



# Senior Care

• ALLIANCE •

## MEMBER RESOURCE DIRECTORY





**Legacy Heights**  
Retirement Center

## INDEPENDENT LIVING

*55+ Luxury Independent Living in a worry-free environment. All-Inclusive offering home-cooked meals, housekeeping, laundry, and utilities alongside the freedom of independent living*



479-262-6466

1012 Fayetteville Road, Van Buren, AR



legacyheights.org



**MEMORY LANE**  
Alzheimer's Special Care Unit

## MEMORY CARE UNIT

*A modern and secure, state licensed Alzheimer's special care unit for individuals with dementia, providing 24-hour care and security.*



memorylanevb.com

479-474-7233

1012 Fayetteville Road, Van Buren, AR



## **OUR MISSION**

*Serve as a unified resource and advocate for regional senior citizens, formal and informal caregivers.*

**Senior Care Alliance**

**PO Box 10474**

**Fort Smith, AR 72903**

**[info@arseniorcarealliance.org](mailto:info@arseniorcarealliance.org)**

**[www.arseniorcarealliance.org](http://www.arseniorcarealliance.org)**

## Color Key Code

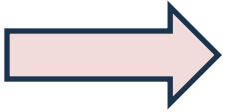
What level of care do I need? Look for Healthcare terms and definitions.  
Match colored arrow to Provider Service.



Assisted Living Facility



Long Term Care



Behavioral Health  
(geriatric health, mental health)



Memory Care Unit



Elder Law Attorney



Miscellaneous



Funeral Services



Inpatient Rehabilitation



Home Care (Non-medical)



Outpatient Rehabilitation



Home Health (skilled visits)



Respite



Hospice care



Retirement Community



Insurance

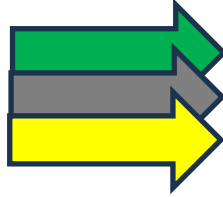


Skilled Nurse Facility

**Understanding Provider Service and other definitions**  
**See Healthcare Terms and Definitions**

# Area Agency on Aging of Western Arkansas

3600 Wheeler Avenue Suite 2  
Fort Smith, AR 72901  
479-783-4500  
www.agingwest.org



**Elder Victims of  
CRIME**  
AREA AGENCY ON AGING OF WESTERN ARKANSAS, INC.  
"Our Heart is in Your Home"

## OUR HEART IS IN YOUR HOME

Let AAAWA help you and your loved ones realize a better quality of life through individually tailored services. Proudly serving Western Arkansas since 1974.

- \* Hospice Services
- \* Transportation
- \* Victim Advocacy
- \* Senior Centers
- \* Caregiver Services
- \* Home Health
- \* Physical Therapy
- \* Affordable Housing

**CALL TODAY**



479-783-4500  
800-320-6667



Visit our website:  
agingwest.org



## Around the Clock Home Care

[www.Aroundtheclockhc.com](http://www.Aroundtheclockhc.com)

479-242-2273

info@aroundtheclockhc.com



**Around the Clock**  
HOME CARE

We provide expert home care services for those who are ill, injured, have a disability, or simply require the personalized attention our caregivers provide. Whether you require 3 hours of care or 24/7 support, we carefully curate a customized care plan that works Around the Clock for you. Around the Clock Home Care provides non-medical care consisting of assisting with ADL's, meal preparation, light housekeeping, medical appointments, respite care, medication set-up and med reminders.

Our service type offerings include and are not limited to:

1. **Companionship caregivers**

Our caregivers reduce loneliness & ensure your loved one is safe at home by providing meaningful activities, friendship, fellowship, and consistent interaction to improve their mental well-being.

2. **Personal Care**

Keeping up with daily personal tasks can be a challenge as we age. Our caregivers assist clients with bathing, hygiene, dressing, incontinence care, walking, transfers, meals, medication reminders and more.

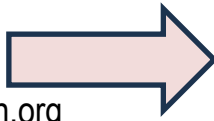
3. **Respite Care and Private Caregivers.**

Respite care provides that extra level of support. Our private caregivers give you the relief you need without sacrificing the individualized attention and support your loved one deserves.

## Baptist Health Senior Care Behavioral Health-Fort Smith

1001 Towson Avenue  
Fort Smith, AR 72901  
479-441-5601

[www.Baptist-health.org](http://www.Baptist-health.org)



**Fayz A.  
Hudefi, MD**



**Natalie  
Jordan, MD**

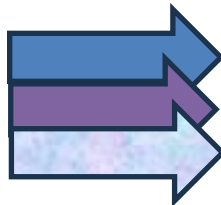
If you've noticed troubling mood or memory changes in a parent or loved one, the specially trained physicians and staff at Baptist Health Senior Care Behavioral Health-Fort Smith can help. Our specialists provide diagnosis and customized treatment plans for adults, ages 55 and older, experiencing acute mental health issues. From medication management to family therapy and education, our compassionate staff can help you through the mental health challenges we face as we age.

## Brookdale Senior Living Fort Smith

[www.brookdale.com](http://www.brookdale.com)

479-484-5556

5501 Duncan Road  
Fort Smith, AR 72903



When you're looking for assisted living or memory care, Brookdale Fort Smith has care options to meet your changing needs. Our community has the lifestyle you want, plus care if you need it, with bathing, dressing and managing medications. Our memory care residents benefit from a little extra support through gentle guidance and visual reminders. With utilities and maintenance typically included, you'll have fewer bills to worry about. With several floor plans to choose from, including studio, one-bedroom and two-bedroom options, you'll be able to find just the right pet-friendly apartment to fit your style.

**Assisted Living:** Brookdale caregivers are available to provide assistance with daily living, balancing independence with assistance while delivering service with compassion, understanding and respect.

**Memory Care:** Our memory care program is deeply rooted in a person-centered approach. We offer the necessary resources & nurturing staff to care for those with Alzheimer's and other forms of dementia.

