

KANSAS DEPARTMENT ON AGING

Explore Your Options

2010-2011 Edition



A Kansas Guide to Information and In-Home Services

Explore Your Options:

July 2010 – 18th Edition

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Directory of Services - Information and In-Home Services in Your Area

As a separate booklet, this directory lists agencies that provide community-based services (listed by county) in your area.

Introduction

Welcome to the 18th Edition of Explore Your Options. This book will help you through the maze of services available to Kansas seniors. It is designed to help you take an active role in making decisions that affect your health care and living situation. Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay at home can be a great comfort. The purpose of this book is to let you know about possible services in your community that you can use to find solutions that meet your special needs.

Part One will provide you with a better understanding of the kind of services that can help you stay at home.

Part Two will discuss housing and long term care options. This will be of interest if you are considering moving or if you have been residing in a nursing facility and are planning to return to your home.

Part Three includes eligibility criteria for some of the available services. It also includes maps and lists of various agencies and organizations that may be able to provide more information.

Part Four is a separate book that will allow you to quickly find information about what particular services are available in your county. For various reasons, a service may be available but not listed. We encourage you to call your Area Agency on Aging at the number listed on the back cover. Staff will provide you with current information about services in your county and connect you with the right people to get services started.

It is our hope that this guide will be a useful tool as you build solutions.

Visit our web site at www.agingkansas.org

It is linked to many other resources that will help you explore your options.

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How do I figure out what help I need?

Sometimes, the hardest part of getting help is deciding what kind of help you need. Complete the checklist below to figure out what services may be the most useful to you.

Do you want/need help with:	Yes	No	Pages to look at
Bathing (including getting in or out of tub safely)			13-15
Caring for a Loved One (looking for ideas and help?)			2-10, 13-23
Dressing or grooming (includes nail & denture care, shaving)			13-14
Eating (Do you forget to eat? Do you need help eating? Do you need home delivered meals?)			16, 20
Emergencies (Are you afraid you will not be able to get help in time?)			12-15
Fun/Recreation (make new friends, play cards, etc.?)			20
Home Remodeling (changes like adding a wheelchair ramp or installing bathroom grab bars?)			8, 25
Housekeeping (including dishes, vacuuming, change bedding?)			10, 15
Housing Options (Is it too difficult to manage your home or do you live alone and want alternative housing?)			24-25
Laundry (including problems getting to your machine)			15
Legal Services			16
Making/Accepting Telephone Calls			8, 12
Managing Medications (Do you forget to take your medicine?)			13-15
Medical Treatments (Do you need a nurse at home to help with changing bandages, therapy and other treatments?)			13-14
Nursing Homes (Are you considering moving to a nursing home and need to know how to select one?)			26-29
Preparing Meals (Is cooking too hard or unsafe for you?)			15, 20-22
Prescriptions (Do you need help paying for your medications?)			13
Reading (mail, writing letters, etc.)			8
Running Errands (going to bank, store, dry cleaners, etc.)			15
Shopping (for food, clothes, gifts, etc.)			20
Support Groups (Do you need to talk to someone with similar issues?)			6, 20
Toileting (getting on/off stool?)			13-15
Transfer (getting in or out of chairs, bed, etc.)			13-15
Transportation (Do you rely on others for transportation?)			20
Walking (If you use a cane or walker, are you still unsteady?)			15

Is there anyone to help me figure out what I need?

Sometimes it's easier to put a jigsaw puzzle together than to figure out how to find affordable services that will come to your home and assist you with those necessary tasks that have become increasingly difficult to manage by yourself. When you call your local Area Agency on Aging (see page 8), you can talk to an information and assistance professional who can help you figure out what you need and how to find the right services. If needed, there may also be people who can visit you in your home to talk things over.

Case managers are people who can help when you are puzzled by multiple problems that make staying at home seem too difficult. If you are thinking about moving to a nursing home and if family and friends cannot help or help enough, a case manager can sit down with you and discuss your options and find solutions whenever possible. A case manager will help you start services and check back regularly, if necessary, to see that things are working out for you.

Sometimes case managers use other names such as "care managers" or "care coordinators," but the service should be the same. To find a case manager, call your Area Agency on Aging (for people age 60 and older), Centers for Independent Living (for people under age 60), or one of the private agencies listed in the county specific Directory of Services under Case Management. Private agencies may charge from \$50 to \$150 per hour. A listing of case management entities can be found on the web at www.agingkansas.org

Are you hiring help at home?

Once you've decided what services you need, the next step is to choose whom you want to provide those services. This can be a scary time, because you may feel vulnerable to the strangers coming to help you. "Will I be safe?" or "Will they take advantage of me?" may be questions you are asking yourself.

If you are working with a case management entity, she or he may be able to assist you in locating quality people to come into your home. But whether you are hiring your own helpers or working with a case manager, there are some questions you can ask and steps you can take to make sure that you know what to expect and are satisfied with the quality of people scheduled to help you.

When hiring helpers at home, ask or do the following BEFORE they enter your home:

Ask the agency for references (people who know about the agency and the kind and quality of work it does), and check them out. Ask questions like:

- Does the agency have extra insurance on its employees to cover theft and/or breakage? Is your Area Agency on Aging familiar with this agency?
- Is it a member of the Better Business Bureau or the Chamber of Commerce?
- If so, has anyone lodged a complaint about the agency or one of its employees?
- If you are not satisfied with the answers to any of these questions, look for another agency.

Ask for references on each employee and check them out. This is especially important if you are hiring someone who is not from a known agency.

Interview the worker. If possible have a family member or friend with you the first time you meet the worker or during any interviews you have. Remember, you will likely feel more comfortable if someone you trust is there as you get to know your new helper. There are many books and articles with questions on how to interview. For more help, call your Area Agency on Aging or your case management entity.

Ask about the training and supervision of the people you are hiring. Some questions may be:

- Is the worker trained to do the kind of work you need done? By whom?
- What kind of supervision do they receive (should it be under a nurse or social worker)?
- What task is each worker allowed by law to perform? You should not ask workers to jeopardize their jobs by asking them to do things that they are not allowed or trained to do.

Ask how payment arrangements are made (if possible, NEVER pay in cash):

- Will you be billed AFTER the services are provided or do you pay BEFORE you get them?
- What if you are not satisfied or the worker doesn't show up? Do you get a credit? How do you get another worker?
- What kind of receipt is provided for services? When you have hired someone to shop for you, insist that they provide you with receipts for purchases they've made for you.
- Will you have to sign or initial a timesheet? Will you get to keep a copy of the timesheet? **Never sign an incomplete timesheet.**
- Do not give a worker access to your checking account, credit cards or Social Security number.

For the first few times, ask for identification BEFORE letting the person into your home. Read their card, badge, etc., and make sure this is who you are expecting. If not, contact the agency before opening your door.

Ask for and expect regular contact with the helper's supervisor. Make sure you can reach the supervisor whenever there is a problem or concern about the worker.

Remove temptation. Once you have hired someone to help you, take a look around your home.

- Do you have valuable jewelry that will be noticed by the worker? If so, put it in a safe deposit box or other secure location.
- Do you have a lot of cash on hand? It is never safe to have money tucked away in a drawer. Put it in the bank.
- Do you have your blank checks and bank statements sitting on a desk in plain view? Again, put them away. Purchasing a small locking file cabinet for such items can remove a lot of temptation for others.
- Do you have valuable or fragile family heirlooms? Now may be the time to give those items to whomever you have selected to receive them after you are gone. You can still have the pleasure of seeing these items when you visit their home without the worry of accidental breakage.

Remember that you are the customer and have the right to expect courteous, respectful help from people who are on time and work hard. This is true regardless of the funding source used to pay for the services. As helpers, they have the right to expect prompt payment for service (usually to their agency) and be treated with respect. If you do your homework, you will likely find terrific people who will help make the changes in your life easier to handle... and you may also make some wonderful new friends.

What are your responsibilities in hiring help at home? Should you pay federal or state employment taxes for a household worker?

An IRS publication dealing with this subject, “Household Employer’s Tax Guide,” is available by calling **800-829-3676** and requesting Publication Number 926 or access the web at www.irs.gov

There are two basic things you must decide:

- Is the person “your” employee, or is he or she working for you on a contract basis?
- Did you pay this person less than \$1,700 in 2010? This amount may go up slightly each year.

Employees could include babysitters, caretakers, health aides, housekeepers, maids, nannies, private nurses, cleaning people, yard workers, and other similar domestic workers. The worker is your employee if you control not only what work is done, but how it is done. Usually you will provide the tools and equipment your employee uses. If the worker controls how the work is done, the worker is not your employee but is self-employed. A self-employed worker usually provides his or her tools and offers services to the general public. There are also rules about hiring people who are not citizens of this country.

How do you pay these taxes?

If the person is your employee, and you paid him or her more than \$1,700 in a year, you may need to withhold and pay Social Security and Medicare taxes, pay federal unemployment tax, or you may need to do both. You do not need to withhold federal income tax from your household employee’s wages. If your employee asks you to withhold it, you can choose to do so. There are forms to be filled out and submitted to the IRS along with your payment.

This is a complicated issue. IRS does not accept ignorance of the law as an excuse. If you hire someone to work in your home regularly and pay him or her more than \$1,700, please investigate the tax consequences. More information is available on the web at www.irs.gov or you may choose to talk with a financial planner or tax preparer. You may also call the IRS at **800-829-1040** with your tax questions.

Part One: Services and Information that help you remain in your home

2-1-1

2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. United Way **2-1-1** will help callers find resources for basic human needs such as food banks, clothing closets, shelters, transportation, support for children, youth and families, physical and mental health resources and employment services. **2-1-1** is an easy way to get help or give help. One call gives people access to thousands of community resources. All **2-1-1** calls are confidential and free.

Adult Abuse

In Kansas vulnerable adults are persons 18 years of age or older who are alleged to be unable to protect their own interests, who are harmed or threatened with harm (financial, mental, physical) through action or inaction by themselves or others. Typically this includes the elderly, physically disabled, mentally ill and developmentally disabled individuals.

Protective services for vulnerable adults living in their own homes or a licensed residential home are provided by the Kansas Department of Social and Rehabilitation Services (SRS) and the Kansas Department on Aging (KDOA) for the purpose of preventing or alleviating abuse, neglect, exploitation or fiduciary abuse.

A report should be made to SRS when an adult is in a harmful situation or in danger of being harmed, unable to protect him/herself, a specific incident or pattern of incidents suggests abuse, neglect, or financial abuse, or exploitation is occurring. A report should also be made when an adult is unable to provide for or obtain the services necessary to ensure their safety and well being or to avoid physical or mental harm or illness. Specific information is needed in a report. Be sure to include the name of the person, their exact location, any information about the nature of the abuse, neglect,

financial abuse or exploitation and specific names, addresses and phone numbers of any caretakers, next of kin, witnesses or the alleged abuser.

Elderly Living at Home:

Call your local SRS office or 800-922-5330 (also for child abuse)

Mentally Ill Person in an SRS Institution:

800-221-7973

Person Living in an Adult Care Home or Hospital

800-842-0078

Adult Day Care

What is Adult Day Care?

Adult day care centers provide a variety of services, from health care to recreation. Centers are usually open during working hours and may stand alone or be located in senior centers, adult care homes, or religious organizations. Adult day care staff may monitor medications, provide hot meals and snacks, and social activities. Currently, adult day care centers are licensed by the Kansas Department on Aging. It is important to visit the center, talk with staff, and speak with other families who use the center to make sure that the center is able to meet your needs.

Whom do I call for more information?

For more information, contact your local Area Agency on Aging, hospital, doctor, senior center, public health department, or look in the county specific Directory of Services under "Adult Day Care." A statewide listing of licensed Adult Day Care Providers is available online at www.agingkansas.org

Aging and Disability Resource Connection (ADRC)

The Kansas Aging and Disability Resource Connection (ADRC) project is part of a nationwide initiative sponsored by the US Administration on Aging and the Centers for Medicare and Medicaid Services.

ARDCs are Area Agencies on Aging (AAAs) and Centers for Independent Living (CILs), joining forces with each other and with other community programs to streamline access to services.

ADRC has participating agencies in Wichita and Hays. In time, the ADRC network will expand statewide.

ADRC agencies provide Access, Assistance and Awareness & Information to anyone looking for long term care supports and services.

Access

- Public Education
- Information on Options

Assistance

- Options Counseling
- Benefits Counseling
- Employment Counseling
- Referral

Awareness & Information

- Eligibility Screening
- Private Pay Services
- Comprehensive Assessment
- “No-Wrong-Door” entry into all public programs

The Kansas Aging and Disability Resource Connection website is available at www.ksadrc.org.

Alzheimer’s Disease and Related Dementia

What is Dementia and Alzheimer’s Disease?

Dementia is a general term for several diseases that cause changes in an individual’s orientation, ability to remember, reasoning and judgment. Ability to learn, personality, language skills and a person’s perception can also be affected. The losses caused by dementia interfere with a person’s ability to function normally in personal, social and occupational activities.

Alzheimer’s disease accounts for 60 to 80 percent of all dementia cases. It is an irreversible progressive brain disorder that occurs gradually and results in memory loss, behavior and personality changes and a decline in thinking abilities. It is the sixth leading cause of death among adults.

