

# Area Agency on Aging, Region One

Programs and Services





## 24-Hour Senior *HELP LINE*

- The 24-Hour Senior *HELP LINE* is the information and assistance program and the central intake for the Area Agency on Aging, Region One.
- Taking over 50,000 calls each year, the 24-Hour Senior *HELP LINE Information and Assistance Specialists* connect callers with programs and resources to meet their needs.
- 24-Hour Senior *HELP LINE* @ 602-264-4357

# Benefits Assistance Program

Provides Counseling on Medicare Benefits



## elderSHOP

- elderSHOP provides grocery shopping and grocery home delivery to seniors 60 years and older.

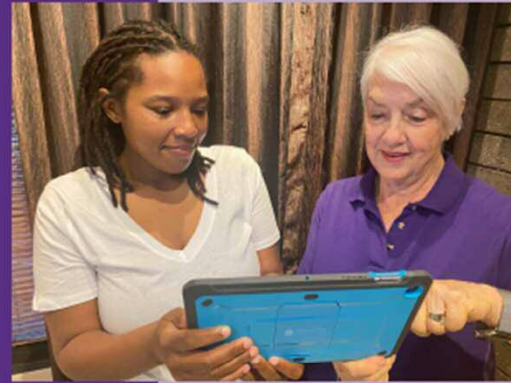




AREA AGENCY ON AGING  
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# elder CONNECT

**elderCONNECT** is a program to help older adults, age 60 and older receive access to a FREE Samsung Tablet. No Wi-Fi needed. All tablets come with 4G data plans at no cost.



Exercises



Videos



Alerts



Medications



Photo Album



Call Me



Games



Video Calling



Messages



News



Websites



Events





## Caring Circles

- Caring Circles volunteers provide companionship to seniors 60 years and older to reduce social isolation.



## Medical Chaperone Community Care Corps Program

Provides transportation and assistance to older adults who need a chaperone after a routine, outpatient procedure

Call our 24-Hour *Senior* HELP LINE  
(602) 264-HELP (4357) to schedule today.  
Assistance based on availability of volunteers.  
Advance notice required.



## Long-Term Care Ombudsman Program

- The long-term care ombudsman program provides advocacy for residents in assisted living and skilled nursing facilities. This program also provides education on assisted living, memory care, and skilled nursing facilities for those looking for placement options.



## Legal Assistance

- Our legal assistance program provides legal assistance and legal resources to seniors.





# HEALTHY LIVING CLASSES

## **Chronic Disease/Pain/Diabetes Self-Management**

Self-Management education Program for those with chronic Health conditions. *(6 Weeks)*

## **Walk with Ease**

Walking program that incorporates health education, stretching and strengthening exercises *(6 Weeks)*

## **Geri-Fit®**

Strength training workout to Help prevent falls and improve Balance. *(Ongoing)*

## **Tai Chi for Arthritis and Fall Prevention**

Focuses on improving movement and decreasing falls *(Ongoing)*

## **Matter of Balance**

Strategies to reduce falls and increase activity levels. *(8 Weeks)*

## **Mind over Matter**

Take control of bladder and bowel incontinence. *(6 Weeks)*

## **Bingocize**

Combines the game of bingo, exercise, and/or health education. *(10 Weeks)*

## **Aging Mastery Program®**

Learn behaviors for improved health, stronger economic security, greater well-being, increasing social participation. *(10 Weeks)*

## **Embracing the BEST YOU**

Successful aging is important to maintaining an independent, active lifestyle. To learn more about how to attend one of these workshops, please reach out to the Health Promotion program.

## **CONTACT US**

**602-241-5562**

**602-264-4357**

**aaaphx.org**

**To learn more, reach out to Derek Oetken [derek.oetken@aaaphx.org](mailto:derek.oetken@aaaphx.org) or 602-264-2255**

# ElderVention Clinical Services Programs

- **ElderVention** - provides in-home and virtual counseling for homebound seniors.
- **Hoarding Therapy Program** - provides therapy and support groups for seniors who would like support around hoarding behavior.
- **RX Matters** - provides education on medication misuse/abuse and medication disposal envelopes so that seniors can safely dispose of their medication.



# *Too Many Treasures* **HOARDING PROGRAM**



*"I feel supported and not judged  
with this group."*

The Area Agency on Aging is offering a 14-week *Too Many Treasures Hoarding Therapy Group* designed to educate and guide individuals who self-identify with hoarding behaviors.

**Participants must:**

- Be 60 years of age and older
- Engage in group interactions and home assignments
- Attend at least 12 of the 14 sessions

For more information call 602-241-5577  
email [hoarding@aaaphx.org](mailto:hoarding@aaaphx.org)

**Classes are  
offered virtually  
at no cost  
to participants.  
Registration is required**



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1366 E Thomas Road, Suite 108, Phoenix, AZ 85014 | 602-264-HELP (4357) | [aaaphx.org](http://aaaphx.org)

## The Senior Adult Independent Living (SAIL) Program

- The Senior Adult Independent Living (SAIL) program provides case management and services to seniors and adults with disabilities who live in the community and need assistance with their activities of daily living. SAIL provides home delivered meals, personal care, housekeeping, and the option to attend adult day health care centers to those who qualify.

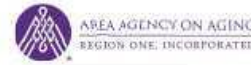




# Family Caregiver Support

- **Care Coordination/Case Management**
- **Respite Services**
  - **Respite Agency Model**
  - **Friends & Neighbors**
  - **Adult Day Health Care**
- **Caregiver Support Groups & Forums**
- **Kinship Care (Grandparents Raising Grandchildren)**

# Tualta



[aaaphx.org/tualta](http://aaaphx.org/tualta)

## Access free training and resources to help you build skills and confidence to provide care at home.

Tualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



***"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."***

- Pat from "Alzheimer's Music Connect"

Tualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Tualta makes it easy for you to fit caregiver training in whenever it works for you.



# Q&A



# Additional Resources

- Area Agency on Aging Regions in Arizona:  
<https://arizonaaging.org/area-agencies/>
- Area Agency on Aging Regions Across the United States:  
<https://eldercare.acl.gov/Public/Index.aspx>
- Area Agency on Aging, Region One's Resource Guide:  
<https://drive.google.com/file/d/1yps9U99OZ1oRgJJ-w3jD9Tj3YAFoDp5Y/view>

