As one of 622 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.
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.

IN-HOME SERVICES
Preserving independence & dignity

- **Home-delivered Meals (Meals on Wheels):** Nutritionally well-balanced meals are delivered to individuals 60 years of age or older who are homebound and unable to cook for themselves. Several modified diets are available. Recipients are certified for the meal delivery by either an ENOA Care Manager, the HDM Intake Specialist or by the Department of Health and Human Services.

- **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.
COMMUNITY SERVICES
For better education & information

New Horizons Newspaper: The New Horizons is ENOA’s primary source of information for the five-county area’s older population. The publication strives to present a positive image of older Nebraskans by reporting on issues like healthcare, travel, nutrition, Medicare, Medicaid, Social Security and ENOA’s programs and services.

Rural Transportation: This service is available to the general public, the elderly and persons with disabilities. Operating in Cass, Dodge, Washington, and Sarpy counties and the outskirts of Douglas county.

Grandparent Resource Center: Resources including peer support for grandparents raising grandchildren.

Legal Service Resource: Referrals to Legal Services to Protect Older Nebraskans.

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.

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, healthy, nutritionally balanced meals to both our senior center and meals on wheels participants. Meals are designed by a registered dietitian to meet one-third of the recommended dietary allowance of nutrients, and comply with the most current Dietary Guidelines for Americans.

- **Seniors Centers**: Located throughout the five-county area, these facilities serve as resource centers in neighborhoods and rural communities. Each center hosts many recreational, social, nutrition and health programs and activities. Participants make reservations prior to the meal they wish to enjoy and are asked to contribute towards the cost of the meal. Choice menus are offered as some of the centers and the Intercultural Senior Center provide meals to Latino and refugee seniors in the Omaha area.

- **Diner’s Choice**: ENOA contracts with a grocery store in midtown Omaha to provide meals to seniors who are 60 year of age or older. The Diner’s Choice menus offered are based on what is offered in the restaurant area of the store. Portions are adjusted to meet the nutritional guidelines and they are approved by the ENOA dietitian. Participants of this program must attend a special registration meeting in order to sign up for the program.

- **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**: A Licensed Medical Nutrition Therapist (LMNT) works with ENOA clients and provides individualized dietary counseling in areas of weight loss or gain, therapeutic diets for diabetes, heart disease, high blood pressure and various other medical concerns as well as healthy eating. ENOA’s dietitian visits the client’s home for the assessment process and follow-up as needed. ENOA offers a liquid supplement for a reduced charge if during the assessment process it is identified as beneficial to address the client’s nutritional risk.

ADRC

The Aging and Disability Resource Center (ADRC) is a pilot program established by the Nebraska Legislature in 2015. The ADRC goal is to assist Nebraskans in accessing services and supports to meet their long-term care needs and provide information assistance, and education on community services and long-term care options for:

- Seniors (age 60+);
- People with disabilities of all ages; and
- Family members, caregivers & advocates for the above

All of our information and assistance is free and confidential. Call (402) 444-6444 and ask to speak with an Options Counselor. Visit the ADRC website at: ADRCNebraska.org.
VOLUNTEER OPPORTUNITIES
Sharing a lifetime of experience

Each year, more than 1,000 men, women, and young people answer ENOA’s call to volunteer. They provide services worth at least $4 million per year by donating a staggering 225,000 hours, helping 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:

• 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.

• SeniorHelp Program: Persons of all ages can volunteer to provide a variety of direct services including Meals on Wheels to help older adults in ways that support dignity and independence in daily life.

• Retired Senior Volunteer Program (RSVP): A National Senior Service Corps (NSSC) program where volunteers are stationed at over 60 sites including hospitals, nonprofits, libraries, schools, and community centers.

• Senior Companion Program (SCP): A National Senior Service Corps (NSSC) program where volunteers give support and friendship to frail older people in homes and adult day centers. Volunteers also provide respite to caregivers.

• Foster Grandparent Program (FGP): A National Senior Service Corps (NSSC) program where volunteers are matched with children needing extra attention at schools, health facilities, Head Start programs, and pre-elementary programs.