

Ten Best Kept Secrets

Presented by:
UK Elder Care
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Faith in Action

#10

- **Faith in Action** is a network of faith groups, agencies, service organizations and individuals working together with a common mission to help elder adults remain independent in their homes and maintain their sense of dignity and worth.
 - Helps older adults remain independent in their homes with the assistance of volunteers from the community
 - Volunteers are trained to provide needed caregiving services such as running errands, respite care, minor home maintenance, telephoning and visiting
 - For more information: 252-1365 or www.faithinactionelderoutreach.com



Lexington Senior Citizens Center

#9

- **Lexington Senior Citizens Center** is a multipurpose center provides social services, recreation, education and some health services to the older citizens of Fayette County
- Some van service is available to the center
- A schedule of activities is available upon request
- For more information: 278-6072



Lexington Senior Citizens Center

□ Senior Outreach Program

- This is an information clearinghouse for older persons and their families
- Social Worker will help in accessing health care, housing, financial assistance, and other community services
- For more information: Contact Diana Caldwell at 278-6072



Lexington Senior Citizens Center

□ Meals on Wheels:

- Service is for homebound persons
- Delivers a hot noon meal, breakfast, cereal, milk and juice, and supper snack is provide Monday – Friday
- The maximum cost would be \$25 per week
- For more information: 276-5391



Lexington Senior Citizens Center

□ Center for Creative Living Adult Day Care

- Daytime health care program designed to help people 60 and over remain independent in their homes, and delay institutionalization
- Provides respite for family caregivers who work during the day
- Services provided include skilled nursing, noon meal, social services, physical and speech therapy and recreation and entertainment. Sliding fee scale.
- For more information: 278-6072, ext. 318

Lexington Senior Citizens Center

□ Nursing Home Ombudsman Program

- The Ombudsman Agency serves approximately 5,000 nursing home and family care home residents and their families in a seventeen-county area around Lexington, Kentucky
- Its primary objectives are to:
 - Protect the rights of nursing home residents
 - Identify, investigate and work to resolve residents' concerns
 - Empower residents to make informed choices
 - Monitor and work to enact laws protecting older Kentuckians
 - Be a regular friendly visitor to residents
- They have information covering a wide range of subjects from evaluating a nursing facility to getting good care once you are there.
- Call for information on nursing homes, personal care homes and family homes: 277-9215 or www.ombuddy.org

Alzheimer's Association

#8

□ Alzheimer's Association & Best Friends Day Center

- Provides support groups, the Safe Return program, educational materials, a quarterly newsletter, and respite for persons with Alzheimer's disease or related disorders and their caregivers. They have a lending library with over 450 resources about Alzheimer's disease and caregiving issues.
- Best Friends Center is a social model program and provides participants with a variety of activities designed to bring out the best in the person with memory loss
- Day center hours are Monday through Friday 7:30 to 5:30. Sliding fee scale based on participant's income
- For more information: www.alz.org/kyin/
266-5283 – Helpline number is 1-800-272-3900 and is open 24 hours a day.

Bluegrass Area Agency on Aging Home Care Program and Family Caregiver Support Program Services

#7

- **The Homecare program** covers 17 counties in the Bluegrass area (Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott and Woodford)

- Clients are monitored through case management activities. They have a sliding fee scale based on income



Bluegrass Area Agency on Aging Home Care Program and Family Caregiver Support Program Services

- **The program provides the following services:**
 - Homemakers (personal care and home management)
 - Home delivered meals
 - Chores, escort services
 - Respite for caregivers
 - Home repair services limited to safety of the home

- **Eligibility is determined by:**
 - An assessment of ADLs and IADLs
 - Those over 60 who are likely to need long term care in the near future

- For more information: 266-6873

Bluegrass Area Agency on Aging Home Care Program and Family Caregiver Support Program Services

- **The Family Caregiver Support Program** provides five basic services:
 - Information to caregivers regarding available services
 - Assistance to caregivers gaining access to support service
 - Individual counseling, organization of support groups and caregiver training to assist caregivers in making decisions and solving problems related to their caregiving roles
 - Respite care to allow caregivers temporary relief from their caregiving responsibilities
 - Supplemental services on a limited basis to compliment the care provided by caregivers
 - For more information: Contact David Bassoni at 269-8021 or www.bgadd.org



Bluegrass Area Agency on Aging Home Care Program and Family Caregiver Support Program Services

- **Kentucky Caregiver Support Program** is for Grandparents Raising Grandchildren. Grandparents of any age who meet financial guidelines and not receiving Kinship Care can receive financial assistance or supportive services that may include:
 - Information about services that are available
 - Assistance in gaining access to services
 - Individual counseling
 - Support groups and caregiver training
 - For more information: 269-8021 or 1-800-490-2002



Access to Justice Foundation

#6

□ **Legal Helpline for Older Americans:**

- Free legal service for seniors age 60 and over and their caregivers
- Referrals on non-legal issues
- Brief legal advice about wills, power of attorney and help with guardianship
- For more information: 1-800-200-3633

Access to Justice Foundation

#6

- **State Health Insurance Program (SHIP)**
 - This program provides trained volunteer counselors to:
 - Assist with Medicare
 - Appeal the decisions of Medicare
 - Determine possible eligibility for Medicaid, QMB or SLMB programs
 - Review supplemental policies
 - You will need to bring your Medicare and insurance cards and any Medigap policies you have, Medicare forms and copies of medical bills you are filing
 - For more information: 233-5556 Ext. 2236 or 1-800-928-4556, Ext. 2236

Hospice Bereavement Services/ Hospice of the Bluegrass

#5

- **Hospice of the Bluegrass** provides services for those who are experiencing grief due to a terminal illness and those who have lost a loved one

