

IMPORTANT WEBSITES

American Society on Aging
www.asaging.org

Benefits Check
www.benefitscheckup.org/

Centre County Office of Aging
www.co.centre.pa.us/521.asp

Centre County Info Data Base
www.centrecountyinfo.org

Eldercare Locator
www.eldercare.gov

**Medicare, Medicare D, National Nursing
Home Comparison**
www.medicare.gov

Pennsylvania Department of Aging
www.aging.state.pa.us

Pennsylvania Department of Health
www.health.state.pa.us/

Pennsylvania Department of Insurance
www.insurance.pa.gov

**Pennsylvania Department of Public
Welfare**
www.dpw.state.pa.us

Pennsylvania Senior Centers
www.paseniorcenters.org

FOREWARD

Generally, Americans want to be independent. Independence, however, can become much more of a challenge as we grow older or adjust to a disabling condition. We may experience changes in our lifestyles and in our needs. Most individuals remain healthy and are able to care for themselves while others need assistance in differing degrees to maintain their independence.

This resource guide describes a wide range of health, social, and support services available in Centre County. Different needs exist for those who are relatively healthy, those who might have slight impairments, those who are disabled, and those who are totally dependent on others for assistance. This guide is designed to help individuals, families, and friends to choose appropriate levels of support for older persons and disabled adults so that they can continue to live in the community, either in their own homes or in a more protective environment.

For most of us, it is difficult to admit that we or someone we love really needs some type of extra support or help. Sometimes, it is even harder to decide what we need and where to find it. This resource guide was created to provide you with enough information to find the support and resources you may need now—or in the future.

The Centre County Office of Aging and the Centre County Link are not responsible for omissions nor does listing in this guide imply endorsement.

How to Use This Resource Guide

1. Look at the continuum and determine what level of care might be needed: Community Resources, Supportive Services, Services for Partial Care, Long Term Care.
2. Turn to the Contents to find the resources associated with that level of care. Everything is in alphabetical order.
3. Read about those services; we have defined terms that may be difficult to understand.
4. Then read about the resources one level above and below the level of need.
5. Make some phone calls. Ask some questions. There are many people in the community who care about you and your family. Help is just a phone call away.
6. Try a resource for a month or two. Services can always be cancelled or changed.

Continuum of Care

Least Care

Independent in Self Care

Community Resources

Needs Occasional Assistance

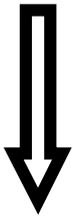
Supportive Services

Needs Frequent Assistance

Services for Partial Care

Needs Total Assistance

Long-Term Care



Most Care

CONTENTS

Independent in Self Care

Community Resources:

- 6 Centre County Link to ADRC
- 7 Centre County Link Partners
- 8 Community Resources, Frequently Called Numbers
- 9 Centre County Government Office Numbers
- 10 Community Hospitals/Emergency Medical Services
- 10 Emergency Shelter
- 11 Health Insurance Counseling (APPRISE)
- 11 Information and Referral
- 12 Legal Services
- 12 Medication Information
- 13 Mental Health-Psychological/Psychiatric Services
- 14 Personal Emergency Response System (PERS)
- 15 Retired Senior Volunteer Program (RSVP)
- 16 Senior Centers and Health Information
- 17 Telephone Equipment
- 17 Transportation
- 17 Triad
- 18 Under 60 Services
- 18 Veterans Services

Needs Occasional Assistance

Supportive Services:

- 29 Alzheimer's/Dementia Information
- 29 Attendant Care
- 18 Blind Services
- 19 Care Management/Service Planning
- 19 Chore Service
- 30 Caregiver Support Program
- 20 Dairy/Grocery Delivery
- 20 Food Banks
- 21 Home Care Medical Supplies & Equipment
- 21 Home Delivered Meals
- 22 Independent Housing for Senior Citizens & Disabled Persons
- 49 Ombudsman
- 19 Property Appraisal
- 23 Protective Services
- 23 Telephone Reassurance

Needs Frequent Assistance

Services for Partial Care:

- 33 Assessment
- 29 Day Program/Day Treatment
- 30 Caregiver Programs
- 31 Home Care Service Definitions
- 33 Home & Community Based Services
- 32 Hospice Care
- 24-27 In-Home Service Providers
- 28 In-Home Service Providers Websites
- 41 Nursing Home Transition Program & Long Term Living Counseling
- 49 Ombudsman
- 33-40 PA OLTL Waiver Programs
- 43-44 Personal Care Homes, List
- 41-43 Personal Care Homes, How to Choose
- 45 Respite Care/Caretaker Relief

Needs Total Assistance

Long Term Care:

- 47-48 Nursing Homes, List
- 45-47 Nursing Homes, How to Choose
- 49 Ombudsman
- 52 Long Term Care Insurance
- 50 Medicare A, B, & Advantage Plans
- 51 Medicare D
- 52 Medicaid & Medigap
- 53 Medical Assistance Estate Recovery Program
- 51 PACE/PACENET
- 53 Spousal Impoverishment
- 49 Volunteer Ombudsman

CENTRE COUNTY LINK TO AGING AND DISABILITY RESOURCES: (LINK TO ADRC)

Link to Aging and Disability Resources is a collaborative effort among community agencies and the Office of Long-term Living (OLTL) to provide information about supports to individuals over the age of 60 and individuals 18 to 59 with disabilities.

Depending on each individual's needs and choices, information and assistance is provide to access resources to services such as but not limited to:

- Assistive Technology
- Drug and Alcohol
- Employment Services
- Health and Nutrition
- Home Modifications
- In-Home Services
- Medical Services
- Nursing Home Transition
- Protective Services
- Support Groups
- Utilities and Fuel
- Care Technology
- Emergency Contacts
- Financial Assistance
- Health Insurance
- Housing Assistance
- Legal Aid
- Mental Health Services
- Options Counseling
- Respite
- Transportation
- Veterans' Services

CENTRE COUNTY LINK CORE PARTNERS

A knowledgeable network of partnering agencies provide supportive services to targeted populations in Centre County. CORE partners, chosen by OLTL, were selected because they provide Waiver Services and are as follows:

877-646-4663	Allied In-Home
355-6716	Apprise
355-6716	Centre County Office of Aging--for more information on programs or to arrange transportation to a center
866-619-6405	Community Resources for
Independence (CRI)	
570-327-9070	Roads to Freedom Center
for Independent Living	
570-320-0590	United Disabilities Services
(UDS)	

CENTRE COUNTY LINK COMMUNITY PARTNERS

A rich field of community agencies, these Community Partners provide services to clients in Centre County. A list of current Community Partners is available by calling 355-6716 and requesting the LINK brochure or by emailing the request to:

centrecountylink@co.centre.pa.us

Both CORE and COMMUNITY Partners attend trainings to learn about services provided in Centre County.

INDEPENDENT SELF-CARE

COMMUNITY RESOURCES

Frequently Called Numbers All numbers in this directory are area code **814** unless otherwise listed.

