

THE IDAHO COMMISSION ON AGING
ASSISTING IDAHOANS TO AGE SUCCESSFULLY
Social Support Resources

The ICOA provides services and resources to assist people to age successfully. Being prepared can make the difference as can knowing where to find resources when a disaster or crisis situation occurs. Below are some of the social support resources available to you. Please investigate those you think may be most helpful. If you want assistance in identifying and initiating services, contact your local [Area Agency on Aging](#) (AAA).

PHYSICAL

- Review disaster preparedness checklists (FEMA)
Familiarize yourself with checklists and prepare GHO! bags
- [Steps to prepare for an Emergency](#)
Prepared by the Idaho inclusive Emergency Coalition (IEEC) and SILC
- Arrange for programs and services
[Transportation](#), [homemaker](#) and [chore](#)

INFORMATION AND RESOURCES

- [ICOA website](#)
 - Programs and services
[Transportation](#), [homemaker](#) and [chore](#) assistance
 - State and local resources
 - Learn about [Social isolation and loneliness](#)

- ICOA Video Series
 - [Let's End Loneliness](#)
 - [Healthy Caregiving](#)
 - [Caregiving Skills](#)
 - [Dementia Skills](#)
- [Health promotion workshops](#)

Free workshops provide interaction and are offered in-person or virtually. They offer the knowledge and skills to improve self-management of conditions like diabetes and chronic pain that can be even more important in a disaster or crisis. There are also classes offering Powerful Tools for Caregivers.

EMOTIONAL AND PHYSIOLOGICAL

- [Local AAA](#) Friendly Caller program
Receive a simple phone call to chat and connect with a real person
- [Congregate meals](#) at your local senior center
- [Home delivered meals](#) for those who have difficulty leaving their home
- Local activities (senior centers, civic/service groups, libraries, churches etc.)

ATTITUDE TRANSMISSION

- Find a friend or neighbor to call, meet or even e-mail or video chat together
- Support groups (formal or informal)
- Professional counselor

THE BIG PICTURE

Idaho's six AAAs are the core of our No Wrong Door (NWD) network. NWD provides information and assistance for individuals needing public or private resources, professionals seeking assistance on behalf of their clients, and individuals planning for their future long-term care needs. The NWD streamlines access to long-term services and support (LTSS) options for older adults and individuals with disabilities.

Finding the right services can seem daunting. There are options for services and supports in home, residential, and institutional settings. They can be available from various federal, state, and local agencies as well as non-profit and for profit organizations. Each of these often use complex procedures, many of which result in duplicating efforts. People trying to find services, especially when vulnerable due to stressful circumstances, frequently find themselves overwhelmed. It can result in giving up or settling on the "easiest" options which are often the most expensive and/or are simply not a good match for the person involved.

[Contact your local AAA](#) to learn more about the programs and services that may be available to you.