

Homemaker Services



The focus of the program is to aide individuals who have a disability or ailment that restricts them from being able to upkeep their home independently and/or without risk

Home Care Services are the provision of light-duty housekeeping. Including:

- Light-duty housekeeping includes vacuuming, mopping, dusting, making beds, changing linens, washing dishes, and routine maintenance of the person's home.
- Preparing nutritious meals within dietary guidelines.
- Laundry in the home or at a commercial laundry
- Performing errands and grocery shopping.
- Transporting and accompanying persons to medical appointments, on errands and grocery shopping trips.
- Simple Money management and assistance planning and budgeting expenditures.

A living Assistance Worker will go into the home for up to two(2) hours per week and provide light-duty housekeeping to the areas of the home that the client primarily uses. The purpose is to free there areas of clutter, unsafe or unsanitary conditions so that the person can rehabilitate and/or recover and continue to live in their own home without risk. We are a non-medical service therefore the Living Assistance Worker does not administer medication, provide personal care, dress wounds or provide any type of medical or nursing care.

The Living Assistance Worker can provide information and referral for resources and assistance.

The person receiving services must be 60 or older, have a condition that restricts their ability to do their own housekeeping and live alone. If the person is the recipient of the D&E, PCO, the Mi Via program, or they have a caregiver then they would not be eligible for services. If you are in need of these services you may contact our office to make a referral. An appointment will be arranged in order to conduct an assessment to establish eligibility and need for services.

MOW'S Services



The focus of the MOW's program is to aide individuals who have a disability or ailment that restricts them from being able to prepare their own meals independently and/or without risk

MOW's services consist of being able to provide 100% of the required daily allowance for senior citizens. The service components are as follows:

- To provide 100 % of the required daily allowance for senior citizens.
- Delivery to your door of a hot nutritious lunch tray and a cold breakfast.
- Program offers one meal plan to all clients.
- Program is based on a suggested donation of \$2.50 per person/per day.
- Frozen weekend meals are available based on eligibility.

Eligibility:

- Be 60 years of age or older.
- Have health problems or a disability that prevents you from preparing meals.
- You must live alone, or with someone who meets the same qualifications.
- You must be homebound
- You must not be enrolled in any social services program that assigns a caregiver/ home health provider who can prepare meals.
- Generally the senior should be unable to routinely shop for food for themselves.
- You must live within city limits

If you feel that you meet these qualifications you can call our office and an office assistant will do an intake which entails general information such as name, address and telephone number. An Office Assistant will screen your request by asking you basic eligibility questions. The Office Assistant will also ask for a short brief summary of what prevents you from following through with meal preparations.

The intake is assigned to a MOW's Case Manager. The Case Manager will schedule a home visit within five working days. The Case Manager will complete a thorough assessment to determine your eligibility for Meals on Wheels.

Caregiver Respite Services



The focus of the program is to assist caregivers who are caring for their loved ones.

A relief caregiver will be provided in order to provide respite for the fulltime caregiver. Respite service eligibility are as follows:

- Client must be 60 years and older
- Live within the city limits
- No income Required

Grandparents Raising Grandchildren



The focus of the program is for grandparents or other relatives serving as the primary caregiver for a child under the age of 18 years.

The primary caregiver must be 60 years or older and live within the city limits.

We may be able to assist you with the following:

- Counseling
- Utility Bills
- Clothing
- Respite services including child care
- School Activity or other sport activity fees
- Social and Recreational activities such as sports, dance, camps, etc.
- Medical and Legal services
- Respite services including child care
- School Supplies

Case Management



The focus of High Risk Case Management is to provide a high level of comprehensive wrap-around services to clients at risk for out of home placement.

Services are intended to facilitate the accessing, coordination, referring, linking, and monitoring of services from multiple systems of care for clients of In-Home Services. High risk case management affords clients with medical and potential for out of home placements the opportunity to participate in their own treatment planning for safe in-home settings or transition to an appropriate out-of-home placement. It ensures that the individualized service plan is created for the client by facilitating and linking to appropriate service interventions by coordination, advocacy and desired needs of the client. Services make every attempt in assisting client to interact within community services and supports them in maintaining their independence. Every case is treated individually and will continue with the case manager until risks have been eliminated and client may proceed with assistance from other support networks. Services are provided in the least restrictive environment with respect for the clients needs and desires.

Most referrals are made in house or from other In-Home Services, however community referrals are accepted. A client has to be registered with Senior Programs to receive case management services. A visit to the referring client is made and additional assessment information is collected to determine risk and needs. Clients are informed of available community based programs, basic requirements and procedures for application. Family, friends and professionals are invited to participate in creating a supportive network to help improve the quality of life.

Resource Center



The focus of the program is to provide information, referral, assistance and advocacy to seniors.

We provide information, referral, assistance and advocacy to seniors. We provide free information by phone, in person or by mail. We do not endorse or recommend any specific service provider. We provide clients with accurate and unbiased information for making informed choices.

- Medicare and Medicaid questions
- Explaining eligibility requirements for programs and services
- Give referral phone numbers and contact names for the appropriate agencies
- Assist clients with language/literacy barriers
- Advocate for the rights of seniors
- Help with legal issue referrals
- Referrals to sources for free or reduced cost of medications
- Other General assistance pertaining to seniors

Contact the Resource Center Advocates @ 528-3307 or 528-3301. Out office is located at 975 S. Mesquite St. Munson Senior Center.

Other Senior Program Information

Other Senior Programs

Retired & Senior Volunteer Program

975 S. Mesquite Phone: 528-3000

Senior Nutrition Program

Phone: 528-3012

(Reservations/Cancellation)

Outside City: 1-800-397-3544

Senior Olympics

Mesilla Park Center Phone: 541-5171

Dial-A-Ride Senior Transportation

Phone: 541-2777

Call 24 hours in advance

Senior Centers

Benavidez Community Center

1045 Mc Clure Rd.

(Phone calls directed to Munson center)

Eastside Community Center

310 N. Tornillo

Phone: 541-2304 or 541-2305

Munson Senior Center

975 S. Mesquite Street Phone: 528-3000

Mesilla Park Community Center

304 W. Bell Phone: 541-2455

Sage Café

5589 Porter Drive

(Phone calls directed to Munson Center)

Information & Assistance

Alzheimer's Association

Las Cruces 647-3868 Outside City: 1-888-588-0005

Senior Companion/Foster Grandparents Program

1101 N. Solano Drive Phone: 521-9814

Adult Protective Services

760 N. Motel Blvd. Suite A Phone: 524-6400

D&E Waiver

2550 Cerrillos Road. Phone: 1-800-432-2080

Social Security

2141 Summit Court Phone: 523-0771

Income Support Division

655 Utah Ave Phone: 524-6500

Activities and programs at our centers are open to all who are 50 years and older.
(Age 60 and older for the Nutrition Program)

There are no income or residency requirements to participate in Senior Programs!

Senior Programs is on the Web! www.las-cruces.org/public-services/Senior-Programs/
Visit our site for the latest in program news, activity calendars, volunteer opportunities and special information for Las Cruces senior citizens and family care givers.

This project is funded in part under an Agreement with the Non-Metro Area Agency on Aging.

