

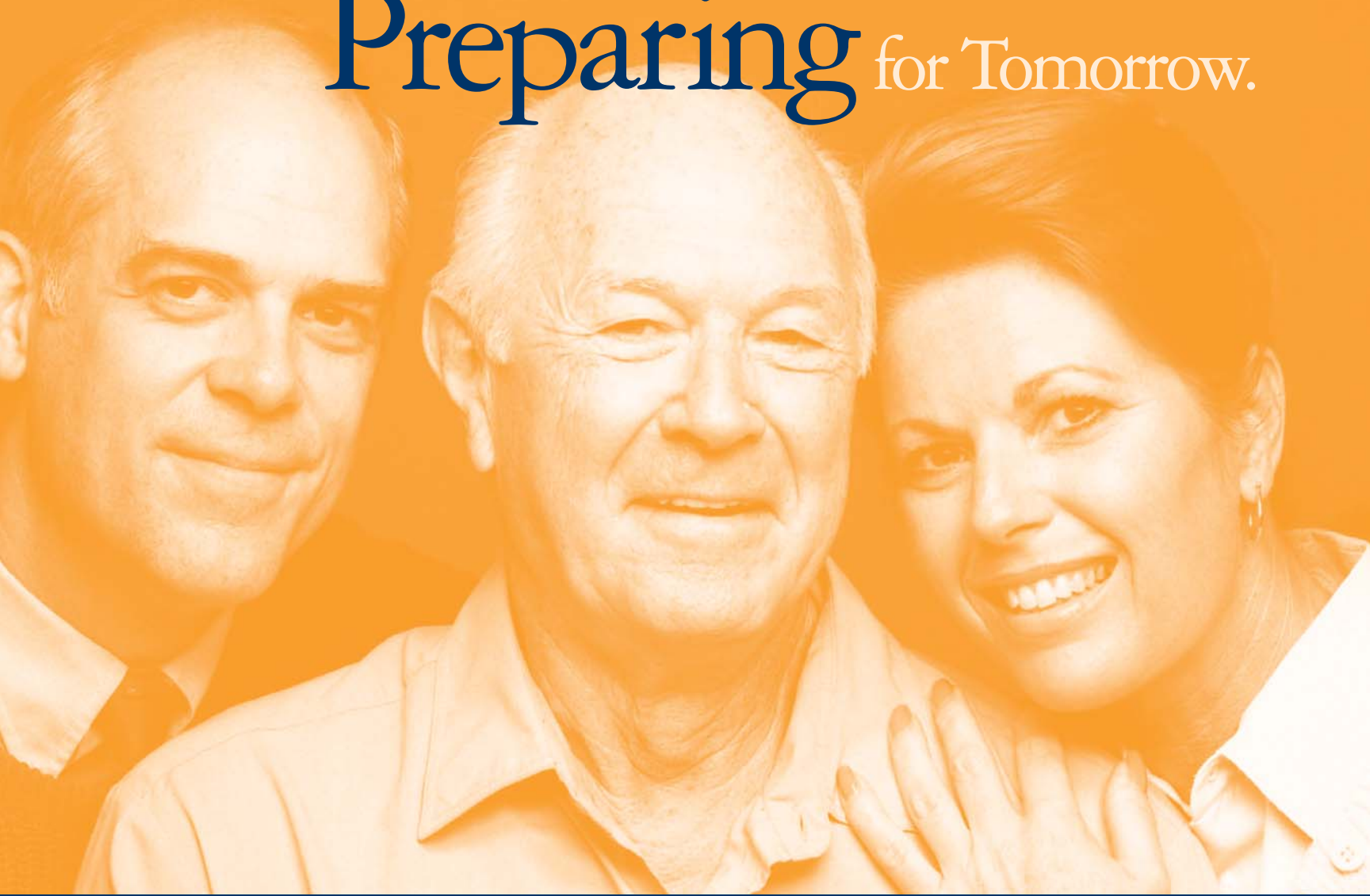
Extending Support

Enabling Independence

Enhancing Life

Caring Today.

Preparing for Tomorrow.



