



# Central Ohio Resource Experts

For any of the services listed, contact Elana Burak at:  
[eburak@lifecarealliance.org](mailto: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.*

## Home Delivered Meals

Home Delivered Meals (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.

## 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.

# Did you know? LifeCare Alliance is Your Resource!

## Nutrition Services

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Home Delivered Meals

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Community Dining Centers

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Nutritional Supplements for Cancer Patients

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Nutrition Care for HIV/AIDS

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Senior Farmers Market

## Health Services

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Cancer Prevention & Detection

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Community Wellness Centers

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Diabetes Management & Education Services

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Medical Nutrition Therapy

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Occupational Therapy In-Home Assessments

## Support Services

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Cancer Support Services

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Diabetes Support Services

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Home & Personal Care Services

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Durable Medical Equipment

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Home Safety Modifications

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PetCare Services

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Service Linkages



LifeCare Alliance is a nationally recognized nonprofit human services organization serving nearly 30,000 Ohioans each year. We are there for people facing challenges that stem from medical conditions, disabilities, or aging in place. We restore their sense of stability and self-reliance through services that provide Nutrition, Health, and Support. Our skilled and caring team, sustained by our Alliance of donors and volunteers, help people live with more hope, security, and independence.

**LifeCare Alliance Customer Service**

Office: 614.278.3130

### JOIN THE ALLIANCE!

Support the work of LifeCare Alliance by making a contribution, volunteering your time – or both. Only through the generous spirit of our community can we continue to serve all those in need, without a waiting list, and regardless of their ability to pay.

[lifecarealliance.org/donate](https://lifecarealliance.org/donate)  
[lifecarealliance.org/volunteer](https://lifecarealliance.org/volunteer)  
[lifecarealliance.org/referral](https://lifecarealliance.org/referral)

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