

Jefferson Parish Senior Resources Guide

When you are caring for an aging parent, spouse, or loved one, finding the right help can feel overwhelming. Families often need more than legal guidance. They also need trusted local resources for food, transportation, medical care, housing support, and community services.

At Morrison Law Group, we help families across Jefferson Parish with elder law, Medicaid planning, estate planning, and incapacity planning. We understand that long-term care decisions often overlap with urgent day-to-day concerns. You may be trying to locate meal services, arrange transportation, find prescription help, or protect a loved one from financial exploitation.

Families across Metairie, Kenner, Gretna, Marrero, Harvey, Westwego, and surrounding Jefferson Parish communities often need both practical support and legal guidance as their loved ones age.

This Jefferson Parish Senior Resources Guide is designed to help families locate practical senior support services in one place. Whether you are planning ahead or dealing with an immediate need, these community resources can help you support your loved one's health, safety, and independence.

Food Assistance for Seniors in Jefferson Parish

Access to healthy food is one of the most important needs for older adults. Jefferson Parish offers several nutrition and meal programs for seniors who may qualify based on age, income, disability, or limited mobility.

Elderly Nutrition Program

The Elderly Nutrition Program, often known as Meals on Wheels, provides home-delivered weekday meals for eligible seniors who are unable to travel or prepare meals on their own.

Jefferson Council on Aging (JCOA)

Families can also contact the [Jefferson Council on Aging \(JCOA\)](#) at (504) 888-5880 for information about meal support and related senior services.

Second Harvest Senior Commodity Box Program

Other helpful food programs include the Second Harvest Senior Commodity Box Program at (504) 729-2842.

Catholic Charities Food

Catholic Charities Food for seniors at (800) 522-3333.

JeffCAP Emergency Food Assistance

You can contact JeffCAP Emergency Food Assistance at (504) 736-6900.

For older adults in Metairie, Kenner, Marrero, and nearby areas, access to food assistance can be an important part of helping a loved one remain safe and independent at home.

When a loved one starts depending on meal delivery or other daily assistance, it may also be time to ensure proper [Louisiana Power of Attorney](#) documents are in place to manage finances and healthcare decisions.

Home Repair & Rehabilitation Programs

Many seniors want to remain in their own homes for as long as possible. Aging in place can be a good option, but the home must be safe, functional, and accessible.

Homeowner Rehabilitation Program

[Jefferson Parish](#) offers several programs that may help with critical repairs and accessibility improvements. The Jefferson Parish Homeowner Rehabilitation Program can be reached at (504) 736-6262.

Code Violation

The same number, (504) 736-6262, can be used for Code Violation Emergency Repairs Assistance.

Repair On Wheels

Seniors may also explore Repair on Wheels through Volunteers of America at (985) 837-2120.

These programs may help with repairs such as plumbing issues, structural problems, grab bar installation, ramp access, and other safety upgrades that make daily living easier.

This kind of assistance can be especially valuable for seniors living in older homes in communities such as Gretna, Harvey, Marrero, and Westwego.

For families trying to preserve a senior's home while also planning for long-term care, housing concerns often connect directly with [Medicaid asset protection planning](#). Early legal planning can help families make informed decisions before a crisis forces quick action.

Transportation Services for Seniors

Reliable transportation helps seniors stay independent and connected. It can make the difference between attending medical appointments, visiting senior centers, picking up medication, or staying engaged in the community.

Mobility Impaired Transit

One important option in Jefferson Parish is MITS, the Mobility Impaired Transit System, at (504) 889-7156. This service supports seniors and others with mobility challenges. Lift-equipped transportation to senior centers may also be available for those who qualify.

WeLift Rideshare

Another resource is WeLift Rideshare for Wheelchair Users at (504) 800-8005.

For many older adults, transportation is not just about convenience. It is a basic support that helps protect health, reduce isolation, and maintain dignity. When transportation becomes difficult, families often begin looking more closely at a loved one's broader care needs and future planning options.

Medical Assistance & Prescription Programs

Medical care and prescription affordability are major concerns for many seniors in Jefferson Parish, including families in Metairie, Kenner, and Marrero. Several community-based programs and providers offer support.

JeffCare Health Center

Healthcare resources include JeffCare Community Health Center at (504) 838-5257.

INCLUSIVCare/PACE Program

INCLUSIVCare / PACE Program at (504) 835-0006.

General Hospital Geriatric Behavioral Health Unit

The East Jefferson General Hospital Geriatric Behavioral Health Unit at (504) 503-5890.