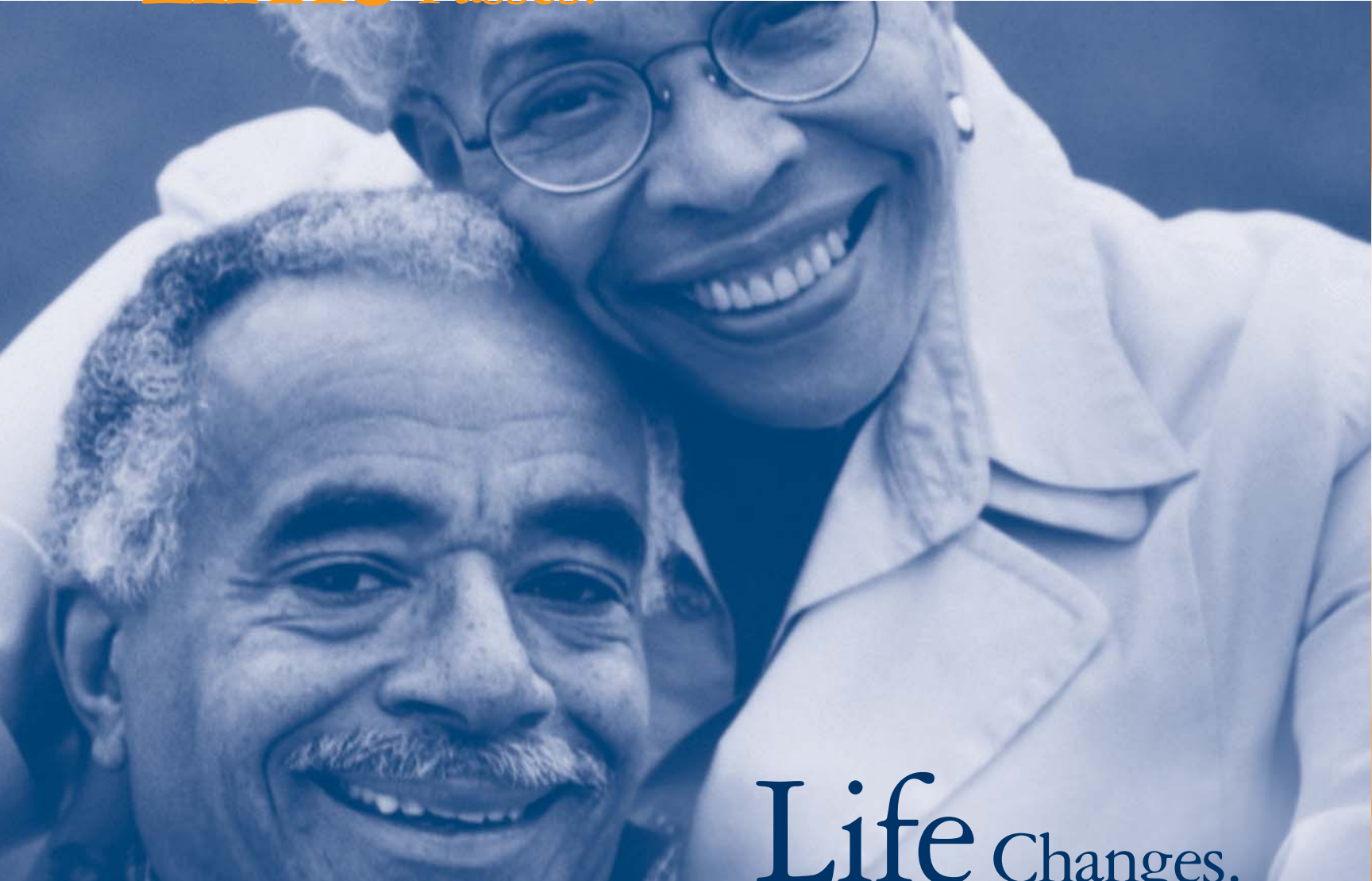
Division of Services for Aging and Adults with Physical Disabilities



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and
Adults with Physical Disabilities

Time Passes.



Life Changes.



Growing older is a fact of life.

Everyone will someday face the challenges that come with the passing of time: Our own old age; Parents needing help; A possible disabling illness; Decisions about housing, health and medical care; The desire to remain independent; Difficulties in meeting the needs of daily life.

The facts about being older today, living with a disability, or meeting the needs of tomorrow, present important realities and challenges. The Delaware Division of Services for Aging and Adults with Physical Disabilities is working to provide solutions.



