

The mission of the Triangle J Area Agency on Aging is to promote the highest level of well being of older adults in the seven-county region by partnering with organizations to provide a comprehensive system of opportunities, services and protective supports.

Contact any TJCOG Area Agency on Aging staff member to discuss how we can benefit you.

***Ageing Programs and Services:***

- ❖ **Planning and Administration**
- ❖ **Advisory Council on Aging**
- ❖ **Ombudsman Program**
- ❖ **Family Caregiver Support Program**



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# Area Agency on Aging

## Programs and Information

Triangle J Council of Governments' mission is to serve as an intergovernmental organization for local elected officials that works proactively on regional issues in order to sustain and improve the quality of life for our citizens.



## Aging Planning and Administration

The Planning and Administration component of the Triangle J Area Agency on Aging (TJAAA) has oversight of all TJAAA functions, including:

- ◆ **Planning for county-based aging programs and addressing future needs**
- ◆ **Grant agreements with counties**  
Enabling the use of Federal and State funds for systems, services or supports such as:
  - Senior center operations
  - Information and assistance
  - Health promotion/disease prevention
  - Congregate/home delivered meals
  - Transportation
  - Legal services assistance
  - Adult day care
  - In home aide services
- ◆ **Technical assistance**
- ◆ **Advocacy and support of the North Carolina Senior Tar Heel Legislature**
- ◆ **Training, education, and outreach**

## Advisory Council on Aging

The Advisory Council on Aging makes recommendations to TJAAA and the Council of Governments' Board of Delegates about:

- ◆ Development and administration of the Regional Area Plan for Aging,
- ◆ Community policies, programs and actions, which affect older persons and those with disabilities, within the region, and
- ◆ Public forums on aging and disability matters.

## Ombudsman Program

Regional Ombudsmen advocate on behalf of residents in long term care facilities by:

- ◆ Working to protect residents' rights,
- ◆ Investigating and resolving complaints made by, or on behalf of, residents in long term care facilities,
- ◆ Addressing quality of care and quality of life issues,
- ◆ Providing training, education and technical assistance to volunteers, facility staff, consumers and others,
- ◆ Monitoring rules, regulations and legislation to assure protection of residents' rights and interests,
- ◆ Seeking solutions for long term care issues, and
- ◆ Promoting community involvement.

An ombudsman is one who advocates for citizens' rights.

The long term care ombudsman advocacy network consists of the state ombudsman, regional ombudsmen and local county-appointed Community Advisory Committee volunteers. These advocates give the residents of long term care facilities and their families a voice and help them find solutions to problems and concerns through information, education and mediation.



## Family Caregiver Support Program

Family Caregivers provide unpaid help to older adult relatives who need assistance to continue living safely in their own homes. Though often rewarding, caregiving can be stressful physically, mentally, and emotionally.

Most older adults want to age in place in their homes. Without family caregivers, older and disabled adults who have been able to live at home might need placement in a long-term care facility and could become more dependent on state and local tax dollars.

A new initiative was enacted in 2001 to focus on the caregiver, the National Family Caregiver Support Program. Area Agencies on Aging work to assure that services and resources, specifically for the region's family caregivers, are effectively planned and provided.

### **The National Family Caregiver Support Program specifies five service categories:**

- ◆ Information about services,
- ◆ Assistance with accessing services,
- ◆ Individual counseling, organizing support groups, training to help caregivers make decisions and provide care,
- ◆ Respite for caregivers, and
- ◆ Supplemental services to complement the care provided by caregivers.