### The Caregiver Toolbox: Planning Ahead





Presented by:

Tammy L. Smith, MSW, LSW

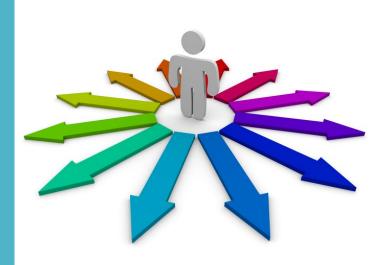
## Realities of Family Caregiving in the United States

- ✓ People are living longer
- √ The fastest growing segment are those age 85+
- √ 1 in 4 families are providing care
- ✓ Families are facing many caregiving challenges
- ✓ Many family caregivers are providing care to older family members with *no outside* assistance





# Planning Ahead — Having the Conversation







### Planning Ahead

An organized approach to starting a discussion about a person's:

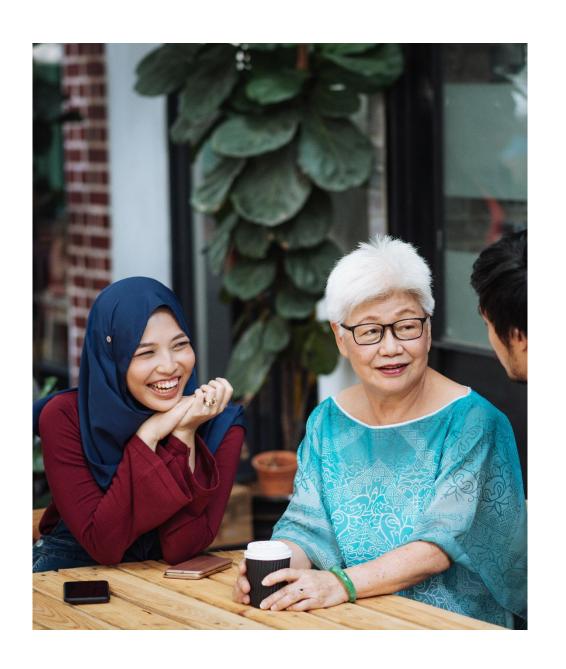
- Current State of Health
- Goals and Values
- Financial Resources
- Preferences

NOT JUST A
ONE TIME
EVENT

## Suggestions for Getting the Conversation Started

- ✓ Do your own planning
- ✓ Explain why you are bringing the subject up
- ✓ Prepare your questions in advance
- ✓ Prepare information
- ✓ Consider holding a family meeting





### How to Hold a Family Meeting

- ✓ Include long-distance family
- ✓ Include younger generations
- ✓ Set *ground rules* for the meeting
- √ Appoint a mediator
- ✓ Get all agreements with family members in writing

## What Are Area Agencies on Aging (AAA)?

- ✓ Set up by Older Americans Act to administer programs & advocate on behalf of older adults, disabled adults & families
- ✓ All over the USA(665)
- ✓ Ohio has 12 AAA's
- ✓ All serve multi county regions







- 1. Fund Community Based Services
- 2. Provide Information,
  Assistance & Education
  about aging issues
- 3. Advocate on behalf of older adults, their families & disabled adults
- 4. Administer Medicaid Waiver Programs to keep people at home

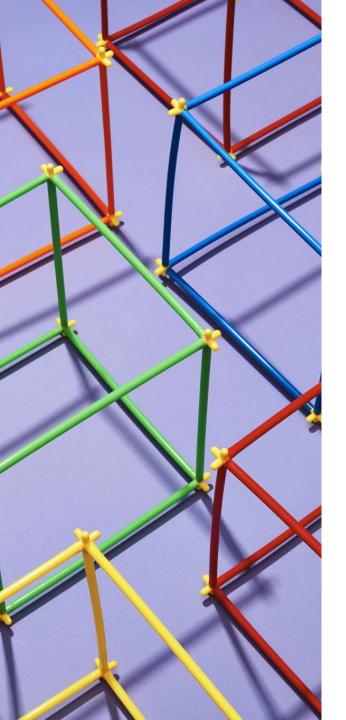


## How to Find What Care is Available?

✓ Eldercare Locator-National Resource

www.eldercarelocator.acl.gov 800-766-1116

- ✓ Free Long Term Care
  Assessment—Any
  Area Agency on
  Aging in Ohio
- **✓ COAAA** and County Resource Guides



