Council on Aging

Independence. Resources. Quality of Life

Guide to Programs and Services

About Council on Aging

As the Area Agency on Aging for Butler, Clermont, Clinton, Hamilton and Warren counties, our mission is to enhance people's lives by assisting them to remain independent at home through a range of quality services.

With nearly 50 years of experience, we are experts at helping individuals, families and caregivers manage complex medical and long-term care needs.

Our programs and services include:

- in-home care and assisted living
- transitions from hospitals and nursing homes
- call center for information and guidance
- advice and resources for caregivers

We are here to help individuals...

stay in their homes and communities

Affordable services such as meals, transportation, housekeeping and personal care help older adults and people with disabilities remain safe and independent in their homes and communities.

be well, at home

Ready to take control of a chronic illness or go home from a hospital or nursing home? We offer wellness programs and transitional care services that help people manage their chronic health and long-term care needs at home, where they are most comfortable.

connect to information and resources

Confused about housing, caregiving or long-term care options? Start with us for unbiased answers, advice and connection to area resources.

Connecting is easy:

(513) 721-1025
(800) 252-0155
www.help4seniors.org

BBB Torch Award 2010 Winner

Inspire | Healthcare 2017 Quality Improvement Award Winner

COA Council on Aging

About Council on Aging

We serve our community every day...
Our programs and services preserve dignity and choice for seniors, people with disabilities, families and caregivers. We're in hospitals, nursing homes, assisted living facilities and thousands of homes throughout our multi-county region.

Preserve independence for frail seniors and people with disabilities through a variety of in-home care programs and services.

Contract with local businesses and non-profit organizations to deliver home and community-based long-term care services.

Connect seniors, people with disabilities, caregivers and professionals to unbiased information, advice and referral.

Meet the nutritional needs of vulnerable older adults through home-delivered and congregate meal programs.

Support continuity of care and the social well-being of seniors and people with disabilities via transportation services for medical and social service activities.

Help hospital and nursing home patients regain independence in home and community-based settings through supportive, transitional care programs.

General Programs and Services

Aging & Disability Resource Center (ADRC)

(513) 721-1025 or (800) 252-0155
(937) 449-0642 Clinton County Office (limited hours)
www.help4seniors.org (online resource directory)

Older adults, people with disabilities, caregivers and professionals can contact ADRC for unbiased answers, information and advice regarding:

- housing and nursing homes
- financial assistance, Medicare and other benefits
- resources for people with disabilities or mental health needs
- caregiver assistance
- long-term care options and planning
- education and recreational activities

Help is available by phone weekdays, 8am - 5pm. ADRC staff take referrals and conduct phone screenings for individuals who may be eligible for COA programs and services.

Professionals can make a referral via our website 24 hours a day, seven days a week.

Caregiver Support

Free support and connection to resources for family or volunteer caregivers. The focus is on the caregiver's well-being.

A phone consultation with a caregiver support nurse helps caregivers:

- reduce stress, burden and injuries
- increase confidence and knowledge
- improve quality of care
- balance personal and caregiving responsibilities

Eligibility: Care recipient or caregiver must live in Butler, Clermont, Clinton, Hamilton or Warren counties and be at least 60 years old (no age requirement for family caregivers who provide care for individuals with Alzheimer's disease and/or other brain disorders).

Health and Wellness Programs

Chronic Disease, Diabetes, Chronic Pain Self-Management and Fall Prevention Programs

Lifestyle and prevention programs designed to help seniors, disabled adults and their caregivers feel better and stay healthy.

These free workshops are available in-person, online or by telephone. They provide evidence-based health education and opportunities for participants to share their experiences and learn day-to-day strategies for:

- healthy eating
- dealing with frustration, fatigue and isolation
- exercising to maintain and improve strength and flexibility
- improving communication with family, friends and doctors
- preventing falls
- setting goals, and more

Eligibility: These programs are free to seniors, disabled adults and their caregivers in Butler, Clermont, Clinton, Hamilton and Warren counties.

Aging Mastery Program (AMP)

AMP is an evidence-informed enrichment program developed by National Council on Aging that encourages adults to take steps to support happiness and longevity.

AMP includes 10 topics, covered over a number of weekly sessions, that pairs information on physical health, financial health and life enrichment with action steps and activities.

By participating in this program, individuals earn points and rewards for positive actions while improving their:

- social connectedness
- physical activity levels
- healthy eating habits
- use of advanced planning
- communication with health care providers

Eligibility: Generally open to adults of any age who wish to learn how to age well and make the most of a longer life.

Home and Community-based Programs (Non-Medicaid)

Elderly Services Program (ESP)

Helps older adults remain safe and independent in their homes by expanding care already provided by family and friends. Prevents unnecessary nursing home placement. Funded by county tax levies.

Depending on need and eligibility, services may include:

- care management
- meals/nutrition
- medical equipment
- home modification
- transportation
- emergency response system
- homemaking and personal care
- ability to hire your own workers (restrictions apply)
- transitional care (see FastTrack Home on page 6)

Eligibility:

- Butler and Clinton county residents: Age 65+
- Hamilton and Warren county residents: Age 60+
- Moderate to severe level of disability, generally 2 or more ADLs and/or IADLs (see last page)
- Eligibility for specific services determined by care manager during in-home assessment
- ESP is the payer of last resort. It will not pay for or provide services that you may be eligible for through another payer such as Medicaid, Medicare or private insurance.

