



**REAL Services, Inc.
2008 Annual Report
Serving the Elderly and Low Income of LaPorte County for 34 years**

OPTIONS COUNSELING 570 LaPorte County Families Assisted

Options Counselors assist families to maximize the resources available to them to delay or eliminate the need for nursing home care. The Options Counselor is a trained professional geriatric case manager who works with the resident and resident's families to provide Pre-Admission Screening (PAS) and educate families concerning options to nursing home care. Options Counselors educate families about long term care, all the options available to them and how to access services.

FAMILY CAREGIVER PROGRAM 565 Family Caregivers Supported

Family Support Counselors assist those caring for an elderly family member by providing respite care and information concerning resources for caregivers. Ongoing training is provided to caregivers regarding such topics as "Legal Aspects of Caregiving", "Dealing with Dementia" and "Stress Reduction".

REAL CONNECTIONS MAGAZINE Provided to 1600 LaPorte County Families

This magazine is the area's only magazine for older adults. Published once a year, it focuses on health and lifestyle themes of interest to those who are age 50 and older. Past issues have been devoted to personal safety, age discrimination, mental health, baby boomer issues and spirituality and aging. It is provided free of charge and has a circulation of about 1600 families in LaPorte County.

VOLUNTEER SERVICES 13 Volunteers assisting 30 Elderly LaPorte County Residents

Volunteers are a vital part of REAL Services' mission. Volunteers work directly with the elderly and disabled and/or assist with administrative functions. The program recruits and trains volunteers who assist an elderly persons by providing grocery shopping, transportation, respite, friendly visiting, home repair or housekeeping.

IN-HOME CARE Keeping 421 Elderly LaPorte County Residents Independent

Home Care Managers are trained geriatric care managers who work with elders in the community to help them maximize their independence for as long as possible. Care managers assist clients by helping to manage their home care services. In some cases home care managers may authorize funding to pay for those services under the Older American's Act, the CHOICE program, Social Services Block Grant and the Medicaid Waiver.

NURSING HOME OMBUDSMAN Protecting the Rights of 600 LaPorte County Nursing Home Residents

The Ombudsman Program provides a trained individual to advocate for quality care for nursing home residents. The Ombudsman also provides training to nursing home staff and counseling to families of residents regarding residents' rights. The Ombudsman works to facilitate a resolution of resident concerns.

HEALTH AND EDUCATION 367 LaPorte County Residents Assisted

Nutrition awareness, healthy living practices, and disease management are just a few of the topics presented in communities throughout our area.

NUTRITION PROGRAM 16,427 Meals Served to 382 Elderly Residents of LaPorte County

This program is designed to provide low cost nutritious meals, with recreational activities and informational programs in centers located in LaPorte County. REAL Services nutrition sites are located at: Center 2, LaPorte, Wanatah and Westville. The program promotes better health among older adults through improved nutrition and the pleasure derived from group participation.

AGE OF EXCELLENCE AWARDS 20 LaPorte County Residents Recognized

This award program recognizes those who have served their community's elderly through care giving, community service or leadership. Nominations are received from any resident of LaPorte County. The awards program culminates with a luncheon featuring a keynote speaker who recognizes the contributions of all nominees.

AGED AND DISABLED RESOURCE CENTER 651 LaPorte County Residents called "LINK-AGE" in 2008

The chief goal of LINK-AGE is to create a single, coordinated system of information and access for elderly persons seeking long term support and social services. It is designed to be a single point of entry to reduce fragmentation and facilitate access to a coordinated array of long term care supports. LINK-AGE serves residents regardless of income or state of health. Resources are available to anyone seeking information on a wide range of topics to assist with long term planning and many other positive aging issues.

AREA AGENCY ON AGING

The Governor of Indiana has designated REAL Services as the Area Agency on Aging for implementation of the Older American's Act and related programs in LaPorte County. The Area Agency on Aging of REAL Services contracts with LaPorte County and LaPorte City to provide important services such as Meals on Wheels for older residents who are unable to provide proper nutrition for themselves.

