



# OPTIONS FOR COMMUNITY LIVING FACT SHEET



The statewide Options For Community Living Program was approved effective February 1, 2001 to serve elderly and disabled individuals. This program is intended to provide home and community based services to assist frail older adults and adults with disabilities to remain in their own homes, avoiding premature institutionalization.

The Commission on Aging and Disability serves as the Administrative Lead Agency for the Waiver, which is administered locally by the Southeast Tennessee Area Agency on Aging and Disability.

## ELIGIBILITY

Individuals wishing to enroll in the Options Program must meet the following requirements:

- Be a resident of the State of Tennessee
- Be 18 years of age or older
- Must have a physical disability
- Must have limitations in Activities of Daily Living and Independent Activities of Daily Living

## SERVICES

Individuals enrolled in the Options Program may be eligible to receive the following services:

1. **Homemaker Services** – Consumers may receive assistance with general household chores such as sweeping, mopping, dusting, making the bed, washing dishes, personal laundry, etc.
2. **Personal Care Services** – Consumers may receive assistance with activities of daily living and related essential household tasks, and other activities that enable the consumer to remain in the home.
3. **Home Delivered Meals** – Nutritionally balanced meals, that provide at least one third but no more than two-thirds of the current daily Recommended Dietary Allowance and will be served in the consumers home.

## SERVICE AREA

The Southeast Tennessee Area Agency on Aging and Disability serves the counties of Bledsoe, Bradley, Grundy, Hamilton, Marion, McMinn, Meigs, Polk, Rhea, and Sequatchie.

## HOW TO ACCESS THE PROGRAM

The Options For Community Living Program allows older persons and persons with disabilities to have independent lifestyles for as long as possible. An Information and Assistance Coordinator takes referrals by phone and screens for eligibility. Eligible consumers are assessed by a Service Coordinator who recommends and arranges for appropriate in-home services. To make a referral call,

**1-866-836-6678**

or

**1-866-TENNOPT**

**Southeast Tennessee Area Agency on Aging and Disability**  
1000 Riverfront Parkway  
P. O. Box 4757  
Chattanooga, Tennessee 37405  
(423) 266-5781  
(423) 424-4225 Fax

*This information is made possible through funds from the Older Americans Act, The Tennessee Commission on Aging and Disability and The Southeast Tennessee Development District/Area Agency on Aging and Disability*

*The Southeast Tennessee Development District/Area Agency on Aging and Disability is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. TDD (423) 752-0640*