



# Eastern Nebraska Office on Aging

4780 South 131st Street | Omaha, Nebraska 68137 | 402-444-6536 | enoa.org



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

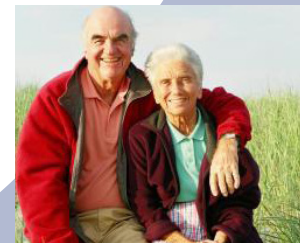


As one of the nation's 622 Area Agencies on Aging created by Congress under the Older Americans Act, the Eastern Nebraska Office on Aging serves families in Douglas, Sarpy, Dodge, Cass, and Washington counties. Our role is to provide a continuum of services to meet the varied needs of a diverse group 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 live independently, with dignity, and to remain for as long as possible in their own home. 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.



**Aging and Disability Resource Center**  
*Serving all Nebraskans*  
[adrcnebraska.org](http://adrcnebraska.org)



## **C.H.O.I.C.E.S**

### *Choosing Home or In-Community Elder Services*

ENOA is committed to empowering older adults by giving them more choices and greater control over services they receive; the environment in which they choose to receive those services and the manner in which their providers deliver those services. ENOA has several case management programs that focus on supporting older adults in maintaining their independence and supporting the efforts of family caregivers of older adults

## **CARE MANAGEMENT**

### *Promoting independence with support*

ENOA's Care Management is designed to help older adults live in their own home for as long as possible. Professional care managers work with older individuals identifying and coordinating available community resources and services.

To qualify for Care Management services, men and women must be age 60 and older, live in ENOA's five-county service area, and need assistance with three or more daily activities for 90 days or longer.

#### *A Care manager and the older adult will:*

- Complete a comprehensive assessment that reviews health, nutrition, daily activities, etc.
- Discuss information on resources to address assessed needs.
- Develop a written plan for needed services.
- Coordinate services, resources, and support.
- Participate in ongoing monitoring of service delivery.

## **CAREGIVER SUPPORT**

### *Strengthening the family base*

ENOA realizes daily care provided by family and/or informal caregivers remains the primary support that allows their frail older loved ones and those loved ones with Alzheimer's disease or related disorders to remain at home.

To qualify for Caregiver Support Services you must be an adult caregiver age 18 years or older assisting an older adult age 60 or over with:

- At least two activities of daily living deficits, or
- A diagnosis of Alzheimer's disease or related disorders.

The caregiver will work with a Care Manager dedicated to serving caregivers by participating in a comprehensive assessment designed to provide

a detailed picture of the caregiver's strengths and needs. This assessment will be used to assist the caregiver and Care Manager to develop a Support Plan to provide respite services and resources.

*Referrals for Care Management and Caregiver Support are taken by calling 402-444-6536.*

## **MEDICAID WAIVER**

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

This is a program that offers an array of services to support people in their homes.

ENOA serves individuals age 65+ who:

- Are eligible for Medicaid and have needs at nursing facility level of care
- Want to live at home rather than in a nursing facility, and
- Can be served safely at home

*Referrals are taken by calling 402-546-1870.*

## **SENIOR CARE OPTIONS (SCO)**

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

The purpose of Senior Care Options is to assure appropriate use of nursing home services funded through Nebraska Medicaid and to offer service choices. SCO evaluates the care needs of each person age 65+ who has requested Medicaid coverage of nursing home care to determine if such care is needed. *Referrals are made via fax typically from nursing homes and hospital discharge planners. Fax number 402-546-1871.*

*Both Medicaid Waiver and Senior Care Options are a joint effort of ENOA and the Nebraska Department of Health and Humans Services.*

## **INFORMATION & ASSISTANCE**

### *Guiding you in the right direction*

Often the first call for help from people requesting services, the Information and Assistance lines are staffed by individuals who answer questions about ENOA programs or direct callers to the appropriate agency or community resources.

*I & A is the entry point for ENOA's services. Call 402-444-6536 weekdays from 8 a.m. to 5 p.m.*

## **IN-HOME SERVICES**

### *Preserving independence & dignity*

To receive the following services, individuals must meet care management eligibility guidelines. Clients are asked to contribute monthly toward the cost of the services received based on their income. Nobody is denied ENOA services due to an inability to pay.

- **Homemaker:** Provides light housekeeping services for people who are physically unable to perform these tasks.
- **Bath Aide:** Provides assistance to those needing help with personal care/bathing.
- **Emergency Response System:** A 24-hour personal response service that summons help by pushing a button on a pendant worn on the client's wrist or around their neck. Income guidelines apply to this service

*Referrals for In-Home Services are taken by calling 402-444-6536.*

## NUTRITION

*So much more than a meal*

The Eastern Nebraska Office on Aging's nutrition program offers hot, healthy, nutritionally- balanced meals to our senior center and Meals on Wheels participants. Meals are designed to meet one-third of the recommended dietary allowance of nutrients, and comply with the most current dietary guidelines for Americans.

- **Home-delivered Meals (*Meals on Wheels*):** Weekday meals are delivered to those who are homebound and unable to cook for themselves. Recipients are certified for the meal delivery by either an ENOA care manager, the program's intake specialist, or the Department of Health and Human Services. Call 402-444-6536 weekdays from 8 a.m. to 5 p.m. for more information or to make a referral.
- **Senior Centers:** Located throughout our five-county service area, these facilities serve as resource centers in neighborhoods and rural communities. All centers offer a hot midday meal (reservations are required). Participants are asked to contribute towards the cost of the meal. Each center hosts a variety of recreational and social activities, guest speakers, crafts, nutrition and health programs.
- **Diner's Choice:** ENOA's Nutrition Division has developed the Diner's Choice program to provide a flexible meal schedule for older adults in our service area. ENOA contracts with a grocery store in midtown Omaha to provide meals based on what's offered in the store's restaurant area. Portions are adjusted to meet the nutritional guidelines approved by the ENOA dietitian. For more information, please call 402-444-6513.

