

The Monroe Township Office of Senior Services offers a variety of valuable programming, services and opportunities to the community's large and ever increasing population of older adults. Through programs and activities that include events, classes, lectures and seminars, screenings, support groups, social services, and transportation, our office provides opportunities for older adults to be actively engaged physically, mentally, and socially.

The Office of Senior Services enriches the lives of our older adult population by helping them thrive in mind, body, and spirit. Our programming enables older adults to maintain their independence by providing numerous and diverse opportunities for them to be engaged in the community at-large. The result significantly enhances their well-being and quality of life. Our Social Services department plays an instrumental and critical role in the implementation and execution of our in-house programming, in addition to helping the senior population navigate the community resources and programs that may be available to them.

Our social workers are able to assess the resident's needs in order to provide individualized guidance, education, emotional support, referrals and assistance with the program processes; thus assisting older adults and families in optimizing the available resources to manage their changing lives. The services that these programs provide empower our seniors to continue to be self-directed to manage their lives independently, with dignity and respect.

Our social work staff is happy to speak with our older adults and/or their families to understand their needs, provide support and advocacy, and assist with solutions. Telephone consultation, in-person appointments, and limited home visits, in conjunction with specific programs/circumstances, are available to assist with this process.

The focus on needs assessment and linkage to services may include:

- Assess needs and available resources
- Determine goals and develop action plan for favorable outcome
- Screen for eligibility for public benefits and entitlement programs
- Referral to social services provided by the federal, state, county, and local government
- Educate members about various health care benefits and coverage
- Connect to a variety of health and social service providers, meals, and transportation
- Care management guidance, information, and supportive counseling services
- Short term home health care services and respite for residents that qualify for the *A Friend in Need* grant
- Consult when indicated with local health and social services providers (adult communities, nursing homes, home health care agencies, etc.)
- Life cycle adjustment and bereavement counseling
- Support groups (Bereavement, Cancer, Parkinson's, Diabetes, Brain Injury, and Caregivers Support for Alzheimer's Patients)
- Advocacy with problem resolution
- Guidance, information and support services for family caregivers
- Benefit assistance for PAAD (Pharmaceutical Assistance) and LIHEAP (Low Income Home Energy Assistance Program)
- Homestead Rebate guidance and assistance
- PTR (Property Tax Reimbursement) assistance
- SHIP counselors to assist seniors with navigating complicated Medicare insurance