

Bluegrass Area Agency on Aging and Independent Living

Your Area Agency on Aging & Independent Living. The other “AAA”

January 2026





The Acronyms

- * DAIL = Kentucky Department of Aging & Independent Living
- * BGADD = Bluegrass Area Development District
- * BGAAAIL = Bluegrass Area Agency on Aging & Independent Living
- * ADRC = Aging & Disability Resource Center
- * OAA = Older Americans Act



What is an AAAIL?

- * Every community in America is served by an Area Agency on Aging (AAA)
 - * Nationwide, contact Eldercare Locator at **1-800-677-1116** or www.eldercare.gov
 - * In Kentucky, contact the Department for Aging & Independent Living at **(502) 564-6930** or <http://chfs.ky.gov/dail/>
- * Independent Living (IL) reflects recent shift toward serving younger people with disabilities.



Bluegrass Area Agency on Aging & Independent Living

Mission: The BGAAAIL will promote & provide for the development of community-based systems of care, which include:

- * Planning, access & delivery of services;
- * Coordination of activities & programs;
- * Advocacy on behalf of & education for older persons, disabled individuals & caregivers in the communities of the Bluegrass.



The Bluegrass Region

- * Anderson County
- * Bourbon County
- * Boyle County
- * Clark County
- * Estill County
- * Fayette County
- * Franklin County
- * Garrard County
- * Harrison County

- * Jessamine County
- * Lincoln County
- * Madison County
- * Mercer County
- * Powell County
- * Nicholas County
- * Scott County
- * Woodford County



The Services & Programs

- * Aging & Disability Resource Center
- * Senior Centers
- * Nutrition Program
- * Homecare Program
- * Nursing Home Ombudsman
- * Legal Services
- * SHIP Program
- * Health Promotion & Disease Prevention Programs
- * National Family Caregiver Support Program
- * Medicaid Waiver/ Participant Directed Services
- * KY Caregiver Program
- * Bluegrass Mental Health & Aging Coalition
- * Elder Abuse Prevention



Bluegrass Aging & Disability Resource Center

- * Information about and centralized intake for BGAAAIL's programs
- * Information and referral to other community resources related to aging and disabilities
- * Contact ADRC at 866-665-7921 or adrc@bgadd.org



Elder Nutrition Program

- * **Congregate Meals** – served at Senior Centers and other locations in Bluegrass region
- * **Eligibility:**
 - * Age 60 or older
 - * Spouse of an individual age 60 or older
 - * Have a disability or live at home with an eligible older individual
 - * Donations requested, but no one turned away



Elder Nutrition Program

- * **Home Delivered Meals:**

- * **Eligibility:**

- * Homebound due to illness or disability
- * Aged 60 or older, spouse of individual age 60 or older, or have a disability and live at home with an eligible older individual
- * Unable to attend congregate site
- * No one at home to prepare a nutritious meal



Bluegrass Area Agency on Aging & Independent Living

Senior Center Services

- * The Older Americans Act (OAA) of 1965 laid the foundation for what was to become of Senior Centers and the Aging Services Network, including Area Agencies on Aging that support them.
- * In 1973 amendments to the OAA created grant funding that was made available to community agencies to create the Area Agencies on Aging and multi-purpose Senior Center.



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Senior Center Services

- * Reauthorizations have expanded senior nutrition services ; established supportive services to help seniors remain independent ; and added distinct appropriations for the establishment of in-home services for the frail elderly, a long-term care with special needs, health education and promotion, elder abuse prevention, SSI, Medicaid, and Medicare outreach efforts.



National Family Caregiver Support Program

- * Provides up to \$2100/year for Respite Care
- * Up to \$500/ year for Supplemental Supplies and Services
- * Eligibility **does not** consider income or assets of caregiver or person for whom care is provided
- * Deficits in ADLs and IADLs



National Family Caregiver Support Program

* **Eligibility:**

- * Caregivers of any age who care for a frail individual age 60 or older. (**Do not** have to be related.)
 - * Same functional disability criteria as Homecare Program.
- * Caregivers of any age who care for an individual of any age with Alzheimer's Disease or related dementia. (**Do not** have to be related.)
- * Grandparents or other relatives at least 55 years old who are the primary caregivers for children aged 18 or younger.

