



**MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES**

Division of Senior & Disability Services

Bureau of Senior Programs

State Fiscal Year 2024

Programs and Services Directory



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Area Agencies on Aging

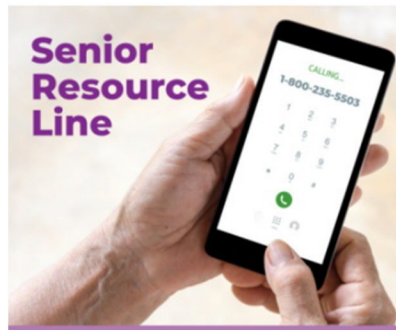
Missouri has ten designated Area Agencies on Aging (AAAs), covering all 114 counties and the City of St. Louis. The AAAs are required to submit an Area Plan every four years and make updates to the plan at least annually. Each AAA is uniquely structured to meet the individual needs of older adults and adults with disabilities living within its planning and service area. Therefore, no AAAs are the same. While all ten AAAs provide some services, the entire menu of services differs from AAA to AAA. This section will include a matrix of services for each of the Older American Act (OAA) funding streams and two other programs with funds that are passed to the AAAs.

Missouri's Area Agencies on Aging



Area Agency on Aging	Address	Phone
Aging Ahead	14535 Manchester Rd. St. Louis, MO 63011	636-207-0847 800-243-6060
Aging Best	201 W. Broadway, Suite 1-E Columbia, MO 65203	573-443-5823 800-369-5211
Aging Matters	1078 Wolverine, Suite J Cape Girardeau, MO 63701	573-335-3331 800-392-8771
Care Connection	106 W. Young St., P.O. Box 1078 Warrensburg, MO 64093	660-747-3107 800-748-7826
Mid-America Regional Council	600 Broadway Ste. 200 Kansas City, MO 64105	816-421-4980 800-593-7948
Northeast Missouri Area Agency on Aging	815 N. Osteopathy Kirksville, MO 63501	660-665-4682 800-664-6338
Region X	531 E. 15th. Street Joplin, MO 64804	417-781-7562
SeniorAge	1735 S. Fort Ave. Springfield, MO 65807	417-862-0762 800-497-0822
St. Louis Area Agency on Aging	1520 Market St., 4th floor, Rm. 4065 St Louis, MO 63103	314-612-5918 877-612-5918
Young at Heart	809 North 13th Street Albany, MO 64402	660-240-9400 888-844-5626

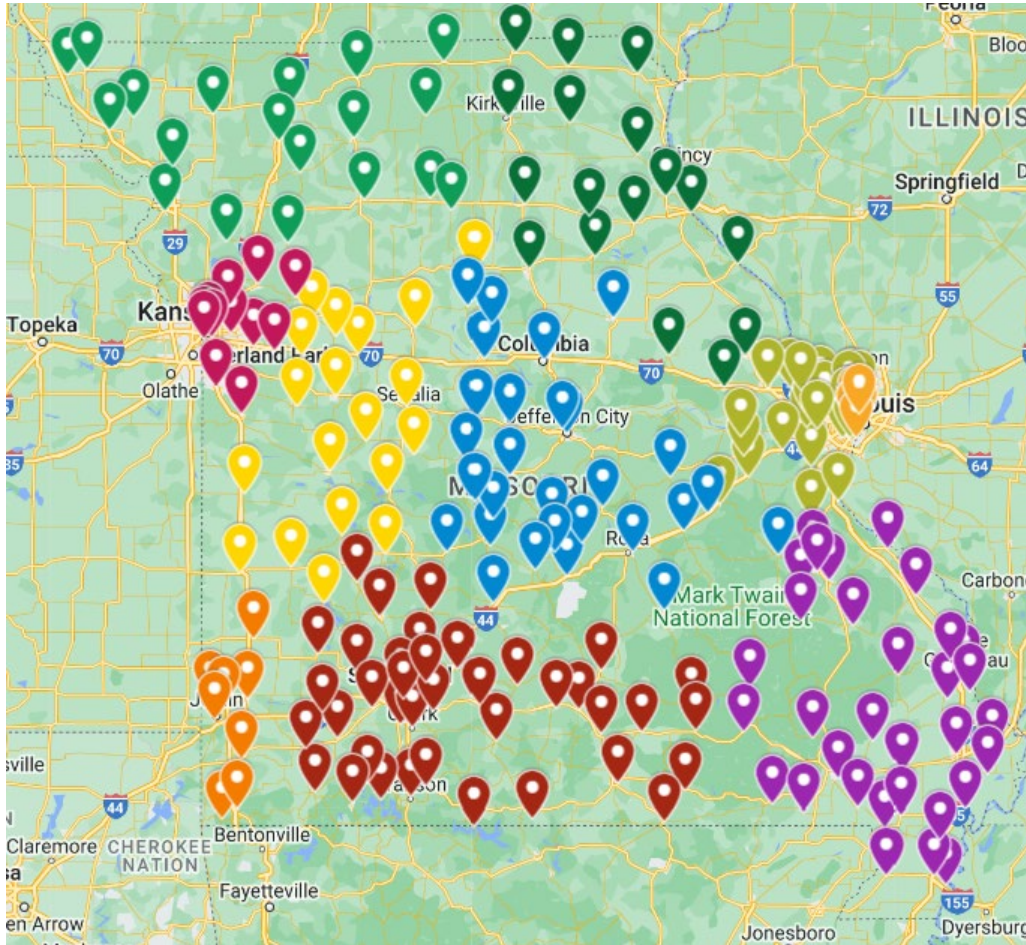
Callers can also be directed to the Senior Resource Line to reach their local AAA. Callers just need to enter their zip code into their phone when prompted, and the call will automatically be transferred to their local AAA. The Senior Resource Line number is 800-235-5503.













