

*Bill suffered a stroke and is paralyzed on one side. His wife does the best she can transporting and caring for him. But now she's suffering from health problems herself. The physical demands of caring for Bill are getting to be too much for her to handle. . .*

*Agnes is being dismissed from the hospital today. She's too weak to care for herself and her family lives in another town. She knows she'll need help, but she doesn't know who to ask...*

*Mary's mother has serious health problems and is requiring more and more of Mary's time. Mary is a single mom who works full time and has two teenage children...*



## Who to call? Where to go? Care Management Services can help.

Care Management Services are provided by Nebraska's Area Agencies on Aging. State certified Care Management programs assist in coordinating in-home and community based services. We can help you find assistance for the services you need, whether they're needed daily, weekly, or monthly.

### How can we help? Here are some problems older adults are facing today:

*"Dealing with too many agencies that provide care for older adults is confusing. I lose track of who does what."*

A Care Manager knows what's available in your community, and which agency does what. The Care Manager can cut through the red tape and speed up your request for services by coordinating with other agencies.

*"How do I know that Care Managers will have a clear idea of what my needs are?"*

When you contact Care Management, qualified Care Managers will complete a comprehensive assessment to understand your needs and preferences. This helps us determine what type of assistance you'll need. Care providers are then contacted by your Care Manager according to the types of services you have requested.

*"I can't always depend on those closest to me for help. Why should I trust you?"*

You can rely on our expertise because our interest is in **you**. We can assist you in making the right decisions.



*"I'm on a fixed income. How can I afford this?"*

The cost of Care Management won't make you feel like you're in over your head. The fees are affordable and based entirely on your level of income. Many in-home services are also affordable.

*"My needs change from month to month. Is this program flexible?"*

Because Care Managers are familiar with a variety of services available to older adults, you'll have a number of options. Whatever types of services are recommended, **you** control what happens. **You** decide.



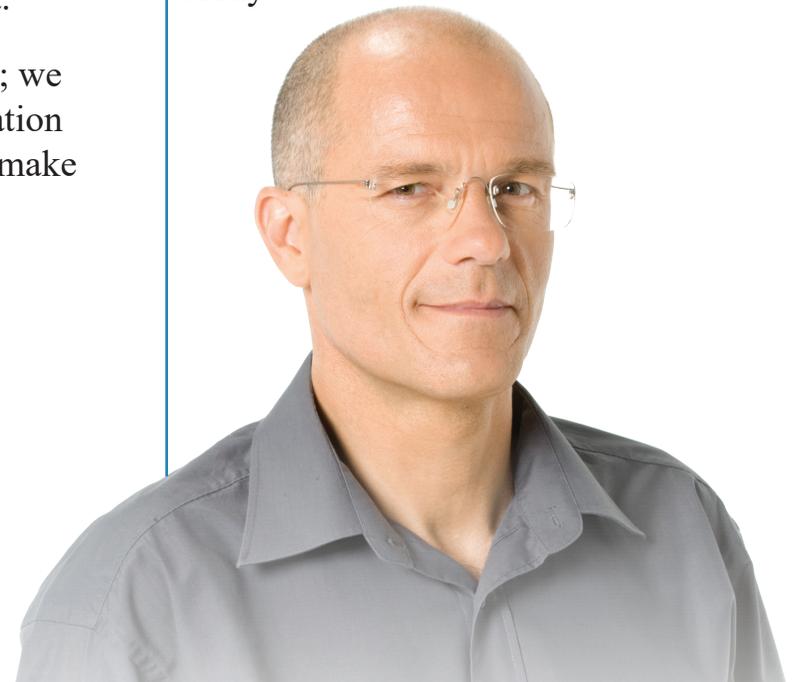
# Care Management Services *for older adults*

## Care Management Services can help.

There are solutions to some of the problems that face today's older adults. Care Management can help you get the assistance you need at an affordable cost.

Most of us know there is help for a particular situation, if we just knew where to look. That's where Care Management Services can help. Our experience is to your benefit.

We don't make decisions for you; we simply provide you with information and resources that will help you make more informed decisions.



When you work with Care Management Services, you'll receive the help you need—whether it's information you'll use once a month, or a service you'll use every day.

Care Management programs are a part of the Area Agency on Aging, and this program can assist you in accessing the right services.

Care Management is here for you. Call your Area Agency on Aging today.

**Care Management—  
It's something you can do for yourself.**

### **Aging Office of Western Nebraska**

Bluffs Business Center, 1517 Broadway, Ste.122  
Scottsbluff, NE 69361  
(308) 635-0851, 800-682-5140  
[www.aown.org](http://www.aown.org)

### **Blue Rivers Area Agency on Aging**

103 Eastside Boulevard, Beatrice, NE 68310  
402-223-1376, 888-989-9417  
[www.braaa.org](http://www.braaa.org)

### **Eastern Nebraska Office on Aging**

4780 South 131st St., Omaha, NE 68137  
402-444-6536 ext. 220, 888-554-2711  
[www.enoa.org](http://www.enoa.org)

### **Aging Partners**

600 S. 70th St., Bldg. 2, Lincoln, NE 68510  
402-441-7070, 800-247-0938  
<https://aging.lincoln.ne.gov>

### **Midland Area Agency on Aging**

2727 W. 2nd St., Ste 440, Hastings, NE 68901  
402 463-4565, 800-955-9714  
[www.midlandareaagencyonaging.org](http://www.midlandareaagencyonaging.org)

### **Northeast Nebraska Area Agency on Aging**

119 W. Norfolk Ave., Norfolk, NE 68701  
402-370-3454, 800-672-8368  
[www.nenaaa.com](http://www.nenaaa.com)

### **South Central Nebraska Area Agency on Aging**

620 East 25th St. Ste 12, Kearney, NE 68847  
308-234-1851, 800-658-4320  
[www.agingkearney.org](http://www.agingkearney.org)

### **West Central Nebraska Area Agency on Aging**

115 N. Vine, North Platte, NE 69101  
308-535-8195, 800-662-2961  
[www.wcnaaa.org](http://www.wcnaaa.org)

### **Department of Health and Human Services – State Unit on Aging**

P.O. Box 95026, Lincoln, NE 68509-5044  
402-471-2307  
<http://dhhs.ne.gov/Aging>

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

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*for older adults*