It is estimated over 5 million Americans suffer with the disease. The number of Americans with Alzheimer’s and other dementias is increasing every year because of the steady growth in the older population. The number will continue to increase and escalate rapidly in the coming years as the baby boom generation ages. *(From the 2009 Alzheimer’s Association - Alzheimer’s Disease Facts and Figures Report)*

Individuals who are having dementia symptoms should discuss the signs with their family physician. The physician will order the appropriate tests or refer the individual to another physician, or to an Alzheimer’s diagnostic center. An early and thorough diagnostic workup is important to rule out other diseases and conditions that can also cause dementia. The diagnostic process could include medical history, psychiatric evaluation, physical examination, neurological exam and laboratory tests.

The Alzheimer’s Association Safe Return Program assists in the safe return of individuals with Alzheimer’s or a related dementia who wander and become lost. It is a nationwide identification, support and registration program working at the community level. Contact the Alzheimer’s Association for registration information.

Alzheimer's disease is a medical condition and not a psychological or emotional disorder. The more you, your family and friends learn about the disease, the more everyone will be able to support one another.

Information and Resources

The Kansas Alzheimer's Association provides support groups, training for caregivers and health care professionals, video/book library for loan or purchase, publications, referrals, newsletters, diversity outreach and safe return registry.

Alzheimer's Association Chapters in Kansas

Heart of America Chapter
3846 W. 75th Street
Prairie Village, KS 66208
913-831-3888 or 800-272-3900
www.alz.org/kansascity/index.asp

Heart of America Chapter
Northeast Kansas Regional Office
4125 SW Gage Center Dr., Suite LL 15
Topeka, KS 66604
785-271-1844 or 800-272-3900

Central and Western Kansas Chapter
347 S. Laura
Wichita, KS 67211
316-267-7333 or 800-272-3900
www.alz.org/centralandwesternkansas

The following organizations provide information and resources:

National Alzheimer's Association
225 N. Michigan Ave., Floor 17
Chicago, IL 60601
800-272-3900 24-hour care counselor
www.alz.org
message boards/chat rooms at
www.alz.org/messageboards

Parkinson Foundation of the Heartland
8900 State Line Road, Ste 320
Overland Park, KS 66206
913-341-8828
www.parkinsonheartland.org

National Parkinson Foundation, Inc.
1501 NW 9th Avenue
Bob Hope Road
Miami, FL 33136-1494
800-327-4545
www.parkinson.org

Alzheimer's Disease Innovation – “Dementia Crisis Bridge Project”

A project that will assist individuals with Alzheimer's and their caregivers with information, resources and tools about the disease. Objectives for this project are to provide crisis support to individuals and families, serve as a resource to health professionals, provide dementia training to Mental Health Centers and provide a model for dementia integration at the state level.

The service area will include four Area Agencies on Aging (AAA) which will include 18 counties throughout the state. The four AAA's are Jayhawk in Topeka, Northeast Kansas in Hiawatha, Southeast Kansas in Chanute, and Wyandotte-Leavenworth in Kansas City.

The Kansas Department on Aging will work with many outside entities on this project, however, there are three key partners. Alzheimer's Association, Heart of America Chapter, the Area Agencies on Aging and the University of Kansas Center for Research Institute will be working closely with KDOA. All four agencies are working together on this 18 month project to increase the dementia capacity throughout the State Aging organizations and Mental Health Centers.

This project is an 18 month grant for the period of September 30, 2009 through March 31, 2011 and funding is provided by Administration on Aging.

Area Agencies on Aging

What is an Area Agency on Aging?

The best place for elders and their families to begin their search for assistance is at an Area Agency on Aging (AAA). There are eleven Area Agencies on Aging in Kansas that can provide information regarding in-home services, financial assistance and community resources that help Kansas elders remain at home longer. Often the first person you will talk to is an Information and Assistance staff person. This person will be able to discuss your situation and help identify any available resources, whether in their agency or in the community.

Whom do I call for more information?

Contact information for the 11 Area Agencies on Aging and a map showing the counties they serve is on page 32 or access the web at www.agingkansas.org/aaa.

Assistive Devices and Technology

What are assistive devices and assistive technology?

Assistive technology can be any item, piece of equipment, or product that is used to increase, maintain or improve the living and working capabilities of people with disabilities. Examples of assistive devices include Braille printers, computer-based communication systems, electronic page-turners for books, power wheelchairs, talking books and calculators, bath benches, grab bars and telephone devices for persons with hearing impairments.

Where do I find and how do I pay for assistive technology?

Check with your local Area Agency on Aging, church, civic group, veterans' organization, senior center or lending closet for assistive devices such as wheelchairs, walkers, hospital beds, etc. You may also contact the statewide lending closet at Occupational Center of Central Kansas (OCCK) in Salina at **800-526-9731**. There may be other lending agencies in your area.

In addition, the agencies listed below provide information and referral, advice on financing, training, and technical assistance about assistive devices and technology. You may also contact your Area Agency on Aging or local Center for Independent Living for additional information and financing ideas. See the maps on pages 32 and 34 for one near you.

Envision, Wichita
Phone: 888-311-2299

Kansas Assistive Technology Access Sites
Kansas Equipment Exchange
Phone: 800-526-3648
www.atk.ku.edu

Kansas Assistive Technology Cooperative (KATCO)
Phone: 866-465-2826 V/TT
620-341-9002 V/TT

Occupational Center of Kansas (OCCK), Salina
Phone: 800-526-9731
TDD/TTY: 785-827-9383

United Cerebral Palsy of Kansas
Phone: 316-688-1888 ext. 538

Family Caregiver Support Program (FCSP)

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is not an easy role, nor is it one for which most of us are prepared. Whether you are a caregiver, know a caregiver or are expecting to become a caregiver, there is information and assistance to help. Call your local Area Agency on Aging (see page 32).

What is the Family Caregiver Support Program?

The Family Caregiver Support Program (FCSP) is a federally funded program. In Kansas your local Area Agency on Aging provides a FCSP designed to assist caregivers in the areas of health and finance, and in making decisions and solving problems related to their caregiving roles.

Who is the customer?

FCSP services may be provided to a:

Caregiver – an adult family member, or another individual, who is an informal provider of in-home and/or community care to an older individual who is 60 years of age or older, or an adult caring for an individual with Alzheimer’s Disease.

Grandparent or relative by blood, marriage, or adoption who is age 55 or older providing care for a child who is younger than 19, and; 1) lives with the child; 2) acts as the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; and 3) is raising the child either formally through legal custody or guardianship, or informally.

Also, a grandparent or relative by blood or marriage who is age 55 or older providing care for an individual, age 19 to 59, who has a disability. This caregiver cannot be the individual’s parent.

Each Area Agency on Aging (AAA) will receive an allocation of funds for FCSP service delivery. The AAA will determine what the service needs are for their specific area through public hearings, focus groups, etc. The services that may be available include:

- Information – Group services or events for caregivers about FCSP services.
- Assistance – To provide information on opportunities to assist caregivers in gaining access to services.
- Caregiver Training – Providing instruction about options and methods to assist caregivers in the areas of health services, and in making decisions and solving problems relating to their caregiving roles. This can be done in an individual or group setting.
- Individual Counseling – The provision of advice or guidance to caregivers. This also includes grief and mental health counseling.

- Support Groups – Provision for providing support to caregivers. Providing guidance or instructions on organizing support groups.
- Respite Care – Respite enables a caregiver to be temporarily relieved from their caregiving responsibilities. It provides a brief period of relief or rest for caregivers. It can be in the form of in-home, adult day care or institutional respite for an overnight stay on an intermittent, occasional or emergency basis. Specific eligibility requirements must be met to receive this service. Respite may also be available to grandparent or relative caregivers through day care, after school or camp activities.
- Supplemental Services – Other services (attendant and/or personal care, bathroom items, chore, flex service, homemaker, repair/maintenance/renovation, or transportation) may be available on a limited basis. Specific eligibility requirements must be met for caregivers to receive these services. However, there are no specific requirements for a grandparent or relative caring for a child under 19 years of age.

Whom can I call for more information?

For more information on this program, contact your local Area Agency on Aging. See page 32 for the one closest to your area.

The 11 Area Agencies on Aging in Kansas are committed to meeting the needs of older Kansans. Caregivers may turn to their local Area Agency on Aging for information and assistance on the most efficient ways of tapping into varied sources of support.

Chore Services

What are Chore Services?

Chore services provide assistance with heavy housework, yard work or sidewalk maintenance. These services are usually available at an hourly rate or on a sliding fee scale based on income and liquid assets. Some communities have volunteer programs that provide chore services without charge.

Whom can I call for more information?

Friends, neighbors, civic and religious groups are good places to start. You may also contact your Area Agency on Aging for information. Check the county specific Directory of Services or in your local telephone book's Yellow Pages under "Household Help," "Home Maintenance/Repair," "Handyman," or "Housekeeping."

Disability Services

Home and Community Based Services for the Physically Disabled (HCBS-PD) This program serves the physically disabled, ages 16 to 64, who meet medical, functional and financial guidelines. Services for this program are coordinated through Centers for Independent Living.

Centers for Independent Living are non-residential, community based, private, non-profit organizations that are designed and operated by individuals with disabilities. The Centers for Independent Living offer varied services which may include Individual and System Advocacy, Information and Referral Services, Peer Counseling, Independent Living Skills Training, Advocacy and Legal Services, Housing Assistance, Personal Skills Instructions, help in obtaining assistive devices, Communication Services, and Home and Community Based Waiver Services for the Physically Disabled.

Call the Center for Independent Living for your area for more information. Refer to the map on page 34 for further information.

Driving

Giving up driving is very difficult for most people. Driving gives a person freedom and control, a sense of self-esteem and independence. Often concerns arise about elderly parents, neighbors or friends and their ability to drive safely. Some signs to watch for include: forgetting how to get to familiar places, failure to follow traffic signs, poor judgment of distance, making turns that are too wide or too tight, making poor decisions in traffic such as failing to yield or too slow to react to emergencies. Another sign is a series of fender-bender accidents.

Here are some simple tips to help you drive safely longer.

- Have regular check-ups including eye and hearing exams
- Take part in an exercise program so that you maintain your health and can react quickly
- Ask your doctor if any of your medications can affect your driving
- Reduce noise in your car; turn off the radio
- Ask passengers to not disturb you in high traffic or confusing situations
- Reduce long distance driving, but when necessary plan rest stops along the way and allow plenty of time
- Do not use a cell phone while driving
- Do not travel with your pets unless they are restrained
- Avoid high traffic times and areas; drive only during the daylight hours
- Do not drive in bad weather; wear your seat belt properly; call **511** for road conditions
- Make sure your car seat and mirrors are adjusted for your height
- Keep your car well-maintained and equipped with emergency equipment such as a flashlight and blanket
- Take a refresher driving course to improve your skills and possibly get a discount on your insurance

As you begin thinking about driving less, consider other options. For example, is there a church van that provides transportation to church or can you create a car pool? Is there a pharmacy or grocery

store that will deliver for a small fee? When there is a family event or major outing, ask other family members if you can ride with them.

Whom can I call for more information?

Call your Area Agency on Aging to find out about driver safety training opportunities in your area. There may also be other transportation options available in your area. The telephone number for the Area Agencies on Agency is on page 32.

Eldercare Locator

The Eldercare Locator is a national toll-free referral number funded by the U.S. Administration on Aging (AoA) to assist older people and their families in finding community services for seniors anywhere in the country.

Eldercare Locator Information Specialists take calls Monday through Friday, 8 a.m. to 7 p.m. All calls are confidential. Recorded voice messaging is available 24 hours a day. The toll-free number to call is **800-677-1116**. Information is also available on line at www.eldercare.gov

Food Sales & Homestead Property Tax Refund

Do you qualify for Food Sales Tax Refund?

If you were a Kansas resident all of 2010, you are eligible if your Kansas adjusted gross income (KAGI) for income tax purposes is \$35,000 or less, and you:

- Are 55 years of age or older, OR
- Disabled or blind during the entire year, OR
- Have a dependent child under age 18 who resided with you for the entire year.

For those with an income between \$0 to \$17,500 you may be eligible for a \$90 refund and those with incomes between \$17,501 to \$35,000 may be eligible for a \$45 refund.

Check the food sales refund box and complete the food sales tax refund line on the Kansas individual income tax return, Form K-40 and mail to the Kansas Department of Revenue anytime from **January 1 through April 15**. If you do not have to file an income tax return, complete the name and address information on Form K-40, check the food sales tax refund box, and sign the return.

Do you qualify for a Homestead Property Tax Refund?

As a Kansas resident for all of 2010, you are eligible for a refund of up to \$700 if your total “household income” is \$30,800 or less, and you:

- Are 55 years of age or older, OR
- Are disabled or blind, OR
- Have a dependent child under 18 who resided with you for the entire year.

“Household income” is generally all taxable and non-taxable income received by all household members during 2010. You can complete a “Kansas Homestead Claim,” Form K-40H, and mail to the Kansas Department of Revenue anytime from **January 1 through April 15**. It can also be filed electronically through E-File and KS WebFile. A new form, K-40PT, is available for homeowners aged 65 or older with a household income of 120% or less of the federal poverty level. This form will allow them to get 45% of the property taxes paid in a timely manner. Taxpayers qualifying and electing to use this form cannot file a K-40H. It also goes the other way; if you file a K-40H then you cannot file a K-40PT.