ESP services are funded by a special tax levy. ESP does not supplant care provided by families, but rather secures the necessary additional care the family is unable to provide. ESP expects families to take responsibility to care for family members to the fullest extent possible.

Home and Community-based Programs (Medicaid)

PASSPORT

Medicaid program that helps older adults with disabilities receive care and support in their homes, instead of a nursing home.

Services are similar to ESP (at left) but more intensive and may include:

- out-of-home respite
- ability to hire your own workers (restrictions apply)
- nursing
- help with out-of-pocket health costs
- support to transition from nursing home to home

Eligibility*:

- Age 60 and older
- Low-income (Medicaid eligible)
- Require nursing home level of care: help with at least 2 ADLs and 3 IADLs (see last page)
- Not eligible for MyCare Ohio (page 5)
- Eligibility for specific services determined by care manager during in-home assessment

Assisted Living Waiver

Provides care for Medicaid-eligible adults in approved assisted living facilities. An alternative for people who need more care than PASSPORT or Ohio Home Care, but not a nursing home.

Services are similar to PASSPORT/ESP but may include:

- 24/7 on-site response
- social activities
- other Medicaid benefits

Eligibility*:

- Age 21 or older
- Medicaid eligible (low-income) and able to pay room and board
- Require nursing home level of care, help with at least 2 ADLs and 3 IADLs (see last page)

**May not be eligible if currently receiving or if you qualify for developmental disabilities (DD) waiver services.*

Home and Community-based Programs (Medicaid)

Specialized Recovery Services Program

Specialized support for adults with severe and persistent mental illness, certain diagnosed chronic health conditions, or who are active on a transplant waiting list.

Eligible individuals receive full Medicaid care and may also receive the following services:

- **Recovery Management:** assistance developing a plan of care specific to the individual's needs
- **Individual Placement and Support (IPS):** help finding and keeping a job
- **Peer Support:** support from others with similar life experiences

Eligibility:

- 21 or older
- meet income requirements
- have been diagnosed with a severe and persistent mental illness; *or* are actively on the solid organ or soft tissue transplant waiting list (or a previous transplant recipient); *or* have a diagnosed chronic condition, which includes certain malignancies, HIV/AIDS or immune deficiencies, end stage renal disease (ESRD), sickle cell anemia, cystic fibrosis, or hemophelia
- need help with medical appointments and/or activities of daily living
- have been determined to meet the definition of disability used by the Social Security Administration for purposes of SSI or SSDI (this does not apply if you are under 65 with ESRD, or over 65 with certain diagnosed chronic conditions or actively on the solid or soft transplant waiting list)
- do not live in a nursing facility, hospital or similar setting

MyCare Ohio

Coordinated care for Ohioans who are eligible for Medicaid and Medicare, including people with disabilities, older adults, and individuals who receive behavioral health services.

An approved managed-care plan coordinates members' medical, behavioral and long-term care needs. MyCare Ohio offers:

- care management, including in-home visits
- all standard Medicare and Medicaid benefits
- option to opt-out of Medicare portion

Eligibility: MyCare Ohio (Medicaid portion) is **mandatory** if you:

- are 18 or older;
- live in Butler, Clermont, Clinton, Hamilton or Warren counties; and
- are eligible for **BOTH** Medicaid and Medicare

Administered by the Ohio Department of Medicaid: (800) 324-8680 or www.ohiomh.com

Transitional Care

Moving from one care setting to another can be a real challenge. COA offers programs and support to help individuals return to an independent living environment.

FastTrack Home

Provides services such as an emergency response system, homemaking, meals, transportation, medical equipment and care management when they are needed most – as a senior leaves the hospital or nursing home. Services are provided at no cost on a temporary basis to support a safe recovery.

Eligibility: Assessments occur in the hospital/nursing home. Patients must meet program eligibility and be:

- a Clinton County resident age 65+, *or*
- a Hamilton County resident age 60+, *or*
- a Warren County resident age 60+, *and*
- discharging from a hospital or nursing home
- in need of help with everyday activities such as bathing, driving and preparing meals
- able to be cared for safely in a home
- agree to home visits from a care coordinator

Before temporary services end, FastTrack Home clients in need of long-term services and support may be assessed and possibly transferred to the Elderly Services Program (page 4).

"FastTrack Home has given me incentive to get my life back"

–Terre

How to apply for services...

For information and resources, to make a referral, or to apply for programs and services administered by Council on Aging, simply call (513) 721-1025 or (800) 252-0155. A member of our call center team will ask a few questions to help determine the most appropriate program or services to meet your needs.

Anyone who wishes to enroll in a Council on Aging program or service must agree to an in-home visit from a nurse, social worker or care manager professional. Eligibility for specific services is determined by a care manager and may be based on age, income and level of disability (see below).

Program eligibility guidelines are based on help needed with:

Activities of Daily Living (ADLs): bathing; grooming; walking; getting in or out of bed, chair or tub; eating; going to the bathroom

Instrumental Activities of Daily Living (IADLs): Complex independent living skills, including: shopping; meal preparation; cleaning, heavy chores and laundry; telephone and other communication devices; transportation; managing legal and financial matters; medication management

Council on Aging is funded by...

Council on Aging is a non-profit organization and receives funding from a variety of local, state and federal sources, including county tax levies, Medicaid, other state and federal funds, client contributions, and donations.

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Main Office
175 Tri County Parkway
Cincinnati, OH 45246
(513) 721-1025 or (800) 252-0155
www.help4seniors.org

Clinton County Office
2333 Rombach Avenue
Wilmington, OH 45177
(937) 449-0642

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