Title III Service Definitions
Title B - D - E
Effective 01.01.2020

Title III-B – Supportive Services

1. **Chore** (One hour) – Assistance such as heavy housework (including but not limited to washing floors, windows and walls; basic home maintenance; or moving or removal of large household furnishings and heavy appliances), yard work or sidewalk maintenance for a person. *Requires NAPIS Registration.*

2. **Homemaker** (One hour) – Assistance such as preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls or doing light housework (including but not limited to laundry). *Requires NAPIS Registration.*

3. **Home Modification** (One project) – Physical adaptations to the home that are necessary to ensure the health and safety of an individual or that enables the individual to function with greater independence in their home.

4. **Assisted Transportation** (One one-way trip) – Provision of assistance, including escort, to a person who has difficulties (physical or cognitive) using private or public transportation. The trip may include assisting the older individual in preparation for the trip, assisting the older individual from their place of residence into the transportation vehicle, assisting the older individual from the transportation vehicle to the destination (such as the doctor’s office), staying with the older individual at the point of destination, assisting the older individual from the destination into the transportation vehicle, assisting the individual from the transportation vehicle into their place of residence and carrying packages into the residence. *Requires NAPIS Registration.*

5. **Legal Assistance** (One hour) – Provision of legal advice, counseling and representation by an attorney or other person acting under the supervision of an attorney. Does not include legal education.

6. **Legal Education** (One session) – A presentation to inform older persons of their legal rights/benefits and how to access the legal system.

7. **Information and Assistance** - A service for older individuals that (A) provides the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology; (B) assesses the problems and capacities of the individuals; (C) links the individuals to the opportunities and services that are available; (D) to the maximum extent practicable, ensures that the individuals receive the services needed by the individuals and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures. Information and assistance topics include, but are not limited to: Medicare, long-term care insurance, prescription drug programs, forms assistance and pension rights. Information and assistance services can be provided through county coordinators on aging, Senior Linkage Line®, or individual advocacy.
Title III-D - Evidence Based Program Opportunities

1. **Chronic Disease Self-Management Program (CDSMP) - “Living Well with Chronic Conditions”**

**Chronic Pain Self-Management (CPSMP) – “Living Well with Chronic Pain”**

**Diabetes Self-Management Program (DSMP) – “Living Well with Diabetes”**
(*this course is designed for participants who have Type 2 diabetes)

Program Goals: Increase self-management through building skills in goal setting, problem solving, communication, working effectively with family & healthcare professionals regarding condition and treatment management.

Leader Training: 4 days of training required (once a 4-day training in CDSMP is completed and you are an active current leader, there is a 2-day cross training available for CPSMP or a 1-day cross training for DSMP). Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions and more clarification on leader training requirements.

Description: Trained leaders provide an interactive skill-building program to improve the abilities of participants to manage chronic illness (such as arthritis, diabetes, depression, pain, etc.).

Class Size: 8-15

Length/Timeframe: 2.5 hr. session / Once per week for 6 weeks

Target Population: Adults 60+ with chronic conditions who are able to participate in goal setting and problem-solving activities. (While the target population is 60+, there is no age limit for this class and needs to be offered to ALL age appropriate participants.) Caregivers or someone living with someone with a chronic condition may also take the workshop.

License Fee: Program can be implemented under the MN statewide license for all the AAAs in which LDSAAA is part of. Leaders must be trained by certified Master Trainers.

Materials: Easel, easel pad & markers
Living a Healthy Life with Chronic Conditions book & Relaxation CD (not required)
Leader Manual provided at training

Facilitators: Professional and/or peer leaders, 2 per workshop. Ideally one of the leaders will have a chronic condition. Leaders must be trained to facilitate the program by certified Master Trainers.

Facilities: Tables in U-shape or circle, chairs, ADA accessible
2. **Matter of Balance (MOB)**

**Program Goals:** Reduce fear of falling while increasing self-management skills in preventing falls including goal setting, problem solving and increasing balance, flexibility and lower body strength.

**Leader Training:** 8 hours of training required. Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions.

**Description:** Trained leaders provide an interactive skill-building program to improve the abilities of seniors to prevent falls.

**Class Size:** 8-15

**Length/Timeframe:** 2 hr. session / Once per week for 8 weeks or twice a week for 4 weeks

**Target Population:** Adults 60+ with a history of falls or at risk of falls who are able to participate in goal setting and problem-solving activities.

**License Fee:** License is required, but programs can be implemented under the license held by LDSAAA. Leaders must be trained by certified Master Trainers.

**Materials:** Contact LDSAAA to check on availability of a Trainer’s Kit

**Facilitators:** Professional and/or peer leaders, 2 per workshop. Leaders must be trained to facilitate the program by certified Master Trainers.

**Facilities:** Tables in U-shape or circle, chairs, ADA accessible.

**Data Collection:** Juniper entries including evaluations, attendance and survey forms will be available and required by LDSAAA.

**Program Support:** LDSAAA will provide program and technical assistance support.

3. **Tai Ji Quan – Moving for Better Balance**

**Program Goals:** Moving for Better Balance is an evidence-based community fall prevention program for older adults meant to improve postural stability, control of body positioning, gait initiation, movement symmetry and coordination, and to build lower-extremity strength.
Leader Training: 16 hours of training required. Regionally located based on need and interest level. Contact Land of the Dancing Sky Area Agency on Aging for training opportunities and questions.

