

Home and Community Services

If you could use a little help sometimes or if you are a caregiver helping an older person, knowing where to turn for assistance is crucial. Below is an overview of services that may be available to you. To learn more about what is available in your community, contact your local Alzheimer's Association at 1.800.272.3900 or the Eldercare Locator at 1.800.677.1116.

Adult day care

- A protective setting for older adults who cannot be left alone due to chronic illness, disability or cognitive impairment.

Caregiver programs

- Support for caregivers of older adults and some services for grandparents raising grandchildren

Case management

- Assistance for families in assessing the needs of older adults and making arrangements for services to help them remain independent

Elder abuse prevention programs

- Investigation into allegations of abuse, neglect and exploitation, and interventions in substantiated cases

Emergency response systems

- In-home 24-hour electronic alarm systems that enable homebound persons to summon emergency help.

Employment services

- Opportunities for older adults to explore employment options

Financial assistance

- Counseling on money management, prescription drug programs, Social Security benefits, food stamps, energy assistance and the like

Home health services

- Help with activities such as changing wound dressings, checking vital signs, cleaning catheters and providing tube feedings

Home repair

- Programs that help keep housing in good repair, such as roofing, plumbing and insulation

Home modification

- Renovations to increase the ease of use, safety, security and independence in the home

Information and referral/assistance

- Specialists provide assistance and linkage to available services and resources

Legal assistance

- Advice and representation for legal matters such as government program benefits, tenant rights and consumer problems

Nutrition services

- Home-delivered meals (Meals on Wheels) for the homebound and congregate meals in a senior center or other site where older adults can enjoy a meal and socialize with others

Personal care

- Assistance for functionally impaired individuals with bathing, dressing walking, eating, supervision, emotional security and housekeeping

Respite care

- A break for caregivers who provide ongoing care for a person with a functional impairment

Senior housing options

- Assisted living, retirement communities, nursing homes, government assisted housing and shared housing

Senior center programs

- A variety of recreational and educational programs for older adults

State Health Insurance Counseling and Assistance Program (SHIP)

- One-on-one counseling to assist Medicare beneficiaries understand their health insurance benefits and options

Telephone reassurance

- Trained volunteers check in with homebound seniors and disabled persons to see how they are doing

Transportation

- Services for older adults or persons with disabilities who lack private transportation or who are unable to use public transportation

Created May 2006