

HELP4TN

Find legal and social service resources in Tennessee

www.help4tn.org



Medicare Resources

Below you will find links to resources that provide information on Medicare in Tennessee. You can also find information on how to seek aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas as well as your own.

National Resources

Medicare Online Information

Find helpful information about Medicare and additional resources at Medicare.gov.

Interactive Guide to Medicare

Use this guide provided by the Medicare Rights Center to find information covering many topics that have to do with Medicare.

Medicare Interactive: Appeals

Learn more about Medicare appeals using this interactive guide provided by the Medicare Rights Center.

Medicare Skilled Nursing Facility Self-Help Packet

The Center for Medicare Advocacy provided this packet to help you understand Medicare coverage and how to file an appeal if appropriate.

Extra Help with Medicare Costs

Find out if you qualify for help paying your Medicare costs from the Extra Help program here. This information is provided by the Social Security Administration.

Statewide Resources

Senior Services Resources

This resource from West Tennessee Legal Services provides information about programs that provide senior services and assistance in Tennessee.

Tennessee's State Health Insurance Assistance Program (SHIP)

The SHIP program offers individual counseling and assistance to persons who have Medicare or are able to enroll in Medicare, as well as to their family members, caregivers and advocates.

Medicare Home Health Self-Help Packet

The Center for Medicare Advocacy provided this packet to help you understand Medicare Home

Health and how to file an appeal if needed.

Medicare Outpatient Therapy Self-Help Packet

This packet was produced by The Center for Medicare Advocacy to help you understand Medicare coverage of outpatient therapy and how to file an appeal if appropriate

How to apply for TennCare CHOICES

If you are interested in applying for long-term services and support with TennCare CHOICES, find out how to apply at the link above.

Forms:

Standard Court Forms for all of Tennessee

This resource contains standard court forms for all of Tennessee that approved for all counties. If you need help filing one of these forms, you can ask a lawyer in your area.

Legal Advice:

TN Free Legal Answers

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

Find Representation:

Statewide Directory

The Statewide Directory provides information regarding Legal Aid Attorneys and other agencies by county in Tennessee.

Still need assistance? Please speak to a librarian at your local library. They may have additional resources to assist you.

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