

**TCOA Department  
Contact Numbers**

**Administration  
(985) 868-8411**

**In-Home Services  
(985) 868-5546**

**Nutrition  
(985) 868-7596**

**Transportation  
(985) 868-7701**

**Food for Seniors  
(985) 858-5139**

**SenioRx/ADRC  
(985) 858-5135**



**Louisiana Answers  
and  
The Aging and  
Disability Resource  
Center (ADRC)**

Diana N. Edmonson  
Executive Director  
995 West Tunnel Blvd.  
Houma, LA 70360  
985-868-8411



## Where do I go for help?

When I have a  
question about aging...

Or living with a physical disability...

Or caring for an adult  
who needs assistance...

## *What are my options?*

**WE'VE  
GOT  
YOUR  
ANSWERS.**

Louisiana Answers Aging and Disability and Information Station, is here to help you **find the answers and information** you need to **improve your health, independence and quality of life.**

If you are an **adult living with a disability, a senior citizen, a caregiver,** or someone concerned about an **adult who needs assistance,** we're here to help.

Confused about what your options are for a healthy, independent life? That's what we're here for.

## INFORMATION IS FREEDOM

Who should call us?

- ◆ Senior citizens
- ◆ Adults with physical disabilities who are 21 years or older
- ◆ Caregivers of a senior citizen or adult with a disability
- ◆ Anyone who counsels senior adults, adults with disabilities, and their caregivers in successful steps towards independent and quality living
- ◆ Anyone who provides services to meet the physical and mental health needs of a senior adult or an adult with a disability
- ◆ Any citizen who has an investment in creating a healthy community

Cheryl Washington,

SenioRx/ADRC/Medicare Part D Coordinator

(985) 868-8411 Extension 258

(800) 353-3265

**There are 2 ways to contact us:**

Go online to

[WWW.LouisianaAnswers.com](http://WWW.LouisianaAnswers.com) or

Call our toll-free number...

**Phone: (800) 353-3265**

Houma/Thibodaux (Lafourche and Terrebonne)

**(800) 256-3003**

Bienville, Bossier, Caddo, Claiborne, DeSoto, Natchitoches, Red River, Sabine, Webster.

**(800) 738-2256**

Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, St. Mary, Vermilion

**(800) 223-5872**

Allen, Beauregard, Calcasieu, Cameron, Jefferson Davis, Vernon

**(800) 280-0908**

Ascension, Assumption, East Baton Rouge, East Feliciana, Iberville, Livingston, Point Coupee, St.

**(800) 454-9573**

Jefferson, St. Charles, St. James, St. John

**(888) 922-8522**

Orleans, Plaquemines, St. Bernard

**(800) 707-2572**

Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Quachita, Richland, Tensas, Union, West Carroll