

# **Senior Resource Guide**

(Services for seniors 60 years and over who need assistance to remain at home)

This guide is designed to provide information to seniors and their family members regarding services available for seniors in Fairfield County.

It is recommended that any senior who needs assistance to remain in their home environment, request an in-home assessment by a social worker or nurse to learn about the options available to them. Please call the Central Ohio Area Agency on Aging at (1-800-589-7277) to request a free in-home assessment.

For more information regarding this guide, or to talk to a Fairfield County geriatric social worker call Southeastern Ohio Center for Independent Living (SOCIL) at 740-689-1494.

**\*\*Information contained in document is subject to change\*\***

## **Food:**

### **Meals:**

Meals on Wheels (740-681-5050) or apply online at [www.mowfc.org](http://www.mowfc.org)

- Home delivered meals-
  - Hot, ready to eat daily delivery (mid-morning to early afternoon delivery)
  - Monday thru Friday
  - Frozen meals available for nights and weekends
  - Fee: donation only
- Congregate Meals Sites-
  - For seniors who are still mobile
  - Monday-Friday; visit our website for list of meal sites
  - Noon time meal
  - Fee: donation only
- Private Pay (self-pay) meals are available for all ages by calling the agency-\$43.75 per week.
- Supplemental Food Boxes for low income seniors
- To apply, fill out a simple application open to all seniors age 60 and older living in Fairfield County

Granny's Home Delivered meals (740-277-6445)

- Once per week delivery (frozen/fresh) – 5 meal minimum
- Fairfield, Franklin, Pickaway county, Licking, Perry (limited), and Hocking (limited)
- Self-pay \$6.00; or \$7 includes milk and juice
- Funding available:
  - Passport
  - Senior Options (Franklin County residents only)
  - Ohio Home Care Waiver Dual agencies (Aetna, Molina, United Healthcare)

Mom's Meals (1-877-508-6667) ([www.momsmeals.com](http://www.momsmeals.com))

- \$6.99 per meal plus \$15 shipping per order
- Available in quantities of 7, 10, 14, or 21 meals
- Ready to eat, refrigerated 14 day shelf life

Clossman Catering ([www.clossmancatering.com](http://www.clossmancatering.com))

- SW and central Ohio;
- Accepts clients by referral only.

Passport Clients:

- Passport pays for ready to eat hot meals, or frozen meals up to 14 weekly as assessed

Church Resources

- If have established relationship at that church

Bay Food Store: ([www.bayfoodmarket.com](http://www.bayfoodmarket.com))

- Free Lancaster city delivery with \$25 minimum order
- 740-653-9606

Giant Eagle: ([www.curbsideexpress.com](http://www.curbsideexpress.com))

- 740-654-4765
- Online ordering
- Curbside pick up

Kroger: ([www.kroger.com](http://www.kroger.com))

- Main Street location (740-653-3244)
- Memorial location (740-654-2511)
- Online shopping
- Curbside pick up
- Lancaster area home delivery (fee)

Meijer: ([www.meijer.com](http://www.meijer.com))

- 740-681-2400
- Online shopping
- Curbside pick up
- Lancaster area home delivery (fee)

Fairfield County Job & Family Services SNAP Program: (<https://www.fcjfs.org/>)

- 740-652-7889
- Apply online at <https://benefits.ohio.gov/>
- Additional information – [https://www.fcjfs.org/services/food\\_cash\\_assistance](https://www.fcjfs.org/services/food_cash_assistance)

## **Health:**

### **House Cleaning/Laundry/Grocery shopping:**

Meals on Wheels/Homemaker Services (740-681-5050) ([www.mowfc.org](http://www.mowfc.org))

- Laundry/cleaning/grocery shopping
- MOW contracts with home health agencies to deliver services
- Services provided on a cost-share basis

Passport Clients (1-800-589-7277)

- Services provided as assessed

### **Personal Care Bathing (toileting, bathing, dressing, grooming, etc)**

Meals on Wheels/Personal Care Service (740-681-5050) ([www.mowfc.org](http://www.mowfc.org))

- Grooming, bathing, laundry
- MOW contracts with home health agencies to deliver services
- Services provided on a cost-share basis

Home Health Agency

- As needed
- At some point may refuse care due to liability
- Accepts private pay

Passport Clients

- Services provided as assessed

### **Caregiver Support Services:**

Meals on Wheels Caregiver Support Program 740-681-5050 ([www.mowfc.org](http://www.mowfc.org))

- Available for unpaid caregivers to relieve stress of caregiving
- Available for unpaid caregivers of any age caring for an older adult 60 and older living in Fairfield County
- Respite, homemaker, personal care, meals, adaptive equipment, minor home repairs
- Services available on a cost share basis, meals available on a donation basis