(800) 355-6024 863-6571 355-6716	Assistance Office (Welfare)(LIHEAP)(SNAP)(Medicaid)
	APPRISE (Health Insurance Counseling) at the Centre County Office of Aging (please make an appointment)
231-7000 353-0502	Mount Nittany Medical Center Catholic Charities
(800) 494-2500 355-7501 349-5850 342-0404 238-3668 355-6830	Community Help Line Community Action, Bellefonte Community Action, Millheim Community Action, Philipsburg Consumer Credit Counseling of Northeastern PA Housing Authority of Centre County
(800) 633-4227 (800) 704-9170	Medicare NationWide Program for Optical Care (income eligibility requirements)
(800) 225-7223 (570) 726-3196 (888) 222-9190 (800) 772-1213 (866) 864-1516 (800) 995-9581	PACE/PACENET PLUS Rural Development Tax and Rent Rebate Social Security United Disability Services

CENTRE COUNTY GOVERNMENT OFFICE NUMBERS

(800) 479-0050	911, non-emergency number
355-6768	Adult Services (Under 60)
355-6716	Aging
355-6782	Base Service Unit
355-6700	Commissioners
355-6727	Court Administrator
355-6735	District Attorney
355-6796	Domestic Relations
355-6703	Elections/Voter Registration
355-6745	Emergency Management
355-6782	Mental Health/Intellectual Disabilities, EI, D & A
355-6791	Planning
355-6796	Prothonotary
355-6794	Prison
355-6798	Public Defender
355-6801	Recorder of Deeds (Military Records)
355-6724	Register of Wills
355-6816	Retired & Senior Volunteer Program (RSVP)
355-6803	Sheriff (Triad)
355-6721	Tax Assessment
355-6805	Tax Claim/Collection
355-6807	Transportation
355-6810	Treasurer (Dog, Fishing, Hunting License)
355-6812	Veterans Affairs
355-6735	Victim Services/District Attorney
355-8746	Weights and Measures

COMMUNITY HOSPITALS/EMERGENCY MEDICAL SERVICES

911	Ambulance/Fire
237-8163	Centre LifeLink EMS
765-5341	Clearfield Hospital
359-3421	Health South Nittany Valley
(570) 893-5000	Lock Haven Hospital
231-7000	Mount Nittany Medical Center
(800) 521-6110	Poison Information Center
865-5415	State College Veterans Outpatient Clinic
943-8164	Veterans Hospital – Altoona
(800) 490-8505	Statewide Elder Abuse Hotline

EMERGENCY SHELTER

237-4863	Centre House/Housing Transitions
(800) 494-2500	Community Help Centre (Out of the Cold)
237-5508	24-hour Emergency Shelter
234-5222	Women's Resource Center

For Information Contact:

353-0502	Catholic Charities
355-6716	Centre County Office of Aging (60+) (8:30-5pm M-F)
(800) 479-0050	Aging After Hours Number
234-7731	Interfaith Human Services (emergency assistance)
237-3162	Red Cross (emergency assistance) State College, Bellefonte, Philipsburg ext. 25
861-1785	Salvation Army
234-5222	Women's Resource Center (for abused women)
(877) 234-5050	Information & Referral 24 Hour Hot Line Toll Free

HEALTH INSURANCE COUNSELING

355-6716

APPRISE

State Health Insurance Assistance Program
Counseling for people with Medicare in
Pennsylvania – A free service provided by trained
volunteers to help Medicare Beneficiaries with
questions and problems regarding health insurance.
Volunteers can compare existing benefits and
available options, assist with enrollments and apply
for help. They can also assist with billing issues and
appeals.

(800) 783-7067

State Toll Free APPRISE Number

INFORMATION AND REFERRAL

355-6716

Centre County Office of Aging

www.co.centre.pa.us

email: aging@co.centre.pa.us

(800) 494-2500

Community Help Line

865-1710

PSU Gerontology Center

355-6716

Centre County Link

LEGAL SERVICES

- 355-6716 Assistance in obtaining legal advice on managing the long term care clients' affairs. Issues could include representative payee, power of attorney, trusts, life estate, guardianship, wills, etc.
Centre County Office of Aging (for possible referral)
- (800) 326-9177 Mid Penn Legal Services
A telephone advice project to answer questions related to housing and consumer (debt, lawsuits) questions.
- (877) 727-7529 Pennsylvania's SeniorLaw Help Line

See telephone book yellow pages under "Attorneys" for listing of private attorneys.

MEDICAL INFORMATION

- 231-4043 Centre Volunteers in Medicine (CVIM)
A free primary health care clinic for residents of Centre County who cannot afford health care and have no access to health insurance through employer-sponsored programs or government programs such as Medicaid or Medicare.
- 237-5855 Community Help Centre
Information about side-effects, dosages, and interactions for prescriptions and over-the-counter medications. And/or contact your pharmacist.
- 359-3421 HealthSouth Nittany Valley
(800) 842-6026 Free evaluations in the home, physician's office, or emergency room.

MENTAL HEALTH-PSYCHOLOGICAL/ PSYCHIATRIC SERVICES

(814) 768-2184	Bright Horizons – at Clearfield Hospital
(800) 643-5432	Centre County Can Help Line & Emergency after 5:00pm, weekends, holidays
237-7400	Centre Home Care, Psychiatric Nurses
237-5855	Community Help Centre, 24 Hour Crisis
(800) 494-2500	Intervention Hotline
238-0105	Counseling Ministry
235-1048	Medi Home Health/Psychiatric Nurses
355-6782	Mental Health/Intellectual Disabilities, EI, D & A: The Base Service Unit
238-4937	Mount Nittany Medical Center (Short-term, inpatient care) For access to mental health, mental retardation, and drug and alcohol programs.
(800) 378-5580	The Pathways, A Geriatric Psychiatric Unit.
949-4260	(Altoona)
684-7366	Omni Home Care Behavioral Health Program
(877)411-9102	Seven Mountains Warm Line (Confidential, Non-Crisis, One-on-One telephone service) 6pm to 10pm, 7 days a week, 365 days a year
684-2501	Tyrone Hospital Counseling Services—Outpatient Mental Health Counseling
237-2712	Grief Support and Information-Koch Funeral Home
364-2161	The Meadows Psychiatric Center—inpatient care
(800) 641-7529	
466-6666	Psychological and Mediation Resources
(877) 411-9102	Seven Mountains WARMLINE
943-8164	Veterans' Hospital – Altoona

See telephone book yellow pages "Marriage, Family, Child & Individual Counselors" or "Psychologists"

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS), 24-HOUR IN-HOME

This is a private pay system to help individuals maintain independence by providing constant communication with an Emergency Response Center.

(800) 693-5433	Alert One
(800) 338-7114	Automated Security Alert
235-1048	help (Medi Home Health)
234-6153	Lifeline Program (Mount Nittany Medical Center Social Services)
(800) 921-2008	CTR Alarm Systems, Inc.
(866) 826-7731	Centre EMS On Call
861-1600	Comfort Keepers
(800) 226-8100	HealthWatch (Centre Home Care)
272-0116	HealthWatch (HomeWatch Caregivers)
(888) 478-6227	HealthWatch (Sun Home Health)
(800) 882-2280	Life Fone
765-5341 ext. 2690	Lifeline Program (Clearfield Hospital Social Services)
(800) 848-9399	Link to Life
237-1404	Senior Care 911 (Home Nursing Agency)
(800) 860-4230	Valued Relationships Inc.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP taps the skills, talents, and experience of people age 55 and older to meet a wide range of community needs through volunteer service. **As a volunteer you may choose to volunteer with over 130 non-profit agencies throughout Centre County, participate in RSVP run programs, and choose when and how much you volunteer.** RSVP provides a quarterly newsletter, recognition events, free liability and accident insurance while volunteering, and support for its volunteers and volunteerism in Centre County. RSVP members are eligible to receive discounts at local businesses and restaurants through the Volunteer Appreciation Discount Program. *Staying active and involved through your retirement benefits your health and well being.* Contact RSVP at 355-6816 and visit our website at www.co.centre.pa.us/rsvp

RSVP's in-house programs include:

- **VITA (Volunteer Income Tax Assistance):** Tax preparation for low income individuals at locations in State College, Bellefonte, Millheim, and Philipsburg.
- **NEXUS Pen Pals:** Exchange letters with an elementary student in the Bald Eagle School District. This Program runs October through May and includes seven letters, a social meeting at the school, and an opportunity to positively impact a child's life.
- **Special Projects:** RSVP volunteers gather to perform short term tasks at our partners all over Centre County. *Many hands lighten the load* and volunteers enjoy a productive day of fellowship and fun with other volunteers.
- **Speakers' Bureau:** A variety of public speaking presentations for civic groups, non-profit organization, or class room needs. Both requesting agencies and individuals offering topics are encouraged to contact us.
- **TTRP (Telephone Touch Reassurance Program):** "Reach out and touch someone" with a reassuring phone call.
- **Benefits Check Up:** Are you receiving all of the benefits to which you are entitled? Ask for a check up.

