Healthy Aging Programs

OFFICE OF NUTRITION AND HEALTH PROMOTION PROGRAMS

Nutrition
This is our largest health promotion program. Funded in part by the Older Americans Act, our nutrition programs provide congregate and home-delivered meals, nutrition education, informal safety checks and volunteer opportunities to older adults in an effort to maintain their ability to reside within their home. This funding provides formula grants to states, territories and Tribal organizations.

Chronic Disease Self-Management
ACL funds competitive grants supported through the Prevention and Public Health Fund (PPHF) to enhance the delivery and sustainability of evidence-based chronic disease self-management education (CDSME) programs. We also support a National CDSME Resource Center which is tasked with providing technical assistance and support to organizations across the country offering these proven programs.

Falls Prevention
ACL funds grantees across the U.S. implementing evidence-based programs that reduce older adults' risks of suffering from a fall. We also fund the National Falls Prevention Resource Center, coordinating work across the country to prevent these all-too-common and costly events.

Oral Health
ACL Oral Health (https://oralhealth.acl.gov/) includes a searchable database of community-based oral health programs across the nation and a comprehensive Community Guide to Adult Oral Health Program Implementation (Oral Health Guide) that offers guidance to communities interested in starting or enhancing an adult oral health program.

Behavioral Health
ACL supports evidence-based programs in the community to help older adults manage their behavioral health conditions. We maintain a webpage with behavioral health information for older adults.

Healthy Aging Collaborations
We are active members of many collaborative workgroups, such as the: National Coalition on Mental Health and Aging, National Action Alliance for Suicide Prevention, National HIV/AIDS Strategy Workgroup, Dietary Guidelines for Americans and Dietary Supplements Committees, LGBT Policy Coordinating Committee, and HHS Oral Health Coordinating Committee, among others.

For more information, visit: https://www.acl.gov/index.php/programs/health-wellness

ACL.gov
ACL is an operating division of the U.S. Department of Health and Human Services.
As a unit of the Administration for Community Living, AoA provides expertise on program development, advocacy, and initiatives for older Americans and their caregivers and families. Working with regional offices, local agencies, grantees, and community providers, AoA directs programs authorized by the Older Americans Act (OAA) and other legislation that supports older adults. AoA is led by the Assistant Secretary for Aging and the Deputy Assistant Secretary for Aging.

National Aging Services Network

The OAA established a national network of federal, state, and local agencies to provide services that maximize the independence and well-being of older adults in their homes and communities. Known as the Aging Services Network, this group supports individuals age 60 and older across the U.S. Network agencies focus on older adults in greatest need of supports, including people with low incomes, those in rural areas, and members of minority groups. Headed by AoA, the Network includes State Units on Aging, Area Agencies on Aging, and Tribal organizations supported by tens of thousands of community service providers and volunteers.

State Units on Aging (SUAs)
SUAs are responsible for developing and administering multi-year state plans that advocate for and aid older residents, their families, and, in many states, adults with physical disabilities. The 56 SUAs are in each of the 50 states, the District of Columbia, Guam, Puerto Rico, American Samoa, the Northern Mariana Islands, and the Virgin Islands.

Area Agencies on Aging (AAAs)
AAAs are public and private nonprofit agencies that address the needs of older adults at the regional and local levels. AAAs coordinate and offer services that help older adults to choose services and living arrangements that suit their unique needs and preferences. There are currently more than 600 AAAs.

Tribal Organizations
Organizations of federally recognized Tribes focus on planning and delivering supportive services, caregiver support services, and nutrition services to American Indian, Alaskan Native, and Native Hawaiian elders.

ABOUT THE OAA

In 1965, Congress passed the OAA in response to a lack of community social services for older citizens. It established state grants for community planning and social services, research and development, and personnel training in the field of aging. The law also established AoA as the federal hub for matters concerning older adults.

Today, the OAA is a vehicle for the organization and delivery of a wide range of supportive services to older adults as well as their families and caregivers. Reauthorized in 2016, the OAA funds:

- Social, nutrition, health promotion, and disease prevention programs;
- Community service employment;
- Caregiver support programs;
- Training, research, and demonstration activities; and
- Activities that advance rights of vulnerable older adults.
AOA Offices

**Office of Supportive and Caregiver Services:** Works with the Aging Services Network to implement and enhance programs of home and community-based services, information and assistance, senior centers and caregiver support services at the state and community levels. This includes providing technical assistance to the Network on the implementation of formula and discretionary grant programs, transportation and housing programs, and guiding the agency in dementia-specific programs and policy development.

**Office of Nutrition and Health Promotion Programs:** Manages programs that prevent or delay the onset of disease and promote improved health outcomes for older adults, including evidence-based chronic disease self-management education and falls prevention interventions, congregate and home delivered meals, oral health, and behavioral health. This work is accomplished by administering discretionary and formula grants, and through the provision of technical assistance to Aging Network partners on program implementation and sustainability via business acumen concepts and practices.

