**Your PCOC Action Plan:**

**Consumer background/preferences:**

Tom is a 61-year-old, recently widowed, male who lives in a low-income (as described by Tom) area of Newport and works in a grocery store. Tom used to be (and prefer to be) very sociable, but now spends most of his time alone since he lost his wife. Tom is beginning to have joint, back and neck problems, sometimes severe and probably due to all of the lifting at work. Tom doesn’t have health insurance and living paycheck to paycheck. Tom prefers to personal matters with only closed relatives, but Tom’s daughter suggested calling the DHS for HCBS personal care assistance and/or group meal site to help you get out of the house. Tom has always been active in his church community. Family is extremely important to him and he receives a visit from his daughter and granddaughters twice a week. Tom discussed different HCBS options. Tom preferences is to stay close to his home, close to family, his church and continue to work and identified as PACE as a good option.

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| **Goal:** Tom wants to continue working at the grocery store but expand access to community activities.**Action Steps:** - Tom will contact the local community table site as he indicated that he enjoys sharing meals with others but hasn’t done so since losing his wife.Tom will contact the local senior center to see what activities that are may be of interest such as Tai Chi, bingo, and other activities. **Service Options:** **Community Tables**: Across Rhode Island, there are approximately 70 Community Table meal sites. In addition to providing opportunity to partake in a nutritionally appropriate meal, Community Tables are an important source of connection and engagement by bringing neighbors together.Contact Information:There are five community-based organizations that oversee the management and operations of each community table: * Aging Well Inc: 401-766-3734
* Blackstone Health: 401-728-9290
* East Bay community Action: 401-490-1152
* Meals on Wheels of RI: 401-351-6700
* West Bay Community Action: 401-921-5146

**Senior Centers**: Senior & resource centers offer an array of educational and recreational opportunities that help people thrive. Services and resources include volunteer opportunities, recreation, group activities, counseling, information and referral, continuing education, and other support services for seniors. Most locations also provide hot lunches, outreach, transportation, and health services.Contact Information:* **Phone: 401-462-3000**
* Website: <http://oha.ri.gov/what-we-do/connect/senior-resource-centers/>
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| **Goal:** Tom plans to visit a doctor to discuss new neck, back, and other pain and receive annual checkup. **Action Steps:** - Tom will contact the RI Free Clinic to have his annual healthy screening and ask about recent pain.- Tom will begin application for Medicaid PACE program. **Service Options:** **Rhode Island Free Clinic**: Provides free, comprehensive medical care and preventive health services to adults who have no health insurance and cannot afford health services.Contact Information: * Phone: 401-274-6347
* Website: <https://www.rifreeclinic.org/>

**Program for All-inclusive Care for the Elderly (PACE):** Provides comprehensive health care services and supports to older adults who live at home or in another community setting and eligible for Medicaid LTSS.* Medicaid LTSS beneficiaries who choose to take part in PACE will receive all their health care through the program.
* **An individual or family member can learn more by calling a PACE enrollment specialist at** 401-490-6566.
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| **Goal:** Tom wants to continue to stay at home and in the community forever without burdening family. **Action Steps:** - Contact **Office of Rehabilitation Services-Vocational Rehabilitation** AND **Ocean State Center for Independent Living (OSCIL)** to help maintain independence in the community and continue to work.**Service Options:** **Office of Rehabilitation Services-Vocational Rehabilitation:** Helps individuals with disabilities to choose, prepare for, obtain, and maintain employment.**Contact Information:*** Phone:
* Voice: 401.421.7005
* TTY: 401.421.7016
* Spanish: 401.462.7791
* Website: <http://www.ors.ri.gov>

**The Ocean State Center for Independent Living (OSCIL):** OSCIL provides consumers and their families, service providers, and thegeneral public with information on a wide array of community resources and disability services. OSCIL also offers a variety of assessment, training, and assistance services to enhance, through self-direction, the quality of life of persons with disability and to promote integration into the community.**Contact Information:****•** Phone: 866-857-1161• Website: <http://www.oscil.org/index.html>  |
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