

Council on Aging

Independence. Resources. Quality of Life

Guide to Programs and Services

About Council on Aging

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

With more than 40 years of experience, we are experts at helping individuals, families and caregivers manage complex medical and long-term care needs.

Our programs and services include:

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

We are here to 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 long-term care options? Start with us for unbiased answers, advice and connection to area resources.



Connecting is easy:

(513) 721-1025

(800) 252-0155

www.help4seniors.org



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Council on Aging

About Council on Aging

We serve our community every day...

Our programs and services preserve dignity and choice for seniors, 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 seniors 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 seniors, 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 seniors and people with disabilities via transportation services for medical and social service activities.



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)

(513) 721-1025 or (800) 252-0155

www.help4seniors.org (online resource directory)

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

Help is available by phone weekdays, 7am - 6pm. ADRC staff take referrals and conduct phone screenings for individuals who may be eligible for COA programs and services.

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

Caregiver Support

Free support and connection to resources for family or volunteer caregivers. The focus is on the caregiver's well-being.

A phone consultation with a caregiver support nurse helps caregivers:

- reduce stress, burden and injuries
- increase confidence and knowledge
- improve quality of care
- balance personal and caregiving responsibilities

Eligibility: Care recipient or caregiver must live in Butler, Clermont, Clinton, Hamilton or Warren counties and be at least 60 years old (no age requirement for

family caregivers who provide care for individuals with Alzheimer's disease and/or other brain disorders).



General Programs and Services

Wellness Programs

Evidence-based lifestyle and prevention programs designed to help individuals and their caregivers feel better and stay healthy.

Small-group workshops offered in convenient community settings provide opportunities for adults and caregivers to share their experiences and learn day-to-day strategies for:

- improving personal health
- managing chronic illness
- saving money on health care costs
- preventing falls
- improving relationships with health care providers

Eligibility: Varies by program but generally open to adults of any age (and their caregivers) who want to learn how to better manage a chronic health condition or regain confidence and independence by learning how to prevent falls.



Home and Community-based Programs (Non-Medicaid)

Elderly Services Program (ESP)

Helps older adults remain safe and independent in their homes by expanding care already provided by family and friends. Prevents unnecessary nursing home placement. Funded by county tax levies.



Depending on need and eligibility, services may include:

- care management
- meals/nutrition
- medical equipment
- home modification
- transportation
- emergency response system
- homemaking and personal care

Eligibility:

- Butler and Clinton county residents: Age 65+
- Hamilton and Warren county residents: Age 60+
- Moderate to severe level of disability, generally 2 or more ADLs and/or IADLs (see last page)
- Eligibility for specific services determined by care manager during in-home assessment
- Ineligible for services through another payer such as Medicaid, Medicare, insurance or hospice



Home and Community-based Programs (Medicaid)

PASSPORT

Medicaid program that helps older adults with disabilities receive care and support in their homes, instead of a nursing home.

Services are similar to ESP (page 3) but 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

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 last page)
 - Not eligible for MyCare Ohio (page 5)
 - Eligibility for specific services determined by care manager during in-home assessment
-

Ohio Home Care Waiver

In-home care for Medicaid-eligible children and adults who have significant disabilities and/or mental health needs.

A care manager works with the individual's care team to create a service plan, which may include:

- adult day/out-of-home respite
- personal care/homemaking
- emergency response systems
- home-delivered meals
- home modification
- adaptive/assistive devices
- transportation (non-medical only)

Eligibility*:

- Age 59 and under
- Low-income (Medicaid eligible)
- Require nursing home level of care
- Apply through county Dept. of Job and Family Services. Eligible individuals are then referred to COA for enrollment and care management services

Assisted Living Waiver

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

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 last page)
-

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:

- must be at least 21 years old
- meet income requirements
- diagnosed with a severe and persistent mental illness, *or*
- actively on the solid organ or soft tissue transplant waiting list (or previous transplant recipient), *or*
- have a diagnosed chronic condition, including certain malignancies, HIV/AIDS or immune deficiencies, end stage renal disease, sickle cell anemia, cystic fibrosis, or hemophilia
- need help with medical appointments and/or activities of daily living;
- do not live in a nursing facility, hospital or similar setting

Administered by the Ohio Department of Medicaid:
(800) 324-8680 or www.ohiomh.com.

