

COUNSELING & CRISIS SUPPORT

211 Central Florida (Heart of FL United Way) hfuw.org/get-help	407-706-4267
Adult Protective Services (Elder Abuse Hotline) myflfamilies.com	800-963-5337
Alzheimer's Association 24/7 Helpline alz.org/help-support/resources/helpline	800-272-3900
Disaster Distress Helpline (DDH)	800-985-5990
Elder Helpline (FL Dept. of Elder Affairs) elderaffairs.org	800-962-2873
National Suicide Prevention Lifeline 988lifeline.org/	Dial 988
Sunshine Senior Counseling sunshineseniorcounseling.com	407-401-9020
Visiting Angels - Orlando Area visitingangels.com	407-888-5999

FAITH BASED SUPPORT

Catholic Charities of Central FL cflcc.org	407-658-1818
Christian Help Foundation christianhelp.org	407-834-4022
Christian Service Center - Orlando christianservicecenter.org/needhelpmain	407-422-9781
Jewish Family Services - Greater Orlando jfsorlando.org/	407-644-7593
The Jewish Pavilion jewishpavilion.org	407-678-9363
The Sharing Center - Longwood Florida thesharingcenter.org/	407-260-9155

EMPLOYMENT SERVICES

Senior Community Service Employment Program (SCSEP) through AARP aarp.org/states/fl	407-852-1608
--	--------------

EDUCATION & WELLNESS

AdventHealth CREATION Life for Seniors adventhealth.com/creation-life	
Advent Health Memory Disorder Clinic	407-392-9237
National Alliance on Mental Illness namigo.org/	
Orlando Health Memory Disorder Clinic	321-841-9700
Senior Resource Alliance - Aging Smarter Podcast seniorresourcealliance.org/aging-smarter-podcast/	
Senior Safety (Triad - Orange County)	407-254-7375

At Sunshine Senior Counseling, we understand the unique challenges and emotional complexities faced by seniors and their caregivers. We are a team of Medicare-approved therapists who believe in making our services as accessible and convenient as possible. That's why we come to you, offering in-home counseling services and telehealth counseling through video chat or regular phone calls to ensure comfort and ease. Our services are available throughout the State of Florida. This flexibility allows us to be there for you or your loved ones, regardless of your location or mobility.

At Sunshine Senior Counselors, we're more than just therapists; we're your partners in this journey. Together, we can work towards finding joy, peace, and fulfillment in every stage of life.

To make an appointment or to refer a loved one, please call the office number at (407) 401-9020 or visit our website at www.sunshineseniorcounseling.com

SENIOR RESOURCE GUIDE



540 E Horatio Ave Ste 200
Maitland, FL 32751
Phone: (407) 401-9020
Fax: (407) 233-1337
office@sunshineseniorcounseling.com



SUPPORT GROUPS FOR SENIORS & CAREGIVERS	
AARP Florida - Local Resources & Events states.aarp.org/florida	
Alzheimer's & Dementia Resource Center adrccares.org	407-436-7750
Dementia Friendly Dining centralfloridadementia-friendlydining.com	
Family Caregiver Alliance caregiver.com	
Lewy Body Dementia Association lbda.org	800-593-9767
Parkinson Association of Central FL parkinsoncf.org	321-348-7223
Senior Resource Alliance seniorresourcealliance.org/	407-514-1800
Share the Care: Adult Day Services helpforcaregivers.org/	407-423-5311

NATIONAL ORGANIZATIONS WITH LOCAL BRANCHES	
Alzheimer's Dementia Resource Center 410 Gene Street, Winter Park, FL 32789	407-436-7750
American Heart Association 237 E Marks St, Orlando, FL 32803	407-843-1330
Huntington's Disease Society of America	800-345-4372
Parkinson's Association of Central FL	321-348-7223

LEGAL & DISABILITY ADVOCACY	
Aging with Dignity's 5 Wishes Program agingwithdignity.org/five-wishes/	850-681-2010
Community Legal Services of Mid-Florida clsmf.org	800-405-1417
Disability Rights Florida disabilityrightsflorida.org	800-342-0823
Florida Department of Veterans' Affairs floridavets.org	844-693-5838
Legal Aid Society of the Orange County Bar Association, Inc. legalaidocba.org/	407-841-8310
Legal Aid Society of the Seminole County Bar Association, Inc scbalas.com	407-834-1660
Lighthouse Central Florida lighthousecentralflorida.org	407-898-2483
Long-Term Care Ombudsman Program ombudsman.elderaffairs.org	850-414-2323
Osceola Council on Aging osceolagenerations.org	407-846-8532
Senior Legal Helpline (Florida) elderaffairs.state.fl.us	888-895-7873
Veteran Services - VA Claim Assistance orangecountyfl.net	407-836-8990

FINANCIAL & BASIC NEEDS ASSISTANCE	
ACCESS LYNX (Transportation Disadvantaged Program) golynx.com	
Easterseals - Florida (Located in Winter Park) easterseals.com/florida/	
EHEAP - Elderly Home Energy Assistance Program seniorsourcealliance.org	
Florida ACCESS - Department of Children & Families (DCF) myflorida.com/accessflorida	850-300-4323
LIHEAP - Low Income Energy Assistance Program floridaliheap.com	
Salvation Army - Florida Division salvationarmyflorida.org	
Seniors First: Meals on Wheels seniorsfirstinc.org	407-292-0177
Subsidized HUD Housing for the Elderly hud.gov/helping-americas/seniors	800-225-5342

LOCAL PROGRAMS & SENIOR CENTERS	
Neighbors Network neighborsnetworkfl.org	321-209-2775
Neighborhood Senior Clubs (Orange County)	407-836-9333
Senior Centers & Local Programs sunshineseniorcounseling.com/resources	