Delaware's Reality



Delaware's population is growing older. Today, more than 15 percent of Delaware's population is age 60 or more.

By 2010, Delaware's over-60 population will increase more than 30 percent, adding more than 45,000 residents.

By 2020, more than 25 percent of Delawareans will be 60 or more years of age. The realities of Delaware's present and future reflect the challenges faced by our nation as a whole.

We Are Living Longer

Life expectancy has increased, due to a combination of better medical care, a decrease in the number of people who smoke and a drop in death rates from heart disease.

We Are Growing in Numbers

More and more retirees are moving to Delaware – into Kent and Sussex counties in particular. Although this age group's socioeconomic status has improved during the past decade, they present unique health and human service needs, including an increase in needs for residential and in-home care. Our service delivery system has not grown to keep pace.

We Are Working Longer

According to a recent AARP survey, many older workers are planning to push their final retirement dates into their 70s or, in some cases, their 80s. The top obstacle reported that they expect to face in reaching their goal is health problems.



We Are Living with Disabilities

Nearly one in six Delaware residents has a disability. More than one-in-three seniors age 65 and older have one or more types of disabilities and are living in our communities. An estimated 12 percent of the population over the age of 18 have difficulty with dressing, bathing and other forms of self care.

We Are At Risk for Health Problems

Delawareans over the age of 55 have an alarmingly high incidence of risk factors associated with chronic and disabling diseases. Two thirds are obese. Less than 25 percent eat five or more servings of fruits. Almost 50 percent are physically inactive.

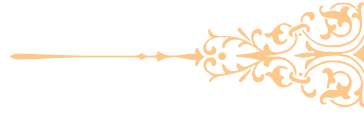
We Are Responsible for Caregiving

Approximately 20 percent of adult Delawareans provide unpaid care for a relative or friend (18 or older), and the number of caregivers is expected to rise rapidly as the population ages. The majority of care recipients are age 50 or older (68 percent) with 36 percent over the age of 75.

There are nearly 17,000 Delaware grandparents living in households with one or more grandchildren under the age of 18. Approximately 43 percent are responsible for meeting the basic needs of their grandchildren.



Enhancing Quality of Life



The Division of Services for Aging and Adults with Physical Disabilities

The mission of the Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) is to improve or maintain the quality of life for Delawareans who are elderly, or who are at least 18 years of age with physical disabilities. DSAAPD meets the needs of these individuals by providing services and programs, and advocating on their behalf.



DSAAPD is part of Delaware's Department of Health and Social Services, and we're structured for success today and tomorrow. Our programs and services are developed, implemented and managed by a staff of professionals working in a variety of vital areas.

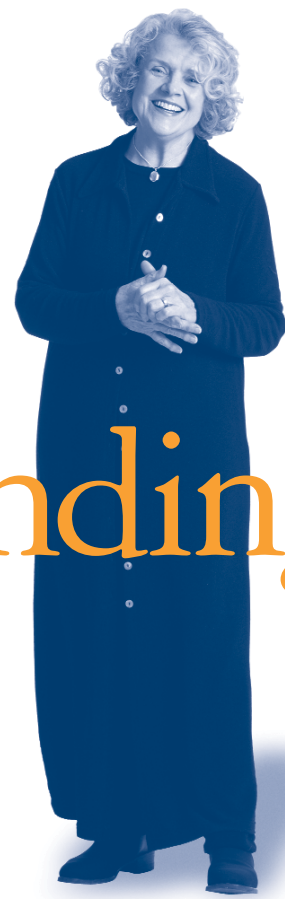
Our purpose is to help individuals remain independent by providing the support they need to live active, productive and fulfilling lives. For those who are ill, vulnerable or at-risk, we provide resources for care and protection. We also help create better futures by educating Delawareans in disease prevention and healthy lifestyles.

Programs and Services

DSAAPD provides a broad range of programs and services. Many are operated directly by DSAAPD staff, while others are funded through DSAAPD and operated under contract by outside organizations. Some the programs and services supported by DSAAPD include:

- Adult Day Services
- Alzheimer's Day Treatment
- Assisted Living
- Assistive Devices
- Attendant Services
- Caregiver Programs
- Case Management
- Health Education and Disease Prevention
- Hispanic Outreach
- Home Delivered Meals
- Home Modification
- Legal Services
- Long Term Care Programs
- Money Management
- Respite Care

DSAAPD services are funded by Federal programs including the Older Americans Act, Social Services Block Grants and Medicaid, State General Funds and private sources.



