

Missouri Area Agencies on Aging – Resources Provided

What is an Area Agency on Aging and what do they do?

According to the Missouri Department of Health and Senior Services website (<https://health.mo.gov/seniors/aaa/>), the Missouri Area Agencies on Aging are charged with implementing and developing programs and providing services for older individuals at the local level. There are currently 10 Area Agencies on Aging in Missouri and they are responsible for providing the following services in each defined geographic area:

- Legal Services
- In-Home Services (person care, respite, homemaker, or chore, as available)
- Nutrition (Home delivered and congregate meals)
- Disease Prevention/ Health Promotion
- Information and Access to resources

NOTE: Many Missouri Area Agencies on Aging also offer transportation options. Please call ahead for availability and cost of such programs.

Aging Matters- SEMO Area Agency on Aging

Counties Served: Bollinger, Butler, Cape Girardeau, Dunklin, Iron, Madison, Mississippi, New Madrid, Pemiscot, Perry, Reynolds, Ripley, Saint Francois, Saint Genevieve, Scott, Stoddard and Wayne.

Phone: 573-335-3331

Services Provided:

Toll-Free Help line (1-800-392-8771) that provides seniors and those that care for seniors with access to information, assistance and/or referral to appropriate agency for services

- Age Spots articles
- Free bi-monthly newsletter
- Medical Escort Transportation Services
- Medicare boot camps

Long Term Care Ombudsman Program

- A ‘voice’ for residents in long term care facilities, assuring that resident rights are upheld
- Advocates for individual residents,
- Educates and informs the public regarding resident rights and long term care facility issues
- Provides information on options to nursing home placement

Family Caregiver Program

- Support caregivers in Southeast Missouri by:
 - Providing educational programs, support groups and individual information and assistance.
 - Providing limited respite
 - Providing limited supplies assistance
- Monthly Caregiver newsletters

Retired Senior Volunteer Program (RSVP)/ Volunteer Intergenerational Center (VIC)

The Retired Senior Volunteer Program (RSVP) provides a variety of opportunities for retired persons 60 and older to participate more fully in the life of their community through significant volunteer service.

Aging Matters operates two RSVP Programs:

- **Cape Girardeau and Scott Counties RSVP.**
 - For information, call:
 - Cape Girardeau, 573-335-7555
 - Chaffee, 573-887-3664 or
 - Sikeston, 573-471-8584 or
 - visit their website at www.vicrsvp.org
- **Pemiscot and New Madrid Counties RSVP.**
 - For information, call 573-333-1380

The Volunteer Intergenerational Center (VIC) program recruits volunteers of all ages in order to help expand services in not-for-profit agencies.

Aging Matters operates one Volunteer Intergenerational Center:

- Cape Girardeau and Scott Counties Volunteer Intergenerational Center (VIC).
- For more information, call:
 - Cape Girardeau, 573-335-7555
 - Chaffee, 573-887-3664 or
 - Sikeston, 573-471-8584 or
 - visit their website at www.vicrsvp.org

Silver Haired Legislature

- The Silver Haired Legislature (SHL) is a formally elected body of volunteer citizens over 60 years of age that promote conscientious legislature advocacy for Missouri’s older adults
- Each year in the Fall, the delegates participate in a mock legislative session in Jefferson City to debate SHL proposals and vote to determine the 5 priority bills for which they advocate with the Missouri General Assembly

Care Connection for Aging Services (Formally Eastern MO AAA)

Counties served: Bates, Benton, Carroll, Cedar, Chariton, Henry, Hickory, Johnson, Lafayette, Pettis, Saline, St. Clair and Vernon

Phone: 660-747-3107

Services provided:

Safety

- Medic Alert necklace or bracelet
- Funds for home modification if there is a financial need (as available)

Education

- Classes on Medicare fraud and abuse prevention
- Benefits screening
- Assistance applying for benefits once screening occurs
- Affordable health care navigators - help seniors navigate the insurance marketplace

Senior Care Managers

- Help individuals connect with services and resources that they need (commonly on a short-term basis)

Central Missouri Area Agency on Aging

Counties served: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Morgan, Moniteau, Osage, Phelps, Pulaski, Washington

Phone: 573-443-5823

Services Provided:

Senior Centers

- 31 Senior centers in its 19 county service area
- Health screening programs
- Exercise classes
- Social and recreational activities

Please note: all centers are equipped for those that are visually impaired; low-vision aids are available and may be rented for short-term use.

Care Coordination

- Care coordinators make an assessment of the older individual's living situation and create a plan of action for that person.
- Helps specify what services may be needed and how to obtain them.
- If financial assistance is needed to obtain the necessary services, the care coordinator helps that individual find it.
- Care coordinators schedule regular visits to the clients to make sure the plan of action is working.

Long-Term Care Ombudsman

- CMAAA's Long-Term Care Ombudsman Program is part of a nationwide service designed to improve the quality of care for nursing home residents.
- The Ombudsman Program recruits and trains volunteer ombudsmen to hear complaints and to help find solutions to problems associated with living in a long-term care facility.
- Volunteer ombudsmen are assigned to a specific facility where they make regular visits.
- Every volunteer ombudsman is certified through CMAAA's Long-Term Care Ombudsman office. Volunteers receive 18 hours of training before becoming certified.
- This service is available at no charge to residents of long-term care facilities.

Family Caregiver Initiatives

- Assist you in finding services that are available in your area and how you might benefit from them.
- Financial assistance may also be available, based on the needs of your family.
- Can also authorize respite care services that will provide you with temporary relief (permanent or ongoing) from your caregiving responsibilities.

Silver Eclectic

- Monthly newsletter that publishes articles related to aging issues as well as activities and programs for older adults in Central Missouri.