There is also new legislation for people receiving Social Security disability payments prior to attaining full retirement age. Eligibility has been expanded to include Disabled Veterans and Surviving Spouses. Disabled Veterans must be Kansas residents, honorably discharged and certified for permanent disability sustained through military action. Surviving spouses cannot be remarried. Check your tax booklet for further information.

Homestead Refund Advancement Program – This option allows eligible homeowners who received a 2010 Homestead refund to use their anticipated

2011 Homestead refund (advancement) to pay up to the first half of their 2011 property taxes. The amount of the advancement is based on the 2010 Homestead refund. There will be a box on the K-40H Form to mark whether or not you want your refund to go directly to the appropriate county. Rather than receiving your refund, you will then receive a notice stating that your refund has been sent to the appropriate county.

Whom can I call for more information?

If you have a question about the Kansas Homestead program or need help to complete your claim, call the Kansas Department of Revenue (KDOR) at **785-368-8222**. Forms can be requested at **785-296-4937**. Information and forms are also available on the KDOR web site at www.ksrevenue.org. Personal assistance to complete your claim is available from the Topeka Assistance Center, your county clerk or from free volunteer tax assistance programs. Contact your local Area Agency on Aging, Community Action Program, senior center, library or county clerk for information on assistance in your area.

Fraud and Scams

“No one can take advantage of me; I’m too smart for that!” This phrase is often used by people who think they won’t be a victim. Unfortunately, it does happen and it can happen to anyone. Senior citizens are especially vulnerable because they have a steady income, are at home more and are generally more trusting. Examples of common problems include door-to-door sales, home repair scams, Medicare and Medicaid fraud, mail order fraud and identity theft. Remember, if it sounds too good to be true, it probably is.

The following resources may be able to help if you or someone you know becomes a victim or you believe someone is trying to take advantage of you.

Kansas Senior Medicare Patrol (SMP)
Kansas Department on Aging/SHICK programs
800-860-5260

Federal Trade Commission
877-438-4338 (identity theft) www.ftc.gov or
Federal Trade Commission, **877-382-4357** (help)

Kansas Attorney General,
Consumer Protection Division
at **800-432-2310** or www.ksag.org

Kansas Charity Check
www.KsCharityCheck.org (check out Kansas charitable organizations before giving)

Kansas Insurance Department,
www.ksinsurance.org, **800-432-2484**

Office of the Kansas Securities Commission,
800-232-9580 or www.securities.state.ks.us
(financial services), or

Office of the Kansas Securities Commission,
888-40-SCAMS (72267)

No-Call Telemarketing, **888-382-1222**
(to stop telemarketing calls)

Friendship and Assurance Programs

What is a “friendly visitor” program?

Friendly visitor programs can have other names, but their purpose is to provide regular visits to older persons who are lonely and need companionship. Friendly visitors stop in regularly and do what needs to be done, such as write a letter, run an errand or just chat over a cup of coffee.

What are telephone reassurance and “phone pal” programs?

Many communities offer telephone reassurance programs in which a volunteer calls individuals each day to make sure everything is okay. If you want a phone pal to call you, or if you want to become a phone pal, contact your local Area Agency on Aging. If there is no reassurance program in your community, you may want to organize a “phone pal” program.

What is an emergency alert device?

Many local hospitals and agencies rent special emergency alert devices (sometimes called “personal emergency response” services). These devices can be easily activated by an individual if trouble occurs. Some devices are designed to be worn around the neck; others are designed to be placed at a fixed location in the home. When activated the device sends an emergency signal that calls for help. Emergency alert devices are helpful for persons with life threatening medical conditions and those who live alone.

What is a “gatekeeper” program?

Gatekeeper programs operate in some Kansas communities. Utility workers and postal employees are trained to watch and recognize signs that indicate an individual is ill or in trouble: an unmowed lawn, accumulated mail, etc., may be “tell-tale” signs. These workers and employees are provided phone numbers and people to contact for help if they observe a problem.

Where can I find more information about friendship and assurance programs?

Friendly visitor, telephone reassurance and phone pal programs are usually free. The emergency alert devices, such as “LifeLine,” have a one-time installation fee, plus a monthly charge. There may be some assistance in paying the charge. Contact the Area Agency on Aging serving your county.

Health Insurance and Prescription Drugs

Medicare information is available on the www.medicare.gov website, including the option to enroll in Medicare Part D insurance.

The Senior Health Insurance Counseling for Kansas (SHICK) program has volunteer counselors available statewide to answer questions about Medicare, explain the different policies and options, and help you enroll in Medicare Part D. SHICK volunteers offer confidential assistance and do not represent any insurance company. These volunteers are available to answer questions about Medicare,

Medicare Supplement Insurance, Medicare Prescription Drug Coverage (Part D), Long Term Care and other insurance concerns.

Volunteers can assist Medicare beneficiaries in applying to the Social Security Administration for extra help in paying for their Part D coverage. Volunteers can help beneficiaries apply for low-cost prescription drugs if the cost of prescription drugs creates a financial hardship. For the program nearest you, contact Senior Health Insurance Counseling for Kansas at **800-860-5260**. You may also want to check the Kansas Department on Aging website at www.agingkansas.org/SHICK/shick_index.html.

Helpful Insurance Booklets

The Kansas Insurance Department produces several booklets on health insurance. These are available from the Consumer Assistance Division of the Kansas Insurance Department at **800-432-2484**.

The booklets include:

- Medicare Supplemental Insurance Shoppers Guide
- Long Term Care Insurance Shoppers Guide

Home Health Care

What is home health care?

Home health care can include skilled nursing, occupational, respiratory, speech and physical therapy, or home health aide. It can include assistance with dressing, bathing, toileting, and self-administered medications. Home health care covers the use of assistive devices such as walkers, hospital beds, wheelchairs, and oxygen. Home health care is usually medically oriented and is different from the homemaker and personal care services mentioned in the next section. People who provide home health care can be registered and licensed practical nurses, therapists, or homemaker-home health aides. They usually work through a home health agency, hospital, or public health department.

Kansas home health agencies must be licensed and surveyed annually. You may be able to verify their reputation through your local health department,

Area Agency on Aging, or Kansas Department of Health and Environment. Ask the agency if they are accredited by additional professional organizations and request a copy of the accreditation report. All home health agencies are required to follow the Client Bill of Rights and a copy should be given to each client. If you have any care related problems, call **800-842-0078**.

What programs help pay for home health care?

Medicare or Medicaid may pay for home health visits if all of the following conditions are met. You: a) must be homebound; b) need intermittent skilled nursing care, physical therapy, or speech therapy; c) must be under the care of a doctor who determines you need home health care and sets up a home health care plan; d) must use a home health agency certified to provide Medicare services; e) meet the age and resource eligibility guidelines when using Medicaid. You do not have to pay a deductible or coinsurance when you receive home health care covered by Medicare, with the exception of a 20% co-payment on durable medical equipment (like a wheelchair). Private insurance, Medicare supplement or long term care insurance may also cover some home health care expenses. Many home health agencies also offer services on a private pay basis. There may be other sources of funding assistance available as well. Call your local Area Agency on Aging for programs and eligibility information (page 32).

What criminal background checks are done?

Home health agencies and adult care homes are required by Kansas law to check the criminal backgrounds of the people who have worked for them less than five years and of the people who apply for employment with them. Upon request by the agencies, the Kansas Department of Health and Environment makes the criminal background checks through the Kansas Bureau of Investigation records.

In general, home health agencies and adult care homes may not permit people to work for them who have been convicted of the Kansas crimes of capital murder, first degree murder, second degree murder, voluntary manslaughter, assisting suicide, mistreatment of a dependent adult, rape,

indecent liberties with a child, aggravated indecent liberties with a child, aggravated criminal sodomy, indecent solicitation of a child, aggravated indecent solicitation of a child, sexual exploitation of a child, sexual battery, or aggravated sexual battery or of similar crimes under Federal or other state's laws. However, home health agencies and adult care homes are allowed to employ persons convicted of some types of crimes against persons, sex offenses, and crimes affecting family relationships (except those types of crimes listed above) as long as more than five years have passed since the potential employee satisfied the criminal sentence or parole.

For in-home services that aren't provided by home health agencies or adult care homes, and are funded through KDOA or the Area Agencies on Aging, KDOA requires direct service providers to obtain sworn statements disclosing criminal convictions from the applicants, employees, and contractors who perform the in-home services.

Customers who choose individuals to provide in-home services for them under the self-directed care option of the Medicaid Home and Community Based Services for the Frail Elderly Waiver Program are responsible for requesting a criminal background check from their service providers.

Where can I find more information?

Your hospital or physician may be your first source of information about home health care, but you may also call your local public health department or the Area Agency on Aging. The county specific Directory of Services or your telephone book's Yellow Pages (under "Home Health," "Home Care Services," "Nurses," or "Nursing Services") are also good sources of information.

Home and Community Based Services - Frail Elderly (HCBS-FE)

The HCBS-FE program may enable a person to stay in his or her home or make other successful living arrangements in the community. Services include: attendant care, nursing evaluation visit, adult day care, comprehensive support, assistive technology, sleep cycle support, personal emergency response, wellness monitoring, medication reminder, oral health services.

In order to qualify for the HCBS-FE program a person must; be 1) 65 years old; 2) meet the SRS Medicaid income eligibility guidelines; 3) meet the Medicaid long-term care threshold based on information from the Uniform Assessment Instrument (UAI).

Whom can I call for more information?

Call a case management entity of your choice. A list of available case management entities for each county is available on the Kansas Department on Aging web site at <http://www.agingkansas.org/SeniorSupport/Programs/CaseMgmtEntities.htm>

Homemaker and Attendant Care Services

What are homemaker and attendant care services?

Homemakers may provide assistance to customers having difficulty performing one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, doing light housework or laundry.

Attendant and/or Personal Care may include supervision and/or assistance with bathing, medication monitoring, dressing, feeding, transferring, walking/mobility and toileting.

Where can I find more information?

Contact your physician or Area Agency on Aging. You can find homemaker services in the county

specific Directory of Services, or in the Yellow Pages of your phone book under “Homemaker-Home Health Aide,” “Home Health Care,” or “Elder Care Services.”

Kansas has no training or certification requirements for non-medical attendants or homemakers. It is best to work through a reputable agency whenever possible. If you plan to hire a homemaker privately, please consider the tips on Hiring Help at Home on pages 2, 3 and 4 of this book. Remember to ask for and check references, and have other people help you when you interview the worker.

Hospice

What is Hospice care?

Hospice is a service that provides care and support to individuals and families coping with terminal illness. There are many independent providers of Hospice services. A physician’s orders are required to receive Hospice care. Each patient is cared for by a team. Nursing and other medical and home-health personnel, social workers, chaplains and volunteers provide a range of services including pain relief, symptom management and supportive services for the patient and caregiver. Hospice agencies are certified and surveyed by the Kansas Department of Health and Environment.

Services are provided whether the patient lives in a private home or a nursing home, under a doctor’s direction and in cooperation with a designated caregiver. Arrangement for inpatient care is made when needed. Hospice staff assists the caregiver in caring for the individual. Members of the care team will visit on a regular basis or at the request of the caregiver. Staff can be reached 24 hours a day, seven days a week.

What programs help pay for Hospice Care?

Hospice care may be covered by Medicare and Medicaid if the patient has Part A Medicare, a physician’s orders and a diagnosis of terminal illness. Check with other insurance options to see if hospice coverage is provided.

Whom do I call for more information?

Hospice agencies are located across Kansas. To learn what is available in your area, call the Life Project Help Line at **888-202-5433**. You may also contact your physician or your Area Agency on Aging for more information. Two websites where further information can be found are www.lifeproject.org and www.caringinfo.org.

Information and Referral/Assistance

Whom can I call to get help?

Finding the right agency and the right phone number when you need help can be difficult. Aging Information and Referral/Assistance (I&R/A) provides seniors with a skilled professional who will help link them to the information or service they need. I&R/A Specialists will ask questions in order to find out what community or public assistance is available, what eligibility criteria must be met and help connect you with the right agencies or organizations. While each Area Agency on Aging has an I&R/A program, the way the service is provided varies. See the map on page 32 for the Area Agency on Aging closest to you.

Kansans Optimizing Health Program (KOHP)

The Kansans Optimizing Health Program (KOHP) is a six week workshop conducted for 2.5 hours once a week in various community settings – it is known as the Chronic Disease Self Management Program. The program helps people with a variety of chronic diseases (arthritis, heart disease, asthma, diabetes and lung disease) learn the skills necessary to self-manage their disease.

The workshops are interactive and are facilitated by two trained leaders. Subjects covered include: 1) techniques to deal with frustration, pain and fatigue, 2) how to exercise safely, 3) medications 4) communication techniques for family and medical team members, 5) nutrition, and 6) making informed treatment decisions.

To find an organization that provides the KOHP workshops in your area, check the on-line County Resource Map available at <http://www.kdhe.state.ks.us/arthritis/>

Legal Assistance

Where can I find Legal Assistance?

Each Area Agency on Aging contracts with a legal service provider in their area to provide legal assistance to seniors age 60 or older. A Senior Citizen Law Project (SCLP) attorney will consult with you about your problem. If you cannot go to the attorney's office or senior center, a visit to your home may be arranged. These legal service providers handle civil legal issues only. See page 32 to locate the SCLP in your area.

