Aging & Disability Resource Center of Tarrant County: An Overview
Acronym Game Time

- AOA
- ACL
- CMS
- IADL
- MHMR/IDD
Who are the stakeholders?

**Federal**
- ACL: Administration for Community Living
- AoA: Administration on Aging
- United States Department of Veterans Affairs

**State**
- Texas Department of Aging and Disability Services
- 211 Texas: Connecting People and Services

**Local**
- mhmr tarrant
- Resource Center of Tarrant County
- Area Agency on Aging of Tarrant County
What does ADRC stand for?

Answer: Aging and Disability Resource Center
The Aging and Disability Resource Center of Tarrant County (ADRC) helps people who are aging or have a disability, their families and caregivers find the resources and support they need.
With many agencies represented in one location, a complicated system becomes much easier to navigate. The ADRC is especially helpful in assisting someone who has multiple needs and may need help from multiple resources.
The Aging and Disability Resource Center of Tarrant County has an extensive library of resources for the community to use:

- Brochures from many nonprofit agencies
- Books, videos and DVD (may be checked out or used onsite)
- Computers for internet searches
These resources cover a wide range of topics, including:

- Advocacy
- Aging
- Caregiving
- Disabilities
- Mental Health
- Health
- Medicare/Medicaid
Options Counseling

✓ Options counseling supports family members and others as they decide about long term supports and services.
✓ Options counseling can help with decisions such as
  • Moving or bringing services into the home
  • Going back to work and keeping benefits
  • What persons with disabilities can do after high school
  • Life changing events or crisis events
✓ Options counseling includes
  • Interview
  • Creating an action plan
  • Learning about choices
  • Connecting to services
  • Weighing pros/cons
  • Follow Up
  • Making decisions
PEARLS

✓ Evidenced based program designed to reduce depressive symptoms and improve quality of life in older adults

✓ Includes:
  • 6-8 home visits
  • Recognize symptoms of depression
  • Solve problems with a 7 step approach
  • Plan social and physical activities to help improve mood of people with depression

✓ Empowers individuals to lead active and rewarding lives
Housing

✓ Advocates for new housing opportunities
✓ Provides information on types of housing
✓ Works with housing authorities, developers and other housing experts in creating accessible and affordable housing.

✓ Housing listings
  • All Bills Paid, Senior/disabled housing and affordable properties

✓ Housing Resources
  • Housing Tips, Renters Rights and other resources
What does DADS stand for?

Answer: Department of Aging and Disability Services
Nursing Home Residents

Residents have the right to consider new residence options such as:

- Independent Living
- Independent Living with help
- With family members
- Assisted Living Facility
Disabilities, Older Adults & Children

Services for persons with disabilities, older Texans families and caregivers include:

• Attendant Care
• Home delivered meals
• Day activity and health services
• In home family support
• Emergency response services
• Community living options
• Star Plus waiver programs
Intellectual Developmental Disabilities and Mental Health Services

IDD Behavioral Services can provide help in a crisis and reduce emergency calls and unnecessary services. It also:

- Educates about mental illness and intellectual and developmental disorders (IDD)
- Helps manage your medications
- Gives comprehensive evaluation and assessment
- Provides respite care for planned or emergency situations and has 4 beds and 24 hour supervision to stabilize individuals
What does AAA stand for?

Answer: Area Agency on Aging
Aging Stats

10,000 Baby Boomers will turn 65 every day for the next 19 years!

From this year on, 1 out of 10 workers will be women over the age of 65.
Area Agency on Aging

Improves the quality of life for older adults in Tarrant County and the people who care for them.
Area Agency on Aging

**AAA** staff have a vast knowledge of resources for older adults, as well as information about federal and state programs.
Area Agency on Aging offers chronic disease self-management workshops, consisting of six weeks of free classes that give older adults and their caregivers the information they need to take control of their disease.
Trained volunteers will teach how to:

- Manage your illness
- Eat and exercise well
- Handle the pain and fatigue of diabetes and other chronic diseases
- Better talk with your doctor and others managing your care.
FACT

More than 1,000 older adults in Tarrant County die from falls each year. Many others suffer from falls that often occur in and around their homes.
A Matter of Balance

A free 8-session workshop to teach older adults in Tarrant County how to avoid falling and the serious physical problems associated with it.
Case Study

Joyce is 64 years old and works for a local accounting firm. She will turn 65 in three months and plans to continue working for the foreseeable future, she currently has medical coverage through her employer. Her friend George is 66 and recommended that she sign up for the “Super Care Medicare Advantage Plan” run by a local insurance company when she becomes eligible for Medicare. He is on the “Super Care Plan” and has had a great experience. Joyce is new to Medicare and doesn’t know what she should do.
Resolution

• Initial Enrollment Time Frame
• How to enroll
• Understand the 4 parts of Medicare
• Plan Comparison Tools
  ✓ Don’t assume a friend’s policy is best fit for you!
• Employer / Union coverage caveat
Other AAA Programs

- Ombudsman Program
- Care Coordination
  - Respite
  - Health Maintenance
  - Residential Repair
- Care Transitions Intervention
- Stress Busting for Family Caregivers
Programs Vary by Agency

Area Agency on Aging of Dallas
1341 West Mockingbird St 100W
Dallas, TX 75247
(214) 871-5065

Area Agency on Aging of Tarrant County
1500 N. Main St #200
Fort Worth TX 76134
(817) 258-8125
North Central Texas Area Agency on Aging
616 Six Flags Dr
Arlington, TX 76011
1-800-272-3921
Thank You!

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