



SENIOR & DISABILITY SERVICES FROM ONE CENTRALIZED SOURCE

THE UNITED WAY AREA AGENCY ON AGING

(UWAAA), in collaboration with the Alabama Department of Senior Services, is dedicated to helping all seniors and individuals with disabilities throughout Jefferson County live healthier, happier, more well-informed lives.



From providing hot meals to helping seniors maximize Medicare benefits, UWAAA is here to help. We're a centralized source for information on a wide range of aging-related matters and for practical and innovative solutions to make life easier and extend people's independence.

Through our ongoing research and needs assessment, we constantly review and refine our programs and services to adapt to an ever-changing, dynamic environment. We strive for continuous improvement through new and better ways to help, inform and empower more and more people.

Tell us your concerns and we'll do our best to find a way to help – by explaining our programs, setting appointments, counseling, making referrals or directing you, as needed, to additional resources.

Services from the Area Agency on Aging are provided at no charge to qualified individuals. For program information, call 1-800-AGE-LINE (1-800-243-5463) or visit uwaaa.org.

**1-800-
AGE-LINE**

PROGRAMS AND SERVICES

- **Aging & Disability Resource Center (ADRC):** Call center for information on, and referrals to, assistance programs for seniors and persons with disabilities. Call 1-800-AGE-LINE.
- **Alabama Cares:** Services and support for primary family caregivers of aging relatives and those with disabilities.
- **Homemaker & Personal Care Program:** Temporary in-home assistance with household tasks and personal needs.
- **Legal Assistance:** Legal advice and representation in civil matters, such as government benefits, elder abuse, financial affairs and housing.
- **Nutrition Counseling:** Consultation with our registered dietitian for better health and help achieving personal goals.
- **Older Relative Caregiver Program:** Support for grandparents and other older relatives raising young children.
- **Long-Term Care Ombudsman:** Serves to advocate for the rights of long-term care residents and their families.
- **Preventive Health:** Health and fitness programs designed to improve seniors' ability to remain physically active.
- **Senior Medicare Patrol:** An outreach and advocacy program teaching seniors how to recognize and prevent Medicare fraud.
- **Senior Nutrition:** Nutritious meals and social interaction offered through a network of area Senior Centers.
- **SenioRx:** An assistance program for qualified individuals, offering free or reduced-cost medication for chronic conditions.
- **State Health Insurance Assistance Program (SHIP):** Unbiased, personalized help in navigating Medicare and choosing the benefits that best suit the individual's needs.



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**Area Agency
on Aging**
of Jefferson County

