

**Department of Health and
Senior Services**

**Division of Senior and
Disability Services**

**P. O. Box 570, Jefferson City,
MO 65102-0570**



Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 1-573-751-4842. Hearing- and speech-impaired citizens can dial 711.

**AN EQUAL OPPORTUNITY/AFFIRMATIVE
ACTION EMPLOYER**

Services provided on a nondiscriminatory basis

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**What If You Live In A
Nursing Home But Want To
Explore Living More
Independently?**

Call:

- an ombudsman at 1-800-309-3282, or visit <http://health.mo.gov/seniors/ombudsman/>
- your local Center for Independent Living.
- the Division of Senior and Disability Services' Call Center at 1-866-835-3505.
- or visit <http://www.momc5.com/index.html>, Missouri's culture change movement.

**Our
Parents,
Ourselves**



How to live as independently as
possible at home and in our
communities



Get Connected to Your Care Options

The majority of Missouri's seniors say they want to receive long-term care services and supports in their own homes or in homelike settings in their communities. People want choice and control over every day decisions. It is important to know where to turn to learn about the choices available and how to access services.

This brochure, developed by the Department of Health and Senior Services, lists four agencies that can connect you to services and resources to help you or a loved one age in the most appropriate environment. Many more resources are available on the Internet or at your local senior center.

Department of Health and Senior Services

The Division of Senior and Disability Services helps adults with disabilities

age 18 to 59 and seniors age 60 or older who receive Medicaid (now called MOHealthNet), get services such as nurse visits, home-delivered meals and personal care, services that maximize independence. Call the Division of Senior and Disability Services' Call Center at **1-866-835-3503** for information about these services.

2-1-1

United Way's **2-1-1** is an easy to remember phone number that is answered 24 hours a day, 7 days a week, by a trained professional who can refer you to a community agency or organization that can provide the assistance or services you need. The call is free and confidential.

Centers for Independent Living

The 22 centers for independent

living in Missouri provide services to people with disabilities to increase their independence and opportunities to participate in day-to-day life within their communities. Each center offers four core services--peer counseling, advocacy, information and referral, and independent living skills training. Each may also provide transportation and housing assistance.

Area Agencies on Aging (AAA)

Missouri has ten Area Agencies on Aging. Each supports senior centers near you. Senior centers provide meals, transportation, recreation and more. Visit <http://www.ma4web.org/> to locate an Area Agency on Aging in your region.