- **Nutrition Counseling:** A Licensed Medical Nutrition Therapist (LMNT) works with ENOA's clients to provide individualized dietary counseling regarding healthy eating, weight loss or gain, therapeutic diets for diabetes, heart disease, high blood pressure, and various other medical concerns. ENOA offers a liquid supplement at a reduced charge when appropriate.

## 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 program offers reasonable rates to the general public weekdays from 8 a.m. to 5 p.m. for any transportation needs: medical, business, shopping, airport, etc. Both handicapped & non-handicapped vehicles are available. The program operates throughout Cass, Dodge, Washington, and Sarpy counties, and in rural Douglas County. A 48-hour advance notice reservation is required, but does not guarantee a ride. For information, call 1-888-210-1093.

**Legal Service Resource:** ENOA contracts with Legal Aid of Nebraska to provide limited legal advice and assistance to Nebraska residents age 60 and older in our service area through the ElderAccessLine®. Phone calls to the ElderAccessLine® are answered by an experienced attorney or paralegal who will ask questions about your situation and provide assistance and information. Toll-free: 1-800-527-7249; Omaha: 402-827-5656; or [legalaidofnebraska.org](http://legalaidofnebraska.org).

**Intergeneration Orchestra of Omaha:** Blends the talents of volunteer musicians age 25 and younger and age 50 and older. Performances are given for senior and retiree groups, and at nursing homes. IGO's concert season runs from September through April, with a schedule of seven concerts open to the public. The Spring Pops & Pie concert at the Joslyn Art Museum is their annual fundraiser. Visit [igoomaha.org](http://igoomaha.org) for concert schedule and information.

## Aging and Disability Resource Center (ADRC)

*Serving all Nebraskans*

The Aging and Disability Resource Center (ADRC) was established by the Nebraska Legislature. The ADRC's 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:

- Men and women age 60+.
- People with disabilities of all ages.
- Family members, caregivers, and advocates for the above segments of the population.

All information and assistance provided is free and confidential. Call 402-444-6536 and ask to speak with an ADRC options counselor. Visit the ADRC website at [ADRCNebraska.org](http://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 approximately \$4 million per year by donating an average of 225,000 hours helping people. While 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. The Eastern Nebraska Office on Aging offers hundreds of volunteer opportunities through the following programs:

- **Ombudsman:** Advocates help ensure residents of long-term care facilities and assisted living communities enjoy the best possible quality of life by promoting the residents' rights and serving as a liaison between the residents and staff. The Ombudsman listens to the residents' concerns, informs residents about their rights, and serves as a resource and a problem-solver. Volunteers, who must be age 18 and older, are enrolled through an application and screening process. Pre-service and on-going training is provided. A minimum of two hours per week is required.

- **SeniorHelp Program:** Volunteers of all ages provide assistance to older adults that help them remain in their homes and improve their quality of life. Volunteers provide help such as: companion, escort/transportation, handyman, holiday gift delivery, lawn mowing, Meals on Wheels delivery, personal/household assistance, one-time clean-ups, painting, snow removal, and yard care. Scheduling is flexible. Volunteers are enrolled through an application and screening process.

### *National Senior Service Corps Programs:*

- **RSVP:** Volunteers age 55 and older are placed at public and non-profit organizations, health institutions, food pantries, senior centers, and with the Car-GO program. The RSVP CAR-GO transportation service provides free rides for persons age 55+ in the Blair and Fremont city limits to medical appointments, grocery shopping, and other errands. Available M-F; 8 a.m.–5 p.m. Volunteers must complete a brief enrollment process.
- **Senior Companion Program (SCP):** Volunteers give support and friendship to frail older adults who are struggling to stay independent. SCP volunteers visit the homes of older individuals who can benefit from the company of another older adult. Prospective volunteers must be age 55 or older, meet an income guideline, and be able to serve a minimum of 10 hours per week. Volunteers earn an hourly tax-free stipend, transportation reimbursement, and other benefits.
- **Foster Grandparent Program (FGP):** Volunteers serve in schools, hospitals, Head Start programs, and child development centers. Foster Grandparents are age 55 and older that assist children needing special attention in education, healthcare, and social development through regular interaction with a grandparent role model. Prospective volunteers must meet an income guideline and be able to serve a minimum of 10 hours per week. Volunteers earn an hourly tax-free stipend, transportation reimbursement, and other benefits.

*Call 402-444-6536 for information about any of ENOA's volunteer opportunities or services.*

### MAIN OFFICE

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Omaha, Nebraska 68137 | [enoa.org](http://enoa.org)  
(402) 444-6536 • 1(888) 554-2711  
E-mail us at [dhhs.enoa@nebraska.gov](mailto:dhhs.enoa@nebraska.gov)  
Rural Transportation for Cass, Sarpy, Washington  
& Rural Douglas County • 1-888-210-1093

### ENOA SATELLITE OFFICE DODGE COUNTY

1730 W. 16th Street • Fremont, NE 68025  
Meals on Wheels • 402-721-8262  
Rural Transportation • 402-721-7770  
Car Go Blair & Fremont • 402-721-7780

### ENOA SATELLITE OFFICE WASHINGTON COUNTY

1327 Washington Street  
Blair, NE 68008  
(402) 426-9614