



**Upper Cumberland
Development District**
Area Agency on Aging and Disability
Program Guide



TENNESSEE'S UPPER CUMBERLAND



UPPER CUMBERLAND DEVELOPMENT DISTRICT

The Upper Cumberland Development District (UCDD) was created by the Tennessee General Assembly in 1969 to provide regional planning and assistance to the following counties: Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren, and White.

It is our belief that the 14 counties, along with the many municipalities contained within, are made stronger through regional cooperation and shared resources.

MISSION

To help the Upper Cumberland region cultivate self-sufficiency and build true wealth through innovation, collaboration, and leadership.

VISION

A region abundant in resources, fostering a productive and vibrant life for the people of the Upper Cumberland.

AREA AGENCY ON AGING AND DISABILITY

MISSION

Through advocacy, planning, and coordination, the Upper Cumberland Area Agency on Aging and Disability will provide a comprehensive and innovative service delivery system that meets community and social service needs so older adults, caregivers, and adults with disabilities can achieve and maintain active, healthy, and independent lives.

INFORMATION & ASSISTANCE

The AAAD serves as the Aging and Disability Resource Center (ADRC) for adults aged 60 and older, adults with disabilities, caregivers, and agencies or organizations seeking information on behalf of an individual regarding services and programs to meet their needs. The AAAD/ADRC maintains a resource database containing up-to-date and accurate information about community resources.

Information and Assistance Specialists:

- Assess the needs and abilities of the individual, including in-home services
- Provide current information on opportunities and services available within each community
- Link the individual to available opportunities and services
- Provide follow-up calls to clients who are referred to another agency



An individual may contact the AAAD/ADRC for Information & Assistance through email (infoassist@ucdd.org), personal visit (1104 England Dr. in Cookeville), or telephone (1-866-836-6678).

SENIOR CENTERS & CONGREGATE NUTRITION

Senior centers facilitate the social, emotional, and physical well-being of adults age 60 and over. Senior centers provide individual and group activities and services that help in maintaining independence and wellness such as recreation and evidence-based programs.

The congregate nutrition program provides a nutritious lunch at senior centers for adults age 60 and over. The program promotes the health and well-being of older adults through social contact and nutritional services. The senior centers and nutrition sites across the Upper Cumberland are as follows:

CANNON COUNTY

Senior Center & Nutrition Site
609 Lehman St.; Woodbury, TN 37190
P: (615) 563-5304 | E: ccsc@dtccom.net

CLAY COUNTY

Senior Center & Nutrition Site
145 Cordell Hull Dr.; Celina, TN 38551
P: (931) 243-3467 | E: clayscc@twlakes.net

CUMBERLAND COUNTY

Fair Park Senior Center & Nutrition Site
1433 Livingston Rd.; Crossville, TN 38571
P: (931) 484-7416 | E: fpsctn@yahoo.com

DEKALB COUNTY

Alexandria Senior Center & Nutrition Site
330 Edgewood St.; Alexandria, TN 37012
P: (615) 529-2928 | E: alexandriatnseniorcenter@gmail.com

DEKALB COUNTY

Smithville Senior Center
718 S. Congress Blvd.; Smithville, TN 37166
P: (615) 597-7575 | E: dekalbseniordirector@gmail.com

FENTRESS COUNTY

Senior Center & Nutrition Site
308 Main St. South; Jamestown, TN 38556
P: (931) 879-7249 | E: kelly.young@fentresscountytn.gov

JACKSON COUNTY

Fairview Senior Center & Nutrition Site
2230 York Hwy.; Gainesboro, TN 38562
P: (931) 268-0837 | E: fairview.seniors.center@gmail.com

Granville Senior Center & Nutrition Site
6026 Granville Hwy.; Granville, TN 38564
P: (931) 653-4647 | E: granville.seniorcenter@gmail.com

LAFAYETTE/MACON COUNTY

Senior Center & Nutrition Site
329 Hwy. 52 Bypass East; Lafayette, TN 37083
P: (615) 666-3780 | E: seniors@nctc.com

OVERTON COUNTY

Multipurpose Senior Center & Nutrition Site
1513 Bradford Hicks Dr.; Livingston, TN 38570
P: (931) 823-1268 | E: ovcosrctr@twlakes.net

BYRDSTOWN/PICKETT COUNTY

Senior Center & Nutrition Site
105 S. Main St.; Byrdstown, TN 38549
P: (931) 864-7972 | E: byrdstownseniorcenter@yahoo.com