Fairfield County Job & Family Services Long Term Care (Nursing homes) and Waiver Services (Home care services): (<https://www.fcjfs.org/>)

- 740-652-7889
- Apply online at <https://benefits.ohio.gov/>
- Additional information – [https://www.fcjfs.org/services/medical\\_assistance/nursing\\_home\\_waiver](https://www.fcjfs.org/services/medical_assistance/nursing_home_waiver)

## Social Security Administration

- Medicare Handbook:
  - [http://www.insurance.ohio.gov/Consumer/OSHIIP/Documents/medicare%20101%20booklet\\_2018NEW\\_print.pdf](http://www.insurance.ohio.gov/Consumer/OSHIIP/Documents/medicare%20101%20booklet_2018NEW_print.pdf)

## **Doctors appointments:**

- Home Visits:
  - Dr. Doss (740-277-7570)
    - Medicare with balanced billing to Medicaid
  - Check with your family physician
  - Check with Fairfield Medical Center
- Foot Care:
  - Olivedale Senior Center (740-687-6655)
  - \$30 for 30 minute foot care
- Fairfield Center for Disabilities (740-653-1186):
  - Transportation to appt
    - Door to Door;
    - Anywhere in state of Ohio;
    - Fees vary by service provided (call for details);
    - Hospital volunteer will take person to doctor office however no one remains with person;
    - Wheelchair accessible vans available.
- Fun Bus (740-653-8294)
  - Door to door
  - Bring home health aide paid at hourly rate to accompany into doctor appointment
  - Fairfield County Job & Family Services Non-Emergency Transportation Services: (<https://www.fcjfs.org/>)
  - You must be a resident of Fairfield County
  - A current recipient of Medicaid
  - Call the FCJFS Transportation Team at (740) 652-7682, or toll free at 1-800-450-8845

## **Medication Administration:**

### Passport Clients

- Licensed nurse can administer medications up to 2x per day as medically necessary

### Medication Dispenser

- Approximately \$49/month
- 10 day supply
- Family, visiting nurse, etc. fill machine
- Audio reminder
- Best for persons with mild dementia
  - MOW doesn't provide;
- Passport Clients receive as assessed

### Treatments

- Aides can apply if not prescription; licensed nurse needed for prescribed treatments

### Checking blood sugar

- Licensed nurse need to monitor (Home Health Agency or private provider)

### Pharmacy:

- Supply medications in “bubble packs”
  - All medications for particular time of day pre-packaged into sealed packs;
- Check your personal pharmacy to see if this service is offered
  - Medicine Shoppe (740-653-7779) offers it and provide free delivery to Lancaster city;
  - Risch’s (740-653-1324) offers it and provides free city delivery and county delivery on scheduled days;

### **Other health related services:**

#### Nursing Services

- Catheters
- Approximately \$50 per hour after Medicare ends

#### File of Life

- Provided by Meals on Wheels (740-681-5050)
- Comprehensive info sheet that includes ER contacts, medications, etc.
- Magnetized to refrigerator so accessible for emergency personnel

#### Exercise programs:

- Parkinson Delay the Disease
  - YMCA (740-654-0616)
  - The Salvation Army – Samaritan Center (740-687-1921)
- Parkinson Rock Steady boxing class – YMCA (740-654-0616)
- Olivedale Senior Center (740-687-6655)
- YMCA Silver Sneakers (740-654-0616)

## Shelter:

### Housing/Home Modifications:

	Own Home	Senior Housing	Landlord apt/house
Pay Routine bills: (mortgage or rent/utilities/tax/ Insurance)	Meals on Wheels Family Bank Auto-pay (family or individual sets up) 2-1-1 Catholic Social Services (Licking Co.) [740-345-2565] (serves Fairfield Co.)	Meals on Wheels Family Bank Auto-pay 2-1-1 Catholic Social Services (Licking) [740-345-2565]	Meals on Wheels Family Bank Auto-pay 2-1-1 Catholic Social Services (Licking) [740-345-2565]
Minor Home Repairs	Meals on Wheels (740-681-5050) Community Action (740-653-4146) Purdy Handyman Services(740-503- 3421	Purdy Handyman Services (740-503- 3421)	Purdy Handyman Services (740-503- 3421)
Residence inspection	N/A	Annual; Notice for correction; Eviction if continues	As needed; Concern of liability (fire, destruction, etc)
General Maintenance: Snow, lawn, minor repairs	Habitat for Humanity: <ul style="list-style-type: none"> <li>• Private pay , or</li> <li>• 2<sup>nd</sup> mortgage (lien on property)</li> </ul> Fairhaven Place Lawn Care <a href="http://www.fairhavenlawncare.com/">http://www.fairhavenlawncare.com/</a> 740-808-4326  Passport Clients as assessed  Meals on Wheels (volunteer based program not always available)  Purdy Handyman Services (740-503- 3421)	Included	Family Private vendor  Purdy Handyman Services (740-503- 3421)
Major Repairs:	Habitat for Humanity: Cap at \$5000 2 <sup>nd</sup> mortgage (lien on property);  Community Action: \$25,000 max Waiting list;	Included	Landlord responsibility

