

TCOA follows all the guidelines and restrictions of the Older American Act programs. The Older American Act programs are not entitlement programs. Although a person 60 and older is eligible to receive services, he/she is not entitled to them as in other programs, such as Social Security, food stamps, SSI, etc. Service providers must determine which eligible applicant would benefit most from the service, and utilize the available funds to service as many people as possible.

TCOA not only provides action on behalf of the elderly to secure needed services and benefits, which is called advocacy, but also provides the following services:

CONGREGATE MEALS: Providing to an eligible client or other eligible participant at a nutrition site, senior center, or other congregate setting, a meal which complies with the Dietary Guidelines of 33 1/3 percent of current daily Recommended Dietary Allowances.

DISASTER RELIEF: Throughout the year, TCOA registers and maintains a database with pick-up information of all Terrebonne residents that request evacuation assistance with particular attention to the elderly and those with special needs. TCOA's role in this endeavor with the Terrebonne Parish Consolidated Government and the Office of Emergency Preparedness is to provide a database of on-going pre-evacuation registrations.

The Terrebonne Council on Aging also maintains a Disaster Warehouse, built after Hurricanes Katrina and Rita, to house storm-recovery items donated by charitable organizations and others. This allows the agency to help with long-term storm recovery.

FOOD FOR SENIORS: Assistance in the form of registering and qualifying Terrebonne Parish residents, 60 and older, for the program. Also in the distribution of the food boxes to clients, either to the homebound or at the different Senior Centers and Lunch Sites throughout Terrebonne Parish.

HOMEMAKER: Providing assistance to persons having difficulty with one or more instrumental activities of daily living, such as light housework.

HOME DELIVERED MEALS: Providing to an eligible client, or other eligible participant at the client's place of residence, a meal which complies with the Dietary Guidelines for Americans, and provides a minimum of 33 1/3 percent of current daily Recommended Dietary Allowances.

IN-HOME RESPITE (Including National Family Caregiver Service Provider Program): Personal Care Services provided in the home of the qualifying individual in order to provide a brief period of rest for the client.

OUTREACH: Interventions initiated by an agency or organization for the purpose of identifying potential clients and encouraging their use of existing services and benefits.

INFORMATION AND ASSISTANCE (Including National Family Caregiver Service Provider Program): A service for older individuals that provides the individuals with current information on opportunities and ser-

vices available in the community. This service also assesses the problems and/or capacities of the individuals, links the individuals to opportunities that are available, ensures as much as possible that the individuals receive the services needed by the individuals, and establishes adequate follow-up procedures.

LEGAL ASSISTANCE: Provision of legal advice, counseling, and representation by an attorney or other person acting under the supervision of an attorney.

LENDING CLOSET: TCOA has a lending closet supplied with walkers, wheelchairs, crutches, and other assistive devices that have been donated for use for those who can not afford to purchase them on their own. An elderly person can borrow these items and use them as long as needed, then they are to be returned to TCOA to loan out again.

MATERIAL AID (Including National Family Caregiver Service Provider Program): Issuing assistive devices, nutritional, and other goods, such as fans, commodities, and personal hygiene items.

NATIONAL FAMILY CAREGIVER PROGRAM: Relief to family members who are the primary caregiver to a senior individual who is ill and/or bedridden.

NUTRITION EDUCATION: The program is aimed at helping elders and their families to be educated in proper eating habits like limiting salt and fats, getting a balance of necessary nutrients, eating enough and learning to eat healthy regardless of budget.

PARISH-WIDE SOCIAL INTERACTIONS: Conduct parish-wide events annually: Mardi Gras, 4th of July Social, Fun Day at the Senior Park and Gardens, Bingos, Thanksgiving, and Christmas. These events enhance the quality of life for the elderly by promoting wellness.

PERSONAL CARE: Providing personal assistance, standby assistance, supervision, or directs persons having difficulties with one or more activities of daily living, such as eating, dressing, bathing, toileting, etc.

RECREATION: Providing individual and group activities that promote social interaction and well-being.

