



Area Agency on Aging 
Integrity. Independence. Quality of Life.

Program Booklet

We're here to help.

Area Agency on Aging 3
2423 Allentown Road, Lima, OH 45805
419.222.7723 | 800.653.7723 | aaa3.org

Welcome

“We are here to answer your questions and find programs and services in our area that are designed to make life easier for you and those you love. It is our privilege to assist seniors, persons with disabilities and their caregivers in our 16 county region. For over 40 years, the Area Agency on Aging 3 has been a leader in helping those who desire safe, dignified, independent living.”

Give us a call...we would be happy to help.

Mission Statement

To provide life-span resources that inspire, educate, and empower older adults, persons with disabilities and family caregivers.

Vision Statement

AAA3 will evolve with the long-term care services and supports system by expanding our role as the Aging & Disability Resource Center, guided by the belief that all individuals have the right to person-centered care in the setting of their choice.

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About Us

We are here to answer your questions and find programs and services in our area that are designed to make life easier for you and those you love. It is our privilege to assist seniors, persons with disabilities and their caregivers in our original 7 county region.

On March 1, 2014, AAA3 expanded to cover Clark, Darke, Shelby, Logan, Miami, Preble and Champaign counties for the Ohio Home Care Waiver Program. In September of 2019, AAA3 once again expanded, adding Montgomery and Greene counties to our Ohio Home Care Waiver Program.



For over 40 years, the Area Agency on Aging 3 has been a leader in helping those who desire safe, dignified, independent living. Give us a call...we would be happy to help.

Have Questions? Call us at 419-222-7723 or 1-800-653-7723

**“Age is an issue of mind
over matter. If you don’t
mind, it doesn’t matter.”**

-Mark Twain

Find A Ride

Who is provides this service?

The Area Agency on Aging 3 links individuals who are in need of transportation with a community provider. We have an in house call center staffed by team members to help make transportation information easily accessible in our region.



FIND A RIDE

How does it work?

Anyone can call our office for a free assessment of community transportation options. Depending upon the type of service that is identified to best fit your needs, you may be asked for a donation or to pay for your ride.

Is there weekend or out of service area transportation available?

Those trips can be accommodated for, depending on the situation and the provider availability.



Funded Program

Office Hours:

7:00 am - 5:00 pm

Monday-Friday

or for more information visit
aaa3.org/my-transportation

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Retired Senior Volunteer Program



- Caregiver Respite
- Teleservice
- Awakenings Volunteers
- Health Education Classes
- Powerful Tools for Caregivers
- Prepping emergency kits
- Friendly Visitor
- Companion Care/Day Service
- Food Box Prep & Delivery

Our RSVP Volunteers Services offer a variety of opportunities that not only provide support to the Area Agency on Aging 3 programs but to community partner organizations as well.

What you can expect...

- Information & training to carry out your position, including a clear understanding of position responsibilities and a written position description
- Trust & respect from agency staff and co-workers
- Ongoing support and supervision
- Recognition for your contribution
- Flexibility
- Lifetime learning and friendships
- Transportation reimbursement (eligible for those 55+)



Visit online at www.aaa3.org/volunteer or call 419-222-7723 to become a volunteer.

Stages Behavioral Health

Area Agency on Aging 3 in-house counseling program for persons over 60.

Stages can assist with:

- Depression
- Anxiety
- Grief
- Trauma
- Geriatric Counseling
- Health Concerns
- Stress
- Crisis Counseling
- Role Transitions



Stages Behavioral Health

Meeting You Where You Are

We can come to your home or meet you at an office.

We currently accept traditional Medicare, traditional Medicaid, Humana, and Humana Choice Care and are in the process of obtaining other private insurance plans. As a Medicare recipient, you will be responsible for your 20% co-pay as well as your deductible.

Our base fee is \$125 per hour for persons who pay privately.

Call the Area Agency on Aging 3 office at 419-222-7723 to set up an appointment.

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Nutritional Programs

DISH

The Senior Dining Program, now known as DISH - Dining to Improve Socialization & Health - allows individuals a different way to get a nutritious meal, socialization, and improve overall health.



Senior Farmers Market



The Senior Farmers Market Nutrition Program is funded by the US Department of Agriculture. Eligible individuals receive coupons to redeem for fresh produce and honey at participating farmers markets and farm stands. Eligibility: age 60 or older and meet income guidelines of 185% or less of poverty level.

Home Delivered Meals

Home Delivered Meals provide older adults with nutritious home delivered meals five days a week Monday-Friday. Multiple providers to choose from. Visit our website at www.aaa3.org to view the current menus. Call the Area Agency on Aging 3 to determine eligibility and set up service at 419-222-7723.

Awakenings



Awakenings

VICTIM OUTREACH

Hope Rises

Support

If you or someone you know has been a victim of crime, we can arrange:

- Meals or groceries.
- Emergency short term housing for victims.
- Transportation to appointments.
- Short term crisis counseling to address trauma and grief.
- Information and referral services.
- Other victim assistance services as needed.

