

Take Care to Give Care

November is recognized as National Family Caregivers Month. Each year in November, we take time to recognize and honor family caregivers. It also helps to bring awareness to family caregiver issues, celebrate the efforts of family caregivers, educate and increase support for family caregivers. The theme for 2016 National Family Caregivers Month is, "Take Care to Give Care." Caregiving can bring rewarding experiences for both the caregiver and the care receiver, but it is also physically and emotionally demanding on the caregiver. Caregivers can also be at higher risk for health issues. Caregivers need to take care of their own mental and physical well-being first, and by caring for themselves, allows them to continue to care for their loved ones.

Here are some tips on how a caregiver can "take care to give care:"

- Accept help. Be prepared with a list of ways that others can help, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week; someone else might offer to pick up groceries or cook for you.
- Focus on what you are able to provide. It's normal to sometimes feel guilty, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can, and making the best decisions you can at any given time.
- Set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say "no" to requests that are draining, such as hosting holiday meals.
- Get connected. Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation and meal delivery may be available.
- Join a support group. A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

- Seek social support. Make an effort to stay well-connected with family and friends who can offer non-judgmental, emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

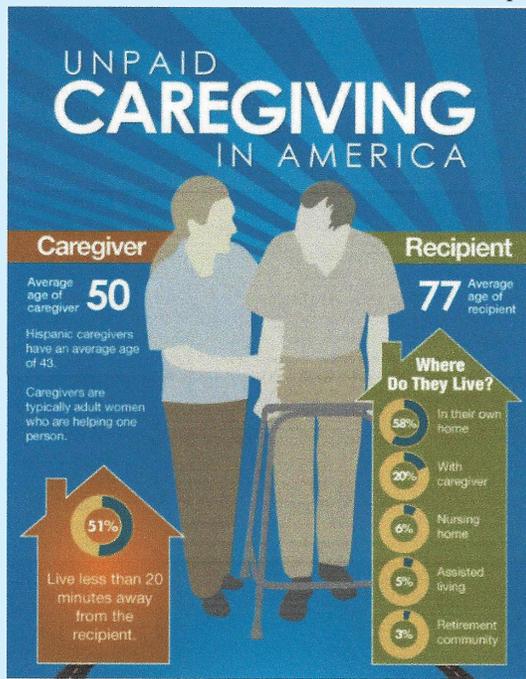
• Set personal health goals. For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It is also crucial to fuel your body with healthy foods and plenty of water.

- See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

The Pennsylvania Family Caregiver Support Program is a program offered by the Bucks County Area Agency on Aging. For those who qualify, the program aims to reduce stress on primary, informal, unpaid caregivers. The program supports individuals who care for a spouse, relative or friend who requires assistance due to disease or disability. The program also supports individuals, age 55 and older caring for related children. The program provides coordinated support through an appointed care manager. Services may include caregiving assistance, education, counseling, and reimbursement for supplies used to provide care.

For more information about the Family Caregiver Support Program or any Bucks County Area Agency Services please call (267) 880-5700.

During National Family Caregivers Month family caregivers should remember that to be well enough to care for a loved one, you must care for yourself first.



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FROM THE DIRECTOR

The PA Dept. of Human Services (DHS, formerly known as the PA Dept. of Public Welfare) is planning to implement additional changes to the state's managed care programs. The changes initially started during the Corbett administration with the rollout of Healthy PA. Governor Wolf's new initiative, Community HealthChoices (CHC), is being developed to make additional changes to physical health and long-term services and supports (LTSS) provided to dually eligible consumers (receiving both Medicare and Medicaid). The State's roll-out of this new initiative will begin July, 2017, in the southwest region of the state, January, 2018, in the southeast region of the state (including Bucks County), and January, 2019, for the remainder of the state. The state's program is being developed with five goals in mind:



- Enhance opportunities for community-based living.
- Strengthen coordination of LTSS and other types of health care. Including all Medicare and Medicaid services for dual eligible consumers.
- Enhance quality and accountability.
- Advance program innovation.
- Increase efficiency and effectiveness.

