Neighborly**

**(727) 573-9444**

Delivers fresh, ready to eat meals to homebound seniors

### **Senior Dining Room**

No-cost lunch at several Senior Café's throughout Pinellas County

### **Salvation Army**

#### **St. Petersburg Feeding Program**

**(727) 822-4954**

Provides a hot lunch and dinner

**St. Timothy Lutheran Church, Tarpon Springs**

**Sarah's Tent Soup Kitchen**

**(727) 441-3790**

Provides hot meals for lunch and dinner on Thursday's every week

**St. Vincent DePaul of Upper Pinellas, Community**

**Kitchen & Resource Center, Clearwater (727) 441-3790**

Provides meals 7 days a week, dine in or take meal to go

**St. Vincent DePaul South, Food Center**

**St. Petersburg**

**(727) 825-0725**

Provides 2 meals per day, lunch and dinner, 365 days/year

**Tampa Bay Network to End Hunger**

**Meals on Wheels, St. Petersburg**

**(813) 344-5837**

Home delivered meals

## Food Pantries & Farmers Markets

**Dunedin Cares**

**(727) 410-8495**

Distributes non-perishable food items to residents in Dunedin and surrounding zip codes that need extra help in troubled times

**Feeding Tampa Bay**

**(813) 254-1190**

Call for locations of mobile food pantries, or help with food Stamp/SNAP applications

**Feeding Tampa Bay, Groceries on the Go (813) 254-1190**

Mobile grocery store to purchase fresh produce and whole foods using SNAP/EBT benefits

**High Point Neighborhood Family Center**  
**Food Pantry and Clothing Closet** (727) 533-0730  
Food pantry and community clothing closet

**Hope Villages of America Clearwater** (727) 443-4031  
Basic food staples for those eligible once per month,  
receive 3 – 4 days of food for all household members

**Oldsmar Cares** (813) 415-7373  
Food pantry for those in need in Oldsmar, rent and  
utility assistance and a clothes closet all at no cost

**Salvation Army**  
**Mobile Food Pantry, Clearwater** (727) 446-4177  
Drive-thru food pantry provides pre-packaged boxes  
of groceries, free of charge

**St. Petersburg Food Pantry** (727) 822-4954  
Emergency food provides small bag of groceries to  
supplement monthly food expenses

**Saving our Seniors** (727) 537-6753  
Assistance for seniors with food insecurity. Farmers  
markets in retirement communities throughout Pinellas

**St. Petersburg Free Clinic**  
**Fresh Pantry** (727) 821-1200 X101  
Offers drive-thru fresh food pick up for all Pinellas  
residents, free fresh veggies, fruits, meats and food staples

**Tarpon Springs Shepherd Center**  
**Food Pantry** (727) 939-1400 X415  
A bag of food is provided

# Healthcare Resources

## Health Support Services

**ALS Association Florida Chapter (813) 637-9000**

Information, education, referral support groups, respite and Equipment loan closet with augmentative communication

**Alzheimer's Association Florida (800) 272-3900**

24-hour helpline providing emotional support.

Caregiver/care receiver support groups, disease/disability information

**Area Agency on Aging of Pasco-Pinellas**

**Caregiver Program (800) 963-5337**

Family caregiver support and counseling program for adults providing in-home care to older adult or grandchildren

**Arthritis Foundation Florida (813) 402-8712**

Disease/disability information, health/disability related support groups, health related advocacy groups

**Disability Achievement Center (727) 539-7550**

Provides information and referrals for those with disabilities and independent living skills training, durable medical equipment, equipment repair and wheelchair ramps

**Empath Health**

**Caregiver Services and Support (727) 523-3451**

Caregiver/care receiver support groups, caregiver counseling for individual and family

**Florida Alliance for Assistive Services & Technology** (813) 844-7591

Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

**Gulf Coast Jewish Family and Community Services, Elder Services** (727) 217-8111

Adult in home respite care, case/care management, family caregiver subsidies

**Healthwell Foundation** (800) 676-8416

Assistance with medical care expenses, medical equipment expenses and prescription expenses

