

The Caregiver Toolbox: Accessing Aging Resources

Realities of Caregiving in the United States

- People are living **longer**.
- The **fastest** growing segment are those age 85+.
- 1 in 4 families are providing care.
- Families are facing **many** types of caregiving issues.
- Many family caregivers are providing care to older family members with *no outside* assistance.

Planning Ahead:

Having the Conversation

An organized approach to starting a discussion about a person's:

- Current State of Health
- Goals and Values
- Financial Resources Available
- Preferences For Future Care, Treatment and Living Arrangements

Not just a one-time event—should be an ongoing process in families as needs and situations change.

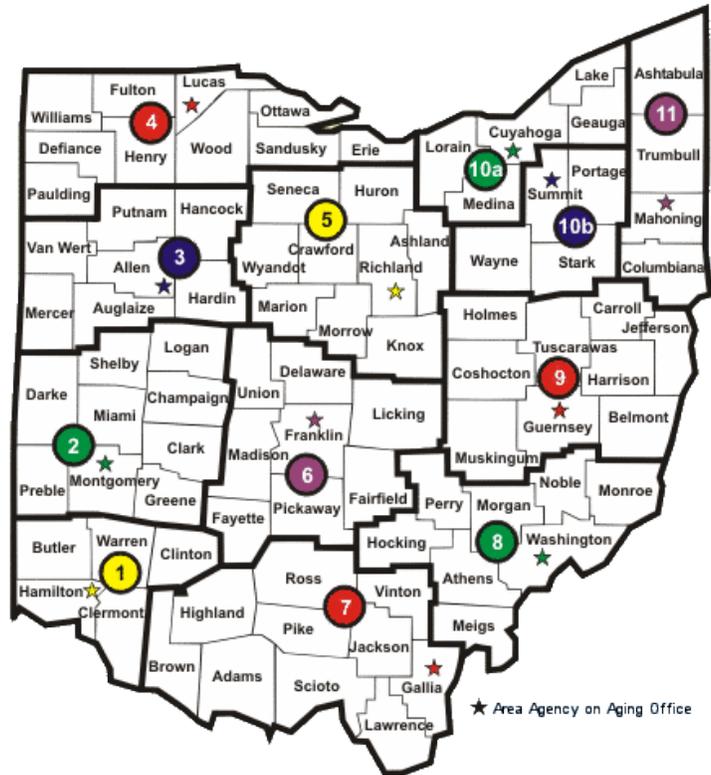


Suggestions for Getting the Conversation Started

- **Do your OWN** planning.
- Explain why you are bringing the subject up.
- Prepare your questions in advance.
- Prepare background information.
- Consider holding a family meeting to discuss these issues.

What Are Area Agencies on Aging (AAA)?

- Established by the Federal Government in the Older Americans Act of 1965. Every part of the US and our territories are served by an AAA (over 622).
- Most states have multi-county regions served by an AAA. **Ohio has 12 regions which are pictured to the right (called Planning & Service Areas-PSA for short).** To see a more detailed map of the regions in Ohio, go to www.ohioaging.org



Area Agencies on Aging in Ohio: What Do We Do?

- **Fund** Community Based Services (under Title III of the Older Americans Act)
- **Provide Information, Assistance and Education** to older adults, adults with disabilities and their families on a variety of issues like long term care services, housing, and health and wellness (call or check the website of any AAA to get connected to services and programs)
- **Advocate** on behalf of older adults, adults with disabilities and their families



- **In Ohio, Administer** programs designed to allow those who are eligible for Medicaid and would be living in a nursing facility to receive

Area Agencies on Aging in Ohio by Multi-County Area

Locate Your County in Italics Below

Council on Aging of Southwestern Ohio (Area 1)

175 Tri County Parkway
Cincinnati, OH 45246
800-252-0155/513-721-1025
(serving Butler, Clermont, Clinton, Hamilton & Warren counties)

Area Agency on Aging, PSA 2

40 W. Second Street, Suite 400
Dayton, OH 45402
800-258-7277/937-341-3000
(serving Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble & Shelby counties)

Area Agency on Aging 3, Inc.

2423 Allentown Rd.
Lima, OH 45805
800-653-7277/419-222-7723
(serving Allen, Auglaize, Hancock, Hardin, Mercer, Putnam & Van Wert counties)

Area Office on Aging of Northwestern Ohio, Inc. (Area 4)

2155 Arlington Ave.
Toledo, OH 43609-0624
800-472-7277/419-382-0624
(serving Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams & Wood counties)

Ohio District 5 Area Agency on Aging, Inc.