1-800-235-5503

Missouri's Senior Centers

Missouri has 211 senior centers across the state. [The interactive map can be found here.](#) When you scroll over the icons on the map, you can see the senior center name. If you left click on an icon, it will give you the address and phone number for the center.



Key to Senior Center Map

-  SeniorAge (38)
-  Aging Matters (32)
-  Aging Ahead (28)
-  Aging Best (28)
-  Young at Heart (20)
-  Care Connection (19)
-  NEMO (17)
-  MARC (12)
-  SLAAA (9)
-  Region X (8)



The QR code to the left can be used for those utilizing a printed copy of this directory.

AAA Older Americans Act Services

III B Supportive Services

Title III B of the Older Americans Act provides for supportive services to assist those over 60 years of age to remain safe, healthy, and independent in their homes. The AAAs also receive additional funding to provide meals and transportation to adults aged 18-59 with disabilities. The Missouri State Plan on Aging, approved by the Administration on Community Living, requires that at least 30% of III B funds go to access services (which include transportation, information and assistance, advocacy, outreach, and at several AAAs, case management), at least 20% to in-home services (which might include homemaker, chore, personal care, respite, adult daycare, telephone reassurance, friendly visiting, homebound shopping, home modification and repair, home technology and automation and medication set-up), and at least 1% to legal assistance. III B services span a wide range from personal care and homemaker services, to opportunities for recreation, home modification, and advocacy through the Silver Haired Legislature. The purpose of all III B activities is to help older Missourians age in place.

Matrix of III B Supportive Services by AAA per Area Plans for SFY2024

Service	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Adult Day Care	x									
Advocacy/Silver Haired Legislature	x	x	x	x	x	x	x	x	x	x
Care Coordination									x	
Case Management	x	x	x	x	x		x	x	x	x
Durable Medical Equipment								x		
Events, Media, Publications		x						x		
Financial Assistance								x		
Friendly Calls/Telephone Reassurance/Visiting	x	x		x			x	x	x	
Health and Wellness				x			x	x		
Homebound Shopping							x			
Homemaker	x	x	x	x	x	x	x	x		x
Information and Assistance	x	x	x	x	x	x	x	x	x	x
Interpretation								x	x	
Legal Assistance	x	x	x	x	x	x	x	x	x	x
Medical/Incontinence Supplies								x		
Minor Home Repair/Home Modifications		x		x	x		x	x	x	
Nutrition Counseling							x			
Nutrition Education				x			x			
Nutritional Supplies								x		
Ombudsman Services	x	x	x	x	x	x	x	x	x	x
Outreach	x	x	x			x	x	x	x	
Personal Care	x		x	x	x	x	x			x
Personal Emergency Response								x		
Public Education and Information	x	x	x	x		x	x	x	x	
Recreation			x	x			x	x		
Respite	x	x		x			x			
Second Meals									x	
Supplemental Services			x						x	
Tax Assistance							x			
Transportation	x	x	x	x	x	x	x	x	x	x
Volunteer Services			x					x		

