

Metropolitan Area Agency on Aging Presentations

Staff and volunteers from the Metropolitan Area Agency on Aging are available to give educational presentations to groups in the seven-county Metro area at no charge. We are a not-for-profit organization that receives federal and state funding. Presentations generally fit within a 30-90 minute time frame, including time for questions and answers. We are, however, able to adapt sessions based on group need regarding time and topics covered. Please contact Marilyn Theesfeld at 651-917-4636 or Michael Aguirre at 651-917-4637 for further information or to schedule a presentation.

Senior LinkAge Line® - Who We Are and What We Do

The Senior LinkAge Line® is a service of the Metropolitan Area Agencies on Aging. We provide information and assistance to seniors and caregivers in the community. Our goal is to offer options for seniors to enable them to stay independent in their homes as long as possible. Our staff and volunteers connect consumers to programs and services such as transportation, home health care, housing, food, grocery delivery, legal and financial help, housework and home repairs, employment, volunteering and caregiver support. The Senior LinkAge Line® also provides comprehensive, objective information about Medicare and health insurance options to Medicare beneficiaries of all ages. This presentation includes an introduction to our public database, www.MinnesotaHelp.info.

Understanding Medicare – An Overview

This presentation reviews what is covered by Parts A, B, C and D of Medicare, as well as Medicare supplement options available. The enrollment process and options for enrollment in Medicare will be discussed along with the personal costs of the program. We will address the *donut hole* and eligibility for extra help with prescription drug costs. Recent changes to Medicare as a result of recent health care reform will also be reviewed as well as examples of Medicare fraud and abuse. We will introduce the services of the Senior LinkAge Line® that include assistance making personal comparisons using the Medicare.gov website and the *Health Care Choices* booklet, published by the MN Board on Aging.

Health Care Directives

Leaving instructions about your health care choices helps make sure decisions are made that are based on your values and preferences, even if you are unable to make your wishes known. We will explain what a health care agent can do if a person is unable to make or communicate decisions. We will also discuss why a health care directive is important and how to complete a Minnesota Health Care Directive.

Long Term Care Options/Live Well at Home

Learn about personal risks that may cause an older adult to have to move from his/her home. What options are there for seniors who prefer to stay in their homes and “age in place”? What if they want to continue living independently but need assistance with concerns such as home maintenance, personal care, food support or transportation? The Senior LinkAge Line® provides resource assistance and long term care options counseling to help seniors stay independent in their homes as long as possible.

Anyone Can Fall

We will watch a 17-minute video followed by a discussion about risks for falls and how to prevent them. (The video was developed in 2009 by ECHO, Emergency and Community Health Outreach, and shown on *tpt* television.) This presentation can be accompanied by a short risk screening questionnaire that reviews additional risks for living independently and how to minimize risks. Long term care options counseling offered by The Senior LinkAge Line® helps with resources to foster healthy independent living at home.

Minnesota Long Term Care Insurance

We will answer the following questions: What is long-term care? Why plan for long-term care? And, what is covered by long-term care insurance? We will discuss the increasing pressure on the long-term care system, how long-term care insurance works, and the Minnesota Long-Term Care Partnership. The MinnesotaHelp.info website will be presented as a source for long-term care options counseling, too.

Senior Medicare Patrol – Prevent Medicare Fraud & Abuse

Don't be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the www.MyMedicare.gov website and how the Senior LinkAge Line® can assist seniors and their families.

MinnesotaHelp.info and/or Medicare.gov

Learn how to navigate the **Minnesota Help** data base to find resources in Minnesota. Individuals are able to become Power Users, save searches, and print directories of available resources based on zip code, city, county or state parameters. **Medicare.gov** allows individuals to make health insurance comparisons and enroll in Part D based on the most cost-effective plan for their specific health needs and individual drug lists. Medicare beneficiaries are also able to track payments made by Medicare on their behalf and do searches of hospitals, doctors and long-term care options using this federal government website.

Family Caregiving

Just who is a caregiver? Learn to identify caregivers and learn of resources for caregivers. Resources include respite services, caregiver education & training, support groups, caregiver coach/consultant services, health insurance counseling, and supplemental services. Information and assistance is provided by the Senior LinkAge Line®. Website assistance and resources available through www.MinnesotaHelp.info and will be presented, as well.

Changing aging in our communities.



A One Stop Shop for Minnesota Seniors