North Central Texas Area Agency on Aging/Aging and Disability Resource Center Services & Programs

Funded in part by the Texas Department of Aging and Disability Services
Area Agency on Aging

Mission

- To plan & develop a comprehensive & coordinated system of services
  - Persons age 60 & over
  - Their family caregivers
  - 14-county service area
Area Agency on Aging Client Eligibility

- Programs age-based, rather than needs-based
- However, programs target “at-risk” populations
  - Low income
  - Frailty
  - Isolation
  - Danger of premature institutionalization
Service Cost

- Programs provided at no charge to clients
- Voluntary contributions encouraged
- Contributions used to expand services under which they’re generated
Area Agency on Aging Direct Services

- Benefits counseling
- Care coordination
- Caregiver support coordination
- Long-term care ombudsman
Area Agency on Aging
Contract Services (1)

- Congregate & home-delivered meals
  - Home-delivered meals require functional impairment

- Transportation
  - Curb-to-curb assistance
  - Scheduled in advance
  - Within county boundaries

- Information, referral & assistance
Area Agency on Aging
Contract Services (2)

- Money Management
  - Collin, Rockwall, Southern Denton, and western Hunt counties
Other Area Agency on Aging Initiatives

- Evidence-Based Programs
  - Falls prevention
  - Chronic Disease Self-Management
  - Diabetes Self-Management
  - Stress-Busting Program for Family Caregivers
  - Texercise Select (Collin and Denton counties only)
Benefits Counseling (1)

- Provides information, referral & assistance to persons age 60 & over & their families
  - Public & privately funded benefits: Medicare, Medicaid, other health insurance, long-term care options
    - Medicare Savings Programs
    - Medicare Low-Income Subsidies
  - Consumer issues: fraud/abuse, consumer rights
Benefits Counseling (2)

Services:
- In-person, telephone & online counseling
- Paperwork assistance with applications, appeals & denial of benefits
- Referral to community agencies & organizations
- Educational presentations
- Volunteer training, certification & supervision
Benefits Counseling (3)

Services con’t

- Legal information & referral
  - Advance directives, guardianship, consumer disputes, long-term care insurance
- Limited assistance with attorney fees
  - Wills, powers of attorney, Qualified Income Trusts, guardianship
Care Coordination (1)

- Identifies client needs & coordinates in-home services for persons age 60 & over
  - Provided by NCTAAA & other agencies
- Staff: NCTAAA & contract caseworkers
- Services:
  - Light housekeeping
  - Residential repair
  - Rental of emergency response device
  - Prescription medications
Care Coordination (2)

- Client criteria (should meet at least 3):
  - Income at or below poverty level
  - Recent hospital stay (within 2 weeks)
  - Frail (impairments of two or more ADLs)
  - Alzheimer’s diagnosis
  - Lack of family support

- Duration of care plan: Usually up to 90 days
Caregiver Support Coordination (1)

- Identifies client needs & coordinates in-home services for individuals who have a family caregiver
- Staff: NCTAAA & contract caseworkers
- Services:
  - Light housekeeping
  - Residential repair –accessibility only
  - Rental of emergency response device
  - Prescription medications
Caregiver Support Coordination (2)

- Caregiver criteria (should meet at least 3):
  - Has poor health or work disruption related to caregiving
  - Cares for someone who has no other help
  - Cares for person who has been hospitalized within last two weeks
  - Cares for person with Alzheimer’s or impairments of two or more activities of daily living
  - Lives in same house as care receiver
Caregiver Support Coordination (3)

Caregiver age requirements:
- Age 60 or older if caring for someone with severe disabilities who is not a biological child
- Age 55 or older if grandparent or relative caring for a child 18 or younger
- Any age if caring for someone age 60 or older
- Any age if caring for someone who has Alzheimer’s disease & related disorders
Grandparent Support Services

- Respite voucher for child care
- Psychosocial counseling
- Legal assistance
- Limited financial assistance with school clothes and supplies
- Benefits counseling
Long-Term Care Ombudsman (1)

- Provides advocacy for residents of nursing homes & assisted living facilities
- Helps prospective residents choose facilities that are best suited to their needs
- Conducts training for nursing home staff members
Caregiver Education & Training

- Provides support to family caregivers
- Services:
  - Free educational workshops
  - Caregiver respite
  - Online education
  - Links to other resources
  - Referrals to support groups & counseling
- Coordinated by contract vendors
Family Caregivers Online

An easy to use online education and information resource, sponsored by the area agencies on aging, for anyone helping older adults.

What is this?
How will this site benefit me?

This is the "Home" page for Family Caregivers Online, an educational and informational resource for anyone who helps an older spouse, parent, relative, friend, or neighbor. Read More...

You will find practical information, links and other resources to help aging relatives, friends, and neighbors.
Aging and Disability Resource Center

- Assists people of all ages with disabilities and their family caregivers
- Helps find and access long-term services and supports such as attendant services, respite care
- Helps determine eligibility for public benefits such as Medicaid, SNAP, and VA Aid and Attendance
Aging and Disability Resource Center Contact Information

- Call 1-877-229-9084 Monday through Friday, 8:00 a.m. – 5:00 p.m.
- Walk in to Denton Community Health Clinic on second and fourth Wednesdays of each month, 10:00 a.m. – 2:00 p.m.
- Walk in to Pecan Valley Centers, 104 Pirate Drive, Granbury, Mondays, Wednesdays, and Fridays
Contact Information

- Web site: nctcog.org/cs/aging
- E-mail dgreen@nctcog.org
- Phone 1-800-272-3921
- Mailing address:
  - North Central Texas Area Agency on Aging
  - P.O. Box 5888
  - Arlington TX 76005-5888