2131 Park Ave. W.
Ontario, OH 44906
800-860-5799/419-524-4144
(serving Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca & Wyandot counties)

Central Ohio Area Agency on Aging (Area 6)

3776 S. High St.
Columbus, OH 43207
800-589-7277/614-645-7250
(serving Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway & Union counties)

Area Agency on Aging, District 7

160 Dorsey Drive
Rio Grande, OH 45674-0500
800-582-7277/740-245-5306
(serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto & Vinton counties)

Buckeye Hills Area Agency on Aging (Area 8)

1400 Pike Street
Marietta, OH 45750
800/331-2644 or 740/373-6400
(serving Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry & Washington counties)

Area Agency on Aging Region 9, Inc.

710 Wheeling Ave.
Cambridge, OH 43725
800-945-4250/740-439-4478
(serving Belmont, Carroll, Coshocton, Guernsey, Harrison, Holmes, Jefferson, Muskingum & Tuscarawas counties)

Western Reserve Area Agency on Aging (Area 10A)

1700 E. 13th St. Suite 114
Cleveland, OH 44114
800-626-7277/216-621-8010
(serving Cuyahoga, Geauga, Lake, Lorain & Medina counties)

Direction Home Area Agency on Aging 10B

1550 Corporate Woods Pkwy.
Uniontown, OH 44685
800-421-7277/330-896-9172
(serving Portage, Stark, Summit & Wayne counties)

Direction Home of Eastern Ohio (Area 11)

1030 N. Meridian Rd.
2nd Floor Niles, Ohio 44509
800-686-7367/330-505-2300
(serving Ashtabula, Columbiana, Mahoning & Trumbull counties)

How to Find What Assistance is Available?



- **Eldercare Locator**– 800-766-1116 (www.eldercare.gov) For information on services anywhere in the United States.
- **Free Long Term Care Assessment**– 1-800-589-7277 (www.coaaa.org) **Free in home consultation** to help families make long term care choices. Can be provided anywhere in Ohio.
- Many counties and local communities have **Senior Citizen Service Handbooks** which list a wide variety of services. Check with your AAA to see if one is available.



Websites to Check:

- www.aging.ohio.gov- Ohio Dept. of Aging website which highlights many of the programs and services in the state.
- www.ltc.age.ohio.gov– Long Term Care Consumer Guide Information about nursing homes and assisted living facilities in Ohio. Includes resident satisfaction survey results.
- www.proseniors.org– This web site has very comprehensive and easy to understand fact sheets on legal and benefit issues for residents of Ohio. It also offers limited legal advice and referrals to elder law attorneys to older adults and their families through its phone number which is **1-800-488-6070**.
- www.disabilityrightsohio.org- This website has much information about legal issues and services for Ohio residents who have physical and mental disabilities.

What Types of Services Are Available in Most Communities?

Many cities/towns have numerous services for older adults who wish to receive care while living in their own home, apartment or condominium. **The cost/funding for these programs varies by each service.** Some services charge a fee, some accept a donation, and some will bill insurance if the person has it and the service is covered.

Adult Day Services – also referred to as Adult Day Care

- Programs offering social and recreational activities, supervision, health services, and meals in a protective setting for older adults with physical or cognitive disabilities. Typically open weekdays during business hours.

Chore Services

- Assistance with heavy house cleaning, minor home repairs, and yard work.

Companions

- Provide conversation, supervision and some help with meals or tasks.

Emergency Response Systems (ERS)

- A service that provides individuals with a call button, which alerts a call center to get help from family, friends, or emergency services. Services may include smoke detection and medication reminders. Services/units may be rented or purchased.

Home Health Aides (or Personal Care Aide)

- Provide assistance with personal care such as, bathing, dressing, feeding, some minor medical care and light housekeeping.

Homemakers

- Provide assistance with light housekeeping, laundry, cooking, and errands.

Home Modification

- Changes or additions to the structure of a home to improve safety and accessibility.

Hospice

- Services for the terminally ill provided in the home, a hospital, or a long-term care facility. Includes home health services, volunteer support, grief counseling, and pain management.

In Home Therapists

- Speech, Physical and Occupational Therapies--Provide training in communication, physical movement or doing daily tasks.

Meal Programs

- Meals delivered to homebound individuals or at group dining locations in the community. Typically provided five or more days per week.

Nurses

- Provide medical care and medical monitoring.

Respite Care

- Short-term care provided for an older person to allow caregivers time away from their caregiving role. Provided by trained professionals or volunteers in the home or by short-term admission to an assisted living or nursing facility

Senior Centers

- Provide social activities, information and a range of services.

Telephone Reassurance

- Regular phone calls to check on the person's well-being.

Transportation Services

- Provide rides to appointments, shopping, and other activities.

