

The Caregiver Toolbox : Planning Ahead



Presented by:

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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





Planning and Service Areas or PSAs for various aging programs.

What Do AAA's in Ohio Do?

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)
- ✓ www.aging.ohio.gov
(Ohio Department of Aging)
- ✓ www.ltc.age.ohio.gov
(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?

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

2022 Revised Ohio

OLDERAdults ...the Resource Guide

A publication of the Central Ohio Area Agency on Aging
YOUR AGING AND DISABILITY RESOURCE NETWORK

For address information, visit www.coaaa.org
or call 800-589-7277

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Your Aging and Disability Resource Network

The Caregiver Toolbox

Guide to Independent Living

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Your Aging and Disability Resource Network

Central Ohio Area Agency on Aging BOOKS, VIDEOS, AND WEBSITES for Caregivers

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Your Aging and Disability Resource Network

Central Ohio Area Agency on Aging HOUSING & HOME REPAIR GUIDE

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Central Ohio Area Agency on Aging HIRING GUIDE FOR IN-HOME CARE

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



Questions & Thank You!

www.coaaa.org

614-645-7705

