

SERVICES

Aging in Place Home Assessment

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 to 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 entryways, living room, kitchen, bedroom, bathroom, etc., and make recommendations on how to make your home more functional for current and future needs.



Chore Services

The chore program helps older adults 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, clean up yards, trim shrubs and bushes, wash windows, clean out spouts and eaves, shampoo carpets, install grab bars and hand rails, build simple wheelchair ramps, and other odd jobs around the home.



A Matter of Balance Program

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



Golden Gatherings



The Golden Gatherings Program provides opportunities for Putnam County residents, age 60 and better, to remain active and connected within their hometown through fun and engaging programs, activities, and events. The types of programs offered include, but are not limited to games, discussion groups, exercise, lunch and learns, arts and crafts, and so much more.

Outreach and Information and Referral

Our Outreach Specialist helps older adults navigate community resources and provides personalized help to link older adults, their loved ones and their caregivers to community resources. 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, applications, interpreting hospital bills, etc.



Rock Steady Boxing

The Rock Steady Boxing (RSB) program is a NON-CONTACT boxing fitness program specifically designed for individuals diagnosed with Parkinson’s Disease. RSB allows participants to literally fight back against the symptoms of the disease while helping to ease rigidity of movement and improve strength, coordination, balance, mental focus and confidence. RSB classes have proven that anyone, at any level of Parkinson’s, can actually lessen their symptoms and lead a healthier life.



Medical Equipment Loan Closet

The Medical Equipment Loan Closet has an assortment of new and used small durable medical equipment on hand to lend to those in need for a few days, a few weeks, or a few months. Items available to loan include, but are not limited to: canes, walkers, raised toilet seats, shower chairs, stationary commodes, wheelchairs, and so much more.



Telephone Reassurance

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 trained volunteers provide regular telephone calls to help older adults stay connected to their community.



Transportation

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



Eligibility

Resident of Putnam County 60 years of age and better.

Cost

All services are free, unless otherwise stated, and offered regardless of income. Donations are graciously accepted and encouraged to help support the program. 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 businesses, organizations and individuals. The Council on Aging is also an United Way partner agency.

Speaking Engagements

Our professional staff are available to speak to community groups on agency services and other subjects of interest to inform, enlighten, and inspire older adults.

Newsletter Mailing

The Council on Aging distributes a quarterly newsletter with information about services, upcoming events, and issues important to the senior population. Anyone can be added to our newsletter mailing list by calling 419-523-4121.

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

Other Services for Senior Citizens

Adult Protective Services
567-376-3777

Alzheimer's Association
1-800-272-3900
or 419-419-5858

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

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

Home Delivered Meals
1-800-653-7277 (AAA3)

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

Nursing Home Ombudsman
Able Center for Equal Justice
1-800-542-1874

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
800-223-0288 (Lima)
877-628-6548 (Findlay)
1-800-772-1213 (National)

Veterans Services Commission
419-523-4478

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: 1-877-796-1760
Fax: 419-523-3129

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

www.putnamcouncilonaging.org



United Way
of Putnam County

Partner Agency