Aging Ahead (formerly Mid-East Area Agency on Aging)

Counties served: Franklin, Jefferson, St. Charles and St. Louis County

Phone: 636-207-0847

Or Toll Free: 1-800-AGE-6060

Services Offered:

Caregiver Support

- Consulting – one –on-one assistance designed to develop personalized action plans and links to support services in the area
- Short-Term Personal Care Service – up to 50 hours during a three month period to be used during emergencies or unusual situations where typical care is not available.
- Medical Equipment and Minor Home Modifications – funds can be accessed (as available) if necessary equipment is not covered by insurance.
- Incontinence Products and Nutritional Supplements – a stipend is available that can be used to purchase these items

Note: There is a lifetime cap per family for assistance and funds are based on fiscal year budget.

Senior Centers

- There are 21 Senior Centers in the four counties served by Aging Ahead.
- Activities and educational opportunities as well as socialization are offered at each center.

Grandparents Raising Grandchildren

- Support Groups are available.

- Funding is also available to help with the cost of caring for grandchildren, if applicable.

Northeast MO Area Agency on Aging

Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby and Warren.

Phone: 660-665-4682

Or Toll Free: 1-800-664-6338

Services Offered:

Employment Services

- Senior Community Service Employment Program.
- Connection to employment in the Northeast Counties served.

Ombudsmen Program

- Volunteers that visit with residents of long-term care facilities and nursing homes.
- Ombudsmen provide feedback to facility staff as to concerns that residents bring to their attention.

Housing

- Links to housing resources in the counties served.

Region X Area Agency on Aging (Formerly Southwest MO AAA)

Counties Served: Barton, Jasper, McDonald, Newton

Phone: 417-781-7562

Services Provided:

Senior Centers

- Health and wellness programs as well as information
- Exercise equipment and Wii programs
- Foot Clinics
- Recreational activities

Family Caregiver Resources

- Assessments given
- Temporary homemaker services
- Link to resources for personal care
- Link to resources for respite services

Ombudsman Program

- Volunteers are trained to serve as advocates for residents of long term care facilities and make periodic visits.

- Ombudsman offer assistance and information in choosing a care facility and working with them once one has been chosen
- In-services provided to facilities in the area

Cyber Café

- Computers with internet access are available for use during business hours

Medicare Information and Counseling

- Analysis and assistance in enrolling in Medicare Part D
- General Medicare questions
- Assistance with and/ or screening for enrollment in Subsidy and Low Income Medicare Programs

Community Involvement/Services

- Classes
- Speaker's Bureau
- Participation in health fairs and shows
- Brochures and/or pamphlets on many topics of interest to seniors and their families
- Monthly newspaper entitled *Better Living*. Published in the *Joplin Globe*

Saint Louis Area Agency on Aging

Counties Served: St. Louis City

Phone: 314-612-5918

Services Provided:

Tax Assistance

- Completed at no charge for those 65 years of age or older
- If the individual receives SSI, SSD, or Veteran's disability and is younger than 65, tax assistance may also be provided for free.

Assistance with Property Tax Credits and Rent Rebates

- Helps individuals understand and apply for rent rebates and property tax credits

Health Insurance Assistance

- Free, unbiased assistance enrolling in health care

Memory and Aging Program

- Helps St. Louis City residents over the age of 65 that are struggling with memory issues to live as independently and safely as possible in their home.
- Ongoing study of memory loss that includes:
- Education and counseling
 - Identifying needs and eligibility for services
 - In-home memory test and assessment

Functional Needs Registry

- A database that contains information on those in the city of St. Louis that require assistance in the event on an emergency.

Senior Minor Home Repair and Chore Program

- Contracted home services
 - Home modifications for mobility, heating and cooling system repair, basic plumbing and electrical work, etc. can be contracted out.
 - Depending on the project, the client may bear some of the cost
- Chore Program – volunteers agree to do minor home repairs and household chores for seniors over the age of 60 that are living on their own in city of St. Louis
 - Projects such as yard work, gutter cleaning, window cleaning, painting, minor carpentry, etc. can be done
 - Donations are accepted, as appropriate

SeniorAge Area Agency on Aging (Formerly Southern MO AAA)

Counties Served: Barry, Christian, Dade, Dallas, Douglas, Greene, Howell, Lawrence, Oregon, Ozark, Polk, Shannon, Stone, Taney, Texas, Webster, Wright

Phone: 417-862-0762

Or toll free 1-800-497-0822

Services Provided:

Telephone Reassurance

- Volunteers make calls to check in regularly on the well-being of seniors who are alone

Senior Centers

- Fellowship
- Activities

Medicare Enrollment and Education

- Educational programs
- Assistance in enrolling in Medicare
- Assistance in enrolling in an appropriate prescription drug plan to meet your needs

Tax Counseling for the Elderly

- Help provided by IRS-certified volunteers to complete state and federal tax forms without charge
- Help to complete housing expense rebate without charge also offered

Property Tax and Renters Rebates

- Experts can help find rebates that individuals may not have been aware of

Insurance Counseling

- Trained professionals are available to help you choose the best insurance plan to meet your needs

Financial Management

- Help balancing a checkbook
- Assistance paying bills
- Checks to ensure that money is being spent as it is intended to be

Advocacy

- Long-Term Care Ombudsman Program
 - Trained volunteers regularly visit and address concerns or needs for those living in long-term care facilities.
- Silver-Haired Legislature
 - Advise the Missouri legislature and promote legislation that is in the best interests of Missouri's older adult population.

Caregiver Guidance/Care Coordination

- One-on-one home assessments
- One-on-one health assessments
- Connect families with local providers that can help address specific challenges, identify support services, or create a caregiving plan

For more information, please contact your local Area Agency on Aging or contact the Alzheimer's Association 24/7 Helpline at **800.272.3900**.