Extending Support

Opening Doors

From assistance in finding nursing care, to support for independent living, we open doors to the best possible living arrangements for the elderly and adults with physical disabilities.

Assisting Caregivers

We provide support to those who care for older relatives and for older relatives caring for children through assistance, training, and respite services.

Advocating for Change

For today and tomorrow, we broaden awareness of the needs of the elderly and people with physical disabilities and we work to generate the resources to meet those needs.

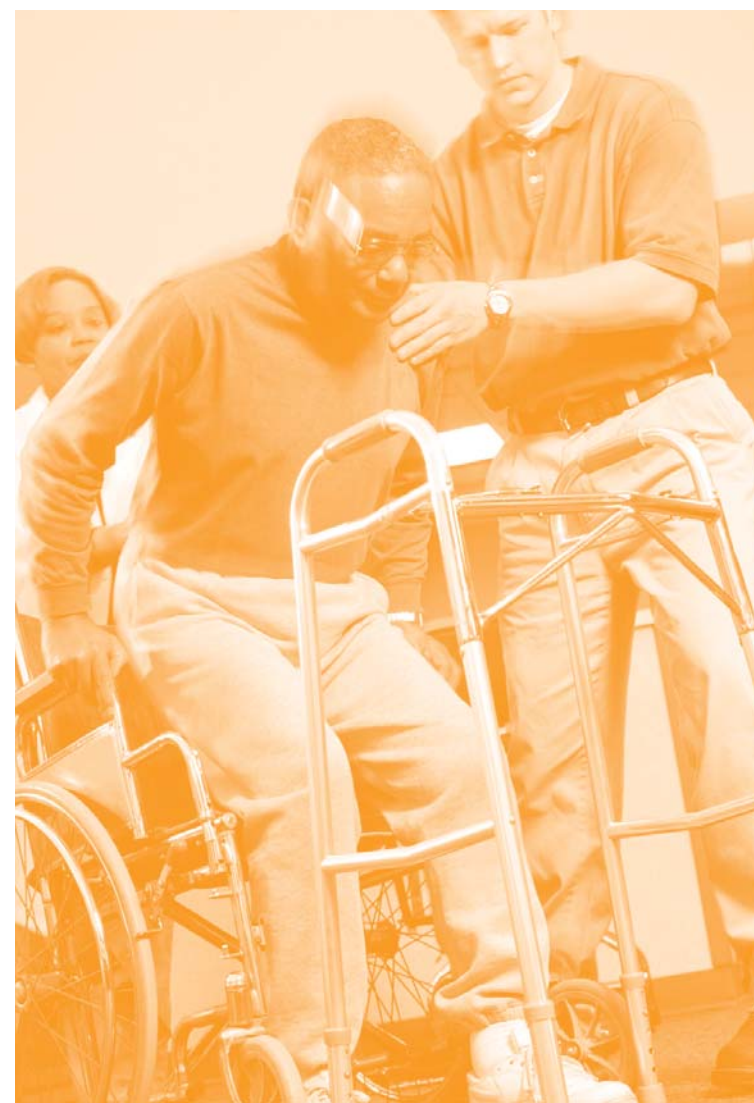
Providing Protection

We help provide protection from abuse, neglect and exploitation, and educate individuals in how to prevent health care fraud.

Reaching Out

From ensuring nutritious meals to visiting home-bound and nursing home residents, we provide comfort and support to the elderly and people with physical disabilities.

Through outreach and support, education and training, assistance with specialized needs and help with daily living, DSAAPD enhances quality of life.