SENIOR COMMUNITY CENTERS, TECHNOLOGY, AND HEALTH INFORMATION

The Centre County Office of Aging supports 6 senior community centers throughout Centre County. Services for those 60 and over include: Hot nutritious congregate meals, socialization, recreation and education programs tailored to the participants' interests, and a range of programs such as health screenings, health and consumer education, computer/technology classes, creative arts, exercise, and other special events which are unique to each center. Promotion of wellness programming is focused on through PrimeTime Health, a health initiative through the PA Department of Aging and the Centre County Office of Aging.

Anyone age 60 and above is welcome to attend a senior center at any time, however, those who wish to eat a meal must register with their center at least two days in advance. A donation towards the cost of the meal is requested. People attending the centers may attend as frequently or as infrequently as they want. New participants are always welcome to join.

Transportation is available to and from each center through Centre County Transportation and is arranged through the center. Two centers are also served by CATA. In addition, scheduled shopping trips and those planned by each center are available.

355-6716	Centre County Office of Aging--for more information on programs or to arrange transportation to a center.
355-6720	Bellefonte Center – bellecenter1@gmail.com
364-9511	Centre Hall Center – chcenter@iqnetsys.net
231-3076	Centre Region Center – vshawley@crcog.net Website: http://www.crpr.org/senior/sr-ctr-main.html
349-8188	Penns Valley Center – pvcenter@getwireless.net
342-6549	Philipsburg Center – pburgcenter@comcast.net
387-4086	Snow Shoe Center – bellecenter1@gmail.com

CENTRE COUNTY SENIOR CENTER COALITION (CCSCC)

info@supportccsc.org Volunteers across Centre County providing funding support to all senior centers. Support is raised via annual membership, raffles, grants, and gifts.
www.supportccsc.org

TELEPHONE EQUIPMENT

Pennsylvania Relay Center: The Pennsylvania Relay Center enables deaf, hard-of-hearing, or speech disabled people to communicate by telephone with hearing people any time of the day or night through the use of specially trained communications assistants. If you are hard-of-hearing or speech disabled and own a TDD:

(800) 654-5984 PA Relay Center

If you are a hearing person calling a TDD user:

(800) 654-5988 PA Relay Center

TRANSPORTATION

Essential transportation to and from medical appointments, shopping, human service agencies, senior activities centers, pharmacies, and to meet other essential needs related to independent living.

238-2282	CATA
355-6716	Centre County Office of Aging
355-6720	Bellefonte Center
364-9511	Centre Hall Center
231-3076	Centre Region Center
349-8188	Penns Valley Center
342-6549	Philipsburg Center
387-4086	Snow Shoe Center
355-6807	Centre County Office of Transportation
238-6100	CATARIDE
237-5855	Community Help Centre, Provide-A-Ride
(800) 494-2500	Community Help Line
(888) 661-7587	Health Ride (MA—Medical Assistance)
355-6812 ext. 1	Veterans Affairs
355-6812 ext. 2	DAV, Transportation for Veterans

TRIAD

Centre County Triad is a partnership between the sheriff, senior citizens, and law enforcement agencies. Its purpose is to reduce the criminal victimization of the elderly and enhance the quality of life for older community members through education, advocacy, and action. Triad addresses issues such as home repair scams, telephone fraud, personal safety, and home security.

355-6803 Sheriff's Office

UNDER 60 SERVICES (for low income adults and families)

355-6768 Office of Adult Services: Adult Services Case Management (intake and referrals to in-home care services); Basic Needs Case Management, (referrals to food banks, heating assistance, help with medications, etc.); Rental/Mortgage Financial Assistance; and Housing Case Management (referrals to affordable housing.)

(877) 550-4227 PA Independent Enrollment Broker

VETERANS SERVICES

355-6812 Centre County Office of Veterans Affairs
765-4611 Clearfield County Office of Veterans Affairs
(800) 827-1000 Veterans Toll-Free Number in Pennsylvania

NEEDS OCCASIONAL ASSISTANCE SUPPORTIVE SERVICES

BLIND SERVICES

(866) 695-7673 Altoona District Office, Bureau of Blindness and Visual Services - Independent Living/Older Blind (Children's and Vocational Rehabilitation) Program(s). Eligibility - Corrected Vision 20/70 (exception made for progressive eye disease). Provides low vision aids and instruction to maintain independence in activities of daily living and mobility. Income guidelines for some services.

(800) 622-2842 Harrisburg Office
355-0500 North Central Sight Services: Vision guidelines apply, Title XX Income Guidelines. Provides chore, transportation, and life skills.

238-0132 Sight Loss Support Group of Central PA

CARE MANAGEMENT/SERVICE PLANNING

A service for clients with complex problems requiring the assistance of a caseworker to coordinate and plan for community services.

- | | |
|----------|---|
| 355-6755 | Centre County Children & Youth
For children under 18 and their families |
| 355-6782 | Centre County Mental Health/
Intellectual Disabilities, EI, D & A
For anyone with mental illness, developmental disabilities, or drug/alcohol problems. |
| 355-6768 | Centre County Office of Adult Services
For adults aged 18 to 59 |
| 355-6716 | Centre County Office of Aging
For adults aged 60+ |
| 861-1785 | Salvation Army – for the Centre Region |

In addition, there are private independent care managers.

- | | |
|----------------|--------------------------------|
| (866) 308-9600 | Alliance Care Management |
| 355-9434 | Soltis Senior Care Connections |

Also, there are private independent Personal Property Appraisers.

- | | |
|----------|--|
| 360-3259 | Donnelly's Estate Liquidation & Appraisal Services |
|----------|--|

See telephone book yellow pages "Appraisers"

CHORE SERVICE

Provides for the labor involved in the performance of semi-skilled home repairs and maintenance tasks to enhance the health and safety of the individual in the home.

- | | |
|----------|--|
| 234-8222 | Community Help Centre – Skills Bank |
| 263-4177 | Young People Who Care
Serves the Philipsburg Area |
| 237-5731 | DeClutter Program-Cty Youth Service Bureau |

HOME CARE MEDICAL SUPPLIES & EQUIPMENT

(800) 464-2273

Clear Care

(800) 472-4352

Dick's Home Care

(800) 777-6647

Medical Supply, Inc.

238-4950

Rose Cologne Center for Barrier-Free-Living-education and guidance regarding design plans.

466-8736

T & B Medical

(888) 950-0900

See telephone book yellow pages "Hospital Equipment and Supplies"

HOME DELIVERED MEALS

Hot, nutritious meals are delivered to homebound persons unable to prepare meals themselves and have no one to assist them.

355-6716

Centre County Office of Aging –provides noon meals Monday – Friday to areas of the county outside the State College Area School District/Centre Region (60+).

237-8135

Meals-On-Wheels –provides noon meals plus evening supper Monday, Wednesday, & Friday to adults living in the State College Area School District/Centre Region.

(888) 343-8020

Mom's Meals—2 week supply of meals delivered to the home for reheating.

INDEPENDENT HOUSING FOR SENIOR CITIZENS & DISABLED PERSONS

Self-contained apartments designed to enhance personal independence, while limiting the need for individual maintenance. Common space and activities often available, and some facilities are equipped to assist with activities of daily living.

