

SERVICE DESCRIPTIONS



INFORMATION AND ASSISTANCE

(1-866-836-6678 – Rings in our Chattanooga Office)

Information and Assistance is available to callers in need of help locating resources and services within their community and available through the Area Agency on Aging and Disability.

HOME AND COMMUNITY-BASED SERVICES

Services are designed to provide help with routine household activities including shopping, meal preparation and light housekeeping. Eligible individuals must be 60 years of age or older and have a disability that makes them unable to perform household management tasks.

HOME DELIVERED MEALS

Persons 60 years of age or older who are homebound and unable to shop for or prepare meals may be eligible for a home delivered meal. The meal, which may be hot or frozen, is balanced to provide one-third of the daily recommended nutritional requirements.

CONGREGATE MEALS

The Congregate Meals program provides a noontime nutritionally balanced meal, served at a Senior Center or other Congregate Meal Site. The balanced meal provides one-third of the daily recommended nutritional requirements for persons 60 years of age or older.

EVIDENCE-BASED HEALTH PROMOTION PROGRAMS

Health Promotion classes are offered annually throughout the Southeast Tennessee Region. The workshops provide participants structured activities that include group discussions, problem-solving, skill building, assertiveness training, videos. Sharing practical solutions and exercise training.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

This program provides respite services for caregivers of seniors who are 60 years of age or older and caregivers of persons with dementia of any age. The purpose is to give the caregiver a break from ongoing caregiving duties. Respite services include: adult day care, short-term in-home respite, personal care, homemaker and overnight respite. Support is provided through information and referral, caregiver workshops and conferences.

OPTIONS FOR COMMUNITY LIVING

OPTIONS provides home and community based services to assist frail older adults and adults with disabilities (18 years old and older) to remain in their own homes. The purpose of the program is to help these individuals maintain a level of independence and avoid institutionalization. Available services include homemaker, personal care and home delivered meals.

SENIOR CENTERS

Senior Centers provide a wide range of supportive services in the community to those over the age of 60. Services offered may include educational and recreational activities.

SERVICE AREA

The Southeast Tennessee Area Agency on Aging and Disability serves the counties of Bledsoe, Bradley, Grundy, Hamilton, Marion, McMinn, Meigs, Polk, Rhea, and Sequatchie.

CALL WITH QUESTIONS OR TO MAKE A REFERRAL

Toll-Free
1-866-836-6678

Local
423-424-4256

Fax
423-424-4225

1000 Riverfront Parkway
P.O. Box 4757
Chattanooga, TN 37405
www.setaaad.org

Eligibility requirements vary by program.

SERVICE DESCRIPTIONS



STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

(1-877-801-0044)

Free and objective counseling and assistance is provided for persons with questions or problems regarding Medicare and other related health insurances, as well as prescription assistance.

RELATIVE CAREGIVER PROGRAM

(1-866-735-8752 – Rings in our Chattanooga Office)

The Relative Caregiver Program is designed to support grandparents and other relatives raising children to whom they are related through blood, marriage or adoption. Support services are also provided for the children and teenagers in Relative Caregiver families. Services include: Information and Referral, Counseling, Caregiver Support Groups, Activity / Support Groups for Children and Teenagers, Educational Workshops, Respite and Recreation, Family Advocacy, Outreach and Emergency Financial or Start-Up Assistance. The Program is funded by the Tennessee Department of Children's Services. Serves Franklin county in addition to the SETAAAD counties.

PUBLIC GUARDIANSHIP FOR THE ELDERLY

Designed to aid persons age 60 or older who have been declared by the court to be incompetent to handle their own affairs and who have no family member, friend, bank or corporation willing, able and suitable to take this responsibility.

CHOICES

The Southeast Tennessee Area Agency on Aging and Disability assists individuals applying for long term services and supports (LTSS) in their home or in the nursing home by conducting screenings, customer satisfaction surveys, face-to-face visits, and submitting TennCare required documentation.

ELDER RIGHTS

LEGAL SERVICES

Legal advice and representation provided by an attorney to people 60 years of age or older to secure and maintain public benefits, to resolve consumer problems and other situations requiring the intervention of an attorney.

LONG-TERM CARE OMBUDSMAN

This program provides assistance to elderly Tennesseans residing in nursing homes, homes for the aged, and assisted care living facilities. The Ombudsman is available to help residents and their families resolve questions or problems and will advocate for solutions to problems for qualified residents of long-term care facilities.

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