

Lincoln Area Agency on Aging



2008 Guide to In-home and Other Support Services



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Key word: AGING

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☛” Indicates that a program is certified to accept payments from the Medicaid Waiver program for services provided to a qualified client.

Who Will Pay for In-Home Services?

Medicare - Medicare pays the full cost of medically-necessary home health visits that meet specific criteria by a **Medicare approved home health agency**. A home health agency is a public or private agency that provides skilled nursing care, physical therapy, speech therapy, and other therapeutic services in the patient's home. These services are usually provided on a periodic basis by a visiting nurse and/or home health aide. Some services may require you to be confined to your home and be under a physician's care. **Check with your home health agency regarding Medicare coverage.**

Medicare Hospice Care - Medicare pays for hospice care for terminally ill beneficiaries who choose to receive hospice care rather than regular Medicare benefits for management of their illness. Under Medicare, hospice is primarily a program of care generally provided in the patient's home by a **Medicare-approved hospice provider**. *The focus is on care and not cure.* Hospice services covered under Medicare Part A include: physician, nursing care, medical appliances and supplies, drugs (for pain and symptom relief), medical social services, physical and occupational therapy, speech/language, pathology services, dietary and other counseling. **Ask your hospice care provider about Medicare coverage.**

Department of Health and Human Services

Lincoln/Lancaster District

1050 'N' Street, Suite 250, Lincoln, NE 68508

www.hhs.state.ne.us - (402) 471-7000

These programs have income and resource requirements.

Block Grant Program - A person must be 60 years old or disabled to be eligible. Income may be up to \$976 per month. A couple may have up to \$1095 per month to qualify. Services paid may include transportation, meals-on-wheels, adult day care, congregate meals, and chore (light housekeeping, grocery shopping, laundry, and meal preparation.)

Disabled Persons and Family Support Program - Persons 60 years or disabled may qualify if income is less than \$1,364 per month. A couple may have up to \$1,784 per month. This program does disregard medical expenses. The program may assist with disability related expenses such as architectural home modification to remove barriers, attendant care, home health care, housekeeping, special equipment, respite care, and transportation.

To apply call: (402) 471-9310 (Lincoln) or 1-800-358-8802.

Medicaid - Medicaid is a State program that assists in the payment of medical expenses for eligible persons who are 65 and older, blind, or disabled. Services provided are for personal care, or nursing care. Income and resources must be below the medical assistance guidelines: \$867 per month for individual and a couple may have up to \$1,167 per month.

⊛ **Medicaid Waiver** - Waiver allows Medicaid recipients with significant health problems funds to purchase the following services that are not usually considered "medical", i.e. chore services: housekeeping, meal preparation, shopping, escort and supervision, adult day care, respite care, independent skills management and transportation.

Respite Funding Resources

These **funding programs** provide financial assistance to care givers living with persons who need or require continuous care and/or supervision and require respite care and have a care giver.

Alzheimer's Association of the Great Plains

www.alzgreatplains.org (402) 420-2540 or (888) 487-2585

(For persons diagnosed with Alzheimer's or related dementia.)

This program has limited financial assistance for care givers living with persons diagnosed with Alzheimer's disease or related disorders.

Disabled Persons and Family Support Program - See page 5.

❖ **Medicaid Waiver** - See page 5.

YWCA Respite Network

1432 'N' Street, Lincoln, Ne 68508.....(402) 434-3494, Ext.131

Coordinates respite resources that include information and referral for families in Lincoln/Lancaster.

Nebraska Respite Network - Southeast Service Area

1432 'N' Street, Lincoln, Ne 68508.....(402) 434-3494, Ext. 141
or (866) 737-7483

Coordinates respite resources that include information and referral for families in surrounding 16 counties.

Respite Subsidy Program Across the Lifespan

Nebraska Health & Human Services

(402) 471-9310 or (800) 358-8802

This is an income-restricted program. If eligible, the program will provide a subsidy of up to \$125 per month for a limited time.

Other Programs Available

Rudge Support Services (Lancaster County only)

..... (402) 486-8520

The Rudge Memorial Trust Fund of Tabitha provides in-home support for individuals who need assistance to continue living independently in their own homes. Services include: homemaking, personal care, and heavy cleaning. All fees are assessed on a sliding fee scale based upon monthly income.