## Centerwell Home Health

2120 S Waldron Road Bldg C  
Fort Smith, AR 72903  
479-452-0424

[www.centerwellhomehealth.com](http://www.centerwellhomehealth.com)



Personalized comprehensive care in the comfort of your home-medication management, illness assessment, cardiac care, pulmonary care, diabetes management and education, wound care, pain management, orthopedic rehabilitation, post-surgical management and balance and mobility, including fall prevention. Centerwell Home Health is available for your home health needs.

## City of Fort Smith Water Utilities

[www.fortsmithar.gov/water](http://www.fortsmithar.gov/water)

[www.FortSmithAR.gov/ProjectConcern](http://www.FortSmithAR.gov/ProjectConcern)

479-784-2262



Project Concern is a Water Utilities assistance program established by the City of Fort Smith to provide relief to low-income customers who use water services solely for residential purposes. The program allows eligible participants to receive the following discounts on their City utility bill:

Water Services – 50% discount

Sewer Services – 50% discount

Sanitation Services – 25% discount

## Elite Home Health

2904 Jenny Lind Rd

Fort Smith, AR 72901

479-494-7273



Elite Home Health is focused on helping patients recover from illness, injury, a medical procedure, or manage a chronic illness. Elite Home Health helps prevent unnecessary rehospitalizations, helps patients maintain their independence, and improves health and quality of life.

## HEART HEALTH & BRAIN HEALTH

**What is good for the heart is good for the brain.**

**Because wellness is everything, here's some guidance to help you achieve it.**

- **Restful Not Stressful:** Practice gratitude and relieve stress. Establish a bedtime routine.
- **Regular Exercise** can relieve stress, improve your mood, control your appetite, lower your blood pressure & give you more energy.
- **Stop smoking:** 'Cold Turkey', cut down the number of cigarettes you smoke until you stop completely, join a cessation program.
- **Manage diabetes:** Diabetes is a chronic disease. Manage blood glucose levels, enjoy healthy eating habits, control your weight, & regular exercise.
- **Control blood pressure:** Be responsible to take your medications, talk to your PCP about blood pressure management.
- **Protect your head:** Prevent an injury, do what you can to prevent falls.

# Encompass Health Rehabilitation Hospital of Fort Smith

[www.encompasshealth.com](http://www.encompasshealth.com)

1401 South J Street

479-785-3300



We know that choosing where to receive care after a life-changing illness or injury is an important decision for you and your loved ones. At Encompass Health Rehabilitation Hospital of Fort Smith, we are committed to helping you get back to what matters most. Located in Fort Smith, we are a leading provider of inpatient rehabilitation for stroke, brain injury, hip fracture and other complex neurological and orthopedic conditions.

When you choose Encompass Health Rehabilitation Hospital of Fort Smith for your rehabilitation, you receive compassionate care from an expert team of physical, occupational and speech therapists; physicians; nurses; dietitians; pharmacists; and case managers who work together to create a plan to help you meet your unique goals.

At our hospital you will receive: three hours of therapy, five days per week, 24/7 nursing care, including nurses who specialize in rehabilitation, frequent visits from a physician. Each patient's recovery is different. At Encompass Health Rehabilitation Hospital of Fort Smith, our expert clinicians combine the latest technologies, real-world simulations and advanced therapies into a treatment plan that helps you achieve what's important to you. We are now offering inpatient hemodialysis.



**Our hospital holds disease-specific care certifications from The Joint Commission for its stroke, hip fracture, and amputee rehabilitation programs. Referrals accepted from anyone. Call 479-785-8554 [www.encompasshealth.com](http://www.encompasshealth.com)**



## First Light Home Care

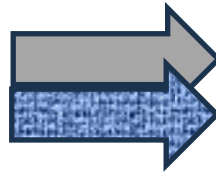
www.firstlighthomecare.com  
2408 S 51<sup>st</sup> Court, Suite 3  
479-367-4601



At First Light we are cherished for our outstanding caregiving services, and this is largely due to our special and detailed processes. We understand that every situation is unique, so we carefully select caregivers who truly fit your needs. We take the time to understand you, your family dynamic, and your individual requirements, and then we match you with the perfect caregiver. Our Fort Smith home care and senior care services are personalized to meet your specific needs. Contact us today to learn about how we take caregiving to a whole new level.

## Heart of Hospice

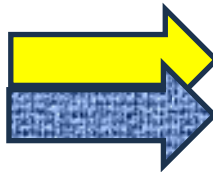
1401 South Waldron Rd., Ste. 201  
Fort Smith, AR 72903  
479-494-0100



Hospice care is available to patients with life-limiting illnesses who can no longer benefit from curative treatments and usually have a life expectancy of six months or less, as determined by a physician. Hospice focuses on patient/family-centered care that addresses the physical, spiritual, emotional, and practical needs of the patient. Services can be provided in the patient's home, nursing home or assisted living.

## Home Helpers Home Care

1115 S Waldron Road  
Fort Smith, AR 72903  
479-316-4639



[www.homehelpershomecare.com/fort-smith](http://www.homehelpershomecare.com/fort-smith)

Home Helpers of Fort Smith In-Home Care Services is more than an in-home health care agency: we're your extended family when the family can't be there. We're a locally owned, trusted provider of quality, compassionate in-home care, and we customize our home care solutions to your unique situation for an affordable solution that keeps your loved one where they're happiest: at home.

## Senior Care Alliance a proud member



## Home Instead

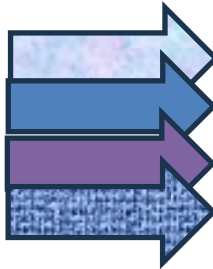
2409 South 51<sup>st</sup> Court  
www.Homeinstead.com  
479-434-6960



Home Instead® in Fort Smith, AR offers many different types of in-home care that can be individualized to meet the needs of your family members. All our highly trained Caregivers are bonded and insured for your peace of mind. Each Caregiver completes a comprehensive training program to deliver individualized senior care with compassion. "Care" simply means care that does not involve nursing-type activities. In-home care provides practical support with a human touch. Our compassionate Caregivers assist clients with common activities of daily living like showering, cooking and much more. Call us today!

