

Community Resource Centers

Independence-Self-Esteem-Wellness

The above principles are the basis for LifeSpan's Community Services program. Our Community Resource Centers are open each weekday and provide adults 60 and older access to a variety of services, resources, and relationships which promote socialization, education and wellness. All offer the following opportunities:

- Daily Catered Noontime Meal
- Social/Recreation Activities
- Health & Education Programs
- Information & Assistance
- Transportation Registration—
Access, OPT (Older Persons Transportation),
Port Authority Transit (PAT) Bus Passes

At select sites we offer Painting Class, Book Clubs, Card Clubs, Exercise Groups, Travel, and Legal Assistance.

Call or visit any of our Centers for a list of activities. You are always welcome!



BETHEL PARK FOCAL POINT

LifeSpan Services @ Bethel Park Community Center

5151 Park Avenue, Bethel Park, PA 15102

412-831-7111 FAX: 412-461-7118

M—F 9:00 AM to 3:00 PM

Email: bethelpark@lifespanpa.org

Centers located in Knoxville

MON VALLEY FOCAL POINT

Mon Valley @ Olympia Community Resource Center

4313 Walnut Street, Suite370

McKeesport, PA 15132-6135

412-664-5434 FAX: 412-461-7118

M, T, W & F 8:30 AM to 4:00 PM

TH 8:30 AM to 6:30 PM

2nd Sat. of each month 11:00 AM to 4:00 PM

Email: monvalley@lifespanpa.org

Centers located in Clairton

CHARTIERS FOCAL POINT

Chartiers Community Resource Center

300 Lincoln Avenue, Carnegie, PA 15106

412-276-5056 FAX: 412-461-7118

M—F 8:00 AM to 4:00 PM

E-mail: chartiers@lifespanpa.org

Centers located in Homestead

IMPERIAL FOCAL POINT

LifeSpan Imperial Community Resource Center

540 Penn Lincoln Drive, Imperial, PA 15126

724-218-1669 FAX: 412-381-3797

M—F 8:00 AM to 4:00 PM

E-mail: imperial@lifespanpa.org

Centers located in West Mifflin



Resources and Services for Seniors



Administrative Offices

314 East Eighth Avenue

Homestead, PA 15120

412-464-1300

TTY 412-461-0769

Fax: 412-461-7118

Providing essential services to the 60 plus population since 1973

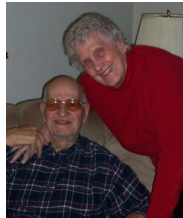
www.lifespanpa.org

LifeSpan is a private, non-profit 501(c)(3) corporation and is funded in part by the Allegheny County DHS/AAA

RESOURCES AND SERVICES FOR SENIORS

LifeSpan's Mission is to offer resources, programs and services that promote healthy and dignified living.

LifeSpan advocates for and provides innovative community resources, programs and services for the changing needs of individuals and those who care for them.



Information & Assistance

LifeSpan's I&A Specialists are AIRS Certified and available by phone or in person to provide a wide array of resources and available benefits. I&A Specialists have access to a powerful computer data base that provides the most updated assistance programs, helpful information and available benefits. For I&A call: 412-831-7111, 412-276-5056, 412-664-5434, 412-381-6900, or 724-218-1669.

Care Management

LifeSpan's team of professional Care Managers conduct in home assessments and facilitate delivery of services designed to support older adults remaining in their homes. Eligibility guidelines for services include:

- 60 years of age or older;
- Facing challenges safely managing activities of daily living, i.e., grooming and personal care, meal preparation, light housekeeping;
- Seeking consultation and advocacy from our professional Care Managers to help resolve problematic issues;
- Willing to provide income verification to determine the share of payment for services needed. Approved medical & living cost deductions result in most people sharing in only a fraction of the actual costs.

Family Caregiver Support Program (FCSP)

FCSP provides assistance to family members and friends caring for a loved one, 60 years of age and older, who want to live at home but need help with daily activities. It is designed to assist caregivers who often become overwhelmed when helping their aging loved one while managing their own family and work responsibilities at the same time.

Home Delivered Meals

Home delivered meals are provided by LifeSpan's Homestead, Clairton, Imperial and Knoxville locations for individuals 60 years of age or older who cannot cook or shop and are isolated or recovering from injury or illness.

Call the AC Area Agency on Aging Senior Line to determine your eligibility for all programs 412-350-5460 or 412-350-4234 after hours, weekends and holidays. This is your single point of entry. Be prepared to complete a short assessment over the phone.