**Office of Long-Term Care Ombudsman Programs:** Manages the implementation of states' OAA-funded Long-Term Care Ombudsman programs, which serve as advocates for residents in long-term care facilities. Advocates for federal policies that protect and benefit the health, safety, welfare, and rights of residents in long-term care facilities.

**Office of Elder Justice and Adult Protective Services:** Directs the operation and assessment of OAA and Elder Justice Act programs on elder abuse prevention and intervention, including adult protective services; legal assistance services; economic security for older adults. Administers the implementation of comprehensive Adult Protective Services systems to provide coordinated responses to abuse, neglect, and exploitation of older adults and adults with disabilities.

**Office for American Indian, Alaskan Native, and Native Hawaiian Programs:** Federally recognized tribes focus on planning and delivering supportive services, caregiver support services, and nutrition services to American Indian, Alaskan Native, and Native Hawaiian elders.

---

**Eldercare Locator**

The Eldercare Locator is AoA's free public service that connects older adults, families, and caregivers with aging information and local resources. The website offers fact sheets and outreach materials as well as a database of community resources that can be searched by topic or location. Information specialists are available by phone, online chat, and email. Hours of operation are Monday through Friday, 9 a.m. to 8 p.m. ET.

[www.eldercare.gov](http://www.eldercare.gov)
800-677-1116 (toll-free)

---

**Older Americans Month**

Each May, AoA leads our nation's celebration of Older Americans Month. Proclaimed by every President since John F. Kennedy, the observance is a time to recognize the contributions of older Americans and an opportunity to highlight important aging issues and trends. AoA maintains the Older Americans Month website and creates all materials found at[ oam.acl.gov](http://oam.acl.gov).
National Family Caregiver Support Program

RESOURCES FOR UNPAID CAREGIVERS

Family caregivers are the backbone of America's long-term care system. According to the National Association of Area Agencies on Aging, more than 65 million Americans are caring for an older adult or someone living with an illness or disability. This translates to nearly 30 percent of the general population.

Research shows that most people want to stay in their homes and communities for as long as possible. It is also more economical to "age in place." But to remain in their homes, many people must rely on family, friends, or neighbors for assistance. The cost of this informal—or unpaid—caregiving for older Americans alone is estimated at $522 billion a year, according to a study by RAND Corporation. By contrast, the cost of skilled nursing care is estimated at $642 billion a year.

Caring for an older adult or someone living with an illness or disability, however, is often a 24/7 responsibility that takes its toll—physically, emotionally, and financially. Providing support to these unpaid caregivers is critical to enable them to continue in their roles.

About the Program

Established in 2000, the National Family Caregiver Support Program provides grants to states and territories to fund services that assist unpaid caregivers. These services—which work in conjunction with other state and community-based resources—include:

- Information about services available to caregivers
- Assistance on how to get access to those services
- Caregiver training
- Individual counseling and support groups

ADDITIONAL RESOURCES

ARCH National Respite Network and Resource Center
ARCHrespite.org

Caregiver Action Network
caregiveraction.org

Family Caregiver Alliance – National Center on Caregiving
caregiver.org

Generations United
gu.org

National Alliance for Caregiving
caregiving.org

ACL.gov

ACL is an operating division of the U.S. Department of Health and Human Services.
NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM:
RESOURCES FOR UNPAID CAREGIVERS

- Respite care to give people a temporary break from their caregiving responsibilities
- Supplemental services (on a limited basis), such as transportation, home modifications, and medical equipment
- Family members or other informal caregivers age 18 or older who are providing care to individuals of any age with Alzheimer's disease or related disorders
- Older relatives (not parents) age 55 or older who are providing care to children under the age of 18
- Older relatives, including parents, age 55 or older who are providing care to adults ages 18-59 with disabilities

Native American Caregiver Support Services
ACL also awards grants to assist American Indian, Alaskan Native, and Native Hawaiian families who are caring for older relatives with a chronic illness or disability, and grandparents caring for grandchildren. The program offers a variety of services that meet a range of caregivers' needs. Services include information and outreach, access assistance, individual counseling, support groups and training, respite care, and other supplemental services.

For more information, please visit acl.gov/programs/services-native-americans-oaa-title-vi.

Eligibility
People who are eligible to receive services include:
- Family members or other informal caregivers who are providing care for an adult age 60 or older

HOW DO I FIND HELP IN MY COMMUNITY?
Eldercare Locator is a public service provided by ACL’s Administration on Aging. It connects older adults and their families and caregivers with local support resources. Eldercare Locator can be reached at 1-800-677-1116 or eldercare.gov.

Last Updated: July 2018

ACL.gov
ACL is an operating division of the U.S. Department of Health and Human Services.