	<p>Community Development Block Grant (CDBG): City of Lancaster only Waiting list</p> <p>Veteran Benefits</p> <ul style="list-style-type: none"> <li>• Contact VA services</li> <li>• (740-652-7920)</li> </ul> <p>Passport Clients as assessed</p> <p>Fairfield Center for disABILITIES (740-653-5501) – ramps, doorway widened, minor bathroom accessibility modifications</p>		
Bed bug extermination	Passport clients as assessed Community Action	Community Action	Community Action

## **Safety:**

### Emergency response systems

- Approximately \$40 per month
- Notifies contact person and/or agency if fallen
- Passport Clients as assessed may be eligible to receive
- Meals on Wheels - \$25 installation and monthly monitoring fee based on income
- VA

### Safe Return (Alzheimer Association)

- 614-457-6003
- Free enrollment program
- Provides assistance when someone with dementia wanders and gets lost

### Monitored smoke detectors

- Part of ER response system
- Needed for any dementia person
- Passport Clients as assessed may be eligible to receive

### Free standing smoke detectors:

- Partnership (Meals on Wheels/American Red Cross/Lancaster Fire) provide free smoke detector and installation to MOW clients (740-681-5050)
- American Red Cross provides free safety visit, smoke detector, and installation (1-844-207-4509)

### Lock boxes on door (similar to type realtors use)

- Access code is provided to ER squad by dispatch en route – available at Meals on Wheels

### Day Center:

- The Salvation Army - Samaritan Center (740-687-1921)
  - (7 a.m. – 5 pm; Monday – Friday)
  - \$62 per day (4 hour plus day)
    - Breakfast snack, luncheon meal, afternoon snack;
    - Daily Activities and program services
  - \$15.50 per hour (if less than 4 hr day)
  - Financial assistance available but may not include transportation
  - Transportation
    - \$10 per one way trip
    - Pick up and drop off times depend on location
    - Passport Clients/Meals on Wheels/VA
      - Receive services and transportation up to 5x per week as assessed
- Fairfield Center for disABILITIES (740-653-5501)
  - Fees based on income eligibility (Private pay, Medicaid, Passport, DD)
  - Lunches from Meals on Wheels;

### Identity Theft:

- Preventative Measures:
  - Scams – stay aware of them
    - State of Ohio Attorney General (1-800-282-0515)
    - [www.ohioattorneygeneral.com](http://www.ohioattorneygeneral.com)
  - Phones
    - Get unlisted number
    - Route calls to family member number
    - Inbound phone call blocker:
      - Sold in electronic stores and on-line;
      - Only allows callers with special code to contact person with cell phone.
    - Do Not Call list (1-888-382-1222)
      - Both land lines and cell phones;
      - Must call from the phone # you want to register
    - Wait until 4<sup>th</sup> ring to answer; program answering machine to 5 ring pick up
  - Freeze credit line
  - Monitor bank account transactions
  
  - Use a Payee:
    - Meals on Wheels;
    - 2-1-1 if have mental health diagnosis
- Reactive measures:
  - Report cases to police/Sheriff/Attorney General



### Intruders:

- Emergency response systems (ERS)
  - If landlines are d/c these devices may not work;
  - However some ERS companies work with cell phones
- Security System

### Transportation:

- “How Do I Get From Here to There” transit brochure
  - contact SOCIL for copy – 740-689-1494
- Fairfield Center for Disabilities (740-653-1186);
- Fun Bus (740-653-8294);
- Lancaster/Fairfield County Public transit – county wide service; fixed loop routes within areas of Lancaster and Pickerington city limits; special rates for seniors and persons with disability
  - 740-681-5086
  - [www.ci.lancasteroh.us/dept/transit](http://www.ci.lancasteroh.us/dept/transit)
- Transportation to physicians
  - Escort needed from home health agency/family member
- OSU Dodd Hall (614-293-3833)
  - Provides driving evaluation to confirm individual can safely drive
  - Doctor must order based on medical diagnosis
    - If medical diagnosis of dementia and still driving insurance company may not cover claims
- Passport Clients receive medical transportation as assessed
- Fairfield County Job & Family Services Non-Emergency Transportation Services:  
[\(https://www.fcjfs.org/\)](https://www.fcjfs.org/)
  - You must be a resident of Fairfield County
  - A current recipient of Medicaid
  - Call the FCJFS Transportation Team at (740) 652-7682, or toll free at 1-800-450-8845