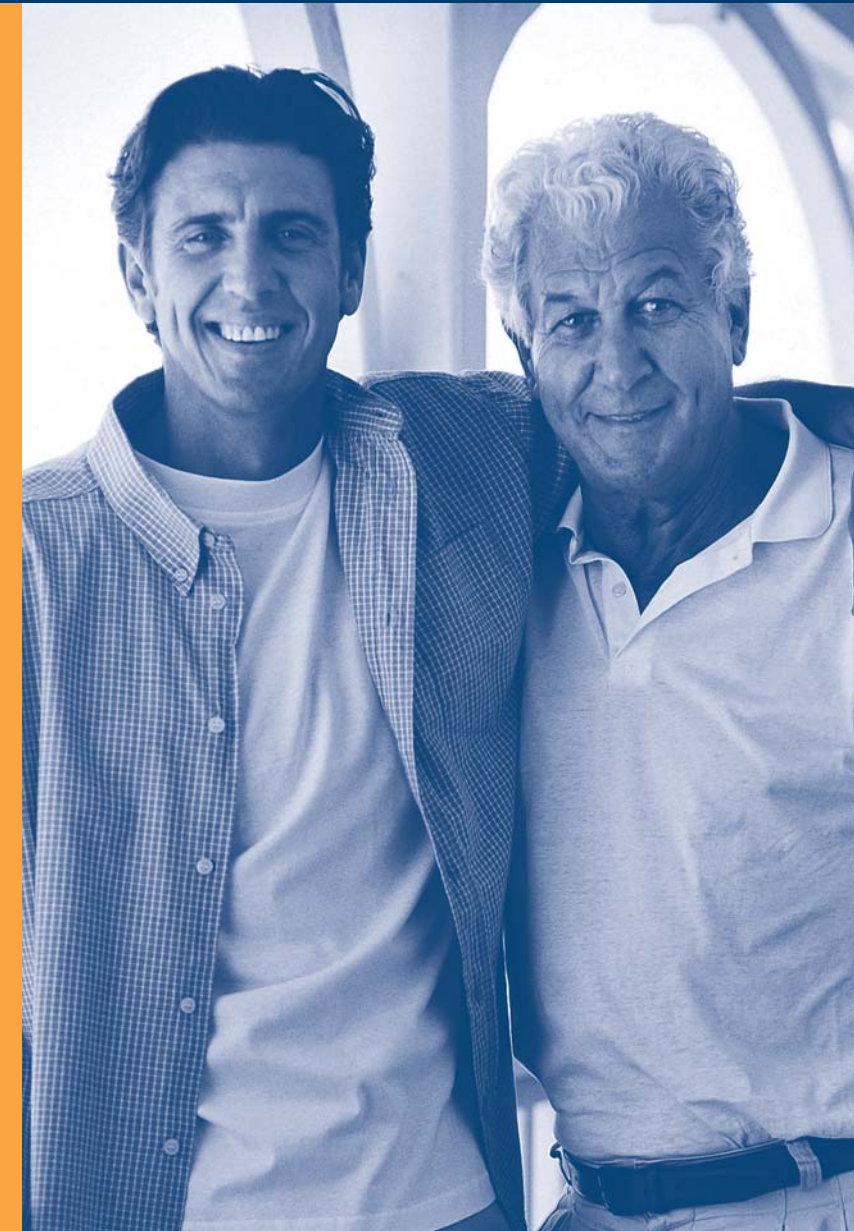
Caring Today.

Planning for Tomorrow.

The employees and volunteers of DSAAPD are committed to making life better for Delaware's elderly and people with physical disabilities.

We are equally committed to future generations.

As we move forward, we will continue to focus on our core mission. At the same time, we will plan for meeting the challenges that lie ahead and prepare to serve new generations of diverse populations whose needs may require uniquely different strategies and resources.





Preparing for the Future



Delaware's population of older residents and people with physical disabilities is growing in size and diversity. DSAAPD is working to ensure the highest quality of life for Delawareans by developing unique strategies and resources that will be needed in the years ahead.

We will focus on innovative approaches to advocacy, education, partnering, service delivery and technology.

We will encourage healthy lifestyles, teach skills for making informed life choices, encourage community integration and participation, promote self-determination and foster independence.

What's in Your Future?

No one can know what the future holds. Even so, it's important to be prepared for the possibilities. Before you or a loved one experiences a crisis, take the time to understand your options.

- Identify your current health concerns and anticipate your future needs
- Find out about eligibility for various services
- Know what your insurance may, or may not, cover
- Try to estimate possible costs and expenses



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Caregiver Support



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Are you a caregiver? If you are responsible for the care of someone who is older or disabled, or if you are an older person caring for a relative's child, the answer is "yes." DSAAPD offers services and programs that help you provide the best possible care and the support you need to take care of yourself.

