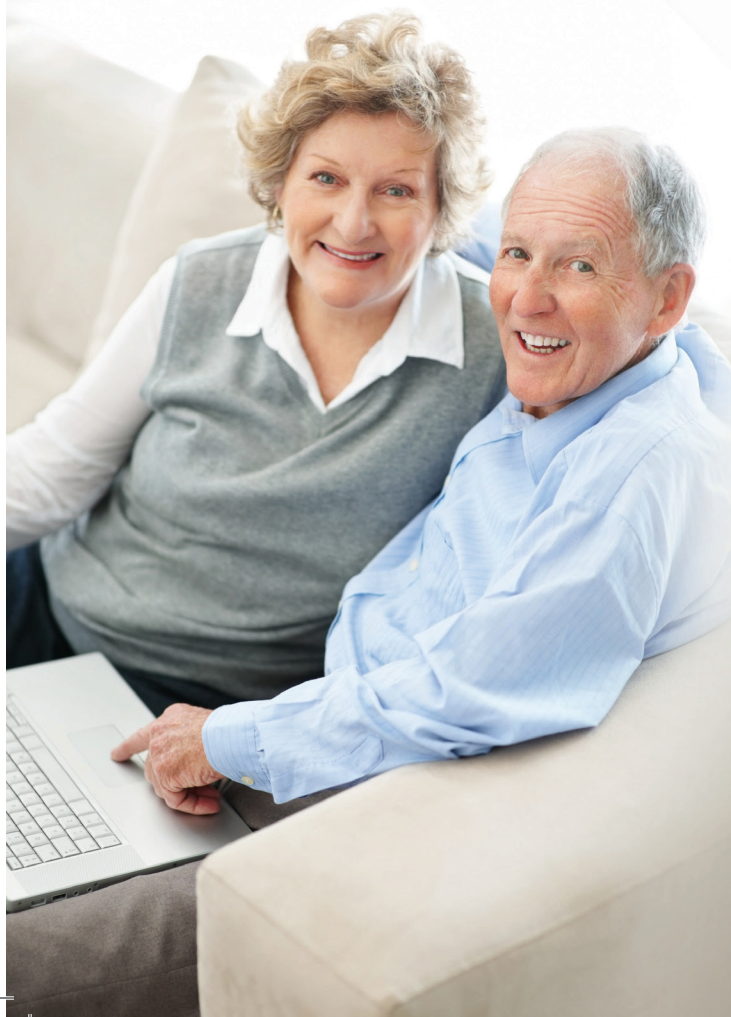


## Building on the strength of existing community agencies.

The Aging and Disabilities Resource Network (ADRN) at AAA9 builds on the strength of existing community agencies to streamline access to information, long-term supports and services to ensure elderly, vulnerable or disabled Ohioans in our service area have access to community living, personal choice and independence.



The Area Agency on Aging Region 9, Inc. is a non profit Section 501(c)(3) organization designated by the Ohio Department of Aging as one of America's nearly 700 Area Agencies on Aging.

### >> AAA9 SERVICE AREAS

Belmont County  
Carroll County  
Coshocton County  
Guernsey County  
Harrison County  
Holmes County  
Jefferson County  
Muskingum County  
Tuscarawas County



## AGING AND DISABILITIES RESOURCE NETWORK

*ensuring access to community living,  
personal choice and independence.*



AREA AGENCY  
on AGING  
Region 9

### CONTACT US

phone: 740.439.4478

toll-free (office hours): 800.945.4250

toll-free (after hours): 844.932.7277

fax: 740.439.0064

  @AAARegion9

visit: [www.aaa9.org](http://www.aaa9.org)

email: [aaa9@aaa9.org](mailto:aaa9@aaa9.org)



AREA AGENCY  
on AGING  
Region 9





## Ohio's Assisted Living Waiver Program

Assisted Living bridges the gap between independent living and nursing home care by providing services in approved Assisted Living facilities to delay or prevent nursing facility placement. The Assisted Living Waiver Program is one of the long-term care options available statewide to Medicaid recipients to promote aging in place by supporting consumer desire for choice, privacy, and to remain independent.

Assisted Living combines a home-like setting with personal support services to provide more intensive care than is available through home care services. Assisted Living facilities provide older adults with an alternative to nursing facility care that is both less expensive and less restrictive.

Assisted Living residences vary considerably, but most provide meals, housekeeping, laundry, transportation, and social activities. They also offer personal care, such as assistance with eating, bathing, grooming and personal hygiene. Some nursing care is also provided, including medication administration and dressing changes.

### >> SERVICES PROVIDED BY THE PROGRAM:

- **Assisted Living Services:** Includes 24-hour on-site response, personal care, supportive services, nursing, transportation, three meals per day, and social/recreational programming.
- **Community Transition Services:** Available to persons leaving a nursing facility to enroll in the Assisted Living Waiver Program, this service helps individuals obtain essential household furnishings and other items.

## Care Transitions

A Care Transitions Coach assists eligible individuals following hospital discharge by helping them become better prepared to take care of their health condition to help prevent them from being readmitted to the hospital.

## Title III

Under Title III, State and Community Programs, the Administration on Aging (AoA) works closely with its nationwide network on aging to plan, coordinate and develop community-level systems of services meeting the unique needs of older persons and their caregivers.

Title III supports services designed to assist older persons at risk of losing their independence and active older persons. All individuals age 60 and over are eligible for services, although the priority is given to serving those with the greatest economic and social need, with particular attention to low-income minority older persons.

### >> SERVICES INCLUDE:

- Congregate and Home-Delivered Meals
- Supportive Services
- In-Home Services for Frail Elderly
- Disease Prevention and Health Promotion Services

## Steady U

STEADY U Ohio is a statewide collaborative falls prevention initiative, supported by Ohio government and state business partners to ensure that every county, every community and every Ohioan knows how they can prevent falls, one step at a time.

Most falls in older adults can be prevented. A person's risk for falls goes down the minute he or she stops being afraid of falling. Preventing falls for every older Ohioan will take a community approach. Everyone — from the individual and their family, to doctors and nurses, to business owners and managers, to community leaders and more — has a role to play in preventing falls.

Visit [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) for more information, including a falls risk assessment, falls prevention ideas and resources, news and research.

## Healthy U

Healthy U is a free, community-based workshop that helps participants learn proven strategies to manage chronic health conditions and gain confidence in their ability to live healthier, happier lives.

Individuals participate in an interactive workshop for six weeks in small-group sessions that focus on the participants' role in managing their own illnesses.

### >> HEALTHY U PROGRAMS:

- Give participants more energy and reduce fatigue
- Reduce emergency room visits and hospitalizations
- Address a variety of conditions including arthritis, lung disease, high blood pressure, diabetes, anxiety and chronic pain.
- Improve participants' confidence and well-being

For more information, visit [www.aging.ohio.gov](http://www.aging.ohio.gov)