

Care♥Link

CareLink is a nonprofit that has been serving older people and their families in central Arkansas for 38 years. Our mission is to help seniors meet the opportunities and challenges of aging by providing the resources and information they need to stay independent and at home.



WE PROVIDE:

HOME CARE

CareLink's in-home services provide assistance with day to day tasks such as bathing, grooming, light housekeeping and meal preparation.

MEALS ON WHEELS

Fresh cooked meals delivered to the door steps of seniors who are unable to shop or cook for themselves.

INFORMATION & ASSISTANCE

Trained staff help callers match their needs with free information on programs, services and resources available for older people and their families.

FITNESS & WELLNESS PROGRAMS

Stay fit and connected with a variety of exercise classes and wellness programs at senior centers and other locations throughout central Arkansas.

FAMILY CAREGIVER SERVICES

Support and resources to help ease the stress family caregivers often experience when looking after aging loved ones.

CARELINK FITNESS & WELLNESS CENTER

Located in Little Rock at 1200 S. Cleveland, our new facility fosters fun & fitness for those over 50, offering a variety of classes and activities as well as exercise equipment and an Olympic-size swimming pool.

MEDICARE PART D COUNSELING

Medicare Part D options can be difficult to understand. CareLink's trained staff help recipients evaluate their plans to ensure they have the best coverage for the coming year.

EMERGENCY RESPONSE BUTTON

A lifesaving link to immediate help in an emergency, providing seniors a feeling of safety while living at home.

SENIOR COMPANION

Volunteers who are seniors themselves help other older people remain independent and active in their own homes.

GROUP TRANSPORTATION

Scheduled trips for groups to and from senior centers and for other limited purposes such as shopping trips.

IN-HOME RESPITE

Relief for family caregivers, allowing them a break from their duties, knowing loved ones are in good hands.

OMBUDSMEN

Advocates for residents of nursing homes and residential care facilities.

LEGAL ASSISTANCE

Assistance with legal issues such as living wills, property disputes and problems involving personal finances or Social Security.

SENIOR CENTERS

Friendly places across CareLink's six-county service area that foster fun, fitness and activities, with lunch provided.

ADDITIONAL RESOURCES

Complete Health with PACE is a non-profit organization sponsored by Baptist Health and CareLink to provide the All-inclusive Care for the Elderly (PACE). Our program is designed for older adults eligible for nursing home care who prefer to live at home as long as possible with the highest quality of health and life possible.

CALL TODAY

CareLink's trained Information & Assistance staff are here to help you find the answers you need, even if you aren't quite sure which questions to ask. We'll connect you with the resource that best fits your needs, whether that service comes from CareLink or another agency.

CareLink helps homebound older people receive services that allow them to stay at home as long as possible, avoiding more costly care. We help active older people stay fit, healthy and involved through senior centers, wellness programs and volunteer opportunities and we help family caregivers navigate the maze of available services and care for their aging loved ones.

Give us a call at 501-372-5300, toll-free at 1-800-482-6359 or email info@carelink.org.



GIVE

As a nonprofit, CareLink depends on community support to continue serving a growing population of older people in central Arkansas. We are proud of the conscientious way in which we use our funds. 100% of your donation goes to the program of your choice. Make a donation today at www.carelink.org or contact the CareLink Development Department at 501-372-5300 or 800-482-6359.

GIVE BACK

CareLink's many dedicated volunteers add meaning to their lives, brighten the lives of others and save the organization more than \$1,000,000 annually. They deliver meals, volunteer in senior centers, provide companionship to isolated older people and visit long-term care facilities. For information on volunteer opportunities, call 501-372-5300 or 800-482-6359, email info@carelink.org or visit www.carelink.org.



Care  **Link**
Resources for Older People and Their Families

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North Little Rock, AR 72114

Central Arkansas Area Agency on Aging

CareLink does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

RESOURCES FOR OLDER PEOPLE & THEIR FAMILIES

501.372.5300
carelink.org