

“My dad was becoming more and more dependent on my brother and me. I could see him losing ground both mentally and physically. We didn’t know where to turn. The Aging and Disability Resource Center was amazing. They helped us navigate through the maze of programs and qualifications that were available to help folks just like Dad.”

“After I broke my hip, I wasn’t able to fix my meals. I’d always loved to cook, but then I started losing weight. My daughter brought me food but it was just too much for her. The wonderful, nutritious lunches that the Area Agency on Aging brought me changed our whole situation. Thank you!”

What Our Clients Are Saying:



Call and let us see what we can do to connect you with life-enhancing services.

- Nutrition
- Medicaid Waiver
- Prescription Drugs
- Advocacy
- Senior Centers
- Disability
- In-Home Care
- Legal Matters
- Caregiver Issues

We provide help with:

As a division of the Lee-Russell Council of Governments, the Area Agency on Aging impacts the lives of seniors age 60 or older, persons with disabilities and their families every day with programs that improve quality of life and independence.

Getting to Know the Area Agency on Aging

We Help You Connect the Dots...

With Programs for Aging Issues At the LRCOG Area Agency on Aging

Where do you go when you aren’t able to prepare your own meals? Are you having trouble with Medicaid or prescription drug costs or other matters that are often part of advancing age? The Lee-Russell Council of Governments is where you can go. Chances are there’s a service for that.

We make the connections and provide help making the right programs and services that work for you and those you care for.

There are so many ways we can advocate for you that could make a difference in your quality of life.

If you don’t know who could help, come to the Lee-Russell Council of Governments.

We’re here to serve you.



Lee-Russell Council of Governments
 Area Agency on Aging
 2207 Gateway Drive
 Opelika, AL 36801-6834
 334-749-5264
 Toll free 800- AGELINE (800-243-5463)
 Fax 334-749-6582



2207 Gateway Drive
 Opelika, AL 36801



A Better Quality of Life in Maturity

The Services of the Agency on Aging



LEE-RUSSELL
 COUNCIL OF GOVERNMENTS

(334) 749-5264 • www.lrcog.com

At the Area Agency on Aging, There's a Service for That.

With so many programs, it can be complicated to find your way through. We can help. We partner with local governments, the U.S. Department of Health and Human Services Administration for Community Living, the Alabama Department of Senior Services, many faith-based organizations, individuals, community and social service organizations, businesses and industries. We're a focal point that connects your needs to community resources.



Home-Delivered Meals

Lunches that meet one-third of the USDA nutritional requirement are delivered to the client's home. There is no fee for home-delivered meals, but contributions are encouraged and gratefully accepted.

Senior Rx

Alabama Senior Rx is a program designed to assist seniors 55, or older or on disability in applying for free or discounted medications that are offered by participating pharmaceutical companies.

Aging and Disability Resource Center (ADRC)

The ADRC provides access to information and assistance for older adults, individuals with disabilities and their caregivers. For those needing assistance the ADRC acts to provide benefits screening, education and options counseling on long-term care services and support and more. It is also an entry point for professionals, caregivers and family members to seek resources and assistance on behalf of their clients, friends or family members.



Lee-Russell Personal Assistance Program

Lee-Russell Personal Assistance Program is available for those individuals who may need help in the home. An experienced Care Coordinator will oversee your services, while a Personal Assistant provides help with cooking or household cleaning, dressing or bathing. Whatever your needs, the personal assistant will help you maintain your quality of life at home. Call for information and pricing.

Ombudsman Representative

Our Ombudsman investigates complaints and answers questions from residents and their families concerning care in nursing homes and other long-term facilities. The Ombudsman is your advocate.

Legal Assistance

The Area Agency on Aging provides representation in the areas of:

- Income Security
- Housing
- Nutrition
- Protective Services
- Healthcare
- Long-Term Care Planning



Senior Centers

Located throughout Lee and Russell Counties, Senior Centers offer:

- Social activities to connect people often looking for personal interaction
- Counseling and consumer education on health and nutrition
- Exercise and recreation
- Hot, nutritious meals
- Information and referrals to other services

Lee County Senior Centers

Auburn	(334) 887-8745
Opelika	(334) 745-2679
Beulah	(334) 749-5928
Smiths Station	(334) 297-9101
Family Enrichment Center	(334) 826-8848

Russell County Senior Centers

Phenix City	(334) 298-8582
Hurtsboro	(334) 667-7577
Ft. Mitchell	(334) 855-0637

Alabama Cares Support for Caregivers

The Alabama Cares program offers caregivers:

- Information on Available Services
- Education, Counseling and Training
- Respite Care
- Supplemental Services
- Assistance in Gaining Access to Services

Medicaid Waiver

The Medicaid Waiver Program enables eligible blind, elderly and disabled persons to receive care in their homes and avoid or delay their move into a care facility. It may provide:

- Case Management
- Homemaker Services
- Personal Care Aides
- Adult Day Health
- Respite Care

Outreach

Trained staff are available in Lee and Russell counties to identify seniors who need assistance and assess their needs.



Information and Referral

The Rainbow Book is a directory of agencies and businesses which provides information and services to seniors in Lee and Russell counties. To purchase a Rainbow Book, please contact LRCOG at (334) 749-5264.

Health Insurance Counseling

- Health Insurance Information
- Benefits Programs
- Medicare Information
- Supplemental Insurance
- Long-Term Care Insurance

Alzheimer's Support Group

Provides emotional support and current information at monthly meetings for families who have members with Alzheimer's Disease. Call for locations and times.

Senior Community Service Employment Program (SCSEP)

SCSEP provides subsidized, part-time job training in community service for low-income individuals age 55 and older.

The Lee-Russell Aging Foundation

It takes a lot of money to provide services to seniors in our area. But just a small donation from an industry or company, church or individual can make such a difference. For example, meals.

Just a \$100 donation can feed a senior a nutritious meal for an entire month, five days a week. The Foundation is a 501(c)(3) non-profit organization. All contributions are tax-deductible, efficiently used and greatly appreciated.