Independent Living
Pathway to Success

Office of Aging
Serving Lycoming & Clinton Counties

ALL SERVICES • UNDER ONE ROOF

Aging Waiver
APPRISE
Care Management
Center Meals
Consumer Reimbursement
Employment Services (age 55+)
Family Caregiver Support
Home Health Services
Home Modification & Repairs
Home Support Cleaning
Information & Referral
Legal Assistance
Long-Term Care Assistance
Long-Term Care Ombudsman
Meals on Wheels
Nursing Home Diversion
PERS
Personal Care
Placement Services
Prime Time Health
Protective Services
Recreation-Education
Senior Community Centers
Transportation
Volunteer Opportunities
STEP’s mission is to engage diverse individuals, families, and communities in the pursuit of social and economic success.
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The Office of Aging provides information about services available to older adults.

**We offer:**

- A brief interview to determine the inquirer’s needs, in order to make an appropriate referral.
- Relevant information about community resources and referral to the needed services.
- Help to match older persons with nursing homes, personal care boarding homes (assisted living), and independent housing.
- Assistance with the completion of applications for any public benefit programs, such as PACE, and Property Tax/Rent Rebates.

The STEP Office of Aging has two main service locations:

**Lycoming County**
2138 Lincoln Street
Williamsport, PA 17701
Phone: 570-323-3096

**Clinton County**
124 East Walnut Street
Lock Haven, PA 17745
Phone: 570-858-5800

24-HOUR ELDER ABUSE HOTLINE 1-800-332-8555
Senior Community Centers

The STEP Office of Aging, through its Senior Community Centers, provide a variety of recreational, educational and health related group activities, as well as healthy lunches. Centers are open daily, Monday through Friday.

Social/Recreational Activities include card parties, art classes, crafts, square and line dancing, holiday festivities, exercise programs, wood carving, computers and the internet, picnics, and much more.

Prime Time Health Programs include a variety of fitness activities including, Tai Chi, Healthy Steps in Motion, Zumba Gold, Weightwise, use of treadmill, fall risk screenings, health screenings, informative brochures, and educational programs.

Center Meals are hot, nutritionally balanced lunches prepared with fresh ingredients every day. Menus incorporate locally grown fruits and vegetables, when seasonally available. We are also able to provide modified diets. Donations are accepted and reservations are required 24-hours in advance.
Senior Community Centers

Centers for Healthy Aging

Lycoming County

George C. Meck Center
East Lycoming YMCA
50 Fitness Lane, Suite 2
Muncy, PA 17756
570-546-2542

Loyalsock/Montoursville Center
2725 Four Mile Drive
Montoursville, PA 17754
570-601-9590

Jersey Shore Center
Tiadaghton Gardens
641 Cemetery Street
Jersey Shore, PA 17740
570-601-9591

RiverWalk Center
423 East Central Avenue
South Williamsport, PA 17702
570-601-9592

Lincoln Street Center
STEP Building
2138 Lincoln Street
Williamsport, PA 17701
570-601-9573

Clinton County

Clinton County Community Center
STEP Building
124 East Walnut Street
Lock Haven, PA 17745
570-858-5800

Renovo Center
South Renovo Fire Hall
415 Fourth Street
South Renovo, PA 17764
570-923-2525

Mill Hall Center
Mill Hall Fire Hall
9 Peale Avenue
Mill Hall, PA 17751
570-726-6378
Transportation

Transportation is available to Senior Citizens through the Lycoming-Clinton Transportation Services operated by STEP, Inc. Senior Citizens desiring to schedule rides must call before 12:00 noon on the day before the trip. Reservations may be made earlier than 12:00 noon on the day before, or even two days before the trip, but cannot under any circumstances be accepted later than 12:00 noon the day before.