## Legacy Heights Memory Lane

1012 Fayetteville Road  
Van Buren, AR 72956  
479-262-6466



Enjoy luxury retirement living for one low, monthly cost. Legacy Heights is an upscale, all-inclusive retirement community that provides cooked meals, weekly housekeeping, paid utilities & more, all offered alongside the freedom of independent living. All the amenities we provide create more time for our residents to do things they enjoy most, without the responsibility of having to care for or maintain a home. We are an active & loving family that shares laughter & experiences. The independent residents at Legacy Heights feel a sense of belonging that comes with being surrounded by a neighborhood of friends.

## Medicare Specialist of Arkansas

3104 South 70<sup>th</sup> Street, Suite 104  
Fort Smith, AR 72903  
479-431-5632

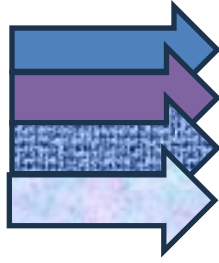


Medicare Specialist of Arkansas is a locally owned business with a team of licensed and certified insurance advisors with over 50 years of experience providing expert knowledge and guidance in maneuvering the process of determining what options fit your needs for health insurance, whether it's Medicare, Medicaid, Disability, Cancer Policies, Dental/Vision, Hospital Indemnity or Long-Term Care Plans. We represent all the major insurance companies offering Medicare Advantage, Medicare Supplements, and Prescription Drug Plans in our area of the State and we can assist in other areas of Arkansas, Missouri, Oklahoma, and Texas. We also offer individual health insurance plans from Affordable Care Act plans to short-term plans. Additionally, our expertise encompasses Employee Benefits plans to meet the needs of employer groups. We have a seasoned Financial Services Team of advisors to help with annuities and life insurance too. Whatever your needs are under the umbrella of health and life insurance products our insurance specialists can assist you with finding the plan that best fits your needs. Come and meet our team of trusted advisors: Trish Berry, Mike Jayroe, and Kendall Price.

## Mercy Crest Assisted Living

1300 Strozier Lane  
Barling, AR 72923  
479-478-3000

[www.mercycrest.com](http://www.mercycrest.com)



Welcome to Mercy Crest Assisted Living, where we provide the highest-quality assisted living and independent resident services in a luxurious and comfortable faith-based setting. A premier retirement facility located on 19 scenic acres in Barling, Arkansas just east of Fort Smith. Through individualized service plans, our dedicated team members can customize every aspect of resident care to allow each resident independence and quality of life, based on personal choice and preferences. Our residents benefit from an array of services including delicious meals, including heart healthy choices, and snacks; transportation to medical appointments, weekly housekeeping and laundry services; daily activities, include games and socialization, physical and mental exercises, community events and trips and much more. Medication assistance or administration and assistance with activities of daily living are provided 24 hours a day by our licensed and certified team members.

## Mercy Rehabilitation Hospital

6700 Chad Colley Blvd  
Fort Smith, AR 72916  
479-974-5700

[www.mercy.net/practice/mercy-rehabilitation-hospital-fort-smith](http://www.mercy.net/practice/mercy-rehabilitation-hospital-fort-smith)



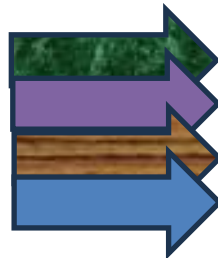
Mercy Rehabilitation Hospital is a state-of-the-art, 50-bed (all private rooms) inpatient acute rehabilitation hospital dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a severe injury or illness.

Mercy Rehabilitation Hospital strives to maximize the health, function, and quality of life of those we serve through comprehensive physical medicine and rehabilitation programs. Our rehabilitation programs provide ongoing care and specialized treatment to patients throughout their recovery journey. We offer customized, intense rehabilitation tailored to the individual needs of those recovering from stroke, brain injury, neurological conditions, trauma, spinal cord injury, amputation, and orthopedic injury.

## Methodist Village Senior Living

7811 Euper Lane  
Fort Smith, AR 72903  
479-452-1611

[www.methodistvillage.com](http://www.methodistvillage.com)

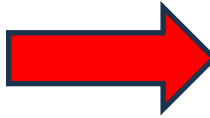


Serving our Mission, Striving for our Vision, Sharing Stories, and Leaving a Legacy—For 63 years, MVSL has been caring for our community's elders through Independent, Assisted, Memory Care, Long-Term Care and Rehab. Seated on 30 acres in central Fort Smith, our campus is the only "Life Plan Community" in the River Valley. We are pushing forward with innovative care and education, focusing on the whole person and creating a place you would be happy to call home. Call 479-452-1611 to schedule a tour today.

# Pathway Insurance LLC

479-221-5553

[www.Facebook.com/jarettedavisfb](http://www.Facebook.com/jarettedavisfb)



Our purpose is to help make sense of Medicare and assist in navigating the different options. As your local agent, service goes beyond enrollment. We remain committed to helping our clients throughout the year whenever questions come up.

Pathway Insurance LLC specializes in Medicare plan options, dental and life insurance.

Contact: Jarett Davis

PO Box 23503

Barling, AR 72923

Email: [jdavis@pathwayinsurancellc.com](mailto:jdavis@pathwayinsurancellc.com)

## BE FAST

## KNOW THE SYMPTOMS OF STROKE



### **Balance**

Loss Of Balance, Dizziness

Unstable with less coordination, stumbling, unable to walk straight.



### **Eyes**

Vision Changes

Blurred vision or trouble with eyesight in one or both eyes.

Squinting or rubbing their eyes, not able to read.



### **Face**

Facial Drooping, Severe Headache

One side of the face is drooping or looks uneven.

Ask the person to smile and observe their face. See if the face droops on one side.

Pain or discomfort in the head, scalp, or neck with no known cause.



### **Arms**

Weakness, Numbness

Lack of strength in arm or leg-especially on one side of the body.

A tingling feeling in the body (face, arm, leg) like pins or needles.



### **Speech**

Trouble Speaking, Confusion

Unable to speak or slurred speech.

Unable to understand what is happening, can't think clearly or feel thrown off.



### **Time**

To Call 911

These symptoms are not unique to stroke but if they are sudden & out of the ordinary, they may indicate a sign of stroke. Seek medical care immediately.



