

HOW MAY WE HELP YOU?



Ask about these food programs.

CONGREGATE MEALS provide nutritious and balanced meals, nutrition education, and nutrition risk screening for Kentuckians 60 years and older and their spouses. You can find Congregate Meal sites in your local senior citizen centers, nutrition sites, and churches. Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

HOME-DELIVERED MEALS, also known as Meals on Wheels, provide nutritious and balanced meals that are delivered to the door of a homebound Kentuckian 60 years and older and their spouses. Priority is given to frail and isolated individuals. Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

SENIOR FARMERS MARKET NUTRITION PROGRAM is funded by the United States Department of Agriculture and provides vouchers to qualified Kentuckians age 60 years and older for purchase fresh produce from a certified local farmer. This program is offered in the spring/summer. Contact 1-502-564-9358 for more information, or visit: <http://www.kyagr.com/consumer/senior-farmer-market.html>

FOOD PANTRIES AND FOOD BANKS are places where basic essentials and non-perishable food items are supplied free of charge to people in need. Some food banks have a separate program for seniors. Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (formally known as the food stamp program) is a food benefit program that allows people with little to no income afford healthy food and nutritional diets. Assistance is provided on an EBT (Electronic Benefit Transfer) card, which works much like a debit card. Apply in 2 ways:

1. Visit: <https://www.chfs.ky.gov/agencies/dcbs/dfs/nab/Pages/snap.aspx>
2. and download the application or Call SNAP Benefits Information: 1-855-306-8959



Kentucky Cabinet for Health and Family Services
Department for Aging and Independent Living
275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

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AGING AND DISABILITY RESOURCE CENTER provides a “one stop shop” to identify appropriate community, home, and health resources for Kentuckians 60 years and older and their spouses. Services include Care Coordination and assistance, information referral and awareness, assessment, long-term care future planning, counseling and assistance, employment services, and outreach.

Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

SENIOR CENTER SERVICES provides transportation, counseling, education, disease prevention and chronic disease management, health promotion, and telephone reassurance for Kentuckian 60 years and older and their spouses. Priority is given to frail and isolated individuals. Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

IN-HOME SERVICES provides case management, chore, homemaking, personal care, respite, friendly visiting, assisted transportation, home health aides, minor home repair, and escort for Kentuckians age 60 years and older and their spouses. Priority is given to frail and isolated individuals. Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) provides one on one counseling, presentations to community groups, printed educational informational material and referrals or connections to other agencies. Call toll free at 1-877-293-7447 (*option #2) or call (502) 564-6930 and ask for a SHIP counselor for help.

FAMILY CAREGIVER PROGRAM provides caregivers and grandparents information and assistance, counseling, support groups, training, respite, supplemental services, supplies and personal care needs for those they care for.

Contact your local Area Agency on Aging or call 1-877-925-0037 to apply or for more information.

PARTICIPANT DIRECTED SERVICES (PDS) formally Consumer Directed Options (CDO) allows Medicaid waiver members or those that qualify to choose their own provider for non-medical and non-residential services.

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