

About Aging Matters:

Aging Matters is a not for profit organization servicing an eighteen county area in Southeast Missouri.

Aging Matters is one of ten Area Agencies on Aging (AAAs) in Missouri. Nationwide, there are over 600 AAAs, all established under the Older Americans Act of 1965, which funds a range of services and programs for older adults.

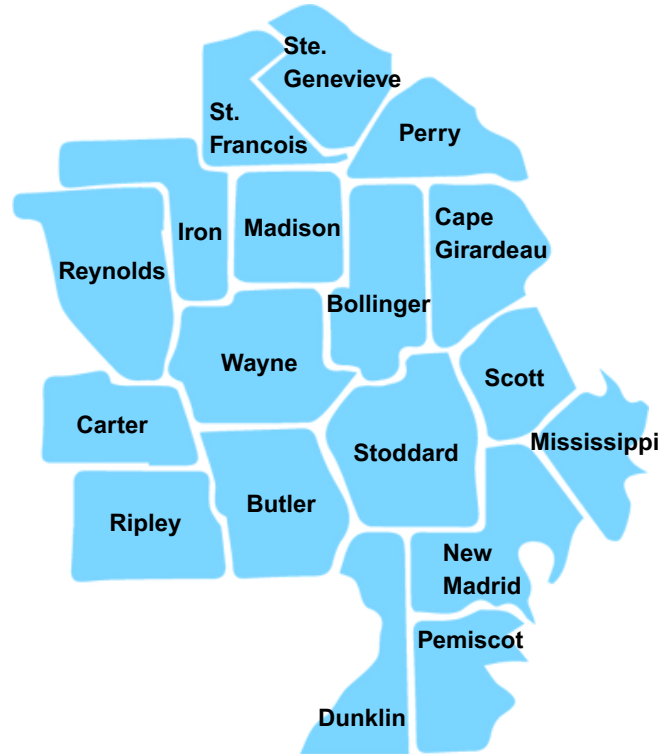
The essential goal of our organization is to provide quality services to enhance the health, safety, and well-being of people who are aged 60 and over, enabling them to live in their own homes for as long and independently as possible.

Aging Matters is governed by a Board of Directors that is comprised of one member from each of our 18 counties. Members are elected by adults, aged 60 and over, living in the county they represent.

Our Mission:

Our mission at Aging Matters is to develop a coordinated delivery system of services to assist and enable older Missourians to remain in their own homes as long as possible and enhance the quality of life for all older Missourians.

Our Service Area:



Contact Us

1-800-392-8771 | 573-335-3331

fax: 1-573-335-3017

info@agingmatters2u.com

www.agingmatters2u.com

Visit Us

69 Doctors Park, Suite B,
Cape Girardeau, MO 63703

Find us on Facebook!



Aging Matters

Serving the older adults of Southeast Missouri for over 50 years.

Because, Aging Matters

Programs & Services:

Nutrition Program

- Area Senior Centers provide nutritious meals, activities, educational programs, and fellowship.
- Home-delivered meals are available for persons aged 60 and older that are physically or mentally unable to visit the center.
- A Distance Dining Program is available for people aged 63 or older residing outside of the delivery area of a Senior Center and are authorized for Medicaid meals.

Dial extension 201 for more information.

Family Caregiver Program

- Education, support, and services to unpaid family or friend caregivers providing assistance with at least 2 activities of daily living in the person(s) home.
- Respite services provide caregivers who need a break from their caregiving duties.
- Limited supply assistance to care receivers with a yearly maximum.
- Dementia education, workshops, and support groups.

Dial extension 204 for more information.

In Home Services

- Limited homemaker and personal care assistance is available to those aged 60 and older.

Dial extension 122 for more information.

Information & Assistance

- Local experts who provide personal guidance to help explore options and connect to available services and resources.
- Assistance with specific topics such as Medicare, Medicaid, Marketplace insurance, Medications, and Social Security.
- Help exploring Medicare Savings Programs and Extra Help (LIS) to keep more money in your pocket.

Dial extension 202 for more information.

Guided Care Program

- A supportive, person-centered approach that helps guide care needs for older adults. As we age, we may find ourselves in a situation where we need assistance navigating the complexities of long-term care.

Dial extension 116 for more information.

Long Term Care Ombudsman Program

- Advocates for individual residents, educates and informs the public regarding resident rights and long term care facility issues.
- Provides information on options to nursing home placement
- Aging Matters contracts with VOYCE to provide Long Term Care Ombudsman services.

Dial VOYCE at 314-918-8222 to contact an Ombudsman or for information about becoming an Ombudsman.

Transportation

- Contracted transportation providers provide essential needs trips to seniors aged 60 and older and disabled individuals aged 18-59.
- For help in determining which provider serves your area, call 1-800-392-8771.

Silver Haired Legislature

- A formally elected body of volunteer citizens aged 60 and older that promote legislative advocacy for Missouri's older adult population.
- Delegates participate yearly in a mock legislative session to debate proposals and vote to determine the top five for which they advocate with the Missouri General Assembly.

Other Services

- Limited legal services.
- Consumer-directed transportation assistance for medical appointments.

**Help us serve the
older adults of
Southeast Missouri!**

Help us support these services
and more!

How to donate:

- scan the QR Code
- visit our website
- give us a call