# Join The Family of Peachtree Village of Fort Smith Assisted Living Facility

Discover a warm and welcoming community at Peachtree Village of Fort Smith, where we provide exceptional assisted living services with a personal touch.

**Contact Us:**

Rick Morales

**Phone:**

(479) 353-1784

**Email:**

[rmorales@peachtreevillage.org](mailto:rmorales@peachtreevillage.org)

**Address:**

1500 Fresno Street, Fort Smith, AR 72901

**Visit:**

[peachtreevillagefortsmith.com](http://peachtreevillagefortsmith.com)

Join our Peachtree family and experience the best in assisted living. Call Rick Morales today to schedule a tour and learn more about our wonderful community!

## Providence Estate Planning Attorneys

3223 Old Greenwood Road  
Fort Smith, AR 72903  
479-434-3531  
www.providencefirm.com



Jamison Bonds | V.A. Accredited Attorney

**Don't Go Broke in the Nursing Home**

Do you have a loved one who needs long-term care?

Are you worried about how to get them quality care without depleting their assets?

As one of Arkansas' Top-Rated Elder Law Firms, we understand your concerns and can help.

**Call to Learn More:  
(479) 434-3531**

Google Reviews  
4.9 Stars | 68+ Reviews

**BEST**  
Elder Law Firm  
2023 WINNER

1st Place  
Elder Law Firm

## RiverGlenn Cremation and Funeral Services

1805 North A Street  
Fort Smith, AR 72901  
479-551-0981



www.riverglenn.com

FOLLOW US ON

**RiverGlenn**

FAMILY FIRST | FAMILY FOCUSED

TRADITIONAL FUNERALS | CREMATION SERVICES | MEMORIAL SERVICES | PRE-PLANNING

1805 NORTH A ST - FORT SMITH, AR 72901 | CALL: 479.551.0981 | VISIT: RIVERGLEN.COM



# Superior

## SENIOR CARE



SERVING SENIORS FOR OVER 38 YEARS

Experienced Caregivers  
can provide:

- Housekeeping
- Meal Preparation
- Shopping/Errands
- Transportation
- Medication Reminders
- Personal Care



### CHOOSE US FOR:

Medicaid / ARChoices

Veteran Benefits

Medicare Advantage

Private Pay

LTC Insurance

### CONTACT US:

479-783-1206



[superiorseniorcare.com](http://superiorseniorcare.com)



2520 Rogers Ave. Fort Smith AR

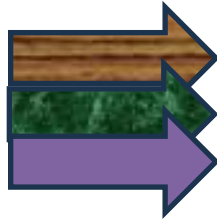


## The Blossoms of Fort Smith

5301 Wheeler Avenue  
Fort Smith, AR 72901  
479-646-3454

## The Blossoms of Van Buren

2010 Main Street  
Van Buren, AR 72956  
479-474-6885



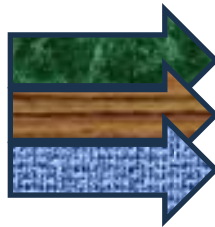
**The Blossoms**  
REHAB & NURSING CENTER

Placing your loved one in a healthcare facility is a challenging decision. But at The Blossoms, we can help make that decision a bit easier. By delivering a care experience founded on total commitment to top-quality care, we help ensure your loved one can live life to their fullest capabilities. We provide short term and long-term care. The Blossoms has a secured memory care dividing men and women for specialty care.

## The Oaks Healthcare Center

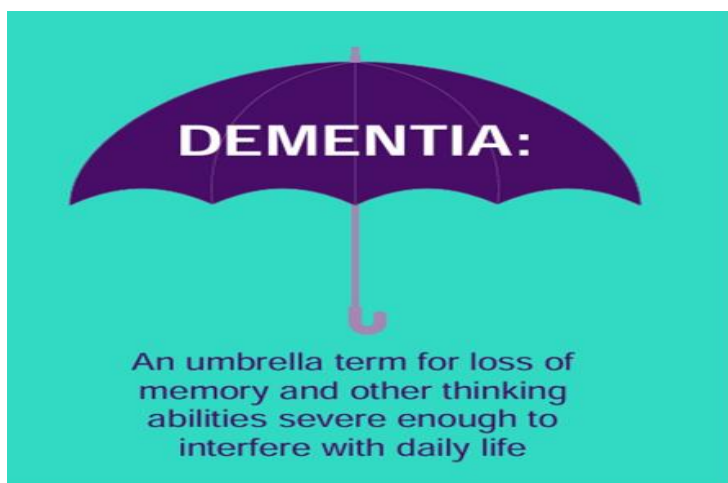
1501 Clayton Avenue  
Poteau, OK 74953  
918-647-8236

[www.oakshealthcare.com](http://www.oakshealthcare.com)



**The Oaks**  
Healthcare Center

Putting Faith and Caring First-The Oaks Healthcare Center is a mission to glorify God in all we do by shepherding our residents, patients, customers, and employees consistent with the “Fruit of the Spirit” – love, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control. Our staff of caring professionals have years of experience that enable them to provide the highest quality of care while treating patients and their loved ones with dignity and respect.



## Types of Dementia

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- Mixed dementia: dementia from more than one cause



## Therapists in Motion

479-222-1425

Fax 855-212-0581

2801 Old Greenwood Road Suite 14



Therapists In Motion provides physical, occupational, and speech/swallowing therapies where patients need them the most. We offer in-clinic therapy at our Wellness Center. Therapists In Motion also continues to provide in-home therapy by bringing our top-notch therapists to you.

Our therapists provide therapy services 2 to 4 times per week per discipline or as needed for each individualized treatment plan.

Our patients do not need to be homebound. We are Medicare/Medicaid credentialed and in network with BCBS, Humana, Aetna, Allwell, Ambetter, AR Total Care, and Summit Community Care.

Our goal is to help you maintain your ability to live at home safely. Therapists In Motion completes home safety evaluations and fall risk assessments. Our Medical Speech Pathologists are also the area's only team to offer high-tech swallow studies and Neuromuscular stimulation (AmpCare) swallowing therapy for patients with difficulty swallowing or dysphagia. We are passionate about helping patients maintain/regain the ability to eat and drink favored foods and liquids!

