

It's the time in your life when you need extra care to keep yourself safe and healthy. You may be advised that living in a nursing facility is the wisest place to be. And that may be true. But have you considered an alternative?

A program called Nursing Home Transition can help you to move back into your community and the living situation of your choice, be it back to your home or to another house or apartment.

That's right! You have an option if you are

- › currently living in a nursing facility;
- › 60 years of age or older OR 18 years of age or older with a physical disability that is expected to last at least 12 months AND
- › able to direct your care and handle your financial and legal matters either independently or with support.

This brochure has more information about the types of services offered by Nursing Home Transition.

DHS IS

responsible for providing and administering publicly funded services to Allegheny County residents.

DHS PRINCIPLES

All services will be

- high quality, comprehensive, and accessible.
- individualized and designed to be respectful of the unique cultural characteristics of each individual and/or community
- integrated and offered through a team approach that recognizes the capacity of individuals and families to identify their own strengths, needs, and goals; create relationships with natural supports; and take steps necessary to accomplish these goals.



Area Agency on Aging

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The Allegheny County Department of Human Services does not discriminate against anyone on the basis of a protected class including: race; color; religion; national origin; ancestry or place of birth; sex; gender identity or expression; sexual orientation; disability; marital status; familial status; age (40 and older); use of guide or support animal because of blindness, deafness, or physical disability.

*DHS funding information is available at www.alleghenycounty.us/dhs/funding.aspx
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Area Agency on Aging

Nursing Home Transition

supports your decision to live in your community



**ALLEGHENY COUNTY
DEPARTMENT OF
HUMAN SERVICES**

alleghenycounty.us/dhs



What is Nursing Home Transition?

Nursing Home Transition* offers older adults and adults with disabilities a home-environment alternative to living in a nursing facility. Specialists from the Allegheny County DHS Area Agency on Aging will work with you (or your loved one) to determine what home- and community-based services are needed so you can safely return to your home or live independently in an apartment or house.

In addition, funding may be available to help with one-time expenses related to your move.



"I lived in a nursing facility in one county but I wanted to live near my twin sister in another county. I use a wheelchair so my new home needed to be accessible. Transition funds and services helped me to secure accessible housing just five minutes from my sister. An accessible van took me across county lines for my evaluation for transition and to the store where I proudly selected my new furniture. At 46, I enjoy living in the community of my choice and being on my own and independent!"

Available Services

You may be eligible for these and other services:

- › Adult day services
- › Advocacy
- › Assistance finding or accessing social and recreational opportunities
- › Accessing equipment not available through health insurance
- › Home-delivered meals
- › Home modifications
- › Locating affordable housing
- › Long-term living counseling
- › Payment of one-time expenses including:
 - › Security deposits
 - › Home modification for accessibility
 - › Furniture purchases
- › Peer support and skills training
- › Personal assistant services
- › Personal emergency response systems
- › Respite for caregivers
- › Transportation



* operated by the Allegheny County Department of Human Services, Area Agency on Aging (AAA)

When you're ready to discuss your options, please ask your facility social services staff to make a referral for you or you can refer yourself by calling 412-350-1354, 412-350-1344 or emailing us at SeniorLine@alleghenycounty.us



For more information about all the services available through AAA you can also visit: alleghenycounty.us/older-adults

Nursing Home Transition Partners

Allegheny County DHS Area Agency on Aging

Pennsylvania Departments of Aging, Health, and Human Services

Local County Assistance Offices

Local centers for independent living

Home- and community-based providers

Organizations representing nursing facilities