

# Aroostook Agency on Aging

## Referral/Service Recommendation Guide

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DIAGNOSIS	AGENCY SERVICES	
<b>Cancer</b>	Living Well with Chronic Disease	
<b>Chronic Pain</b>	Bingocize Living Well with Chronic Pain Matter of Balance Tai Chi	
<b>Congestive Heart Failure</b>	Commodity Supplemental Food Program Living Well with Chronic Disease Meals on Wheels	
<b>COPD</b>	Living Well with Chronic Disease	
<b>Dementia/Memory Care</b>	Adult Respite Services Building Better Caregivers Caregiver Education and Support	Homecare Personal Support Memory Care Center Respite for ME
<b>Diabetes Management</b>	Bingocize Commodity Supplemental Food Program Living Well with Diabetes	Matter of Balance Meals on Wheels Tai Chi
<b>Falls History</b>	Bingocize Matter of Balance Tai Chi	
<b>Hypertension</b>	Living Well with Chronic Pain Meals on Wheels	
<b>Mental Health</b>	Bingocize Friendly Volunteer Program Living Well with Chronic Disease	Money Minders Tai Chi Volunteer Opportunities
<b>Obesity/Food Insecurity</b>	Bingocize Commodity Supplemental Food Program Living Well with Diabetes	Matter of Balance Meals on Wheels Tai Chi
<b>Unmet Social Needs</b>	Public Benefits Assistance Friendly Volunteer Program	
<b>Vaccination Awareness</b>	Case Management Community Outreach Living Well with Chronic Disease	
<b>Other</b>	Fraud, Scam and Abuse Awareness Medicare Insurance Counseling Volunteer Opportunities	

AGENCY SERVICE	DESCRIPTION
<b>Adult Respite Services</b>	Focuses on creating a safe, engaging place for those with chronic memory loss or health conditions, while providing their caregivers a much-needed break.
<b>Bingocize</b>	Engages participants in a Falls Prevention activity that combines the game of Bingo while exercising and providing health education. 20 classes per session
<b>Building Better Caregivers</b>	Provides caregivers of individuals with memory loss, classes to increase understanding, develop skills and self care plans. 6 classes per session.
<b>Caregiver Education and Support</b>	Provide resources, information and assistance to caregivers; so they can better manage challenges of caring for someone who is unable to care for themselves.
<b>Case Management</b>	Provide information and assistance on all Agency services. Persons age 60 and over may qualify for a variety of helpful programs.
<b>Commodity Supplemental Food Program</b>	Provides a box of shelf stable food items to individuals age 60 and older who meet certain income criteria. Distributed monthly throughout Aroostook County.
<b>Community Outreach</b>	Provides assistance with resources, assist with applications for services and advocacy for older adults and their caregivers.
<b>Fraud, Scam and Abuse Awareness</b>	Provide personal assistance and community education on Medicare fraud, scams and abuse awareness.
<b>Friendly Volunteer Program</b>	Provides trained volunteers to homebound participants for companionship, through in-person visits or phone calls.
<b>Homecare Personal Support</b>	Personal Support Specialists provide in-home assistance needed so older people can enjoy activities of daily living and continue to live at home. Days and times to fit needs of consumer.
<b>Living Well with Chronic Disease</b>	Provides individuals living with chronic or long-term health conditions the strategies and skills for self-management. 6 classes per session.
<b>Living Well with Chronic Pain</b>	Provides individuals living with chronic pain the strategies and skills for self-management. 6 classes per session.
<b>Living Well with Diabetes</b>	Provides individuals living with diabetes the strategies and skills for self-management. 6 classes per session.
<b>Matter of Balance</b>	Engages participants in fall prevention activities to educate and reduce the risk of falling and increase physical activity levels. 8 classes per session.
<b>Meals on Wheels</b>	Provides delivery of nutritious entrees to the homes of individuals age 60 and older and adults with disabilities who are homebound and have difficulty in preparing their own meals. Low sodium, diabetic friendly, gluten free and pureed meals may be available.
<b>Medicare Insurance Counseling</b>	Assist with Medicare insurance, including new to Medicare, Medicare Part D, open enrollment and benefits.
<b>Memory Care Center</b>	Memory Care Center will be a community and education resource for people living with dementia, their families and caregivers in Aroostook County.
<b>Money Minders</b>	Trained volunteers provide assistance with bill paying, balancing bank statements and basic budgeting on a monthly basis.
<b>Public Benefits Assistance</b>	Trained professionals provide a comprehensive review of household needs and eligibility criteria for various public and private programs.
<b>Respite for ME</b>	Designed to reduce the stress and burden that caregivers feel. The caregiver may be eligible for up to \$ 2,000 in reimbursement of qualifying expenses.
<b>Tai Chi</b>	Engages participants, during a class settings, to aide in preventing falls, relieving pain for those with arthritis, and improving health and well-being. 20 classes per session.
<b>Volunteer Opportunities</b>	Provides volunteer opportunities in most aspects of the Agency, and also provide connections to other area volunteer activities.