



**PLATTE COUNTY  
SENIOR FUND**

# Our Mission

To Enhance the Senior's Quality of Life  
and Independence. PCSF Recognizes  
There Is No Place Like Home

## Platte County Senior Fund

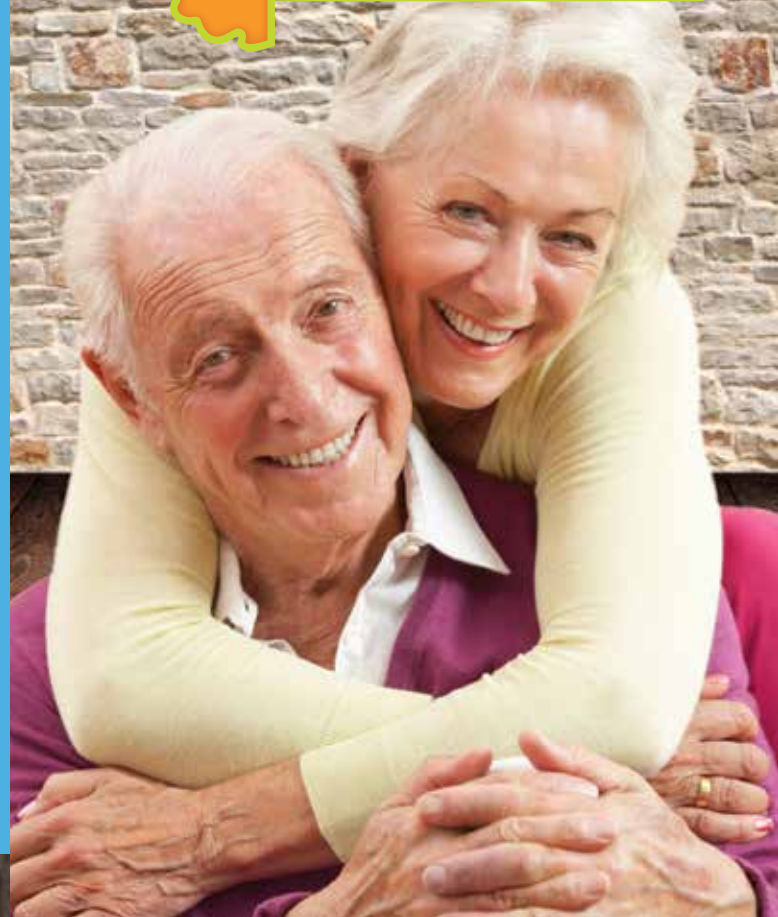
Platte County Resource Center  
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Kansas City, MO 64153

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[www.platteseniors.org](http://www.platteseniors.org)



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SENIOR FUND**



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## History

Platte County Senior Fund is a tax-supported agency serving Platte County Seniors, age 60+ since 1994. Our services support older adults so they can remain independent and in their own homes.

## Program Qualifications

Must be a Platte County Resident, age 60 years or better. Various services are free, flat fee or income based. For more information visit [www.platteseniors.org](http://www.platteseniors.org) or call 816-270-2800.

## Lifelong Learning

If you are 60 or older and you are a Platte County resident, you can register for a class through our partnership with these career centers. You can receive up to \$30 per term of your class fee paid!

**Northland Career Center: (816) 858-5505**

**Park Hill Community Education: (816) 359-4060**

## Living Well with Chronic Conditions

*The Northland Living Well Collaborative offers free classes throughout the year to help you manage your health condition and live well. Materials are included and classes are free!*

### EVIDENCE-BASED CHRONIC DISEASE SELF-MANAGEMENT PROGRAMS

The Chronic Disease Self-Management Education programs will assist older adults to better manage their chronic condition, improve their quality of life and lower health care costs. During the six-week classes, participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program.

- Chronic Disease Self-Management
- Chronic Pain Self-Management
- Diabetes Self-Management

## Wellness

Platte County Senior Fund has created a partnership with the area Community Center YMCA's to provide memberships at a reduced rate.

### DISCOUNT TO SENIORS:

Check with your local YMCA for details.

#### **Platte County Community Center South YMCA**

8875 Clark Avenue, Parkville, MO 64152

**816-505-2622**

#### **Platte County Community Center North YMCA**

3101 Running Horse Road, Platte City, MO 64079

**816-858-0114**

#### **Riverside Community Center YMCA**

4498 NW High Drive, Riverside, MO 64150

**816-741-4172**

### EVIDENCE-BASED FALL PREVENTION PROGRAMS

**A Matter of Balance** - This program is designed to reduce the fear of falling, diminish the risk of falling and improve activity levels. Class meets once or twice weekly for eight sessions.

**Walk with Ease** - Participants meet three times weekly for six weeks to build confidence in order to be physically active. Includes exercises, personalized walking routines and a free walking guidebook.

**Tai Chi for Arthritis and Falls Prevention** - A safe way to relieve arthritis pain and gain balance, strength and flexibility. Tai chi can be done both seated and standing. Classes meet twice weekly for 45 - 60 minutes.

**For more information visit our website [www.platteseniors.org](http://www.platteseniors.org) or call 816.270.2800**

## Transportation Services

Even if you still drive, you are eligible for this service. Why worry about traffic, directions, parking and weather conditions?

Rides must be scheduled no later than 2:00 p.m. the day before ride is needed. A 50-mile limit per 1-way ride will apply. A companion can always ride for FREE.

### COST TO SENIORS PER ONE-WAY TRIP

Ambulatory \$5.00 Wheelchair \$10.00

### Medical, Grocery and Essential Business

Limit of six round-trip rides per month. Fourteen round-trip rides for Dialysis, Chemotherapy, Radiation, Physical or Cardiac Therapies. Clients may use their allotted rides to see hospitalized immediate family members.

