

SENIOR PROGRAMS:

Senior Programs are community based services funded at private, city, county, state and federal levels. Community Action Team specializes in connecting seniors with available programs. Senior Case Managers are located at the Community Action Team main office in St. Helens. To schedule and appointment or for more information call:

(503) 397-3511

1-800-404-3511

jdavis@cat-team.org

**Case Managers:
Scappoose/St. Helens
503-397-6545**

**Rainier/Clatskanie/Vernonia
503-397-6581**



**Get Connected.
We can Help!**

**1-855-ORE-ADRC
1-855-673-2372
www.ADRCoforego**



Donations are accepted for
Community Action Team's Respite
Services.

COMMUNITY ACTION TEAM, INC. 

125 N. 17th Street
St. Helens, Oregon
97051

Telephone: (503) 397-3511
Fax: (503) 397-3290

Community Action Team, Inc.



**"BUILDING BRIDGES TO
SELF-SUFFICIENCY"**

COMMUNITY ACTION TEAM

SENIOR PROGRAMS



Telephone: (503) 397-3511

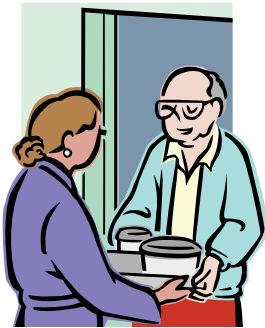
Home-Delivered Meals (Meals on Wheels)

What: The Meals on Wheels (MOW) program provides hot, nutritious meals to eligible homebound seniors 60 and over and their spouses or dependent, disabled adult children.

Why: MOW provides both nutrition and support to keep the individual in their own home, reducing the chance of institutionalization. The program also provides social contact and a safety check (when drivers come to doors) to seniors who may otherwise be isolated.

How: CAT contracts with local senior centers to provide meals.

Contact CAT or your area Case Manager (see back page) for eligibility requirements.



Cost: The suggested donation for the meal is \$4.00 per meal, but no eligible senior will be denied meals due to their lack of ability to pay. Participant donations are gratefully accepted.

Oregon Project Independence & Respite Programs

Oregon Project Independence

(OPI): OPI is a program that helps older adults stay in their homes even though they require assistance to take care of their daily needs.

Eligibility: To qualify for OPI, a person must need some type of in-home assistance based on an assessment done by a Community Action Team Case Manager. In-home assistance includes help with tasks such as housekeeping, meal preparation and bathing.

Cost: Monthly charges for services are based on total household income after deductions for medical expenses.

Client-Employed Respite: Respite care provides temporary relief from the ongoing demands of providing in-home care for a loved one who has intense care needs. Family caregivers need time off from their care giving responsibilities to relieve stress and prevent burnout.

Periodic respite can help the family caregiver relax for a while, then return to their family care situation with renewed energy and strength. CAT's program issues vouchers for caregivers to pay a respite provider for up to 20 hours of service.

Options Counseling, Money Management & Telephone Reassurance

Options Counseling: Options Counseling services provide eligible seniors 60 and over and people with disabilities over 18 years of age with the information they need on both current and long-term services and supports in order to live independently in their community, regardless of disability or income.

Money Management:

Trained volunteers provide eligible low-income seniors or adults with disabilities with the money management they need for daily living.



Telephone Reassurance: The Telephone Reassurance Program is for seniors 60 years of age and over that have no family members in the area or little family contact. The senior receiving the services is generally housebound or lonely with little outside contact. This program will assist the senior with a lifeline to the outside world and access to services available.