

*Alliance for Aging, Inc.*  
*Area Agency on Aging for*  
*Miami-Dade & Monroe Counties*



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# What is the Alliance for Aging?

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# What is the Alliance for Aging?

- ▶ Area Agency on Aging for Miami-Dade and Monroe Counties
- ▶ 501c3 nonprofit organization
- ▶ Administers over \$30 million in local, state, and federal funding for home and community based services for older adults
- ▶ Serves as a source of information and referrals for home and community based services for older adults, adults with disabilities, caregivers, family members, and other members of the community



# Home and Community Based Services

- ▶ The Alliance funds organizations in The Aging Network, who provide home- and community-based services for older adults and their family caregivers, such as:
  - Home-delivered and congregate meals
  - Transportation
  - Caregiver respite and adult day care
  - Personal care, housekeeping, and home chore services
  - Others
- ▶ The Alliance for Aging
  - Ensures contract compliance and provides training and technical assistance
  - Maintains the waiting list for the Statewide Medicaid Managed Care Long Term Care Program

# Aging and Disability Resource Center (ADRC)

- ▶ 1-800-96ELDER/305-670-HELP
- ▶ Help is available in English, Spanish, and Haitian Creole
- ▶ Monday-Friday, 8am to 5pm
- ▶ Caregiver specialist available
- ▶ Information and referrals for both subsidized and private pay home- and community-based services for older adults and adults with disabilities



# Serving the Health Insurance Needs of Elders (SHINE)

- ▶ 1-800-96ELDER/305-670-HELP
- ▶ Trained volunteer counselors speak English and Spanish
- ▶ Unbiased information on Medicare, Medicaid, prescription coverage, public, private, supplemental, and long-term care insurance
- ▶ Individual telephone consultations
- ▶ Presentations to groups or organizations



# Healthy Aging

- ▶ Evidence-Based programs in English and Spanish
  - Living Healthy Chronic Disease Self-Management
  - Diabetes Self-Management
  - A Matter of Balance Falls Prevention program
- ▶ Workshops on preventing elder abuse and financial exploitation
- ▶ Veteran-Directed Home and Community Based Services program allows veterans to choose and hire their own caregivers

# Evidence-Based Workshops

- ▶ **Living Healthy/Tomando Control de su Salud:** Enable older adults with chronic diseases to change their behaviors, improve their health and reduce the use of emergency room and hospital services
- ▶ **Diabetes Self-Management/Programa de Manejo Personal de la Diabetes:** Helping older adults learn to manage their symptoms and blood glucose (sugar) better, balance food and exercise, manage medications, reduce stress and manage their day-to day activities
- ▶ **A Matter of Balance/Un Asunto de Equilibrio:** Address and reduce the fear of falling, increase physical activity and muscle strength and improve balance to prevent falls
- ▶ **Tai Chi:** helping older adults improve balance and mobility, develop muscular strength and confidence to prevent falls

# Evidence-Based Workshops

- ▶ Alliance part of HARC (Healthy Aging Regional Collaborative) funded by Health Foundation of South Florida
- ▶ Collaboration enabled us to train lay leaders/older adults to facilitate workshops
- ▶ Also receive funding from Older Americans Act, Title III-D
- ▶ Currently working with Florida Health Networks (FHN) to provide chronic-disease self-management and falls prevention workshops to older adults throughout communities in Miami-Dade



# Joint Use Agreements

- ▶ Alliance has collaborated with Miami-Dade Parks, Recreation & Open Spaces to deliver EB workshops to older adults throughout Miami-Dade County
- ▶ Memorandums of Understanding (MOU)
- ▶ Age-Friendly Parks provide space and support

# Joint Use Agreements

- ▶ Arcola Lakes
- ▶ Continental Park
- ▶ Country Village
- ▶ Deerwood Bonita Lakes Park
- ▶ Dr. Martin Luther King
- ▶ Gwen Cherry
- ▶ Westwind Lakes Park
- ▶ Pelican Community Park

# Testimonials

- ▶ Mr. M., a DSMP participant: “Having this program taught at a level that encourage the seniors to open up and talk about their success, and failures, their dreams, and ambitions made it worked. Seniors are special group, and the Alliance for Aging is aware of this.”
- ▶ Ms. R, participated and attended all six (6) sessions of Programa de Manejo Personal de la Diabetes at Westwind Lakes Park: “This workshop about controlling diabetes has helped me a lot. I learned how to balance my meals, eliminate unhealthy foods and reduce portions, the importance of exercise, knowing the recommended portion sizes for each portion of food.”

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**For more information, call:**

**☎ 1-800-96-ELDER**

**☎ 305-670-HELP**