

home at a cost not more than Medicaid would pay for nursing home care.

- This waiver allows Medicaid money to be used to purchase the following services that are not usually considered “medical.”

- Home care/chore: Includes necessary housekeeping activities, meal preparation, essential shopping, errand service, escort service, and supervision.

- Adult day services: A structured program of activities in a supervised setting outside of the client’s home which provides for health and social needs.

- Independence skills management: Training in daily living skills, home management, and use of special equipment.

- Respite care: Temporary relief for the usual caregiver from the stress of providing continuous care.

- Assisted living: An array of support services provided in a home environment.

- Assistive technology & support: Specialized medical equipment and supplies.

- Home-delivered meals: Provides a meal prepared outside the client’s residence and delivered to the residence.

- Home modifications: Enables the client to function with greater independence in the home.

- Nutrition services: Education/counseling for nutritional care.

- Personal emergency response systems: Communication connection system to access emergency help.

The Eastern Nebraska Office on Aging service coordinators accept referrals from all sources. A visit is scheduled to meet with each potential client. During the interview, the service coordinator and the client determine needs and develop a care plan. To request waiver services for yourself or to refer another person, call the Eastern Nebraska Office on Aging at 402-546-1870 or 1-888-554-2711.

Care management — Care managers work individually with older adults and their family members. ENOA care managers are trained to help frail older adults remain independent for as long as possible.

Care management through ENOA is available to any frail adult age 60 or

older in Douglas, Sarpy, Dodge, Washington, and Cass counties. Eligibility is determined through the completion of a comprehensive assessment.

After completing the assessment interview, a care manager will make recommendations about the appropriate community resources to meet any needs. The client makes the final determination about any services that may be enlisted.

Fees for care management services are based on a sliding scale, set by the federal poverty guideline. An individual’s income must be more than 150 percent of the poverty guideline before a care management fee is charged.

To request care management services for yourself or to refer another person, call ENOA’s Information & Assistance line at 402-444-6536.

Caregiver Support — In the State of Nebraska there are about 200,000 residents providing care for their aging parents, spouses or other loved ones. Unpaid caregiving is a 24 hour/day “job” that families lovingly provide. Keeping a senior loved one at home for as long as possible is a laudable goal.

The Caregiver Support Program of ENOA may be able to help. The primary goal of CSP is to provide “respite” to caregivers. In order to qualify for this program, the care receiver needs to be at least 60 years of age with help needed in at least 2 activities of daily living. A diagnosis of Alzheimer’s disease or other dementia can also be a qualifying factor. Caregivers must be at least 18 years of age or older. Eligibility for CSP is determined by completing a comprehensive assessment with the help of a care manager provided by ENOA.

The caregiver is the client in CSP. Respite for the caregiver may include in-home assistance or having the care receiver attend a qualified adult day program. Care managers also provide on-going supportive services that can include counseling, resources for additional help, and just being available to talk with caregivers in dealing with the stresses that are part of caregiving.

If this sounds like something that would benefit you or someone you know, please call us at 402-444-6536 and request the “Information and Assistance” staff to help guide you through the pro-

cess of getting help.

Emergency Response — The goal is to provide an emergency response service to low income older individuals who meet program guidelines assisting them in maintaining their independence in a safe environment in their home.

Clients must be 60 years of age and meet the eligibility requirements of ENOA’s Care Management Service, the income eligibility and the eligibility checklist for the Emergency Response Service.

The Eastern Nebraska Office on Aging has an agreement with three providers to provide clients a response unit that is connected to the client’s landline and one emergency response button, either a bracelet or necklace. A cellular option is also available. The providers install the equipment, train the clients on its usage and provides a monitoring service. If the client uses the service by pushing the button, a report on the incident and the result is sent to the client’s case manager for follow-up.

Eligible clients are asked to contribute towards the cost of the service on a sliding scale, based on their monthly income. Counties served are Douglas, Dodge, Washington, Sarpy and Cass. For more information call 402-444-6536.

Homemaker Services — The Homemaker Program provides light housekeeping services for older individuals who are physically unable to perform Homemaker image these tasks.

The goal is to help individuals 60 and over maintain their own homes and remain independent by assisting with housekeeping tasks they may no longer be able to perform.

Recipients must be age 60 or older. Eligibility must be determined by an ENOA Care Manager.

A contribution request is based on a sliding fee scale and will be sent to each client at the end of the month. *Money is never given to the homemaker.

Counties served are Douglas, Sarpy, Dodge, Washington, and Cass.

ENOA does not contract with individual providers for this service; we contract with businesses only. Phone 402-444-6536 for more information.

Meals on Wheels — Food is one of the most basic of human needs. Yet it is