## UAMS

3600 Wheeler Avenue Suite 2

479-478-8819

[www.uamscenteronaging.org](http://www.uamscenteronaging.org)



**UAMS** | Donald W. Reynolds  
Institute on Aging

**WEST CENTRAL  
CENTER ON AGING**

**Your Center for healthy aging**

UAMS WEST CENTRAL CENTER on Aging, offering FREE Community Programs for Older Adults and Family Caregivers throughout the 14-county service area served out of their office in Fort Smith.

WEST CENTRAL CENTER on AGING'S mission is to improve health outcomes of older Arkansans through interdisciplinary clinical care and innovative education and exercise programs.

The eight UAMS Centers on aging are funded by the Arkansas Tobacco Settlement funds and serve all 75 counties in Arkansas through free resources and services for older adults and their caregivers.

UAMS WEST CENTRAL CENTER on AGING, YOUR CENTER FOR HEALTHY AGING!



Find us on [Facebook](https://www.facebook.com/SeniorCareAlliance)

**Senior Care Alliance**

[www.Facebook.com/SeniorCareAlliance](http://www.Facebook.com/SeniorCareAlliance)

# Portable Medical Orders: What Your Completed POLST Form Means

Your health care provider should have discussed your options with you before you signed the POLST form. This document is provided to help you remember your choices and explain what your POLST form means.

## Sections A (CPR) and B (Initial Treatment Orders)

**A. Cardiopulmonary Resuscitation Orders. Follow these orders if patient has no pulse and is not breathing.**

**B. Initial Treatment Orders. Follow these orders if patient has a pulse and/or is breathing.**

### If YES CPR is checked

A. Cardiopulmonary Resuscitation Orders. Follow these orders if patient has no pulse and is not breathing.

**Pick 1**  
 **YES CPR: Attempt Resuscitation.** (Requires choosing Full Treatments in Section B)  
 including mechanical ventilator, defibrillation and cardioversion.

B. Initial Treatment Orders. Follow these orders if patient has a pulse and/or is breathing.

**Pick 1**  
 **Full Treatments** (Required if choose CPR in Section A). Goal: Attempt appropriate medical and surgical treatments indicated to attempt to restore function while avoiding complications.

**Selective Treatments.** Goal: Attempt to restore function while avoiding complications. Transfer to hospital if treatment is successful.

**With YES CPR / Full Treatments, your treatment goal is to have done everything medically appropriate and possible to save your life.**

...it means that you want medical staff to attempt cardiopulmonary resuscitation (CPR) to try to bring you back to life. With CPR, emergency providers will usually use electric shock (defibrillation) and put a plastic tube down your throat to help you breath (intubation). If that works, they will take you to a hospital and probably put you in the intensive care unit (ICU) and put you on a breathing machine.

...choosing CPR means choosing **Full Treatments** because, in order for emergency providers to provide CPR, they must be able to put a plastic tube down your throat if needed.

**You are saying with this option:**

- I'm okay with going to the hospital.
- I'm okay with going to intensive care unit.
- I'm okay with being on a breathing machine.
- I'm okay with with surgery, IV medicine, and antibiotics.

### If NO CPR is checked

...it means that you have chosen not to have CPR (see above for definition). It means that if you have no pulse or are not breathing, emergency providers will not resuscitate you but will make you comfortable as you die naturally. If you have a pulse or are breathing, the next three boxes indicate what treatment options you want.

is no pulse and is not breathing.

**Pick 1**  
 **NO CPR: Do Not Attempt Resuscitation.** (May choose any option in Section B)

**Options. With NO CPR, one of the below should be checked:**

**You are saying with this option:**

Reassess and discuss interventions with patient. Consider a time-trial of interventions based on patient's response.

**Pick 1**  
 **Full Treatments** (Required if choose CPR in Section A). Goal: Attempt appropriate medical and surgical treatments indicated to attempt to restore function while avoiding complications.

**Selective Treatments.** Goal: Attempt to restore function while avoiding complications. Transfer to hospital if treatment is successful.

**Comfort-focused Treatments.** Goal: Provide comfort and manual treatment of airway obstruction with comfort goal. Transfer to hospital if treatment is successful.

C. Additional Orders or Instructions

D. Medically Assisted Nutrition (Offer)

Provide feeding through new or existing tube

**Full Treatments.**  
 Your treatment goal is to have done everything medically appropriate and possible to save your life.

**Selective Treatments.**  
 Your treatment goal is to treat medical issues that can be reversed.

**Comfort-focused.**  
 Your treatment goal is to maximize comfort and allow death to happen naturally.

- I'm okay with going to the hospital.
- I'm okay with going to intensive care unit.
- I'm okay with being on a breathing machine.
- I'm okay with with surgery, IV medicine, and antibiotics.

- I'm okay with going to the hospital.
- I do **not** want to be in the intensive care unit.
- I do **not** want to be on a breathing machine.
- I do **not** want surgery.
- I'm okay with IV medicine and antibiotics.

- I do **not** want to go to the hospital.
- I do **not** want to be in the intensive care unit.
- I do **not** want to be on a breathing machine.
- I do **not** want surgery or IV medications.

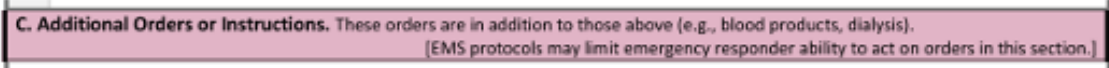
## National POLST Patient Guide: Your Completed Form

The best way to learn about POLST is to contact your provider. For general information, go to [www.polst.org/form](http://www.polst.org/form)

Portable Medical Orders - What Your Completed POLST Form Means

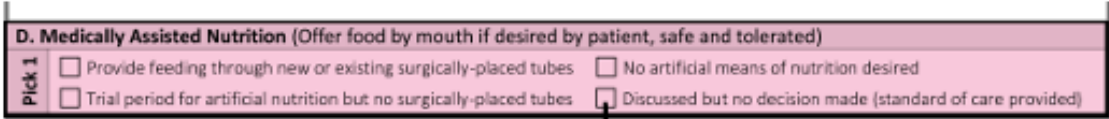
**Explanation of Additional Orders**

Since no form can address every possible medical decision, the POLST form has space for your health care provider to order other treatments you may want. Your provider may have written additional orders in here based on your conversation.



