

AGING IN PLACE AND THE ROLE OF THE KANSAS AAA NETWORK

Monica Cissell – Director of Information and Community Services
Central Plains Area Agency on Aging



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Aging in Place

- According to a 2021 AARP Survey 77% of adults 50 and older want to remain in their home “for the long term”

The Value and Benefits of Aging in Place

- Maintain a high level of control over their life
- People find great value in staying close to their possessions, living where they are comfortable
- Encourages people to remain active by taking care of their own needs/household
- Live on their own terms – improves their happiness and increases independence
- Allows people to stay connected with their community/circle of friends that have become important to them
- Contribute to better quality of life

Aging in Place and the Importance of Maintaining Connection

Risk of Isolation and Loneliness

- Surgeon General –a critical public health concern
- Increased risk of heart disease, stroke, depression, cognitive decline/dementia...
- Ability to conduct ADL/IADLs
- Medication and treatment adherence

Social Connections Benefits

- Less likely to die prematurely
- Enjoy better health and have a better immune system
- Healthier eating habits
- Better coping mechanisms
- Maintain independence

Tips for Aging in Place

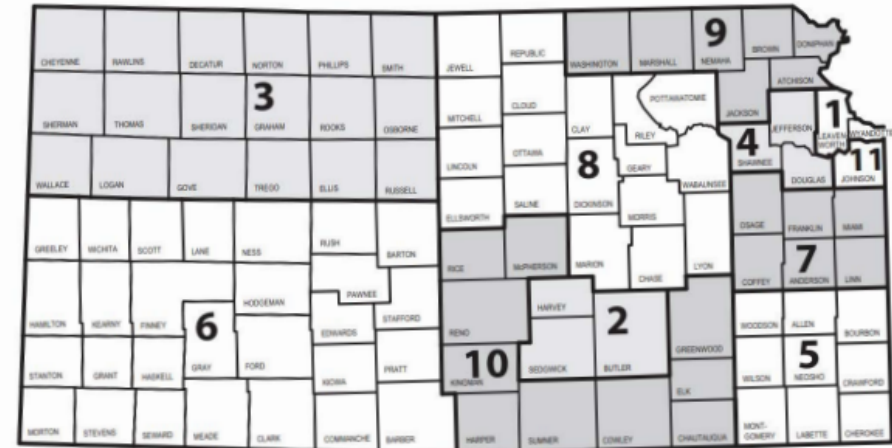
Plan Ahead

- Accessible home – bathroom, bedroom, laundry, repairs
- Address fall risks/safety concerns
- Build or maintain a support system
- Make social interactions a daily routine
- Physical Health/Activity - Use it or lose it!

Seeking Support when Needed

- Transportation
- Support during Medical Appts.
- Housekeeping/shopping
- Yard work
- Address hearing issues
- Mental Wellness
- Ask for Help

How Can AAA's Help?



1. Wyandotte-Leavenworth ADRC: Kansas City Information
 913-573-8531 or 888-661-1444
 Legal Services 913-621-0200
 Website: www.wycokck.org

5. Southeast Kansas ADRC: Chanute Information
 620-431-2980 or 800-794-2440
 Legal Services 620-232-1330
 Website: www.sekaaa.com

9. Northeast Kansas ADRC: Hiawatha Information
 785-742-7152 or 800-883-2549
 Legal Services 785-336-6016
 Website: www.nekaaa.org

2. Central Plains ADRC: Wichita Information
 316-660-5120 or 800-367-7298
 Legal Services 888-353-5337
 Website: www.cpaaa.org

6. Southwest Kansas ADRC: Dodge City Information
 620-225-8230 or 800-742-9531
 Legal Services 888-353-5337
 Website: www.swkaaa.org

10. South Central Kansas ADRC: Arkansas City Information
 620-442-0268 or 800-362-0264
 Legal Services 888-353-5337
 Website: www.sckaaa.org

3. Northwest Kansas ADRC: Hays Information
 785-628-8204 or 800-432-7422
 Legal Services 785-625-4514
 Website: www.nwkaaa.com

7. East Central Kansas ADRC: Ottawa Information
 785-242-7200 or 800-633-5621
 Legal Services 800-479-6520
 Website: www.eckaaa.org

11. Johnson County ADRC: Olathe Aging Info Line
 913-715-8861 or
 Information 888-214-4404
 Legal Services 913-621-0200
 Website: www.jocogov.org

4. Jayhawk ADRC: Topeka Information
 785-235-1367 or 800-798-1366
 Legal Services 785-354-8531
 Website: www.jhawkaaa.org

8. North Central/Flint Hills ADRC: Manhattan Information
 785-776-9294 or 800-432-2703
 Legal Services 785-537-2943
 Website: www.ncfhaaa.com

AAAs Have a Variety of Services/Resources

- Information and Assistance
- Caregiver programs — caregivers of any age caring for 60+, 60 adults caring for grandchildren and caregivers caring for adults 18+ with a disability
- Transportation
- In home services – SCA
- Minor Home Repair
- Case management
- Nutrition – Home Delivered Meals/Congregate Meals
- Health and Wellness – in person and virtual
- Assessment for HCBS – FE, PD, BI and PACE
- Connection to Community Resources

Services available at the AAAs may vary.

Who is eligible

- Older Americans Act funded programs- 60 and Older
- SCA -60 and older
- Caregiver at least age 18, caring for an adult 60+; caring for adults 18+ with a disability
- Grandparents 60+ raising grandchildren

Some programs may require an assessment to determine eligibility

Additional Services Provided by AAAs

CARE Program

Administrative Case Management

Aging and Disability Resource Center (ADRC)

- *Options Counseling*
- *Assessment for Medicaid Waiver programs:*
 - FE, PD, BI and PACE
- *Statewide Call Center*

Medicare Program (SHICK, MIPPA, SMP)

Questions from the Audience?

Support When You Need It.

Our knowledgeable staff help answer questions and offer options to older adults, persons with disabilities and caregivers. We're just a call, email or chat away.

855-200-2372
info-kadrc@cpaaa.org



Call 1.855.200.ADRC (2372)
KANSAS AGING & DISABILITY
Resource Center

Presentation Sources

- AARP - [Despite Pandemic, Percentage of Older Adults Who Want to Age in Place Stays Steady](#)
- USC Leonard Davis School of Gerontology – [The Value of Aging in Place](#)
- National Institute on Aging – [Aging in Place: Growing Older At Home](#)
- The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community - [Our Epidemic of Loneliness and Isolation](#)