



## Moore County Department of Aging FACT SHEET

### Hours of Operation:

Monday, Wednesday, Friday 7:00 AM - 5:00 PM

Tuesday, Thursday 7:00 AM - 7:00 PM

Saturday 8:00 AM - 1:00 PM

Senior Enrichment Center

8040 Hwy 15/501

2 miles north of the Pinehurst Traffic Circle

PO Box 487, Carthage, NC 28327

(910) 947-4483

## FACT SHEET MOORE COUNTY DEPARTMENT OF AGING

### **Mission:**

The mission of the Moore County Department of Aging is to provide services that promote the well-being of older adults.

### **Staff Composition:**

The Department of Aging consists of Administrative Staff, Registered Nurse, Nutrition/Transportation Coordinator, SEC Program Coordinator, In-Home Aides (CNA Level I and II), Diner's Club Managers, Family Caregiver Advisor, SEC Volunteer Program Manager, SHIIP (Senior's Health Insurance Information Program) Coordinator and Fitness Coordinator.

### **Background:**

Since July 1984, the Moore County Department of Aging has provided various services for those **60 years of age and over in need of services**. There are no income requirements. Over 15,000 persons have been served, of whom 52 percent are economically needy; 75 percent are socially needy; 70 percent are 75+ years; and 48 percent are handicapped. Sources of funding are obtained from the Older Americans Act Home and Community Care Block Grant, private contributions, foundations, and client services fees. Client fees are requested to help expand existing services. A fee schedule for all services is available.

### **Services**

#### **Transportation**

*Medical Transportation:* (out of county and local medical appointments) Doctor or Physical Therapy appointments only. We contract with Moore County Transportation Services, Inc. (MCTS).

*General Transportation:* Transportation to Department of Aging congregate meal sites Monday – Friday. Miscellaneous transportation offered on Tuesdays and Fridays (in county only to current Medical clients) which includes one round trip to places such as the grocery store, pharmacy, hair appointments, etc.

#### **In-Home Aide Services**

In-Home Aide services provide two levels of care in the homes. 1) Home Management (Level I) includes light housekeeping tasks in main living areas, food shopping, necessary errands, laundry, and simple meal preparation. 2) Personal Care (Level II) includes assistance with bathing, dressing, feeding, ambulation, and toileting. The RN provides medical counseling and education in the homes of these clients. Our In-Home Aide Services program is licensed by the Division of Facility Services for Home Care.

#### **Nutrition Programs**

This program includes both congregate meals and home delivered meals. Both of these programs are provided Monday through Friday. A nutrition caterer prepares the meals. The congregate meals are served at two locations in the county: West Moore Community Center in Robbins; and the Senior Enrichment Center building, located two miles north of the Pinehurst Traffic Circle. Daily activities include exercise and information programs such as health, nutrition, bingo, arts and crafts, etc. Eligibility criteria for the nutrition programs are that the client be a resident of Moore County; 60 years of age or older; and homebound for home delivered meals. Home delivered meals are provided in the West End/Seven Lakes, Robbins, Carthage, Eagle Springs, Cameron, Vass, Whispering Pines, and Taylortown areas.

### **Family Caregiver Program**

The Family Caregiver program targets resources and information to help:

- Those caring for adults 60+ or those caring for persons with Alzheimer's or a related memory disorder regardless of age.
- Grandparents 55+ with the responsibility of raising their grandchildren.
  - Provides information and referral services.
  - Evaluates needs and helps to find resources available in the community.
  - Offers counseling and educational services such as training and support group services.
  - Provides respite care, allowing caregivers time to meet responsibilities outside of the home.

### **Fitness Room and Group Exercise**

Our 1450+ sq foot Fitness Room plays a vital role in providing healthy lifestyle education and exercise resources. The Fitness Room is equipped with state of the art strength training and cardiovascular equipment along with a stretching and functional movement training area. A qualified staff member is on hand at the center Monday through Friday (hours vary) to perform fitness assessments, schedule equipment orientations and help you design an appropriate workout program. To obtain membership to the Fitness Room written permission from a physician is required as well as a new member orientation. The daily fee is \$2 and is open to any Moore County Resident aged 50+. Regular health and wellness workshops and group exercise classes ensure there is something to suit every preference.

### **Indoor Walking Track**

The indoor walking track at the Senior Center has nice soft flooring that is easy on joints. The track does not require a membership or cost a fee. It is a nice alternative to treadmills or outdoor walking for those who prefer a smooth flat surface.

### **Ensure Program**

Ensure nutrition products are available at a discounted rate for qualifying individuals. Qualifying individuals must be 60+, have a prescription for Ensure product from their physician and income must not exceed 150% of the Federal Poverty level for the current year.

The current prices for Ensure, Ensure Plus, and Glucerna are as follows:

**Ensure** - \$18/case

**Ensure Plus** - \$20/case

**Glucerna** - \$29/case

### **Telephone Reassurance Program**

Good Call Connections connects trained volunteers with isolated, home-bound, or at-risk seniors in Moore County with regular communication through friendly phone calls. Volunteer callers are often able to detect indications through conversation with participants that outside assistance is advisable. The service is free to Moore County Seniors.

### **Legal Assistance Program**

*Limited funds* are available to those in need of legal services in the areas of elder law and estate planning, including Wills, Power of Attorney, Living Wills, and Health Care Proxy. Referrals are made as well. Made possible by a grant from Triangle J Area Agency on Aging. Contact NC Legal Aid at 877-579-7562.

## **Other Available Opportunities/Programs**

### **Seniors' Health Insurance Information Program (SHIIP)**

Certified volunteer counselors, through the North Carolina Department of Insurance, provide guidance to people needing assistance with Medicare, supplemental health insurance, prescription drug insurance and long-term care insurance.

### **Senior Games in the Pines**

Various athletic and arts (literary, visual, heritage and performing) events are held each spring for adults age 50 and better. Winners are eligible to compete at the state and national levels. It's all about "Fun, Fitness and Friendship"! Senior Games is sponsored by Moore County Department of Aging, Moore County Parks and Recreation, Southern Pines Parks and Recreation, Village of Pinehurst Parks and Recreation, Aberdeen Parks and Recreation, and Seven Lakes Landowner Association.

### **Senior Volunteer Program**

This program is supported by the County of Moore to help people 50 and older find service opportunities that meet community needs. The volunteer program can help match a volunteer's experience and talents to connect with over 45 agencies, institutions and organizations in the county. Volunteers contribute thousands of hours each year helping others. Contact SEC Volunteer Manager at 910-947-4483.

### **Information Assistance**

This program assists older adults and their families in their efforts to acquire information about programs and services in order to obtain appropriate resources to meet their needs. The program assists care needs by identifying, making referrals, and coordinating services which are necessary to enable the individual to remain in the least restrictive environment. Referrals are made to resources in North Carolina as well as out of state.

### **Advisory Council**

The Moore County Board of Commissioners appoints an Advisory Council who serves as advisors for the Moore County Department of Aging in the planning and implementation of aging services.

### **Department of Aging publications**

*The Point* – is a monthly newsletter highlighting services and program information. Subscription cost is \$5 for the year to receive by postal mail or free to receive by email. They are also available in most libraries, Diner's Clubs and the Department of Aging office. The point is also on the Moore County website.

*Resource Guide for Older Adults* – made possible by the Family Caregiver funding, this large-print book details the many resources available to older adults in Moore County. Also available is a directory of *Long Term Care Facilities*.

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