**Explanation of Medically Assisted Nutrition Options**

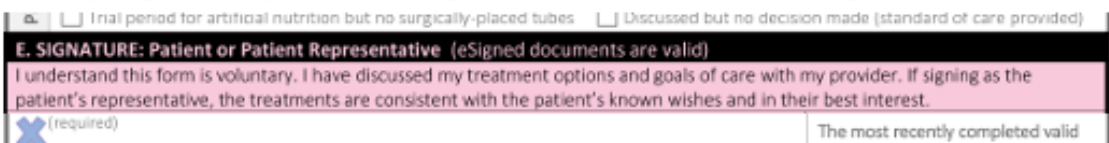
For every treatment option, health care providers will make reasonable attempts to give you food and fluids by mouth if you desire it, if it is safe and if you can tolerate it. If this is not possible, this section provides orders about what artificial nutrition you want. Options include temporary solutions or options requiring surgery, like a PEG tube. You can learn more by viewing this [video about feeding tubes](#).



**Discussed but no decision made** means you will receive the standard of care (as you will for any section not completed).

**Explanation of Patient Signature**

By signing the form, you acknowledged that you understand this is voluntary and that you have discussed your goals with your health care provider. You should not ever be required to have a POLST.



**What if I change my mind?**

You, as the patient, always have the right to change your mind about your POLST form. If you want to change to different options than the ones you selected, you need to have a new form created with your health care provider (you cannot modify the form yourself).

If you do not want to have a POLST form anymore, you have the right to void the form, too. If you want to void your form, be sure to: destroy the old form **and** contact your health care provider to void the orders in your medical records and also have the form voided in any POLST registries, if applicable. If the patient lacks capacity, the patient’s representative should follow these steps on behalf of the patient.

**What do I do with my completed POLST form?**

- ✓ **Carry your POLST with you** if you go to a facility.
- ✓ **If you are home, post it on your refrigerator or put it in your medicine cabinet.** Emergency personnel will look for it those places.
- ✓ **Tell your family and friends** you have a POLST form so they can tell emergency personnel to look for it.
- ✓ **If you are traveling,** keep a copy in your purse or wallet near your ID. Emergency personnel will look there to find it.

**National POLST Patient Guide: Your Completed Form**

The best way to learn about POLST is to contact your provider. For general information, go to [www.polst.org/form](http://www.polst.org/form)

# Healthcare Terms and Definitions

<b>Activities of daily living</b>	These six basic tasks are required to function in everyday life. If someone is unable to perform two or more of these functions, he or she may require assistance: Bathing, Contenance, Dressing, Eating, Toileting, Transferring.
<b>Advanced Directives</b>	This form stipulates the individual's medical preferences in the event of a serious illness. An extra measure is to choose someone trustworthy to carry out these wishes.
<b>Area Care Tech (ACT)</b>	Patient care technicians are medical professionals who provide care to patients. ACT works under the supervision of a registered nurse or nursing team. They assist with taking vital signs, helping to move patients around a clinic, and more. ACT is trained by employers.
<b>AR Choices</b>	AR Choices is an Arkansas Medicaid program that includes home and community-based services for adults ages 21 through 64 with a physical disability and seniors aged 65 and older. These services can offer help doing everyday activities that may now be challenging for you or a loved one. Some of these activities may be bathing, dressing, getting around in the home, preparing meals, or doing household chores.
<b>Assisted Living Facility</b>	A residential option for seniors who need help with daily activities but do not require the intensive medical care provided in nursing homes. Assisted living facilities offer a combination of housing, personal care services, and health care designed to promote independence and enhance quality of life. These communities provide a safe and supportive environment where seniors can receive assistance with tasks such as bathing, dressing, medication management, and meal preparation while enjoying social activities and amenities.
<b>Caregiver</b>	Someone who helps another person accomplish basic everyday activities due to an illness, injury or cognitive impairment. A caregiver may be a friend, family member, or paid professional.
<b>Certified Nurse Assistant (CNA)</b>	Certified Nurse Assistants are medical staff that have completed a course and passed a written exam receiving certification. A CNA assists with nursing duties in patient care—this can include everything from help with grooming, bathing, feeding, and activities of daily living. CNA's work under the supervision of an RN or LPN.
<b>Cognitive Impairment</b>	A gradual or sudden decrease in a person's ability to think and reason. Generally, one or more of the following areas are affected: short- and long- term memory; awareness of people, place and time; reasoning and judgment.

<b>Home Care</b>	Home care is an option allowing older adults the choice to age in place at home with a specified level of care they need for safety, comfort and independence. This service will help with activities of daily living and light household tasks.
<b>Home Health</b>	Home health care is a wide range of health care services that can be given in your home for an illness or injury. This requires a physician or health care provider's orders to start care then the home health agency staff will talk to your doctor about your care and provide updated information about your progress. Nurses and therapists help patients manage their chronic conditions or recovery from illness, injury, surgery or hospitalization.
<b>Homemaker Services</b>	Nonmedical, nominal support services provided by a professional or volunteer that help an older adult remain at home. Homemaker services may include meal prep, laundry, cleaning and supervising self-administration of medicine.
<b>Hospice Care</b>	At or near the end of life, hospice care is provided by professional medical staff to help make the individual physically, emotionally and spiritually comfortable.
<b>Inpatient Rehabilitation</b>	A comprehensive, intensive therapy program provided in a hospital or specialized rehabilitation facility where seniors stay for a period. This type of rehabilitation is designed for older adults recovering from serious injuries, surgeries, or medical conditions such as stroke, joint replacement, or severe illness. The goal of inpatient rehabilitation is to help seniors regain their physical, cognitive, and emotional abilities to return to their highest level of independence.
<b>Interdisciplinary Care Team (IDC)</b>	In healthcare, an interdisciplinary team comprises professionals from various disciplines who work in collaboration to address a patient with multiple physical and psychological needs. Example would be hospice care team consisting of nurse, aide, social worker, chaplain & volunteers. Generally, this team meets regularly to discuss patient care needs and the coordination of efforts toward shared treatment goals.
<b>Living Will</b>	A legal document that expresses the individual's wishes for life-sustaining medical treatment. This document is completed by the individual before any illnesses occur.
<b>Long Term Care (LTC)</b>	LTC helps both the medical and non-medical needs of people with chronic illness or disability who cannot care for themselves for long periods. Medicaid does cover nursing home care for individuals Arkansans who meet both medical needs and financial criteria. Must complete a LTC Medicaid application & submit to DHS for approval. Most LTC facilities will accept LTC Medicaid pending.

