



# Eastern Nebraska Office on Aging

4223 Center Street • Omaha, Nebraska 68105 • 402-444-6536 • enoa.org



As one of 650 Area Agencies on Aging created by Congress under the Older Americans Act, the Eastern Nebraska Office on Aging serves families in Douglas, Sarpy, Dodge, Cass, and Washington counties. Our role is to provide a continuum of services to meet the varied needs of a diverse group of older individuals. Through our nutrition programs, care management services, volunteer opportunities, and community services, we enhance the lives of older Nebraskans.



A further mission of the Eastern Nebraska Office on Aging is to assess the needs of older individuals and their families and to provide services to meet those needs.

By creating unique programs that fill gaps in service, ENOA helps older Nebraskans to live more independently, with dignity, and to remain for as long as possible in their own homes. The caring, professional support we provide to the oldest members of the family can also help relieve the burden of caregiving on younger family members.



# ENOA

*“If wrinkles must be written upon our brows,  
let them not be written upon our heart.  
The spirit should never grow old.”*

James A. Garfield

## CARE MANAGEMENT and CAREGIVER SUPPORT

### *Promoting independence with support*

The majority of older Nebraskans want to age in place remaining in their own homes for as long as possible. ENOA's Care Management and Caregiver Support programs are designed to help older adults ages 60+ reside in their homes by identifying and coordinating community resources, services, and support available to those individuals.

Our care managers are professionals trained to assess the living situation and needs of frail, older adults. Care managers visit the home of each prospective client and with the active participation of the older adult and/or the caregiver determine what type of support is needed to help the individual remain independent in their home for as long as possible. After a thorough evaluation of the individual's needs, care managers develop a personalized care plan based on the individual's needs and input which may include a variety of in-home services.

The fee for care management services is based on the client's income; however, no client is denied care management services because of an inability to pay.

*Care managers will:*

- Provide a health and social assessment.
- Develop written plans for needed services.
- Provide information on resources to address assessed needs.
- Coordinate services, resources, and support.
- Provide ongoing monitoring of service provision.

Referrals for Care Management are taken by calling 402-444-6536.

## MEDICAID WAIVER

### *Know your options to nursing facility level of care*

This program is available for Medicaid eligible older Nebraskans ages 65+ who want to remain in their homes or receive services in an assisted living facility. This program is a joint effort of ENOA and the Nebraska Department of Health and Human Services. Referrals are taken by calling 402-546-1870.

## SENIOR CARE OPTIONS (SCO)

### *The right care at the right time*

This program is available for older Nebraskans ages 65+ that are considering admission to a nursing facility and need Medicaid to pay for the needed care. SCO counselors evaluate clients' needs and determine whether nursing facility, in-home, or community-based care is the most appropriate. The program is a joint effort of ENOA and the Nebraska Department of Health and Human Services. SCO referrals are taken by calling 402-546-1870.

## IN-HOME SERVICES

### *Preserving independence & dignity*

- **Home-delivered Meals (*Meals on Wheels*):** Nutritionally-balanced meals can be delivered up to seven days per week for those people who are home bound and unable to prepare their own meals. Several modified diets are available. Recipients are certified for meal delivery by ENOA care managers, HDM intake specialist, and DHHS.
- **Homemaker Program:** Provides light housekeeping services for people who are physically unable to perform these tasks.
- **Bath Aide Program:** Provides assistance to those needing help with personal care/bathing.
- **Durable Medical Equipment:** Provides selected medical equipment and supply items to frail older adults who cannot afford to purchase the items, and do not have Medicare, Medicaid or other insurance that would cover the cost.
- **Chore Services:** Assists with snow removal and lawn mowing.
- **Respite Care:** Short-term relief to families who are caring for a chronically ill older adult.
- **Emergency Response System:** A 24-hour personal response service that summons help at the push of a small button.

**Our Mission:** To help older Nebraskans live independently, live with dignity, and remain for as long as possible in their own homes.

