



Area Agency on Aging
of Broward County



About the Area Agency on Aging

Who We Are

The Area Agency on Aging of Broward County (AAA) is a nonprofit organization serving Broward County's senior residents, age 60 or older. The AAA is part of a State Network which contains a total of 11 Area Agencies on Aging in the State of Florida which each have their own planning and service areas (PSAs). The AAA of Broward is designated as PSA 10 and is the only PSA comprised of one county, Broward County.

The AAA also administers the Aging and Disability Resource Center (ADRC) which serves adults over 60 as well as individuals 18 years of age or older who have been diagnosed with dementia or live with a disability. The ADRC is part of a single, coordinated system for information and access to

Broward County Demographic Information

2018 Profile of Older Floridians

Age Range	Population	% of Population
All Ages	1,897,976	100%
Under 18	401,033	21%
Under 60	1,460,138	77%
18-59	1,059,105	56%
60+	437,838	23%
65+	315,430	17%
70+	214,800	11%
75+	138,126	7%
80+	84,610	4%
85+	46,911	2%

Helpline Request

Do you need help?

We have Information and Referral Specialists who are ready to listen to your concerns and provide you with information to help you. You can reach our staff by calling **954-745-9779** or filling out the form on our website.

The Aging & Disability Resource Center

The Aging & Disability Resource Center provides an Information and Referral Program. This Program provides YOU with a "one-stop-shop" for finding information regarding services in Broward County available for seniors, persons with disabilities, their families, and caregivers. It is the official Elder Help Line for Broward County



Information & Referrals

Trained Information and Referral Specialists are ready to listen to your concerns and provide you with information for a variety of senior service providers, including publicly funded and private pay services. Our staff can assist you in English, Spanish, and Creole as well as other languages through our language line. You can reach our ADRC Information and Referral staff by phone, locally, by dialing **954-745-9779** and TTY **954-745-5689**, or, nationwide, by dialing **1-800-96-ELDER (1-800-963-5337)**. Walk-ins also are welcome.

The AAA office:

5300 Hiatus Road, Sunrise, FL 33351



Our Information & Referral services are available Monday through Friday,

Our Programs

We offer a wide range of services and resources to assist seniors in Broward County ages 60 years of age and older, and adults with disabilities age 18 and above. From meal assistance, health & wellness, to transportation services, we provide information regarding services in Broward County available for seniors.

- ✓ Meals / Food Assistance
- ✓ Health / Wellness Classes
- ✓ ConnectingWithU
- ✓ Home Assistance
- ✓ Legal Services
- ✓ Medicare Counseling/Shine
- ✓ Caregiver Support
- ✓ Senior Centers
- ✓ Transportation Services
- ✓ Alzheimer's Disease Services

