

Apr – Jun 2017



## South Central Tennessee Area Agency on Aging & Disability

101 Sam Watkins Blvd, Mt. Pleasant, TN 38474  
(931) 379-2929 or Toll Free 1-866-836-6678 \* Fax (931) 379-2685 \* [www.sctaaad.org](http://www.sctaaad.org)

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### Mobile Dental Clinics a Success

Dental clinics were recently held at the senior centers in each of SCTDD's 13 counties. 513 seniors received services made possible through a grant from the Community Foundation of Middle Tennessee at the request of the Davidson County Chancery Court. Each of the county senior centers was given 40 appointments to fill. The centers made the appointments and allowed the mobile dental clinic to set up in their parking lots. A room was also provided for a waiting area. Services provided through the clinics included exams, x-rays, cleanings, extractions, fillings, and denture relines. Dental Services were provided by Marquis Dentistry. Seniors also received information of the services available at the senior centers and the AAAD. The South Central Tennessee Area Agency on Aging and Disability wrote the grant and coordinated the project.



Dr. John Paffarath and staff from Marquis Dentistry are pictured with a patient inside the mobile dental clinic. They saw 513 patients in 26 visits to the SCTAAAD service area."

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Teka Moten, Program Director

Caregiver Relief Program of Middle Tennessee

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Caregiver Relief Program of Bedford County

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### *We Empower Caregivers...*

**Respite Relief • Caregiver Supplies • Education Programs • Professional Training**

The Caregiver Relief Program is excited to announce our expansion!! The Caregiver Relief Program of Bedford County began 25 years ago with the purpose of providing in-home visits to families affected by dementia. Our monthly visits to caregivers include an RN checking the vitals of both the person living with dementia and their caregivers, a care consultation and a respite grant for care partners to take time for themselves. In 2016, the program expanded into Caregiver Relief Program of Middle Tennessee after recognizing a great need in Alzheimer's & dementia care education.

In the last year, we have served 250 people- including 25 families and much more through education programs. Our in-home visit program is provided in the Bedford County, Marshall County, and Maury County areas free of charge.

Our education programs are offered throughout all of Middle Tennessee. Our education programs include **Dementia 101**, **Person-Centered Care: A How-To**, and **Aging: Health & Wealth**. Feel free to contact us about speaking engagements at:

[gmoten@caregiverreliefbedfordco.org](mailto:gmoten@caregiverreliefbedfordco.org)

or

[jadams@caregiverreliefbedfordco.org](mailto:jadams@caregiverreliefbedfordco.org).

## **SAVE THE DATE Friday, August 11**

The Caregiver Relief Program of Bedford County (and Middle Tennessee) is hosting an **Aging Conference and Senior Resource Fair** on Friday, August 11 at Motlow. This conference will feature an array of speakers and activities for seniors.

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## **The SCTDD Personal Assistance Program**

This is the new name for the *Emergency Assistance Program*. We changed the name because it was getting confused with the *Emergency Repair Program*. Thanks to all of you who helped in raising the funds at the SCTDD Golf Classic to make this program possible!!



## **Personal Assistance Program for Elderly & Persons with a Disability**

Toll Free 1-866-836-6678

Administered by the South Central TN Development District/Area Agency on Aging & Disability

The SCTDD Emergency Assistance Program is specifically to help elderly, and adults with a disability, with an immediate and necessary health and/or safety need. Applications will not be considered "received" until ALL required documentation has been submitted along with this completed and signed application.

### **WHO IS ELIGIBLE FOR ASSISTANCE:**

- Persons age 60 or older, OR adults age 18 or older receiving disability benefits (proof of age and/or disability required)
- Persons with individual monthly income of \$1,500 per month or less (proof required)
- Persons who live in one of the 13 counties in the south central TN district (proof required)
- Persons who have not received assistance before through this program (formerly SCTDD Emergency Assistance Program)

### **PROGRAM CRITERIA:**

- Limited to \$300 for general assistance, and \$500 for minor home modifications
- Funds are available on a first-come, first-served basis
- Request must cover 100% of the need or show proof of how balance is being/will be paid
- This program does NOT cover utility bills unless requested in writing by a doctor, physicians assistant or nurse practitioner, due to a medical condition (statement required)
- For wheelchair ramps, grab bars, air conditioners, and other minor home modifications, you must complete the MINOR HOME MODIFICATION REQUEST FORM in addition to the application.

### **PROOF DOCUMENTS REQUIRED:**

- \_\_\_ Copy of Driver's License or other official State/Federal ID
- \_\_\_ Social Security Disability Benefits Statement (if under 60 with a disability)
- \_\_\_ Copy of most recent two months of checking account
- \_\_\_ Copy of most recent two months of savings account
- \_\_\_ Invoice, Estimate, or Detailed Description of what is to be paid or purchased
- \_\_\_ Doctor/PA/NP Statement of medical condition, ONLY for requests involving utility bills
- \_\_\_ Copy of Deed or Property Taxes, ONLY for requests for minor home modifications

**Please Mail, Email or Fax Your Application to:** SCTDD/AAAD Personal Assistance Program  
101 Sam Watkins Blvd  
Mt. Pleasant TN 38474  
Email: [rochelle@sctdd.org](mailto:rochelle@sctdd.org)  
Fax: 931-379-2685

*The SCTDD Personal Assistance Program is funded entirely through the Annual SCTDD Golf Classic and receives no government funding.*