Legal assistance may also be available through the Elder Law Hotline. The Elder Law Hotline provides access to legal services for Kansas seniors age 60 or older. Hotline attorneys are available to answer questions for civil cases only. You will not be charged for the call or attorney time. You may call the Elder Law Hotline toll free number **888-353-5337** from 9:00 a.m. to 4:30 p.m. Monday through Friday, except legal holidays. When you call, an intake person will take general information about you and transfer your call to an attorney. Attorneys who work with the Hotline are SCLP attorneys or private attorneys who handle elder law issues. The hotline also provides referrals to private attorneys through the Elder Law Referral Panel. These attorneys will charge you for their services.

“Meals on Wheels” and Home-Delivered Meal Programs

What are Home-Delivered Meals?

Home-delivered meals are available in many Kansas communities to individuals who have been determined to meet established eligibility criteria. Meals are nutritious and tasty and are delivered by volunteers. Frozen or “shelf-stable” meals requiring minimal preparation may be available in some areas. Some providers deliver two meals daily, but most deliver only one. Special diets may

be available to those who need them. In some areas of the state, (e.g. remote, rural areas) a multi-day supply of meals may be delivered.

A donation is suggested for meals, but is not a condition for receiving a meal. Spouses, regardless of age, can also receive a meal on a contribution basis if it is in the senior's best interest.

Whom do I call for more information?

For more information, check the county specific Directory of Services under "Meals - Home Delivered," or call your Area Agency on Aging listed on page 32. You may also call the Kansas Department on Aging at **800-432-3535**.

Medicare Savings Program

What is the Medicare Savings Program?

The Medicare Savings Program is a federal program which assists Medicare beneficiaries in paying for Part A, Part B and Part D coverage. The Medicare Savings Program may help pay premiums, deductibles and co-insurance amounts, depending on income. To be eligible for this program, Medicare beneficiaries' must meet monthly income guidelines. There is also a maximum asset limit of \$6,600 for a single individual or \$9,910 for a couple. Assets include money in a checking or savings account, stocks, or bonds. Countable assets do NOT include your home, a car, burial plots, up to \$1,500 for burial expenses, furniture, or up to \$1,500 of life insurance.

Whom do I call for more information?

Individuals need to request a Medicare Savings Program application from their area Kansas Department of Social and Rehabilitation Services (SRS) office. Acceptance into this program does not require an in-person interview though you will be required to provide financial information. For the SRS office in your area see the county specific Directory of Services or call **888-369-4777**.

Mental Health

What is good mental health?

Good mental health that results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity is necessary to age successfully. (*Mental Health Report of Surgeon General, 1999*) This does not mean that an older person never experiences any problems or disease, but that symptoms are treated and controlled, and do not interfere with leading a rewarding life. Unfortunately, many older people still believe the myth that mental health problems result from personal failure or weakness. This stigma means that they may not want to admit that a problem or symptom exists, and they do not seek help.

Mental disorders are not part of the normal aging process. Circumstances that can contribute to the development of mental health disorders in older adults include social isolation, stressful living conditions, bereavement, acute and chronic health conditions, and the burden of having to take care of a seriously impaired family member. Those who are at greatest risk have a great deal of stress, have difficulty adapting to changes in circumstances and routines, do not have supportive relationships, have difficulty relying on others to help cope with losses, or tend to have a negative outlook on life. Many older people develop mental health problems for the first time when they are in their later years. It is important to remember that these problems are treatable.

Whom do I call for more information?

An individual primary care physician can help; however, the most successful treatment involves both medication and counseling therapies. Community Mental Health Centers receive state and local funds to provide mental health services to individuals in their provider area. They have sliding-scale fees and accept Medicaid, Medicare, private insurance and private pay. Kansas has twenty-seven (27) Community Mental Health Centers (CMHCs). The Community Support Programs of the CMHCs generally organize services for the targeted population at the local level

for adults. Case management is one of the core services.

This network of CMHCs form an integral part of the total mental health system in Kansas. The independent, locally operated CMHCs are dedicated to fostering a quality, freestanding system of services and programs for the benefit of citizens needing mental health care and treatment. CMHCs initiate and maintain close cooperative working relationships with other groups, organizations, and individuals having similar interests and goals. The Community Mental Health Centers in Kansas are listed on page 35. Information is also available at the following web site: <http://www.srs.ks.gov/services/Pages/MentalHealthServices.aspx>

This text was adopted from the booklet “Mental Health Guide for Older Kansans and Their Families.” The booklet was created by the Kansas State University Center on Aging, Kansas Department of Social and Rehabilitation Services and the Kansas Mental Health and Aging Coalition. If you would like a copy, it is available by calling KDOA at **800-432-3535**, using the publication order form at the back of this book, or at the following web site: www.agingkansas.org/publications.

Money Follows the Person Demonstration Grant

Kansas offers a new Money Follows the Person (MFP) program. MFP is a demonstration grant that permits the funding to “follow the person” to the most appropriate and preferred setting of that resident’s choice. Kansans can be served in the community as an alternative to nursing facility (NF) care. This program will help shift Medicaid’s traditional emphasis on institutional care to a system offering greater choices that include Home and Community Based Services (HCBS) and help eliminate barriers that prevent residents from transitioning back into the community. This grant will be administered through Kansas Department of Social and Rehabilitation Services (SRS), Kansas Department on Aging (KDOA) and Kansas Health Policy Authority (KHPA).

MFP provides transitional opportunities to the Frail Elderly, Physically Disabled, Traumatic Brain Injured and Mentally Retarded/Developmentally Disabilities.

To be eligible for this program the person must:

- Be a current resident of a nursing facility (NF) or intermediate care facility for mental retardation (ICF/MR) with 3 months continuous stay
- Be Medicaid eligible 1 day prior to receiving MFP services
- Meet the functional eligibility for waived services
- Have an interest in moving back to the community

Services offered under the MFP demonstration:

- HCBS waived services specific to the waiver the individual would qualify for
- Transition services - up to \$2,500 start up cost.
- Home modification/assistive technology above the \$7,500 lifetime cap
- Community Bridge Building
- Transition Coordination Services
- Targeted Case Manager Service
- Therapeutic Support (for only two waiver populations)

Housing options for MFP customers:

The MFP demonstration grant has specific criteria of housing options; customers cannot reside in Residential Care Facilities, Homes Plus or Board and Care Homes.

Whom do I contact?

Contact your local Area Agency on Aging (see page 32).

Program of All-Inclusive Care for the Elderly (PACE)

What is PACE?

The Program of All-Inclusive Care for the Elderly (PACE) was developed by Medicare/Medicaid to meet the health care needs of individuals who wish to remain in the community.

The PACE program provides comprehensive health care services designed to meet the following goals :

- Enhance the quality of life and independence for older Kansans.
- Maximize dignity of, and respect for, older Kansans.
- Enable older Kansans to live in the community as long as possible.
- Preserve and support the older Kansans family unit.

How does PACE work?

A team of professional and paraprofessional staff assesses the participant's needs, develops a plan of care with the individual and his/her caregiver, and delivers all services (including hospital and other acute care and when necessary, nursing facility services). The PACE provider coordinates and provides all needed preventive, primary, acute and long term care services, so that older Kansans who need nursing home level of care can continue living in the community. The PACE service package must include all Medicare and Medicaid covered services, such as but not limited to:

- adult day center services
- diagnostic tests and other acute care
- durable medical equipment
- hospital/emergency care
- meals
- medications
- nursing care
- nursing facility care
- nutrition counseling
- oral health
- personal care
- primary care physician

- restorative/physical/occupational therapies
- surgical care
- social services
- transportation

How do I enroll in PACE?

Please contact one of the PACE organizations and they will provide an initial overview of PACE. To be eligible to enroll in the program an individual must meet the following requirements:

1. Be 55 years of age or older;
2. Be assessed to meet the functional eligibility guidelines established by the State of Kansas;
3. Reside in the service area of the PACE organization; and
4. Meet any additional program specific eligibility conditions imposed under the PACE program agreement.

Whom do I contact?

Currently, Kansas has two PACE Centers: Via-Christi HOPE serving Sedgwick County, **316-858-1111** and Midland Care Connections serving Shawnee, Douglas, Jackson, Jefferson, Osage, Pottawatomie and Wabaunsee counties, **785-232-2044**.

Respite Care

What is Respite Care?

Respite care provides time off for persons caring for family members. Respite care, sometimes called adult care sitting, provides relief and allows the caregiver to take care of themselves, too.

There are many types of services which may be used to provide caregivers the break they need. It can be as simple as asking a family member to sit with your loved one for brief periods of time. You may also choose to have a respite worker come into your home for a few hours, take your loved one to an Adult Day Care Center or an adult care home that provides respite care.

Why is Respite Care important?

Today, family members are the primary caregivers of older persons. About 6.6 million Americans aged 65 and older currently receive long-term care services; family members provide two-thirds of the care. Caregivers are mostly female, usually wives and daughters. They often have many other responsibilities. To maintain a caregiver role over time, a person needs occasional relief.

Where can I call for more information?

Start by contacting family, friends, your local senior center, public health department, hospital, religious organization, adult care home, or your Area Agency on Aging. You can also find providers of respite services in your area listed in the county specific Directory of Services.

Self-Help and Support Groups

What are Self-Help and Support Groups?

Support and Self-Help Groups are usually small groups of people who have something in common, like caring for someone with Alzheimer's Disease or someone who is recovering from a stroke. Participants get together, usually once a month, to discuss their situations and concerns. Some groups have a professional social worker or nurse who coordinates the group, while others operate on their own.

Support groups are usually free of charge, while some with professional coordinators may ask for a small donation (which can usually be waived if necessary) to cover the cost of the professional's time.

Where can I call for more information?

For information about various Support and Self-Help Groups in your area, contact your local Area Agency on Aging, your doctor's office or the Self-Help Network. The Self-Help Network is a nonprofit, statewide information center that can give you more information about support groups in your area. Currently, the Network can provide referrals to Kansas and national support groups, organizations,

and help lines. Call the Self-Help Network toll free at **800-445-0116** or go to www.wichita.edu/ccsr.

Senior Care Act

This program provides in-home services for persons who are age 60 and over. Senior Care Act services vary by county. Services are offered on a sliding fee scale, based on your income and liquid assets. Customers pay between donation and 100% of the cost of the service. Availability of services is limited to budget constraints.

Eligibility Guidelines:

Potential customers must be 60 years of age or older and must demonstrate impairment in two or more activities of daily living and three or more instrumental activities of daily living with a minimum score.

Where to Get More Information or Apply:

Call your Area Agency on Aging (see page 32).

Senior Centers and Nutrition Sites

Senior Centers are often gathering places for seniors in Kansas communities. They're a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed in the county specific Directory of Services to find out more information.

Activities and services that are sometimes offered at Senior Centers include:

- Computer classes
- Community service opportunities
- Counseling programs
- Craft classes
- Educational programs
- Entertainment
- Exercise classes
- Financial advice
- Health information

- Health insurance counseling
- Job service
- Legal services
- Noon meals
- Transportation

Nutrition and/or Meal Sites offer lunch programs for people 60 years and older and their spouses. Nutrition programs (sometimes called meal sites), can be found at some Senior Centers, or they may be located in community centers or churches. A donation is suggested for meals, but is not a condition for receiving a meal. Spouses regardless of age can also receive a meal on a contribution basis. For information on “Meals on Wheels” see page 16.

Healthy Living – Many factors affect your health. Some you cannot control, such as your genetic makeup or your age. But you can make changes to your lifestyle. By taking steps toward healthy living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases. For example,

- See your doctor for regular screenings, not just when you are sick
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Quit smoking
- Protect yourself from too much sun

Whom do I call for more information?

Call your local Area Agency on Aging to get more information and to find out if transportation is available to and from the senior center or nutrition site in your community, or check the county specific Directory of Services.

How is your nutritional health?

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

INSTRUCTIONS: Read the statements below. Circle the number in the YES column for those that apply to you or someone you know.

NUTRITIONAL CHECKLIST.....YES

- I changed the kind and/or amount of food I eat because of an illness.....2
- I eat fewer than 2 meals per day..... 3
- I eat few fruits, vegetables or milk products.....2
- I have 3 or more drinks of beer, liquor or wine almost every day.....2
- I have tooth or mouth problems that make it hard for me to eat.....2
- I don't always have enough money to buy the food I need.....4
- I eat alone most of the time..... 1
- I take 3 or more different prescribed or over-the-counter drugs daily.....1
- Without wanting to, I have lost or gained 10 lbs in the last 6 months.....2
- I am not always physically able to shop, cook and/or feed myself.....2

TOTAL _____

TOTAL Your Nutritional Score. If it's . . .

0-2 Good! Recheck your nutritional score in 6 months.

3-5 You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyle.

6 or more You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian or other qualified Health or Social Service professional. Talk with them about any problems you may have. Consider using your local nutritional programs and/or meal sites discussed in this section

Seniors Together Enjoy Physical Success (STEPS)

As part of the Governor's Healthy Kansas Initiative, the Kansas Department on Aging implemented an exercise program targeted for seniors over the age of 60, **Seniors Together Enjoy Physical Success, or STEPS**. The program, funded by The Sunflower Foundation: Health Care for Kansans, is designed to improve the quality of life for seniors by improving mobility and functioning that helps them maintain their independent lifestyles.

