



Keep Area Agencies on Aging Strong.

Older Missourians are just  
**ONE INCIDENT AWAY**

from hospitalization,  
nursing home placement,  
and the loss of lifetime  
resources.



Did you know Area Agencies on Aging provide options?  
Support the Senior Services Growth and Development Bill.

# ONE INCIDENT AWAY ...

## Senior Centers Prove to be Place for Social Acceptance

Kathy, a high school teacher, woke up one day and was unable to move. After lying there quite some time she was finally able to get up. Over time, she realized that there was something very wrong and soon after she was diagnosed with MS. The news was devastating! Teaching was her passion and she loved her students, but feeling overwhelmed with her new diagnosis, she retired early.

As time passed Kathy was no longer able to drive. She and her husband live in the country several miles from town. She was stranded at home while her husband went to work, but they were still struggling financially. She was losing strength fast and needed swim therapy so she enrolled in physical therapy classes that were offered at a nearby hotel's swimming pool. She was referred to her local Area Agency on Aging for financial assistance with transportation, which worked out well until the hotel changed its insurance policy and swim therapy was no longer an option there or anywhere else in town.

Kathy called her Care Coordinator at the Area Agency on Aging for help and together they came up with a workable plan. Kathy would do the exercises she had previously learned at the YMCA in a neighboring city. The MS Society agreed to pay the YMCA fee and the Area Agency on Aging would pay for the transportation.

During a home visit with Kathy, the Care Coordinator noticed other things that needed to be addressed. Kathy confided that sometimes she would just stop eating during a meal because it was difficult to control the tremors in her arms. She had lost 10 pounds in less than six months. Kathy was also feeling isolated and depression was setting in. Her Care Coordinator encouraged her to go to the local Senior Center for meals and socialization. Being very self-conscious about her physical condition and tremors, Kathy expressed a reluctance to eat in front of others but was willing to give it a try.

The Care Coordinator arranged for additional transportation to the Senior Center two days per week and was there to help her get acquainted the first few days. Kathy loved it!

It has been more than three years and Kathy continues to go to both the YMCA and the Senior Center. Her Care Coordinator has since helped her with referrals to get a ramp, a medical alert safety pendant, and a keyboard with larger keys. She has made many new true friends at the Senior Center, has gained the 10 pounds back, and is not in a wheelchair!

Kathy now has a very positive outlook on life. "If it wasn't for the Area Agency on Aging and the programs offered, I don't think I would still be walking," she said.

**Your Area Agency on Aging in Missouri has expert help.**

***"We want to be here when you need us."***

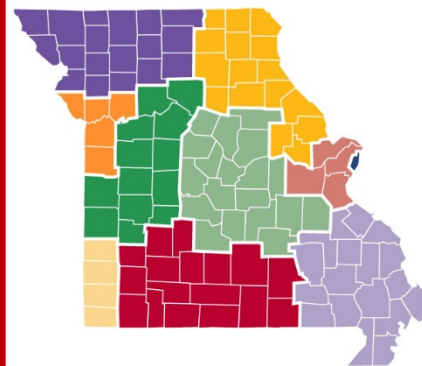
Missouri Association of Area Agencies on Aging

PO Box 104296 · Jefferson City, MO 65110 · Phone: 573-619-6185 · [www.ma4web.org](http://www.ma4web.org)

**ma4** Missouri Association of Area Agencies on Aging

Core Services:  
Supportive Services  
Caregiver Encouragement  
Nutrition  
Health and Wellness  
Advocacy

Additional Support:  
Care Coordination  
Medicare Enrollment  
Tax Assistance  
Transportation  
Respite



Care Connection

Central Missouri

Mid-America

Mid-East

Northeast Missouri

Northwest Missouri

Region X

Southeast Missouri

SeniorAge

St. Louis