#### Helpful Websites

- ✓ www.coaaa.org (Central Ohio Area Agency on Aging)
- √ <u>www.aging.ohio.gov</u>

  (Ohio Department of Aging)
- √ <u>www.ltc.age.ohio.gov</u>

  (Ohio Long Term Care Housing Guide)
- √ www.proseniors.org
- ✓ www.disabilityrightsohio.org

### TYPES of Home & Community Based Services



- Meal Programs
- Transportation Services
- Respite Care
- Adult Day Health
- Home Health Aide(or Personal Care Aide)
- Companions
- Homemakers

- Chore Services
- Medic Alert Programs
- Minor Home Modifications
- Telephone Reassurance
- Nurses
- •In Home Therapists
- Case Management/Care Coordination

## What Are Local Tax Levy Funded Programs?



Many Ohio counties have tax levies which provide community based services for older adults & other groups



Either property tax or sales tax



Most use a sliding fee for services



Check
www.coaaa.org
for county
information

## Central Ohio County Senior Services Levies

#### Home/Community Based Care on a sliding fee basis for those 60+

- > Delaware Co.-Sourcepoint
- Fairfield Co. -Meals on Wheels
- > Fayette Co.-No levy
- > Franklin Co. -Senior Options
- > Licking Co.-Licking Co. Aging Prog.
- > Madison Co.-Senior Center
- > Pickaway Co.-Senior Center
- > Union Co. Senior Services

### What is a Case or Care

Manager?



- ✓ A professional who provides *coordination* of services
- ✓ Families involved in long-distance caregiving find it especially helpful
- ✓ Some government funded home care programs include a case or care manager

## What is the Role of Medicare and Medicaid?



- ✓ *Medicare* generally funds health care for those 65+ or under 65 on Social Security Disability. It does *NOT* generally fund long term care.
- ✓ Medicaid generally funds health care for those who have limited incomes and assets in Ohio. It does fund long term care both in facilities & in the community.

Medicaid Waiver Programs are for those who would be living in a care facility on Medicaid but want to live at home.

#### **Names of Ohio Medicaid Waivers**

- Ohio Home Care(for those under 60)
- PASSPORT(for those over age 60)
- Assisted Living Waiver
- My Care Ohio(for those on both Medicare & Medicaid in some Ohio counties)
- Several waivers for those with developmental disabilities



## What is a Medicaid Waiver Program?

## What Assistance is Available for Family Caregivers?



- ✓ A nationally funded program operated by the AAA's.
- ✓ Provides caregiver workshops & resource guides
- ✓ Funds services designed to assist caregivers on a short term basis.
  Services include: information and assistance, counseling, respite, & other supplemental services.

### COAAA County Caregiver Partner Agencies



- ✓ Delaware---SourcePoint 740-363-6677
- ✓ Fairfield---Meals on Wheels 740-681-5050
- ✓ Fayette---Community Action Commission 740-335-7282
- ✓ Franklin---Franklin County Office on Aging 614-525-6200

- ✓ Licking---Licking
  County Aging Program
  740-345-0821
- ✓ Madison---Madison County Senior Center 740-852-3001
- ✓ Pickaway---Pickaway County Senior Center 740-474-8831
- ✓ Union---Union County Senior Services 937-644-1010

### **COAAA GUIDES**

































Through aging or disability, we help keep you, you.



## Questions & Thank You!

www.coaaa.org

614-645-7705