The exercise regimen is offered at different levels to accommodate individual's specific needs. They focus on stretching, improving balance, coordination, and upper and lower extremities strength. The program is available in the following communities: Cottonwood Falls, Dodge City, Garden City, Great Bend, Haysville, Oberlin, Osawatomie and Topeka. The average class size varies from 8 to 25 participants. Garden City, Haysville and Topeka offer two separate classes due to demand. For more information, or for other exercise programs available in your area, contact your Area Agency on Aging (see page 32).

Kansas Department of Social & Rehabilitation Services (SRS)

The SRS offices provide a variety of cash assistance services and programs for families and older adults. Assistance might be available to help with food, heating costs, or medical expenses.

Some specific examples of programs are the Low Income Energy Assistance Program (LIEAP) which offers a one time payment towards your winter heating cost. This program is available only January thru March each year. Food Assistance programs include the cash assistance program using a Vision card or the Emergency Food Assistance Program (TEFAP) commodity program. Eligibility criteria must be met for most programs under SRS.

SRS also administers the Medicaid program that can assist with paying nursing facility costs. If you have a family member in a nursing facility and can no longer private pay for their care, contact SRS for more information and an application form. If only one spouse is in the nursing facility, you can also apply for a Division of Assets to help protect some assets for the at home spouse.

Where can I find more information?

The SRS office serving your area is listed in the county specific Directory of Services. You can also find more detailed information at www.srs.ks.gov or by calling **888-369-4777**.

Substance Abuse Prevention, Treatment and Recovery

The Shawnee Regional Prevention and Recovery Services program Senior Prevention/Intervention Counseling and Education (S.P.I.C.E.) is a statewide initiative through funding by Substance Abuse Prevention, Treatment and Recovery. The S.P.I.C.E. program assists professionals, caregivers and older adults coping with substance abuse or mismanagement of medications. With training, staff from each region of Kansas will be able to speak on the topic of substance abuse and the mismanagement of medications, offer educational material, perform on-site assessments, and provide resources for interventions and treatment. Refer to the map on page 37 for a Regional Prevention Center near you. Information is also available on their web site at www.parstopeka.com.

Part Two: Housing and Long Term Care

The key to making any move is good planning and knowing all the choices available to you. The following has been included to provide information on different kinds of housing options.

It is important that you read any admission agreement you sign and fully understand the terms of that agreement. You may also want to request a copy of the agreement so that you can review it at home before signing and later when questions arise.

Since the availability of the different types of housing discussed below will vary depending on where you live, you will want to check the county specific Directory of Services or contact your Area Agency on Aging listed on page 32.

Types of Housing Options

Senior Apartment Living . . . is usually an apartment complex that provides each tenant a full apartment, kitchen appliances, laundry facilities, and 24-hour security. Services such as scheduled activities, transportation, and meal service may or may not be included. Continuing Care Retirement Communities usually include this level of housing in their option pack. They are not licensed by the state.

Continuing Care Retirement Community (CCRC) . . . is a campus that offers a range of housing opportunities that may include independent living houses or apartments, assisted living, apartments, residential health care, living units, adult day care, homes plus, and nursing facility. Services may also vary from no assistance to assistance by a licensed nurse. Residents select the type of housing and level of care that fits their needs and then move to another type and level of care if their situation calls for it.

Adult Care Home . . . means any nursing facility, nursing facility for mental health, intermediate care facility for the mentally retarded, assisted living

facility, residential health care facility, home plus, boarding care home and adult day care facility, all of which are required to be licensed by the Secretary of Aging.

Nursing Facility . . . means any place or facility operating 24 hours a day, seven days a week, caring for six or more individuals. A licensed nurse is on duty 24 hours a day 7 days a week. See page 28 for payment options for this level of care.

Assisted Living Facilities . . . are licensed and are usually located in apartment-type buildings that are free standing or attached to a nursing facility. Each apartment in the facility has a kitchen, a bathroom with a shower or tub, and a separate or combined sleeping, living, and storage area. The facility also has common areas such as a living room, activity area and dining room. Support services are provided to promote the people's privacy, freedom, and independence. Some people may not need any assistance, while other people may need assistance with transportation, light housekeeping, meal preparation, medications, bathing, dressing, and health care. Supervised nursing care provided by certified nurse aides is available twenty-four hours a day, seven days a week. Although a licensed nurse must be available at all times to the certified nurse aides regarding the need for assistance to the people who live at the facility, facilities vary as to whether or not a nurse is on duty on a regular basis in the facility. The facility may employ health care professionals such as nurses, social workers, therapists, dietitians and pharmacists or coordinate the services of these health care professionals with outside agencies. The people living in an assisted living facility cannot employ privately a certified nurse aide or a non-certified individuals to assist them with services and care.

Residential Health Care Facilities . . . are licensed apartment type buildings that are freestanding or attached to a nursing facility. An individual living unit is similar to that of an assisted living apartment with exception of not having a microwave or stove for cooking. Alternatively, the individual living unit can be only a room with a combined sleeping, living, and storage area. The toilet room may or may not have a shower or tub and may be private or shared with another living unit. The facility

has common areas such as a living room, bathing rooms, and dining room. If the facility is attached to a nursing facility, it may share some common areas with the nursing home. Staffing, assistance, and services are the same as in an assisted living facility (see previous page).

Homes Plus . . . are licensed private home residences or facilities for eight people or less. A person may share a bedroom or have a private bedroom. All the people share the common spaces of the home. Meals are provided. Supervised nursing care provided by certified nurse aides is available twenty-four hours a day, seven days a week. Skilled nursing care by a licensed nurse may be provided on an intermittent or limited basis, or on a regular basis if limited in scope. Assistance and services are the same as in an assisted living facility.

Boarding Care Homes . . . are licensed private home residences or facilities for up to ten people. A person may share a bedroom or have his or her own bedroom. All the people share the common spaces of the home. Non-certified or non-licensed staff provide supervision twenty-four hours a day, seven days a week. The only assistance and services the people may receive are meals, laundry, housekeeping, and supervision for self-administration of medication. This type of facility DOES NOT provide personal, medical, or skilled nursing care. The resident must be able to walk and manage his or her own affairs.

What are the costs and how can I get more information?

The cost of these different housing options will vary depending on the size of your apartment, amount of services you want or need, the facility's location, and management. Some housing may be able to lower the rent cost based on an individual's income.

Services can be funded in assisted living and residential health care facilities and homes plus by the Medicaid program. The home, the potential resident, and the case manager would negotiate the room and board cost and the service plan. The resident would pay the negotiated room and board cost and Medicaid would pay the service cost. Some facilities will have waiting lists, so it is wise

to plan ahead if you are considering moving into one of these housing alternatives. Contact the Area Agency on Aging, SRS office, or the local housing authority in your area for more information and assistance.

Important Questions to Ask Before You Sign a Contract

- How much will it cost, including add-ons to the rent?
- What is the cost and policy on telephones/TVs/Cable TV hook-up?
- Are pets allowed? If so, is there an extra deposit?
- Are there any restrictions on visitors or overnight guests?
- How are cleaning standards maintained? Does someone inspect apartments? Are the inspections announced or unannounced?
- Will the home or facility accept Medicaid payment for service?
- Can the rent be based on my income?
- What is the policy on retaining my apartment if I have a change of health or would need to be hospitalized? Is that policy part of the contract?
- What are the costs for services like transportation, laundry, meals, etc?
- If you will need parking, is it included or is there an extra fee for parking?
- What fees am I still responsible for if I am discharged per my own choice or by the facility?

It is important that you read the contract and fully understand the terms of the contract.

Other Specialized Housing Options

Home Remodeling . . . is sometimes all that is needed to make your own home work for you again. You may need grab bars in the bathroom, a ramp to the front door, or more light in the kitchen. Some people are able to get these changes made with the help of family, friends, churches, etc., but others need a little extra assistance.

Your Area Agency on Aging can help you figure out what changes will be most helpful to you, and

can provide useful information in talking with carpenters, plumbers, and others to do the necessary work. In some cases, the Area Agency on Aging may also be able to help pay for these changes. For more information, check the county specific Directory of Services under “Home Repair” or call your Area Agency on Aging (see page 32).

Reverse Mortgages or Home Equity Conversion Loans . . . allow a person to borrow money using their house as collateral. The money is converted to lump sum, line of credit or monthly payments for a given period or for life. Consumer education and counseling is required by a HUD approved housing agency. The counselor will discuss all the options available and help determine eligibility. After counseling, the process is similar to that of purchasing a home – loan application, processing, appraisals and signing of the loan prior to disbursement of funds. The loan is repayable upon the death of the borrower, sale of the home or a permanent move from the home. The repayment usually cannot exceed the value of the home or sale price.

For more information, contact one of the following resources:

Housing and Urban Development (HUD)
www.hud.gov/buying/rvrsmort.cfm

Fannie Mae 800-732-6643
www.fanniemae.com

AARP 866-448-3619 or
www.aarp.org/money/revmort

National Reverse Mortgage Lenders Assn. web page
www.reversemortgage.org

Are You Considering Moving to a Nursing Facility?

Everyone seeking admission to a nursing facility must be reviewed by the PASRR/CARE process before entering a Medicaid-certified nursing home. A CARE assessment may only be administered by a certified CARE assessor.

CARE stands for Client Assessment Referral and Evaluation. The CARE assessment program is operated by the Kansas Department on Aging in conjunction with your local Area Agency on Aging (AAA). The CARE program was authorized by the 1994 Kansas Legislature and a section of the CARE assessment is required by federal law. This section is referred to as Preadmission Screening and Resident Review (PASRR).

There are three goals of this free assessment.

- Help people find appropriate long-term care services. These services may be community based or in a nursing home.
- Collect information about services consumers need but are not available.
- Determine whether an individual has serious mental health or mental retardation or developmental disability needs, which may require further evaluation.

Under Medicaid, a level of care score for functional eligibility is also needed.

Participating in the CARE assessment

The CARE assessment takes about one hour and is designed to evaluate your health and ability to perform daily activities such as bathing, dressing, shopping, laundry, etc. Through the CARE assessment process, the assessor will review with you the services that are available in your community so that you can make an informed decision regarding what services will meet your long-term care needs. After the assessment, you may decide to remain in your home, at which time (with your permission) the CARE assessor can make referrals for the community-based services or

you may choose to enter a nursing home.

Where to Get a CARE Assessment

The Area Agency on Aging (AAA) coordinates the CARE Assessment. When you determine a need for nursing facility care, contact your AAA, which can be found on Page 32 of this guide. The AAA CARE Coordinator will take some initial information and assign your assessment to a qualified assessor. You can invite whoever you think will help answer questions about your long-term care needs. The assessor will cover your potential long term care needs and service options with you at the time of the assessment.

After the CARE assessment is completed

You will be given a copy of the assessment and a Certificate of Assessment, which will either indicate you may enter a nursing home or you need further evaluation. The nursing home will need these documents. If the assessment shows a need for further evaluation, you may not enter a nursing home until a Level II evaluation is completed. If you decide to enter a nursing home, you should take a copy of the certificate with you. If you lose your certificate, you or the nursing home may contact the Area Agency on Aging (AAA) for another copy. It should be noted that a CARE assessment is not Medicaid eligibility. If you believe you will need Medicaid assistance you will need to apply through your area Kansas Department of Social and Rehabilitation Services (SRS) office.

Important Information About Selecting a Nursing Facility

If you need 24-hour nursing care, several options are available. Sometimes, moving to a nursing home is the best option. When you are selecting a nursing home, the following steps will help ensure that you will be satisfied with your new home.

Ask for Recommendations

Talk to people you trust to help you make a good choice, such as family, friends, or your doctor or other health care providers.

Narrow Your Search

Consider factors that may be important such as location, special care needs, religious or cultural preferences, availability of a room and cost. Once these have been determined, narrow your search to those nursing homes that meet minimum requirements.

To find out additional information about your preliminary choices, you may want to access the Medicare website, www.medicare.gov/NHCompare/Home.asp. This is a database that provides information and survey findings on nursing homes participating in the Medicare and/or Medicaid programs. This database will list the following information about the homes specified:

- Basic information such as number of beds and type of ownership
- Resident information, including the percent with depression or pressure sores
- Nursing home inspection summaries
- Nursing home staffing ratios

This web site also has numerous Medicare publications, including one on how to choose a nursing home. A list of licensed adult care facilities is available at www.agingkansas.org/LongTermCare/FacReports/FacReport_Index.html. If you do not have access to a computer, your local library can be of assistance or call **1-800-Medicare**.

Visit Potential Nursing Homes

It is suggested that you visit a nursing home you are considering at least twice, one scheduled visit and one unannounced visit. The first visit should be a guided tour by a staff member to familiarize you with the home and its services. During this visit, you should ask to see a contract to find out the cost of care and any additional fees that may be charged for items such as haircuts, cable television, and activities. Also, ask to see a copy of the most recent state survey report completed by the Kansas Department on Aging. The report will contain information on areas of care where the home did not

meet federal and/or state regulations. The unannounced second visit will allow you the opportunity to see how staff interact with residents, how the meals are served, and how actively involved residents are in determining their own daily schedules, including time of rising and going to bed. Look for activities that you find to be of interest.