In an attempt to remove conflicts of interest, the CHC initiative will also separate the program eligibility, program enrollment, and direct service management roles. The distinctive roles, through contracts with the state, will be assigned to the following entities:

- Aging Well, LLC, through contracts with the Area Agency on Aging offices, will continue to complete assessments to determine consumer medical eligibility.
- One state-wide entity will complete consumer enrollment (currently Maximus).
- Managed Care Organizations (MCOs) will manage all direct services provided to consumers.

After issuing a Request for Proposals (RFP), and reviewing responses from 14 MCOs, DHS selected the following MCOs to assist with the state-wide management of direct services:

- AmeriHealth Caritas.
- Pennsylvania Health and Wellness (Centene), and
- University of PA Medical Center (UPMC).

Secretary Ted Dallas of DHS, reports they are "committed to increasing opportunities for older Pennsylvanians and individuals with physical disabilities to remain in their homes," and CHC is expected to support more than 420,000 dually eligible consumers across the Commonwealth.

Additional information regarding Community HealthChoices can be found at www.dph.pa.gov

For additional information regarding services and supports for older adults, please contact the Bucks County Area Agency on Aging:

30 E. Oakland Avenue, Doylestown, PA 18901-4681

submit comments and questions via email to:

aging@buckscounty.org

by phone, 267-880-5700, or

visiting our website, www.BucksCounty.org.

*Najja R. Orr,
Director*

WINTER DRIVING: IF YOU MUST TRAVEL, BE PREPARED

Pennsylvania Department of Aging

Winter weather is just around the corner. Although research shows that most seasoned drivers are wise enough to stay off the roads when the weather turns ugly, it always pays to be fully prepared in case bad weather catches us by surprise.

It is important to stay abreast of local weather forecasts. If snow or ice is forecasted, consider canceling any unnecessary trips. If you absolutely must travel, allow extra time and avoid nighttime driving. Not only is visibility better during the daytime, but if your vehicle becomes stalled, you are more likely to receive prompt assistance.

Make sure your vehicle is well maintained. Check windshield wiper blades and top off the windshield washer fluid. In some areas, snow blades are an effective alternative to conventional wiper blades. Have your mechanic test your vehicle's battery and check the anti-freeze to ensure reliable performance during extreme conditions.

If you live in an area where heavy snow and ice are common, do not depend on all-season tires – use snow tires. Snow tires are made of softer components and have a unique tread design that provides better traction. Make sure your tires are properly inflated. Under-or-over-inflation can reduce the gripping action of tires because the tread will not meet the road surface as it was designed to do. In rear-wheel drive vehicles, extra weight in the trunk or truck bed may be helpful. Bags of sand can provide weight and, should you become stuck, sand can be used to provide traction. Keep your gas tank at least half-full in cold weather. In addition to adding helpful weight to your vehicle, the extra fuel volume can reduce the risk of water condensation problems developing within your fuel system.

Of course, always fasten your seat belt and make sure your passengers are buckled up!

The Senior Quarterly

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2016-2017 LIHEAP Program Begins

The Department of Public Welfare (DPW) will begin this year's Low Income Home Energy Assistance Program (LIHEAP) on November 3, 2016. There are two parts to the program: the Cash Grant and Crisis Grant. To be eligible for either program household income must meet the below guidelines. PLEASE NOTE THAT THE "BEGIN" DATE OF THE PROGRAM, AS WELL AS THE INCOME LIMITS, ARE SUBJECT TO CHANGE.

Household Size	Income Limits
1	\$17,820
2	\$24,030
3	\$30,240
4	\$36,450

For each additional person, add: \$6,240

Homeowners and renters are eligible for the program if the total household income is not more than the program limits. LIHEAP payments will be sent to the applicant's heating or utility company, which will apply this credit to their account. Unless renters pay their own heating costs independently from their rent, they must give DPW a statement from their landlord indicating that their heating charges are included in their rental payments. Subsidized housing tenants are eligible only if they pay their own heating charges. Applications for county residents can be obtained by calling the LIHEAP Hotlines at Bucks County Assistance Office: 1-866-857-7095 or 1-800-616-6481. You can also apply online at www.compass.state.pa.us. Applications will be mailed automatically to last year's LIHEAP recipients.

Weatherization Works!

Is your home too cold and drafty in the winter or too hot and stuffy in the summer? Weatherizing your home can help! The weatherization program enables low-income Bucks County residents to make their homes more energy efficient. Weatherization can lower your energy bills and make your home more comfortable year-round.