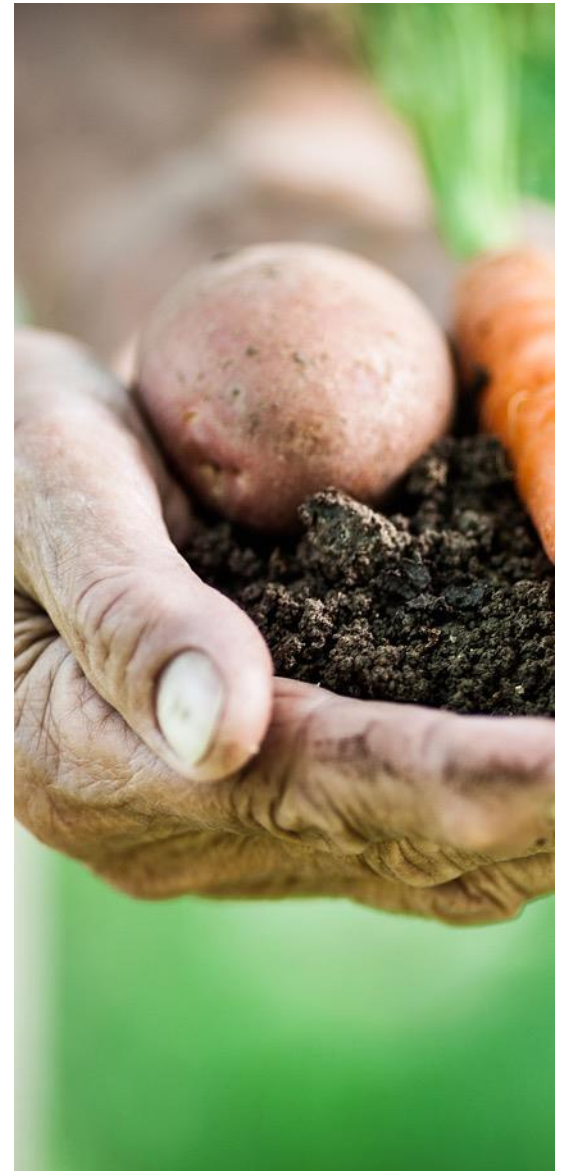


Healthy Food Assistance

Home Delivered Meals: *COVID-19*

During COVID-19 once qualified you will receive meals each week delivered to your home for the duration of COVID-19 through our ADRC Emergency Meals Program. This is a temporary meal program that is here to help you through COVID-19. Meals are provided by local restaurants and caterers and there is a choice of a variety of meals such as Puree, Kosher, gluten-free, and other specialty meals.

To qualify for these meals you must also call the Aging and Disability Resource Center Helpline at 954-745-9779 to become qualified.



Healthy Food Assistance

Good nutrition is an important part of living a healthy lifestyle for seniors. Healthy Food Assistance is available to low-income, Broward County families and seniors. Learn more about how to qualify for Home Delivered Meals and Congregate Meal Sites.

Home Delivered Meals

We provide year-round Home Delivered Meals through our contracted meal provider, Meals on Wheels of South Florida. There is a choice of specialty meals such as puree and kosher if you are on a specialized diet.

Congregate Meal Sites

Congregate meals offer nutritional and social benefits and are a healthy and convenient option. In addition to the advantages of a healthy meal that requires no shopping, preparation, or cleanup, every site offers social activities. Seniors can improve their health by eating healthier foods and interacting with others. Well-balanced meals are available at Congregate Meal Site locations throughout Broward

Telephone Reassurance Service



What is ConnectingWithU?

ConnectingWithU is a free, telephone reassurance service that provides emotional support for Seniors in Broward County. ConnectingWithU offers an individualized, emotionally safe space for Seniors to express their feelings and concerns while staying interconnected to others from the comfort of their own home.

How does ConnectingWithU work?

ConnectingWithU provides daily or weekly calls to Seniors to ensure their emotional and physical wellbeing. The calls offer peace of mind for Seniors who are lacking human interaction and socialization.

Home Assistance Programs and Resource

EHEAP

EHEAP, the Emergency Home Energy Assistance for the Elderly Program, is a program that provides assistance for home-energy emergencies to qualified, low-income households with at least one person 60 years of age or older.

Minor Home Repairs

The Home Repair program, provides carpentry, plumbing, electrical, and other minor repairs necessary to preserve health and safety to clients 60 or older in owner-occupied homes.

In-Home Services

In-home services may include assistance with personal care,

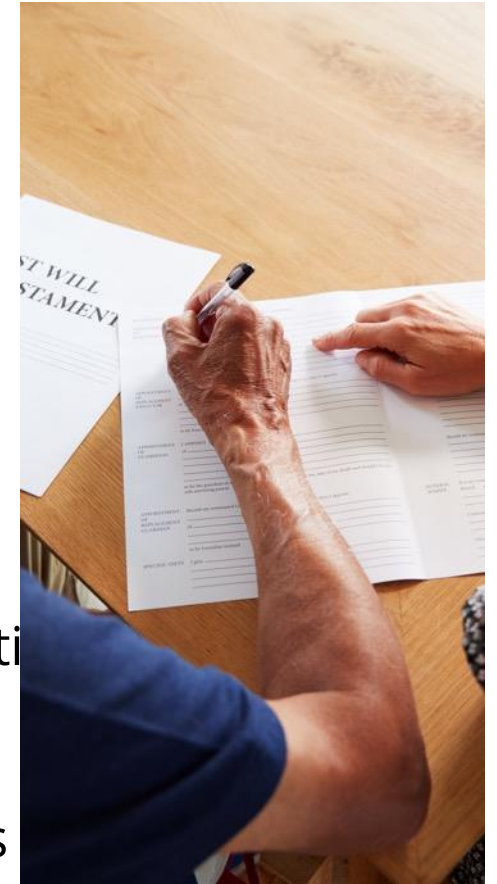


Legal Assistance

The Senior Citizen Law Project of Coast to Coast Legal Aid of South Florida provides free legal assistance

Services are provided in the following areas:

- ✓ Home or Condominium Foreclosure Defense
- ✓ Advice Regarding Reverse Mortgages
- ✓ Landlord/Tenant Issues (for tenants only), including Evictions
- ✓ Public or Subsidized Housing
- ✓ Health Issues, including Medicare, Medicaid, Managed Care, and Prescription
- ✓ Consumer Issues, including Garnishment of Social Security and Wages
- ✓ Advice Regarding Debt Collection, including Medical Bills and Credit Cards
- ✓ Public Benefits, including Food Stamps, Social Security, and SSI
- ✓ Domestic Violence and Financial Exploitation



Medicare Counseling/Shine

SHINE counselors provide information, counseling, and assistance on:

- ✓ Medicare Eligibility, Enrollment and Coverage Issues
- ✓ Medicare Health Plan Choices
- ✓ Medicare Appeal Rights
- ✓ Medigap (Medicare Supplemental) Policies
- ✓ Long-term Care Insurance
- ✓ Prescription Assistance Resources
- ✓ SHINE counseling services are provided free of charge by volunteers who uphold client confidentiality and provide information and unbiased advice.



