

## Healthy Living

TJAAA oversees implementation of a variety of programs that promote healthy living. These programs delivered throughout the community are designed to educate and empower individuals to cope more effectively with chronic conditions or to reduce the risk of falls or injury.

## Culture Change

TJAAA raises awareness of the need for more person-centered approaches to care and services for older and disabled adults throughout the long term care continuum, in lieu of the institutional model of service delivery. TJAAA leads these efforts through educational, peer-learning sessions and other supports. The person-centered efforts of Triangle J were nationally recognized in 2011 by the National Association of AAAs.

## Other Initiatives

TJAAA works in Wake, and jointly in Chatham and Orange counties, to evolve Community Resource Connections, which are person-centered systems of improved access to information, resources and services to address the needs of older and disabled adults.

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North Carolina  
Association of Area  
Agencies on Aging

advocacy | action | answers on aging

# Area Agency on Aging

## Programs and Information

The mission of Triangle J Area Agency on Aging is to promote the highest level of well being of older adults in the seven-county region by partnering with organizations to assess needs and provide a comprehensive system of opportunities, services and protective supports.

Contact any TJCOG Area Agency on Aging staff member to discuss how we can benefit you.

### *Ageing Programs and Services:*

**Administration**

**Advisory Council on Ageing**

**Ombudsman Program**

**Family Caregiver Support Program**



Triangle J Council of Governments

Area Agency on Aging

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Triangle J Council of Governments' mission is to serve as an intergovernmental organization for local elected officials that works proactively on regional issues in order to sustain and improve the quality of life for our citizens.

## Administration

The Planning and Administration component of the Triangle J Area Agency on Aging (TJAAA) has oversight of all TJAAA functions, including:

- **Collaboratively planning for county-based aging programs to address future needs**
- **Grant agreements with counties**  
Enabling the use of Federal and State funds for systems, services or supports, such as:
  - Senior center operations
  - Information and assistance
  - Health promotion/disease prevention
  - Congregate/home delivered meals
  - Transportation
  - Legal services assistance
  - Adult day care
  - In-home aide services
- **Technical assistance**
- **Advocacy and support of the North Carolina Senior Tar Heel Legislature**
- **Training, education, and outreach**

## Advisory Council on Aging

The Triangle J Advisory Council on Aging makes recommendations to TJAAA and the Council of Governments' Board of Delegates about:

- Development and administration of the Regional Area Plan for Aging
- Community policies, programs and actions, which affect older persons and those with disabilities, within the region
- Input from public forums on aging and disability matters

## The Ombudsman Program

The Regional Ombudsmen advocate on behalf of residents in long-term care facilities by:

- Advocate for residents of nursing homes, assisted living facilities, and family care homes to assure their rights are upheld.
- Mediate when residents have difficulties exercising their rights.
- Provide information and assistance to residents, families, staff, and community regarding long term care issues.
- Assist the consumers on how to select a long term care facility.
- Foster increased awareness and the prevention of elder abuse, neglect and exploitation.

The word "ombudsman" means one who advocates for citizens' rights.

The long-term care ombudsman advocacy network consists of the state ombudsman, regional ombudsmen and local county-appointed Community Advisory Committee volunteers. These advocates give the residents of long-term care facilities, and their families, a voice to help them find solutions to problems and concerns through information, education and mediation.



## Family Caregiver Support

Family caregivers provide unpaid help to older adult relatives who need assistance to continue living safely in their own homes. Though often rewarding, caregiving can be stressful physically, mentally, and emotionally.

Most older adults want to age in place in their homes. Without family caregivers, older and disabled adults who have been able to live at home might need placement in a long-term care facility and would become more dependent on state and local tax dollars.

An initiative was enacted in 2001 to focus on the caregiver, the National Family Caregiver Support Program. Area Agencies on Aging work to assure that services and resources, specifically for the region's family caregivers, are effectively planned and provided.

### The National Family Caregiver Support Program specifies five service categories:

- Information about services
- Assistance with accessing services
- Individual counseling, organization of support groups, training to help caregivers make decisions and provide care
- Respite for caregivers
- Supplemental services to complement the care provided by caregivers