Weatherization services are free to qualifying applicants and generally include adding insulation, weather-stripping doors, caulking windows and sealing drafts. The program is open to both homeowners and renters. A landlord's notarized approval is required if you rent your home.

Contact Jenny Danzis at 215-345-3301 or jdanzis@bcoc.org for more information. You will complete a 10-minute intake over the phone prior to receiving an application.



LEGAL CORNER

Medical Assistance: Estate Recovery

by Rhonda Sherrod, Esq.,
Legal Aid of Southeastern PA



"I don't want the state to take my house" – is a common concern seniors express when considering nursing home care for themselves or a loved one. With the average cost of nursing homes in Pennsylvania nearing \$9,000 a month, it is likely most average income persons remaining in a nursing home over any period of time, will sooner or later apply for the state administered Medical Assistance program (Medicaid) to help pay for long-term care costs. Medical Assistance (Pennsylvania Medicaid is called Medical Assistance) is the joint federal and state government program that helps individuals cover the cost of long term care. Medical Assistance is distinct from Medicare, a federal health insurance program many people enrolled in at age 65. Medicare does not cover long term custodial care in nursing homes; Medical Assistance does

The Medical Assistance State Recovery Program established under federal law, requires the Pennsylvania Department of Public Welfare (DHS) who administers Medical Assistance through locally based County Assistance Offices to recover Medical Assistance costs from the estates of certain individuals, aged 55 and over, who received Medical Assistance within five years of their death. Generally speaking, there is a lot of misunderstanding of how the long term care Medical Assistance Estate Recovery Program functions.

Medical Assistance Estate Recovery happens only after the death of a person, aged 55 or over, who received nursing facility care, home and community based services or related hospital and prescription drug services. Property or assets that are part of deceased person's estate are subject to Medical Assistance Estate Recovery. An estate includes property or assets owned entirely or in part by the deceased. However, it is important to note that in Pennsylvania, many couples who purchase a home together, depending on the manner in which their deed is titled, may be able to avoid a Medical Assistance Estate Recovery claim on their home. A caregiver who lives for at least, two years in the home of a person who might otherwise need nursing facility care may be able to obtain an undue hardship waiver for the state to waive its estate recovery claim.

In other circumstances, the Medical Assistance Estate Recovery Program postpones recovering its claim. For example, the state will postpone its claim until the surviving spouse either vacates or sells the property or dies. If there is a dependent child under age 21, recovery will be postponed until the child reaches age 21. For an adult child who is blind or totally and permanently disabled, recovery will be postponed until the adult child dies. Many elder law practitioners provide Medicaid planning services. If you contemplate that you or a loved one may need to make a Medical Assistance application to help pay for long term care, consider contacting an elder law attorney to discuss your options.



Medicare Open Enrollment - 5 Tips . . .

Medicare Annual Open Enrollment: 5 Tips to Survive the Season

It's vital to check what your Medicare plan will cover in 2017. Will it meet your health needs and budget? Will it cover the prescription drugs you need? If not, it's time to find a new plan.

Here are some tips that will help you with your decisions:

❶ Don't miss your deadline.

Part D and Medicare Advantage plan members can switch plans between October 15 and December 7, 2016.

❷ Make sure your plan will be offered next year.

Plans come and go. Be sure that your plan will be around for 2017. Open all mail from your current plan. If your plan is not going to be offered, start your search early for a replacement.

❸ If your plan will continue, check to see what it will cover next year.

Insurers can change plan benefits, provider networks, and what they charge you for premiums, copays and deductibles. They will send you an annual notice of change that tells you what's new. Be sure to review your annual notice of change. It will arrive by mail in September. The annual notice of change will detail:

- What you will pay in monthly premiums and annual deductibles
- What you will pay for doctor visits (co-pays or co-insurance)
- If your drugs will be covered and what you will pay out of pocket
- If your doctors will continue to accept your plan
- Which extra benefits will be covered, if any
- ❹ If you want to switch, do your research.

Don't just pick a plan because the sales agent tells you it's great, or because your neighbor swears by it. Use the tools on www.Medicare.gov. You can enter your drugs and the pharmacy you prefer. The program will tell you what plans are right for you and compare the costs. And, you can enroll online right then and there.