### Tax preparation:

- Representative Payee Services
  - Meals on Wheels (740-681-5050)
  - 2-1-1 if mental health diagnosis
- Power of Attorney advance directives;
- United Way (740-653-0643)
- Community Action (740-653-4146)

### Legal:

- Pro Seniors Legal Hotline (1-800-488-6070)
- State of Ohio Legal Rights (614-728-2553)
- SE Ohio Legal Services (1-800-686-3668)
- Disability Rights Ohio (1-800-282-9181)

### Bill Paying:

- Payee Services
  - Meals on Wheels (740-681-5050) [www.mowfc.org](http://www.mowfc.org)
  - 2-1-1 if mental health diagnosis
- Bank auto pays
- Durable Power of Attorney
- Joint owner on bank account
- Bank alerts
  - Bank can alert caregiver via phone or email of suspicious activity;
  - Caregiver and loved one need to go to bank to set it up;
  - A particular dollar amount will be determined to trigger alert;
  - Contact the person's bank for policy and procedure to set up alert.

### Medication Theft:

- Utilize locked medication dispenser;
- Lock box for excess medications;
- Avoid storing medications in high traffic area of house (bathroom or kitchen);
- Someone to monitor usage to ensure medications administered per schedule.

### Payee Services

- Meals on Wheels
  - Anyone over 60 years and in Fairfield County
  - No Fee
  - All mail is directed to Meals on Wheels
  - Meals on Wheels provided social security and bank access
- Catholic Social Services (1-800-536-5057 ext 1)
  - Service for physically and mentally disabled
  - Central and Southern Ohio
  - Pays monthly bills
- 2-1-1 (contact for Payee Program Application)
  - Individuals with mental illness or addiction issues
  - Free
  - At least one time per month face to face meeting

### Car Maintenance:

- Use trusted body shop to follow maintenance schedule;
- Follow maintenance schedule to ensure car is safe.

### **Supports:**

#### Information and Referral: Meals on Wheels (740-681-5050) ([www.mowfc.org](http://www.mowfc.org))

- OSHIP-Medicare application assistance
- HEAP application assistance
- Application forms available: voter registration, Homestead Exemption Assistance

#### Veteran Service Commission (740-652-7920)

- Call for eligibility and services available

#### Respite:

- Meals on Wheels (740-681-5050) ([www.mowfc.org](http://www.mowfc.org))
  - Offered to caregiver if providing 24/7 care
  - Adult daycare onsite placement
  - In home respite service
- Nursing Home
  - Private Pay
    - Estimated \$1500 per week
  - Hospice candidate
    - Eligible 5 days per month
    - Medicare pays
  - Passport Clients as assessed
- The Samaritan Army – Samaritan Center
  - (see “Day Center”) section for details
  - 740-687-1921

#### Support Groups/Counseling:

- Alzheimer support group (for caregiver)
  - [www.alz.org](http://www.alz.org) for locations and schedule;
  - Call SOCIL at 740-689-1494
  - Free respite at The Salvation Army -Samaritan Center during meeting
- What’s Next Dementia Conversations
  - Third Monday every month (1-2pm)
  - SOCIL in Lancaster
  - Call Sharon (614-755-4952)
- Parkinson support group
  - [www.parkinson.org](http://www.parkinson.org) for locations and schedule;
  - Call SOCIL at 740-689-1494
- In-home Counseling:
  - Senior Support Program – New Horizons (740-687-0835)
- Delay the Disease
  - YMCA exercise class for persons with Parkinson (740-654-0616)
- FairHope Hospice and Palliative Center (740-654-7077)

#### Central Ohio Area Agency on Aging:

- [www.coaaa.org](http://www.coaaa.org)
- Education and resources

### Loan Closets:

- Fairfield Center for disABILITIES (740-653-5501)
  - Free walkers, bathroom aids, wheelchairs;
- SOCIL (740-689-1494)
  - Small assistive dressing devices;
  - Portable ramps.
- Meals on Wheels (740-681-5050) ([www.mowfc.org](http://www.mowfc.org) )
  - Adaptive equipment including walkers, canes, bathroom aides, transfer benches
- Fairfield County Job & Family Services Adult Protective Services (<https://www.fcjfs.org/> )
  - 740-652-7889
  - Additional information - [https://www.fcjfs.org/services/adult\\_protection](https://www.fcjfs.org/services/adult_protection)
- Salvation Army Samaritan Center (740-687-1921)
  - Activity options (videos, cards, puzzles, games)
  - Interactive ideas for caregivers and families.

(updated December 12, 2018. Information subject to change.)

Document can be located at ([www.socil.org](http://www.socil.org)) under “Community Resources”

<https://www.socil.org/socil266/resources/senior-resource-guide-community-il-resources-7.pdf>