Description: Trained leaders provide classes involving a set of simple, continuous, rhythmic and functional Tai Ji Quan-based actions, representing a significant enhancement of traditional Tai Ji Quan by transforming the movements into therapeutic training for balance and daily functioning.

Class Size: 8-10

Length/Timeframe: Duration: 60 min. per session / 2-3 times per week / 4 months or longer

Target Population: The program is intended for community dwelling older adults, age 60 and older, who can walk easily with or without assistive devices (cane, walker, etc.)

License Fee: License is required, but programs can be implemented under the license held by LDSAAA. Leaders must be trained by certified Master Trainers.

Materials: 2 Tai Ji Quan DVDs

Facilitators: Professional and/or volunteer leaders, 1 – 2 per workshop. Leaders must be trained to facilitate the program by Dr. Li of Oregon Research Institute. Leaders must be trained to facilitate the program by certified Master Trainers.

Facilities: Open space room with chairs available as needed, ADA accessible.

Data Collection: Juniper entries including evaluations, attendance and survey forms will be available and required by LDSAAA.

Program Support: LDSAAA will provide program and technical assistance support.

4. Home Meds

Program Goals: The Home Meds (also known as the Medication Management Improvement System) addresses medication problems among frail older adults. Agency staff members work with a consulting pharmacist to verify the accuracy and appropriateness of the client’s current medication list, identify problems that warrant re-evaluation by the physician, and follow through with the client and physician to resolve identified problems.

Target Population: Adults 60+

Data Collection: Attendance and survey forms will be available and required by LDSAAA.

Program Support: LDSAAA will provide program and technical assistance support. Call for more info.
5. **PEARLS** - The Program to Encourage Active, Rewarding Lives for Seniors (PEARLS) is an intervention for people 60 years and older who have minor depression or dysthymia and are receiving home-based social services from community services agencies. The program is designed to reduce symptoms of depression and improve health related quality of life. PEARLS provides eight 50-minute sessions with a trained social service worker in the client’s home over 19 weeks. Counselors use three depression management techniques: (1) problem-solving treatment, in which clients are taught to recognize depressive symptoms, define problems that may contribute to depression, and devise steps to solve these problems; (2) social and physical activity planning; and (3) planning to participate in pleasant events. Counselors encourage participants to use existing community services and attend local events.

6. **Healthy IDEAS** - Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. The program incorporates four evidence-based components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment or other private location over several months.

**Title III-E – Caregiver Support Services**

1. **Caregiver Counseling** (One session per participant) – Services under this category assist family caregivers in making decisions and solving problems related to their caregiving roles. Note: All Caregiver Counseling Services require NAPIS Registration.

   a. **Coaching/Consulting**: An individualized support service that equips caregivers with the knowledge, skills and tools to perform their caregiving role while achieving a balanced lifestyle. At minimum, the caregiver coach/consultant service includes a comprehensive caregiver assessment to identify the caregiver’s needs, and values, and strengths related to their caregiving role, and development of a customized plan that includes goal setting, and problem solving, coaching, and ongoing support to reach established goals.

   Caregiver Consultants must complete the Caregiver Coaching/Consulting basic training using state owned curriculum provided by a Minnesota Area Agency on Aging.

   b. **Support Groups**: Group sessions that offer caregiver education, information about community resources, or emotional support and networking with other caregivers. Title III-E funded support groups must include an educational component as a part of sessions.

   c. **Caregiver Training/Education**: Registered individual or group sessions that build caregiver capacity to provide, manage, and cope with caring for an older adult or other eligible person, and promote or preserve their own health and well-being. These services include REACH interventions (one intervention=3/4 visits) and/or Powerful Tools for Caregivers sessions (one session=6 weeks of classes).
d. **Caregiver Training/Education**: Unregistered group sessions that build caregiver capacity to provide, manage, and cope with caring for an older adult or other eligible person, and promote or preserve their own health and well-being. These services may include training or education on managing risk factors (e.g., caregiver stress and depression), caregiver role development and identity change, family dynamics, direct care skills, disease management, managing difficult behaviors, communicating with health care providers, navigating health and long-term care systems, building a support network, and financial and legal issues. These sessions may not just be an organization overview, there must be a specific caregiver education topic and a sign in sheet (names only) must be provided for reimbursement. *Each organization is limited to four reimbursable trainings per year.*

2. **Respite** (One Hour) – Services that offer temporary, substitute care, supervision, support, or living arrangements to older persons in order to provide a brief period of relief or rest for informal caregivers. Respite Care includes: (1) in-home respite; (2) out-of-home respite; and (3) facility-based respite. *Note: All Respite services require NAPIS Registration.*

   a. **In-home Respite**: This includes personal care, homemaker, chore, companion, supervision, or nursing care provided by an organization or agency. Trained volunteers may be utilized to provide companionship respite (e.g., assistance with meals, medications reminders and general supervision). Respite volunteers are screened, trained and matched with older adults and supervised by provider.

   b. **Out-of-Home Non-Facility Respite**: This option may be provided on a group or individual basis and include licensed Adult Day Services, licensed adult foster care, services by a family, friend, neighbor, or volunteer in a non-licensed private residence, or escorted transportation to medical appointments or community activities.