



**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](mailto:infoassist@ucdd.org)), personal visit (1104 England Dr. in Cookeville), or telephone (**1-866-836-6678**).

## ACTIVITY/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](mailto:ccsc@dtccom.net)

### CLAY COUNTY

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

### CUMBERLAND COUNTY

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

### DEKALB COUNTY

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

**DEKALB COUNTY, continued**

Smithville Senior Center & Nutrition Site  
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@fentresscountyttn.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 Activity 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 Activity Center  
186 S. Walnut Ave.; Cookeville, TN 38501  
P: (931) 526-9318 | E: director@cookevilleseniorcenter.org

Monterey Activity 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**

Activity 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  
1410 Sparta St. A2; McMinnville, TN 37110  
P: (931) 473-6559 | E: wacosrctr@benlomand.net

**SPARTA/WHITE COUNTY**

Activity 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**.



## 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**.



## 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 the Legal Aid Society of Middle Tennessee and the Cumberland, a non-profit corporation which provides free legal assistance in specified areas of law for persons age 60 and over.

The staff attorneys provide 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.

## OMBUDSMAN

The Ombudsman program 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.

## PUBLIC GUARDIANSHIP

The Public Guardianship program is designed to aid in making financial or medical decisions for persons who lack competency and have no family member, friend, bank, or corporation willing and able to act for them. The District Public Guardian 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 Public Guardian to serve as attorney-in-fact under a Durable Power of Attorney for finances and/or health care.



## 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, 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.
- **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.
- **Medication monitoring device:** Automatic pill dispenser with ability to set dosage times and program appropriate alarms.

## 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)

## ALZHEIMER'S DISEASE AND RELATED DEMENTIA NAVIGATION

The Dementia Health Navigator (DHN) serves the community as a trained, unlicensed dementia care guide.

The DHN will:

- Support persons living with dementia and/or their care partners by identifying their specific needs, develop health and care goals, provide disease education, share care planning and decision-making tools, and assist with crisis and end-of-life planning.
- Provide dementia-capable and dementia-friendly trainings for communities, community partners, long-term care facilities, hospitals, and other county and municipal offices.
- Provide education and support to people with memory concerns or dementia and their families enabling them to safely live at home.
- Distribute resources related to mild cognitive decline and dementia.

## 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 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





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1104 ENGLAND DR.  
COOKEVILLE, TN 38501  
P: (931) 432-4111 | [WWW.UCDD.ORG](http://WWW.UCDD.ORG)

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