

# Frequently Utilized Senior Resources

## **Cheer**

(Caregivers, transportation, senior housing, nutrition programs, and senior centers)  
Georgetown, Greenwood, Lewes, Long Neck, Milton, Ocean View, Roxana  
856-5187

## **DART Paratransit**

(transportation for older Delawareans or persons with disabilities)  
800-652-DART (3278)

## **Delaware Helpline**

800-464-(HELP)4357 or 211

## **Division of Services for Aging and Adults with Physical Disabilities**

(Adult Protective Services, Resource Center, Caregiver Services, Nursing Home Transitions, ERS)  
800-223-9074 or 424-7310

## **La Red Health Center**

855-1233

## **Meals on Wheels**

(Serving ready-to-eat meals Monday-Friday for 60+)

Lewes/Rehoboth 645-7449

Cheer (many locations) 856-5187

## **Nemours Senior Care**

(Hearing, Eye, and Dental Care assistance for 65+, income eligible)  
800-763-9326

## **Prescription Assistance**

856-5574

## **Utility Assistance**

Catholic Charities	856-6310
First State Community Action Agency	856-7761
Rehoboth Community Resource Center	227-1340



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