Elder Abuse Victim Outreach

Each year in our original 7 county region there are approximately 3,400 cases of abuse, neglect, or financial exploitation. Many more cases go unreported. The Area Agency on Aging 3 has services to help those victims.

Some Signs of Abuse

- Discrepancy between a person's living standard and income.
- Missing items such as eyeglasses, hearing aids, and jewelry without explanation.
- Malnourishment, poor hygiene, dehydration, bed sores, and over or under medicated.
- Physical injuries such as broken bones, tufts of hair missing, welts, bruises, rope burns, all without explanation.
- Person is fearful, anxious, apathetic, won't talk in front of certain persons, refuses visits from loved ones.
- A "new friend" suddenly moves in with the person without explanation.
- Health care needs are not attended to.

Funded Program



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Healthy U

HEALTHY U Overview

6 week workshops with 8-12 participants
 Meets for 2.5 hours, 1 x per week
 Developed at Stanford University
 Facilitated by 2 trained lay leaders



HEALTHY U Programs

Chronic Disease Self Management Program/CDSMP

Designed for those who have been diagnosed with any chronic condition such as arthritis, heart disease, fibromyalgia, diabetes, Parkinson's disease.

Subjects Addressed Include:

- Physical activity
- Medication management
- Stress management
- Communication with family & doctors
- Action plans
- Nutrition
- Relaxation

Chronic Pain Self Management Program/CPSMP

Designed for those who are battling chronic pain.

Subjects Addressed Include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- How to evaluate new treatments
- Communicating effectively with family, friends, and health pros
- Pacing activity & rest
- Nutrition

Diabetes Self Management Program/DSMP

Designed for those with Type 2 Diabetes or Pre-Diabetes.

Subjects Addressed Include:

- Nutrition/ menu planning
- Communication
- Problem solving
- Action plans
- Exercise
- Relaxation

Health Education Classes

Matter of Balance - Managing Concerns About Falls



Designed for those age 60+ who are ambulatory and have fallen or have a fear of falling.

8 week workshop, 8-12 participants

Meets for 2 hours, 1 x per week

Developed at Boston University, adapted by Maine Health

Facilitated by 2 trained, peer coaches

Subjects Addressed Include:

- Exercise
- Home safety
- Assertiveness
- Goal setting

Powerful Tools for Caregivers

6 week workshop, 8-12 Participants

Meets for 1.5 hours, 1 x per week

Developed at Oregon State University

Facilitated by 2 trained, lay leaders



Subjects Addressed Include:

- Stress Management
- Dealing with difficult emotions
- Communication with family, friends, medical community
- Self-care
- Care giving decisions

Diabetes Empowerment Education Program/DEEP

DEEP is a diabetes self-management program that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications.

Subjects Addressed Include:

- Diabetes risk factors
- Physical activity
- How to access community diabetes resources
- Complications
- Problem solving strategies
- Nutrition

For more information on any of these programs, please contact our offices.

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The MedCheck Program is a collaborative effort between the Area Agency on Aging 3 and Ohio Northern University. Working with a Registered Pharmacist, pharmacy students will review your current medications, offering any information regarding possible drug interactions or duplication of medications.

Individuals and an AAA3 staff member will meet with the student via conference call or electronic video, all in the comfort of your home. MedCheck is a free service through AAA3. Individuals will be provided a copy of their report to review with their primary physician or established pharmacist.

Who is Eligible?

Those who are 60 years of age or older

Which Counties of Residence?

Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, or Van Wert

Services Available?

- Meet with a staff member from the AAA3, who will gather your medication profile
- A review of your medications by a pharmacy student at ONU
- Electronic video in the comfort of your home, to review your medications with the ONU student
- Print out of the pharmacy student's recommendations to review with your physician or pharmacist





Personal Emergency Response & Medication Management Systems 24/7 Peace of Mind

1



Press your help button.

2



The CST-LTL Care Center Representative provides immediate assistance.

3



We are your personal connection to family, friends, and/or emergency services.

Specialty Options Available:
Cellular • Mobile PERS • Fall Detection





What is HOME Choice?

HOME Choice is a transition program that assists persons 18 and older to move from a long term facility (e.g. a nursing facility, hospital or residential treatment facility) into a home and community based setting. The program is available to provide “wrap-around” services and supports for persons whether or not they enroll on a Medicaid waiver.

How do I learn more and apply?

Individuals and family members/guardian will work with the long-term care facility and HOME Choice transition staff to apply, discuss options and coordinate services and supports.

Contact the Ohio Department of Medicaid, HOME Choice Unit: 1-888-221-1560 or email HOME_Choice@medicaid.ohio.gov



Department of
Medicaid

HEAP



Do you need help paying winter heating bills? The Home Energy Assistance Program (HEAP) may be able to help.

