



# AGING... THERE'S A LOT TO CONSIDER





# How **old** is **old**?



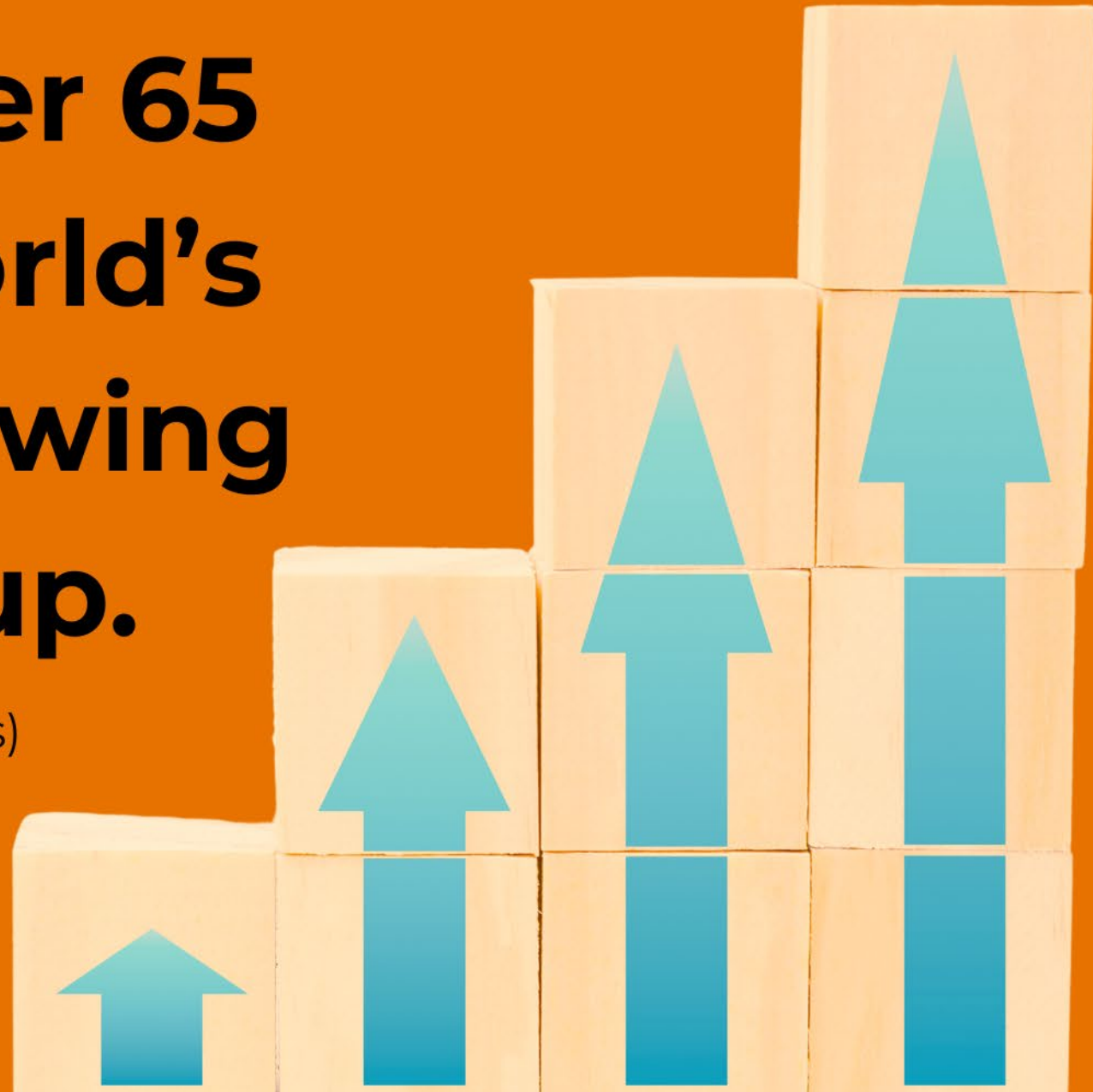
Of those living on this planet, those age 65+  
**outnumber**  
children under age 5.

