



Central Ohio Resource Experts

For any of the services listed, contact Elana Burak at:
eburak@lifecarealliance.org • 614-437-2912 (desk) • 614-278-3143 (fax)
Refer through our website: <https://www.lifecarealliance.org/referral/>

Diabetes Management

- Refer newly diagnosed diabetic patients, we can help educate them on use of glucometer as well as diet management for better outcomes.
- Specialize in helping long-term diabetic patients find ways to reduce problematic A1C values.
- Individual follow-up by a dietitian.
- In home or your workplace – A registered dietitian will counsel and guide you in managing your diabetes.
- Individualized Medical Nutrition Therapy (MNT) Diabetes Self-Management Education and Support (DSMES) classes.

Our dietitian will need a referral form from the physician (attached) and a diagnosis code of diabetes.

Meals-on-Wheels

Meals-on-Wheels from LifeCare Alliance is a great option for those who are no longer able to cook for themselves. LifeCare Alliance completes a comprehensive in-home assessment within 30 days.

- **Option 1:** Daily hot or deli-style meal delivery.
- **Option 2:** Weekly frozen meal delivery.
- **Option 3:** Wellness check only, no meals.

Help-at-Home (Meal Preparation)

- Adjust traditional family recipes to incorporate healthier ingredients.
- Prepare and store meals with a focus on food safety and quality.
- Provide basic cooking and nutrition instruction.
- Assist with grocery shopping.
- Help with kitchen and pantry layout.

CHORES (Home Safety Services)

- Home repairs and modifications include, but are not limited to, replacing doors, electrical repair, flooring, handrails, grab bars, gutters, locks, plumbing, walk-in showers and ramps to individuals who own their homes.

Did You Know?

LifeCare Alliance is Your Resource



Nutrition Services

- Meals-on-Wheels
- Senior Dining Centers
- Groceries-to-Go
- Project OpenHand-Columbus
- Senior Farmers' Market

Health Services

- Central Ohio Diabetes Association
- Columbus Cancer Clinic
- Community Wellness Centers
- Help-at-Home

Support Services

- Senior PetCare
- CHORES Home Repair
- Beat the Heat Fan Campaign
- IMPACT Safety

STAY CONNECTED WITH US:

LifeCare Alliance Customer Service

Office: 614-278-3130

www.lifecarealliance.org

SUPPORT LIFECARE ALLIANCE!

If you would like to make a contribution to help support your services, please contact us.

Follow Us on Social Media:

 <https://www.facebook.com/LifeCareAlliance/>

 <https://twitter.com/lifecareallianc>

 <https://www.instagram.com/lifecarealliance/?hl=en>

Sign-up for our monthly e-newsletter:

<https://tinyurl.com/yajowu22>

Formed in 1898, LifeCare Alliance provides a comprehensive array of health and nutrition services to older adults and individuals living with a medical challenge or disability in central Ohio—keeping them safe, independent, and in their own homes, where they want to be! LifeCare Alliance operates a national model for its programs, leading in volunteer engagement, effective mergers, and social entrepreneurship. A not-for-profit organization, the Agency's mission is to lead the community in identifying and delivering health and nutrition services to meet the community's changing needs.

Meals-on-Wheels—Franklin, Madison, Marion, Champaign, and Logan Counties

Senior Dining Centers | Wellness Centers | Help-at-Home

Visiting Nurses | Columbus Cancer Clinic | Project OpenHand-Columbus

Groceries-to-Go | IMPACT Safety | Central Ohio Diabetes Association

Senior PetCare | L.A. Catering | L.A. Wellness Works

Travel Vaccines and Immunizations | Meals-for-Kids | Carrie's Café