III C Nutrition Services

Nutrition services include congregate; home-delivered; and, in some locations, carryout meals. Congregate meals are available at local senior centers. Congregate meals can also be provided in alternate locations like libraries, YMCAs, restaurants, and other locations. Congregate meals are provided hot and fresh to participants in a group setting. Home-delivered meals are available for individuals who are homebound and unable to attend senior centers or public locations. Home-delivered meals can be hot or frozen depending on the location of the participant’s residence. Some AAAs provide carryout meals to participants who are not homebound and cannot eat in a congregated setting. A participant may be eligible for carryout meals due to social anxiety, caregiving duties, or health concerns, such as tremors, making it difficult to eat in public.

Eligibility for nutrition services includes being 60 years of age or older or an eligible adult with a disability. Additional individuals can receive meals, such as a spouse under age 60 married to someone 60 years of age or older and volunteers helping in the program that are younger than 60.

The OAA requires that all meals served using OAA funds adhere to the current [Dietary Guidelines for Americans](#), provide a minimum of one-third of the Dietary Reference Intakes, meet state and local food safety and sanitation requirements, and be appealing to older adults.

Matrix of Nutrition Services by AAA per Area Plans for SFY2024

Service	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Congregate	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot
Home-Delivered	Both	Both	Both	Both	Both	Both	Frozen	Frozen	Frozen	Both
Carryout	No	Yes	No	No	No	Yes	No	Yes	No	Yes



The QR code to the left can be used for those utilizing a printed copy of this directory.

Evidence-Based Disease Prevention and Health Promotion Programs

Each AAA provides a variety of evidence-based disease prevention and health promotion programs. Each of these programs meets the requirements set by the Administration for Community Living. Because many programs are not offered year-round, it is important to contact the AAA to determine when a program will be available. Any adult over 60 is eligible to participate in these programs.

Matrix of Evidence-Based Programs per Area Plans for SFY2024

Service	Senior Age	Aging Matters	Care Connection	Young at Heart	NEMO	Aging Best	MARC	Aging Ahead	SLAAA	Region X
A Matter of Balance	X		X		X	X	X	X	X	
Active Living Every Day			X				X			
Aging Mastery Program			X			X	X	X		
Arthritis Foundation Exercise Program	X			X						
Bingocize			X				X			X
CDC Diabetes Prevention Program			X							
Chronic Disease Self-Management Program	X	X	X		X	X	X	X	X	X
Chronic Pain Self-Management Program			X							
Cognitive Stimulation Therapy					X					
Diabetes Self-Management Education Program		X	X		X			X		
Drums Alive			X	X						
Eat Smart, Move More, Weight Less			X							
EnhanceFitness			X				X			
Fit & Strong							X			
Health Coaches for Hypertension Control			X							
Healthy IDEAS			X							
HomeMeds	X	X								X
Mind over Matter			X			X				
PEARLS						X				
Powerful Tools for Caregivers					X	X				
Stay Strong, Stay Healthy							X			
Tai Chi for Arthritis			X	X		X	X	X	X	
Walk with Ease	X		X	X		X	X		X	
Wellness Recovery Action Plan								X		
Workplace Chronic Disease Self-Management Program								X		

III E Family Caregiver Services

Family caregiver services are available through the Older Americans Act for many different types of caregivers. The eligible categories include:

- Adult family members or other informal caregivers age 18 or older providing care to individuals age 60 or older.
- Adult family members or other informal caregivers age 18 or older providing care to individuals of any age with Alzheimer’s disease and related disorders.
- Older relatives (not parents) age 55 or older providing care to children under the age of 18.
- Older relatives, including parents, age 55 or older, providing care to adults ages 18-59 with disabilities.

Matrix of Family Caregiver Services by AAA per Area Plans for SFY2024

Service	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Adult Day Care	x	x	x							
Assisted Transportation	x									
Caregiver Counseling		x					x	x		
Caregiver Training			x	x			x	x	x	
Case Management	x	x	x	x	x		x	x	x	
Chronic Disease Self-Management Education					x					
Durable Medical Equipment	x							x		
Foot Care								x		
Homemaker		x		x						
Incontinence Products	x							x		
Information and Assistance	x		x	x			x	x	x	
Interpretation									x	
Legal Assistance		x			x			x	x	
Minor Home Repair and Home Modifications	x	x			x			x		
Nutrition Supplies	x		x							
Personal Care				x	x					
Public Information and Education	x	x	x	x	x		x	x	x	
Respite	x	x	x	x	x	x	x	x	x	x
Supplemental Services		x	x	x						x
Support Groups		x	x							

Other Federal Programs

Medicare Improvements for Patients and Providers Act (MIPPA)

The Medicare Improvement for Patients and Providers Act (MIPPA) program supports states and tribes through grants to provide outreach and assistance to eligible Medicare beneficiaries to apply for benefit programs that help lower the costs of their Medicare premiums and deductibles.