PUTNAM COUNTY

Algood Senior Center & Nutrition Site

125 Fourth Ave.; Algood, TN 38506

P: (931) 537-3447 | E: algoodseniorctr@frontier.com

Baxter Senior Center & Nutrition Site

101 Elmore Town Rd.; Baxter TN 38544

P: (931) 858-5657 | E: baxterscc@gmail.com

Cookeville Senior Center

186 S. Walnut Ave.; Cookeville, TN 38501

P: (931) 526-9318 | E: director@cookevilleseniorcenter.org

Monterey Senior Center

105 Elmore St.; Monterey TN 38574

P: (931) 839-8053 | E: bdelk@montseniorctr.com

SMITH COUNTY

Senior Center & Nutrition Site

120 Pauline Gore Way; Ste. B; Carthage, TN 37030

P: (615) 735-0476 | E: scsccjan@gmail.com

VAN BUREN COUNTY

Senior Center & Nutrition Site

779 Old McMinnville St.; Spencer, TN 38585

P: (931) 946-7151 | E: dhunter@uchra.com

MCMINNVILLE/WARREN COUNTY

Senior Center & Nutrition Site

809 Morrison St.; McMinnville, TN 37110

P: (931) 473-6559 | E: wacosrctr@benlomand.net

WHITE COUNTY

Multipurpose Senior Center & Nutrition Site

321 E. Bronson St.; Sparta, TN 38583

P: (931) 836-3663 | E: whitecountysenior@gmail.com

TRANSPORTATION SERVICES

In partnership with the Upper Cumberland Human Resource Agency (UCHRA), public transportation vouchers are available for adults aged 60 and older, with priority given to those of greatest economic and social need. Transportation vouchers are disseminated at each senior center to those needing transportation to places such as the grocery store, doctor's office, other health care providers, pharmacy, congregate meal sites/senior centers, etc.

The transportation voucher is redeemed through the Ride Upper Cumberland public transit system throughout the 14-county region. To obtain voucher tickets, contact your local senior center. To schedule a ride, contact the UCHRA Public Transportation Call Center at 1-833-828-7477.



SNAP: SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP is the largest program in the domestic hunger safety net providing monthly benefits for low-income individuals to purchase food. The SNAP project was created to increase participation among older adults and adults with disabilities. SNAP provides adults 60 and older or adults with a disability with education about medical deductions, screenings, and application assistance.

SHIP: STATE HEALTH INSURANCE ASSISTANCE PROGRAM

SHIP provides free and objective one-on-one counseling and education to individuals and groups with regard to Medicare and other related insurances by:

- Assisting Medicare beneficiaries in comparing and enrolling in Medicare Prescription Drug Plans
- Answering general questions about original Medicare and Medicare Advantage Plans
- Assisting beneficiaries with applying for Medicare Savings Programs and the Low Income Subsidy (Extra Help)

For more information, contact the SHIP staff at 1-877-801-0044.



SHIP
State Health Insurance
Assistance Program



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

SMP: SENIOR MEDICARE PATROL

SMP empowers and assists Medicare beneficiaries in preventing, detecting, and reporting health care fraud, errors, and abuse by:

- Conducting outreach and education events
- Recruiting and training volunteers and retired professionals to teach and educate Medicare and Medicaid beneficiaries on how to better monitor what is paid on their behalf and what to do about identified discrepancies
- Processing complaints and/or issues identified by volunteers, Medicare beneficiaries, and caregivers

For more information, contact the SMP staff at 1-866-836-7677.

LEGAL ASSISTANCE

The Legal Assistance program is administered by Aging Services for the Upper Cumberland, Inc., a non-profit corporation which provides free legal assistance in specified areas of law for persons age 60 and over.

The staff attorney provides legal assistance, which may include advice, counseling, and representation, in areas of law including, but not limited to, Social Security, Supplemental Security Income (SSI), insurance problems, Medicare, TennCare, and elder abuse.

For assistance, contact Aging Services for the Upper Cumberland at (931) 432-4210.

OMBUDSMAN

The Ombudsman program is administered by Aging Services for the Upper Cumberland, Inc. which provides advocacy services to persons residing in long-term care facilities such as nursing homes, assisted care living facilities, and homes for the aged.

The District Long-Term Care Ombudsman can assist with questions about long-term care facilities, investigate complaints against facilities, and assist in the resolution of problems. The Ombudsman also recruits and trains Volunteer Ombudsman Representatives (VOR) who make quarterly visits to long-term care facilities in the region.

For more information, contact Aging Services for the Upper Cumberland at (931) 432-4210.

CREVAA: COLLABORATIVE RESPONSE TO ELDER AND VULNERABLE ADULT ABUSE

CREVAA provides emergency and non-emergency services and supports for older (60-plus) and vulnerable (18-59) adults who are alleged victims of a crime.