*Residents of communities with transportation service are not eligible to utilize our transportation service.*

## In-Home Services

Cost sharing is income based. Income guidelines can be found online at [www.platteseniors.org](http://www.platteseniors.org). Caregivers may not transport seniors.

### PERSONAL CARE

Assistance with bathing, toileting, shampooing, dressing, meal preparation and other personal care services are performed by a certified nurse's aid, home health or personal care assistant.

### HOMEMAKER CARE

Light housekeeping, laundry and similar services.

### RESPITE CARE

Could you use a break? Respite care provides short-term breaks that can relieve stress, restore energy and promote balance for family caregivers. Must be providing 24/7 care.



# Home Repair Programs

## Home Systems

### **Furnace, A/C and Water Heater Repair or Replacement.**

Don't panic if one of these break. We have contracted providers available to repair or replace furnaces, air conditioners and water heaters. Cost share is income based. Call PCSF 816-270-2800.

## Minor Home Repair

We can help with your honey-do list. Basic plumbing, electrical, weatherization, gutter cleaning and other minor repairs are completed by contracted providers. Cost share is income based. Call:

Northland Neighborhoods, Inc.  
816-454-2000

Rebuilding Together KC  
816-781-8985

## Accessibility

### **Safe at Home**

We want you to be safe at home, so we offer modifications and durable medical equipment to improve accessibility, reduce falls, and

increase independence in your home. Safety Modifications include grab bars, hand held shower wands, handrails, improved lighting, ADA (taller) toilets and much more. Cost share is income based. Call Rebuilding Together KC 816-781-8985.

Don't let that set of stairs be the reason you have to move. Utilize our Stair Lift and/or Wheelchair Ramp program. Cost share is income based. Call:

Northland Neighborhoods, Inc.  
816-454-2000

Rebuilding Together KC  
816-781-8985



# Personal Safety Monitoring

Personal Safety Monitoring products enable you to summon help when needed. They provide confidence when living independently. *Fall detection is available with all models upon customer request.*

## Classic Guardian (Landline Device)

- Home-based landline unit (Must use a working, active landline telephone/modem line.)
- 1300 ft range between pendant and base unit
- Fall detection available - black neck button
- 32-hour back-up battery power supply in the base unit
- Volume can be adjusted
- Size: 6"L x 6"W x 2.8"H
- Weight: 1.23 lbs.

### Monthly Fee:

\$10.00

(Medicaid Eligible - \$3.00)



## Home Guardian LTE

- Home-based cellular unit
- 1300 ft range between pendant and base unit
- Fall detection available - black neck button
- 32-hour back-up battery power supply in the base unit
- Volume can be adjusted
- Size: 6"L x 6"W x 2.8"H
- Weight: 1.23 lbs.

### Monthly Fee:

\$11.00

(Medicaid Eligible - \$3.00)



## Mini Guardian

- This is an all in one mobile GPS Unit
- Fall detection is available
- The range is unlimited
- The device is water-resistant
- Takes 2-3 hours to fully charge
- The battery will last up to 5 days
- The volume can not be adjusted
- The snap-on lanyard is not adjustable
- Size: 2.72"L x 1.38"W x 0.57"H
- Weight: 1.3 oz.
- Range: Nationwide
- Reset button located on left hand side of device

### Monthly Fee:

\$15.00

(Medicaid Eligible - \$13.00)



## Project Lifesaver

Project Lifesaver provides emergency response agencies with the ability to track and locate individuals who wander. The participant wears a small transmitter around their wrist or ankle that emits a tracking signal. Search and rescue teams use locator tracking systems to find the missing person. PCSF finances 100% of the cost of this program to ensure anyone needing the service receives it.

To enroll a loved one in Project Lifesaver, contact the Platte County Sheriff's Office. FREE for PCSF clients just call 816-858-2424 or visit the website, [www.plattesherriff.org](http://www.plattesherriff.org).

## Support Groups

### SKILLBUILDERS

SkillBuilders provides education and support for widows, widowers and caregivers. Although classes are designed for widowed persons, anyone may attend. No pre-registration is necessary. Classes are FREE. Attend all sessions or just the ones you are interested in.

### NORTHLAND GRANDFAMILIES

If you are a grandparent raising a grandchild or other relative and are looking for support, information or resources, then you need to join the Grandparent and Relative Caregivers Northland Support Group.

Group meetings are strictly confidential and free of charge.

*For more information, class schedules, meeting dates and times, contact:  
beckyf@tri-countymhs.org  
or call 816-468-0400 ext. 330.*



## File of Life

Help rescue workers quickly find important medical information when every second counts!



The tri-fold file has space to fill in medical conditions, medications, insurance information, allergies, emergency contacts and much more. Smaller versions are available and can be carried in your purse, wallet or glove compartment.

### Information & Referrals

Agency information and senior resources are available online at: [www.platteseniors.org](http://www.platteseniors.org) or call 816-270-2800. We are here to help.

## Donate

### TRUMAN HEARTLAND COMMUNITY FOUNDATION

We are pleased to announce that Platte County Senior Fund has partnered with Truman Heartland Community Foundation. Truman Heartland Community Foundation assists non profit organizations to connect with community members who want to donate or leave a legacy gift to Platte County Senior Fund. These gifts will help to continue and support our mission to enhance the quality of life and independence of Platte County senior citizens. Platte County Senior Fund recognizes there is no place like Home.

*For more information visit [platteseniors.org/donate](http://platteseniors.org/donate) or call 816-270-2800.*