Eight of 10 AAAs provide the MIPPA program. MARC and Aging Ahead's areas (those in white on the map below) are covered by [Missouri SHIP](#).

Area Agency on Aging	Address	Phone
Aging Best	201 W. Broadway, Suite 1-E Columbia, MO 65203	573-443-5823 800-369-5211
Aging Matters	1078 Wolverine, Suite J Cape Girardeau, MO 63701	573-335-3331 800-392-8771
Care Connection	106 W. Young St., P.O. Box 1078 Warrensburg, MO 64093	660-747-3107 800-748-7826
NEMO	815 N. Osteopathy Kirksville, MO 63501	660-665-4682 800-664-6338
Region X	531 E. 15 th St. Joplin, MO 64804	417-781-7562
SeniorAge	1735 S. Fort Ave. Springfield, MO 65807	417-862-0762 800-497-0822
SLAAA	1520 Market St., 4 th Floor, Rm. 4065 St. Louis, MO 63103	314-612-5918 877-612-5918
Young at Heart	809 North 13 th St. Albany, MO 64402	660-240-9400 888-844-5626



For counties in white, please contact Missouri SHIP at:
www.missouriship.org

601 W. Nifong Blvd. #3a
Columbia, MO 65203
800-390-3330

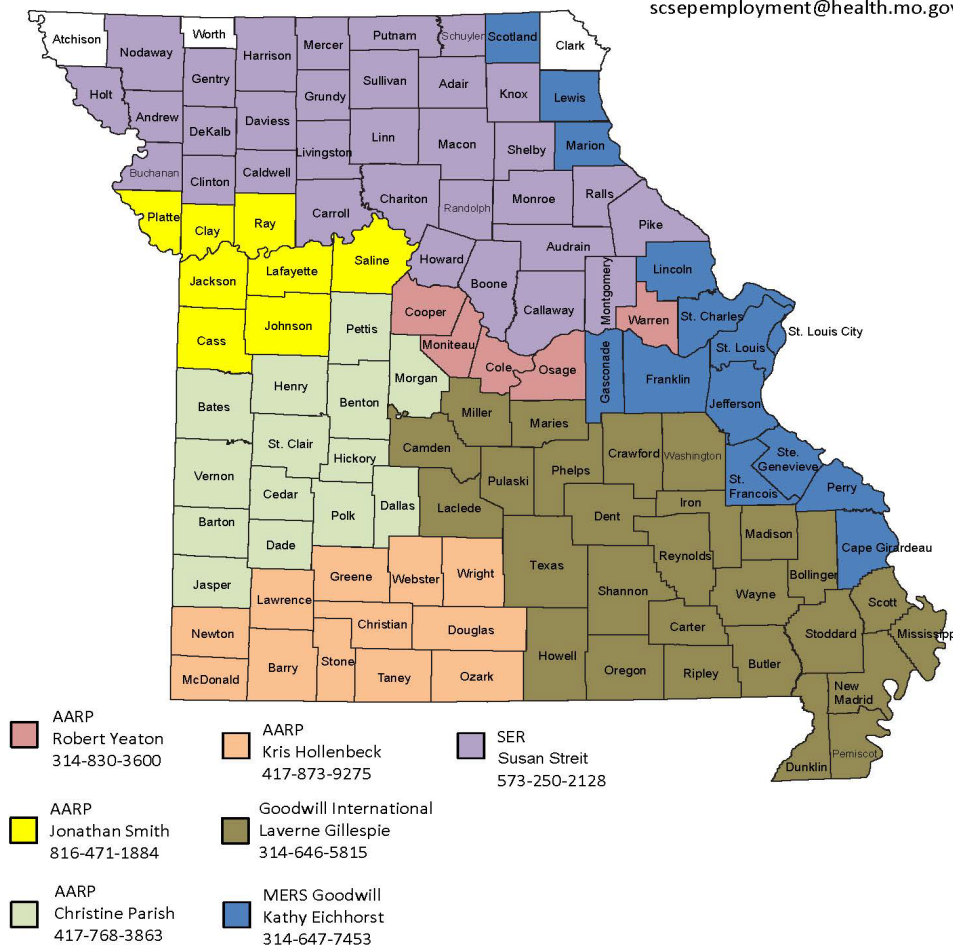
Senior Community Service Employment Program (SCSEP)