CARE Delaware

CARE Delaware offers services to older Delaware residents who are caring for an older friend or relative, and older caregivers who are raising their grandchildren or the children of a relative. Through the program, we offer caregivers supportive services and opportunities for enjoying a needed break from caregiving responsibilities.

Programs and Services Include:

Caregiver Skills Training
Statewide Resource Centers
Respite Services
Needs Assessment and Care Planning
Support Groups

Who is eligible

Eligibility requirements vary by program. Please contact CARE Delaware for information and assistance.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Adult Day Services

Individuals with physical and/or mental impairments can enjoy daily activities and assistance through Adult Day Services. The program is designed for those who do not need 24-hour care in a nursing home but who cannot be left alone for long periods of time. Adult Day Services are available statewide and are staffed by trained professionals.

Who is eligible:

Functionally-impaired adults

- Age 60 and older
- Age 18 – 59 who meet specified financial and medical eligibility requirements

Contact Information

Contact DSAAPD for a current list of available locations near you at 800.223.9074, or visit www.dhss.delaware.gov/dsaapd

Alzheimer's Day Treatment

The Alzheimer's Day Treatment program assists individuals with Alzheimer's disease or related dementia. This non-residential day program provides medical, recreational and personal care, with a caring staff trained in the special needs of those with Alzheimer's disease and dementia.

Who is eligible

Delaware residents with a diagnosis of Alzheimer's disease or related dementia, who are incapable of being left alone during the day.

Contact Information

For information and local day treatment programs call:

Evergreen Center I Evergreen Center II
Wilmington: 302.995.8448 Milford: 302.422.1575

Joining Generations

Joining Generations offers support and resources to older Delaware residents who are raising their own grandchildren or the children of a relative.

Programs Include:

Support Groups
Respite Programs
GRAND Resource Guide
Medical and School Affidavits
Legal Resources

Who is eligible

Eligibility requirements vary by program. Please contact Joining Generations for information and assistance.

Contact Information

Call Joining Generations at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Respite Care

Caregivers who provide 24-hour-a-day care to individuals in need can find relief through Respite Care. Care can be provided on a regular basis or from time to time, at home or in a state-approved nursing home.

Who is eligible

Caregivers of mentally or functionally impaired persons who:

- Are in need of supervision and/or support in the activities of daily living in the absence of a primary caregiver
- Meet financial and medical eligibility requirements

Contact Information

Contact DSAAPD for a current list of available locations near you at 800.223.9074, or visit www.dhss.delaware.gov/dsaapd



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Advanced Care and Housing Options



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When living independently is no longer possible, DSAAPD provides assistance in moving ahead to the next step in care and living arrangements.

Assisted Living (Medicaid Waiver)

Assisted Living is a housing option that provides support to residents who are eligible for nursing homes but can be maintained in an alternate setting.

Who is eligible

Elderly persons and adults with physical disabilities who meet financial and medical eligibility requirements.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Adult Foster Care

When an individual needs moderate supervision and can no longer live in his or her own home, Adult Foster Care may be a good option. Through this program, DSAAPD offers assistance in finding placement in a supportive, family setting.

Who is eligible

Low-income adults who meet specific medical, financial, social and programmatic criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Transition Program

Nursing home residents interested in moving to a new home can find the assistance they need through the Transition Program. The program offers individualized case management services to help nursing home residents and their families assess needs, identify housing options, and plan for the transition.

Who is eligible

Adults 18 and older who meet financial and medical eligibility requirements.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd



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In-Home Services



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Although age or a physical disability may make living independently more difficult, many people want to remain in the comfort and familiar surroundings of home. DSAAPD offers services and support that enable greater choices in living options.

Housekeeping

Housekeeping services offered by DSAAPD help individuals remain in their homes as long as possible by providing assistance with shopping, meal preparation, light housekeeping and laundry. All services are provided by trained housekeepers.

Who is eligible

Delaware residents 18 years of age or older who live in their own home or apartment and who meet specific financial and medical eligibility criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Personal Care

For individuals living at home, illness or physical disability sometimes makes it difficult to attend to personal hygiene. Through Personal Care services, in-home assistance is offered with bathing, shaving and other tasks.