Kentucky Caregiver Program

- * This program is known as the Grandparent Program.
- * Serves grandparents raising grandchildren
- * Grandparent can be any age
- * Income limit to qualify
- * Receive a \$500 allotment per grandchild living in the home



Medicaid Waiver Participant Directed Services

- * Medicaid Waiver = alternative to institutionalized care
- * Medicaid pays for nonmedical services to help elderly and disabled stay in home/community
- * No age restrictions
- * Includes Medicaid coverage for medical services



Medicaid Waiver Participant Directed Services

- * **Eligibility for HCB Waiver:**

- * Elderly or disabled or blind
- * Those who meet nursing facility level of care (as defined in [907 KAR 1:022](#)), who, without services, would be admitted to a nursing facility.
- * Financially eligible for Medicaid services (special financial eligibility for Medicaid is applied for this program).
- * BGAAAIL also administers the Supports for Community Living (SCL) waiver which provides Adult Day Training, Community Living Supports, Supported Employment and Respite
- * The Michelle P. waiver (MPW) provides homemaking, personal Care, Attendant Care, Respite and Community Living Supports
- * Both SCL and MPW have different eligibility requirements than HCB



State Health Insurance Assistance Program (SHIP)

- * Provides information, counseling and help with applying for benefits to anyone 60 or older and disabled people, their family members, and their caregivers.
- * Focus on Medicare recipients and questions, including assistance with Medicare Open Enrollment
- * No charge for services



Legal Services: Legal Aid of the Bluegrass

- * Free civil legal advice, assistance and referrals for older Kentuckians (60 and older) and their caregivers.
- * No assistance or advice in matters of criminal law.
- * No income restrictions but many services are targeted at low and moderate income individuals.

The logo features a stylized human figure in blue with arms raised, set against a yellow and blue background.

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How to Report Elder Abuse

To report suspected abuse in your community, contact your local Adult Protective Services agency.

To reach the Kentucky APS Abuse Hotline:

1-800-752-6200 or 1-877-597-2331.
On line at intake.jsr@ky.gov



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Health Promotion Evidence-Based Programs

- * Chronic Disease Self-Management Program
- * Matter of Balance
- * Walk With Ease
- * Drums Alive
- * Tai Chi for Arthritis
- * HomeMeds
- * Bingocize



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Bluegrass Mental Health and Aging Coalition

- The Bluegrass Mental Health and Aging Coalition (BMHAC) is a partnership of professionals and consumers who have come together around the need for outreach and education in the area of mental health and aging.
- The Coalition coordinates the yearly "Empowering Mindfulness" conference in June, featuring topics on elder abuse prevention and mental health and aging.
- The coalition creates billboards, street banners, and undertakes various activities all in an effort to raise awareness about the effects of mental illness on the elderly.
- Mental Health Crisis Line Number: 988



Homecare Program

- * Statewide program designed to keep frail elderly in their homes as long as possible.
- * **Eligibility:**
 - * Must be screened and found not eligible for Home and Community Based Waiver
 - * 60 years or older
 - * Functional disability (impairment in two physical activities of daily living or three instrumental activities of daily living or impaired in ADL and two IADLs)
- * **Payment:** sliding fee scale based on income. Can deduct medical expenses when determining income.
- * May be a waiting list for services.



Homecare Services

- * **Homemaking** – light housekeeping, laundry, grocery shopping, etc.
- * **Personal Care** – help with bathing, dressing, grooming, etc.
- * **Home Delivered Meals** – must meet criteria
- * **Respite Care** – relief for regular caregiver
- * **Escort** – accompaniment to do doctor, dentist or other essential service
- * **Chore** – heavy household tasks
- * **Minor home repair** – for safety and mobility



Bluegrass Area Agency on Aging & Independent Living

Ways to Connect

Facebook: @bgaaail

www.bgaaail.org

Monthly Newsletter



Bluegrass Area Agency on Aging & Independent Living

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