What Is the Role of Local Tax Levy Funded Programs in Ohio?

- **In Ohio, local levy funds support** a wide range of home and community based services for older adults. Many counties spend a large portion of their funds on nutrition (community and home-delivered meals), transportation, adult day services and in-home support such as homemaker services.
- **Many Ohio counties have countywide property tax levies**, based on the fair market value of real estate. A few counties use sales tax and other types of taxes to fund levy services for older adults. For a complete listing in Ohio, go to www.aging.ohio.gov. Most Ohio Levy programs operate on a sliding fee scale so they look at individual's income and assets to determine cost of assistance.
- **In Central Ohio**, there are senior service levies in Delaware, Fairfield, Franklin, Licking, Madison, Pickaway and Union Counties. To access their services, visit the www.coaaa.org website for local contact information.



What is a Case or a Care Manager?

- **A professional who provides coordination of the services** coming into the home. Families involved in **long-distance** caregiving find it especially helpful to hire someone to coordinate home-care services.
- Some government funded home care programs include a case manager to assist families in coordinating services.
- Locate a private case manager by calling the **Aging Life Care Association** at **520-881-8008** (www.aginglifecare.org).

What is the Difference Between Medicare and Medicaid?

Medicare is an Insurance Program which primarily serves people over 65 regardless of Income. People pay into Medicare through their Social Security payroll taxes. Medicare is a Federal Program—the same across the US

Medicare covers hospital care, doctors and other health care provider's bills—most of its care is short term in nature and provided by a health care professional.

VS.

Medicaid is an Assistance Program which serves low-income people of any age. Medicaid is paid for by both the Federal and State governments, so the services can vary from state to state.

In Ohio, Medicaid eligibility is based on limited income, assets and medical expenses. You apply for benefits at the Dept. of Job and Family Services or online at www.benefits.ohio.gov.

Medicaid can cover hospital care, doctors and other health care provider's bills, but it also covers long term care needs. These can be provided in an institution or in the community through a Medicaid Waiver program.

What Is a Medicaid Waiver Program?

Ohio has several programs which are designed to provide home and community based care to those who would otherwise be living in a long term care facility on Medicaid. Some of these are:

- **PASSPORT**
 - Age 60 or older & financially eligible for Medicaid institutional care
 - Frail enough to require a nursing home level of care
 - Able to remain safely at home with the consent of their physician.
 - The cost of PASSPORT services needed at the time of application cannot exceed 60 percent of the cost of nursing home care.
- **Assisted Living Waiver**
 - Available for those in Ohio over the age of 21 living in a participating assisted living facility.
 - Pays the costs of care in an assisted living facility, allowing the person to use his or her resources to cover "room and board" expenses.
- **My Care Ohio Waiver**
 - Parts of the state including Central Ohio are part of a new demonstration called "MyCare Ohio" in which Managed Care Organizations assume responsibility for people who are eligible for BOTH Medicare and Medicaid. For more information, see www.medicaid.ohio.gov.

This information is provided by: The National Family Caregiver Support Program



This is a nationally funded program operated in Central Ohio by the Central Ohio Area Agency on Aging (COAAA). It offers caregiver workshops and funds services designed to assist caregivers on a short term basis. The services include: information and assistance, counseling, respite, and other supplemental services.

Request a copy or download our other guides:

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox
- Central Ohio Long Term Care & Hospice Guide
- Central Ohio Older Adults Housing & Home Repair Guide
- Central Ohio Private Homecare Guide
- Central Ohio Utility Guide
- Central Ohio Prescription Guide
- Central Ohio Transportation Guide
- Central Ohio Support Group Guide
- Central Ohio Respite Guide
- Central Ohio Moving & Transitions Guide
- Books, Videos, and Websites for Family Caregivers.
- Central Ohio Kinship Care Guide(NEW)
- Central Ohio Hiring Guide for In Home Care(NEW)
- Central Ohio Pet Guide(NEW)

**The COAAA also provides monthly Caregiver Support Groups & Information Sessions.
For more information, call 1-800-589-7277 or visit www.coaaa.org.**

Or in your county, call one of these agencies:

- **Delaware**-SourcePoint 740-363-6677
- **Fairfield**-Meals on Wheels 740-681-5050
- **Fayette**-Community Action Commission of Fayette Co. 740-335-7282
- **Franklin**-Franklin Co. Office on Aging 614-525-6200
- **Licking**-Licking Co. Aging Program 740-345-0821 or 1-800-452-0097
- **Madison**-Madison Co. Senior Center 740-852-3001
- **Pickaway**-Pickaway County Senior Center 740-474-8831
- **Union**-Union County Senior Services 937-644-1010