238-0400	*Arnold Addison Court, State College
278-4701	*Bellaire Courts, State College
355-6830	*Brockhoff House, Bellefonte
355-6830	*Centre County Housing Authority
466-7553	*Centre Estates, Boalsburg
359-2782	The Court at the Oaks Senior Community, Pleasant Gap
355-6750	*Crestside Terrace, Bellefonte
342-2292	Decatur Village, Philipsburg
861-3337	Deer Creek at Toftrees
238-3322	Foxdale Village, State College
355-4090	*Fox Hill I & II Apartments, Bellefonte (must be 62)
355-3682	*Governor's Gate Apartments, Bellefonte
355-8804	Haratin Enterprises, Bellefonte
696-4506	*Lutheran Commons at Pleasant Gap
234-1323	*Mount Nittany Residences, State College
231-9677	*Park Crest Terrace, State College
280-2902	Penns Manor, Centre Hall
(800) 735-3068	*Philipsburg Court, Philipsburg
342-6802	*Philipsburg Towers, Philipsburg
867-8989	Stone Glenn Apartments, State College
355-9774	Terra Sylvan Associates
466-9490	Transitions of America at Liberty Hill, Boalsburg
238-1949	The Village at Penn State, State College
359-2782	The Village at the Oaks Senior Community, Pleasant Gap
357-0202	The Village of Nittany Glen, State College
342-8800	Westminster Place at Windy Hill Village, Philipsburg
238-3139	Windsong at Brookline Village, State College

**Income guidelines apply. Contact individual facility for information.*

In-Home Service Provider Website Listing:

▶ Alleghenies United Cerebral Palsy	▶ www.alucp.org
▷ Always Best Care of Blair-Centre	▷ www.alwaysbestcareofcentralpa.com
▶ AseraCare Hospice	▶ www.aseracare.com
▷ Capital Home Care, Lewistown	▷ www.capitalhomecarepa.org
▶ Caregivers America	▶ www.caregiversamerica.com
▷ Centre Home Care, Inc.	▷ www.vnacns.com
▶ ClearCare Nursing Service	▶ www.clearcarecorp.com
▷ Clearfield Community Nurses	▷ www.communitynurses.org/
▶ Clearfield Hospital Home Health	▶ www.clearfieldhosp.org
▷ Comfort Keepers	▷ www.comfortkeepers.com/office-551
▶ Community Resources for Independence	▶ www.crinet.org/
▷ Community Nursing Service of Clinton County	▷ www.vnachi.com
▶ Conemaugh Home Health	▶ www.conemaugh.org
▷ County Homemakers	▷ www.countyhomemakers.com/
▶ Grane Hospice Care	▶ www.granehospice.com/
▷ Houck Home Care and Cleaning	▷ www.houckcareandcleaning.net
▶ Helpmates, Inc.	▶ www.helpmatesinc.com/
▷ Home Instead Senior Care	▷ www.homeinstead.com/centralpa
▶ Home Nursing Agency	▶ www.homenursingagency.com/
▷ Homewatch Caregivers	▷ www.homewatchcaregivers.com
▶ Horizons Hospice	▶ www.horizonshospice.org/
▷ In-Home Care Services	▷ www.in-homecare.net/
▶ Medi Home Health	▶ www.msa-corp.com/
▷ OMNI Home Care	▷ www.omnihomecare.net/
▶ Private Care Resources, Inc.	▶ www.privatecareresources.com/
▷ SouthernCare	▷ www.southerncarehospice.com
▶ Sun Home Health	▶ www.sunhomehealth.com/
▷ United Cerebral Palsy	▷ www.ucp.org/
▶ VNA Health System Private Duty	▶ www.vnacentralpa.org/

ALZHEIMER'S/DEMENTIA SERVICES

Education and guidance services for care partners for those with Alzheimer's Disease and other Dementias.

(800) 272-3900	Alzheimer's Association Greater Pennsylvania Chapter or www.alz.org
235-0691	M.I.N.D in Memory Care
355-9434	Soltis Senior Care Connections

ATTENDANT CARE

Personal care provided on a part-time basis to anyone over 18 with a disability which interferes with self care in day-to-day activities. Consumers who receive attendant care services can remain in the program after age 59.

(877) 550-4227	PA Independent Enrollment Broker Statewide Information
(877) 371-1110	Alleghenies United Cerebral Palsy – 18 to 59
(877) 646-4663	Allied In Home Services – 18 to 59 years
355-6716	Centre County Office of Aging – 60+ years
866-619-6405	Community Resources for Independence - 18 to 59 years
(570) 320-0590	UCP – 18 to 59 years

DAY PROGRAM/DAY TREATMENT

Day Program services for adults provide a program of activities within a protective non-residential setting for individuals who are not capable of full-time independent living. Also provides respite to care partners.

355-6786	Base Service Unit – Partial Hospitalization age 18+, can provide special services for persons with developmental, disabilities who live in nursing homes.
355-6716	Centre County Office of Aging
231-0820	Skills of Central Pennsylvania – 16 to 65 years Physically, mentally, or emotionally disabled/ vocationally oriented training.
237-8101	Senior Daily Living Center Adult Day Care – 60+
357-0292	Sunny Days Adult Daily Living Center

CAREGIVER SUPPORT PROGRAM

If you purchase help, there are a number of agencies that can help with these services; often a greater concern is how to get help with the financial burden of paying for these services. Two programs are designed to support Pennsylvania families who are taking care of an older person: the federal and state caregiver support programs. The programs provide financial reimbursement for help you have to hire in order to have a break from caregiving or help with extra expenses associated with caring for the older adult. The program does not reimburse family members for time spent caring for their older relative.

FEDERAL CAREGIVER PROGRAM

A reimbursement program for persons providing hands on care or supervision to a care receiver age 60 or older. Carereceiver must have two or more ADL deficiencies and must reside in their own home. Reimbursement is based on carereceiver's income. Also provides reimbursement to certain older (60+) caregivers of dependent children under age 18 living in the same household.

355-6716

Centre County Office of Aging – for more information

STATE CAREGIVER PROGRAM

For persons who are caring for an older adult age 60 or older. To qualify, there must be an adult caregiver (relative or non-relative) and a carereceiver. Carereceiver must have one or more ADL deficiencies. Program reimburses caregiver for consumable supplies, adaptable equipment, respite care, adult day care, and homemaker services needed to continue caring for carereceiver. Reimbursement amount is determined by total household composition and income. Benefits counseling, educational materials, and information on caregiver support groups are provided.

355-6716

Centre County Office of Aging – for more information

HOME CARE SERVICES

Definitions:

Home Health Aide/Personal Care Services through home health agencies include personal care, bathing, assistance in dressing, exercises, assistance in ambulation, meal preparation, and light housekeeping. Medicare will cover these services if the client is receiving skilled care from a nurse or physical therapist. Funding for services may also be available through the Office of Aging on a fee scale basis or private payment for services.

Home Nursing Care Services through home health agencies include observation and evaluation, teaching and training the client/family, therapeutic exercises, catheter care, administering medications, and skin/wound care. (Medicare covers these services IF certain conditions are met.) Funding for services may also be available through the Office of Aging on a fee scale basis or private payment for services.

Home Therapy Services Services covered by Medicare include physical therapy, occupational therapy, speech therapy, medical social services, and supplies and appliances. Other services such as audiologic screening and in-home lab testing can be provided by community agencies.

Not all home care agencies provide all services that a client may need in the home. Methods of payment also vary in different agencies (see middle two sections.)

Hospice Services Management of terminal illness and provision of support and bereavement care for the family as well as the patient (see middle two sections for listings.)

HOW TO CHOOSE HOME CARE SERVICES

The following are questions to ask to determine if the agency provides all the service you need at the least cost to you. Information is also available on the Internet at www.medicare.gov under search tools.

