



COUNCIL ON AGING
OF CENTRAL OREGON

**Aging doesn't come
with a roadmap.**

**We're here
to help.**

The Council on Aging of Central Oregon connects older adults and their loved ones to information and services that support their changing needs and the desire to age at home.

We help adults 60 and over in Jefferson, Crook, Deschutes, and North Klamath counties navigate aging by providing the services they need to stay safe, fed, and connected.



(541) 678-5483

www.CouncilOnAging.org

How we can help



Options Counseling is a person-centered process whereby individuals and their loved ones are supported to develop a plan for addressing long term services and support needs that aligns with their preferences, strengths, and values.



Information and Resource Specialists provide information and assistance by phone or in person and connect clients with the appropriate agencies and resources they need through our partnership with the ADRC.



Meals on Wheels delivers up to five meals a week to those 60 and older who are homebound or at nutritional risk. In addition to preventing hunger and malnutrition, the program serves as a safety check.



Community Dining provides a hot meal and the opportunity to socialize for adults 60 and over at no cost at six tri-county senior dining sites. Programs, activities, and information about health, resources, and nutrition often accompany the meal.



Senior Health Insurance Benefits Assistance (SHIBA) is a free program that uses trained volunteers to help seniors make Medicare decisions.



The Senior Law Project offers quarterly legal counsel to seniors on an appointment basis in partnership with Legal Aid of Central Oregon. The Council on Aging also provides information and resources on elder fraud and abuse.



The Family Caregiver Support Program provides respite grants, assistance finding services, and caregiver support groups.



Oregon Project Independence (OPI) is a needs-based program funded by the state of Oregon. OPI services may include personal care, chore service, and home-delivered meals.



Caring Connections matches a volunteer with an older adult for weekly phone calls as a way to socialize. This no-cost program is an opportunity to meet someone new, discover common interests, and feel more connected to the community.



Pet Pals delivers pet food and supplies monthly to Meals on Wheels clients in Bend, La Pine, and Sisters. The program also offers financial assistance with basic veterinary care through FIXBend and Wickiup Animal Hospital.



The Health Promotion and Disease Prevention Program works with local teachers and organizations to provide low or no-cost classes like Living Well, Diabetes Prevention, Walk with Ease, Tai Chi, and Better Bones and Balance.