



# Senior Connection Project

## Resource Guide for South Florida Seniors

### 2024

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## **Government and Emergency Services**

### **Elder Helpline**

- Phone: (800) 963-5337 and (561) 214-8600
- [Website](#)
- Information regarding elder services and activities. A part of Florida's Elder Affairs department, whose mission is "to promote the well-being, safety, and independence of Florida's seniors, their families, and caregivers."

### **Florida Senior Legal Helpline**

- Phone: (888) 895-7873
- [Website](#)
- The Florida Senior Legal Helpline provides free civil legal advice and brief services over the telephone to eligible Florida residents 60 years and older.

### **Florida Abuse Hotline**

- Phone: (800) 962-2873 and (561) 684-5885 ext 59237
- [Website](#)
- The Florida Department of Elder Affairs supports programs and services to protect elders from abuse in all forms, physical, emotional, and financial.

### **Disaster Resource Guide for Older Adults**

- [Website](#)
- A helpful resource guide specifically created for older adults by Florida's Elder Affairs department.

### **Red Cross Disaster Preparedness for Seniors**

- [Website](#)
- A great resource written by seniors for seniors to be ready for hurricane season.

## Transportation Needs

### Safe Travels:

- Phone: (561) 316-6920
- [Website](#)
- Provides transportation to seniors in Palm Beach, Florida and is a locally owned and operated local and long distance Non-Emergency Medical Transportation.

### Kibbitz and Ride (provided by Jewish Family Services)

- Phone: (561) 852-3333
- [Website](#)
- Provides transportation to older adults headed to doctor appointments, grocery stores, pharmacies, and other important destinations.

### Boca Connect

- [Website](#)
- This new service provides mobility solutions within and around downtown Boca Raton, Florida.

### Find A Ride Florida

- [Website](#)
- A comprehensive list of transportation service providers throughout Florida.

### Florida Disabled Parking Permits

- [Website](#)
- The Department of Highway Safety and Motor Vehicles provides information on obtaining a disabled person parking permit.

### Safe Mobility for Life

- Phone: (850) 410-5414
- [Website](#)
- An extensive Florida Department of Transportation resource that focuses on improving the safety, access, and mobility of Florida's aging road users.

## **Social & Loneliness Needs**

### **Friendly Visitors (provided by Jewish Family Services)**

- Phone: (561) 852-3333
- [Website](#)
- For isolated homebound seniors providing socialization and conversation one-to-two hours per week.

### **Hank**

- Phone: (201) 305-9008
- [Website](#)
- Hank is for adults 55+ looking to meet new people, find friends, and meet up. In person!

### **Stitch**

- Phone: (415) 800-2918
- [Website](#)
- A social networking site and app that connects older adults for friendship, romance, and community activities. It facilitates both online interactions and in-person events, such as group outings and gatherings.

### **Telephone Reassurance (provided by Jewish Family Services)**

- Phone: (561) 852-3333
- [Website](#)  
A special phone friend to homebound seniors by making calls 2-3 times a week.

## Housing Support

### SeniorLiving.org

- Phone: (954) 691-9500
- [Website](#)
- Assists in locating senior care or retirement communities. Also has reviews of senior-related products, such as hearing aids, walk-in tubs, and medical alert systems.

### Helpful Village

- Phone: (510) 473-7357
- [Website](#)
- Helpful Village provides technology to facilitate the Village Movement, an aging-in-place movement that coordinates critical services for older adults in their community.

### Chore Corps (provided by Jewish Family Services)

- Phone: (561) 852-3333
- [Website](#)
- For seniors who need help performing minor household maintenance needs such as organizing a spice rack, changing a light bulb, replacing batteries, and decluttering.

## **Food and Groceries**

### **Shop and Share (provided by Jewish Family Services)**

- Phone: (561) 852-3333
- [Website](#)
- Assistance with grocery shopping and putting items away.

### **Meals on Wheels of the Palm Beaches**

- Phone: (561)802-6979
- [Website](#)
- A total of 5,000 community-based programs across the country that address both senior hunger and isolation.

### **Food Assistance**

- Phone: (800) 963-5337
- [Website](#)
- A comprehensive listing of food and nutrition options available to low-income seniors, provided by Florida's Department of Elder Affairs.

# **iPhones, Computers, and other Technology**

## **Tips and Tricks to Use on Your Smartphone**

- [Website](#)
- An excellent AARP article packed with tips for older adults when it comes to using their iPhone.

## **DigitalLearn.org**

- [Website](#)
- Offers courses to teach the basics of emails, websites, and other computer fundamentals.

## **Candoo Tech**

- Phone: (646) 758-6606
- [Website](#)
- Candoo Tech provides tech support and training to help older adults feel more comfortable with phones, computers, tablets, and more.

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

- Phone: (844) 353-2278
- [Website](#)
- Provides assistive technology to Floridians with disabilities and their loved ones.

## **Technology SOS (provided by Jewish Family Services)**

- Phone: (561) 852-3333
- [Website](#)
- Assist seniors who are not comfortable with technology, helping them use their cell phones, tablets or computers in their homes.

## **AARP - Personal Technology**

- [Website](#)
- Offers resources and workshops aimed at helping older adults become more comfortable with technology.