Is the agency certified by Medicare and will it accept Medicare and Medicaid payment?

Medicare certified agencies must bill clients. Certification also means the agency meets Medicare standards.

Is the agency licensed? Licensure means the agency meets Pennsylvania Department of Health standards.

Does the agency provide the type of service needed? An individual may need one or more services, i.e. nursing, physical therapy, homemaker/home health aide, chore service, occupational therapy, speech therapy, etc. Not all agencies provide all services.

Is the agency's staff qualified and supervised? Staff should have licensure or certification in their field. The supervisor should visit and evaluate service regularly.

Will a professional worker visit, evaluate my needs, discuss service to be provided and method of payment? The professional worker should visit, assess your needs, discuss who would provide what service, when and for how long, and discuss the cost and how it is to be paid. You should receive a written care plan.

What happens if I have an emergency or my caregiver is not available? You need to know what to do if you have an emergency outside the agency business hours. You also need to have a back-up plan if your scheduled caregiver is not available.

ASSESSMENT

An assessment is the beginning of the process to help older people, disabled adults and their families determine the services and benefits that will best meet their needs for care. The assessor looks at physical functioning, medical conditions, cognitive functioning, family and other supports, and financial resources of the consumer to determine a level of care. The assessment process is available to any adult, aged 18 or older, who is requesting state funds to help pay for care in the community or in a long term care facility.

When the assessment process is completed, a care manager will begin to develop a care plan with the consumer. The care plan includes services that are provided by other care providers, family members and programs offered through the Departments of Aging and/or Welfare. This process allows the consumer the ability to receive community services as long as his or her health and welfare can be maintained in the community.

HOME AND COMMUNITY BASED SERVICES

Home and Community Based Services are available to older adults who have been assessed and determined to have a need for help with personal care or who need other help to stay at home. A care manager will help the consumer identify an agency to provide care and will arrange for assistance with payment for the care if the consumer is financially qualified.

355-6716

Centre County Office of Aging

PA OFFICE OF LONG TERM LIVING (OLTL) WAIVER PROGRAMS

355-6716

877-550-4227

For Information concerning Waiver programs.

Centre County Office of Aging, age 60+

Independent Enrollment Broker, age 18-59

Waiver Charts

Program Description	Eligibility Criteria	Services Available
Aging Waiver		
<p>Program provides home and community based services (HCBS) to eligible persons age 60 or older that are clinically eligible for nursing facility care.</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ Individuals 60 or older ▪ Asset limit of \$6,000-\$8,000 ▪ Income equal to or less than MA eligibility level ▪ Individuals must have a level of care for a skilled nursing facility 	<ul style="list-style-type: none"> ▪ Adult daily living services ▪ Counseling ▪ Accessibility adaptations ▪ Home delivered meals ▪ Home health care ▪ Personal Emergency Response Systems (PERS) ▪ Personal assistance services ▪ Respite ▪ Specialized medical equipment and supplies ▪ Transition services ▪ Transportation

Program Description	Eligibility Criteria	Services Available
<p>AIDS Waiver</p> <p>Program provides home and community based services to eligible persons age 21 or older who have symptomatic HIV Disease or AIDS</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ Individuals 21 or older with symptomatic HIV or AIDS ▪ Asset limit of \$6,000-\$8,000 ▪ Income limit of 300% of federal benefit rate ▪ Level of care for Acute, Skilled Nursing or Intermediate Care Facility 	<ul style="list-style-type: none"> ▪ Home health care ▪ Nutrition Counseling ▪ Personal assistance services ▪ Specialized medical equipment and supplies

Program Description	Eligibility Criteria	Services Available
Attendant Care Waiver/Act 150		
<p>Program enables individuals with physical disabilities to live in their own homes and communities. Participants have ultimate control of their services, including the right to recruit, hire, train, supervise, pay and if necessary, terminate the employment of their personal assistants.</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ PA residents agenda 18-59 with provisions to transition at age 60 to comparable programs seamlessly ▪ Physically disability expected to last for at least a continuous 12 months or that may result in death ▪ <i>Waiver</i>: Nursing facility level of care required, income and resources must be within established limits <ul style="list-style-type: none"> ▪ Asset limit of \$8,000 ▪ Income limit of \$2,022 ▪ <i>Act 150 Program</i>: Nursing facility level of care not required, may have income or resources too high for MA eligibility. 	<ul style="list-style-type: none"> ▪ Community transition (Waiver only) ▪ Personal assistance services ▪ Personal Emergency Response Systems (PERS) ▪ Service coordination ▪ Financial management services ▪ Participant-directed goods and services

Program Description	Eligibility Criteria	Services Available
LIFE (Living Independence for the Elderly) Program		
<p>LIFE is a managed care program for frail elderly determined to need nursing facility level of care but wish to remain at home and in the community. Most participants receive services in an adult day health center. Nationally, the “Program of All-inclusive Care for the Elderly (PACE).”</p>	<ul style="list-style-type: none"> ▪ Age 55 or older ▪ Income equal or less than MA eligibility level ▪ Nursing facility level of care eligible ▪ Reside in an area served by a LIFE provider ▪ Able to be safely served in the community as determined by a LIFE provider ▪ If needed, home issues are identified and addressed to ensure safe home environment 	<ul style="list-style-type: none"> ▪ Hospital, labs, x-ray, emergency care, nursing facility (if needed) ▪ Meals ▪ Non-medical transport ▪ Personal care, nursing, monitoring ▪ Prescription drugs, hearing aids, glasses, dentures ▪ Primary care and specialists ▪ Recreation/socialization ▪ Therapies

Program Description	Eligibility Criteria	Services Available
COMMCARE Waiver		
<p>Program provides home and community based services for individuals with a medically determined diagnosis of traumatic brain injury (TBI). COMMCARE prevents the institutionalization of individuals with TBI and helps them to remain as independent as possible.</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ Asset limit of \$6,000-\$8,000 ▪ Income equal to or less than MA eligibility level 	<ul style="list-style-type: none"> ▪ Accessibility, adaptations, equipment, technology and medical supplies ▪ Adult daily living ▪ Community integration ▪ Education ▪ Financial management services ▪ Home health ▪ Non-medical transportation ▪ PERS ▪ Pre-vocational ▪ Residential habilitation ▪ Respite ▪ Service Coordination ▪ Supported employment ▪ Therapeutic and counseling services ▪ Structured day habilitation services

Program Description	Eligibility Criteria	Services Available
Independence Waiver		
<p>Program provides HCBS for persons with physical disabilities to allow them to live in the community and remain as independent as possible.</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ Age 18-59 with a physical disability ▪ Asset limit of \$6,000-\$8,000 ▪ Disability likely to continue indefinitely and results in functional limitations in 3 or more major life activities: mobility, communication, self-care, self-direction, independent living, and learning ▪ Cannot have mental retardation or a major mental disorder as a primary diagnosis 	<ul style="list-style-type: none"> ▪ Adult daily living ▪ Assistive Technology ▪ Community integration/transition ▪ Environmental modifications ▪ Financial management services ▪ Medical equipment ▪ Non-medical transportation ▪ PERS ▪ Personal assistance ▪ Respite ▪ Service Coordination ▪ Supported employment ▪ Therapies

Program Description	Eligibility Criteria	Services Available
<p>OBRA Waiver</p> <p>HCBS to people with developmental physical disabilities to allow them to live in the community and remain as independent as possible.</p> <p>Participants enrolled prior to 7/1/06 age in place; new applicants are referred to Aging Waiver.</p>	<ul style="list-style-type: none"> ▪ U.S. Citizen or permanent resident ▪ PA resident age 18-59 that requires an intermediate care facility/other related conditions (ICF/ORC) level of care ▪ Asset limit of \$6,000-\$8,000 ▪ Income equal to or less than MA eligibility level ▪ Has another related condition/disability likely to continue indefinitely that occurred before age 22 ▪ Has disability likely to continue indefinitely and results in functional limitations in 3 or more major life activities: mobility, communication, self-care, self-direction, independent living, and learning. Cannot have mental retardation or a major mental disorder as a primary diagnosis 	<ul style="list-style-type: none"> ▪ Adult daily living ▪ Assistive Technology ▪ Community integration/transition ▪ Environmental modifications ▪ Medical equipment ▪ Non-medical transportation ▪ PERS ▪ Personal assistance ▪ Prevocational and supported employment ▪ Respite ▪ Service Coordination ▪ Therapies

NURSING HOME TRANSITION SERVICES AND LONG TERM LIVING COUNSELING

The Nursing Home Transition Program promotes consumer choice in long term living services. Family, Social Services, or nursing home residents may contact the Centre County Office of Aging to have a counselor discuss the full range of home and community based services available and to give guidance and support in making an appropriate choice within those options. The hope is that consumers will avoid unnecessary long term nursing facility stays and have a higher degree of satisfaction and quality of long term living services.

