

## How Pima Council on Aging Can Help You Enhance Services to Your Clients!!!!

*Southern Arizona Chapter of Enrolled  
Agents*

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## WHAT DO THESE PEOPLE ALL HAVE IN COMMON?

- *My brother and I don't know where to start with helping mom.*
- *I have bad arthritis and can't bathe myself.*
- *I have a PhD but can't figure out the Medicare benefits.*
- *I've fallen once and need information so I don't do it again*
- *I'm 84 years old and need a little help repairing my house.*
- *I'm doing pretty good but can't drive any more.*

**THEY NEED TO CALL PIMA COUNCIL ON AGING**

## Retired and Senior Volunteer Program (RSVP)

*55 and over who wish to put their unique  
talents and expertise to work, giving back to  
the community*

- Personal Budgeting Assistance
- Ambassador
- Medicare Insurance Counseling
- Mature Worker Connection
- Long Term Care Ombudsman
- Living Well Programs
- 40 other non-profits

## Mature Worker Connection

- 50+ Job Placement Services
- Workforce Training
- Networking
- Employer Education—Good Business
- Community Initiatives in Green Valley/Sahuarita, Marana, Oro valley

## Caregiving A Team Event

- 4 Generations Impacted by Caregiving
- Informal and Family Caregivers provide 80% of all care to older adults
- Veterans—Boomers -- Gen X—Gen Y are not prepared for the cost, emotional toll, or health issues
- Impacts on Business-- Lost Productivity

## Medicare Insurance Counseling

- ❖ Medicare Advantage Plans 58
- ❖ Medicare D Prescription Plans 45
- ❖ Medicare plus gap Policy
- ❖ Social Security & Retirement Plans Tie-in
- ❖ *So Your Turning 65 Workshop*

### Living Well---Healthy Aging

*A Matter of Balance ~ Enhanced Fitness  
Managing Ongoing Health Conditions*

- Spend fewer days in the hospital and reduce outpatient visits;
- Learn techniques to deal with problems such as frustration, fatigue, pain and isolation;
- Achieve significant improvement in exercise, cognitive symptom management, and communication with physicians; ([Chronic Disease Self Management](#))
- Reduce the fear of falling and increase physical, social and functional activity; ([Matter of Balance](#))
- Attain increased strength, improved activity levels, and elevated mood. ([Enhanced Fitness](#))

### Safety Net Vulnerable Older Adults

*Average Age — 80                      75% live alone  
81% are female                      93% \$700 to \$1,400/mo.*

- Central Intake/Helpline                      • Case Management
- Home Care                      • Home Repair, Adaptation
- Emergency Alert System (Lifeline)
- Home Delivered Meals                      • Respite Service
- Congregate Center Meals

### Other Programs

**Legal Services**                      **Personal Budgeting Assistance**

**Long Term Care Advocates**

**Retired and Senior Volunteer Program**

**Mature Worker Connection**                      **Medicare**

**Nursing Clinics**                      **Grandparents Raising**

**Elder Rights & Benefits**

**Ambassador**                      **Caregiver Support**  
**Neighbors Care**

### How You Can Help PCOA

- Encourage Membership
- Sponsor and or Create Events
- Donate Resources  
*In-Kind, Volunteer, Financial*
- Tax Credits
- Major Gifts
- Legacy Society
- Gift Legacy Newsletter