❺ Still having trouble? Get help from an APPRISE Counselor.

If you still need help, give APPRISE a call. Your local team at the Bucks County Area Agency on Aging can be reached by calling 267-880-5700. Their highly trained counselors will help you to understand your benefits and provide you with free, unbiased information regarding plans for the upcoming year.

APPRISE Counselors will be available to answer your Medicare-related questions at the following Medicare Annual Open Enrollment Events. General information and individual counseling sessions will be offered.

Please call the location to schedule an appointment:

Monday, October 17, 2016

11:00 a.m. – 2:00 p.m.

Bristol Township Senior Center
2501 Bath Rd, Bristol, PA
215-785-6322

Thursday, October 20, 2016

10:00 a.m. – 1:00 p.m.

Ben Wilson Senior Activity Center
580 Delmont Ave, Warminster, PA
215-672-8380

Thursday, October 27, 2016

11:00 a.m. – 2:00 p.m.

Eastern Upper Bucks Seniors
8040 Route 611, Ottsville, PA
610-847-8178

Wednesday, November 9, 2016

12:30 p.m. – 3:00 p.m.

Northampton Township Senior Center
165 Township Rd, Richboro, PA
215-357-8199

Monday, November 21, 2016

12:00 p.m. – 3:00 p.m.

Upper Bucks Senior Center
2183 Milford Square Pike, Milford, PA
215-536-3066

Tuesday, October 18, 2016

10:00 a.m. – 1:00 p.m.

Neshaminy Senior Citizens Center
1842 Brownsville Rd, Trevoose, PA
215-355-6967

Friday, October 21, 2016

9:00 a.m. – 1:00 p.m.

Middletown Senior Citizens Center
2142 Trenton Rd, Levittown, PA
215-945-2920

Wednesday, November 2, 2016

10:00 a.m. – 1:00 p.m.

Morrisville Senior Servicer
31 E. Cleveland Ave, Morrisville, PA
215-295-0567

Tuesday, November 15, 2016

10:00 a.m. – 1:00 p.m.

Bensalem Senior Citizens Center
1850 Byberry Rd, Bensalem, PA
215-638-7720

Monday, November 28, 2016

10:00 a.m. – 1:00 p.m.

Central Bucks Senior Center
700 Shady Retreat Rd, Doylestown, PA
215-348-0565



POSITIVELY AGING BUCKS COUNTY CELEBRATES VOLUNTEERS!



Lorraine Horvath, Volunteer Coordinator for the Positively Aging Volunteer Program, greets guests at a health fair.

The Bucks County Area Agency on Aging "Positively Aging" Volunteer Program provides opportunities for those 18 and older to engage in volun-

teer services and contribute time, experience and knowledge to others in their community.

Can you be a friend to a child in need? Our school based programs are in need of volunteers. The impact one person can make tutoring or mentoring a child is priceless. Just reviewing flash cards with a student once a week can make a difference in a child's life, giving them the confidence they need to meet their challenges and goals. Let us give you the opportunity to share your skills and interest. To give back and make a difference in your community, please contact Lorraine Horvath at 267-880-5725.

Tutors

Tutor volunteers in school based programs are an investment in your community. Each year students come back into the classroom with specific needs to continue their education. Many schools have merged into larger buildings resulting in more classrooms and an increased need for help. Different tutoring opportunities are available. For example, you may work one-on-one with a student under the direction of the teacher or assist the teacher in the classroom.

Lunch Bunch Program

The Lunch Bunch Program is conducted in a group setting during lunchtime where the mentors come to meet their assigned students at school. School staff will identify and assign students to the program. In September, the mentors are equally as excited as the children to meet their new special buddy. You'll meet for an hour at lunch twice a month. Many stories are shared and relationships formed in just the first 20 minutes of lunch! There are many benefits to mentoring a child, however, the character building aspect is most significant for Lunch Bunch students.

All school districts require copies of criminal, child abuse and fingerprint clearances before beginning any assignments. All clearances for school requirements are paid for by Positively Aging Volunteer Program.

Children + Tutors + Mentors = Success

UPPER BUCKS SENIORS, CELEBRATES 50 YEARS!

