



SENIOR SERVICES
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB
WILLIAMS ADULT
DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

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COMMUNITY RESOURCES

Help Line

As an Aging and Disability Resource Connection (ADRC), Help Line provides information on local resources for seniors, their caregivers and professionals. Comprehensive assessments are completed to determine the individual needs of a client and assistance is provided to link them with appropriate services. Aging Resources Counselors provide supportive counseling to seniors and their caregivers on topics such as in-home services, housing options, community resources, and future long-term planning. A Lending Library provides books, videotapes and CD's addressing many areas of aging and caregiving. Free educational fact sheets and publications are also available.

Transportation

Transportation can be provided by volunteer organizations or a local transit authority at little or no charge. There are also private paid providers. Travel may be available to and/or from medical appointments, human service agencies, nutrition sites, various community resources and other designated places.

Senior Organizations

Neighborhood or community organizations offer a range of services for the active elderly. These services may include volunteer opportunities, exercise classes, games, crafts, trips to local attractions and other health, nutritional, educational, and recreational activities.

Adult Day Centers

Centers offer organized programs for seniors who need supervision due to physical or mental limitations and cannot be left alone during the day. The programs are designed to meet the physical, mental, emotional and social needs of the elderly. Adult day centers can be an excellent respite resource for the caregiver.

Congregate Meal Sites

Congregate meal programs combine social activities and a hot meal for seniors 60 years of age or older. This group setting provides great socialization for active seniors. A monetary contribution to this program is suggested.

Home-Delivered Meals

Hot, nutritious meals are delivered Monday through Friday (no holidays) to homebound seniors who are unable to cope with meal preparation and are 60 years of age or older. Frozen meals may also be available. Home-Delivered Meal programs suggest sharing in the costs of the meals.

Telephone Reassurance

A program provided by an agency or volunteer organization in which at-risk individuals are called on a daily basis to check on their safety and to provide personal contact.

Friendly Visitors

A program that provides personal contact with a home visit by a volunteer for the purpose of socialization.

Emergency Medical Response Systems

An alarm system that is worn as a pendant and provides the user with a portable method to signal their need for assistance in an emergency situation. When the button on the pendant is pressed, an alarm is sent to a central monitoring station and arrangements are made for someone to check on the individual. There is a monthly fee for this service.

Homemaker Services

Homemaker services assist with household cleaning, cooking, grocery shopping, laundry, and possibly transportation for an elderly person. There are private paid, volunteer, and publicly funded providers that offer this service.

Sitter or Companion Services

Individuals experienced with the care of the elderly will provide a sitter service during the day and/or evening. No hands-on-care is provided. This service is provided by a volunteer service or for a fee through a home care agency or private hire.

Home Care

Services provided by home care agencies, through Medicaid Personal Care Services (PCS) or through private arrangements for assistance with daily living activities, such as personal hygiene, dressing, meal preparation, light house-keeping, and other household needs. A physician's order is required for Medicaid PCS. These services are reimbursed through private pay, long-term care insurance or Medicaid.

Home Health Care

Skilled health care performed in the home by a licensed nurse, physical therapist, occupational therapist and speech therapist that are employed by a Medicare certified home health care agency. These services must be ordered by the physician and are available to homebound individuals according to Medicare guidelines. Secondary services that may be available are a medical social work and a certified nursing assistant. Home health visits are usually short in duration, task-oriented and reimbursed through Medicare.

Community Alternatives Program for Disabled Adults (CAP-DA)

A Medicaid waiver program available to the elderly (65 and older) and the disabled (18 and older) that provides a coordinated network of support services in the home. Some of the services provided include in-home evaluations, case management, nursing visits, medical supplies, respite care, and an emergency medical response system. These services allow the recipient to remain at home for as long as possible before placement occurs. This program has income, assets and medical eligibility requirements.

For more detailed or additional information regarding the community resources listed above, please call Help Line at 336-724-2040 and speak to an Aging Resources Counselor.