Adult Day Service

Adult Day Service provides care and supervision in a protective setting for disabled or older dependent adults living in the community during some portion of a twenty-four hour day.

Services may include: social, recreational and therapeutic activities, snacks and noon meal, medication administration, personal care, and transportation.

Programs and services will vary with each provider and some restrictions may apply for admission.

Low income persons may be eligible for Medicaid, Medicaid Waiver or Block Grant as a payment source.

☛ Easterday Adult Day Structure Program

6130 Adams
Lincoln, NE 68507 (402) 441-7901

Independence House on Superior

1740 Superior St.
Lincoln, NE 68521
(402) 483-7830

Independence House on Mandarin

4610 Mandarin Circle
Lincoln, NE 68516
(402) 488-2754

Independence House on Coddington

5500 So Coddington Ave
Lincoln, NE 68521
(402) 742-7836

Additional Note: Independence House takes only persons with Alzheimer or related dementia.

☛ Tabitha Intergenerational Adult Day Services

47th & 'J' Streets (Located on corner)
Lincoln, NE 68510

www.tabitha.org (402) 484-9600

Additional Note: The Tabitha Intergenerational Center program meets the needs of both children and seniors through planned and spontaneous interaction.

☛ Saint Anthony's Adult Day Services

5401 South Street (Madonna Rehabilitation Hospital)
Lincoln, NE 68506

www.madonna.org (402) 483-9571

Additional Note: Saint Anthony's takes only persons who have Alzheimers or related dementia.

☛ Waverly Care Center

11041 N. 137th St. Waverly, NE 68462 (402) 786-2626

Respite Care Programs

Respite care offers brief, temporary periods of relief or rest for the family members, guardians or other people who are regular caretakers. This service can be offered in the private home or in a facility for various hours during the day or several days of the week.

In-Home Respite Care can be provided by any home health care agency and non medical home care agency.
(See list on page 13-15.)

Volunteer Respite Care consists of senior volunteers trained to provide companionship and supervision for elderly or disabled people for a few hours per week while the regular care giver takes a break for personal or business reasons. There is no charge for using these respite programs.

Senior Companion Program - Lincoln Area Agency on Aging/Lincoln Information For Elderly (LIFE)
 1005 'O' Street, Lincoln, NE 68508
www.lincoln.ne.gov/city/mayor/aging
 (402) 441-7070 or 1-800-247-0938

Independence House on Superior
 1740 Superior St.
 Lincoln, NE 68521
 (402) 483-7830

Independence House on Mandarin
 4610 Mandarin Circle
 Lincoln, NE 68516
 (402) 488-2754

Independence House on Coddington
 5500 So Coddington Ave
 Lincoln, NE 68521
 (402) 742-7836

Respite Care in Facilities

Respite Care in facilities is provided by any Assisted Living or Long Term Care facility that has agreed to provide temporary care for persons who are not able to be left alone for long periods of time. The following Assisted Living and Long Term Care facilities have agreed to provide respite care within their facilities when they have space. Call for admission details

The Ambassador Lincoln
 4405 Normal Blvd., Lincoln, NE 68506 (402) 488-2355

✦ **Eastmont Towers "Seasons"**
 6315 'O' Street, Lincoln, NE 68510
www.eastmonttowers.com (402) 489-6591

✦ **Gramercy Hill**
 6800 'A' Street, Lincoln, NE 68510
www.gramercyhill.com (402) 483-1010

✦ **Haven Manor Facilities**
 4800 S. 48th, 4900 S. 48th, 730 Larkspur Dr. Hickman, NE
 6330 Platte Ave., Lincoln, NE 68510
www.havenmanor.com (402) 434-2680

✦ **Orchard Park**
 3110 S. 48th, Lincoln, NE 68506 (402) 488-8191

✦ **The Waterford at Williamsburg**
 3940 Pine Lake Road, Lincoln, NE 68516
www.thewaterford.net (402) 423-1601

✦ **Windcrest on Van Dorn**
 7208 Van Dorn Street, Lincoln, NE 68506 (402) 486-0011

Low income persons may be eligible for financial assistance through Medicaid Waiver or Supportive Services.