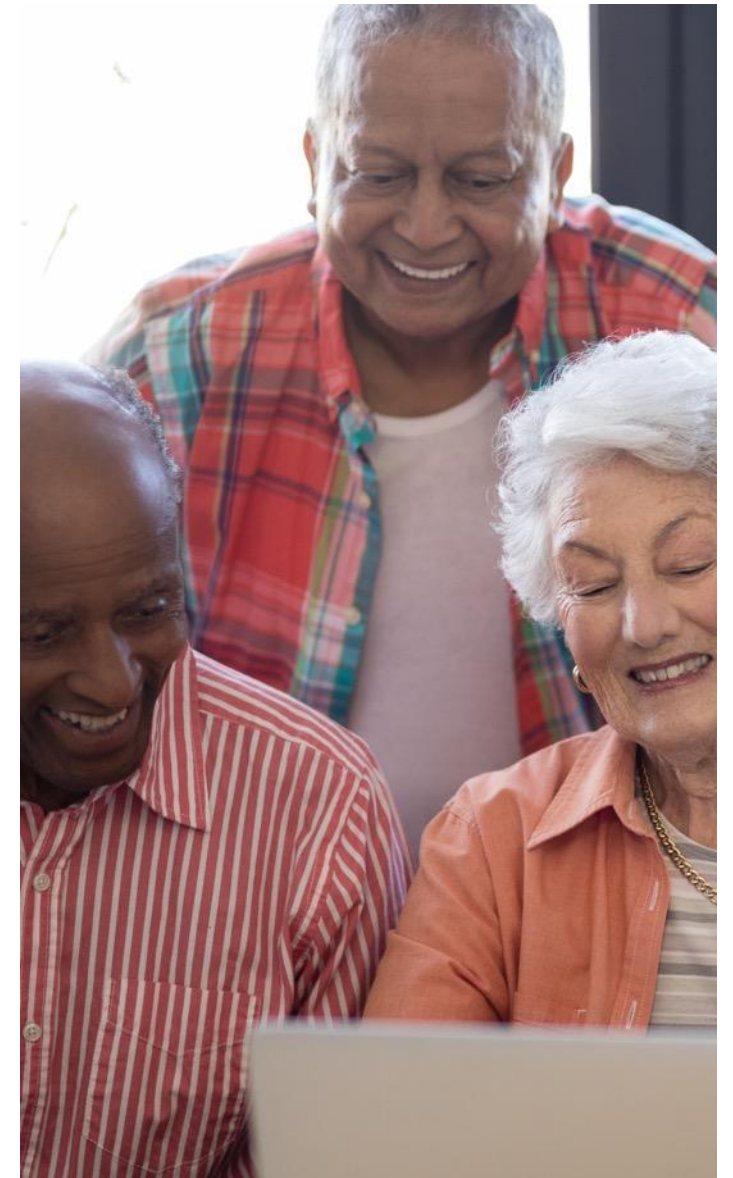
Senior Centers

Connecting seniors with community resources

Broward Senior centers serve as a gateway for the elder community. Senior centers connect older adults to vital community services that can help them stay healthy and independent.

Focal Point Senior Centers

Broward's five Focal Point Senior Centers provide a full spectrum of services for elders. Some of these include nutrition; arts and crafts; recreation; transportation; education classes; health screening and support; information; public education; referral; and counseling.



Senior Centers

continued

Senior Day Care Centers

Senior Day Care Centers provide facility-based programs for frail elderly who are able to reside at home and travel to other locales if supervision is available. Services are designed to meet the clients' needs by personnel trained to work with physically-dependent seniors. Some centers accept persons with dementia.

Alzheimer's Day Care Centers

Alzheimer's Day Care Centers are available for patients with medically-diagnosed Alzheimer's disease or related dementias. There are five of these specialized day-care services funded through the Area Agency. Co-payments are required and are assessed according to a sliding scale.

