SERVICES SUPPORTED and COORDINATED by the AREA AGENCY on AGING

Access and Assistance Services

- **Information Referral and Assistance:** All calls open the door to information about Harris County Area Agency on Aging and community resources.
- **Benefits Counseling:** Receive one-on-one advice about Medicare, Medicaid, HMOs, Qualified Medicare Beneficiary/Specified Low-Income Medicare Beneficiary, and other public benefits.
- **Legal Assistance:** Services & representation in civil (not criminal) matters to persons aged 60+ years who do not have access to the legal and judicial system.
- **State Health Insurance Program (SHIP):** Educates Medicare beneficiaries about health insurance benefits.

Supportive Services

- **Health Maintenance:** Services to promote or maintain the health of the older adult through dental, vision, hearing, prescription assistance, incontinence supplies and nutrition supplements.
- **Residential Repair or Modfications:** Minor repairs are essential for the health and safety of the senior occupant(s).
- **Transportation:** Non-medical curb-to-curb transportation services designed to help older adults access essential activities, such as medical appointments and picking up prescriptions.
- **Emotional Wellness and Support:** Provision of services to support and improve the emotional well-being of a person.
- **Utility Assistance:** Assistance that support the basic needs of an older person.

Evidence-Based Classes

- Programs that offer proven ways to promote health and prevent disease among older adults, such as Chronic Disease Self-Management, Tai Chi for Arthritis and A Matter of Balance.

Nutrition Programs

The Area Agency on Aging supports:

- **Congregate Meals at Community & Senior Centers:** Nutritious hot meals to older adults age 60+ years.
- **Home-Delivered Meals:** Weekly delivered nutritional meals to the older adults, homebound and/or bed bound.

Ombudsman

- The Area Agency on Aging provides services to protect the health, safety, welfare, and rights of residents of nursing facilities and assisted living facilities.

Public Awareness and Advocacy

- Area Planning Advisory Council (APAC)
- Texas Silver-Haired Legislators
- Observance of Older Americans Month (May)
- Observance of Grandparents Month (September)

Care Coordination

- Connecting older persons with services that allow them to live independently such as —

In-home Services

- **Personal Assistance**: Assisting an older individual having difficulty in performing a minimum of two activities of daily living.
- **Emergency Response:** An automatic monitoring system to link older adults to emergency medical services.
- **Social Reassurance:** Providing regular contact and companionship with an older person by means of telephone calls, texting, or video chatting.

Caregiver Support Coordination

- **Caregiver Respite Care – In Home:** Temporary relief for caregivers, including an array of services provided to dependent older individuals who need supervision.
- **Caregiver Respite Institutional – Adult Day Care:** Temporary relief for caregivers including an array of services provided in a congregate or residential setting.
- **Caregiver Services & Support:** Information and respite services to help caregivers meet their own needs, as well as those of family members who are aging.

Caregiver Education

- Caregiver Conference
- Grandparents Service Expo
- Conversations with Caregivers Long-term care planning

Caregiver Information Services

- Provides caregivers with accurate, timely, and relevant caregiver information and resources.

HAVE YOU APPLIED for

EXTRA HELP

MEDICARE SAVINGS PROGRAM

You would save on prescription drug costs and Medicare premiums!

For more information, contact your local State Health Insurance Program (SHIP)

Harris County Area Agency on Aging (HCAAA).

Area Agency on Aging
HARRIS COUNTY

The Harris County Area Agency on Aging is part of a nationwide network of agencies coordinating supportive services for adults 60 years or older, as well as their caregivers.

— OUR MISSION —

To promote well-being and quality of life with dignity for older adults in our community.

The Agency is committed to facilitating ACCESS to services for all eligible persons. Services are provided by the Area Agency on Aging, as well as a comprehensive network of community-based and governmental entities in Harris County. They are supported primarily by funding from the Older Americans Act of 1965 and its subsequent amendments.

CONTACT US for MORE INFORMATION

(832) 393-4301 or

1-800-213-8471

8000 North Stadium, 3rd Floor

Houston, TX 77054

Email: aging@houstontx.gov

Online:

www.houstontx.gov/health/aging/

CARE CONNECTION
Aging & Disability Resource Center

Aging, Disability and Resource Center (ADRC) Provides services for older adults and individuals with disabilities of all ages.

1-855-937-2372

HOUSTON HEALTH DEPARTMENT

WE MAKE A DIFFERENCE in the LIVES of OLDER ADULTS

Area Agency on Aging
HARRIS COUNTY