Who is eligible

Delaware residents 18 years of age or older who live in their own home or apartment and who meet specific financial and medical eligibility criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Elderly and Disabled Waiver

The Medicaid Waiver provides an alternative to nursing home care. The program includes services to help a person to continue living in his or her home safely. The services that are part of this program include adult day care; emergency response system; orthotics and prosthetics; personal care; and respite. Nurses and social workers coordinate with participants and their caregivers to develop care plans that help to meet their individual needs.

Who is eligible

Elderly persons and adults with physical disabilities who meet financial and medical eligibility requirements.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd



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Support for People with Disabilities



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Individuals with physical disabilities sometimes need special support in order to live as independently as possible. From teaching new skills and providing assistance, to modifying home environments, DSAAPD services help enable independence in the individual's preferred setting.

Nursing Home Transitions

The Nursing Home Transition program helps nursing home residents, especially those who are Medicaid-eligible, transition into the community. The program offers individualized case management to accomplish this goal.

Who is eligible

Adults aged 18 – 59 years of age with an assessed need who meet resource criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Attendant Services

Attendant Services is designed to enable individuals with physical disabilities to live more independently by providing personal care assistance.

Individuals, or those who make decisions for them, can request help with:

- Dressing, bathing, and grooming
- Getting in and out of bed or a wheelchair
- Assistance with transportation needs
- Toileting (including bowel, bladder and catheter assistance)
- Feeding
- Health maintenance activities

Who is eligible

Delaware residents aged 18 and older with physical disabilities who meet specific social, financial and physical criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Assistive Devices

DSAAPD offers limited funds to individuals with physical disabilities for the purchase or rental of new or used assistive devices. An assistive device is an item that enables individuals with physical disabilities to function more independently. Examples include kitchen utensils with large grips, seats for the shower or bath, wheelchairs and specialized computers.

Who is eligible

Adults with physical disabilities with an assessed need who meet resource criteria. To qualify as an assistive device, the item must directly promote independent action or communication.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Home Modification

Home modifications, such as a wheel chair ramp, are sometimes necessary to enable an individual with physical disabilities to move more freely. Limited funds are available to make modifications to permanent residences.

Who is eligible

Adults with physical disabilities with an assessed need who meet resource criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd



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Specialized Support



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Being older or disabled brings daily challenges that reach far beyond health care and living arrangements. DSAAPD services provide support that is available locally and responds to specialized needs.

Information and Assistance

Older Delawareans, individuals with disabilities, caregivers, family members, service providers and others interested in the many programs and services offered by DSAAPD can start by calling a single phone number. Trained social service representatives will provide information or direct the caller to appropriate programs, services, activities, events or community resources.

Who is eligible

Anyone seeking information on DSAAPD programs and services.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Case Management

Case Management acts like a bridge between available services and those who need them. Through this service, a Case Manager will help individuals with physical disabilities or caregivers by assessing needs, developing a care plan specifying the services needed, and providing ongoing coordination to ensure that care needs are met.

Who is eligible

Individuals aged 60 and older and adults aged 18 through 59 with physical disabilities.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Delaware Money Management Program

Many older adults and people with physical disabilities risk losing their independence due to their inability to manage their financial affairs. This program helps individuals with budgeting, paying routine bills and money management.

Who is eligible

Low-income seniors or adults with physical disabilities who meet financial eligibility criteria.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Medical Transportation

Older persons who live in New Castle County (outside the City of Wilmington) and need help getting to doctors, clinics or other health care appointments can access DSAAPD Medical Transportation Services.

Who is eligible

New Castle County residents, age 60 or older, who have no other means of transportation for health care services.

Transportation must be requested at least one week before the medical appointment.

Contact Information

WHEELS

302.395.5660

Emergency Response System

The Emergency Response System enables high risk individuals to signal for immediate help. The individual wears a button which, when pushed, is programmed to send a signal to an emergency response center. There, trained professionals take the action necessary to help the person in need.

Who is eligible

At-risk frail elderly individuals, or those 18 – 59 years old with physical disabilities, who live alone, or are alone much of the day.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Hispanic Outreach

Language barriers can sometimes prevent older people from getting the services they need. The Hispanic Outreach program helps members of the Hispanic community connect with assistance and works with service providers to promote a better understanding of the special needs of older Hispanics.

Who is eligible

Hispanic adults aged 60 and older.