**Lighthouse of Pinellas Inc.** (727) 544-4433

Vision rehabilitation & training including independent living programs. Occupational therapy, individual/group counseling

**Patient Advocate Foundation** (866) 512-3861

Co-pay relief for qualified patients includes prescription copays

**Seniors in Service - Health Buddies** (813) 492-8931

Volunteers call adults living with chronic conditions to provide comfort and information that can improve their health

**Sertoma Speech & Hearing Foundation** (727) 312-3881

Audiological evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment

**St. Petersburg Access Center** (727) 353-3357

Medicare advantage plan enrollment, Medicare Part D low income subsidy (extra help) applications, food stamp app.

**TheraChoice****(727) 452-1710**

Speech therapy for patients, who have suffered a stroke/CVA, speech and language evaluations, fine motor skills and more

**Voices of Hope for Aphasia****(727) 249-1953**

Programs and support groups for people with communication disabilities due to stroke, brain injury or neurological problems

**Willa Carson Health & Wellness Center (727) 467-9411**

General physical exams, smoking cessation, flu vaccines, blood pressure screening for uninsured Pinellas residents

**YMCA – Diabetes Prevention Program (727) 697-7155**

Chronic disease self-management programs

## Senior Health Clinics

**Clearwater Free Clinic****(727) 447-3041**

General medical care, blood tests, x-rays, and specialty referrals for those who do not qualify for government assistance. In-person and telehealth appointments

**Dedicated Senior Medical Center**

Medical care for seniors including; doctor, pharmacy, specialist, testing and x-rays in one building. Transportation available upon request.

**Clearwater****727-219-1833****Largo****727-739-8200****Largo****727-777-4540****Lealman****727-341-5800****Kenneth City****727-513-4100****St. Petersburg****727-310-0925****20**



**St. Pete Free Clinic** (727) 327-0333  
General medical care and dental services with some specialty referrals for those who do not qualify for government assistance.

**La Clinica Guadalupana** (727) 461-7730  
General health maintenance, screening and management of chronic and acute illness without charge to eligible patients

**Pinellas County Human Services** (727) 464-4200  
Healthcare for uninsured residents 18 – 64 who are not eligible for Medicaid, Medicare.

## Dental Clinics/Vision/Hearing

### Dental

**Community Dental Clinic** (727) 216-6155  
General dentistry, emergency dental care, bridges for low-income uninsured adults

**Evra Health at Clearwater  
Dental Center** (727) 824-8181  
General dentistry, emergency dental care, dentures, bridges

**Evra Health at Johnnie Ruth Clarke and  
Dental Center St. Petersburg** (727) 824-8181  
General dentistry, emergency dental care, dentures, bridges

**Evra Health at Tarpon Springs  
Dental Center** (727) 824-8181  
General dentistry, emergency dental care, dentures, bridges

**Florida Department of Health in Pinellas (727) 824-6900**  
General dentistry, x-rays, cleanings, fillings and extractions

**University of Florida College of Dentistry (727) 893-5050**  
Dental hygiene, dentures, emergency dental care

### **Wounded Veterans Relief Fund**

**Dental Assistance** **See page 38**  
Emergency/urgent dental care for wounded veterans

## **Vision**

**Lighthouse of Pinellas Inc. (727) 544-4433**  
Vision rehabilitation and training including independent living programs. Occupational therapy, individual/group counseling and support groups

**Preserve Vision Florida (813) 874-2020**  
Eye care expense assistance, general ophthalmology, vision screening, vitrio retinal services

**St. Petersburg Lions Club (727) 893-7152**  
Vision screening, hearing screening, diabetes screening

## **Hearing**

**Disability Achievement Center (727) 539-7550**  
Provide alerting equipment including flashing door bells and smoke detectors, bed shaker alarm clocks and baby criers