Paying for Care

As a rule, paying for nursing home care is a major concern because it is expensive. Following is a summary of resources that are generally used:

- Medicare, under limited conditions, will pay for short-term stays following a qualifying hospital stay. To learn more about Medicare, contact Kansas Senior Health Insurance Counseling for Kansas (SHICK) at **800-860-5260**.
- Medicare Supplemental Insurance – often called Medigap coverage. Private insurance that covers such costs as deductibles and co-insurance, may or may not pay for skilled nursing care, usually dependent on whether or not Medicare pays.
- Personal Resources – savings and other investments.
- Long-Term Care Insurance – private insurance that pays for a variety of care situations, including home health care, adult day care and nursing facilities. Benefits and coverage vary according to each policy.
- Medicaid – a State and Federal program that will pay most nursing home costs for people with limited income and assets, after personal resources have been exhausted. Your area SRS office can determine if you are financially eligible for this program.

When visiting a nursing home, it is important to find out which payment options they accept, as not all nursing homes are certified to accept residents whose care is paid for by Medicare and/or

Medicaid.

Resident Rights

Nursing home residents have rights and certain protections under the law. The nursing home must give all new residents a list of these rights, which typically include the following:

- Respect: You have the right to be treated with dignity and respect.
- Services and fees: You must be informed in writing about services and fees before you enter the nursing home.
- Money: You have the right to manage your own money or to choose someone else you trust to do this for you.
- Privacy: You have the right to privacy, and to keep and use your personal belongings and property as long as it doesn't interfere with the rights, health, or safety of others.
- Medical care: You have the right to be informed about your medical condition, medications, and to see your own doctor. You also have the right to refuse medications and treatments.

Other Research Options

There are other resources for evaluating nursing homes. Following is an alphabetical list of contacts and their function, along with other resource materials.

- Kansas Adult Care Executives:
785-273-4393 or www.k-a-c-e.org
- Kansas Advocates for Better Care:
800-525-1782 or www.kabc.org. Compiles information on nursing homes and will provide fact sheet on specific home for small fee.
- Kansas Association of Homes and Services for the Aging: 800-264-5242 or www.kahsa.org
- Kansas Department of Social and Rehabilitation Services (SRS):
888-369-4777 or www.srskansas.org
Determines financial eligibility for

Medicaid services.

- Kansas Department on Aging:
800-432-3535 or www.agingkansas.org
Complaint hotline for nursing home care
800-842-0078
- Kansas Health Care Association:
785-267-6003, www.khca.org
- Kansas Hospice & Palliative Care Organization (KHPCO)
Life Project 888-202-5433 or
www.LIFEproject.org. Provides specialized care for terminally ill residents.
- Kansas Hospital Association: 785-233-7436
or www.kha-net.org
- Kansas Long-Term Care Ombudsman:
877-662-8362,
www.kansasombudsman.ks.gov
An advocate for nursing home residents.

Kansas Long-Term Care Ombudsman Program

The Kansas Long-Term Care Ombudsman Program was created by the federal Older Americans Act and is administered by the Office of the State Long-Term Care Ombudsman.

The primary purpose of the program is to ensure quality care to residents of long-term care facilities. The Ombudsman serves as a resident advocate who seeks to promote individual rights, dignity and independence. The Kansas Long-Term Care Ombudsman program consists of volunteers serving residents of nursing homes and residential care facilities to provide support and assistance with any problems or complaints.

What is an Ombudsman?

An advocate for residents of long-term care facilities; a person who is concerned with protecting the civil and human rights of elderly persons in long-term care facilities; a problem-solver and a mediator; an objective investigator of complaints.

What does an Ombudsman do?

Provides a place where a long-term care facility resident or family can discuss a problem and receive assistance; helps long-term care residents obtain legal, social, physical and emotional services for the highest quality of life; helps long-term care staff meet the needs and concerns of those who use their facilities; provides information about the long-term care system; receives and investigates complaints and helps achieve equitable solutions.

Residents and their relatives and friends of residents in long-term care facilities and personal care homes may utilize the ombudsman program. Long term care staff and administrators may also use the program.

Call an ombudsman if you have questions or concerns about resident rights, transfer and discharge rights or other care issues.

To contact the Office of the State Long-Term Care Ombudsman call or write:

Kansas Long-Term Care Ombudsman Program
Landon State Office Building,
900 SW Jackson, Suite 1041
Topeka, KS 66612
785-296-3017
877-OMBUD-62 or 877-662-8362 (toll free)
<http://www.kansasombudsman.ks.gov>

Kansas Veterans Benefits

The Kansas Commission on Veterans Affairs offers many services for Kansas veterans, spouses, widows/widowers, mothers, fathers and dependent children. Some of these benefits are:

- The Kansas Soldier's Home - The historic Fort Dodge facility offers a library, museum, recreation center, fitness room, nursing home, three domiciliary residence halls, 60 cottages and a Veterans Cemetery. Priority for admission of veterans will first be made on the basis of severity of medical care required; second consideration will be of the veteran's ability to pay for

care; transfers from other institutions will have the lowest priority. Information on application, eligibility and admission to the Kansas Soldiers Home can be obtained by contacting the Kansas Veterans Affairs Office at 714 Sheridan, Fort Dodge, KS 67801 or call **620-227-2121 Extension 146**, email admissions@ksh.state.ks.us.

- The Kansas Veteran's Home opened in May of 2000, in Winfield, Kansas. The facility is set on a large hilltop campus overlooking the Walnut Valley that will be the future location of the Kansas Veterans Cemetery at Winfield as well. This renovated home offers three levels of care to eligible residents: assisted living, skilled nursing and special care for residents with Alzheimer's Disease or related dementia.
- Information on application, eligibility and admission to the Kansas Veterans Home can be obtained by contacting the Home's Clinical Director at **620-221-9479, ext. 250**, 1220 World War II Memorial Drive, Winfield, Kansas 67156. Visit the KCVA website www.kcva.org to learn more.
- Other services that may be available to Kansas veterans, spouses, widows/widowers, mothers, fathers and dependent children include: compensation and pension benefits, education and training, life insurance, guaranteed home mortgage loans, vocational training and job assistance, health care (including long term care), or burial.

Whom do I call for more information?

Kansas Commission on Veterans Affairs,
700 SW Jackson, Room 701
Topeka, Kansas 66603
785-296 3976

www.kcva.org

or to find a field office close to you, see page 39.

Part Three: Contact Information

Resources for Aging Information on the Internet

Internet access is like having the world's largest library and resource center at your fingertips. The Internet is full of information you couldn't find in a newspaper, see on television or read in a library. You can find the answer to most questions with a quick search, at any time or on any day. If you don't have a home computer with Internet access, try your local library or Senior Center. Most have equipment available and someone who can assist you in your search.

Kansas Department on Aging -
<http://www.agingkansas.org>

The *Aging Kansas* web site (www.agingkansas.org) is a gateway for anyone seeking information about aging, seniors, services for seniors, legislation concerning aging or seniors, or advocacy for seniors on the world wide web. From this address you can enter the web sites of the Kansas Department on Aging, Kansas Area Agency on Aging Association (K4A), AARP-Kansas, and other government web sites.

If you are looking for information about senior services, programs, or special events for you, a relative or a friend, the Kansas Department on Aging (KDOA) can help you find information and/or resources that may be able to assist you. You can find information on the Kansas Legislature, how to access legal assistance, receive free publications, learn about issues affecting seniors and much more.

Kansas Area Agencies on Aging -
<http://www.k4a.org> or
http://www.agingkansas.org/aaa/AAA_index.htm

Each Area Agency on Aging (AAA) manages programs and services designed to meet the needs of the seniors in its particular area. Their mission

is to deliver easily accessible, top-quality services that sustain healthy lifestyles and support self-sufficiency in the aging population. You can find resource information in your local community.

Kansas Senior Centers -
http://www.agingkansas.org/SeniorSupport/senior_centers.htm

Most Kansas counties have a senior center. On the Kansas Senior Centers Director Association web page you can find out where the senior center nearest you is located. The centers may offer meals, educational or physical programs as well as social opportunities.

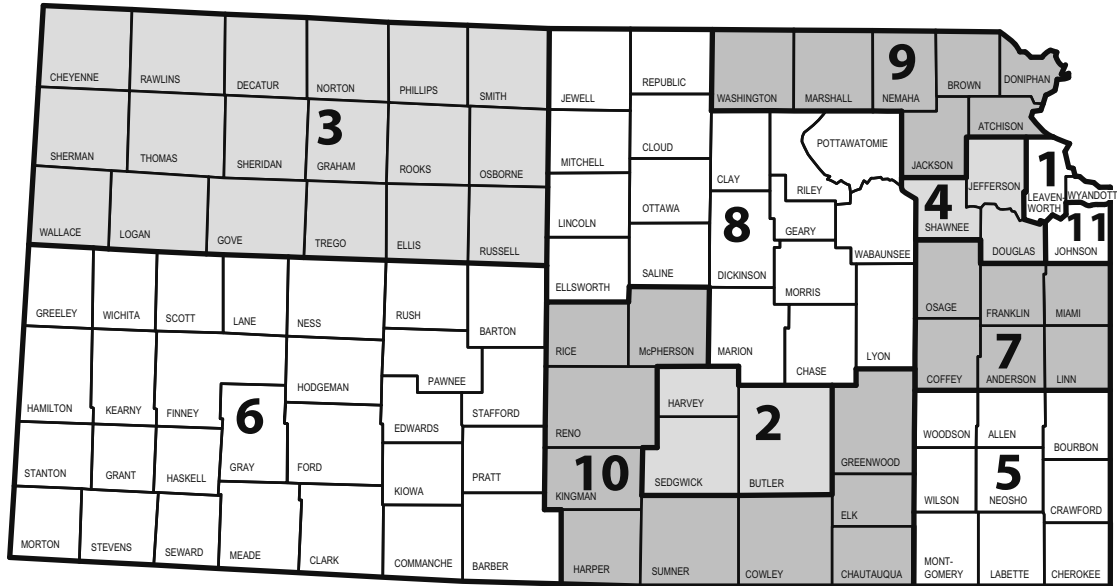
AARP-Kansas -
<http://www.aarp.org/states/ks/>

AARP has nearly 350,000 members in Kansas, and hundreds of AARP volunteers work at the community, state and national levels. They fulfill AARP's vision "to excel as a dynamic presence in every community, shaping and enriching the experience of aging for each member and for society."

State of Kansas -
<http://www.kansas.gov>

Access Governor's office, state agencies and associations to find information about programs and services, legislative activity and numerous other resources.

Area Agencies on Aging



1. Wyandotte-Leavenworth AAA: Kansas City

Area Agency 913-573-8531
 Information 888-661-1444
 Legal Services 913-621-0200
 Website: www.wycokck.org

7. East Central Kansas AAA: Ottawa

Area Agency 785-242-7200
 Information 800-633-5621
 Legal Services 800-479-6520
 Website: www.eckaaa.org

2. Central Plains AAA: Wichita

Area Agency 316-660-5120
 Information 800-367-7298
 Legal Services 888-353-5337
 Website: www.cpaaa.org

8. North Central/Flint Hills AAA: Manhattan

Area Agency 785-776-9294
 Information 800-432-2703
 Legal Services 785-537-2943
 Website: www.ncfhaaa.com

3. Northwest Kansas AAA: Hays

Area Agency 785-628-8204
 Information 800-432-7422
 Legal Services 785-625-4514
 Website: www.nwkaaa.com

9. Northeast Kansas AAA: Hiawatha

Area Agency 785-742-7152
 Information 800-883-2549
 Legal Services 785-336-6016
 Website: www.nekaaa.org

4. Jayhawk AAA: Topeka

Area Agency 785-235-1367
 Information 800-798-1366
 Legal Services 785-354-8531
 Website: www.jhawkaaa.org

10. South Central Kansas AAA: Arkansas City

Area Agency 620-442-0268
 Information 800-362-0264
 Legal Services 888-353-5337
 Website: www.sckaaa.org

5. Southeast Kansas AAA: Chanute

Area Agency 620-431-2980
 Information 800-794-2440
 Legal Services 620-232-1330
 Website: www.sekaaa.com

11. Johnson County AAA: Olathe

Area Agency 913-715-8800
 Aging Info Line 913-715-8861
 Information 888-214-4404
 Legal Services 913-621-0200
 Website: <http://hsa.jocogov.org>