(United Nations)



**People over 65  
are the world's  
fastest-growing  
age group.**

(United Nations)





**DID YOU  
KNOW?**

**15,000**  
Ohioans turn  
60 each  
month



# AGING IN OHIO

---

- **3 million people age 60+**
  - 25% of population
  - Ranks in the top 10 for largest older population in the nation
- **1.46 million Ohioans are caregivers**
  - Providing \$21 billion in care annually
- As of last year (2025), **more than 1 in 4** Ohioans are 60+





**AREA  
AGENCIES  
ON AGING**

# AREA AGENCIES ON AGING

- Your connection to information and services for older adults, people with disabilities, and caregivers
- 12 in Ohio; more than 600 nationwide
- Find a AAA:
  - [www.eldercare.acl.gov](http://www.eldercare.acl.gov)
  - 1-800-677-1116





## LONG-TERM CARE

"There are a lot of things I would have to give up, maybe to go to a nursing home, if I didn't have this help."

LORA (ESP) and JUNIOR (PASSPORT)

# WHAT IS LONG-TERM CARE?



Most long-term care is not medical, but rather help with basic Activities of Daily Living (ADLs) - bathing, dressing, using the toilet, transferring, eating, walking



There are more complex independent living skills - Instrumental Activities of Daily Living (IADLs) - Housework and laundry, managing financial and legal matters, taking medication, meal prep, shopping, communicating, transportation



COA programs and services are designed – for the most part – to meet non-medical long-term care needs - needs that aren't typically met by traditional insurance and benefits programs.

# WHEN MAY LONG TERM CARE BE NEEDED?



Unable to do **housekeeping**



Needs **help** with personal care



**Fall risk** - potential for an accident



Can't **transfer** without assistance



Unable to safely **prepare meals**



Needs help with **medications**

# WHY LONG TERM CARE?



Rapidly aging population



Caregivers in short supply



In SWO: 1/3 of 65+ have at least one disability



Families are more spread out



In SWO: 1 in 5 households includes 65+



Nationwide home health aide shortage



**Reality**  
**Just Ahead**

**It may not be  
pleasant to think  
about, but...**



1

We will all die.

2

The run-up can be expensive.

3

If there's no plan, older adults and their loved ones may regret it.



How will you pay for it?

Who can speak for you?

What are your wishes for care?

How to maintain control of your \$\$ and care.

Will I have to move?

Home modifications?

What will you do when you stop driving?

Where will you receive care?

Who will provide care?

Public/Private Options

Legal and Financial Planning

Housing

Transportation

Care Options and Planning

# What will my life look like?

# THE BOTTOM LINE...

70% of people will need  
long-term care during their  
lifetime

Only 30% of us  
THINK we will

# OUR MISSION

Enhance lives by assisting people to remain independent through a range of quality services.





THINK OF US AS...  
**THE FRONT DOOR**



# ABOUT COA

- Area Agency on Aging since 1974
- Serving older adults, people with disabilities and caregivers
  - Butler, Clermont, Clinton, Hamilton and Warren counties
- Non-profit organization, not gov't agency
- Funding:
  - County tax levies = 40%
  - Medicaid programs = 30%
  - State/Federal funds, client contributions, donations make up the rest



# AREA AGENCIES ON AGING

- Your connection to information and services for older adults, those with disabilities and their caregivers
- 12 in Ohio, 600+ nationwide
- Find a AAA:

Eldercare Locator, [www.eldercare.acl.gov](http://www.eldercare.acl.gov)

1-800-677-1116



# OUR IMPACT



27,358

Individuals remained independent in their homes with our help



1.8 million

Meals served through home-delivered and congregate meal programs



85,364

Requests for information and referral fulfilled

Hours of in-home care via contracted providers and consumer direction

1.6 million



Trips for medical and senior center activities

186,404



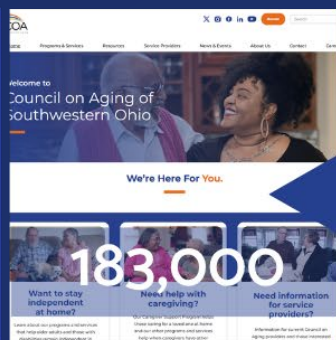
Participants in the USDA Senior Farmers' Market Nutrition Program

3,434



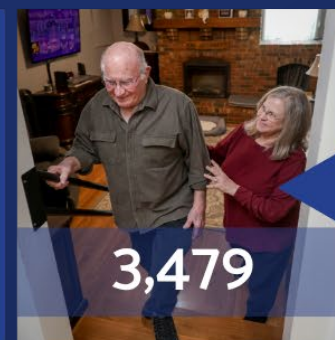
162

Presentations and events participated in throughout southwestern Ohio



183,000

Visitors to help4seniors website



3,479

Clients supported from hospital or nursing facility to home via transitional care programs



# OUR TYPICAL CLIENT

---

- Is age 70+
- Lives alone
- Has been in/out of hospital or nursing home
- Has multiple chronic health conditions
- Needs help with cooking, cleaning, bathing/dressing, shopping
- Low to modest income with out-of-pocket medical expenses
- Needs more help than family/friends can provide





## ELDERLY SERVICES PROGRAM

"It's just much easier to recuperate at home, where you're around familiar people and things, and it's given me incentive to get back my life."