355-6716

Centre County Office of Aging – for more information

PERSONAL CARE HOMES

Adults live in a residence where food, shelter, assistance with personal care, management of medications, and 24-hour supervision is provided. In some instances, a State subsidy is available for low-income individuals who meet specific eligibility criteria. Not all Personal Care Homes accept the State subsidy.

How to Choose a Personal Care Home

The following are general categories to consider when selecting a Personal Care Home. Remember, a Personal Care Home is NOT a nursing home.

Schedule a visit to the Personal Care Home. During your visit, ask to see or question the following:

Certificate of Compliance issued by the Department of Public Welfare

This insures that you are considering a licensed facility. Centre County Office of Aging - for listings outside Centre County or: www.dpw.state.pa.us/
Keyword Personal Care Homes.

A Typical Room Is there enough space for your belongings? Can the doors and windows be secured if you desire? Can you bring special furnishings (i.e. rocker, dresser, night stand, etc.)? Will you be by yourself or share the room with one or more resident? If you will be sharing a room, ask to meet your prospective roommate.

Fire and Safety Equipment Are there fire extinguishers readily available for use? Have they been serviced and in working order? Is there an evacuation plan for emergencies?

Socialization/Recreation Are there scheduled group socialization and recreation activities (i.e. church groups, religious services, parties, etc.)? Can you have private gatherings? Is there a specific place for such gatherings?

A copy of the House Rules Are there restrictions on having visitors or leaving the home for visits (short or long) with your family and friends? Is there a specific wake up and bed time? What about pets? Will you have access to a telephone, TV, etc.? Can you have your own telephone, TV? Will you be responsible for all costs incurred for private telephone and TV services? Is there a procedure for dealing with complaints? Can you live with these rules?

The Current Week's Menu Are the meals well balanced? Do you like the majority of the foods on the menu? When are meal times? Tell the admissions person of any special diet restrictions you may have.

Personal Care Services What assistance can you expect with your personal care? Is there a bathing schedule or can you request assistance with bathing as you require it? If you need one, is there a hairdresser or barber available? Can you continue to see your own physician? Will transportation be provided to appointments or is there a fee? Will your laundry be done as a part of your fee or a service or is there a separate fee? How is the cost of medication covered? How are medications managed?

A Contract/Agreement for Services (Room, Board, Services)

Can you afford the fee? Do you understand the terms of the agreement?

What arrangements for payment are available?

Most important, talk to several residents Ask how they like living at the Personal Care Home, what they like most and least.

PERSONAL CARE HOMES

- | | |
|----------|--|
| 355-3417 | *Eagle Valley Personal Care Home
500 Front St., P.O. Box 8969
Milesburg, PA 16853 |
| 235-7675 | Elmcroft of State College
150 Farmstead Lane
State College, PA 16803 |
| 238-3322 | Foxdale Village
500 Marylyn Ave.
State College, PA 16801 |
| 234-9898 | *Greenhills Village
301 Farmstead Lane
State College, PA 16803 |
| 696-5356 | Hollidaysburg Veterans Home
Rt. 220, Box 319
Hollidaysburg, PA 16648 |
| 237-5517 | *House of Care
515 W. Beaver Ave.
State College, PA 16801 |
| 238-3193 | The Inn at Brookline
1930 Cliffside Drive
State College, PA 16801 |

**Accepts State Supplement.*

- 342-8466 ***The Heights at Windy Hill Village**
250 Dogwood Drive
Philipsburg, PA 16866
- 238-9193 **Pine Castle at Brookline**
1940 Cliffside Drive
State College, PA 16801
- 422-8435 ***Salem Hill Haven**
424 Heckman Cemetery Rd.
Spring Mills, PA 16875
- 359-2782 ***Schreffler Manor at the Oaks Senior Community**
200 Rachel Drive
Pleasant Gap, PA 16823
- 234-3141 **The Terrace at Brookline**
610 W. Whitehall Rd.
State College, PA 16801
- 238-1949 **The Village at Penn State**
160 Lion's Hill Rd.
State College, PA 16803
- 364-9770 ****Wynwood House Assisted Living**
122 Wynwood Dr.
Centre Hall, PA 16828
- (570) 748-1829 ***Fulmer's Personal Care Home**
201 Woodward Ave.
Lock Haven, PA 17745
- 684-1005 ***Olivia Village**
1452 Bald Eagle Rd.
Tyrone, PA 16686
- 355-6716 Centre County Office of Aging - for listings outside
Centre County or: www.dpw.state.pa.us/ Keyword
Personal Care Homes.

**Accepts State Supplement*
***Accepts Limited State Supplement*

RESPIRE CARE/CARETAKER RELIEF

Temporary caregiving services provided for an individual when the primary caretaker needs time away from caregiving. This care is provided in-home or in an alternative location for a short stay.

See: Day Care/Day Treatment – page 21
In-Home Service Providers – pages 17-20
Nursing Homes – pages 32-33
Personal Care Boarding Homes – pages 28-29

355-6716

Centre County Office of Aging

What if you need more service than the Personal Care Home can provide?

NEEDS TOTAL ASSISTANCE OR CARE LONG TERM CARE

NURSING HOMES

The Pennsylvania Department of Health licenses nursing homes to provide nursing facility services. Admission to a facility and subsequent care is based on a doctor's orders and can be performed only by or under the supervision of skilled medical personnel.

Nursing facility services may offer rehabilitation therapy, nursing rehabilitation, extensive and special care such as IV therapy, care for pressure ulcers, tube feedings, terminal illness, dialysis, need for frequent doctor visits, etc. Services are provided to residents with impaired cognition, behavior problems and reduced functional abilities in activities of daily living – ADL's such as bed mobility, toileting, transfers, and eating.

How to Choose a Nursing Home

In choosing a facility, the most important thing to consider is quality of care and quality of life a resident will have. If possible, make several visits to the facility at different times of the day. Question the home's administrator and director of nursing about the admission process and the contract. Speak to the local Ombudsman for more information to help you make a decision. Following are some important things to consider when selecting a facility. Information about facilities is also available at www.medicare.gov – Nursing Home Compare – allows for you to compare similar criteria when selecting a nursing facility and at www.dsf.health.state.pa.us

Appearance and General Atmosphere Does it have a homelike atmosphere? Pleasant? Attractively furnished and decorated? Do residents have some personal items in their rooms? Is the lighting appropriate? Are the residents well groomed and neatly dressed? Are the rooms clean and comfortable? Are the grounds well cared for? Are there outdoor areas residents can use?

The Nursing Staff Are the nurses and staff friendly and courteous? Are they attentive and conscientious? Do they show a caring, positive attitude? Do they respond quickly to calls for assistance?