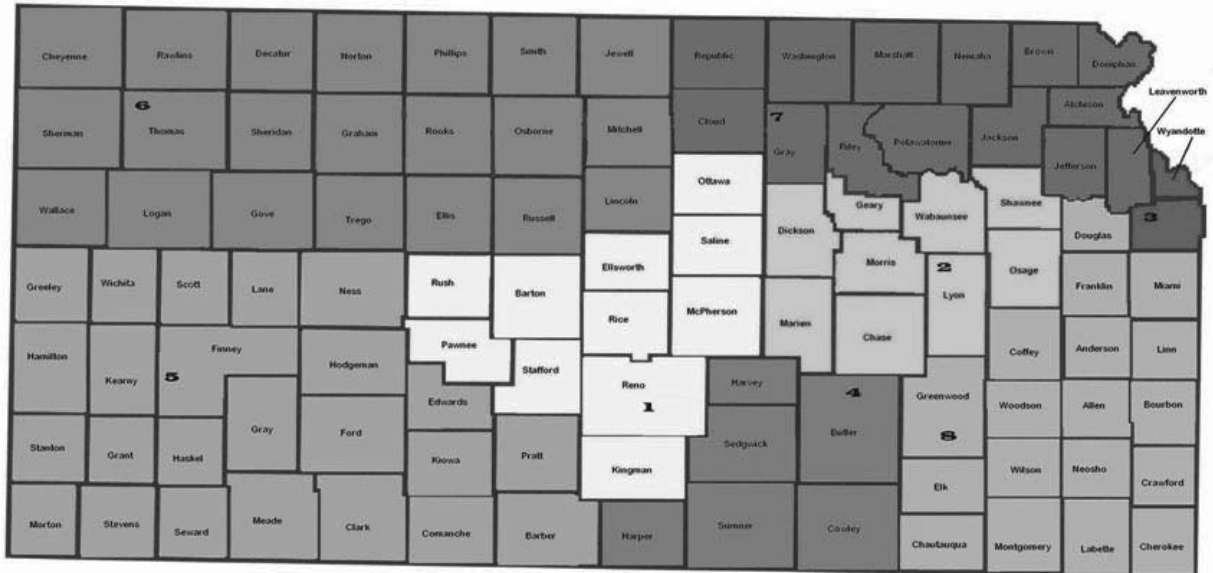
6. Southwest Kansas AAA: Dodge City

Area Agency 620-225-8230
 Information 800-742-9531
 Legal Services 888-353-5337
 Website: www.swkaaa.org

Long Term Care Ombudsman Offices

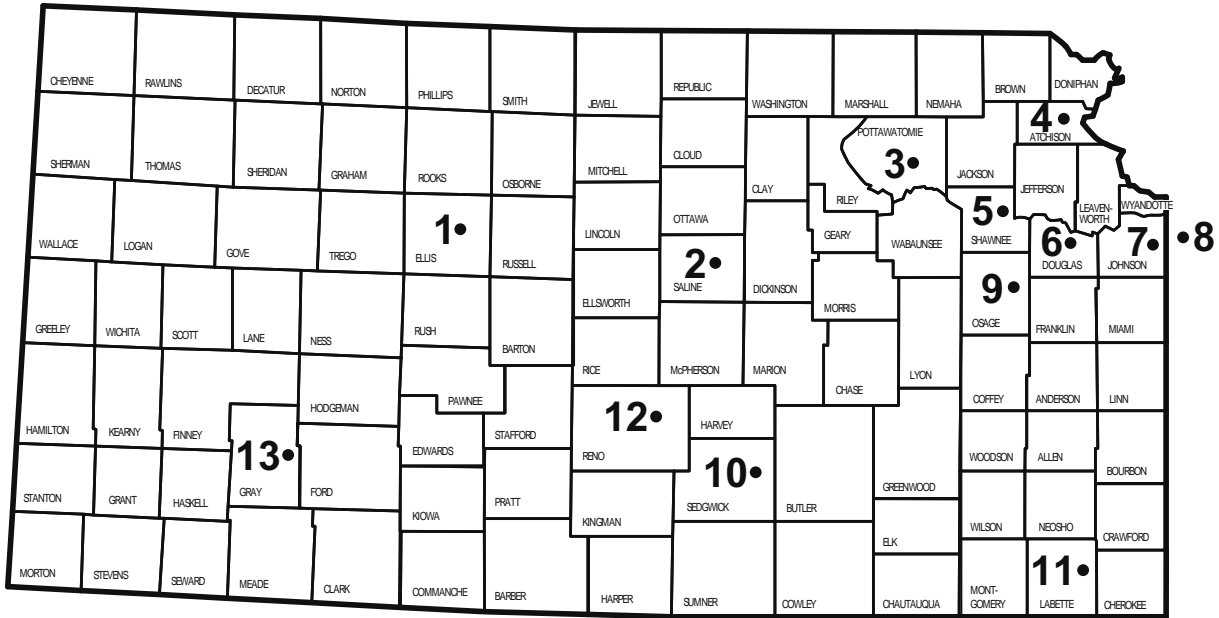
877-662-8362 (toll free)

8:00 a.m. - 5:00 p.m.



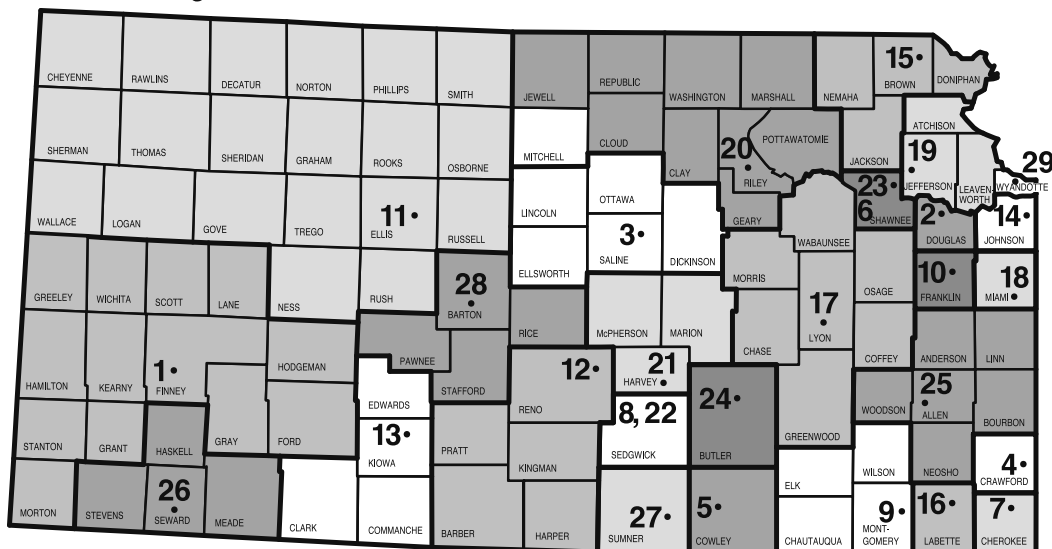
Office	Address, City, State, Zip	Phone
Region 1	600 Andrew Ave, South Hutchinson, KS 67505	620-728-1289
Region 2	900 SW Jackson, Ste. 1041 Topeka, KS 66612	785-296-2962
Region 3	7700 Shawnee Mission Pkw, Rm 203 Overland Park, KS 66202	913-236-9385
Region 4	130 S. Market, #5063 Wichita, KS 67202	316-347-1429
Region 5	1509 Avenue P Dodge City, KS 67801	620-225-2439
Region 6	332 E. 8th Hays, KS 67601	785-628-3121
Region 7	900 SW Jackson 1041 Topeka, KS 66612	785-296-6017
Region 8	320 S. Broadway Pittsburg, KS 66762	620-230-0743

Centers For Independent Living



1. LINK, Inc.	Hays	800-569-5926
2. Independent Connection	Salina	800-526-9731
3. Three Rivers, Inc.	Wamego	800-555-3994
4. Independent Living Center of NE Kansas	Atchison	888-845-2879
5. Topeka Independent Living Resource Center	Topeka	800-443-2207
6. Independence, Inc.	Lawrence	888-824-7277
7. Coalition for Independence	Kansas City, KS	866-201-3829
8. The Whole Person, Inc.	Kansas City, MO	800-878-3037
The Whole Person, Inc.	Prairie Village	877-767-8896
9. Resource Center for Independent Living	Osage City	800-580-7245
10. Independent Living Resource Center	Wichita	800-479-6861
11. Southeast Kansas Independent Living Resource Ctr	Parsons	800-688-5616
12. Prairie Independent Living Resource Center	Hutchinson	888-715-6818
13. Center for Independent Living for Southwest Kansas	Garden City	800-736-9443
Statewide Independent Living Council of Kansas, Inc.	Topeka	800-217-4525

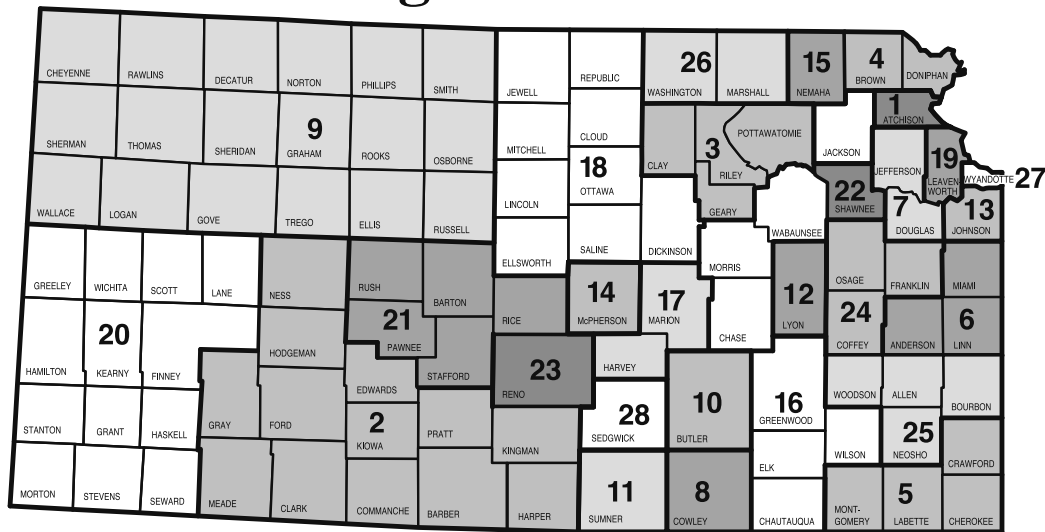
Community Mental Health Centers of Kansas



Consult this map to find the Community Mental Health Center (CMHC) serving your area. The city listed with each organization indicates the Center's office location. Service areas may include other counties.

1.	Area Mental Health Center	Garden City	620-276-6470
2.	Bert Nash CMHC, Inc.	Lawrence	785-843-9192
3.	Central Kansas MHC	Salina	785-823-6322
4.	CMHC of Crawford County	Pittsburg	620-231-5130
5.	Cowley County MH & Counseling Center	Winfield	620-442-4540
6.	Family Service & Guidance Center	Topeka	785-232-5005
7.	Family Life Center	Riverton	620-848-2300
8.	Family Consultation Service	Wichita	316-858-1200
9.	Four County MHC	Independence	620-331-1748
10.	Elizabeth Layton Center	Ottawa	785-242-3780
11.	High Plains CMHC	Hays	785-628-2871
12.	Horizons Mental Health Center	Hutchinson	620-665-2240
13.	Iroquois Center for Human Development	Greensburg	620-723-2272
14.	Johnson County MHC	Mission	913-826-1500
15.	Kanza MH & Guidance Center	Hiawatha	785-742-7113
16.	Labette Center for MH Services	Parsons	620-421-3770
17.	MHC of East Central KS	Emporia	620-343-2211
18.	Elizabeth Layton MHC	Paola	913-557-9096
19.	The Guidance Center	Leavenworth	913-682-5118
20.	Pawnee Mental Health Services	Manhattan	785-587-4300
21.	Prairie View, Inc.	Newton	316-284-6310
22.	Comcare of Sedgwick County	Wichita	316-660-7655
23.	Valeo Behavioral Health Care	Topeka	785-228-3071
24.	South Central MH Counseling Center	Augusta	316-775-5491
25.	Southeast Kansas MHC	Iola	620-365-8641
26.	Southwest Guidance Center	Liberal	620-624-8171
27.	Sumner County MHC	Wellington	620-326-7448
28.	Center for Counseling & Consultation Services	Great Bend	620-792-2544
29.	Wyandot Center for Community Behavioral Healthcare	Kansas City	913-233-3300

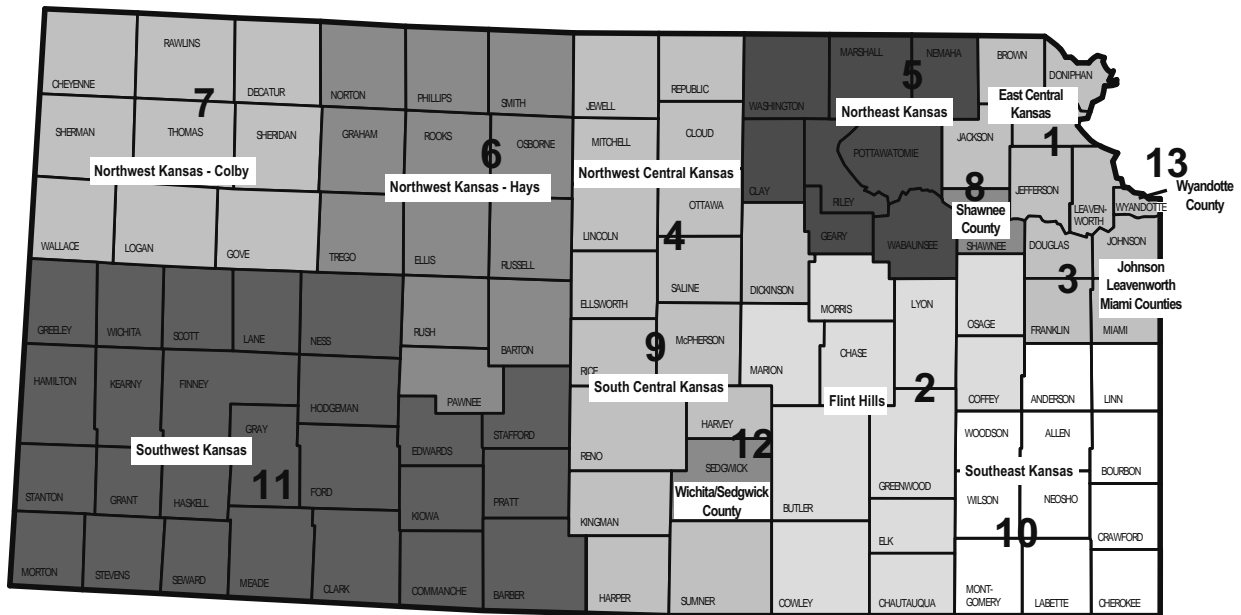
Community Developmental Disability Organizations



Consult this map to find the Community Developmental Disability Organization serving your area. The city listed with each organization indicates location of office. Service areas may include other counties.

