

The following brochures and booklets are available from REAL Services, Inc.

1. **Meals on Wheels** (brochure) - Explains costs and answers common questions concerning home delivered meals for the homebound.
2. **Hiring a Home Care Worker** (booklet) - Explains what is available and answers common questions with suggestions on how to go about hiring in-home help for the homebound. A valuable tool when seeking help for an elderly or disabled person. (\$3 each).
3. **REAL Strategies for Preventing Crime** (booklet) - Explores methods of protecting yourself and your property.
4. **Link-Age** (brochure) – To create a single, coordinated system of information and access for all persons seeking long term support and social services. Link-Age resource counselors are trained professionals who provide quality person-centered services.
5. **Weatherization** (brochure) - Find out who qualifies for this home weatherizing service and how the program works.
6. **REAL Services** (brochure) – Resources for Enriching Adult Living; A listing of all component programs.
7. **Safer Seniors** (brochure) – Want to conquer fear and prevent crime? This brochure addresses some common-sense precautions.
8. **Volunteer Services** (brochure) - This is a program which recruits/provides many volunteers for the homebound who are elderly and/or disabled such as: Home Respite Companion, MOW's, Grocery Shopper, Housekeeper, Handyman, and Friendly Visitors.
9. **Older Adult Crime Victim Program** (brochure) - Helps you to help yourself by giving valid suggestions on how to avoid becoming a victim of crime.
10. **Senior Citizen Fraud** (brochure) – How to protect yourself from common frauds aimed at you.
11. **Guardianship Program** (brochure) – Describes the Guardianship Program which provides legal guardianship for mentally incapacitated individuals, age 60 or older who are without family or friends willing, able, or suitable to become their guardian.
12. **Transportation Program** (brochure) – REAL Services' Transportation Program provides transportation to doctor appointments, grocery stores, pharmacies and other necessary trips. This publication explains eligibility, suggested donations, and what trips are allowed.
13. **Nutrition Program** (brochure) - A listing of all the area nutrition sites and locations. These sites provide seniors with a balanced lunch, socialization, and informational programs.
14. **Ombudsman** (brochure) – An Ombudsman is an advocate who seeks to resolve complaints made by or on behalf of people who are consumers of long-term care services.
15. **Open the Doors to your Future** (Family Development Programs) (brochure) - Designed to help families 18+ to become self sufficient while helping with finances and counseling.

16. **Residents Bill of Rights** (booklet) – Know your rights as a nursing home resident.
17. **Resolving Nursing Home Problems** (booklet) - How to go about solving problems with nursing home care, who to talk with, where to turn for help, etc.
18. **Choosing a Nursing Home** (booklet) - What to look for when you make an initial visit to a nursing home and what is important to you. Guide to make an informed choice.
19. **FYI Resource Guide Elkhart County** (booklet) - Categorical listing of service agencies, resources, advocates, and much more that are available in Elkhart County (\$5 each).
20. **FYI Resource Guide LaPorte County** (booklet) - Categorical listing of service agencies, resources, advocates, and much more that are available in LaPorte County (\$5 each).
21. **FYI Resource Guide Kosciusko County** (booklet) - Categorical listing of service agencies, resources, advocates, and much more that are available in Kosciusko County (\$5 each).
22. **FYI Resource Guide Marshall County** (booklet) - Categorical listing of service agencies, resources, advocates, and much more that are available in Marshall County (\$5 each).
23. **FYI Resource Guide St. Joseph County** (booklet) - Categorical listing of service agencies, resources, advocates, and much more that are available in St Joseph County (\$5 each).
24. **Strategies for Making Tough Decisions** (booklet) - Describes specific techniques which give the choice-maker a broad spectrum from which to work (\$3 each).
25. **Energy Assistance Program** (brochure) - Outlines the financial guidelines and eligibility to qualify for this program, when it's available, how to apply, and what it covers.
26. **Foster Grandparent Program** (brochure) - This brochure defines the benefits to the children and the older adult who chooses to become a foster grandparent.
27. **Transportation Services** (booklet) – Listing of transportation providers in a 5 county area which includes Elkhart, Kosciusko, LaPorte, Marshall and St. Joseph counties (\$3 each).

The following brochures are also available in Spanish:

- 1-S. Meals on Wheels
- 5-S. Weatherization
- 6-S. REAL Services

To order publications please e-mail Joy Lyvers at jlyvers@realservicesinc.com
Publications are free unless otherwise noted.

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