

**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

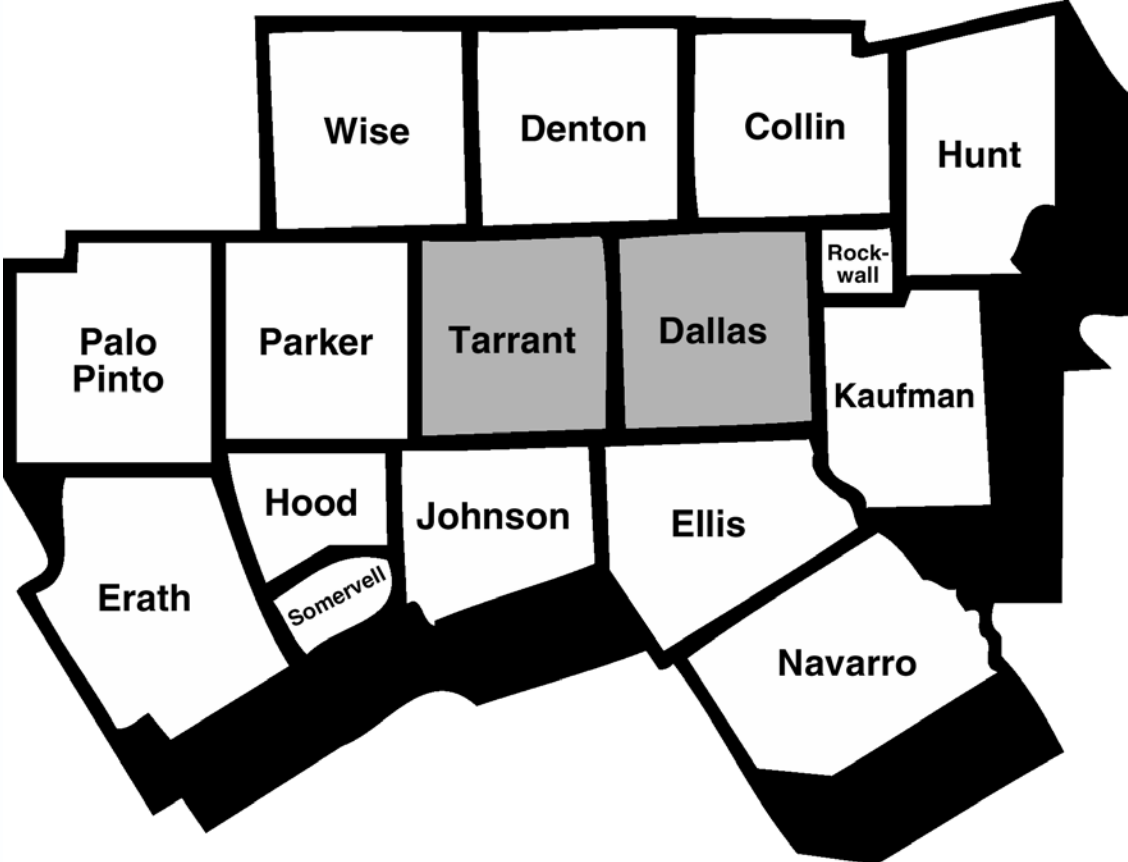
Area Agency on Aging Client Eligibility

- 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

Service Area



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

Click here for our Employer & Human Resources Professionals Portal



Family Caregivers Online

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

 [Links](#)  [Search](#) [Site Search](#)  [www](#) [Web Search](#)  [FAQs \(Frequently Asked Questions\)](#)  [Phone Numbers](#)  [Español](#)

Please read our off site link & Spanish translation link policy

Tools & Resources

-  [Fact Sheets \(English/Spanish\)](#)
-  [Worksheets/Documents](#)
-  [Legal Forms](#)
-  [Online Education](#)
-  [Seminar Schedule](#)

Newsletter/Publications

-  [Our Monthly Newsletters](#)
-  [Senior News Source](#)
-  [Caregiver.com's Weekly](#)

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.

Site Help & Info

- [Internet Use Tips](#) 
- [Site Map / Contents](#) 

Your Input

- [Evaluate This Site](#) 

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