TERRE,

FASTTRACKHOME/ESP



# Elderly Services Program

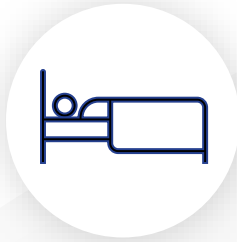
- Tax-payer funded in-home care for older adults who do not qualify for Medicaid
  - Programs in Butler, Clinton, Hamilton and Warren counties
  - Clermont County program run by Clermont Senior Services
- Serves older adults who are stuck in the middle - not low-income enough to qualify for Medicaid but can't afford to pay for private care.



# SERVICES AVAILABLE TO ELIGIBLE INDIVIDUALS



Adult Day



Overnight Respite



Care Manager



Home Care Assistance



Electronic Monitoring System



Meals



Transitional Care



Home Repairs & Safety Modifications



Independent Living Assistance



Medical Equipment & Supplies



Nursing Services



Skilled Therapies



Adaptive/Assistive Devices



Transportation

# Eligibility

- Age 60+
- Need help with certain activities of daily living
- No income qualification, but some clients may have a co-payment
- Supplements - does not replace - care already provided by family
- Ineligible for services through any other payer (payer of last resort)





## PASSPORT

Without the program, I'd be in a nursing home somewhere. I cannot do for myself...But I do have people who love me."

Katie, PASSPORT client



# Services available through PASSPORT

- Adult day services
- Care management (COA staff)
- Chore service (pest control, major housecleaning)
- Electronic monitoring system
- Home-delivered meals
- Transportation
- Respite for caregivers, if eligible
- Home medical equipment and supplies
- Personal care
- Consumer-directed care...and more!



**CAREGIVING**

“

There are only four kinds of people in the world; those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers.

Rosalyn Carter

”





**63 million (1 in 4)**

Americans who are caregivers



**age 45 - 64**

most likely to be caregivers



**1 in 10**

US parents also caring for an older adult

Caregivers



## A CAREGIVER IS...

...unpaid

...a spouse, partner, parent, adult child, grandchild, friend, neighbor – **just about anyone!**

... someone who does activities such as running errands, cooking meals, housecleaning, preparing medications – **just about anything!**




# CAREGIVER SUPPORT PROGRAM PROVIDES...

- **1:1 support** which can
  - **Reduce stress, increase confidence** and knowledge – provide training
  - Help caregivers **balance their lives** and caregiving responsibilities
  - Provide respite (**time off**) \*for those caring for individuals with cognitive impairments
- **Eligibility**
  - Caregiver/care recipient **at least 60 years old**
  - Live in Butler, Clermont, Clinton, Hamilton or Warren counties
  - NOTE: No age requirement for family caregivers caring for those with **Alzheimer's disease** or related cognitive impairments





# Help can be a click away

- **Family Caregiver Alliance:**  
**[caregiver.org](http://caregiver.org)**
  - **AARP:** **[aarp.org](http://aarp.org)**
  - **COA website:** **[help4seniors.org](http://help4seniors.org)**
  - **[Caring.com](http://Caring.com)**
- 

# Safe and Healthy at Home



People Working Cooperatively's



**Lisa Capannari – [capannaril@pwchomerepairs.org](mailto:capannaril@pwchomerepairs.org)**

**513-482-5105**



# Today, we'll cover...

- Why housing matters for health
- Recognizing home hazards
- Solutions to accessibility
- Resources



# Why Does Housing Matter to Our Health?

- Mobility within the home
  - Age-related changes
  - Medical conditions
  - Disease progression
- Key things to make a home safe
  - Hand-holds in key places
  - Lighting
  - Safe floor conditions