## INFORMATION & ASSISTANCE

Often the first call for help from people requesting services, the Information and Assistance lines are staffed by individuals who can answer questions about ENOA programs or direct callers to the appropriate agency. I & A is the entry point for ENOA's services. The I & A lines are open weekdays from 8 a.m. to 5 p.m.

## NUTRITION

*So much more than a meal*

The Eastern Nebraska Office on Aging nutrition program offers hot, healthful, nutritionally-balanced meals to both our senior center and home-delivered meals participants. Meals are designed by a registered dietitian to meet one-third of the recommended dietary allowance of nutrients, and comply with the dietary guidelines for Americans

- **Senior Centers:** Located throughout the five-county area, these facilities serve as resource centers in neighborhoods and rural communities. Each center hosts many recreational, social, and health education activities. Participants make reservations by noon the business day prior to the meal they wish to enjoy. They are asked to contribute toward the cost of the meal. Choice menus are available at some centers. Transportation is offered at a few of the centers.
- **Multi-purpose Centers:** In addition to the mid-day meal and several activities, the Office on Aging's three full-time multi-purpose senior centers offer additional recreational and educational programs. The Intercultural Senior Center provides ethnic meals for Latino and refugee seniors in Omaha.
- **Home-delivered Meals (*Meals on Wheels*):** Weekday meals are delivered to those who are home bound and unable to cook for themselves. Weekend box lunches are also available for those with more extreme nutritional needs.
- **Nutrition Counseling:** Licensed Medical Nutrition Therapists (LMNT) work with ENOA clients and provide individualized dietary counseling on topics like weight loss or gain, cooking, diabetes, and other medical concerns.
- **Supplement Program:** A liquid supplement is available to ENOA clients on a sliding fee scale if the LMNT identifies a person at nutritional risk that would benefit from the use of this product.

## COMMUNITY SERVICES

*For better education & information*

Rural transportation

New Horizons monthly newspaper

Support of area senior centers

Legal service referrals

Resource library

Grandparent Resource Center

*Special projects include:*

Intergeneration Orchestra of Omaha





## VOLUNTEER OPPORTUNITIES

*Sharing a lifetime of experience*

More than 3,000 men, women, and young people answer ENOA's call to volunteer. They provide services worth at least \$1.6 million per year by donating a staggering 370,000 hours, helping an estimated 43,000 people. And though our volunteers come from all walks of life and range in age from 12 to 98, they share a common bond: the need to help people. Hundreds of volunteer opportunities are available through the Eastern Nebraska Office on Aging through the following programs:

- **Retired Senior Volunteer Program (RSVP):** Volunteers are stationed at over 60 sites including hospitals, nonprofits, libraries, schools, and community centers.
- **Senior Companion Program (SCP):** Volunteers give support and friendship to frail older people in homes and adult day centers. Volunteers are also placed as companions with Alzheimer's disease clients.
- **Foster Grandparent Program (FGP):** Volunteers are matched with children needing extra attention at schools, hospitals, mental health facilities, Head Start programs, and domestic abuse shelters.
- **SeniorHelp Program:** Persons of all ages can volunteer to provide direct services to help older adults in ways that support dignity and independence in daily life.
- **Ombudsman:** Trained volunteers work to improve the quality of life for residents of long-term care facilities, and represent their needs and interests through advocacy and mediation.
- **Intergeneration Orchestra of Omaha:** Combines the best of both generations, blending the spirit and promise of youth with the experience and wisdom of the older generation. Together, they create lively, uplifting music that appeals to all ages.
- **Meals on Wheels:** Volunteers assist in delivering noon meals to homebound clients.



# ENOA

Eastern Nebraska Office on Aging

### Main Office

4223 Center Street

Omaha, Nebraska 68105

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E-mail us at [dhhs.enoa@nebraska.gov](mailto:dhhs.enoa@nebraska.gov)

[www.enoa.org](http://www.enoa.org)



## ENOA Satellite Offices

### Dodge County

1730 W. 16th Street

Fremont, Nebraska 68025

(402) 721-7770

### Washington County

1327 Washington Street

Blair, Nebraska 68008

(402) 426-9614