**Family Center on Deafness (727) 501-2323**  
American sign language instruction, independent living skills instruction, case management, vocational rehabilitation

**Florida Alliance for Assistive Services & Technology**

**(813) 844-7591**

Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

**Florida Telecommunications Relay, Inc (FTRI)**

**Free Amplified Telephone Program**

**(800) 222-3448**

High-quality hearing aid-compatible Bluetooth and landline amplified phones, cell phone amplifiers, and other equipment loaned at no cost to deaf and hard of hearing FL residents

**Sertoma Speech & Hearing Foundation of Florida**

**(727) 312-3881**

Audiological Evaluations, hearing augmentation aid donation programs, specialized telecommunications equipment

## Medications & Prescriptions

**Daystar Life Center St. Petersburg**

**(727) 825-0442**

Basic needs assistance including prescription expense assistance

**Florida RX Card**

**(800) 726 4232**

Prescription drug discount cards

**Healthwell Foundation**

**(800) 676-8416**

Assistance with medical care expenses, medical equipment expenses and prescription expenses

**Patient Advocate Foundation**

**(866) 512-3861**

Co-pay relief for qualified patients includes prescription copays

**St. Petersburg Free Clinic**  
Prescription drug patient assistance

**(727) 327-0333**

## Rehabilitation Services

### **TheraChoice**

**(727) 452-1710**

Speech therapy, occupational therapy and physical therapy for patients who have suffered a stroke/CVA or traumatic brain injury (TBI). Therapy also available for audiology clients and those with Aphasia.

## Medical Equipment & Supplies

### **Area Agency on Aging of Pasco-Pinellas, Aging and Disability Resource Center**

#### **Diapers for Dignity**

**(727) 963-5337**

Incontinence supplies

### **CCS Medical**

**(888) 633-4225**

Certified diabetes care, insulin injection supplies

### **Disability Achievement Center**

**(727) 539-7550**

Durable medical equipment (walkers, canes, etc.), repairs to existing equipment, incontinence supplies install grab bars & ramps, alerting equipment for the deaf (alarm clock, flashing door bells and smoke detectors) Medical equipment recycling program, equipment modification assistance

### **Florida Alliance for Assistive Services & Technology**

**(813) 844-7591**

Assistive listening devices, assistive technology equipment loan and expense assistance, wheelchairs/wheeled mobility

**Saving our Seniors****(727) 537-6753**

Assistance for qualified seniors with durable medical equipment and food insecurity. A wide variety of medical equipment is available. Call for mobile farmers markets in retirement communities throughout Pinellas

# Home Assistance Programs

**Pinellas Opportunity Council****Chore Services Program****(727) 327-3091**

A no cost supportive service designed to help frail elderly persons maintain an independent living situation. Services include but are not limited to, routine house tasks, cleaning, debris clearing, ramp building and more. Call for an evaluation

**Gulf Coast Jewish Family and Community Services, Elder & Disabled Services****Homemaker/Companionship/Respite (727) 479-1887**

A fee-for-service program designed to help disabled, frail individuals maintain an independent living situation. Services include but are not limited to, assisting with housecleaning, laundry, meal preparation, shopping companionship, caregiver respite and more

**Seniors in Service****Senior Companion Program****(727) 382-7121**

A no cost supportive service designed to help homebound or disabled seniors retain their independence. Regularly scheduled in-home visits that could include simple chores, grocery shopping, caregiver respite, and accompaniment to social activities

# Home Improvements & Modifications

## **Pinellas County Urban League**

**Weatherization Assistance** (727) 327-2081

Helps low-income seniors with high energy bills improve energy efficiency through weatherization programs

## **Disability Achievement Center,**

**Home Modification Assistance** (727) 539-7550

Connects people with disabilities needing home modifications with the appropriate funding sources and assists with safely accessing the home with modular ramps. Bathroom and home modification, ramp costs, undesignated home barrier removal services

# Hospice Services

## **Empath Health, Mid-County Community**

**Service Center** (727) 467-7423

Hospice facilities, caregiver/care receiver support, support groups and individual counseling

