

SIXTY PLUS HELPLINE 404.605.3867

Finding the right answers takes a lot of time and can be confusing. Whether you are an older adult or a caregiver, one call to the Sixty Plus Helpline can help. Our experts will connect you to resources and provide you with information about services in our community. If you have questions concerning housing, transportation, home delivered meals, Medicare, Medicaid, or other aging-related services, we are here for you.



Sixty Plus Services operates with no private insurance support and welcomes donations for time and services rendered. All donations are used exclusively for our work with older adults and their family caregivers. Piedmont Healthcare System is a 501(c)(3), not-for-profit institution. Private gifts to Piedmont Healthcare for Sixty Plus Services are tax deductible.

For more information or to make a gift, visit donate.piedmont.org or call 404.605.2130.

Contact Us

**Piedmont Healthcare's
Sixty Plus Aging Helpline
404.605.3867**

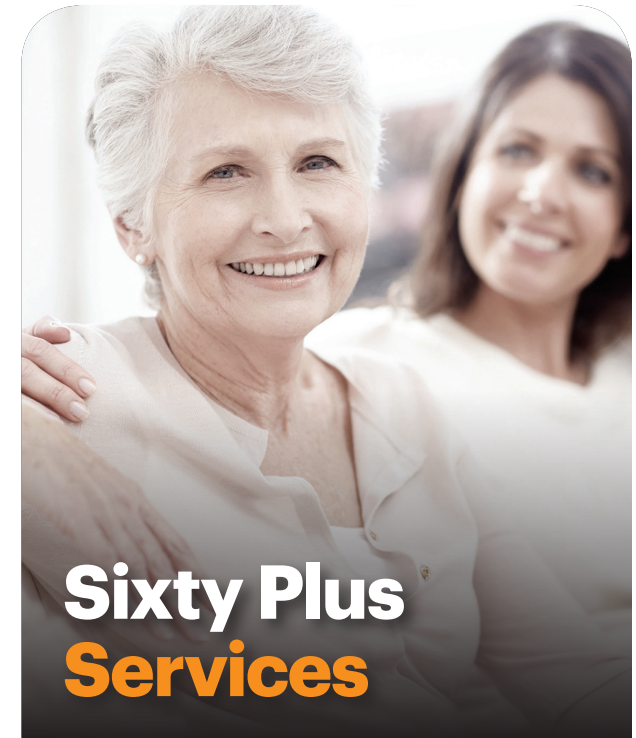
or email sixtyplus.services@piedmont.org

Sixty Plus Services are also offered at:

Piedmont Fayette Hospital 770.719.7214
Piedmont Henry Hospital678.604.5999
Piedmont Mountainside Hospital ... 706.299.5059
Piedmont Newnan Hospital..... 770.400.2010

SIXTY PLUS SERVICES

35 Professional Building, Suite L105
1968 Peachtree Road, NW
Atlanta, Georgia 30309
piedmont.org/sixtyplus



Sixty Plus Services

Living the Piedmont Promise by providing services, education and support to enhance the well-being of older adults and their families.

 **Piedmont**
HEALTHCARE

Piedmont Hospital established Sixty Plus Services in 1987 to help older adults maintain independent lifestyles and to support family members in their roles as caregivers. We now serve patients and families in all hospitals throughout the Piedmont Healthcare system.

Comprehensive Geriatric Social Work

Sixty Plus licensed social workers provide functional assessments of older adults, focusing on the right balance between independence, safety, and quality of life. Our services include:

- Office consultations for patients and family caregivers
- Home visits followed by evaluation, recommendations and educational materials
- Education for patients and families to help with long-term planning
- Assistance with transitioning from hospital to home
- Strategies and tools for better communication between patients and the Piedmont Healthcare team

Dementia Support Program

Older patients who have symptoms of dementia are evaluated by Sixty Plus clinicians and then referred to appropriate specialists for further diagnosis. Individual consultations are available to family caregivers in addition to annual workshops and monthly caregiver support groups.

Guidance Through the Insurance Maze

Sixty Plus has a trained insurance specialist on staff to offer guidance and information to support individuals in making their own informed decisions about:

- Medicare Part D – Drug Coverage
- Medicare Advantage
- Medicare Fraud Education
- Medigap/Supplement Insurance
- Medicaid, Long-term Care Options
- Low-cost Prescription Drug Assistance Programs

Community Education and Wellness Programs

Sixty Plus offers a variety of presentations that are open to the community. Each program features expert speakers who are knowledgeable about current trends and innovations. Presentations cover a wide range of topics such as:

- End-of-Life Planning and Palliative Care at Home
- Understanding Medicare
- Healthy Aging
- Caregiver Workshops
- Monthly Caregiver Support groups
- Mindfulness Meditation and Stress Management
- Guidance through Senior Living Options



**When You Go Home,
We Are Here to Help
404.605.3867**

Following a hospital stay or a visit to the Emergency Department, you or your family members may want to contact Sixty Plus for further assistance.