1.	Achievement Services for Northeast Kansas	Atchison	913-367-2432
2.	Arrowhead West, Inc.	Dodge City	620-225-5177
3.	Big Lakes Developmental Center, Inc.	Manhattan	785-776-9201
4.	Brown County Developmental Services, Inc.	Hiawatha	785-742-3959
5.	CDDO of Southeast Kansas	Columbus	620-429-8985
6.	Tri-Ko., Inc.	Osawatomie	913-755-3025
7.	Cottonwood, Inc.	Lawrence	785-842-0550
8.	Cowley County Developmental Services, Inc.	Arkansas City	620-442-5270
9.	Developmental Services of Northwest Kansas	Hays	785-625-5678
10.	Flinthills Services, Inc.	El Dorado	316-322-8777
11.	Futures Unlimited, Inc.	Wellington	620-326-8906
12.	Hetlinger Developmental Services	Emporia	620-342-1087
13.	Johnson County Developmental Support	Lenexa	913-826-2626
14.	McPherson County CDDO	McPherson	620-245-5211
15.	Nemaha County Training Center	Seneca	785-336-6116
16.	New Beginnings Enterprises, Inc.	Neodesha	620-325-3333
17.	Harvey-Marion County CDDO	Newton	316-283-7997
18.	Disability Planning Organization of Kansas, Inc.	Salina	785-823-3173
19.	Riverside Resources, Inc.	Leavenworth	913-651-6810
20.	Southwest Developmental Services, Inc.	Garden City	620-275-7521
21.	Southwest Developmental Services, Inc.	Great Bend	620-793-7604
22.	Shawnee County CDDO	Topeka	785-232-0597
23.	Reno County CDDO	Hutchinson	620-663-1596
24.	COF Training Services, Inc.	Ottawa	785-242-5035
25.	Tri-Valley Developmental Services, Inc.	Chanute	620-431-7401
26.	Twin Valley Developmental Services, Inc.	Greenleaf	785-747-2251
27.	Wyandotte County CDDO	Kansas City	913-573-5502
28.	Sedgwick County CDDO	Wichita	316-660-7630

Regional Prevention Centers



Consult this map to determine the Regional Prevention Center serving your area.

1. DCCA Center	Lawrence	785-841-4138
2. RPC of the Flint Hills	Emporia	620-343-2211
3. RPC of Johnson, Leavenworth/Miami	Olathe	913-715-7880
4. RPC of North Central Kansas	Salina	785-825-7595
5. RPC of Northeast Kansas	Manhattan	785-587-4372
6. RPC of Northwest Kansas	Hays	785-625-5115
7. RPC of NW Kansas	Colby	785-460-8177
8. RPC of Shawnee	Topeka	785-266-8666
9. RPC of South Central Kansas	Newton	316-283-6743
10. RPC of Southeast Kansas	Girard	620-724-6281
11. RPC of Southwest Kansas	Garden City	620-276-9624
12. RPC of Wichita/Sedgwick	Wichita	316-283-6743
13. RPC of Wyandotte County	Kansas City, KS	913-288-7685

Kansas Social Security Offices

National Automated Toll-Free 800-772-1213

TTY 800-325-0778

www.ssa.gov

Office hours are 9:00 a.m. to 4:00 p.m.

Office	Address, City, State, Zip	Telephone/fax
Dodge City	2204 Summerlon Cir, Dodge City, KS 67801	620-227-8591
Emporia	3010 W. 18th, Emporia, KS 66801	620-343-2345
Hays	1212 E. 27th St., Hays, KS 67601	785-625-3496
Hutchinson	811 E. 30th Ave., Suite A, Box 2107, Hutchinson, KS 67502	620-663-8341
Independence	2125 N. Penn Ave., Independence, KS 67301	620-331-4080
Joplin	4102 S. Arizona Ave., Joplin, MO 64804	866-964-7421
Kansas City	850 Nebraska Ave., Kansas City, KS 66101	866-331-2197
Lawrence	1440 Wakarusa Dr., Ste 200, Lawrence, KS 66049	785-843-2254
Lenexa	15375 W. 95th St., Lenexa, KS 66214	913-661-9758
Manhattan	1121 Hudson Avenue, Suite A, Manhattan, KS 66503	785-539-4681
Pittsburg	801 S. Broadway, Pittsburg, KS 66762	866-964-6307
Salina	1410 E. Iron, Suite 7, Salina, KS 67401	785-825-0545
St. Joseph	1402 N. Woodbine Rd, St. Joseph, MO 64506	888-366-6148
Topeka	600 SW Commerce Place, Topeka, KS 66615	888-327-1271
Wichita	3216 N. Cypress St., Wichita, KS 67226-6515	866-931-9173

Kansas Commission on Veterans Affairs

Veterans Administration National Toll-Free Number 800-827-1000

www.kcva.org or www.va.gov

Field Office	Address/City/State/Zip	Telephone
Colby	990 S. Range, Suite 3 Colby, KS 67701	785-462-3572
Emporia	702 Commercial St., Kress Center, Suite 1D, Emporia, KS 66801	620-342-3347
Ft. Dodge	714 Sheridan, Unit 87 Ft. Dodge, KS 67843	620-225-4041
Garden City	116 E. Chestnut, Ste. 105 Garden City, KS 67846	620-276-3102
Hays	205 East 7th Street, Ste 110 Hays, KS 67601	785-625-8532
Hutchinson	27 W. 2nd Ave. Hutchinson, KS 67501	620-662-7131
Independence	200 Arco Place, Room 421, Box 117 Independence, KS 67301	620-331-0540
Junction City	Municipal Building, Box 311 Junction City, KS 66441	785-238-4522
Kansas City	National Guard Armory, 100 S 20th Street Kansas City, KS 66102	913-371-5968
Lawrence	745 Vermont Street Lawrence, KS 66044	785-843-5233
Leavenworth	Dwight D. Eisenhower VA Medical Center 4101 S. 4th Street Leavenworth, KS 66048	913-682-2000 800-574-8387 (Am. Legion) 800-952-8387 x 2596 (VFW)
Salina	1410 East Iron, Ste 3B Salina, KS 67401	785-823-2862
Topeka	700 SW Jackson, Suite 701 Topeka, KS 66603	785-296-3976
	Colmery-O'Neil VA Medical Center 2200 Gage Topeka, KS 66622	785-350-3111 800-574-8387 x 54489 (Am. Legion) 800-574-8387 x 54491 (VFW)
Wichita	VA Medical and Regional Office 5500 East Kellogg Wichita, KS 67218	316-688-6869 888-878-6881 x 56869 (Am. Legion) 888-878-6881 x 56801(VFW)
Winfield	Kansas Veterans Home 1220 WWII Memorial Drive Winfield, KS 66156	620-221-9021

NOTES

Kansas Department on Aging Publication Order Form

Mark Each Publication Requested

These publications are available in paper format and on line at www.agingkansas.org/Publications/Publications.html
You may order on-line or mail this form to the address below.

- _____ **Explore Your Options.** A two-part introduction to the variety of services available to people looking for information and services in the community. The guide explains the variety of community resources available in Kansas, for each of the eleven (11) area agencies on aging. There is also a Directory of Services listing service providers by county. Indicate which county you would like to receive.
- _____ **Kansas Caregiver Guide.** Provides information and resources for people caring for their loved ones, especially in the home setting.
- _____ **Mental Health Guide for Older Kansans and Their Families.** Describes the facts and myths about mental health and aging.
- _____ **Resource Guide for Seniors.** An easy-to-read book covering such areas as Social Security, Medicaid/Medicare, retirement, end of life issues, SSI, home services, tax relief and more.
- _____ **Home and Community Based Services-Frail Elderly (HCBS-FE).** A 15 page brochure that describes the HCBS-FE program. This program may provide long-term services for seniors age 65 & over who are Medicaid eligible.
- _____ **Questions and Answers on Spousal Impoverishment (Division of Assets).** A brochure that answers questions on the federal law allowing spouses of nursing home residents to divide income and resources under the Medicaid program.
- _____ **How to Select a Special Care Unit: A Consumer's Guide to Special Care Units for persons with Dementia.** General information on special units in nursing homes.
- _____ **Medicare and You Handbook**— a booklet by the Center for Medicare and Medicaid Services (CMS) that provides information on Medicare and Supplemental insurance. This on line resource also has many research tools and publications related to Medicare coverage. View these publications at www.medicare.gov

Name: _____

Street: _____

City: _____ State: _____ Zip Code: _____

Mail the order form to: **Kansas Department on Aging**
New England Building
503 S. Kansas Avenue
Topeka, KS 66603-3404

KDOA publications are free, but voluntary contributions to help cover printing and shipping costs are appreciated. If you wish to make a donation, make your check or money order payable to the "Kansas Department on Aging."

Useful Statewide Toll-Free Numbers

- AARP Kansas** 866-448-3619
- ABUSE (abuse, neglect, exploitation)**
- In the community. 800-922-5330
 - In an adult care home. 800-842-0078
 - In an SRS facility 800-221-7973
- Alzheimer's Association** 800-272-3900
- American Heart Association** 800-242-8721
- American Lung Assn Helpline** 800-548-8252
- Arthritis Foundation-KS Chapter**. . . . 800-362-1108
- Attorney General's Office** 800-432-2310
- Audio-Reader** 800-772-8898
- Brain Injury Assn of KS** 800-444-6443
- Cancer Information Svc** 800-422-6237
- Consumer Credit Counseling** 800-383-0217
- Crime Victim's Rights**. 800-828-9745
- Deaf and Hard of Hearing** 800-432-0698
- Diabetes, American Assn** 1-800-Diabetes
- Disability Rights Resource Center**. . . . 877-776-1541
- Elder Law Hotline** 888-353-5337
- Eldercare Locator** 800-677-1116
- Nationwide service to help families and friends find information about community services for older people outside of Kansas
- EYE Care**
- National Project Hotline** 800-222-3937
- Information and referral service. Provides brochures on many common eye diseases and for eligible callers, a referral to a local volunteer ophthalmologist.
- Federal Trade Comm ID Theft**. 877-438-4338
- Federal Trade Comm HELP** 877-382-4357
- Governor's Office** 877-579-6757
- Huntington Disease Society**. 800-345-4372
- Kansas Advocates**
- for Better Care** 800-525-1782
- Information on Kansas nursing homes
- Kansas Corporation Commission** 800-662-0027
- Consumer utility helpline
- Kansas Crisis Hotline**
- (domestic violence & sexual assault) . . . 888-363-2287
- Kansas Dept. on Aging** 800-432-3535
- Kansas Hospice & Palliative Care**
- Life Project Helpline** 888-202-5433
- Kansas Housing Resources**
- Corporation Hotline** 800-752-4422
- Kansas Dept. of Revenue Tax Refund**
- Status Line (automated)**. 800-894-0318
- Kansas Dept. of Transportation**
- Highway Road Conditions 511
- Kansas Foundation for**
- Medical Care** 800-432-0407
- Kansas Guardianship Program** 800-672-0086
- Kansas Insurance Dept.** 800-432-2484
- Kansas Securities Commission** 800-232-9580
- SCAMS Hotline** 888-40-SCAMS
- Kansas State Library** 800-432-3919
- Legislative Hotline** 800-432-3924
- Long Term Care**
- Ombudsman** 877-662-8362
- Advocates for residents in licensed adult care facilities
- Make A Difference Information**
- Network** 800-332-6262
- A resource and referral line for all people with a disability, their family members, and for professionals serving people with disabilities.
- Medicaid Fraud Hotline** 800-432-3913
- Medicaid Provider Fraud** 866-551-6328
- Medicare** 800-633-4227
- Secretary of State**
- Voter Registration**. 800-262-8683
- Self-Help Network** 800-445-0116
- Senior Health Insurance**
- Counseling for Kansas (SHICK)** 800-860-5260
- A network of volunteers who can help with your Medicare questions.
- Social Security Administration** 800-772-1213
- State Treasurer**
- Unclaimed Property Line 800-432-0386
- Talking Books Service** 800-362-0699
- Telemarketers (No Call List)** 888-382-1222
- TDD Telephone:**
- Kansas Relay Center** 800-766-3777
- United Way Information** 211
- Veterans Affairs**
- Regional Office (Wichita)** 800-827-1000



DEPARTMENT ON AGING

New England Building

503 S. Kansas Avenue

Topeka, KS 66603

1-800-432-3535

www.agingkansas.org