## **Empath Health, Suncoast Hospice**

(727) 467-7423

Hospice facilities, in home hospice care

## **Seasons Hospice & Palliative Care of Pinellas**

(727) 270-9800

In home hospice care, respite care, and caregiver support groups

# Legal

## **Area Agency on Aging of Pasco-Pinellas**

**Senior Victim Advocate Program (800) 963-5337**

The Helpline is a federally funded service to help seniors and caregivers gain access to services in the community

## **Community Law Program, Elder Law Clinic**

**Sunshine Senior Center, St. Petersburg (727) 582-7480**

**Gulfport Senior Center, Gulfport (727) 582-7480**

Volunteer attorneys assist seniors with wills, living wills, powers of attorney, and health care surrogates

**Housing Clinic (727) 582-7480**

**Eviction Diversion Program (727) 582-7475**

Free legal assistance for: Eviction prevention, landlord/tenant dispute resolution, tenant rights information/counseling

## **Bay Area Legal Services, St. Petersburg (800) 625-2257**

Provides assistance with a wide variety of civil legal matters such as eviction prevention, landlord/tenant rights, mortgage delinquency and default counseling and more

## **Clearwater Bar Association**

**Lawyer Referral Service (727) 461-4880**

Helps determine which type of lawyer you need and provides a referral.

## **Equal Employment Opportunity**

**Commission (800) 669-4000**

Employment discrimination assistance (age, disability, race) tion, housing discrimination, tenant rights

## **Florida Department of Elder Affairs**

**Long-Term Care Ombudsman Program (888) 831-0404**

Advocating for the health, safety, welfare and rights of those in long-term care facilities

## **Florida Statewide**

**Senior Legal Helpline (888) 895-7873**

Free legal resource for seniors, their advocates and caregivers

## **Gulfcoast Legal Services**

**Elder Law Clinics (727) 821-0726**

Provides legal advice on a variety of elder law topics

**Financial Stability (727) 821-0726**

Bankruptcy assistance, social security appeals/complaints welfare rights assistance and more

## **Legal Aid for Fair Housing Violations**

**(Evictions/Foreclosure) (727) 821-0726 X 273**

Eviction prevention, housing discrimination, tenant rights

**Pinellas County Office of Human Rights (727) 464-4880**

Anti-discrimination assistance with regard to housing, employment, public accommodations.

# **Mental Health**

**211 Tampa Bay Cares**

**211**

Call 211 or text your zip code to 898211 for crisis intervention, health and community resources, financial or housing assistance



- 211 Tampa Bay Cares** **211**  
**Veteran Peer Support Line**  
Crisis hotline, mental health information and referrals,  
case/care management
- 988 Suicide & Crisis Lifeline** **988**  
24/7 free and confidential support for people in distress.  
Callers are connected to crisis and suicide counselors
- Area Agency on Aging of Pasco-Pinellas**  
**Caregiver Program** **(800) 963-5337**  
Family caregiver support and counseling program for  
adults providing in-home care to older adult or grandchildren
- BayCare, Morton Plant**  
**Behavioral Health Center** **(727) 462-7000**  
24 hour nursing care for adults dealing with behavioral  
disorders and addictions. Outpatient alcohol use and drug  
use disorder treatment
- BayCare, St. Anthony's**  
**Behavioral Health Center** **(727) 825-1100**  
Immediate assessment, stabilization and inpatient  
care for adults with substance use disorder and mental  
health disorders. A Baker Act receiving facility
- Boley Centers, FACT Team** **(855) 552-6539**  
Intensive, community-based treatment, rehabilitation, and  
support services for adults with persistent mental illness
- Center for Progress and Excellence,**  
**Mobile Crisis Response Team** **(844) 395-4432**  
Psychiatric mobile response teams, mental health crisis lines  
suicide assessment, evaluation and triage

