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**Aging Waiver Program Can Help Seniors Stay At Home**  
*COSA helps elderly residents and families learn about options*

Delaware County residents with elderly family members should consider the Aging Waiver Program when determining how to care for seniors who want to remain in their homes or with family.

The Aging Waiver Program, offered through the Delaware County Office of Services for the Aging (COSA), provides elderly county residents with several services to manage their own care safely and to allow an alternative to long-term nursing home care.

In contrast to other assistance options, the Aging Waiver Program is for elderly residents who require the level of care offered in a nursing home, but wish to remain at home with available health and social services. They must be at least 60 years of age and meet the financial requirements.

The first step to access the Waiver Program is a free assessment, done by a COSA staff member.

Seniors enrolled in the Aging Waiver Program can access services that include home health and personal care, home support, attendant care, adult day care, transportation, home modifications, specialized equipment and supplies, counseling, home delivered meals, personal emergency response and companions. Care management and service coordination is provided by COSA.

In addition, the Aging Waiver Program qualifies participants for additional Medical Assistance benefits, offers a choice of approved services and providers, and supplies on-going support and assistance from a trained care manager.

Eligibility rules require that seniors are residents of Pennsylvania, at least 60 years of age and have a net income of \$2,022 or less per month. (Only assets of the individual are considered.) Seniors must also require the level of care provided by a nursing facility, be capable of being served in the community by available health and social services, meet the financial requirements and agree to the responsibilities and requirements of the program.

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*(Aging Waiver Continued...)*

“Council is pleased to offer the Aging Waiver Program to our residents as one option to maintain their independence, and their choices, in the community,” said County Councilman Andy Lewis, Council’s liaison to COSA. “For many of our residents, the ability to stay in their own home as long as possible is vital to their happiness and well-being. This program allows them to maintain that level of independence, while easing the responsibility often placed on their caretakers.”

“Getting an assessment done is beneficial for all families who have an aging family member whose medical and physical needs are growing more complex, but they want to remain at home,” said Stephen Gamble, deputy director of COSA. “Our staff can help guide families through a very complex system of choices and funding.”

COSA has been providing free and low-cost programs and services to seniors in Delaware County since 1975.

COSA provides legal services, crime victim services, health education, long-term care insurance and health insurance counseling to county seniors. COSA also offers information on employment opportunities, foster grandparent program, transportation services and more.

Interested residents can initiate the free assessment and application process by contacting a COSA representative at (610) 490-1300.

For more information on COSA services or the Aging Waiver Program, visit [www.delcosa.org](http://www.delcosa.org)