

## **Additional Support Services**

*The following services are not directly offered by ElderSource. However, our Customer Service Specialists will be pleased to talk with you, assess your specific needs and connect you to the agencies that provide these services.*

*Please note that funding for any of the services mentioned rely upon state or federal financial sources to support the service. Please call an ElderSource ADRC Customer Service Specialist to determine availability and eligibility for services and what provider agencies are available to help you in your community.*

### **In Home Services**

Services can be provided to elders in their homes to enable them to continue living at home for as long as possible. This includes personal care, homemaker, respite care, household chores, emergency alert response, or the assistance of a home health aide.

### **Senior Center and Community Services**

Seniors congregate for a variety of activities at senior centers. Activities vary from center to center and can include on-site meals, exercise and a host of social and educational activities.

### **Caregiver Support Services and Respite Care**

Caregiver support services help the caregiver with the needs of a frail elder. Services include respite care, counseling, caregiver education, and in-home services. This service helps the caregiver receive a break from his or her daily duties.

### **Medication Management**

Medication management screening and education can be offered to identify and counsel individuals on medications being taken, including

review of prescription and over-the-counter medications, vitamins and home remedies. This service also helps to identify any dietary factors which may interact with the medication regime.

### **Adult Day Care**

Adult day care provides social, recreational and rehabilitation services to frail elders in a central location such as a senior center. Centers operate at least five days a week with various programs and activities designed to stimulate, educate and support elders in maintaining and/or improving their level of functioning.

### **Adult Day Health Care**

Adult day health care is an organized program of therapeutic, social and health activities and services provided to functionally impaired adults for the purpose of restoring or maintaining optional capacity for self-care.

### **Case Management**

A case manager can provide client-centered series of activities for an eligible client. This can include arrangement for, and coordination of appropriate community based services and follow-up to ensure receipt of services.

### **Chore Services**

Clients may be eligible for assistance with heavy household and/or yard tasks such as seasonal cleaning, yard work, lifting and moving furniture and simple household repairs.

## **Congregate Meals**

Hot, nutritionally balanced meals are provided in a group setting at community sites, e.g. senior center churches, synagogues, etc.

## **Emergency Alert/Response**

This is an electronic monitoring system which can transmit a coded signal through electronic digital equipment to a central station when emergency assistance is needed by an elder.

## **Gerontological Counseling**

Counseling by a licensed practitioner can provide emotional support, information and guidance.

## **Home-Delivered Meals**

Often referred to Meals-On-Wheels, these are hot, nutritionally balanced meals delivered to individuals who are unable to prepare their own meals.

## **Home Energy Assistance**

You can be connected to resources to assist with an energy crisis, such as help for paying an electric bill, support if you have receive shut off notice or need a fan, heater or blankets. Help may also be sought for weatherization.

## **Home Repair & Modification**

Necessary repairs and changes made to the home can make it easier for the elder who remains in the home. Assistance may include ramps, installation of grab bars, repairs to floor or ceiling, door widening, etc.

## **Home Health Aide**

A home health aide can provide health or medically oriented care in an elder's home under the supervision of a health professional.

## **Homemaker Helper**

This service provides housekeeping, grocery shopping, meal planning and preparation and laundry assistance.

## **Legal Assistance**

Seniors often need the guidance of a legal expert. This service provides legal advice and counseling for elders by lawyers and paralegal counselors in the home, community and/or in care-providing facilities.

## **Mental Health Screening**

Clients may need a diagnostic and treatment planning service that is experiencing acute or chronic mental or emotional problems.

## **Personal Care**

This service can provide assistance with bathing, dressing, grooming, feeding and other activities of daily living.

## **Recreation**

Activities at a senior center, ranging from exercise to educational classes, are a very beneficial way for elders to stay connected to the community.

## **Nutrition Counseling**

Counseling includes an evaluation of an individual's nutritional history and dietary intake and development of a plan which ensures that the

person's nutritional needs are met. The evaluation includes a review of the individual's food habits and preferences, an assessment of his or her feeding skills and eating problems and an analysis of variables such as the person's height and weight and the fat content of his or her body. It also includes nutrition education, such as the purchase and preparation of nutritionally balanced meals and assistance in the development of special diets.

**Call our HelpLine today to see if you qualify for any of these services or resources**

**ADRC HelpLine Hours:**

Monday through Friday: 8 a.m. to 6 p.m.

Call: Local: 904.391.6699 Toll Free: 888.242.4464

Hearing or visually impaired call Florida Relay Services at 7-1-1