JCOA Prescription Assistance

For prescription-related support, families may look into JCOA Prescription Assistance through the [Jefferson Council on Aging](#).

Louisiana SenioRx Program

Louisiana SenioRx Program at (225) 342-7100. SenioRx may help qualifying seniors access lower-cost prescription medications and related assistance.

Families may also benefit from SHIIP Medicare counseling. SHIIP, the Senior Health Insurance Information Program, helps older adults understand Medicare options, compare coverage, review supplement choices, and make informed decisions about benefits.

For many seniors in Jefferson Parish, including those in Harvey and Westwego, Medicare guidance and prescription assistance can make healthcare more manageable and affordable.

Medical needs often increase quickly as a loved one ages. When that happens, questions about [long-term care](#), nursing home costs, and [Medicaid asset protection planning](#) eligibility are never far behind. Families who plan early may have more options to protect savings, preserve assets, and prepare for future care needs.

Jefferson Council on Aging Services

The [Jefferson Council on Aging \(JCOA\)](#) is one of the most important senior support organizations in the parish. It serves adults age 60 and older throughout Metairie, Kenner, Marrero, Gretna, and nearby communities.

Phone Number: (504) 888-5880.

Services

JCOA services may include utility assistance through LIHEAP, prescription assistance, home-delivered meals, adult respite care, medical alert systems, employment services for seniors, and connections to volunteer opportunities such as RSVP senior volunteer programs.

Programs like RSVP can help older adults stay active and engaged by serving in meaningful volunteer roles throughout the community. These opportunities can support purpose, connection, and healthy aging.

Many families first realize how much support an aging loved one needs after connecting with JCOA. At that point, they often discover that no one has prepared a Power of Attorney, healthcare directive, or estate plan. Reviewing those documents early can make future decisions much easier and less stressful.

Senior Centers & Golden Age Clubs

Senior centers play an important role in helping older adults stay active, engaged, and connected. Jefferson Parish operates several senior centers that offer wellness programs, social activities, and other opportunities for community involvement.

Locations of Senior Centers

Locations include the Metairie Senior Center, Kenner City Senior Center, Gretna Senior & Wellness Center, Westwego Senior Center, and Bridge City Senior Center.

In addition, Golden Age Clubs provide weekly social opportunities for adults age 50 and older. These programs may include bingo, group outings, recreation, and other events that reduce isolation and support emotional well-being.

Social connection matters. Seniors who remain involved in their communities often experience better overall well-being, improved mental health, and a stronger sense of independence.

Jefferson Parish Library Services for Seniors

The [Jefferson Parish Library](#) offers several services that can be especially helpful for seniors. Programs include Books by Mail, which is a free delivery service, as well as lobby stops at residential facilities, digital literacy demonstrations, and speaking engagements for senior groups.

Library Headquarters

The library headquarters can be reached at (504) 838-1100, and the system serves the parish through 17 locations across the Eastbank and Westbank.

Library services can be a valuable resource for older adults who want to stay informed, connected, and mentally active. They can also help caregivers locate educational materials and practical support close to home.

Utility & Housing Assistance Programs

Utility and basic household services are essential for senior safety. This is especially true for older adults who rely on medical devices, limited mobility equipment, or in-home care.

Side Door Garbage Collection Service

Jefferson Parish resources may include side-door garbage collection service at (504) 731-4612.

Water Department

Water Department billing assistance at (504) 736-6060.

Entergy Assistance Program

[Entergy Louisiana](#) assistance programs.

LIHEAP Support

LIHEAP energy support.

Some seniors may also need help finding stable housing or housing counseling. Housing counseling programs can help older adults and caregivers understand available housing options, avoid displacement, and navigate support services. For seniors facing long-term housing insecurity, permanent supportive housing programs may provide more stable living arrangements combined with supportive services.

A utility interruption or housing crisis can create serious health risks for seniors in communities such as Gretna, Harvey, and Westwego. Families caring for an aging relative should make sure these support options are identified before a problem arises. This is also a good time to review incapacity planning and decision-making authority in case a loved one cannot manage household matters alone.

Legal Services for Seniors

Some seniors need direct legal help but may not know where to turn.

Southeast Louisiana Legal Services

For low-income older adults, [Southeast Louisiana Legal Services](#) is an important resource and can be reached at (844) 244-7871.

Adult Protective Services

If there are concerns about abuse, neglect, or financial exploitation, families can contact Adult Protective Services (60+) at (833) 577-6532.