Referrals for the assistance are primarily from Adult Protective Services (APS), the District Attorney's offices, law enforcement, and members of the Vulnerable Adult Protective Investigative Team (VAPIT).

CREVAA addresses both the emotional and physical needs of victims by providing temporary services related to the crime in a trauma-informed and person-centered manner.

CREST: COLLABORATIVE RESPONSE TO END SELF-NEGLECT IN TENNESSEE

CREST provides emergency and long-term client centered services and resources to Adult Protective Services clients who are victims of self-neglect as well as abuse, neglect, and exploitation by others.



Emergency services through CREVAA and CREST may include food, clothing, therapy and counseling, personal care, homemaker, transportation, durable medical equipment, medication, housing/shelter, and home repairs.

PUBLIC GUARDIANSHIP

The Public Guardianship program is designed to aid in making financial or medical decisions for persons 60 years of age or older who lack competency and have no family member, friend, bank, or corporation willing and able to act for them. The District Public Conservator may, through court appointment, legally make decisions for the client and manage the person's healthcare and/or property.

An individual may request the District Conservator to serve as attorney-in-fact under a Durable Power of Attorney for finances and/or health care. This instrument should specify the powers of the attorney-in-fact and should always be durable, allowing it to remain in effect in case of disability.



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The National Family Caregiver Support Program (NFCSP) provides assistance to family caregivers and grandparents or other relative caregivers.

PROGRAM SERVICES

- Information for caregivers about available services and events including the Senior and Caregiver Expo
- Assistance to caregivers in gaining access to case-management services
- Individual counseling, support groups, and caregiver training to assist the caregivers in making decisions and solving problems related to their caregiving roles
- Respite care that allows caregivers to be temporarily relieved from their caregiving responsibilities (eg: homemaker, adult day care, respite, and personal care services)
- Supplemental services, on a limited basis, to complement the care provided by family caregivers (eg: home-delivered meals and medical supplies)

PROGRAM ELIGIBILITY

Those eligible for the program include:

- Adult family members or other adult informal caregivers providing care to adults age 60 years or older and adults with disabilities
- Caregivers of a person with Alzheimer's disease or a related disorder (regardless of age)
- Grandparents and relative caregivers, age 55 years or older, of children no older than age 18
- Relative caregivers, age 55 years or older, of a disabled adult 19-59 years of age (not including natural or adoptive parents)

HOME & COMMUNITY-BASED SERVICES: OPTIONS & TITLE III PROGRAMS

HCBS provides eligible adults aged 60 and over and adults aged 18-59 with physical disabilities who are at risk of entering long-term care facilities the option of receiving services in their homes or in a community setting. HCBS are state-funded (OPTIONS for Community Living) and federally-funded (Older Americans Act Title III). Priority of services is given to those with the greatest economic and social need.

Services available include:

- **Home-delivered meals:** One hot or frozen meal per day delivered to the client's residence.
- **Homemaker:** Light housekeeping such as sweeping, vacuuming, mopping, laundry, dusting, errands and shopping, emptying trash, changing bed linens, cleaning bathtub or shower, washing dishes, etc.
- **Personal Care:** Non-medical assistance such as bathing, foot/nail care, shaving, dressing, ambulation, and assistance with eating and toileting.
- **In-Home Respite:** Paid caregivers to stay with a client in the home, providing family members with a temporary break from their caregiving responsibilities.
- **Chore:** Heavy indoor or outdoor tasks such as window cleaning, lawn maintenance, moving furniture, organization, etc.
- **PERS:** Electronic device worn by the client to quickly connect them with family, neighbors, or emergency workers during an emergent time of need.
- **Grocery Purchasing and Shopping Services:** An alternative to home-delivered meals providing clients with a supply of groceries each month including shopping and delivery services by a contracted agency.

TENNCARE CHOICES

TennCare's CHOICES in Long-Term Services and Supports (LTSS) program provides eligible older adults and adults with physical disabilities with needed services and supports in the home/community setting or nursing facility.

Depending on the level of eligibility, services available may include:

- In-Home Respite Care
- Assistive Technology
- In-Patient Respite Care
- Community-Based Residential Alternatives (*Adult Care Home, Companion Care, Assisted Care Living Facility, Community Living Support Homes*)
- Personal Care
- Home-delivered Meals
- Adult Day Services
- Minor Home Modifications
- Pest Control
- Attendant Care
- Personal Emergency Response System





Upper Cumberland
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1104 ENGLAND DR.
COOKEVILLE, TN 38501
P: (931) 432-4111 | WWW.UCDD.ORG

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