Home Health Care Registry/Referral

Care Consultants for the Aging (CCA)
 4535 Normal Blvd., Suite 275, Lincoln, NE 68506
 (402) 488-3771

CCA is a registry/referral service that assists families in hiring their own home care givers. The registry consists of companions, bath aides, home health aides, certified nursing assistants and nurses. Past employment, licensing, and criminal history checks are performed on all care givers. Clients may interview and select care givers. Payment is made on a private-pay basis.

Community Home Health Care

Home Health Care providers make necessary medical and personal care available to elderly, disabled, ill or convalescing individuals in their own homes. These agencies can employ the full spectrum of care that includes RNs, LPNs, CNAs, home health aids, and contract with Physical, Occupational and Speech Therapists to provide other skilled treatment as ordered by a physician. An initial assessment is done in the home to determine the type of care needed. Some charge a fee for the assessment. Services may include activities of daily living such as bathing, wound care, medication setup and reminders, as well as, companionship, respite care, housekeeping, laundry, meal preparation, incidental transportation or escort to doctor appointments or shopping. **Each agency has a minimum of hours required for service. Be sure to ask before hiring.**

Please check with the agency regarding the type of payment that is accepted. Some only accept private pay; others will bill private insurance, and accept Medicare, Medicaid or Medicaid Waiver as payment. Check with the agency regarding background checks, bonding, insurance and tax coverage of their employees.

Medical Home Health Care

✦ Arcadia Health Care

3130 'O' St., Suite D, Lincoln, NE 68510
www.arcadiaresourcesinc.com (402) 435-5533

✦ BryanLGH Home Health Care

2300 S. 16th., Lincoln, NE 68502
www.bryanlgh.org (402) 481-9999

✦ Elite Professionals Home Care Company

301 S. 70th., Suite 350, Lincoln, NE 68510
. (402) 464-2422 or 1-888-902-2422

✦ FirstCare Home Health

3901 Normal Blvd., Suite 102 Lincoln, NE 68506
www.firstcarehomehealth.org (402) 435-1122

✦ Gentiva Health Services

8055 'O' St, #111, Lincoln, NE 68510
www.gentiva.com(402) 434-8081 or 800-465-8361

✦ Interim HealthCare

6040 S. 58th St., Suite A, Lincoln, NE 68516
www.interimhealthcare.com (402) 421-7920 or 1-888-349-2168

✦ Maxim Healthcare Services

9239 W. Center Road, Suite 223, Omaha, NE 68124
Covers 70 mile radius of Omaha.
www.maxhealth.com (402) 399-8888 or (866) 894-4567

✦ Saint Elizabeth Home Care Services

245 S. 84th St. Suite 111, Lincoln, NE 68510
www.saintelizabethonline.com (402) 219-7043

Additional Services: Private Duty nursing available when not eligible for insurance.

✦ Tabitha Health Care Services

4720 Randolph St, Lincoln, NE 68510
www.tabitha.org (402) 486-8520

Additional Services: Meals on Wheels - A hot noon meal is delivered to individuals who are homebound or disabled. Meals are delivered seven days a week for a fee.

Private Duty nursing available when not eligible for insurance.

Non-Medical Home Care

Non-Medical Home Care has home health aides to do light housekeeping, laundry, companionship, respite care, meal preparation, medication reminders, errands, escort, laundry and linen washing, transportation and many more services. Some may also be licensed to do personal care, bathing, incontinence care, toileting, feeding, transferring and positioning. **Not all non-medical agencies provide personal care services.**

Please check with the agency regarding the type of payment that is accepted. Some only accept private pay; others will bill private insurance, or accept Medicaid Waiver as payment. Check with the agency regarding **minimum of hours of service** and if the initial assessment has a charge.

☛ **Comfort Keepers**

145 S. 56th St, #A, Lincoln, NE 68510
www.comfortkeepers.com (402) 484-5177

☛ **Guardian Angels**

3200 'O' St., Suite 6, Lincoln, NE 68510
www.guardian-angels.us (402) 474-4000

Home Helpers

5408 Starling Court, Lincoln, Ne 68516
www.HomeHelpers.CC.....(402)
 802- 7477

☛ **Home Instead Senior Care**

8101 S 15th St, Suite 'A', Lincoln, NE 68512
www.homeinstead.com (402) 423-8119

☛ **Kind Hearts** (*Elderly Care at Home*)

125 N. Washington St., Papillion, NE 68046
www.kindheartsathome.com (402) 339-7727

Hospice Care

Hospice Care provides a full range of palliative and supportive services for terminally-ill people who are in the final stages of their illnesses, and for their families. Services may include medical care, pain and symptom management, home nurse visitation, case management, counseling and bereavement services for the patient and family members.