The Senior Community Service Employment Program (SCSEP) is a U.S. Department of Labor funded job training program for persons 55 years of age and older who wish to enter the workforce and need extra training and job placement assistance. The purpose of the program is two-fold: to provide job skill training for the participants and to provide needed support to community host agencies, which consist of not-for-profit 501(c)(3)s and governmental agencies. Host agencies benefit by having someone who is subsidized by the SCSEP program helping them with performing work they could not afford to pay for on their own. Program participants are provided an average of 20 hours per week of paid training.

To be eligible, potential participants must: be age 55 or over; be unemployed at the time of the application, and not have income that exceeds 125% of the current federal poverty level.

Missouri State and National SCSEP Positions by County

For information, contact:
 (573) 526-4542
scsemployment@health.mo.gov



General Revenue Programs

Customized Caregiver Training and Respite Relief Program

This general revenue funded program provides training, respite care, assistive technology, and supportive services to family caregivers of individuals with Alzheimer’s disease or related dementias. To qualify for the program, the care receiver’s residence must be in Missouri, the caregiver must be 18 years of age or older and live in the same home as the care receiver, and the care receiver must have a diagnosis of probable Alzheimer’s disease or related dementias.

DHSS has contracted with the Community Asset Builders (CAB) to run this program in every county of the state. CAB subcontracts with the Alzheimer’s Association to provide respite and supportive services (such as paying for adult diapers, medications, minor home modifications and nutrition supplements) and with Memory Care Home Solutions to provide caregiver training. All referrals should be made to **CAB at 573-632-2700**.

Senior Independent Living Programs (SILPs)

Missouri has five funded Senior Independent Living Programs (SILPs). Each of these SILPs provides wrap-around services in its designated planning area to assist Missourians age 60 and older to remain home for as long as they are able to function independently. Services vary from one SILP to the other based on the needs of individuals in their service area, which are determined through annual needs assessments, information and assistance calls, and frequent contact with the participants.

Contractor	Director	Office Address	Service Area	Phone
Palestine Senior Center	Jai'Esha Releford	3325 Prospect Ave., Kansas City, MO 64128	2 Mile Radius Around Office	816-921-1963
A Caring Plus Foundation	Alice Logan	6350 Garesche Ave., St. Louis, MO 63136	2 Mile Radius Around Office	314-382-2560
Jewish Federation of St. Louis	Sarah Levinson	12 Millstone Campus Dr., St. Louis, MO 63145	3 Mile Radius Around Office	314-442-3859
Aging Best	Marissa Peterson	201 W. Broadway, Suite 1E, Columbia, MO 65203	2 nd and 5 th Wards of Columbia, MO	573- 476-5600
Services for Independent Living	Chimene Schwach	1401 Hathman Pl, Columbia, MO 65201	1st and 3 rd Wards of Columbia, MO	573-874-1646

Naturalization Services for Legal Senior Immigrants and Refugees

This general revenue program has been authorized by the state legislature for many years to assist older adults (60 years of age or older) in attaining their citizenship. To be eligible for this program, individuals must:

- Be 60 years of age or older,
- Have lived in Missouri for at least five years,
- Be legally in the United States,
- Have a health barrier to taking the standard naturalization classes.