Legal issues for seniors often involve more than one problem at a time. A family may be dealing with caregiver concerns, financial pressure, missing legal documents, or confusion over who has authority to act. In many cases, [trusts](#), [durable powers of attorney](#), [guardianship](#) alternatives, and [estate planning](#) tools can help protect a vulnerable loved one.

Veterans Assistance Programs

Senior veterans and their families may qualify for special programs that provide housing support, transportation help, and mental health services.

Jefferson Parish Department of Veterans Affairs

The Jefferson Parish Department of Veterans Affairs can be reached at (504) 731-4580.

Hope Center

Another helpful resource is the Hope Center at (504) 363-4034.

Veterans may also be eligible for [VA Aid & Attendance benefits](#), which can help offset the cost of long-term care and support services. For many families, these benefits can make a major difference when planning for in-home care, assisted living, or other elder care needs.

Social Security & OMV Locations

Families often need help locating the right offices for benefits and identification-related issues.

Social Security Administration

The [Social Security Administration](#) can be reached at (800) 772-1213, with local offices serving areas such as Kenner and Terrytown.

For mobility-related needs, assistance with Louisiana handicap parking permits is available through OMV locations in Harvey, Kenner, and Westwego. These permits can be especially important for seniors with limited mobility, chronic medical conditions, or disabilities that make walking long distances difficult.

These offices can be important when a senior needs benefit support, replacement documents, disability-related accommodations, or identification updates.

Elder Abuse & Adult Protective Services

Elder abuse can take many forms. It may involve neglect, emotional abuse, physical harm, financial exploitation, or caregiver misconduct. Families should take warning signs seriously.

Adult Protective Services

If you suspect elder abuse or exploitation involving a person age 60 or older, contact Adult Protective Services at (833) 577-6532.

24/7 After-Hours Hotline

After hours, families may call the 24/7 hotline at (844) 945-2377.

Louisiana law provides protections for vulnerable seniors, but timely action matters. In many cases, families also need immediate legal guidance to prevent further harm, stop financial abuse, and secure proper decision-making authority.

Alzheimer's & Dementia Support

Memory loss and cognitive decline can place enormous stress on both seniors and their families. Jefferson Parish and the surrounding area offer several support resources.

Alzheimer's Association Louisiana

The [Alzheimer's Association](#) Louisiana Chapter can be reached at (800) 272-3900. They provide support groups, education programs, and caregiver resources.

Lighthouse Louisiana

Families may also contact Lighthouse Louisiana at (504) 899-4501. They provide services for individuals with vision impairment and other disabilities.

ARC of Greater New Orleans

Another community resource listed in the guide is the ARC of Greater New Orleans. It supports individuals with intellectual disabilities and their families.

For families in Metairie, Kenner, Gretna, and throughout Jefferson Parish, dementia support services can be an important source of education, caregiver relief, and planning assistance.

A dementia diagnosis should prompt an immediate review of legal documents. [Healthcare powers of attorney](#) and [incapacity planning](#) tools are most effective when they are completed before cognitive decline becomes severe.

Emergency & Storm Resources

Emergency planning is especially important for older adults in Jefferson Parish. Hurricanes, power outages, and other emergencies can be dangerous for seniors who rely on oxygen, mobility devices, medications, or in-home care.

Emergency Operations Center

The Emergency Operations Center is an important contact and can be reached at (504) 349-5360.

FEMA

[FEMA](#) at (800) 621-3362.

American Red Cross

American Red Cross at (800) 229-8191.

Suicide Hotline

You can contact the Suicide Hotline at 988.

Families should prepare emergency plans in advance. That includes keeping medications organized, identifying evacuation support, storing copies of legal documents, and making sure caregivers know what to do during a storm or other crisis.

Download the Full Jefferson Parish Senior Resource Guide

Looking for a printable version of these community resources? Download the full Jefferson Parish Senior Resource Guide below so you can keep important senior service contacts, programs, and support information handy when you need it.

Button text:

(Download the Full Jefferson Parish Senior Resource Guide)

Helping Your Family Plan Ahead

Finding the right local resources is an important first step, but many families also need a legal plan in place as their loved one's needs grow. Questions about long-term care, decision-making authority, asset protection, and future medical needs often come up at the same time.

Our firm helps families with estate planning, Medicaid planning, and incapacity planning so they can move forward with clarity and confidence. Whether you are planning ahead or responding to an urgent change in health, we are here to help you protect what matters most.

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