



About Council on Aging of Southwestern Ohio

Contact Us

For Answers on Aging:

Council on Aging of Southwestern Ohio

175 Tri County Parkway, Cincinnati, OH 45246

513-721-1025 Toll-free 1-800-252-0155

E-mail: info@help4seniors.org.

Website: www.help4seniors.org

Who we are

Council on Aging of Southwestern Ohio (COA) is a non-profit organization with nearly 40 years of compassionate, expert service to older adults, their caregivers and their families. Our mission is to enhance the lives of adults by helping them to remain independent at home. A trusted and unbiased resource, COA was designated in 1974 as the Area Agency on Aging (AAA) for southwestern Ohio. COA is the central planning and coordinating organization for services to older adults in Butler, Clermont, Clinton, Hamilton and Warren counties. These five counties are home to some 300,000 adults age 60 and older.

What we do

To care and prepare for an aging America, Council on Aging:

- Helps older adults remain independent at home
- Provides information and community resources
- Saves public money
- Supports family caregivers
- Plans for the future needs of seniors
- Promotes the health, security and well-being of older adults

While many of COA's programs and services focus on meeting the daily household and personal care needs of older adults who live at home, COA also strives to improve and expand programs that enhance the social, mental and physical well being of older adults in the community.

Our mission and vision: Enhance the lives of adults by assisting them to remain independent at home through a range of quality services. Every senior adult in our region shall have a choice and a range of services and programs that will assist them to remain independent in their chosen environment.

Programs, services and activities:

Programs and services administered by the Council on Aging preserve dignity and choice for older adults. Through COA, older adults, their caregivers and families have access to unbiased information, assistance, consultation, and long-term care services.

COA programs include:

- Community Resources and Information: information, referrals and answers for questions ranging from senior housing, to Medicare and caregiving
- Long-term Care Consultations: a free, home-based public service emphasizing the importance of planning for long-term care. Helps provide objective, clear choices for crucial decisions. Today, there are many options that provide a continuum of care based on need, ranging from light housekeeping to help someone stay in their home to institutional care for the very frail.
- In-home care: free or low cost programs that help older adults remain safe and independent in their homes and communities. PASSPORT and the Elderly Services Program help thousands of older adults throughout southwestern Ohio. These programs help people avoid or leave institutions. (see details below)
- Assisted Living Waiver: Ohio's Medicaid program pays for elderly and disabled adults to receive care in assisted living facilities, which offer more independence and privacy than nursing homes.
- Caregiver Education and Support: Council on Aging Learning Advantages (COALA) provides: 1) formal training for home health aides and 2) free, award-winning programs offered in homes and workplaces that take the worry out of caring for an elderly loved one.
- Title III Services of the Older Americans Act: administration of federal funds to help provide many community-based services such as transportation, meals, health and wellness activities, legal assistance, help for caregivers, and guidance on making decisions about long-term care.
- Advocacy: meeting with elected officials and community leaders to build support for issues of importance to older adults and caregivers
- Pre-admission Review for all people entering Medicaid-certified nursing facilities
- Quality assurance and improvement: contract and oversight responsibilities for more than 100 organizations providing a broad array of high-quality services based on individual need.
- Special events such as Senior Expo and special publications such as Help4Seniors, a comprehensive resource directory

In-home care services include:

- Adult day services
- Care and case management
- Caregiver education and support
- Chore service (e.g. major housecleaning, pest control)
- Counseling
- Emergency response devices
- Home-delivered meals
- Home safety repairs and modifications

- Homemaking
- Medical equipment
- Personal care (examples: bathing and grooming)
- Respite
- Transportation to medical appointments

Annual Data (duplicated #s)

We serve:

- More than 18,000 people for home care services (Example: We provide about two million meals a year to nearly 10,000 homebound older adults in five counties.)
- Nearly 45,000 people for community and senior center-based activities including transportation, meals, recreation, education, ombudsman and legal assistance
- More than 22,000 people for services that help seniors and their families gain access to information, programs and resources

Let COA help you

We are fortunate to have many resources in our community for the aging. The hard part is finding out about them and sorting through all the options! You can search all around, talk to friends, co-workers, relatives – and never be sure you’ve got the right information. Or, you can call Council on Aging. We’ll get you started on the right path.

We can help you:

- Find resources in your community
- Understand the options for long-term care
- Plan for the future
- Connect to free and affordable services
- Be independent in your own home
- Be a more skillful, less stressed caregiver

None of us likes to think about getting old and needing help. But we do hope that we will have choices about where and how we will live as we age. For most of us, the first choice is to stay in our own home for as long as we can. COA makes that possible for anyone, including those of modest means.

Community Resources and Information: 513-721-1025 or 800-252-0155

PASSPORT: 513-721-1025 or 800-252-0155

Long-term Care Consultations: 513-721-1025 or 800-252-0155

Elderly Services Program: depending on where you live, call:

- Butler County: (513) 868-9281
- Butler County, Middletown area: (800) 215-5303
- Clermont County: (513) 724-1255
- Clinton County: (937) 382-7170
- Hamilton County: (513) 721-1025

- Warren County: (513) 695-2271

Caregiver Education and Support: 513-345-8619 or 800-252-0155

Testimonials

“Without this help, I’d be in terrible shape. I couldn’t keep my home.”