- **Bluegrass Center for Grief Education and Counseling:**
 - Grief counseling
 - Support and care for people in the last phase of an incurable disease
 - Help for family members dealing with grief for up to 13 months after the patient's death

- For more information: 276-5344 or www.hospicebg.com/

UK Memory Clinic/Memory Disorders Clinic

#4

□ UK Memory Clinic:

- Initial diagnostic evaluations for adult patients with suspected neurological disease affecting memory, language, visual-spatial function or other aspects of cognition
- Expertise in the evaluation and care of patients with late-life cognitive disorders, e.g., Alzheimer s disease and vascular dementia
- To schedule a memory disorders evaluation you must have a physician referral, they can contact the Neurology department at 323-5661 x 247 or www.ukhealthcare.uky.edu/KNI/clinic_memory.htm

Each patient undergoes

- An objective neuropsychological assessment,
- A social service evaluation
- A review of previous medical records
- Radiologic studies and lab studies
- A complete neurological evaluation

Healthy Aging & Enrichment Resources

#3

□ Donovan Scholars Program:

- Tuition free academic classes at UK offered to persons 65 and older
- The program also offers special non-credit classes for persons age 60 and over including classes in acting, art, auto harp, computer, drawing, fitness exercise, discussion groups, mixed chorus, radio drama group, yoga, dulcimer and walking, Italian, Spanish, line dancing and writing your autobiography.
- Benefits include free access to UK Nutter Field House walking track, Lancaster Aquatic Center pool and a reduced fee for the Johnson Recreation Center.
- The Donovan Forum lecture series meets every Tuesday and Thursday at the Senior Center from 3:30 to 4:30 and is open to the public
- For more information: 257-2656 or www.mc.uky.edu/aging//donovan



Healthy Aging & Enrichment Resources

- **Senior Community Service Employment:**
 - It is a federally funded Title V employment program, and for people 55 and older
 - Help in placing people with community service agencies and the job search club
 - For more information: 277-3983



Healthy Aging & Enrichment Resources

□ **Senior Intern Program**

- Offers seniors in Fayette County an opportunity to learn more about local government
- Seniors can speak with key decision makers, participate in class activities and visit governing facilities
- Activities are typically held in June
- For more information: Contact LFUCG Office of Aging Services 258-3800



Healthy Aging & Enrichment Resources

- **Carnegie Center for Literacy and Learning:**
 - Special classes for seniors include computer literacy and writing groups
 - A computer consultant is available every day
 - For more information: 254-4175 or www.carnegieliteracy.org/index.htm



Healthy Aging & Enrichment Resources

□ **Book Buddies:**

- Homebound library patrons receive visits twice a month from their volunteer Book Buddy
- The Book Buddy brings books, records and tapes from the public library
- For more information: Contact Lexington Public Library at 231-5592 or www.lexpublib.org/outreach/bookbuddies.cfm



Transportation

- This is the number one issue for many seniors in Fayette County!
- **Lextran** provides a discount for seniors. For more information: 253-4636.
- **WHEELS** – American Red Cross provides medically necessary transportation for a low fee. They provide door-to-door services. Disability must be documented by a physician or social service agency. For more information: 233-3433.

Transportation

- **American Cancer Society** has volunteers to take cancer patients to and from treatments. For more information: 276-3223 or www.cancer.org

- **Homecare (non-medical), Home Health (medical) agencies** and private individuals will often provide escort and transportation services for a fee. If through an agency, they may require a signed contract. In addition to a fee, they may charge mileage. For more information and referrals:
 - Lexington Senior Center or call Diana Caldwell 278-6072
 - David Bassoni, Family Caregiver Support Program 269-8021

- **Community Action** provides transportation vouchers for trips on Wheels if you qualify financially. For more information: 233-4600 or www.commaction.org/

- **Medicaid** will pay for transportation if you have a Medicaid card. For more information: 244-2215 or <http://chfs.ky.gov/dms/trans.htm>

Transportation

- A New Service to Begin June 2008!
 - **Independence Transportation Network (ITN)**
 - Non-profit organization that operates from volunteers
 - 24/7 operation, door thru door assistance
 - Do not have to be disabled
 - Cost is estimated to be \$8.00 one-way and fees will be reduced if you share a ride, or give advanced notice, and/or if a community business subsidizes the cost
 - For more information: Gale Reece 269-9131 or www.itnbgfriends.org/

Employer!

#1

- Informal Resources
 - Flexible Work Arrangements such as telecommuting, flex-time, flex-scheduling, job sharing, etc.
- Formal Resources
 - Policies (Family Medical Leave Act, Sick and Vacation Leave)
 - Programs (Work-Life, Elder Care, Wellness, Employee Assistance Programs)
 - Education (brown bag seminars, workplace support groups)
- Start by calling Human Resources or talking w/ your Supervisor/Manager about options!



UK Elder Care

- UK Elder Care provides
 - Confidential consultation and counseling
 - Information about local, state and national resources
 - Seminars, workshops and support groups
 - Information on housing options, home care service agencies, Medicare and Medicaid, legal and financial information and advance planning



UK Elder Care

- UK Elder Care is a free benefit for all UK employees, retirees and their families
- Benefits of Elder Care
 - Save phone time to access elder care resources
 - Experience less stress
 - Have resources to assist and guide you in the care for your friend or family member

CALL 323-4600 or www.uky.edu/HR/eldercare

Conclusion

- If you need help getting started, take advantage of resources that will help you! Here are some organizations/agencies that are available to seniors and/or caregivers that can give you information and referrals:
 - Lexington Senior Center: 278-6072
 - Family Caregiver Support Program: 269-8021
 - Elder Care Locator (If you are a caregiver for someone out of state): (800) 677-1116
 - UK Elder Care (Free service for UK employees, retirees, their spouse): 323-4600