## **Directions for Living**

**Adult Outpatient Services** (727) 524-4464

General counseling services, general mental health screening, Individual counseling

**Empath Health, Community Counseling** (727) 523-3451

Bereavement and grief counseling and support groups.  
Health/disability related counseling

## **Empath Health, Community Service Centers**

**North County, Palm Harbor** (727) 467-7423

**South County, St. Petersburg** (727) 467-7423

Multiple bereavement, loss and terminal illness support groups

## **HCA Florida Largo Hospital West**

**Behavioral Health** (727) 586-7118

Inpatient and outpatient adult and geriatric behavioral health services, crisis intervention, telemedical health option

## **Hope Villages of America**

**The Haven of RCS** (727) 442-4128

**Male victims of domestic violence** (727) 441-2029

Individual crisis counseling for domestic violence victims

**LGBT National Senior Hotline** (888) 234-7243

Telephone peer support

## **Operation PAR, Outpatient Services:**

**Highpoint, Largo, St. Petersburg** (888) 727-6398

Comprehensive outpatient treatment for alcohol use disorder, drug use disorder and mental health conditions. Inpatient detoxification and MAT services also available

**Pinellas Wellness Connection** (727) 791-3131

An alliance of mental and physical healthcare providers that connects Pinellas residents to the high quality care they need with multiple pay options

**Personal Enrichment Through Mental Health Services (PEMHS)**

**Behavioral Health Network** (727) 545-6477

In-person crisis intervention, individual and group therapy

**The Well for Life** (727) 401-0239

General counseling services, mental health support groups, peer support groups

**Suncoast Center** (727) 388-1220

Provides services to adults in Pinellas who are facing mental health issues, trauma, substance misuse, neglect and sexual assault

**Windmoor Healthcare**

**Older Adult Inpatient Program** (727) 322-7222

Inpatient geriatric services for older adults dealing with depression, anxiety or other mental health crisis

## Support Groups

**Alcoholics Anonymous**

**Pinellas County Intergroup** (727) 333-7118

Alcohol use disorder in person and online support groups and alcohol use hotline

**Al-Anon and Alateen**

**District 7, Pinellas County**

**(727) 548-6811**

Help for families of alcoholics. Fellowship of relatives and friends of alcoholics who share their experiences

**Clutterers Anonymous**

**(866) 402-6685**

Hoarding support group. A 12-step program like AA. Share experiences, strength and hope to help each other recover

**Depression and Bipolar Support Alliance (727) 410-1569**

Support groups for families/friends of individuals with mental health disorders such as depression and other mood disorders

**Empath Health, Community Counseling (727) 523-3451**

Bereavement and grief counseling and support groups. Health/disability related counseling

**Empath Health, Community Service Centers**

**North County, Palm Harbor**

**(727) 467-7423**

**South County, St. Petersburg**

**(727) 467-7423**

Multiple bereavement, loss and terminal illness support groups

**Gamblers Anonymous Florida**

**(855) 222-5542**

12-step support groups for adults who gamble compulsively and have a desire to stop

**Gulfcoast North Area Health Education Center**

**Smoking Cessation**

**(813) 929-1000**

Smoking addiction support groups, options for in-person group quit or online groups

**Metro Inclusive Health, Project Care** (727) 321-3854  
Alcohol and drug use disorder support groups for BIPOC gay and bisexual men and all trans individuals in Pinellas County

**NAMI Pinellas County** (727) 791-3434  
Support groups for family members and caregivers of people living with mental illness. Support groups for people living with mental illness

**NAMI Pinellas, LGBTQ+ Connection** (727) 791-3434  
Free, peer-led support group for adults who experience symptoms of a mental health condition

**NAMI Pinellas, Veteran Connection** (727) 791-3434  
Free, peer-led support groups for veterans who experience symptoms of a mental health condition led by trained veterans online via Zoom

**Narcotics Anonymous** (888) 779-7117  
Support group using 12-step program and local recovery meetings to aid in substance use recovery

