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

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.

Published: September, 2023

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

211 Tampa Bay Cares
Senior Directory
Pinellas
2023 - 2024

Call 211

Text Zip Code to 898211

www.211tampabay.org

Pinellas Senior Directory
## Table of Contents

### Sections:

#### Healthcare Resources - Continued
- Rehabilitation Services ........................................ 24
- Medical Equipment & Supplies .............................. 24

#### Home Assistance Programs ................................. 25

#### Home Improvement & Modifications ..................... 26

#### Hospice Services ............................................. 26

#### Legal ............................................................. 27

#### Mental Health .................................................. 28
- Support Groups .................................................. 31
- Social Connection ............................................... 34

#### Pet Resources ................................................ 34

#### Technology .................................................. 35
- Computer Training Programs ................................ 36

#### Transportation ............................................... 36

#### Veterans
- Clinics/Dental .................................................. 37
- Crisis Response/Resources ................................. 38
- Financial Assistance .......................................... 38
- Health Support Services .................................... 39
- Legal ............................................................ 39
- Mental Health ................................................ 40
- Pet Resources ............................................... 41
- Substance Abuse Transitional Housing .................. 41

#### Volunteer Opportunities ................................. 42
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
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

Respite - Adult Day Centers

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
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 (305) 536-5521
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) (305) 536-5521
Disaster Assistance Loans (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
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 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 Duned in
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
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.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clearwater</td>
<td>727-219-1833</td>
</tr>
<tr>
<td>Largo</td>
<td>727-739-8200</td>
</tr>
<tr>
<td>Largo</td>
<td>727-777-4540</td>
</tr>
<tr>
<td>Lealman</td>
<td>727-341-5800</td>
</tr>
<tr>
<td>Kenneth City</td>
<td>727-513-4100</td>
</tr>
<tr>
<td>St. Petersburg</td>
<td>727-310-0925</td>
</tr>
</tbody>
</table>
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

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

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

Evara 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
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
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
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
Veteran Peer Support Line
Crisis hotline, mental health information and referrals, case/care management

988 Suicide & Crisis Lifeline
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
Hoardering 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
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 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

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

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

Neighborly, 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
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 good, 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
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

Call 211

Text Zip Code to 898211

www.211tampabay.org