Caregiver Resources

What Elders and Caregivers Need to Know about Long Term Care

BROUGHT TO YOU BY:
# Medicare vs Medicaid

<table>
<thead>
<tr>
<th>Medicare</th>
<th>Medicaid</th>
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<tr>
<td>Federal Governed Program</td>
<td>State Governed Program</td>
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<td>People age 65 and over, people who have kidney failure or long term kidney disease, and people who are permanently disabled and cannot work.</td>
<td>Low income people that include: pregnant women, children 19 years and younger, people 65 and over, and people who are blind, disabled, or need nursing home care</td>
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<td>Application through the local Social Security Office.</td>
<td>Application through the State’s Medicaid Agency.</td>
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<td><a href="http://www.secure.ssa.gov/iCLM/rib">www.secure.ssa.gov/iCLM/rib</a> to apply</td>
<td><a href="http://www.georgia.gov">www.georgia.gov</a> for more information</td>
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Overview

General Assistance
Employment/Volunteer
Legal Assistance
Medical Support
Fall Awareness/Prevention
Abuse/Neglect
Other
1. General Assistance

a) Georgia Home and Community-Based Services Program (HCBS)
This program values elder independence and promote self sufficiency. This program will provide assistance in the home or community the elder is living in.

b) National Council on Aging (NCOA): Benefits Check Up
The NCOA is a non-profit service/advocacy organization serving elder Americans. Their Benefits Check-Up service helps adults over 55 pay for prescription drugs, health care, and other needs. Visit www.benefitscheckup.org for more information.
c) Georgia Division of Aging Services (DAS): Georgia Area Agency on Aging (AAA)

The Division of Aging Services support elders sustain a safe and healthy living environment. The Area Agency on Aging is a division of DAS that is a resource for those looking for help for elders and people with disabilities. More information can be found at www.aging.dhr.georgia.gov

d) Georgia Community Care Services Program (CCSP)

A program designed to help those who are eligible for Medicaid through assistance in the home and community over placement in a nursing home. Services include adult day health services, emergency response, home-delivered meals, etc.
e) Atlanta Regional Commission (ARC)

The ARC provides general assistance, similar to the Area Agency on Aging, but it also provides employment resources for elders. Visit their website at www.atlantaregional.com/aging-resources for information about assistance.

f) Administration on Aging (AoA)

The Administration on Aging is responsible for helping elders keep their lifestyles with dignity in their homes and communities. Visit www.aoa.gov for more information.
1. General Assistance

g) The National Family Caregiver Support Program (NFCSP)

This program directly supports family caregivers as opposed to elders. It provides a variety of supportive services including respite, adult day services, case management, etc particularly for caregivers (those that are 18 years and older).

h) Georgia Aging & Disability Resource Connection (ADRC)

A collaboration between the AoA and the Centers for Medicaid and Medicare to provide streamlined access to long term care. Go to http://www.georgiaadrc.com/ for more info.

i) Veterans Affairs (VA) Office

A range of services for veterans who need long term care. Contact the VA Office at 1(877)222-8387 for more information.
a) Georgia Senior Community Service Employment Program
   This program provides part time community service work and training for Georgia’s low income unemployed elders age 55 and older. Visit the Center’s website for detailed information about employment options.

b) Atlanta Regional Commission (ARC)
   The ARC provides general assistance, similar to the Area Agency on Aging, but it also provides employment resources for elders. Visit their website at www.atlantaregional.com/aging-resources for information about work.

c) Senior Corps
   The Senior Corps program is the largest volunteer service for elders age 55 and older in the United States. With programs ranging from working with children to general volunteer work, the Senior Corps allows elders to give back to their community the best way they can. More information can be found at www.seniorcorps.gov/about/programs/index.asp.
3. Legal Support

a) Georgia Elderly Legal Assistance Program (ELAP)

Provides elders age 60 and above with legal representation and education on civil legal matters within the state of Georgia. This program is administered through the Division of Aging Services (Georgia Area Agency on Aging) program. Visit [www.aging.dhr.georgia.gov](http://www.aging.dhr.georgia.gov) to learn more.
4. Medical Support

a) The State Health Insurance Assistance Program (SHIP)
   A national program offered to people with Medicare that provides assistance and counseling over Medicare, Medicare Supplement Insurance, Medicare Advantage, etc. Visit www.mygeorgiacares.org or call 1-800-MEDICARE for programs in Georgia.

b) Ask Medicare (Information you need to care for others!)
   Created by the Centers for Medicare and Medicaid Services, this source provides information to caregivers caring for elders, those seriously ill, and/or disabled family members or friends. Go to www.medicare.gov/caregivers for more information.

c) Extra Help with Medicare Prescription Drug Plan Costs
   Prescription Drug Program was launched by the Social Security Administration to provide additional support for medication costs. www.ssa.gov/prescriptionhelp tells you more.
Falls are the leading cause of death among elders ages 65 and older. These falls are also the most common cause of hospital admission for trauma and non-fatal injuries.

Because of this prevalence, Fall Prevention programs have been developed to help elders reduce their chances of falling. Some of the advice includes:

- Having a pharmacist review medications to make sure the interactions do not lead to dizziness or disorientation.

- Regular exercise (weight lifting to build stronger bones) and proper nutrition (proper amounts of calcium and vitamin D)

- Have eyes checked periodically and update prescription on glasses and contact lenses.

- Make the home safer by adding railing/bars, increasing lighting, and reducing potential dangers around the house.

Visit [www.ncoa.org/improve-health/falls-prevention](http://www.ncoa.org/improve-health/falls-prevention) for more information
Abuse of elders can happen in any setting by any one. Unfortunately, majority of abusers are caregivers and could be someone the elder relies on for support. As a result, handling elder abuse is a very sensitive issue that needs to be handled appropriately.

Abuse can be shown in a variety of forms including:

- **Physical**: the use of physical force
- **Emotional**: the use of words to cause mental/emotional harm
- **Sexual**: forcing sexual behavior without the elder’s consent
- **Neglect**: refusal of caregiver to provide essential resources to elder
- **Self Neglect**: elder depriving him/herself of necessities intentionally
- **Financial**: using the elder’s finances for ones own benefits

If you or an elder you know is dealing with abuse, please contact **DAS (Division of Aging Services)**, Georgia’s Adult Protective Services (APS) Agency, at **404-657-5250** or **1-888-774-0152**.
7. Other Programs

a) Atlanta Hoarding Task Force (AHTF)

The AHTF is a non-profit that helps those with hoarding issues before it escalates. They try to stop the problem before it devastates the health and wellbeing of both the person and their family. Please visit their website at www.atlantahoardingtaskforce.com for more information.

b) Meals on Wheels Association of America (MOWAA)

One of the largest organizations dedicated to meal service, Meals on Wheels provides information about local organizations they work with and areas that participate in this service. Find a location near you at www.mowaa.org
Contact US

Center for Positive Aging
1440 Dutch Valley Place (Suite 120)
Atlanta, GA 30324

(404) 872-9191
Fax: (404) 872-1737

www.centerforpositiveaging.org