**Nicotine Anonymous** (877) 879-6422  
Support group using 12-step program to achieve abstinence from nicotine

**The Well for Life** (727) 401-0239  
Healing support groups for individuals and families of people living with mental illness. Peer support services

**Voices of Hope for Aphasia** (727) 249-1953  
Programs and support groups for people with communication disabilities due to stroke, brain injury or neurological problems

# Social Connection

## **Gulf Coast Jewish Family and Community Services, CHATS**

**(727) 450-7278**

Weekly telephone chat program that matches senior volunteers with seniors based on interests and preferences

## **Seniors in Service**

### **TelePals**

**(813) 819-0725**

Weekly or daily check-in calls and social connection calls that provide ongoing companionship and support to seniors who may feel isolated and lonely

# Pet Resources

## **Area Agency on Aging of Pinellas/Pasco (800) 963-5337 Aging & Disability Resource Center or (727)217-8111**

Supports homebound seniors with monthly deliveries of pet food and supplies

## **Humane Society of Pinellas**

### **Pet Food Pantry**

**(727) 797-7722**

Pet owners who need help with pet supplies can visit the food pantry for free pet food Wed – Fri 11am–pm

## **Humane Society of Pinellas**

### **Seniors for Seniors Adoption Program (727) 797-7722**

Adopters age 65 and older are eligible for 15% off their adoption of a dog or cat age 7+

## **Laps of Love Veterinary Hospice**

**(813) 407-9441**

Provides compassionate, in-home end-of-life care for your pet

**Pinellas Animal Foundation**

**Pet Loss Support Group**

**(727) 397-7387**

Pet loss support group created to offer pet owners a way to ease the grief related to the loss of a pet. Free group led by professional grief counselors

**Pinellas County Emergency Management**

**Pet Friendly Shelters**

**(727) 464-3800**

Provides pet friendly shelter locations that are open during declared county emergencies

**SPCA Tampa Bay**

**Pet Behavior Helpline**

**(727) 586-3593**

Provides information, resources and helpful tips for pet owners who need assistance with behavior issues to help avoid pet surrender due to behavioral concerns

**SPOT Low Cost Spay and Neuter Clinic** **(727) 329-8657**

Pet vaccinations, tracking microchips, low-cost spay and neuter services

# Technology

**Federal Communications Commission**

**Affordable Connectivity Program**

**(877) 384-2575**

Helps low-income households pay for internet services via discounted internet pricing

**MedicAlert**

**(800) 432-5378**

Bracelet or necklace that offers emergency medical information and personal identification in an emergency

# Computer Training Programs

Computer education programs and public internet access sites

<b>Dunedin Public Library</b>	<b>(727) 298-3080</b>
<b>Gulf Beaches Public Library</b>	<b>(727) 391-2828</b>
<b>Mattie Williams Neighborhood Family Center</b>	<b>(727) 791-8255</b>
<b>Pinellas Public Library Cooperative</b>	
<b>Palm Harbor Library</b>	<b>(727) 784-3332</b>
<b>Safety Harbor Public Library</b>	<b>(727) 784-3332</b>
<b>United Way Suncoast</b>	
<b>Campbell Park Resource Center</b>	<b>(727) 280-6703</b>

## Transportation

### **City of Gulfport Multipurpose Senior Center**

**Extended Mini-Bus Service** (727) 893-2242

Door-to-door min-bus services for seniors or disabled persons in Gulfport; medical, social service, work related trips, shopping, dining and entertainment trips. Reservations required, minimal fees apply

**Neighorly, Transportation Services** (727) 573-9444

Transportation to medical appointments, adult day care centers, social events, shopping, sports events fairs and festivals



**Pinellas Suncoast Transit Authority (PSTA)**

**Access ADA Paratransit (727) 540-1888**

Pre-scheduled transportation for shopping, medical care or visits, work or school. Formerly the DART program.

Wheelchair service. Must apply for this service.