Contact Information

Latin American Community Center

302.655.7338

Senior Community Service Employment Program

Older Delawareans who want to work can find part-time employment through the Senior Community Service Employment Program. Paid jobs are offered at various locations, and participants can take advantage of training and help in finding employment with companies outside of the program.

Who is eligible

Low-income Delaware residents aged 55 years or older who meet financial eligibility criteria.

Contact Information

New Castle County
Wilmington Senior Center
302.651.3440

Kent County
Modern Maturity Center
302.734.1200

Sussex County
First State Community Action
302.856.7761

Health Education and Disease Prevention

Delaware is working to keep older adults healthy, active and independent. Our *Healthy for Life* program offers resources, activities and information designed to help older Delawareans enjoy the benefits of good nutrition, physical activities, healthy behaviors and wise health decisions.

Who is eligible

Anyone seeking information on DSAAPD programs and services.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd



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Meal Programs



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Good nutrition is essential to good health. DSAAPD services help ensure that the elderly and people living with physical disabilities receive the nutritious meals they need, along with the know-how to maintain their health through smart eating habits.

Congregate Meals

Healthy food and an opportunity to socialize are offered through congregate meals. Meals are provided daily in senior centers or other group settings. In addition to enjoying a nutritionally-balanced meal, participants can take advantage of nutrition counseling and education programs.

Who is eligible

Individuals aged 60 or older and their spouses regardless of age.

The program is also available to persons with disabilities under the age of 60 who live in housing facilities where congregate meals are served.

Contact Information

Wilmington City Fare 302.421.3733	New Castle County New Castle County Nutrition Program 302.395.5600	Kent County Modern Maturity Center 302.734.1200	Sussex County CHEER 302.856.5187
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Home Delivered Meals

Homebound older or physically disabled individuals can look forward to a hot, nutritionally-balanced meal, that is delivered during the day through this DSAAPD program. Some people also receive cold bagged meals at the same time as the hot meal, assuring that they have food available for other times of the day.

Who is eligible

Homebound individuals age 60 and older.

Low-income, homebound adults age 18 – 59 with physical disabilities.

Contact Information

Individuals age 60 and older:

Wilmington City Fare 302.421.3733	New Castle County City Fare 302.421.3733	Kent County MANNA 302.734.1200
Sussex County CHEER 302.856.5187	Sussex County Meals on Wheels of Lewes and Rehoboth, Inc. 302.645.7449	

Individuals age 18 – 59 with physical disabilities:

DSAAPD

800.223.9074



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Rights and Protections



DELAWARE HEALTH AND SOCIAL SERVICES

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Older people and adults with physical disabilities sometimes can be subject to abuse, neglect and exploitation. DSAAPD provides services to help safeguard them and to assist them with legal issues.

Senior Medicare Patrol Program

Medicare recipients can be the first line of defense against fraudulent practices by healthcare providers. The Senior Medicare Patrol Program teaches those who receive Medicare benefits to carefully review their statements and to question information or charges they believe to be incorrect.

The program also trains volunteers to educate others in identifying fraud, waste or abuse of the Medicare system, and to provide assistance in resolving related issues.

Who is eligible

All individuals receiving Medicare benefits can utilize the program.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Legal Services

Older Delawareans often face legal issues related to powers of attorney, living wills, and consumer housing and medical matters. Legal Services provided through DSAAPD offer assistance in understanding issues and following proper legal procedures.

Who is eligible

Individuals age 60 or older.

Contact Information

Community Legal Aid Society, Inc. Elder Law Program

New Castle	Kent County	Sussex County
302.575.0666	302.674.3684	302.856.4112

Adult Protective Services

Adult Protective Services (APS) responds to reports of mistreatment or exploitation of older persons and people with physical disabilities. APS assesses the situation and takes action to resolve the problem.

Who is eligible

Physically or mentally impaired adults age 18 or older who are living in the community.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd

Long Term Care Ombudsman Program

Ombudsmen are trained volunteers who advocate for quality care on behalf of residents in long term care facilities. They help resolve complaints and ensure that rights are protected. In addition, ombudsmen provide support and companionship to residents and their families.

Who is eligible

Residents of licensed long term care facilities and their families.

Contact Information

Call DSAAPD at 800.223.9074 or visit www.dhss.delaware.gov/dsaapd



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