

## ***Frequently Asked Questions*** ***Ocean County Office of Senior Services***

Here are some of the most common questions we are asked. If we have not answered your question here, please feel free to contact us.

**732-929-2091    1-800-668-4899    1-877-222-3737**

[www.co.ocean.nj.us](http://www.co.ocean.nj.us)    <https://www.facebook.com/ocseniorservices>

### **What does Ocean County Office of Senior Services do?**

Senior Services is also known as Area Agency on Aging (AAA), we help older adults aged 60 years and older to live quality lives. The AAA works with agencies in the community to provide programs and needed services for over 21,000 older adults each year. We also serve as the county Aging and Disability Resource Connection (ADRC), providing information and assistance to individuals with disabilities. Whether you are an older adult, a caregiver, a family member, or an adult with disabilities, we are available with information and easy access to programs, benefits and community based alternatives.

### **What is the mission of Ocean County Office of Senior Services?**

Here at Senior Services we are committed to providing older adults with information on services and programs that promote their health and well-being and support their independence so that they can age well in Ocean County.

### **What services are available through your office?**

We are the center for information regarding transportation, housing, PAAD (Pharmaceutical Assistance for the Aged and Disabled), Senior Gold, Medicare, Medicaid, Energy Assistance, Senior Centers, Property Tax Relief programs, Caregiver Resources, Home Delivered Meals, and much more.

### **I need minor repairs done at my house. Is there help for me?**

There are volunteer based programs that have volunteers perform minor home repairs and chores to help elderly remain safely in their homes. Some repairs include; installing grab bars, widening doorways, window repairs, installing smoke alarms and carbon monoxide detectors, and building handicap ramps. Call us for more information.

### **What transportation services are available to seniors in Ocean County?**

Ocean Ride is available with fixed bus routes as well as reserve-a-ride services. Schedules are available at the County Connection, located in the Ocean County Mall. Call 732-736-8989, for further information. You may also print our transportation packet with other options available.

[http://www.co.ocean.nj.us/WebContentFiles/Transportation\\_Rev.1.2021.pdf](http://www.co.ocean.nj.us/WebContentFiles/Transportation_Rev.1.2021.pdf)

**I have questions about my health insurance, Medicare, and/or Medicaid. Where can I get help to understand my benefits?**

At our office we have certified SHIP (State Health Insurance Program) counselors to help with your Medicare questions, go over different plans offered, and enroll you into a prescription drug plan. The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. You can enroll in Medicare health and drug plans from **October 15 – December 7** during Open Enrollment.

**I am over 60, and need a home health aide. How can I learn about my options?**

You can start by printing out our Caregiver Resource Packet, [http://www.co.ocean.nj.us/WebContentFiles/Caregiver\\_Resources\\_rev.4-2021\\_1.pdf](http://www.co.ocean.nj.us/WebContentFiles/Caregiver_Resources_rev.4-2021_1.pdf)

There are different programs such as JACC, MLTSS, Statewide Respite Care Program, etc. that have income and clinical eligibility requirements. These programs provide in home services, a care manager, and much more. To learn how to apply, call our office.

**I am caring for an older adult and am finding it difficult to manage everything. Is there any help out there for me?**

There are income-based programs that are designed to support a caregiver. There are also volunteer programs that are not income-based that are available to relieve a caregiver. Also, Care2Caregivers Helpline -1-800-424-2494 to find a support group.

**I am having a hard time shopping and cooking. Is there any help for me?**

Meals on Wheels is an option for individuals who are homebound and unable to prepare their own meals. If you are able to cook, but need someone to do the shopping, we have information on programs that can help you. Call us to find out more.

**I am having a hard time paying for my prescriptions, is there any help to help cover the cost?**

PAAD (Pharmaceutical Assistance to the Aged & Disabled) and Senior Gold are income based programs that will help pay the cost of prescriptions. PAAD will pay for the Medicare Part D premium, and all generic drugs will be 5\$ and all name brand will be \$7. Senior Gold is for individuals who do not qualify for PAAD, but still need some help. Senior Gold will partially cover the cost of the prescriptions. For assistance in getting an application, or filling one out, call our office.

[http://www.co.ocean.nj.us/WebContentFiles/2021\\_PAAD\\_and\\_Senior\\_Gold\\_Comparison\\_Chart.pdf](http://www.co.ocean.nj.us/WebContentFiles/2021_PAAD_and_Senior_Gold_Comparison_Chart.pdf)

**I am looking for housing, I do not know where to begin.**

Looking over the housing guide is a great place to start. There are many options such as subsidized housing, where you can call the property to be placed on their waiting list. If you are looking to move to the area, we have an extensive list of the adult communities located in Ocean County.

<http://www.co.ocean.nj.us/WebContentFiles/bf343adb-8900-4c99-a1b4-88867f695933.pdf>

[http://www.co.ocean.nj.us/WebContentFiles/Adult\\_Communities\\_2020-2021.pdf](http://www.co.ocean.nj.us/WebContentFiles/Adult_Communities_2020-2021.pdf)

**Is there an age requirement for your services and programs?**

According to the Older Americans Act, we assist individuals who are 60 and over; however, we also assist caregivers, sons, daughters, relatives, spouses with caregiver supports, and the Aging and Disability Resource Connection (ADRC) is an access point to persons with disabilities.

**How can I sign up for your newsletter?**

Click the link below to sign up for our digital newsletter. You can also text the word "SENIORSERVICES" to 42828 (message and data rates may apply).

<https://lp.constantcontactpages.com/su/J3x4HDp>

**Is there a fee/charge for your services?**

Here at Senior Services, there is no charge for any of our services. We receive federal funding through the Older Americans Act, state funds, and a significant contribution from the Ocean County Board of Commissioners.