

Did You Know?

- Frequent mental distress increased 11% between 2016 and 2019, from 7.3% to 8.1% of adults ages 65 and older. (2021 Senior Report)
- Older adults, the development of a disabling illness, loss of a spouse or loved one, retirement, moving out of the family home or other stressful event may bring about the onset of a depressive episode (NAMI, 2009).
- Symptoms of depression and anxiety in older Americans are often overlooked and untreated because they can coincide with other late life problems (APA, 2005).
- The most common risk factors for social isolation were being divorced, separated or widowed, followed by having a disability. (2021 Senior Report)



J.D. Postage, CP, EMSI



Senior Support offers positive support through life's unique challenges. It helps provide a sense of hope and purpose through self-efficacy.

Ageless Counseling & Wellness

www.ageless-counseling.com

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Ageless Counseling
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Ageless Counseling & Wellness

SENIOR SUPPORT PROGRAM

COUNSELING & OUTREACH

Contact with
a referral
today





Senior Support Program

Ageless Counseling & Wellness provides in-home counseling and outreach services for the elderly with a grant from the Fairfield County ADAMH Board. The program is committed to enhancing the lives of older adults, their families and caregivers by providing the needed tools to maintain their independence in their own home.

The program is open to any senior adult age 60 or older who lives in Fairfield County. Or any adult age 55 and older with a disability keeping them homebound.

Services are provided under Medicare benefits. Co-payments are on a sliding scale.

Community Collaborators

Meals on Wheels
COAAA/Passport
Older Adult Network
Adult Protective Services (APS)
Violet Township Community Medic



What We Do

We specialize in home-based counseling and outreach for a wide range of issues:

Depression & Anxiety * Loneliness * Grief and Loss * Adjustment to chronic illness and aging * Caregiver Stress * Compliance with Medications * Community Connections

We help older adults maintain their independence as they age in their own homes by empowering them with counseling, emotional support and services, tailored to the individual needs of each client. After a referral and an assessment, we can provide:

- Counseling
- Outreach assistance with doctors and community providers
- Client/family/caregiver education
- Medication and healthcare compliance
- Substance and Elder abuse intervention
- Increase support systems
- Address barriers to quality of life

Through active listening, strengths and client based counseling, problem solving with client, education, outreach assistance of services and care, referral and advocacy we will:

- Increase quality of life
- Eliminate or decrease symptoms
- Create support systems
- Develop client coping skills and strengths
- Ensure economic stability
- Make community connections



Resources

Fairfieldcounty211.org (Fairfield County 211)

Medicare.gov (Medicare)

AARP.org (AARP)

MoWFC.org (Meals on Wheels)

COAAA.org (Central Ohio Area Agency on Aging)

SSA.gov (Social Security Office)

Officeonaging.org (Adult Protective Services)

Fairfieldmha.org (Fairfield Metropolitan Housing)

Ohio.gov (Ohio Department of Aging)

APA.org (American Psychological Association)