

# Area Agency on Aging \* Programs & Services



## 5 County Support Services (60+ Years Old) Gilliam, Hood River, Sherman, Wasco, & Wheeler County

### Care Programs:

(Melissa Howtopat 541-298-4101 ext 1005)

- ◇ National Family Caregiver Support Program
  - ◇ Short term relief for family caregivers (Respite)
  - ◇ Caregiver Support Group
  - ◇ Caregiver training
- ◇ Oregon Project Independence (OPI)
  - ◇ Eligibility Requirements
  - ◇ 60 or over unless diagnosed with a Dementia Related Disease
  - ◇ Service Priority Level (SPL) of 13-18
  - ◇ In-home Personal Care
  - ◇ Home Maker Services
  - ◇ Options Counseling
- ◇ Friendly Visitor & Volunteer

### Support Services:

(Caroline Wood, Director 541-298-4101 ext 1008)

- ◇ Administration, Advocacy, Access Services, Area Plan for Planning and Service Area
- ◇ Senior Advisory Council (16 Member)
- Legal Services, Elder Rights, Ombudsman

### Finance Programs:

(Sandra Gettman 541-298-4101 ext 1003)

- Oregon Money Management Program
- ◇ Available to seniors and people with disabilities over 18 years of age
  - ◇ Bill Pay
  - ◇ Rep Payee
  - ◇ Income Cap Trust (to qualify for Medicaid)

### Nutrition Program:

(Brittany Willson 541-298-4101 ext 1007)

- ◇ 12 Community Meal Sites
  - ◇ Provide meals, nutrition outreach, education, and social activities
- ◇ 3 Home Delivered Meal Partners
  - ◇ Provide meals to older adults as well as disable who are homebound by reason of illness, incapacitating disability, or otherwise isolated

### Disease Prevention & Health Promotion Programs:

(Brittany Willson 541-298-4101 ext 1007)

- ◇ Health Insurance Support
  - ◇ SHIBA, SMP, MIPPA
- ◇ Health and Wellness Programs
  - ◇ Living Well with Chronic Conditions
  - ◇ Exercise and Physical Fitness
    - ◇ Walk with Ease
    - ◇ StrongWomen

### Aging and Disability Resource Connection (ADRC)

- ◇ 1-855-ORE-ADRC (673-2372)

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