

Appendix 44 ▪ Title III Services of the Older Americans Act

The following core services should be available at most Area Agencies on Aging (AAAs):

Title III B: Support Services

Title III C: Nutrition

Title III D: Disease Prevention and Health Education

Title III E: Family Caregiver Support Program

In response to the COVID-19 pandemic, additional IIIB and IIIE services have been added to help support eligible older adults and their caregivers. Please contact your local AAA to learn more about available services to help serve your needs.

Title III-B

Personal Care: Personal assistance, stand-by assistance, supervision or cues. (such as with eating, bathing, toileting, transferring in/out of bed/chair, walking, dressing, grooming).

Homemaker: Assistance such as preparing meals, shopping for personal and household items, managing money, using the telephone or doing light housework.

Chore: Assistance such as heavy housework, yard work or sidewalk and other home maintenance for a person.

Adult Day Care/Adult Day Health: Personal care for dependent elders in a supervised, protective, and congregate setting during some portion of a day. Services offered in conjunction with adult day care/adult day health typically include social and recreational activities, training, counseling, and services such as rehabilitation, medications assistance and home health aide services for adult day health.

Case Management: Assistance either in the form of access coordination in circumstances where the older person is experiencing diminished functioning capacities, personal conditions or other characteristics which require the provision of services by formal service providers or family caregivers. Activities of case management include such practices as assessing needs, developing care plans, authorizing and coordinating services among providers, and providing follow-up and reassessment, as required.

Assisted Transportation: Assistance and transportation, including escort, to a person who has difficulties (physical or cognitive) using regular vehicular transportation.

Transportation: Transportation from one location to another. Does not include any other activity. May include travel vouchers and transit passes.

Legal Assistance: Legal advice, counseling and/or representation by an attorney or other person acting under the supervision of an attorney.

Information and Assistance: A service that: (A) provides individuals with information on services available within the communities; (B) links individuals to the services and opportunities that are available within the communities; (C) to the maximum extent practicable, establishes adequate follow-up procedures. Internet web site "hits" are to be counted only if information is requested and supplied and (C) is satisfied.

Maximum extent practicable includes offering a follow-up call to all individuals who were linked to a service. Individuals can remain anonymous and refuse a follow-up call.

Outreach: Interventions (one-on-one contacts) with individuals initiated by an agency or provider for the purpose of identifying potential clients (or their age 60+ caregivers) and encouraging their use of existing services and benefits.

Title III-C

Home-Delivered Meal: A meal provided to an eligible individual in his or her place of residence, that meets all the requirements of the Older Americans Act and State/Local laws, assures a minimum one-third of the Dietary Reference Intakes, and shall comply with the current Dietary Guidelines for Americans.

Congregate Meal: A meal provided to an eligible individual in a congregate group setting, that meets all the requirements of the Older Americans Act and State/Local laws and assures a minimum one-third of the Dietary Reference Intakes and shall comply with the current Dietary Guidelines for Americans.

Nutrition Counseling: Individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medications use. Counseling is provided one-on-one by a Registered Dietitian and addresses the options and methods for improving nutrition status. Nutrition counseling may be made either in person or by other means deemed appropriate (e.g., telephone, emails, etc.).

Nutrition Education: A service to promote better health by providing current nutrition facts and information to promote improved food selection and eating habits to Congregate and Home Delivered meal participants and is overseen by a Registered Dietician. The methods of education may include demonstrations, audio-visual presentations, or small group discussions for congregate program participants and handouts may be used for home-delivered meal program participants.

Title III-D

Disease Prevention and Health Promotion Program: Are a variety of programs based on scientific evidence and demonstrated through rigorous evaluation to be effective in improving the health of older adults. Eligible participants learn techniques and strategies to delay and/or manage chronic health conditions and include activities that improve physical fitness, fall prevention, medication management, and wellness. The programs are typically offered in a group setting but select programs are available remotely and/or via telephone.

In addition to the above core services, additional services may be available, depending on each AAA's resources and fund allocations associated with Title IIIB; IIIC; and IIID. Contact your local AAA to obtain information about the nature and extent of the programs offered. Definitions of the services can be found on the [website](#):

Alzheimer's Day Care Services	Cash/Material aid
Community Education	Comprehensive Assessment
Disaster Preparedness Materials	Disease Prevention/Health Promotion
Elder Abuse Prevention, Education & Training	Elder Abuse Prevention Educational Materials
Employment	Health
Housing	Interpretation/Translation
Mobility Management Activities	Medication Management
Mental Health	Peer Counseling
Personal Affairs Assistance	Personal/Home Security
Public Information	Registry
Residential Repairs/Modifications	Respite Care
Senior Activities Center	Telephone Reassurance
Visiting	

Title III-E

Caregiver Assessment: An FCSP Support Service conducted by persons trained and experienced in the skills required to deliver the service that should result in a plan that includes emergency back-up provisions and is periodically updated; and will explore options and courses of action for caregivers by identifying their: (A) willingness to provide care; (B) duration and care frequency preferences; (C) caregiving abilities; (D) physical health, psychological, social support, and training needs; (E) financial resources relative for caregiving; and (F) strengths and weaknesses within the immediate caregiving environment and (caregiver's) extended informal support system.