**Lycoming County** residents can schedule rides by calling: 570-323-7575 or 1-800-222-2468

**Clinton County** residents can schedule rides by calling: 1-800-206-3006

Individuals age 65 or older who are registered with the Office of Aging will have no charge for trips within the two counties that start or end at one of the following locations:

- Senior Community Centers
- Medical appointments and medical needs
- Grocery shopping (bi-weekly limit)
- Social Service Agencies (appointments only)

<table>
<thead>
<tr>
<th>Mileage Zone</th>
<th>General Public Full Fare</th>
<th>Persons with Disabilities (PwD) and Americans with Disabilities Act (ADA)-sponsored trips</th>
<th>Lottery Shared-Ride (65 and older but not Office of Aging-sponsored)</th>
<th>Age 60-64 STEP Office of Aging-sponsored trip</th>
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<td>0 - Less than 5 Miles</td>
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<td>35 Miles or Greater</td>
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**Bus passes for River Valley Transit are available to Office of Aging clients age 60-64.**

Donations are accepted for Transportation Services.
Volunteer Opportunities

Volunteers stay active and find personal fulfillment by helping to provide needed services. Activities may include Meals on Wheels distribution, Senior Community Center services, APPRISE Insurance Counseling, and the Long-Term Care Ombudsman program.

People of all ages, with varied qualifications, find their time well spent helping to provide services to our older Pennsylvanians.

Anyone interested in volunteering their time and talent may call the Volunteer Coordinator:

Lycoming County • 570-323-3096  
or  
Clinton County • 570-858-5800

Employment Services

The Senior Community Service Employment Program (SCSEP) is an employment and training program targeted specifically to unemployed, low-income seniors, age 55 and over. This program, available to eligible persons in Lycoming and Clinton counties, provides training in part-time community service assignments and offers assistance in skill development and experience to facilitate transition to unsubsidized employment.

Lycoming and Clinton Counties • 570-601-9670
Care Management

Care Management coordinates the home services an individual receives, to provide access to the entire range of available services, and assure that individual needs are met.

Care Management includes the following:

- Comprehensive need assessment.
- Development of a care plan which considers all available resources, formal and informal.
- Implementation of the care plan.
- Coordination and follow-up of service delivery.
- Ongoing reassessment and care management.

Care Management facilitates client independence and non-reliance upon formally funded services.

Home Delivered Meals

Popularly known as “Meals on Wheels,” this program delivers a complete hot noon-time meal to persons age 60 and over who are homebound and cannot cook for themselves. Meals are distributed from the various Senior Community Centers by volunteers Monday through Friday. Regular and special diets are available, and weekend meals can be requested.
In Home Services

Home Support Cleaning Services

Home Support Cleaning Service is provided when the need is for light housekeeping tasks, laundry, shopping, or instruction in home management or basic cooking skills.

Home Modification and Repair

This service provides home maintenance repairs and modifications necessary to maintain the individual's safety in the home. Tasks include minor repairs and home modifications such as installation of hand rails, installation of a stair glide, bathroom modifications, and construction of a wheelchair ramp. Painting and redecorating are not part of this service.

Home Health Services

Home Health Services are usually covered by Medicare or other insurance under orders of a physician. In special circumstances, physician ordered services may be provided by the Office of Aging to enable an individual to continue to reside in his or her own home. 24-hour care is not available.
In Home Services

**Personal Care Services**

Personal Care Services are provided when the primary need is for “hands-on” assistance with the activities of daily living. Some of the services available to meet personal needs are assistance with:

- Bathing, dressing/undressing, hair care, and personal hygiene.
- Getting in and out of a bed, wheelchair, or motor vehicle.
- Getting around in one’s home with or without mechanical aids.
- Performing routine activities, such as eating or toileting.
- Meal preparation and grocery shopping.
- Laundry assistance and light housekeeping.

**Family Caregiver Support Program**

The Family Caregiver Support Program is designed to respond to the needs of families and friends caring for their loved ones at home. Its purpose is to reinforce (not replace) the care being provided to an older adult who requires continuous care at home. Depending on the annual household income, up to $250 a month is available for out-of-pocket expenses for purchased services and supplies directly related to the care of their relative or friend. A lifetime amount of up to $2,000 may be available toward the purchase of assistive devices or home modifications. Reimbursement amounts are determined by actual expenses and household income. Income eligibility guidelines are established above the poverty level to enable more middle-income families to participate. In some situations, seniors raising grandchildren may be eligible for reimbursement of approved expenses.
In Home Services

**Personal Emergency Response System (PERS)**

PERS is an electronic device which enables older adults to secure help in the event of an emergency. The adult wears a portable “help” button to allow for mobility. The system is connected to a phone and programmed to signal a response center once a “help” button is activated. The response center is staffed by trained professionals.