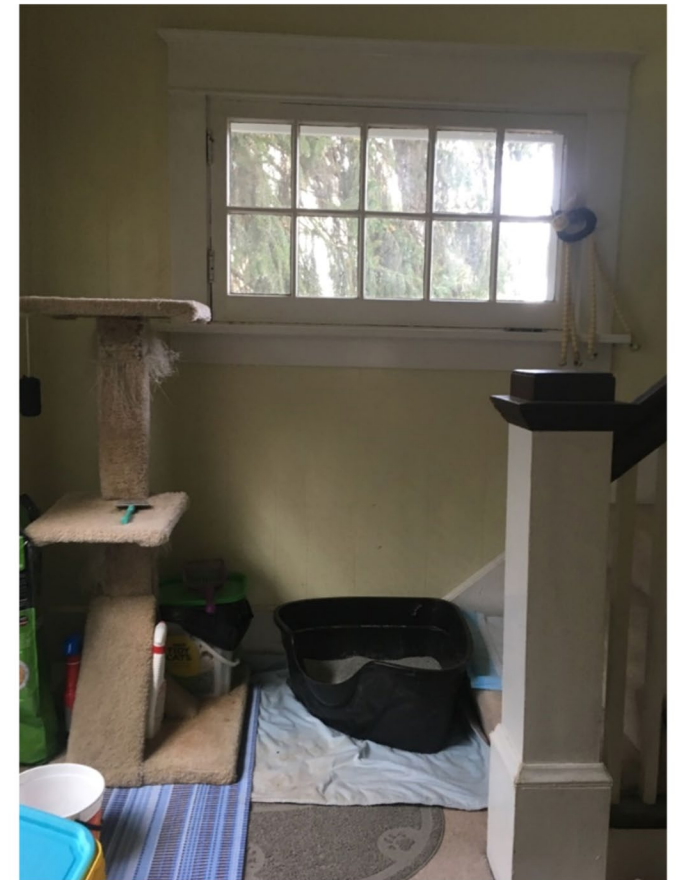
# What Do You See?



# Trip Hazards



# Fall Hazards



# Minor or Behavioral Changes

- Cords on the floor – Tape to the edge
- Litter box at bottom of steps – Move it elsewhere
- Rugs – Remove or tape down or replace with rubber-backed no-slip mat
- Keep objects off of stairs
- Pick up things from floor to keep path clear
- Appropriate step-stool
- Motion-activated night light
- Keep oft-used items within easy reach



# Physical Changes

- Improve lighting at top and bottom of stairs
- Replace burnt out bulbs
- Add 2<sup>nd</sup> handrail on steps or replace a broken rail
- Install grab bars in shower
- Keep landscaping trimmed so as not to encroach on walkway
- Replace toilet with a comfort-height