HEAP is a one-time credit to help eligible Ohioans pay their utility bills. Eligibility is determined by income and the number of people in the household. Anyone age 18 and older is able to apply.

All heating types are eligible, including the following: electric, wood, coal, natural gas, propane, and kerosene.

Call the Area Agency on Aging 3 to schedule an appointment or learn more about the HEAP program at 419-222-7723.

For more information about the Home Energy Assistance Programs or to check the status of your HEAP application visit energyhelp.ohio.gov.



Care Coordination Programs

The Care Coordination Program provides information and access of home and community-based services for individuals who are at risk of needing institutional care. The Care Manager links consumers with resources available in the community.

This program is designed to be short-term while the individual is linked to other community supportive services.

Alzheimer's Respite Program

This program provides services that assist the caregiver and those living with Alzheimer's disease or related dementia diagnosis to enable the person to remain in the community.

National Family Caregivers Support Program

This program provides support, education, and service linkage to aide the caregiver to better understand their role, as well as when and how to access and utilize assistance, which provides stress reduction and the ability to understand and better care for their loved ones.

Medicaid Waiver Programs

Assisted Living

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 individuals with an alternative to nursing facility care that is both less expensive and less restrictive. The Assisted Living Waiver Program pays a set rate to the Medicaid certified assisted living facility for those who qualify. The individual is responsible for paying a “room & board” rate and a possible patient liability amount depending on the individual’s income.

Long Term Care Consultation

A Long-Term Care Consultation is available to anyone unsure of programs and services they may need to stay independent in a community-based setting.

Ohio Home Care Waiver

The Ohio Home Care Waiver Program (OHC) meets the needs of people who prefer to get long-term care services and supports in their home or community, rather than in an institutional setting. CareSource, in partnership with the Area Agency on Aging 3 will deliver Case Management services for the OHC program to help people meeting Medicaid financial criteria, who are under 60 years of age and assessed with an Intermediate or Skilled Level of Care, along with other program requirements.

More Medicaid Waiver Programs

Specialized Recovery Services Program

The SRS program is a Medicaid Funded program that offers home and community-based services that are person-centered and aimed at supporting individuals in the community diagnosed with a severe and persistent mental illness or with a diagnosed chronic condition (DCC). CareSource is partnering with the Area Agency on Aging 3 to deliver the Specialized Recovery Services program.

PASSPORT

The purpose of PASSPORT is to provide older individuals in need of nursing home services with an in home alternative. PASSPORT permits individuals who live in a home setting to receive services paid for by Medicaid and state funds.

How do I qualify for PASSPORT?

- The primary criteria for enrollment in PASSPORT are age, level of care, and income.
- Individuals age 60 years and older and agreeable to participate
- Meet financial requirements for assets/income
- Meet nursing home level of care (assist w/activities of daily living)
- Have a physician's approval
- Health needs can be met safely in the home
- Reside in a non-institutional setting
- Needs are not being met by current community services

Council on Aging Contact Information

Allen County COA
700 North Main St.
Lima, OH 45801
419-228-5135

50 North (Hancock)
339 East Melrose Ave.
Findlay, OH 45840
419-423-8496

Putnam County COA
1425 East 4th St.
Ottawa, OH 45875
419-523-4121

Auglaize County COA
610 Indiana Ave.
PO Box 215
St. Marys, OH 45885
419-394-8252

Hardin County COA
100 Memorial Ave
Kenton, OH 43326
419-673-1102

Van Wert COA
220 Fox Rd.
Van Wert, OH 45891
419-238-5011

Mercer County COA
217 Riley St.
Celina, OH 45875
419-586-1644

Veteran's Administration (Federal and Ohio)	800-827-1000
Legal Hotline for Older Ohioans- Pro Seniors, INC	800-488-6070
Medicaid Consumer Hotline	800-324-8680
Medicare Hotline	800-633-4227
Alzheimer's Helpline	800-272-3900
Consumer Protection (AG's Office)	800-282-0515
Eldercare Locator	800-677-1116
Legal Aid of Western Ohio	888-534-1432
Ombudsman Office	800-282-1206 (state) or 800-421-7277 ext. 8201 (local)
Ohio Department of Health	800-669-3534
Ohio Department of Insurance	800-686-1578
Peer Review Organization	800-589-7337
Victims of Crime Compensation Program	800-582-2877
Social Security Administration	800-772-1213
Telemarketing Fraud	800-282-0515

Many of our services are provided without cost to qualified individuals. Due to the limited funding available for these services, individuals are encouraged to donate towards the cost of services they receive. Contributions and partnerships from the general public are also accepted and appreciated.

PLEASE SEND DONATIONS TO:

Area Agency on Aging 3
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Area Agency on Aging 3 is a not-for-profit, 501(c)3 as recognized by the Internal Revenue Service. Donations are tax deductible to the extent allowed by current tax law.

United Way funded agency.
AAA3 is a funding agency of the Ohio Department of Aging.

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