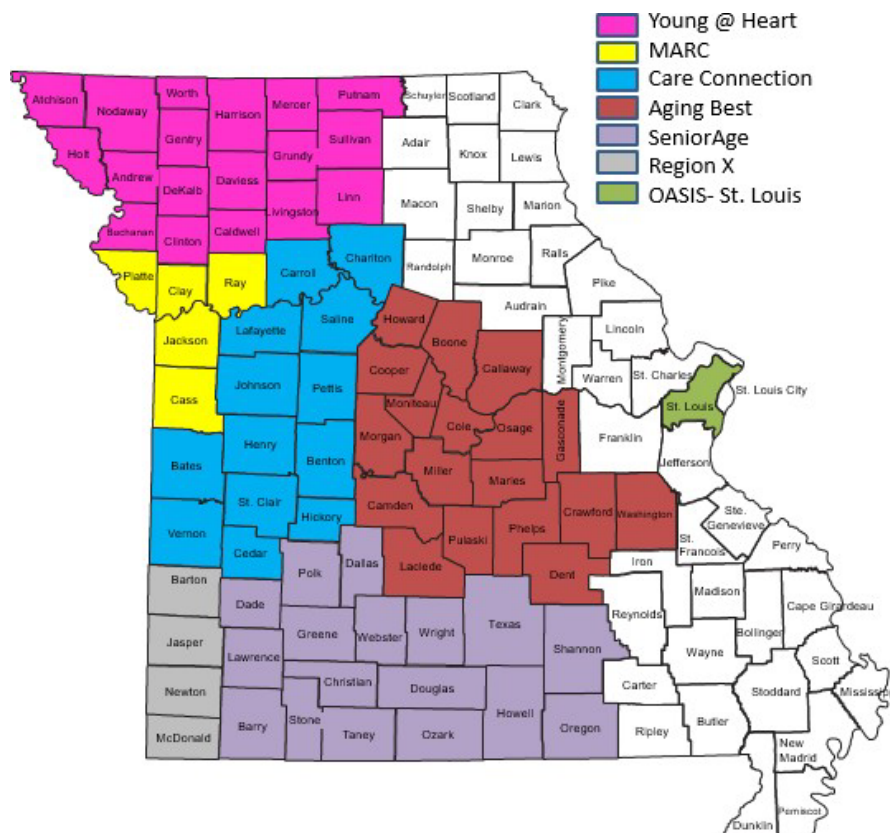
Individuals in this program have several options available to help them attain citizenship with the help of this service. Individuals able to work with a tutor to learn and take the naturalization test in English will receive the tutoring and other support needed to help them prepare for the test. Individuals who do not have the cognitive ability to learn English can receive a medical waiver to take the test in their native language with an interpreter. Finally, those whose cognitive state is beyond the ability to take the citizenship test are provided legal assistance to attain citizenship without taking the naturalization test.

This program is available statewide. To refer individuals to this program, please contact Bi-Lingual International Assistant Services at **314-645-7800** or 1329 Macklind Ave., #200, St. Louis, MO 63110.

Give 5 Program

The Give 5 Program assists retirees or soon-to-be-retirees with staying active in the community by volunteering at community non-profit organizations. The Give 5 program helps communities identify an area of need and then works with local non-profits to place volunteers to assist in tackling the need identified. Give 5 is contracted through ma4 to the Area Agencies on Aging below along with The Heart of Missouri United Way in Columbia and The OASIS Institute in St. Louis County.

Provider	Address	Phone
Aging Best	201 W. Broadway, Suite 1-E, Columbia, MO 65203	573-443-5823 800-369-5211
Care Connection	106 W. Young Street, PO Box 1078, Warrensburg, MO 64093	660-747-3107 800-748-7826
MARC	600 Broadway Street, Suite 200 Kansas City, MO 64105	816-421-4890 800-593-7948
Region X	531 E. 15 th Street, Joplin, MO 64804	417-781-7562
SeniorAge	1735 S. Fort Ave., Springfield, MO 65807	417-862-0762 800-497-0822
Young at Heart	809 North 13 th Street, Albany, MO 64402	660-240-9400 888-844-5626
OASIS	50 Gay Ave. St. Louis, MO 63105	314-862-4859



Counties in white are not part of this program.

For St. Louis County, please contact The OASIS Institute at:

50 Gay Ave., St. Louis, MO
314-862-4859

Other Programs

Century Club

The Missouri Century Club recognizes individuals who have reached or surpassed their 100th birthday. Members in the club receive a letter of greetings from the Governor in honor of their special contributions as Missouri centenarians.

Anyone may submit an individual for recognition by the Missouri Century Club by completing the [registration form](#) and submitting it to the address below.

We are honored to celebrate the milestones of older Missourians and recognize their achievements. You may submit your recognition several ways:

Mail your registration form:

Department of Health and Senior Services
Missouri Century Club Coordinator
P.O. Box 570
Jefferson City, Missouri 65102-0570

Email your registration form:

mindy.ulstad@health.mo.gov



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Bureau of Senior Programs

PO Box 570

Jefferson City, MO 65109

573-526-4542

MOStatePlanonAging@health.mo.gov

Health.Mo.Gov/Seniors/