## **Long Term Care Insurance (LTCI)**

This is an individual insurance policy that may help you when you are unable to take care of yourself due to prolonged illness or disability. This policy may pay for skilled, intermediate and custodial care in a nursing home setting. Some policies may pay for home health care or assisted living care. These policies are often a fixed amount per day or per visit to facilities or caregivers that are licensed by the state and/or participate in Medicaid and Medicare.

## **Long Term Care Ombudsman**

Each state appoints an official to help protect the public's interest by resolving complaints and investigating substandard care services. The state ombudsman advocates for quality care and can help individuals and families locate services.

## **Memory Care**

Memory care is a specialized care for people with memory issues, such as Alzheimer's and other forms of dementia. Memory care facilities provide safe and secure environments where staff can closely monitor the health of the residents. Memory care can be offered as a part of assisted living facilities, nursing homes, or stand-alone facilities.

## **Occupational Therapy**

A type of therapy focused on helping seniors maintain, recover, or improve their ability to perform everyday activities. Occupational therapists work with older adults to develop personalized plans that address physical, emotional, and social challenges. This therapy aims to enhance the quality of life by promoting independence in daily tasks such as dressing, cooking, and grooming, and may include exercises, adaptive equipment, and home modifications to support these goals.

## **Outpatient Rehab**

A type of rehabilitation service where seniors visit a clinic or therapy center for treatment sessions without staying overnight. Outpatient therapy is designed for older adults who need ongoing physical, occupational, or speech therapy but do not require the intensive, 24-hour care provided in inpatient settings. This flexible option allows seniors to receive necessary treatments while maintaining their regular daily routines and living at home.

## **Palliative Care**

Consulting provider that focuses on the quality of life for patients dealing with the symptoms and stress of a serious advanced illness. This care can be provided along with curative treatment.

## **Personal Emergency Response System (PERS)**

The PERS is an in-home, 24-hour electric support system with two-way verbal and electronic communication with an emergency control center. PERS enables the elderly or homebound individual to secure immediate help in the event of a physical, emotional or environmental emergency.

**Physical Therapy**

A therapeutic discipline focused on improving seniors' physical function and mobility through targeted exercises, manual therapy, and various treatment modalities. Physical therapists work with older adults to alleviate pain, restore physical function, prevent disability, and promote overall fitness and wellness. This therapy is crucial for seniors recovering from injuries, surgeries, or dealing with chronic conditions that affect movement and balance.

**Plan of Care**

Nursing care plans are an essential tool within the nursing process to organize high quality patient care.

**POLST form**

A Physician's Orders for Life sustaining treatment is a new advance care planning tool that helps ensure treatment preferences are honored in end-of-life situations. This document informs medical providers whether to perform lifesaving procedures during serious illnesses. Preferences for life-saving treatment—such as CPR, artificial nutrition and intubation—are some decisions that can be made in a POLST document. <https://polst.org>

**Power of Attorney Financial & Healthcare**

This document should be completed ahead of time. This form appoints a designated person to act on an individual's behalf in private affairs such as signing checks or making financial decisions. This grants authority for a person to make decisions on another's behalf. Such decisions may include matters related to medical treatment and living arrangements.

**Patient Care Aide (PCA) or Personal Care**

This is a type of caregiver who directly supports patients in a variety of medical settings. PCAs are typically unlicensed and do not have as much training as certified nursing assistants (CNA). Most often, the employer has trained the PCA in their own orientation or training class. PCA's often work under the supervision of nurses and primarily assist patients with activities of daily living.

**Respite**

Respite provides temporary relief to a primary caregiver who is providing long-term care for individuals in their homes. It may be provided outside the client's home to meet an emergency need.

**Retirement Community**

A retirement community is a residential neighborhood of retirement-age adults who, by and large, can take care of themselves. Many retirement communities are open to age 55 years or older and offer more independence and privacy than a skilled facility. Often with retirement communities you have no worries about lawn care and are offered three meals per day in a dining room socializing with others.

## **Senior Behavioral Health**

Senior Behavioral Health may sometimes be called Inpatient Geriatric Psychiatric Treatment. This type of care is for Seniors ages 55+ who are experiencing a change in behavior, psychiatric crisis, or acute mental health symptoms. An interdisciplinary team of nurses, social workers, therapists and psychiatrists formulates a treatment plan specific to the needs of each patient. Admission is pre-approved by the Senior Care and contingent on medical clearance, which may be determined through the emergency department.

## **Skilled Nursing Facility (SNF)**

A licensed healthcare facility that provides a high level of medical care and assistance with daily activities for seniors with serious health conditions. Skilled nursing facilities offer 24-hour supervision and care from licensed nurses, along with a range of rehabilitation and therapeutic services. These facilities are designed for seniors who require ongoing medical treatment, close monitoring, and support with activities of daily living.

## **Speech Therapy**

A therapeutic service designed to help seniors improve their speech, language, communication, and swallowing abilities. Speech-language pathologists (SLPs) work with older adults who may have experienced changes in these areas due to stroke, dementia, Parkinson's disease, or other medical conditions. The goal is to enhance communication skills, promote safe swallowing, and improve the overall quality of life.

## **Targeted Case Management**

These services are provided by a healthcare professional and include the assessment of abilities and needs, coordination of services, and on-going monitoring of the condition of the client as well as the quality of services being delivered by the various other providers. This is a Medicaid program so you must qualify financially.