**May not be eligible if currently receiving or if you qualify for developmental disabilities (DD) waiver services.*

Home and Community-based Programs (Medicaid)

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.



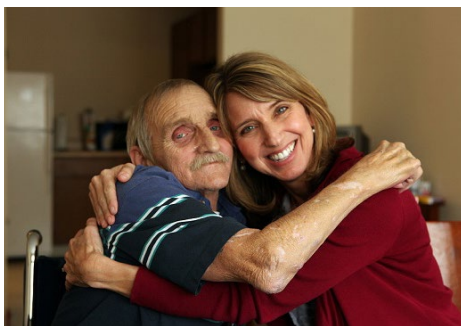
An approved managed-care plan coordinates members' medical, behavioral and long-term care needs. MyCare Ohio offers:

- care management, including in-home visits
- all standard Medicare and 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



Transitional Care Programs

Moving from one care setting to another during the recovery process can be a real challenge. COA offers programs to help individuals return to an independent living environment. We can even help when an individual has no home to go to.

Community Transitions

Restores independence by helping older individuals move from a nursing home to more independent living settings such as apartments, group homes or assisted living facilities.



Care is provided via programs such as HOME Choice, PASSPORT, the Assisted Living Waiver, Ohio Home Care Waiver or the Elderly Services Program (see specific program details elsewhere in this guide).

A transitions coordinator and/or care manager coordinates housing; long-term care and medical services; other community services and benefits; financial assistance; and family support.

Eligibility: Anyone who can move from an institutional setting back into the community with support from HOME Choice, PASSPORT, the Assisted Living Waiver, Ohio Home Care Waiver or the Elderly Services Program.

Home Choice

Medicaid wrap-around program that provides extra support and help with housing to transition eligible Ohioans out of nursing facilities and into home and community-based settings.

A Transitions Coordinator works with individuals to find housing, set up a household (financial assistance may be available), and connect to services that can help them live independently:

Home Choice continued on next page...

Transitional Care Programs

Home Choice continued from previous page...

- case management (before and after transition)
- independent living skills training and community support coaching
- healthcare, medications, and long-term care services and supports
- other services necessary as identified by the discharge planning team

Eligibility: for Ohioans of any age who:

- have lived in a long-term care facility for at least 90 days at time of discharge
- are active on Medicaid and meet income requirements
- agree to move into qualified housing

Fast Track Home

Provides traditional ESP services (page 3) such as homemaking, meals, transportation and care management when they are needed most – as a senior leaves the hospital or nursing home. Services are provided for free for up to 60 days to prevent unnecessary hospital and nursing home readmissions.



Eligibility: Assessments occur in the hospital/nursing home. Patients must be:

- a Clinton County resident age 65+, *or*
- a Hamilton County resident age 60+, *and*
- discharging from a participating hospital or nursing home
- in need of help with everyday activities such as bathing, driving and preparing meals
- able to be cared for safely in a home – not institutional – setting
- agree to home visits from a care coordinator

A full ESP eligibility assessment, including income verification for co-payment status, will occur before the 60 day service window ends. Eligible older adults are transferred to ESP for on-going services.

How to apply for services...

For information and resources, to make a referral, or to apply for programs and services administered by Council on Aging, simply call (513) 721-1025 or (800) 252-0155. A member of our call center team will ask a few questions to help determine the most appropriate program or services to meet your needs.

Anyone who wishes to enroll in a Council on Aging program or service must agree to an in-home visit from a nurse, social worker or care manager professional. Eligibility for specific services is determined by a care manager and may be based on age, income and level of disability (see below).

Program eligibility guidelines are 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, heavy chores and laundry; telephone and other communication devices; transportation; managing legal and financial matters; medication management

Council on Aging is funded by...

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

Independence. Resources. Quality of Life.

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Call (513) 345-3315 for new copies