Some fees apply

**Pinellas Suncoast Transit Authority (PSTA)**

**Transportation Disadvantaged Program (727) 540-1099**

Provides reduced cost transportation throughout

Pinellas for residents who qualify as transportation disadvantaged

# Veterans

## Clinics/Dental

**Bay Pines Department of Veterans Affairs**

**Medical Center (727) 398-6661**

**Bay Pines V.A. Healthcare**

**Diabetes Education Program (727) 398-6661**

Geriatric diabetes management clinics

**Bay Pines V.A. Health Care System**

**Suicide Prevention (727) 398-6661 X14226**

Suicide counseling, suicide prevention programs

**Veterans Affairs Primary Care Clinic**

**Palm Harbor (727) 734-5276**

**St. Petersburg (727) 502-1700**

Primary care services for veterans

## **Wounded Veterans Relief Fund**

### **Dental Assistance**

**(561) 855-4207**

Provides emergency/urgent dental care dental care to qualified disabled veterans who do not qualify for VA dental coverage

## **Crisis Response/Resources**

### **American Red Cross Central Florida**

#### **Tampa Bay Chapter**

**(813) 348-4620**

Armed forces emergency services, career placement for veterans

### **Disabled American Veterans, Disaster Relief**

#### **St. Petersburg VA Regional Office**

**(727) 319-7444**

Disaster relief supports veterans, service members surviving spouses and families after isolated/specific disasters including, cash grants, clothing, emergency supplies and food

## **Financial Assistance**

### **St. Vincent DePaul Cares, Supportive Services for Veteran Families**

#### **Priority 1 Prevention (Pinellas)**

**(844) 455-7783**

Assistance for imminently homeless veterans and families experiencing a housing crisis. Car and appliance donations, electric, gas, food, clothing donations, moving expenses, rent deposit and rent assistance

## **Wounded Veterans Relief Fund**

### **Veterans Programs**

**(561) 855-4207**

Numerous programs that provide disabled veterans with emergency financial assistance in the following areas:

Housing: rent/mortgage, eviction/3-day notice, hotel stays

for those experiencing homelessness; Transportation: emergency car repairs, vehicle payments and auto insurance;

Utilities: basic utility services All programs available to Florida's qualified disabled veterans

# Health Support Services

## **Bay Pines Department of Veterans Affairs**

### **Home Based Primary Care**

**(727) 398-6661 X14052**

In-home, team based health care services for veterans enrolled at the VA who have ongoing diseases and illness, are isolated or have a caregiver who needs assistance

## **Bay Pines Department of Veterans Affairs**

### **Homemaker & Home Health Aide (727) 398-6661 X12621**

Trained person, supervised by a registered nurse, can help veterans remain in their home by providing help with activities of daily living, personal care services and respite for caregivers. Must be enrolled at the VA to qualify

# Legal

## **Bay Pines V.A. Healthcare System,**

### **Medical Legal Partnership Program**

**(727) 398-9592**

General legal aid, social security disability insurance appeals/complaints/applications, veteran benefit assistance

# Mental Health

## **211 Tampa Bay Cares**

### **Veteran Peer Support Line**

**211**

Case/care management, veteran specific information and referrals, veteran/military hotlines

## **988 Suicide & Crisis Lifeline**

**988**

24/7 free and confidential support for people in distress. Callers are connected to crisis and suicide counselors

## **Bay Pines V.A. Domiciliary Residential**

### **Rehabilitation and Treatment Program (727) 398-6661**

Program for homeless veterans, transitional housing, veteran reintegration counseling

## **Bay Pines V.A. Health Care System**

### **Suicide Prevention**

**(727) 398-6661 X14226**

Suicide counseling, suicide prevention programs

## **Bay Pines V.A. Medical and**

### **Psychiatric Care Services**

**(727) 398-6661 X 14680**

Adult psychiatric inpatient units, psychiatric case management

## **ServiceSource, ABILHouse**

**(813) 480-6894**

Self- sufficiency and re-integration rehabilitation for veterans and others living with brain injuries

