

THE SENIOR SOURCE

2022 INCOME GUIDELINES MEANS SAVING FOR SENIORS



You may be able to lower your co-pay for income based services, such as in-home services, minor home repairs, household systems and accessibility safety modifications.

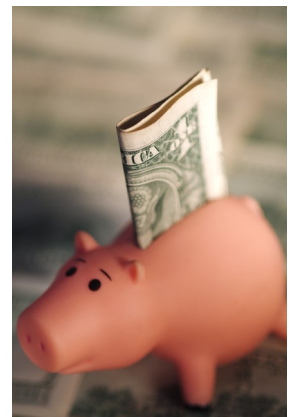
The PCSF Board of Directors established new income guidelines to reflect current poverty statistics.

Co-pay benefits are determined by the average monthly income received from:

- ◆ Social Security
- ◆ Pension
- ◆ Rental Property
- ◆ Taxable Interest
- ◆ Dividend Earnings

Please review these new guidelines. If your co-pay falls in a new category you may:

- ◆ Call to schedule a reassessment
- ◆ Mail copies of all income documents



If your co-pay level does change, you and your provider will be given notice of the new level and effective date for the change.

Individuals

- \$ 0.00 ~ \$1,342 = No Co-pay
- \$1,343 ~ \$2,061 = 25% Co-pay
- \$2,062 ~ \$2,780 = 50% Co-pay
- \$2,781 ~ \$3,499 = 75% Co-pay
- \$3,500 or above = Private Pay Referral

Couples

- \$ 0.00 ~ \$1,815 = No Co-pay
- \$1,816 ~ \$2,788 = 25% Co-pay
- \$2,789 ~ \$3,761 = 50% Co-pay
- \$3,762 ~ \$4,735 = 75% Co-pay
- \$4,736 or above = Private Pay Referral

NEW PROGRAMS

Evidence-Based Falls Prevention Programs

A Matter of Balance – This program is designed to reduce fear of falling, diminish the risk of falling, and improve activity levels. Class meets once or twice weekly for eight sessions.



Walk with Ease – Participants meet three times weekly for six weeks to build confidence in order to be physically active. Includes exercises, personalized walking routines, and free walking guidebook.

Tai Chi for Arthritis and Falls Prevention – A safe way to relieve arthritis pain and gain balance, strength, and flexibility. Tai chi can be done both seated and standing; classes meet twice weekly for 45-60 minutes.

Chronic Disease Self-Management Education

The ***Chronic Disease Self-Management Education*** programs will assist older adults to better manage their chronic condition, improve their quality of life, and lower health care costs. The six-week classes, participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

- ◆ Chronic Disease Self-Management
- ◆ Chronic Pain Self-Management
- ◆ Diabetes Self-Management

Platte County Senior Fund providing Evidence-Based Chronic Disease Self-Management Education and Falls Prevention Programs for Platte County residents 60 or older at no charge. **Visit our website for information on upcoming classes and how to register.**

SENIOR CITIZEN DISCOUNT

Platte County residents 60 years old or older can receive up to \$30 off your class fees at the time of registration. A valid ID card/documentation is required, and the discount is limited to one per resident per catalog. This opportunity is funded through the Platte County Senior Fund. Register early as funding is limited.

Please call to register and receive the discount

- ◆ Northland Career Center at 816-858-5505
- ◆ Park Hill Community Education at 816-359-4060

For more information call: Platte County Senior Fund at 816-270-2800



If you would like an E-newsletter please visit our website at www.platteseniors.org