PERS services may be appropriate for individuals who:

- Live alone.
- Are alone for significant parts of the day and have no regular caretaker for extended periods of time.
- Require extensive routine supervision.
- Have a medical condition that may require an emergency summons for help.

**Office of Aging Services**

**Nursing Home Diversion - Aging Waiver**

The objective of the Aging Waiver program is to provide care in the community for individuals who would otherwise be eligible for nursing home care. We will assess if sufficient formal and informal services and supports can be developed and implemented so as to safely and adequately meet the person’s needs.

We will then offer the person the option of implementing a plan for services in their home, thus delaying or preventing admission to a nursing facility, or enabling someone to return home from a nursing facility. There are financial eligibility requirements for participation in this program.
Nursing Home Transition

The Nursing Home Transition (NHT) program allows eligible nursing home residents to safely return to the community and to a more independent lifestyle, with the assistance of Aging Services. NHT will work with the interested nursing home resident, nursing home staff, and any other parties to meet the goals of the individual.

Long-Term Care Assessment

The Pennsylvania Department of Human Services requires that whenever someone applies for Medical Assistance to pay for a nursing home stay, a thorough assessment is completed to determine what level of care (i.e. nursing home, personal care home, or community services) is appropriate for the individual.

A physician’s medical report is needed to start the process. Long-Term Care Assessments are also completed on those applying for a personal care home Social Security supplement and other Department of Human Services programs. Facilities and individuals may also request a level of care determination. Special assessments are done with people who have mental illness, intellectual disabilities, or other related conditions to recommend appropriate care and treatment.

Placement Services

Placement Services are designed to assist the individual in determining the type of residential placement that will best meet their needs. The Office of Aging will assist in securing such placement. Our Placement Services are coordinated with community facilities such as Nursing Homes, Assisted Living Facilities, and Personal Care Homes.
Long-Term Care Ombudsman

An Ombudsman is a person trained and certified by the Pennsylvania Department of Aging in the investigation and resolution of complaints made by, or on behalf of, consumers of long-term care services. Ombudsmen help consumers voice concerns and exercise their rights in order to protect the dignity, well-being, and quality of life for individuals age 60 and older, in various care settings.

APPRISE Health Insurance Counseling

The APPRISE program provides assistance with all types of health insurance, including Medicare, Medicaid, and private policies.

APPRISE Volunteer Counselors can answer questions about benefits, provide easy to understand information, help with confusing forms, give referrals to appropriate agencies, and advise how to protect against fraud and abuse. APPRISE will assist with applications to receive medication at a reduced cost for seniors who are not eligible for PACE (Programs of All-Inclusive Care for the Elderly).

APPRISE services are provided at no cost by specially trained volunteers. They will give clear, objective advice in complete confidence.

For Information on scheduling and counseling locations, contact the **STEP Office of Aging:**

**Lycoming County** • 570-323-3096

or

**Clinton County** • 570-858-5800
Consumer Reimbursement

Consumer Reimbursement is permitted for services allowed by the Aging Policy and Procedure Manual as part of an approved care plan to assist the consumer to remain in their home. This method of service provision can be used when services are not readily available but the consumer can obtain the needed service at a more reasonable cost.

Services include:

✓ Consumer-Directed Personal Care
✓ Pest Control/Fumigation

Legal Assistance

Legal Assistance is the giving of legal advice by an attorney or referral to an attorney. This advice includes benefits and rights counseling by a lawyer to older individuals with social or economic needs. Legal service programs are also provided at Senior Community Centers.

Protective Services

Protective Services are provided to older persons as an intervention in a crisis situation or to avoid a crisis when one appears imminent. The Older Adults Protective Services Act empowers the Office of Aging to investigate reports of abuse, neglect, financial exploitation, abandonment, or other situations that put an individual, or their finances, at imminent risk. Plans to reduce, correct and/or eliminate the problem will be developed with the individual.

If you believe a senior citizen (age 60 and over) needs Protective Services, call to make a report.

24-HOUR ELDER ABUSE HOTLINE 1-800-332-8555
It is the policy of the Department of Aging to encourage client contributions for all services provided through the Office of Aging.

Memorial gifts are accepted and acknowledged.

In addition, Personal Care, Home Modifications, Home Support, Home Health Services, PERS, and Medical Supplies may have a Cost Share plan.

www.stepcorp.org • www.facebook.com/STEPOfficeOfAging