Alberta Stinson, Elderly Services Program client

“I have used two tips offered already and noticed immediate results.”

Response of family caregiver on a COALA survey

“I am just in awe of the kindness and benefits offered to me as a caregiver.”

Response of family caregiver on a COALA survey

“When do you know when the time has come to move someone to a nursing home? Because of these services, we’ve been able to delay that process for three years.”

Mike Proffitt, caregiver for father who receives services through the Elderly Services Program

“I couldn’t do it without (my home health aides.) If it wasn’t for PASSPORT, I’d have to be in a nursing home.”

PASSPORT client Ronald Bingle, disabled by spinal cord injury

History, governance, and funding

In 1970 - five years after passage of the Older Americans Act - Council on Aging was founded to promote the interests of older adults. A year later, COA incorporated as a tax-exempt, private, non-profit corporation.

In 1974, the Ohio Department of Aging designated COA to be the Area Agency on Aging for Ohio’s Planning and Service Area I. This area includes Butler, Clermont, Clinton, Hamilton and Warren counties. More than 252,000 adults ages 60 and older live in this region.

As an area agency on aging, COA is part of the national aging services network. The Older Americans Act of 1965 established this network and created the Administration on Aging (a division of the U.S. Department of Health and Human Services).

The aging services network is divided into state units and regional Planning and Service Areas. Ohio’s state unit is the Ohio Department of Aging which represents more than two million Ohioans age 60 and older.

States are divided into Planning and Service areas, each with its own Area Agency on Aging (AAA). There are 660 AAAs nationwide. Ohio has 12. AAAs work with the public and private sectors to shape how communities serve their older - often vulnerable - citizens.

Council on Aging is overseen by a Board of Trustees, assisted by an Advisory Council. The five counties in the COA service area have elderly services programs that are funded by county tax levies. COA administers these programs under contracts with county commissioners in Butler, Clinton, Hamilton and Warren counties. Oversight is provided by citizens groups appointed by the commissioners. In Clermont County, the program is administered by Clermont Senior Services.

County tax levies provide about 40 percent of Council on Aging funding. The Medicaid waiver (state) provides another 43 percent for PASSPORT. Additional state and federal funds, client contributions, donations and other supports provide the remaining revenue.

Issues in Aging

Every aspect of American life is being affected by the aging of our population. More people are living longer and the birth rate is declining. The greatest effects are still to come now that the nation's 78 million baby boomers have begun turning 60. The population of Americans over age 65 is expected to double to 71 million by 2030. By 2015, for the first time in history, people age 65 and older will outnumber children under age five.

What are the implications of this so-called silver tsunami? Clearly, it will place unprecedented pressures on our economy, our health care system, transportation, housing, social services, emergency planning, and long-term care resources. Most directly, it will affect families who are being called upon in ever-increasing numbers to care for their elderly loved ones.

Consider these facts about older Ohioans:

(Source: Scripps Center for Gerontology at Miami University)

- In terms of the size of its elderly population, Ohio ranks 6th in the nation. Ohio today has more than two million people age 60 and older. Every month, another 12,000 Ohioans turn 60. By 2020, we'll have 40 percent more older Ohioans than we do now.
- Most older adults are healthy and active. As they age, they are more likely to have chronic conditions that require care. Growing numbers of seniors, combined with increased longevity, means a tremendous increase in the number of frail elderly age 85 and older.
- About 175,000 Ohioans are age 85 and older, including 50,000 over age 90.
- By 2010, more than half a million older Ohioans will need someone to help them with at least one activity of daily living, such as bathing, dressing or getting out of bed.
- Medicaid, the government health insurance program for the poor, pays for care in nursing homes. It also pays for PASSPORT, an in-home care alternative for Ohio's frail, low-income elderly. Compared with most other states, Ohio spends more of its Medicaid dollars on nursing home care rather than on less costly home and community-based alternatives that most older adults prefer. In 2007, Ohio spent 30 percent of its Medicaid dollars on alternatives to nursing homes, such as PASSPORT, ranking it 39th among 50 states in providing home and community care options for its older citizens.
- PASSPORT costs about \$1,140 a month compared with \$4,800 a month for nursing home care.
- Today, more than 30,000 Ohioans are on PASSPORT, including about 3,000 in the five southwestern counties served by Council on Aging.
- Ninety percent of older adults want to remain in their homes for as long as possible. (AARP survey)

- As PASSPORT has grown, the way older Ohioans use long term care has changed. Fewer are receiving care in nursing homes, and more in alternatives settings, such as home. In 1995, for every 1,000 Ohioans age 60+, 25 received Medicaid long-term care services in nursing homes and 6 via alternatives such as PASSPORT. By 2009 (estimated), the nursing home figure dropped to 20 per 1,000 seniors and alternative care rose to 15. (Source: Ohio Department of Aging)
- Unpaid (usually family) caregivers provide 80 percent of home care services. According to a 2007 study by AARP, “their contributions to loved ones and friends are not only the foundation of the nation’s long-term care system, but an important component of the U.S. economy, with an estimated economic value of about \$350 billion in 2006.”
- The U.S. Social Security Administration estimates 10,000 Americans will be applying for benefits every day for the next 20 years.