The Upper Bucks Activity Center is one of four centers operated by the Bucks County Association for Retired and Senior Citizens, a non-profit organization. In 1966, ap-

proximately, 300 people gathered at the center's first home, the United Church of Christ, located at 4th Street and Park Avenue in



Upper Bucks Activity Center

Quakertown. In 1981, the Center found a temporary home at St. John's Lutheran Church at 10th Street and West Broad Street. In 1982, the municipality of Quakertown purchased the Acme on 4th Street. At that time, Quakertown Borough graciously agreed to accept \$1 per year rent from the center, for twenty-five years. On June 29, 2007, the building was completely destroyed by fire. In July 2007, the center found temporary space at the Trinity Lutheran Church on North Hellertown Avenue. Finally, on June 5, 2008, the center moved into their current home at the Milford Fire House.

On July 13th, about 150 people celebrated the center's Golden Anniversary. The day included a buffet lunch, entertainment and the presentation of a Bucks County Board of Commissioners Proclamation. 36 raffle baskets were donated for the event. All proceeds from the raffle help support the center.

Some of the many activities offered at the center include crafts, knitting, quilting, line dancing, bingo, pinochle, games, health demonstrations and workshops. They even have a house band, choral group and thrift shop! Hot lunches are served daily Monday through Friday. In 2016, over 8,200 meals were delivered to homebound seniors through the Meals on Wheels program.

The Upper Bucks Activity Center also offers several opportunities to get involved in the community. Currently, they are collecting unexpired canned or packaged goods for the Food Pantry, eyeglasses for the Lion's Club, tabs from pop top cans (soda, tuna, cat food, etc.) for the Ronald McDonald House, post-marked stamps for the Blind Association, pennies for Cancer Research, donations for gift boxes to be sent to the troops in Iraq and Afghanistan, along with sugar, tea bags, artificial sweeteners and stirrers for the V.A. Clinic in Allentown. Interested in donating your time? The center is looking for volunteers to help with handyman work, put decorations away and deliver newsletters and meals.

The center is open Monday through Friday, from 9am – 3pm. Participation is open to anyone, 55 and older, with an annual suggested donation of \$16. For more information please go to www.upperbucksac.org or contact the center directly at 215-536-3066.

FREE HEALTH PROGRAMS

- **Healthy Steps For Older Adults** – Is a fear of falling keeping you from doing things you used to enjoy? Are you finding that you aren't getting out as much as you used to? Healthy Steps is a free 1 day workshop that teaches older adults how to make their homes safer, manage their medications, how to improve their strength and balance and so much more! Available at participating Bucks County Senior Centers September through May.
- **My Life, My Health Workshop** – This Chronic Disease Self-Management Program, an evidence based program written by Stanford University, is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches and libraries. People with different chronic health problems attend together. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.
- **Diabetes Self-Management Program** – is an evidence-based program written by Stanford University. This workshop is held for two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches and libraries. People with type 2 diabetes and/or caregivers attend together. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their diabetes and maintain active and fulfilling lives.
- **Bucks County Medication Disposal** – There are 33 permanent collection boxes located throughout Bucks County. For more information on any of the above programs, please contact Amanda Mayer at the Bucks County Area Agency on Aging, 267-880-5744 or amayer@buckscounty.org

Got Drugs?

Turn in your **UNUSED, UNNEEDED OR EXPIRED** medications for **SAFE DISPOSAL**
Free and Anonymous

October 22, 2016 10 AM – 2 PM

- **ACCEPTED:** Prescription and over-the-counter solid medications (i.e. tablets & capsules), liquid medications, inhalers, ointments, nasal sprays and pet medications.
- **NOT ACCEPTED:** Injectables, needles and illicit substances.
- Please remove all personal information from bottles.
- Keep liquids in the original container.

Why we are collecting

- 70% of people who abuse prescription pain relievers get them from friends or relatives.
- 1 in 4 high school students have abused prescription drugs.
- EPA studies have detected pharmaceutical drugs in our water supply.

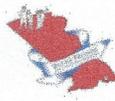
Questions? Please call The Council of Southeast Pennsylvania, Inc. at 215-345-6644

For more info & site locations, visit:
www.buckspromise.blogspot.com

This project is supported by the Bucks County Commissioners and is made possible by a grant through the Bucks County Drug and Alcohol Commission, Inc.

