

# Putnam County Council on Aging Services

*Serving Putnam County Senior Citizens Since 1978*



**Aging In Place Home Assessments:** Aging in Place simply means to be able to remain in your home as you grow older and your needs and abilities change. Staying in your home may mean making simple home modifications that can help you live more comfortably and safely. Our Certified Aging in Place Specialist can conduct a home assessment of common areas in the home such as entry ways, living room, kitchen, bedroom, bathroom, etc., and make recommendations on how to make your home more usable for current and future needs. A written report with recommendations and pictures is given to all home assessments clients. The Council on Aging Chore Program can also help make some of the recommended changes, if it falls within their skill level. The decision to make any changes in the home is completely up to the client.



**Chore Services:** Our skilled chore workers are available to offer help to older adults so they can remain safe and secure in their own home by providing assistance with seasonal needs, minor home repairs, home maintenance, and other tasks older adults are no longer able to perform. Examples of work that can be completed include: wash windows, trim shrubs, pull weeds, clean up flower beds, rake leaves, clean spouts and eaves, small paint jobs, shampoo carpet, install grab bars and handrails, build wheelchair ramps, change light bulbs and smoke detector batteries, and other minor repairs around the home. The client is responsible for all materials and/or supplies needed to complete the work.



**Educational Programs and Special Events:** Our professional staff are available to speak to community groups on agency services and on other subjects of interest to inform, enlighten and inspire older adults. Examples of topics include: agency services, aging in place, fall prevention, Medicare, etc. Through partnership and collaboration with other organizations, our staff also offer community events that benefit the older adult residents of our community along with caregivers and family members. Examples of collaborative events include: Putnam County Senior Expo, Fall Prevention Awareness Day, Senior Day at the Fair, Older American's Month, Shred-A-Thon in honor of World Elder Abuse Awareness Day, and so much more.



**Information and Referral:** Our knowledgeable staff are available to connect older adults, their families and caregivers to community resources to help them meet their needs.

**Matter of Balance Fall Prevention Classes:** Falling is not a normal part of aging! Our trained staff and volunteers offer this 8-week, evidenced-based program, which is designed to help older adults reduce their fear of falling and help increase activity levels by promoting exercise to enhance balance, strength and flexibility.



**Medical Equipment Loan Closet:** If a hospital stay, recent injury or just coming of age as a senior presented a need for small durable medical equipment, call our agency to see if we have what you need. Items available to loan include: canes, walkers, raised toilet seats, shower chairs, wheelchairs, raised toilet seats, stationary commodes, and so much more. Items are available to loan for a few days, a few weeks, or a few months.

**Newsletter:** The Council on Aging sends out a quarterly newsletter to over 1700 homes with information about services, upcoming events, and issues important to the senior population. Anyone can be added to our newsletter mailing by calling the office at 419-523-4121.

**Outreach Services:** Our professional and knowledgeable outreach staff are available to provide personalized help to link older adults to community resources in order to maintain their independence. The Outreach Specialist can help in navigating life changes, completing paperwork and “cutting the red tape” for Medicare, community referrals, fuel assistance programs, home delivered meals, filling out forms, interpreting hospital bills and so much more.



**Telephone Reassurance and Friendly Visitor Program:** Maintaining social relationships can become more difficult as we age. To insure continued well-being of older adults who are isolated or homebound, our professional staff and volunteers provide regular telephone calls and/or a home visit to help older adults stay connected to their community and engaged in meaningful relationships.

**Transportation Services:** Our courteous and professional drivers provide transportation services for medical appointments and personal business in 7 agency-owned wheelchair accessible vans and 3 cars/SUV’s. Medical transportation is priority and is available anywhere within Putnam County and to the adjoining counties of Allen, Defiance, Hancock, Henry, Paulding and Van Wert. Transportation for personal business is available within Putnam County and includes trips to social service organizations, beauty salons, banks, pharmacies, grocery stores, and other essential errands. Hours of operation are Monday through Friday from 8:00 a.m. to 4:30 p.m.



**We Thrive Together:** The Council on Aging partners with We Thrive Together to offer virtual programs to Putnam County older adults. This is a great way to talk, laugh, play, sweat, and connect from the comfort of home. Programming includes games, cards, bingo, exercise classes, virtual trips, trivia, and so much more. Visit [www.WeThriveTogether.org](http://www.WeThriveTogether.org) to learn more.

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**What is the mission of the agency?** The mission of the Council on Aging is to provide services that will enable Putnam County residents, age 60 and better, to remain independent in their own homes for as long as possible.

**Do you charge for your services?** No, all services are offered free of charge to Putnam County residents, age 60 and better, living independently in the community. However, donations are graciously accepted and encouraged to support services.



**How is the Council on Aging funded?** The Council on Aging is supported from many sources. The most important support is at the local level. Approximately 82% of our budget comes from a local senior service levy passed by the voters of Putnam County. State and Federal funds make up approximately 2% of the budget. We are also a United Way agency. Donations are received from individuals, businesses and organizations.

**How do I find out more information about Council on Aging services?** You can find out more information about Council on Aging services by calling 419-523-4121 or toll-free 1-877-796-1760. You can also find us on Facebook or visit our website at [www.putnamcouncilonaging.org](http://www.putnamcouncilonaging.org).



**Where are you located and what are your hours of operation?** We are located at 1425 E. 4th Street, Ottawa, OH. Our hours of operation are 8:00 am to 4:30 p.m., Monday through Friday.