Transportation Services

Broward's five Focal Point Senior Centers provide a full spectrum of services for elders, including transportation to and from the congregate meal sites, grocery shopping assistance, and transportation to medical and social service agencies

Providing Caregivers with Valuable Resources

South Florida Institute on Aging administers the Respite for Elders Living In Everyday Families (RELIEF) Program which provides in-home "hands-off" respite to qualifying families.

Home Care for the Elderly

The Home Care for the Elderly (HCE) program supports care for Floridians age 60 and older in family-type living arrangements within private homes, as an alternative to institutional or nursing home care.

Grandparent Support Program

Our Grandparent Support program is open to grandparents and relatives age 55 or older who serve as caregivers for children 18 and younger, or for children of any age who have disabilities. Grandparents are assisted with caregiver training and child daycare, counseling, legal assistance, respite care, transportation, and supplemental services such as housing improvement and provision of medical

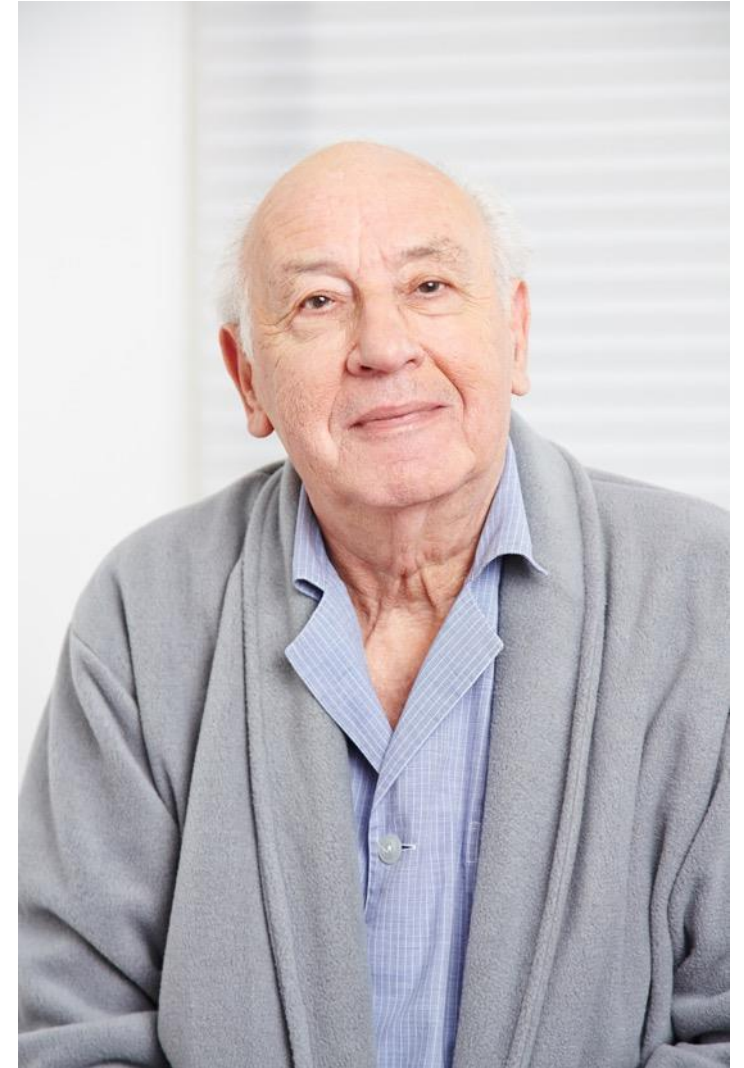
Alzheimer's Disease Services

Alzheimer's Disease Initiative Program

The Alzheimer's Disease Initiative (ADI) program provides services to meet the changing needs of individuals and families living with Alzheimer's disease and similar memory disorders.

ADI respite services include in-home, adult day care, emergency, and extended care (up to 30 days) for caregivers who serve patients with memory disorders. In addition to respite services, the ADI provides for support services that include:

- ✓ Case management
- ✓ Specialized medical equipment and supplies
- ✓ Caregiver Counseling and support groups
- ✓ Caregiver training



Health & Wellness Classes

Promoting Health Aging

Health & Wellness classes are available that cover a variety of health-related topics. Learn how to participate in fitness activities and learn the benefits of adopting behaviors associated with health and successful aging through the following programs:

- ✓ Living Healthy Program
- ✓ Diabetes Self- Management Program
- ✓ A Matter of Balance Program
- ✓ Powerful for Caregivers
- ✓ Tai Chi for Arthritis



Contact Information

Broward County's ADRC Helpline - 954-745-9779

Website- www.adrcbroward.org

Administrative Office- 954-745-9567

5300 Hiatus Road

Sunrise, FL 33351



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