## **St. Petersburg V.A. Clinic**

### **Outpatient Behavioral Clinic**

**(727) 398-6661 X 14680**

Anxiety disorders screening, depression screening, veteran reintegration counseling

## **Veterans Health Administration**

**Clearwater Vet Center** (727) 927-8387

**St. Petersburg Vet Center** (877) 927-8387

Broad range of counseling for veterans and their families.  
bereavement, grief, family and military transition counseling

## **Windmoor Healthcare, Military Program (727) 322-7229**

Military specific active duty and veterans, alcohol and  
drug use disorder counseling

## **Warrior Wellness Program (727) 939-8387**

Veteran reintegration counseling, wellness programs

# Pet Resources

## **Humane Society of Pinellas,**

**Pets for Patriots Adoption Program** (727) 797-7722

Companion pets for U.S. military veterans who adopt  
an adult dog or cat. Veterans receive access to cost  
reduction for pet basics such as food, toys and essential  
supplies

# Substance Abuse Transitional Housing

## **Westcare, Mustard Seed Inn**

**GPD Transitional Housing** (727) 490-6767 X30106

Male Veteran substance abusers, transitional housing and  
other transitional services including small group support

# Volunteer Opportunities

## **211 Tampa Bay Cares**

**211**

Hundreds of volunteer opportunities in a wide variety of nonprofit organizations serving Pinellas.

## **211 Tampa Bay Cares**

**(727) 888-5211**

Volunteers needed to assist in public education and outreach events as well as authorized calls to seniors

## **AARP Foundation, Tax Aide Program**

**(888) 227-7669**

Various locations across Pinellas – call for a location near you Tax-Aide volunteers needed, training provided to assist with tax preparation in-person or virtually

## **City of St. Petersburg Office on Aging**

**(727) 893-7102**

Volunteer to participate in a senior advocacy group

## **Empath Health, EPIC Generations**

**(727) 328-5525**

Support LGBTQ seniors by volunteering to visit or offer peer telephone reassurance

## **Gulf Coast Jewish Family and Community**

### **Services, CHATS**

**(727) 450-7278**

Weekly telephone chat program matches senior volunteers with seniors based on interests and preferences

## **Humane Society of Pinellas**

**(727) 797-7722 X2**

Volunteers needed for foster care, shelter attendant, animal transportation, pick up donations, and more

## **Neighborly, Volunteer Program**

**(727) 573-9444**

Volunteers needed for meals on wheels delivery, bags on wheels grocery delivery and transportation drivers

**Pinellas County Volunteers Services (727) 464-8477**

Numerous opportunities to volunteer on a daily, weekly or monthly basis

**Saving our Seniors (727) 537-6753**

Volunteers needed to pick up and deliver lightweight medical equipment, staff the warehouse and answer phones

**Senior Corps, Corporation for National and Community Service (800) 942-2677**

Connects seniors with organizations that need them. Foster grandparent, RSVP and companion programs

**Seniors in Service (813) 932-5228**

Specialize in helping older adults find a volunteer opportunity they love, while helping children, seniors Veterans and families

**Seniors in Service**

**Operation: Veteran Connect (813) 492-8936**

Engages volunteers who are Veterans or military family members to provide resources and support to help others who have served our nation

# 211 Tampa Bay Cares

## Providing help, hope and connection to community resources

Crisis intervention and community resources for medical equipment, prescriptions, health insurance assistance, financial assistance for utilities, legal assistance, grief support groups and so much more.

If you or someone you know needs help  
please call 211 or text your zip code to 898211.

Caring people are available 24 hours per day 7 days per week to provide help, hope and connection to community resources.



This publication was developed  
as part of the  
Senior Mental Wellness & Crisis  
Response program



Get Connected. Get Help.™  
211 Tampa Bay Cares, Inc.



**Call 211**



**Text Zip Code  
to 898211**

[www.211tampabay.org](http://www.211tampabay.org)