

# SERVICES

## Transportation

Transportation is available to county residents, age 60 and better, for medical appointments and for personal business. Medical transports are priority and are available anywhere within Putnam County and to the adjacent counties of: Allen, Defiance, Hancock, Henry, Paulding and Van Wert. Personal business is available within Putnam County and includes trips to: social service agencies, beauty salons, pharmacies, grocery stores, banks, and other essential errands. Advanced notice is required for transportation services. Hours of operation are 8:00 a.m. to 4:30 p.m. Transportation is provided in six wheelchair accessible vans and three agency cars by professionally trained and caring personnel.



## Chore Services

The chore program helps older adults, age 60 and better, to remain safe and secure in their own homes by providing assistance with seasonal needs, minor home repairs, home maintenance and other tasks which older adults are no longer able to perform.

Examples include:

- Rake leaves
- Wash windows
- Small paint jobs
- Shampoo carpets
- Trim shrubs and bushes
- Clean out spouts and eaves
- Install grab bars and hand rails
- Build simple wheelchair ramps
- And so much more



## Outreach and Information & Referral

Navigating community resources can be confusing at any age. An Outreach Specialist is available to provide personalized help to link older adults, age 60 and better, their loved ones and their caregivers to community resources in order to maintain their independence. The Outreach Specialist can help in completing paperwork and “cutting the red tape for:

- Medicare information and assistance
- Community information and referrals
- Fuel assistance programs
- Home Delivered Meals
- Golden Buckeye Card
- Filling out forms
- Interpreting hospital bills
- And so much more.



## Caregiver Programs

Information and support for non-professional caregivers, including a Caregiver Library



## Telephone Reassurance

To ensure the continued well-being of older adults, age 60 and better, who are isolated or homebound, our staff provide a regular daily telephone call to provide companionship, conversation and a check on their well-being. Should a problem occur at the senior's home, a pre-arranged plan of action is initiated.



## A Matter of Balance Program

The Matter of Balance Program (MOB) is an award-winning program designed to help older adults manage falls and increase activity levels. The program is a free eight week program. It is held once a week for eight consecutive weeks. Each session is two hours.

The MOB participants will learn to view falls as something they can control, set goals and increase activity levels, make changes to reduce fall risks at home and exercise to increase strength and balance.



A Matter of Balance is for you if:

- You are concerned about falls.
- You want to improve your balance, strength and flexibility.
- You have fallen in the past.
- You don't do things you used to enjoy because you fear falling.

## Healthy U Diabetes

Healthy U Diabetes is a free, community based workshop that helps participants learn proven strategies to manage type 2 diabetes or pre-diabetes and feel healthier. The workshops are conducted in six weekly, interactive, small group sessions that focus on the participants role in managing their own diabetes. The sessions are held once per week, for 2 1/2 hours each session.



## OTHER SERVICES FOR SENIOR CITIZENS

Adult Protective Services  
419-538-4580

Alzheimer's Association      1-800-272-3900  
419-227 9700 (Lima)  
419-425-5409 (Findlay)

Area Agency on Aging 3  
1-800-653-7277

HHWP Community Action Commission  
419-523-5345 or 1-800-423-4304

Home Delivered Meals  
419-453-3327 or 1-800-520-2905

Legal Aid of Western Ohio, Inc.  
1-888-534-1432

MEDICARE  
1-800-MEDICARE (1-800-633-4227)

Nursing Home Ombudsman  
1-800-282-1206 or 614-466-0466

Ottawa Senior Citizens Association  
419-523-5593

Putnam County Health Department  
419-523-5608

Putnam County Home Care and Hospice  
419-523-4449

U.S. Social Security Administration  
419-228-7401 (Lima)  
1-800-772-1213 (National)

Veterans Services Commission  
419-523-4478

## ELIGIBILITY

Resident of Putnam County 60 years of age  
or better.

## COST

All services are free and offered regardless of  
income. Donations are graciously accepted.  
A suggested donation list may be obtained by  
calling the Council on Aging office.

## MISSION

To provide services to Putnam County  
residents, 60 years of age and better, to  
enable them to remain independent in their  
own home for as long as possible.

## HOW ARE WE FUNDED?

The Council on Aging is supported from  
many sources. The most important  
support is at the local level. We receive  
funds from a levy passed by the voters of  
Putnam County. Donations are received  
from area churches, individuals,  
businesses, and organizations. We are a  
United Way agency.

*The Putnam County Council on Aging  
is an equal opportunity employer  
and service provider.*

The Putnam County Council on Aging is a  
non-profit organization established in 1978.  
The Council on Aging is governed by a 15  
member Board of Trustees representing the  
geographic areas of the county.



**Putnam County  
Council on Aging, Inc.**  
1425 E. Fourth Street  
Ottawa, OH 45875

**419-523-4121**

Toll-free: 1-800-589-8508  
Fax: 419-523-3129

Hours: 8:00 a.m. to 4:30 p.m.  
Monday through Friday

[www.putnamcouncilonaging.org](http://www.putnamcouncilonaging.org)



United Way of Putnam County  
*Partner Agency*