

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 assessment clients. 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, and so much more.

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.



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, rollators, transfer benches, 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.



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.

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 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.



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? All services are offered free of charge, unless stated otherwise, 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. We receive funds from a local senior service levy passed by the voters of Putnam County. Donations are received from individuals, businesses and organizations. The Council on Aging is also an United Way partner agency.



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.

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 Monday through Friday from 8:00 am to 4:30 p.m.