



# Guide to Programs and Services

Independence. Resources. Quality of Life.

## About Council on Aging

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

Our programs and services include:

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

### *We 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.

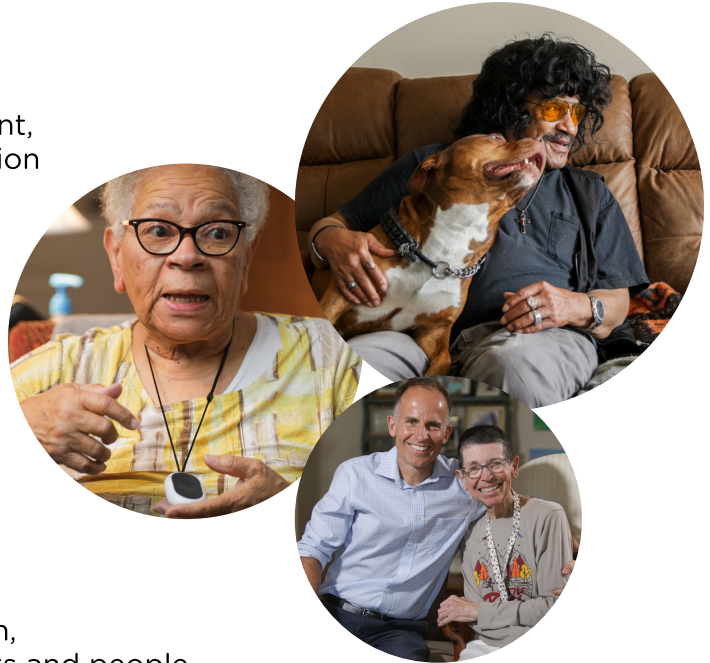
#### connect to information and resources

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

### **We are innovators.**

Through our non-profit subsidiary, home52, we develop and offer innovative community intervention, care management, transportation and other solutions to prospective partners across a variety of health care sectors.

Together, Council on Aging and home52 are experts at helping individuals, families and caregivers manage medical and long-term care needs. Learn more at [www.home52.org](http://www.home52.org).



### **Connecting is easy:**

**(513) 721-1025**

**(800) 252-0155**

**[www.help4seniors.org](http://www.help4seniors.org)**



## About Council on Aging

### *Every day in our community...*

Our programs and services preserve dignity and choice for older adults, 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 older adults 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.



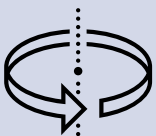
Connect older adults, people with disabilities, caregivers and professionals to unbiased information, advice and referral.



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 older adults and people with disabilities via transportation services.



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)**

Available by phone weekdays, 8 a.m.-5 p.m., ADRC staff take referrals and conduct phone screenings for individuals who may be eligible for COA programs and services. Additionally, 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

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

#### **Main Office**

(513) 721-1025 or (800) 252-0155  
4601 Malsbary Road  
Blue Ash, OH 45242  
[www.help4seniors.org](http://www.help4seniors.org)

#### **Clinton County Office**

2333 Rombach Ave.  
Wilmington, OH 45177  
(937) 584-7200

#### **home52**

[www.home52.org](http://www.home52.org)



Help4Seniors



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## General Programs and Services

### Caregiver Support

Free support and connection to resources for family or volunteer caregivers. In certain circumstances, the program can even provide overnight care so caregivers can take a break.

#### The program works to help caregivers:

- reduce stress, burden and injuries
- increase confidence and knowledge
- improve the quality of care
- balance their lives and caregiving responsibilities
- take time off from caregiving for someone with Alzheimer's or dementia

#### Eligibility:

To qualify, the caregiver or care recipient must be at least 60 years old and the caregiver must live in Butler, Clermont, Clinton, Hamilton or Warren counties.

There is no age requirement for family caregivers who provide care for individuals with Alzheimer's disease or related disorders with neurological and organic brain dysfunction.



*"Thank you for having the Caregiver Support Program. This is a much needed program in making the caregiver responsibility easier."*



## Health and Wellness Programs

Council on Aging offers a variety of free health and wellness programs designed with older adults and caregivers in mind.

Programs are available at convenient community locations (some are available virtually) and offer fun, peer-supported and/or evidence-based opportunities to learn strategies for living life to its fullest, such as:

- managing chronic health conditions including heart disease, diabetes, COPD
- healthy eating
- managing frustration, fatigue and isolation
- exercising for strength and flexibility
- improving communication with family, friends and doctors
- preventing falls and improving balance
- caregiver support
- setting goals, and more

### USDA Senior Farmers' Market Program

Available seasonally, this federally funded program provides coupons for eligible low-income older adults to redeem at farmers' markets and roadside produce stands.

#### Eligibility:

Eligibility varies by program, but programs are generally available to older adults, people with disabilities and/or their caregivers in Butler, Clermont, Clinton, Hamilton and Warren counties.





## Home- and Community-based Programs (Non-Medicaid)

### Elderly Services Program (ESP)

Funded by county tax levies, ESP helps older adults remain safe and independent in their homes by expanding care that may already be provided by family and friends.

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 pg. 6)

#### Eligibility:

- Clinton County: Age 65+
- Butler, Hamilton, Warren counties: Age 60+
- moderate to severe level of disability, generally 2 or more ADLs and/or IADLs (see pg. 6)
- eligibility for specific services determined during an in-home assessment
- ESP is the payer of last resort and will not pay for/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-eligible older adults can receive care and support in their homes, instead of a nursing home. Services are similar to ESP, but are 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 back page)
- not eligible for MyCare Ohio (pg. 5)
- eligibility for specific services determined by care manager during in-home visit

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### Assisted Living Waiver

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

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 pg. 6)

*\*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:

- age 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 hemophilia
- 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

**Individuals are referred to Job & Family Services for eligibility screening and enrollment.**



### 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 home visits
- all standard Medicare/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](http://www.ohiomh.com).**



## Transitional Care

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

### FastTrack Home

Provides services such as an emergency response system, homemaking, home-delivered meals, transportation, medical equipment and care management when they are needed most - as an older adult leaves a hospital or care facility. Services are provided at no cost on a temporary basis to support a safe recovery. FastTrack Home is not income-based.

#### Eligibility:

Assessments occur in the hospital/care facility. Patients must be a Clinton County resident age 65+, or a Butler, Hamilton or Warren county resident age 60+, and:

- discharging from hospital/care facility
- in need of help with daily activities such as bathing, driving and preparing meals
- able to be cared for safely at home
- agree to a home visit from a care coordinator

Before temporary services end, FastTrack Home clients who need continued support may be assessed for eligibility in other COA programs.

*"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, call us or visit our website. You'll provide information about your care needs to help us determine which programs and services can best meet your needs.

Anyone who wishes to enroll in a Council on Aging program must agree to an in-home visit. Eligibility for specific programs and services is determined by a professional care coordinator.

### Program eligibility 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 and laundry; telephone and other communication devices; transportation; managing legal and financial matters; medication management

#### Council on Aging is funded by...

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

Have we had a positive impact on your life? Help us help more people in our community by sharing your experience in a Google review. Thank you!



Visit  
[www.help4seniors.org/review](http://www.help4seniors.org/review)  
or scan this QR code:



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