Caregiver Counseling: An FCSP Support Service provided to a caregiver by a person appropriately trained and experienced in the skills required to deliver the level of counseling service, which may range from guidance with caregiving responsibilities to therapy for stress, depression, and loss; and (A) may involve his

or her informal support system; (B) may be individual direct sessions and/or telephone consultations, and (C) may address caregiving-related financial and long-term care placement responsibilities.

Caregiver Peer Counseling: An FCSP Support Service provided by experienced volunteers on the condition that appropriate training and qualified supervision protocols are in place.

Caregiver Support Group: An FCSP Support Service provided to a group of 3 - 12 caregivers that is led by a competent facilitator; conducted at least monthly within a supportive setting or via a controlled access, moderated online or teleconference approach; for the purpose of sharing experiences and ideas to ease the stress of caregiving, and to improve decision-making and problem-solving skills related to their caregiving responsibilities.

Caregiver Training: An FCSP Support Service consisting of workshops or one-on-one individually tailored sessions, conducted either in person or electronically by a skilled and knowledgeable individual, to assist caregivers in developing the skills and gaining the knowledge necessary to fulfill their caregiving responsibilities; and address the areas of health, nutrition, and financial literacy.

Caregiver Case Management: An FCSP Support Service provided by a person who is trained and experienced in the skills that are required to coordinate and monitor the provision of formal caregiver-related services in circumstances where caregivers are experiencing diminished capacities due to mental impairment or temporary severe stress and/or depression.

Caregiver Respite In-Home Supervision: An FCSP Respite Care service that includes the provision of care receiver day and/or overnight supervision and friendly visiting by an appropriately skilled provider or volunteer in order to prevent wandering and health or safety incidents.

Caregiver Respite Homemaker Assistance: An FCSP Respite Care service that includes the provision of care receiver assistance with meal preparation, medication management, using the phone, and or light housework (along with care receiver supervision) by an appropriately skilled provider or volunteer.

Caregiver Respite In-Home Personal Care: An FCSP Respite Care service that includes the provision of care receiver assistance with eating, bathing, toileting, transferring, and or dressing (along with care receiver supervision and related homemaker assistance) by an appropriately skilled provider.

Caregiver Respite Home Chore: An FCSP Respite Care service that includes an appropriately skilled provider or volunteer assisting a caregiver with heavy housework, yard work, and or sidewalk and other routine home maintenance (but not structural repairs) associated with caregiving responsibilities.

Caregiver Respite Out of Home Day Care: An FCSP Respite Care service where the care receiver attends a supervised/protective, congregate setting during some portion of a day, and includes access to social and recreational activities.

Caregiver Respite Out of Home Overnight Care: An FCSP Respite Care service where the care receiver is temporarily placed in a supervised/protective, residential setting for one or more nights, and may include access to nursing and personal care.

Assistive Devices for Caregiving: An FCSP Supplemental Service that involves the purchase, rental and/or service fee of any equipment or product system (ranging from a lift chair or bathtub transfer bench to an electronic pill dispenser or emergency alert fall prevention device) in order to facilitate and fulfill caregiving responsibilities.

Home Adaptations for Caregiving: An FCSP Supplemental Service that makes any minor or major physical change to the home (ranging from installation of grab bars or replacement of door handles to construction of an entrance ramp or roll-in shower) in order to fulfill caregiving responsibilities.

Caregiving Services Registry: An FCSP Supplemental Service that recruits, screens, and maintains a listing of dependable, qualified self-employed homemaker or respite care workers who may be matched with caregivers willing to use personal resources to pay for assistance with their caregiving responsibilities. Both the caregiver and the self-employed worker will be: (A) advised about appropriate compensation and workplace performance expectations; and (B) provided with follow-up to ensure the match is functioning effectively.

Caregiving Emergency Material Aid: An FCSP Supplemental Service that arranges for and provides assistance to caregivers in the form of commodities, surplus food, discount cards, transit passes, meals, and vouchers that will help meet identified needs associated with an individual caregiver's responsibilities.

Caregiver Outreach: An FCSP Access Assistance service involving interventions (one-on-one contacts with individuals) initiated by an agency or provider for the purpose of identifying caregivers and encouraging their use of existing caregiver support services (e.g., Caregiver InfoVan staff contacts outside of local market).

Caregiving Information and Assistance: An FCSP Access Assistance service that: (A) provides caregivers with information on services available within the communities, including caregiving information related to assistive technology and caring for older individuals at risk for institutional placement; (B) links caregivers to the services and opportunities that are available within the communities; (C) to the maximum extent practicable, establishes adequate follow-up procedures (caregiver may remain anonymous and refuse follow-up contact).

Caregiver Interpretation/Translation: An FCSP Access Assistance Service for the provision of bilingual communication assistance to a caregiver in order to access assistance and receive support for his or her caregiving responsibilities (e.g., staff interpreting dialogue between caregiver and care consultant staff translating an elder's prescription drug label for his caregiver).

Caregiver Legal Resources: An FCSP Access Assistance Service involving one-to-one guidance provided by an attorney (or person under the supervision of an attorney) in the use of legal resources and services when assisting a caregiver with caregiving-related legal issues.

Public Information on Caregiving: An FCSP Information Service designed to provide information about available FCSP and other caregiver support resources and services by disseminating publications, conducting media campaigns, and maintaining electronic information systems (e.g., quarterly newsletter).

Community Education on Caregiving: An FCSP Information Service designed to educate groups of current or potential caregivers and those who may provide them with assistance about available FCSP and other caregiver support resources and services (e.g., booth at a health fair).