# Entrance

## Modular Ramp



## Lifts



# Bathroom

## Grab Bars



## Comfort Height Toilet



## Tub Transfer Bench

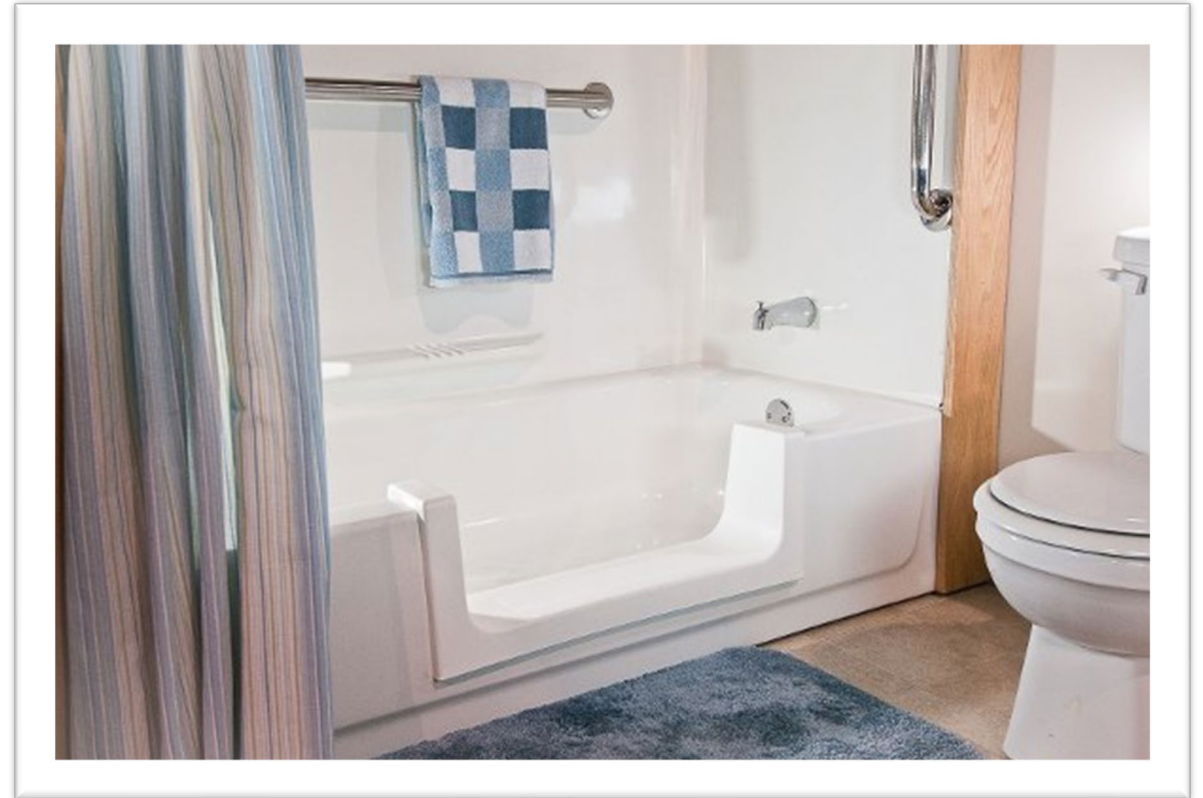


# Bathroom

Full room remodel with  
barrier-free shower



Tub Cut



# Accessibility - Solutions

High Arc Lever  
Faucet



Offset or Swing-Clear  
Hinges



Handrails



# Resources – Virtual Home



<https://your.wholehome.org/>



# HOME ENERGY ASSISTANCE PROGRAM (HEAP)

**Ohio Dept of Development and COA help income-eligible Ohioans with utility costs.**

- HEAP (November-May)
- HEAP Summer Crisis Program (July-September)
- COA can help with application (HEAP only) and program information
- Full eligibility requirements and more info:
  - [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov)



# home52 Transportation

- Created by COA and home52 (a COA subsidiary) to meet the needs of those with unique transportation needs.
- Is private pay (out-of-pocket)
- Provides hands-on, through-the-door transportation for same-day or advance-scheduled appointments.
- Gives you more control over your transportation needs by offering a Passenger Portal to schedule and manage rides.

More info: [home52.org/riders](https://home52.org/riders)






# HEALTH AND WELLNESS PROGRAMS

- 80% of older adults live with at least one chronic disease
- **Health and Wellness workshops:** learn useful, everyday ways to manage your health
- **USDA Senior Farmers' Market Program:** providing locally grown fruits and veggies to eligible older adults





Christine,  
Bingocize  
workshop leader



A phone call to COA is the first step...





# What to expect when you call

We may ask about:

- your age
- where you live
- your monthly income and out of pocket medical expenses
- other benefits you receive, including health insurance and veterans benefits
- your ability to perform certain daily activities



# Visit us online - anytime!

[www.help4seniors.org](http://www.help4seniors.org)



- Learn about all COA's programs and services
- Make a referral
- Access our community resource directory - 1,600+ resources
- Latest news and events
- Sign up for newsletter
- Make a donation
- Explore our document library

# Resources – Stepping On

## **What it is:**

- A 7-week (one 2-hour session per week) falls prevention program conducted by trained leaders, and specially designed for adult learners.

## **What we learn:**

- Balance and strength exercises
- Home hazards and solutions
- Vision and footwear
- Medication Management
- Community Safety

The logo for 'Stepping On' features the word 'Stepping' in a large, purple, sans-serif font. Below it, the word 'On' is written in a smaller, bold, purple, sans-serif font. The 'O' in 'On' is significantly larger than the 'n'.

© Clemson & Swann (2017)

# Resources – Fall Prevention Website

## [www.cincyfallprevention.com](http://www.cincyfallprevention.com)

- Schedule of local evidence-based classes (Stepping On, Tai Chi, Bingocize)
- Resources for caregivers
- Screening and assessment tools

**WHOLE HOME**  
**FALL PREVENTION**  
**TASK FORCE**

# To Summarize – Be Your Own Advocate

- Speak openly with your doctor about fall risk and fall prevention
- Tell your doctor right away if you have fallen
- Routinely review your medications with your doctor or pharmacist including side effects
- Have your eyes checked annually and update your prescription as needed
- Stay active- complete exercises that make your legs stronger and improve your balance
- Make your home safe- get rid of trip hazards, add grab bars and handrails, and improve the lighting

# Contact me

**Lisa Capannari**

513-482-5101

<http://your.wholehome.org>

[www.cincyfallprevention.com](http://www.cincyfallprevention.com)





(513) 721-1025  
(800) 252-0155  
Monday - Friday  
8:00 am - 5:00 pm



[www.help4seniors.org](http://www.help4seniors.org)  
24-hours a day  
7-days a week





# Thank you!