## National Family Caregiver Support Program PARTNERS IN CAREGIVING

The following providers allow a 10% discount on services and goods provided by the NFCSP:

*In-home Service Providers:*

<b>Aid &amp; Assist at Home, LLC</b>	<b>888-721-7380</b>
<b>A Plus Staffing, Inc.</b>	<b>877-933-7823</b>
<b>Caring Hearts Home Health Care, LLC</b>	<b>855-245-0870</b>
<b>Home Instead Senior Care – Franklin</b>	<b>931-388-6100</b>
<b>Home Instead Senior Care - Tullahoma</b>	<b>931- 454-2022</b>
<b>Senior Moments Healthcare</b>	<b>844-670-1081</b>
<b>South Central Human Resource Agency</b>	<b>800-221-2642</b>

*Personal Emergency Response Systems (PERS):*

<b>Guardian Angel Healthcare Services</b>	<b>931-703-5537</b>
<b>Lifeline Systems, Inc.</b>	<b>800-368-2925</b>
<b>Valued Relationships, Inc. (VRI)</b>	<b>800-860-4230</b>

*The following providers maintain an inventory of donated durable medical equipment:*

### **Medical Equipment Recycling Program**

<b>Bedford County Senior Center</b>	<b>Coffee County Senior Center</b>
<b>Giles County Senior Center</b>	<b>Hickman County Senior Center</b>
<b>Lewis County Senior Center</b>	<b>Lincoln County Senior Center</b>
<b>Marshall County Senior Center</b>	<b>Maury County Senior Center</b>
<b>Moore County Senior Center</b>	<b>Perry County Senior Center</b>
<b>Wayne County Senior Center</b>	

*The following providers are licensed to provide professional counseling.*

### **Caregiver Counseling**

<b>Family Counseling Center</b>	<i>(Bedford, Coffee, Franklin &amp; Moore counties)</i>	<b>931-723-0380</b>
<b>LifeCare Family Services</b>	<i>(Giles, Lawrence &amp; Maury counties)</i>	<b>1-877-881-0359</b>
<b>Betty M. Lane, M.S.</b>	<i>(located in Fayetteville in Lincoln County)</i>	<b>931-433-2929</b>

## **State Health Insurance Assistance Program**



### **SHIP – SHAPE Q&A**



#### **Question: Does Medicare have a program to help me stay healthy?**

An easy and important way to stay healthy is to get disease prevention and early detection services. Disease and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. **Medicare calls these Preventive Services.** These services which were increased in recent years by the Affordable Care Act, include exams, shots, lab tests, and screenings. You can talk with your health care provider to find out what tests or other services you may need. You will pay nothing for many preventives services if you get them from a qualified health care provider *who accepts assignment*. For some preventive services you might have to pay a deductible, coinsurance and/or copayment. These amounts vary depending on the type of services you need and the kind of Medicare health plan you have.

Your local SHIP/SMP office can send you more information on these services simply call us at **931-379-2927.**

*Note: Assignment means that your doctor, provider or supplier agrees to accept the Medicare-approved amount as full payment for covered services. Participating providers have signed an agreement to accept assignment for all Medicare-covered services.*

#### **Question: A magazine I was reading was talking about ACOs. What is that?**

ACO stands for Accountable Care Organization. Accountable Care Organizations are one way Medicare is working to better coordinate your care. If your doctor has decided to participate in an ACO and you have Original Medicare, you'll be notified, either in person or by letter. An ACO is a group of doctors, hospitals, and other health care providers who communicate with you and with each other to make sure you get the care you need when you are sick and the support you need to get and stay healthy. Unlike HMOs, managed care, and some insurance plans, an ACO can't tell you which health care providers to see or hospitals to visit, and can't limit your Medicare benefits. If you have questions or you aren't sure if your doctor is in a Medicare ACO, just ask them.



## Question: What is the competitive bidding program?

Medicare's Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (**DMEPOS**) **Competitive Bidding Program** changes the amount Medicare pays for certain DMEPOS items. Under this program suppliers submit bids to provide certain medical equipment and supplies to people with Medicare living in or visiting, competitive bidding areas. Medicare uses these bids to set the amount it pays for each item. All suppliers are thoroughly screened to make sure they meet Medicare requirements (like eligibility and financial, quality, and accreditation standards) before they are awarded contracts. Those companies will have a Medicare supplier number. **If your supplier does not have a Medicare supplier number, Medicare won't pay your claim.....so ask before you buy.**

*Note: DME is reusable medical equipment like walkers, wheelchairs, or hospital beds.*



### **Public Service Announcement:**

**If you or someone you know has Medicaid, QMB, SLMB, or QI1 ...and has moved or plan to move, you must change your address with the TennCare Office.** The TennCare Office administers all of these programs. Failing to update your address with them could result in losing your benefits. Your local SHIP/SMP office can provide you with TennCare's Change of Address Form. Simply give us a call at 931-379-2927.

The SHIP-SHAPE column is sponsored the State Health Insurance Assistance Program (SHIP) & the Senior Medicare Patrol (SMP). The column is designed to provide information to help Medicare beneficiaries understand, access, and protect their Medicare benefits.

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Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

SHIP is a part of the Area Agency on Aging & Disability. Please send questions & brochure requests to the local SHIP/SMP office at [scraig@sctdd.org](mailto:scraig@sctdd.org) or call 931-379-2927.

