

TOP THREE

NOVEMBER 2024

Area Agency on Aging District 7 (AAA7)



Welcome to our November 2024 news e-blast - sharing our "Top Three" focus items for this month. As always, reach out to us with any questions and follow us on our social media platforms!



November is National Family Caregiver Month

According to the Caregiver Action Network, in the U.S., more than half of those providing care don't recognize themselves as caregivers. As a result, many do not access the tools that can alleviate caregiving stress. To address the caregiving crisis nationwide, we must help individuals identify themselves as caregivers and connect them with resources that can make a difference. The AAA7 has a Caregiver Support Program that provides information and assistance to family caregivers to better understand how their caregiving role is impacting their lives. We assist caregivers in finding resources and services to help decrease the physical and emotional stress in their caregiving role in order to take better care of themselves and their loved ones. Services also assist grandparents caring for grandchildren. In addition, the AAA7 offers a 24/7 online caregiver portal through Trualta. Trualta provides caregiver information, videos, tip sheets, music therapy, webinars, support groups and much more. Sign up today for this free and beneficial resource for family caregivers by logging on to aaa7.trualta.com.



AAA7 Annual Report

The AAA7's 2023 Annual Report, "New Beginnings", highlights the variety of programs and projects through the work of AAA7 staff, the Board of Trustees, Advisory Council, and provider organizations throughout the ten core counties served by the AAA7, and additional counties the AAA7 serves in Ohio through other contracted programs. The newest Annual Report was recently unveiled at our Annual Meeting in October and is now available on our website to view. Included are highlights from 2023 as well as program data and financial figures.



Medicare Open Enrollment Now Through December 7th

Medicare Open Enrollment is your chance to review or change your prescription drug and health coverage for 2025. Locally, the AAA7 is available as a resource to those in its ten-county district who would like assistance with Medicare or Open Enrollment. Medicare Check-Up counseling is by appointment only. Please call 1-800-582-7277, ext. 250 or email info@aaa7.org for more information

1.800.582.7277 | info@aaa7.org | www.aaa7.org