



**AREA AGENCY ON AGING AND DISABILITY**

## **DESCRIPTION OF CONTRACT SERVICES**

**Adult Day Care** – 1 hour – Provision of personal care for dependent adults in a supervised, protective congregate setting during some portion of a twenty-four hour day. Services sites may include intermediate and skilled care facilities, hospitals, churches, community centers, senior centers, and other appropriate, accessible facilities. Services offered in conjunction with adult day care includes social and recreational activities, training, and counseling, meals for adult day care; and/or services such as rehabilitation, medications assistance, and home health aide services for adult day health.

**Assistive Technology** — Programs that pay all or a portion of the cost associated with purchasing assistive technology products and/or services which are used to increase, maintain, or improve functional capabilities of individuals with disabilities. This can include cognitive/learning devices, control and signaling aids, daily living aids, hearing augmentation aids, mobility aids, prosthetic/orthotic/seating devices, recreational aids, speech aids and visual/reading aids.

**Caregiver Training** – 1 hour – Programs that provide training for family members and other unpaid caregivers which focuses on care-related activities such as medication management, personal care and making the home environment safe and barrier-free as well as on stress management and other techniques to help the caregiver take care of him or herself.

**Chore** – 1 hour – Programs that offer the services of domestic workers who go into people's homes and help with heavy house cleaning chores. Activities include providing assistance to persons having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work, or sidewalk maintenance.

**Home Modifications/Repairs** – Programs that provide assistance in the form of labor and supplies for people who need to make essential repairs in order to eliminate health or safety hazards, such as weatherization, installing safety or accessibility features such as ramps, hand rails, grab bars or repairing or replacing steps, repair of heating, plumbing, or electrical systems.

**Homemaker** – 1 hour – Providing assistance to persons having difficulty with one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, and doing light housework. Activities include routine household management tasks such as menu planning, budgeting, shopping, meal preparation, and light housekeeping

**Individual Counseling** – 1 hour – Programs that offer personal therapeutic sessions in which the therapist works on a one-to-one basis with clients to help them resolve their mental, emotional or social problems. Provided by a Licensed Professional Counselor, Licensed Clinical Social Worker, or a Licensed Clinical Psychologist.

**Institutional Respite** – Overnight, up to 24 hours – Respite provided in assisted living, intermediate or skilled nursing care facility

**Medical Equipment/Supplies** – Programs that provide necessary sickroom equipment, medical bandages, respiratory aids and other medical supplies that are required by people who are convalescing following surgery or illness. The amount of funding determines purchase(s).

**Nutritional Services** - Promote, maintain and improve the health and well- being of eligible consumers aged 60 years and older, and adults with disabilities through the provision of nutritious meals and opportunities for social contact.

Reduce nutritional risk among consumers through the provision of nutritious meals, nutrition screening, and nutrition counseling, based on the needs of consumers.

Reduce social isolation experienced by many older persons and adults with disabilities through participation in a variety of social and nutrition service activities.

Provide planned nutrition education and supportive nutrition service activities in the congregate and home delivered meal programs, in order to enhance the consumer's ability to remain independent.

Link eligible consumers to available community services.

Reduce senior hunger and food insecurity.

Promote the health and well- being of older individuals by increasing access to nutrition and other disease prevention and health promotion services in order to delay the onset of adverse health conditions resulting from poor nutritional health and sedentary behavior.

Includes congregate meals and home delivered meals.

**Personal Care** – 1 hour – Providing personal assistance, supervision or cues for a person having difficulties with one or more of the following five activities of daily living: eating, dressing, bathing, toileting, and transferring in and out of bed

**Personal Emergency Response System** – Installation, Monthly Fee – Programs that provide electronic equipment which connects frail elderly individuals or people who have disabilities with participating hospitals, paramedics or other sources of emergency assistance.

**Pest Control** – Programs that abate established infestations of insects, rodents and other pest which may endanger the health of the family or cause damage to homes.

**Support Groups** – 1 session – Programs that offer sessions in which unrelated groups of seniors and/or their families discuss their attitudes, feelings and problems and, with input from other members in the group, attempt to achieve greater understanding and adjustment and explore solutions to their problem.

**Senior Centers** - Through the Older American's Act, Title I, Section 102 (36) U.S.C, The term "multipurpose senior center" means a community facility for the organization and provision of a broad spectrum of services, which shall include provision of health (including mental and behavioral health), social, nutritional, and educational services and the provision of facilities for recreational activities for older individuals.

The Area Agency on Aging and Disability (AAAD) serves as the agency designated by the Tennessee Commission on Aging and Disability (TCAD) to administer a comprehensive and coordinated system of services for adults age 60 and over and adults with disabilities, including Senior Centers, as a part of the system within the boundaries of a defined planning service area (PSA). Each AAAD will carefully take into consideration when choosing a site giving preference to location in areas with the greatest incidence of older individuals with social or economic need, with particular attention to low-income older persons (including low-income minority, older individuals, older individuals with limited English proficiency, and older individuals living in rural areas). Special consideration will be given to transportation accessibility, neighborhood safety and security of participants and staff, convenience for collocation of services, and availability of supportive and nutritional services to be provided at the Senior Center.

A Senior Center may be: 1) a single purpose agency with programs and activities designed and operated only for the benefit of adults age 60 and over; or 2) a multi-purpose agency with a broad spectrum of services, which shall include, but not limited to, provision of health, social, nutritional, and educational services and the provision of facilities for recreational activities for adults age 60 and over.

**Transportation** - Accessible transportation is an important component of community living for older adults. Area Agencies on Aging and Disability (AAAD) contract with senior centers or human resource agencies to provide limited transportation services

that assist adults age 60 and over with accessible rides to medical appointments, senior center activities, meal sites, grocery stores, and pharmacies.

Through the Older American's Act (OAA), Title III, Part B, Section 321 (a) (2), it provides for transportation services to facilitate access to supportive services or nutrition services, and services provided by an area agency on aging, in conjunction with local transportation service providers, public transportation agencies, and other local government agencies, that result in increased provision of such transportation services for older individuals.

### **Provision of Services**

**Assisted Transportation** (One Way Trip) - Provision of transportation and assistance, including escort, for a person who has difficulties (physical or cognitive) using regular vehicle transportation.

**Transportation** (One Way Trip) - Provision of transportation for a person who requires help in going from one location to another using a vehicle. Does not include any other activity.