Robert G. Loughery, Chairman
Charles H. Martin, Vice-Chairman
Diane M. Ellis-Marseglia, LCSW

David W. Heckler, District Attorney



FREE

FREE Shingle Shots

What is shingles? – The shingles disease is caused by the same virus that causes chickenpox in children. After recovering from the chickenpox the virus stays in the body, lying dormant in nerve cells. For reason that are not completely known, the virus can become active and produce shingles.

Who is at risk? – Anyone who had the chickenpox or the chickenpox vaccine, even children, can develop shingles. Persons with a compromised immune system have an increased risk of getting shingles. About 1 in 3 people will develop shingles. The CDC reports there are about 1 million cases of shingles each year, about half of those cases occur in people 60 years of age and older.

How is shingles spread? – Contact with an infected individual does not cause another person's dormant virus to reactivate. It is possible for the virus to be spread from a person with active shingles to a person who has never had chickenpox or the chickenpox vaccine if they have direct contact with the rash. The person exposed would develop chickenpox and not shingles. According to the CDC the virus is spread through direct contact with fluid from the rash blisters caused by shingles. A person with active shingles can spread the virus when the rash is in the blister-phase. A person is not infectious before the blisters appear. Once the rash has developed crusts, the person is no longer contagious. Shingles is less contagious than chicken pox and the risk of a person with shingles spreading the virus is low if the rash is covered.

What are the symptoms of shingles? – The first sign is often a tingling, itchiness or stabbing pain on the skin. After several days, a rash appears beginning as a band or patch of small raised dots on the side of the trunk or face on one side of the body. It then develops into small, fluid-filled blisters. The rash can range from mild itching to extreme and intense pain. The rash typically disappears within three to five weeks. However, the pain can persist for a longer time period, a condition known as post-herpetic neuralgia. Other symptoms of shingles can include: fever, headache, chills and upset stomach.

What are possible complications? – In some cases, the blisters caused by shingles can become infected creating scars. The most common complication is post-herpetic neuralgia, a severe pain that lingers in the area of the rash after the rash has cleared. The pain can last anywhere from a few weeks to several years. Other rare complications may include pneumonia, partial facial paralysis (usually temporary), hearing loss, eye damage or blindness and swelling of the brain (encephalitis).

Is there a treatment? – Several antiviral medicines are available but should be started as soon as possible after the rash appears to shorten the length and severity of the episode. Antiviral treatment is most effective if administered within 24 to 72 hours of the appearance of the rash therefore, it's important to see a healthcare provider immediately if symptoms develop.

Is there a vaccine to prevent shingles? – Zostavax, made by Merck, was licensed in 2006 by the Food and Drug Administration for use in people 50 years and older to prevent shingles.

Where can I receive a shingles vaccine? – To find out if you're a candidate for the shingles vaccine please contact your healthcare provider. A limited number of shingles vaccines are available for free at the Bucks County Department of Health to those who qualify. To receive the vaccine for free you must be 50 years and older and have no insurance or be unable to pay for the vaccine. To schedule an appointment please call the Health Department nearest you.

Doylestown & Quakertown: 215-345-3344 or Levittown: 267-580-3533

The Bucks County Area Agency on Aging
30 E. Oakland Avenue
Doylestown, PA 18901

PRSR STD
US POSTAGE
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PERMIT NO 146

The Bucks County Area Agency on Aging

30 East Oakland Avenue
Doylestown, PA 18901

Phone: 267-880-5700 Fax: 215-348-9253 E-mail: aging@buckscounty.org

Elder Abuse Hotline: 1-800-243-3767, available 24 hours a day

Website: www.buckscounty.org

Office Hours: 8:30 AM - 4:30 PM, Monday - Friday

The AAA offers more than 20 Programs to help older adults
and their families in Bucks County. Services Include:

- Information and Assistance
- Care Management
- Nursing Home Assessment
- In-Home Services
- Volunteer Opportunities
- Adult Day Service
- Employment Assistance
- Health Insurance Counseling
- Transportation
- Family Caregiver Support
- Senior Centers
- Ombudsman Services
- Protective Services
- Nutritional Services
- Legal Services

Toll-Free Numbers (when calling from within Bucks County)

Lower and Upper Bucks
1-888-942-8257

Central Bucks
215-348-6000