

Legal Services: This service assists older individuals with legal problems, excluding criminal matters. Cases may involve Social Security, SSI, veterans assistance, guardianship, wills, Medicare/Medicaid, landlord/tenant issues, or other similar legal matters.

Long Term Care Ombudsman Program: Trained workers, certified as ombudsmen, visit regularly all licensed nursing homes and personal care homes to investigate, verify, and work to resolve complaints by or on behalf of residents of long-term care facilities about care, services, financial assistance, rights, and other concerns affecting their dignity and well-being.

Community Transition Services (CTS): A trained Community Navigator provides information, education, and referral to Medicaid beneficiaries interested in transitioning out of institutional care into the community. This program is built around the core principles of consumer choice and empowerment to assist individuals in facilities to identify potential living options. Community Transition Services serves qualified residents of nursing homes and intermediate care facilities for persons with intellectual and developmental disabilities. Also CTS is for older adults (65+) and persons with physical, developmental, and intellectual disabilities.

Outreach: A trained worker visits the homes of older adults to make an assessment of the services needed by the individual. They also handle referrals from the general public regarding individuals who need assistance but need help to navigate the many community resources.

Respite Services: This service provides temporary relief time to the primary caregiver of an ill, frail, infirm, functionally impaired older individual, or an individual suffering from dementia. Trained respite workers substitute for a caregiver

to allow the caregiver the needed personal time away for home and their caregiving role. This service targets caregivers.

State Health Insurance Program (SHIP): This service is a counseling program designed to provide answers to questions regarding Medicare, Medicaid, medigap insurance, and any other public benefits. SHIP counselors are available for group speaking, one-on-one advise and counseling, and participation as exhibitors in public programs.

Senior Community Service Employment Program: Eligible workers are placed in community service jobs and paid minimum wages while receiving training for unsubsidized jobs. Individuals 55 years and older may apply if their income does not exceed 125 percent of the poverty level as established by the U. S. Office of Management and Budget. **LOW INCOME**

Transportation: Trained drivers transport older adults to various community resources for the purpose of obtaining needed services or goods. Trips may include doctors' offices, drugstores, senior centers, or other similar locations.

For more information contact:
**CENTRAL MISSISSIPPI
PLANNING & DEVELOPMENT DISTRICT**
**1170 Lakeland Drive - P.O. Box 4935
Jackson, MS 39296**
Phone: 601-981-1516 Fax: 601-981-1515
Toll Free: 1-888-995-9925
www.cmpdd.org



Central Mississippi Planning and Development District



Aging Services

Welcome to the Central Mississippi Planning and Development District's Division of Aging Services, which serves the population of those 60 years and older in Copiah, Hinds, Madison, Rankin, Simpson, Warren and Yazoo counties.

CMPDD works in partnership with the U. S. Department of Health and Human Services/Administration on Aging, and the Mississippi Department of Human Services/ Division of Aging and Adult Services to provide services to older adults so they will be able to remain in their own homes as long as possible, thereby avoiding early placement into a nursing home facility.

What Kind of Help do you need?

The Mississippi Access to Care (MAC) Center is a welcoming and accessible place located in Jackson, Mississippi where people can obtain unbiased information and assistance in locating services and supports. This MAC Center provides a central source of reliable and objective information about a broad range of programs and services. The MAC Center also helps people understand and evaluate the various options available to them regardless of Income or eligibility for publicly funded long-term care.

A comprehensive resource directory is available at MississippiAccessToCare.org.



How Does the MAC Center Help ...

The MAC Center is here to help older people and people with disabilities – along with their families and representatives – find long-term care services and supports to keep them living well and independently.

The MAC Specialists provide assistance within the local center, over the telephone, within a person's home, or in another convenient location. All assistance is free and confidential.

To speak with a friendly professional, call toll-free **844-822-4MAC** (844-822-4622).

Or you may visit the MAC Center at
1170 Lakeland Drive
Jackson, MS 39216

Description of Services

Adult Day Care: A place for aged and disabled individuals with serious health problems or impairments to go during the day for recreational activities, personal care supervision, meals, limited health care, and the opportunity to interact socially with other people in group or individual activities. The purpose of day care is to: (1) provide care, supervision, and services to individuals who are capable of only limited self-care; (2) meet health maintenance, prevention/intervention, and rehabilitation needs; and (3) promote a maximum level of independent functioning.

Elderly Nutrition Program: These are hot or other appropriate meals served at home or in a congregate setting, usually at senior centers or other locations as designated. The purpose of this service is to provide individuals with five (5) nutritious meals per week at home or in centers where they can also obtain social, rehabilitative, and supportive services. Each meal meets a minimum of thirty-three and one-third of the daily Recommended Dietary Allowances (RDAs) as established by the appropriate governmental entity.

The individual must be 60 years and older or the spouse of an eligible individual. Disabled individuals, regardless of age, can participate in this service if they reside in a housing facility occupied primarily by older persons if the site is designated for congregate meals.

Elder Abuse Prevention: Under the Vulnerable Adults Act, this service offers information and education to help inform the public of the signs of adult maltreatment and to develop prevention awareness. As part of this service, reports of abuse, neglect, or exploitation of adults are reported to the Mississippi Department of Human Services/Division of Aging and Adult Services, the legally designated state agency under the Mississippi

Vulnerable Adults Act. All interested persons can call CMPDD to request speakers for Elder Abuse Prevention presentations for large or small groups.

Emergency Response System: A personal response system installed in the residence of a frail elderly individual to alert the need for help in an emergency situation. Devices are installed in the home which will allow monitoring of that individual 24 hours/day. Individuals who wish to pay for this service do not have to meet eligibility.

Emergency Service: This service provides short-term or extended assistance to needy individuals. Emergency services can include medical supplies, food, clothing, or any other identified items.

Homemaker Services: This service offers assistance to functionally impaired older persons with housekeeping, laundry, meal planning, marketing, food preparation, and other types of home management tasks. Trained homemakers assist individuals 60 years and older who have either functional, physical, or mental characteristics which prevent them from completing chores for themselves and who do not have an informal support network capable of assisting them with those needs.

Elderly and Disabled Waiver Program (Medicaid Waiver): This program allows qualified individuals to remain in a home or community based setting as an alternative to nursing facility care or other institutional care. To qualify for this service, the following factors are required:

- ◆ Beneficiaries must be 21 years of age or older;
- ◆ Persons qualify by either SSI or 300% of SSI;
- ◆ Beneficiaries must score 50 or above on the Medicaid Long Term Care Pre-Admission Screening (PAS) instrument;
- ◆ Person must require nursing facility level of care, if assistance is not provided.