Rehabilitative Services Does the home have special services that meet your needs? Short-term and extended care? Postoperative and chronically ill therapy? Physical therapy? Speech and audiology? Respiratory therapy? Latest equipment? Professional, licensed therapists?

Financial Considerations Is the home certified for Medical Assistance – Medicaid- and Medicare? What services are included in the basic fee? Does the contract between the resident and the home clearly state costs, date of admission, services to be provided, discharge and transfer conditions?

What is the facility's policy on holding a bed during hospital stays, etc.?

Recreational Therapy/Activities Program Individual and group activities? Social events? Holiday celebrations? Arts and crafts? Monthly published activities calendar? Does the facility work with community groups such as pet therapy or Scouts? Is there a residents' council?

Dietary Services Does the facility offer nutritious and appetizing meals? Snacks? Registered dietician? Special diets? Good kitchen facilities? Are meals served in the dining room? Hand feeding?

Spiritual Programs Regular religious services? Which denomination? Bible Study? Positive, uplifting atmosphere? Counseling sessions? Staff chaplain?

Security Is the facility safe? Fire resistant? Meets or exceeds fire safety requirements? Are there fire drills and around-the-clock safety procedures? Handrails in the hallways and grab bars in the bathrooms? Easy for residents in wheelchairs to maneuver? Toilets convenient to rooms?

Other Considerations Does the home have a good reputation and references? Does it use physical or medical restraints? Does the local ombudsman visit regularly? Are private areas available for residents to visit with visitors or doctors? Is the facility convenient for family or friends to visit? Is there an odor problem?

www.medicare.gov For more information and to compare nursing homes
www.dsf.health.state.pa.us For lists of all nursing care facilities

NURSING HOMES

238-3322

Anthony House at Foxdale Village *

500 E. Marylyn Ave.
State College, PA 16801

355-6777

Centre Crest Nursing Home

502 E. Howard St.
Bellefonte, PA 16823

238-3139

Fairways at Brookline *

1950 Cliffside Drive
State College, PA 16801

237-0630

The Hearthside

450 Waupelani Dr.
State College, PA 16801

*Does not accept Medicaid

- 238-1949 **The Village at Penn State ***
160 Lion's Hill Rd.
State College, PA 16803
- 342-6090 **Windy Hill Village of Presbyterian Homes**
100 Dogwood Dr.
Philipsburg, PA 16866
- (717) 248-3941 **Golden Living Centers–William Penn**
163 Summit Dr.
Lewistown, PA 17044
- 684-0320 **Epworth Manor**
951 Washington Ave.
Tyrone, PA 16686
- 696-5356 **Hollidaysburg Veterans Home**
Route 220, Box 319
Hollidaysburg, PA 16648
- (717) 242-1416 **Ohesson Manor**
276 Green Ave.
Lewistown, PA 17044
- 765-7545 **Mountain Laurel Nursing and Rehab. Center**
700 Leonard St.
Clearfield, PA 16830
- 236-0600 **Ridgeview Elder Care Rehab. Center**
McNaul St.
Curwensville, PA 16833
- (570) 922-3351 **Rolling Hills Manor**
RR 1, Box 646
Millmont, PA 17845
- (570) 748-9377 **Susque-View Home, Inc.**
22 Cree Dr.
Lock Haven, PA 17845
- (717) 935-2105 **Valley View Retirement Community**
4702 Main St.
Belleville, PA 17004
- 644-2065 **Westminster Woods at Huntingdon**
360 Westminster Drive
Huntingdon, PA 16652
- 355-6716 Centre County Office of Aging – for listings outside
Centre County or www.health.state.pa.us/ Under Health
Topics – Facility Licensure and Certification.

*Does not accept Medicaid

OMBUDSMAN

The Centre County Office of Aging offers a mandated service known as the Ombudsman program. The older Americans Act of 1965, as amended in 1978, established the Long Term Care Ombudsman Program. Ombudsman is a Swedish word meaning “citizen representative”. In Pennsylvania, the Long Term Care Ombudsman serves as a mediator who seeks to resolve concerns made by or on behalf of people who are consumers of long term care services. The following themes are emphasized: consumer driven, legally based, impartial and highly visible, has access to facilities, consumers and records and is nonpartisan. The major goal of the program is to honor and respect each individual’s right to quality of life, as that individual has defined it. The Ombudsman works with consumers to listen to their definition of quality of life, and then with their consent, works to preserve it. Another emphasis of the program is to promote self resolution of problems to maintain the highest level of independence each individual is capable of. Statistics have shown that 60% of consumers in long term care facilities have no visitors at all. Another benefit of this program is to reduce the social isolation consumer many feel having to enter a facility.

VOLUNTEER OMBUDSMAN

In the mid 1990’s, the decision was made in Pennsylvania to use volunteers as an active component of this program. After completing required training, volunteer ombudsman visit residents in a long term care facility, such as a nursing home or personal care home for a minimum of six hours a month. A volunteer ombudsman inquires about the quality of care individuals receive and listen to their concerns. Volunteers assist residents to seek self-resolution of their concerns, may act as an educator to ensure residents are aware of and utilize all their rights. Studies show that the quality of services provided improves with increased visitation by family or friends. Volunteers assist by providing a highly visible presence in facilities. For more information about the program:

355-6716

Centre County Office of Aging – Ombudsman

INFORMATION YOU NEED TO KNOW

MEDICARE

Medicare is a Federal health insurance program for people 65 or older, under age 65 with certain disabilities, and any age with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant.) It is administered by the Centers for Medicare and Medicaid Services (CMS). Local Social Security Administration Offices take applications for enrollment.

- **Part A (Hospital):** helps cover inpatient care in hospitals and skilled nursing facilities but not custodial or long term care. It also helps cover hospice care and home health care if certain criteria are met. Most people get Part A coverage without having to pay a premium because they or a spouse paid Medicare taxes while employed.

- **Part B (Medical):** helps cover medical services like doctor's services, outpatient care, and other medical services that Part A doesn't cover. Part B is optional, but if a beneficiary wants to have other coverage –Medicare Advantage or Medigap-- they must be enrolled in both Part A and Part B. It has a monthly premium that is deducted from the beneficiary's Social Security benefits check.

- **Medicare Advantage Plans:** (sometimes referred to as Medicare Part C) include HMO (Health Maintenance Organizations), PPO (Preferred Provider Organizations) and PFFS (Private Fee For Service.) This option combines Medicare Parts A and B and private insurance companies approved by Medicare provide this coverage. Generally one must see doctors in the plan, or, in the case of PFFS, doctors must be willing to accept the plan's payment.

- Part D (Prescription Drug Coverage): may help lower prescription drug costs and is available to everyone who has Medicare Part A and/or B. Part D is optional and there is usually a monthly premium. Those who decide not to enroll in a Medicare Part D plan when first eligible may pay a penalty if they choose to join later. These plans are run by companies approved by Medicare. The two ways to get this coverage are either to join a Medicare Prescription Drug Plan that adds drug coverage to the Original Medicare Plan or join a Medicare Advantage plan (such as an HMO or PPO) that includes prescription drug coverage as part of the plan. Some individuals do not need a Medicare Prescription Drug Plan because they already have drug coverage that is creditable – as good as or better than Part D. Out-of-pocket expenses for Part D plans include copayments/coinsurance, coverage gap expenses and copayments/coinsurance in catastrophic coverage. Plans may have a yearly deductible and also have formularies (lists of drugs covered.) If someone qualifies for extra help paying for drug costs, there won't be a coverage gap and other costs will be less. To compare plans go to www.medicare.gov under search tools.