## **Veterans Assistance (VA)**

This term refers to various programs and services that help veterans and their families. Some examples of veteran assistance are monthly payments for wartime veterans & survivors with limited or no income, VA based home loans and housing grants, health care and mental health services, non-medical counseling and support, disability care and education.



# **SENIOR COFFEE TALK**

**Monthly Educational Programs**

**[arseniorcarealliance.org](http://arseniorcarealliance.org)**



## SUPPORT GROUP MEETINGS

### **Heart of Hospice Grieving Together Support Group**

Monday evenings 6pm-7p  
Second Monday of each month  
Reynolds Cancer Support House  
3324 South M Street  
Fort Smith, AR 72903

### **Mercy Hospice Grief Support Group**

Second Wednesday of each month  
2 pm-3:30pm  
St Luke Lutheran Church  
5401 Free Ferry Road  
Fort Smith, AR 72903

### **Crawford County Alzheimer's and Dementia Caregiver Support Group Alzheimer's Association Arkansas Chapter**

Wednesday evenings 6pm-7pm  
Second Wednesday of each month  
Legacy Heights Memory Lane- Van Buren  
1012 Fayetteville Road  
Van Buren, AR 72956  
[www.alz.org/arkansas/helping\\_you/support-groups](http://www.alz.org/arkansas/helping_you/support-groups)

alzheimer's  association®

### **River Valley Alzheimer's and Dementia Caregiver Support Group Alzheimer's Association Arkansas Chapter**

Thursday evenings 4pm-5pm  
Second Thursday of each month  
3501 Old Greenwood Road  
Fort Smith, AR 72901  
[www.alz.org/arkansas/helping\\_you/support-groups](http://www.alz.org/arkansas/helping_you/support-groups)  
479-353-1864

alzheimer's  association®

### **Amputation Support Group**

Tuesday evenings 5:30p-6:30p  
Tentative fourth Tuesday of each month  
6700 Chad Colley Blvd  
Fort Smith, AR 72916  
479-651-8266

### **Brain Injury Alliance Arkansas Fort Smith Brain Injury Support**

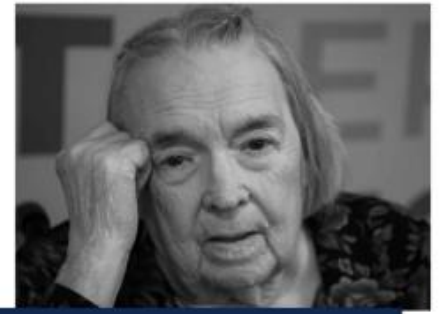
Fourth Monday of each month  
Monday 1pm – 2:30pm  
1401 South J Street Fort Smith  
[Arkansasbia@gmail.com](mailto:Arkansasbia@gmail.com)

## When Calling 9-1-1:

1. **Stay calm.** It's important to take a deep breath and not get excited. Any situation that requires 911 is, by definition, an emergency. The dispatcher knows that and will try to move things along quickly, but under control.
2. **Know the location of the emergency and the number you are calling from.** This may be asked and answered a couple of times but don't get frustrated. Even though many 911 centers have enhanced capabilities -- meaning they are able to see your location on the computer screen -- they are still required to confirm the information. If for some reason you are disconnected, at least emergency crews will know where to go and how to call you back.  
As the call progresses, you will hear clicking - **do not hang up!**
3. **Wait for the dispatcher to ask questions, then answer clearly and calmly.** If you are in danger of assault, the dispatcher will still need you to answer quietly, mostly "yes" and "no" questions.
4. **Let the dispatcher guide the conversation.** He or she is typing the information into a computer and may seem to be taking forever. There's a good chance, however, that emergency services are already being sent while you are still on the line.
5. **Follow all directions.** In some cases, the dispatcher will give you directions. Listen carefully, follow each step exactly, and *ask for clarification* if you don't understand.
6. **Keep your eyes open.** You may be asked to describe victims, suspects, vehicles, or other parts of the scene.
7. **Do not hang up the call** until directed to do so by the dispatcher.

### Tips:

- No matter what happens – **Stay Calm.**
- Cell phones may not tell the dispatcher where you are. State the address you're calling from or be able to give clear descriptions of landmarks around you.

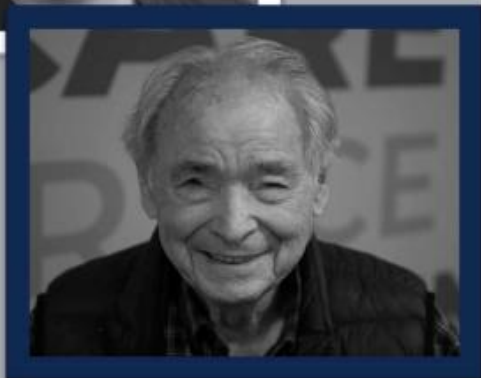


*Serving our Mission*

*Striving for our Vision*

*Sharing Stories*

*Leaving a Legacy*

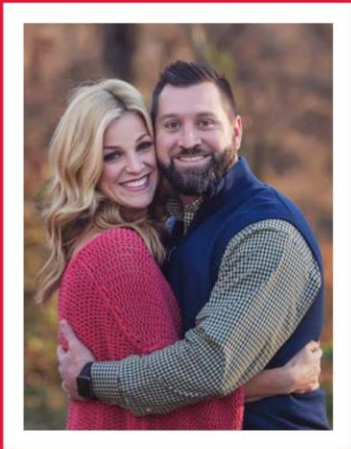


Caring for elders through Independent, Assisted, Memory Care,  
Long -Term Care, & Rehab

7811 Euper Lane | Fort Smith, AR 72903 | [methodistvillage.com](http://methodistvillage.com) | 479-452-1611



Making *Life Easier*®



Owners Tatum & Jessica Owenby

# In-Home Senior Care

*Remaining in the comforts of your own home is as important to us as it is to you.*

We strive to be the extended family when your family is unavailable. Our goal is to make life easier by keeping you as safe, comfortable, and independent as possible in your home.

[homehelpershomecare.com/fortsmith](http://homehelpershomecare.com/fortsmith)

(479) 308-2588