AseraCare Hospice

1600 South 70th St., Suite 201, Lincoln, NE 68506
www.aseracare.com (402) 488-1363 or 1-800 826-3841

HoriSun Hospice

249 Cherry Hill Blvd., #1, Lincoln, NE 68510
www.horisunhospice.com(402) 484-6444 or 1-877-412-1181

Saint Elizabeth Hospice Care

245 S. 84th St., Lincoln, NE 68510
www.saintelizabethonline.com (402) 219-7043

Hospice of Tabitha

4720 Randolph St, Lincoln, NE 68510
www.tabitha.org (402) 486-8520

Hospice In-Patient Facilities

The Monarch

4201 S. 78th Street
 Lincoln, NE 68506
 (402) 327-0111
www.eastmonttowers.com

Maseman Hospice Unit

(Hospice of Tabitha)
 4720 Randolph Street
 Lincoln, NE 68510
 (402) 486-8520
www.tabitha.org

Emergency Response Systems

The personal emergency response systems (ERS) are designed to help elderly or disabled people in their home, providing them immediate access to emergency help at any time. Using a standard telephone and easy-to-use custom designed equipment, *ERS* subscribers can call for emergency assistance from anywhere in their home by merely pressing a button.

There is a fee for this service. Some programs charge installation and removal fees.

When you inquire about ***Lincoln Premier Lifeline***, a *LIFE* counselor will contact you to arrange a personal home visit to demonstrate the unit and answer any questions. In addition, the *LIFE* counselor will be able to help you obtain and use other community programs and services.

BryanLGH Home Health Services - Voice Care ERS

BryanLGH Medical Center East
1600 S. 48 St., Lincoln, NE 68506
www.bryanlgh.org (402) 481-9999

Comfort Keepers

Healthwatch ERS
145 S 56th St., Suite A, Lincoln, NE 68510
www.comfortkeepers.com (402) 484-5177

Lincoln's Premier Lifeline Program - (A joint program of LAAA and St. Elizabeth Regional Medical Center)

Lincoln Information For the Elderly (LIFE)
1005 'O' St., Suite 300, Lincoln, NE 68508
www.lincoln.ne.gov/city/mayor/aging (402) 441-7070

Response Link of the Midlands

PO Box 390442, Omaha, NE 68139
www.responselink.com . . . (402) 740-0650 or 1-800 894-1428

Home Helpers

Direct Link ERS
5408 Starling Court, Lincoln, Ne 68516
DirectLink911.com (402) 802-7477

Errand Services

This service will do shopping, pick up and delivery and assorted tasks for a fee.

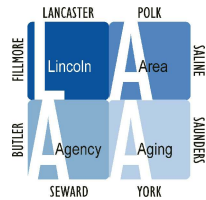
Free My Time Errand Service - 1101 Cottonwood Dr
Lincoln, NE 68510 (402) 488-8463

Further Assistance?

- Do you have additional questions or concerns?
 - Do you need assistance?
- Please call us at 441-7070!

LIFE is a publicly-funded human service organization that specializes in aging, elder care, and retirement concerns. We serve older people, families, and the public.

LIFE welcomes opportunities to answer questions about the Lincoln Area Agency on Aging and benefits. We can help you select and arrange services. Our specially trained counselors can discuss personal circumstances and share over 25 years of experience.



Life

Lincoln Area Agency on Aging
1005 'O' St., Suite 300, Lincoln, NE 68508
(402) 441-7070 or 1-(800) 402-247-0938

lincoln.ne.gov

Key word: AGING

First Service Information desk available
Monday, Tuesday, Thursday, & Friday
9:00 a.m. - 4:00 p.m.
and
Wednesday 12:30 p.m. - 4:00 p.m.

- ▲ This booklet distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.