SENIORX/ADRC/LIS/MIPPA: Assisting individuals in obtaining free or low-cost prescription medications through existing patient assistance programs. Aging and Disability Resource Center (ADRC) assists older adults and persons with disabilities in locating supportive services and resources in order to continue living as they choose in their community.

TELEPHONING: Pre-arranged schedule of phoning the elderly to provide comfort, company, and help.

TRANSPORTATION: Provision of a means of transportation for a person who requires help in going from one location to another, using a vehicle.

(Does not include any other activity.)

UNMET NEEDS: Provides assistance to meet needs that are vital to human existence, such as financing medical bills, prescriptions, and minor home repairs.

UTILITY ASSISTANCE: Determining an older individual's need for utility assistance and providing financial assistance to the individual.

VISITING: Visiting a client in order to provide comfort and help.

VOLUNTEER OPPORTUNITIES: Volunteers from the community assist with many programs.

WELLNESS: Providing activities designed to provide services which will support the physical well being, i.e, exercise/physical fitness, and health screenings.

OTHER TRANSPORTATION SERVICES PROVIDED:

RURAL TRANSIT: Demand-response curbside transportation to those who live in a qualified rural area. Cost \$1.00 per trip.

TCOA HISTORY AND MISSION

Terrebonne Council on Aging, Inc. (TCOA) was established on October 7, 1969 and incorporated on September 11, 1975, as a private, non-profit organization that provides social services for socially and economically needy, low-income minority, handicapped, disabled, and at risk elderly residents of Terrebonne Parish. TCOA receives federal, state, and local funds and donations to provide various services.

TCOA is governed by a Board of Directors consisting of 11 citizens of Terrebonne Parish. The Board of Directors, who meets monthly, establishes policies and procedures and is responsible for all of the actions of TCOA.

TCOA's mission is to be the community focal point where older persons can receive services and participate in activities which enhance their dignity, support their independence, and encourage their involvement in, and with, the community. Particular attention is given to the low-income minority and Native Americans. TCOA provides activities that reflect the experience and skills of our elderly citizens and responds to their diverse needs and interests.

As a part of a comprehensive community strategy to meet the needs of older adults, TCOA not only offers services and activities, but also links participants with resources offered by other agencies.

WHERE DO I CALL FOR SERVICES?

Transportation **985-868-7701**
Nutrition **985-868-7596**
All Other Services **985-868-5546**
Administration **985-868-8411**
1-800-795-7863 **or** **1-800-353-3265**

TERREBONNE COUNCIL ON AGING, INC.

DIANA N. EDMONSON, EXECUTIVE DIRECTOR

Bayou Towers Senior Center
7491 Park Ave., Box 1201
Houma, LA 70364

Chauvin Senior Center
113 Senior Citizen Street
Chauvin, LA 70344

Neal Ransonet Senior Center
1122 Cross Street
Montegut, LA 70377

Shady Acres Senior Center
6512 West Main Street
Houma, LA 70360

Schriever Senior Center
168 Hwy. 311
Schriever, LA 70395

Shady Lane Apartments
6516 West Main Street
Houma, LA 70360

East Park Lunch Site
107 Roberts St., Houma, LA 70363
10:00 am—1:00 pm

TCOA Senior Park and Gardens
6518 West Main Street
Houma, LA 70360

Ramona Lirette, Coordinator
Ph. 985-879-4333
Fax 985-851-6516

Arlene Levron, Coordinator
Ph. 985-594-6741
Fax 985-594-8905

Lelia Luke, Coordinator
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Ph. 985-879-4071
Fax 985-879-4075

Shelena Howard, Coordinator
Ph. 985-493-9911
Fax 985-493-7170

Cherise Tabor, Community Advisor
Ph. 985-868-2221
Fax 985-868-2141

Elise LeBouef, Nutrition Worker
Ph. 985-876-3407
Fax 985-876-3407



Location and Mailing Address:

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Houma, LA 70361

985-868-8411

Diana N. Edmonson

Executive Director

Website:

www.terrebonnecoa.org

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