355-6716

APPRISE at the Centre County Office of Aging
(please make an appointment)

(800) 783-7067

Statewide APPRISE Hotline

PACE/PACENET: Prescription Benefits for Older Pennsylvanians. This PA Lottery funded program may help lower prescription drug costs. Eligibility criteria: 65 years of age or better, Pennsylvania resident for at least 90 days, not eligible for Medicaid prescription benefits and are under the following income guidelines—PACE, single \$14,500, married \$17,700; PACENET, single \$23,500, married \$31,500. PACE/PACENET wrap around other prescription plans. Apply by paper application, on the web at <http://pacecares.magellanhealth.com> or by phone (800) 225-7223.

LONG TERM CARE INSURANCE: This type of insurance policy is designed to cover long-term care expenses in a facility or at home and usually covers medical and non-medical care to help with personal care needs such as bathing, dressing, using the bathroom and eating. Neither Medicare nor Medigap will pay for these expenses which can range from \$25,000 to well over \$50,000 per year. Many people begin paying for care out of their own pockets, but soon become impoverished and turn to Medicaid. Long Term Care Insurance generally pays a fixed dollar amount per day for care. Premiums can be very expensive (from hundreds to thousands of dollars per year) depending upon the age of the policyholder and the benefits selected. This type of policy is one way to protect assets, but it is not for everyone and policies should be reviewed carefully before purchasing.

355-6716 APPRISE at the Centre County Office of Aging – for unbiased information about Medicare, Medigap HMO’s, and Long Term Care Insurance (please make an appointment).

MEDIGAP: refers to non-group policies that supplement Medicare. They are private insurance policies that are regulated by federal and state law and are designed specifically to complement Medicare’s benefits. Benefits are standardized, and they pay most, if not all, coinsurance amounts and may also provide coverage for Medicare’s deductibles.

MEDICAID: refers to the Medical Assistance Program, a state government health insurance program for persons with limited income and assets. Medicaid recipients must go to health services providers that participate in the program, and most health care costs, including premiums, deductibles and coinsurances, are covered for dual eligibles (persons who have both Medicare and Medicaid). Dual eligibles are assigned to a Medicare Part D plan for prescription drug coverage. Medicaid can also pay for nursing home expenses and community based services if certain conditions are met.

863-6571 Centre County Board of Assistance –for more information on
800-355-6024 Medicaid.

MEDICAL ASSISTANCE ESTATE RECOVERY PROGRAM

The Department of Public Welfare is required to recover the Medical Assistance – MA – costs paid to certain individuals who have died. These costs are recovered from the assets of the person's probate estate. This affects individuals 55 and older who died and had received MA benefits for: public or private nursing facility care; residential care at home or in a community setting; any hospital care and prescription drug services provided while receiving the aforementioned care.

(800) 528-3708
(800) 692-7462

Estate Recovery Hotline – for more information
Welfare Helpline

SPOUSAL IMPOVERISHMENT LAW

The Spousal Impoverishment Provisions of the Medicare Catastrophic Act of 1988 provides for special financial relief for married couples who lived together and are faced with high medical bills as a result of one of them being admitted to a nursing facility. This act significantly relieves the financial burdens for these couples by requiring, within specific guidelines and financial limits, the protection of income and resources for the spouse in the community. This is accomplished by permitting the institutionalized spouse who is eligible for Medical Assistance – MA – to give some of his/her income and resources to the community spouse up to specified limits, without affecting MA eligibility. Upon admission to a facility, a Resource Assessment Form outlining all financial resources must be completed to protect the maximum amount of a couples resources permitted under the law. Applications for MA can be made at the same time, at a later date or not at all as there is no obligation to apply.

For more information about Medicaid and the Spousal Impoverishment Law contact the Admissions Director or Social Service Director of the Nursing Facility OR:

863-6571
(800) 355-6024

Centre County Board of Assistance

INDEX

Listed by name followed by page number

A

ADRC, Link to, 6
Alzheimer's/Dementia Services, 29
Apartments, 22
APPRISE, 11
Assessment, 33
Attendant Care, 29

B

Blind Services, 18

C

Care Management/Service Planning, 19
Caregiver Program, 30
Centre County Government Office
Numbers, 9
Centre County Link to ADRC, 6
Centre County Senior Center Coalition,
CCSCC, 16
Chore Service, 19
Community Hospitals/Emergency Medical
Services, 10
Community Resources, Frequently Called
Numbers, 8
Contents, 3-5

D

Dairy/Grocery Delivery, 20
Day Program, Adult, 29
Day Treatment, 29
Dementia Services, 29

E

Emergency Medical Services, 10

Emergency Shelter, 10

F

Federal Caregiver Program, 30

Food Banks, 20

Frequently Called Numbers, 8-9

H

Health Insurance Counseling (APPRISE), 11
Home and Community Based Services, 33
Home Care Medical Supplies & Equipment, 21
Home Care Services Definitions, 31
Home Care Services, listing 24-27
Home Delivered Meals, 21
Home Health, How to Choose, 32
Hospice Care, 31
Hospice Care, How to Choose, 32
Hospitals, 10
Housing, 22

I

In-Home Service Providers, 24-27
In-Home Service Providers Websites, 28
Independent Housing for Senior Citizens &
Disabled Persons, 22
Information and Referral, 11

L

Legal Services, 12
Link to ADRC, 6
Link, Community Partners, 7
Link, CORE Partners, 7
Long Term Care Insurance, 52
Long Term Living Counseling, 41

M

Meals, Home Delivered, 21
Meals on Wheels, 21
Medicaid & Medigap, 52
Medical Assistance Estate Recovery Program, 53

Medical Information, 12
Medicare A, B, & Advantage Plans, 50
Medicare D, 51
Mental Health-Psychological/Psychiatric
Services, 13

N

Nursing Home Transition Program, 41
Nursing Homes, 45
Nursing Homes, How to Choose, 45
Nursing Homes, list, 46-47

O

Ombudsman, 49

P

PA OLTL Waiver Programs, 33-40

PACE/PACENET, 51

Personal Care Homes, list, 43-44

Personal Care Homes, How to Choose, 41-43

Personal Emergency Response System (PERS), 14

Property Appraisal, 19

Protective Services, 23

R

Respite Care/Caretaker Relief, 45

Retired Senior Volunteer Program (RSVP), 15

S

Senior Centers, Technology and Health Info, 16

Spousal Impoverishment, 53

State Caregiver Support Program, 30

T

Telephone Equipment, 17

Telephone Reassurance, 23

Transportation, 17

Triad, 17

U

Under 60 Services, 18

V

Veterans Services, 18

Volunteer Ombudsman, 49

W

Waiver, AIDS, 35

Waiver, Aging, 34

Waiver, Attendant Care, 36

Waiver, COMMCARE, 38

Waiver, Contacts, 33

Waiver, Independence, 39

Waiver, LIFE, 37

Waiver, OBRA , 40s

Websites, In-Home Service Providers, 28

For updates and additional information or to be listed in this Resource Book, please call the Office of Aging at: 355-6716 or email: aging@co.centre.pa.us

Centre County Office of Aging Services include:

Adult Day Care

APPRISE

Care Management & Assessment

Family Caregiver Support Programs

Home Delivered Meals

In-Home Services

Information & Referral

Legal Services

Nursing Home Transitions

Ombudsman

PDA Waiver Program

Preadmission Assessment

Protective Services

Retired & Senior Volunteer Program

Senior Centers: Recreation, Social, & Educational Programs

Transportation

Aging Mailing Address:

Centre County Office of Aging

420 Holmes St.

Bellefonte, PA 16823

Visit our Website at: <http://www.co.centre.pa.us/521.asp>

Funding Sources: Federal Funds under the Older Americans Act and Corp. for National and Community Services; Pennsylvania Department of Aging; Pennsylvania Department of Welfare; Centre County Commissioners; Other Local Funds; Participant Donations and Fees.