



# South Dakota Department of Social Services

Adult Services and Aging Programs

**DSS**   
Strong Families - South Dakota's Foundation and Our Future



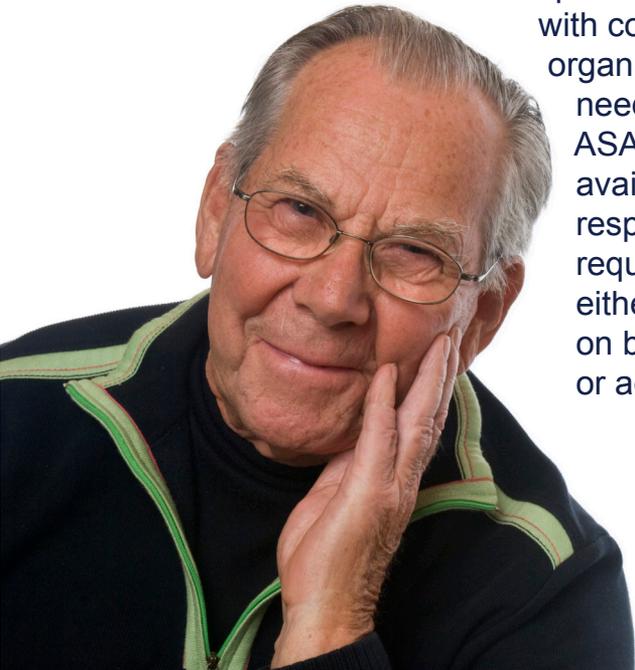
# Introduction

Adult Services and Aging (ASA) provides opportunities to enable older South Dakotans and adults with disabilities to live independent, meaningful and dignified lives while maintaining close family and community ties. Through various programs, ASA provides or purchases services for older persons or adults who are disabled and are determined eligible for the programs.

ASA promotes in-home and community-based services to prevent or delay premature or inappropriate institutionalization. In-home services are available to those who need assistance with routine household tasks. Recipients of these services may be recovering from an illness or have physical limitations.

ASA field staff directly provide assessment and case management services to evaluate the needs of the individual. Based on the assessment, appropriate services are authorized and an Individual Care Plan is developed with the needs of the individual specifically identified. ASA

specialists may also work with community groups and organizations to identify needs of older citizens. ASA Specialists are available statewide to respond to inquiries or requests for services, either from the individual or on behalf of an older adult or adult with disabilities.



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# Eligibility Criteria

To be eligible for most Adult Service and Aging programs, individuals must meet the following criteria:

- Be a South Dakota resident and either a U.S. citizen or a legal alien
- Be at least 18 years of age
- Complete an assessment that demonstrates the need for services exists
- Have no other social resources or individuals willing or capable of assisting with the needed services, other than a caregiver providing help to an individual
- Be willing to submit an Income and Resources check to determine eligibility for some programs
- Is blind, chronically ill, has a permanent physical disability that severely restricts mobility, or has an acute medical condition that severely restricts mobility and requires temporary services
- Is not eligible for other state programs that provide the same or like services
- Has the potential of entering a nursing or assisted living facility unless the services are provided
- Resides at home
- Is able to share in the cost of needed services, when required

## **Additional criteria taken under consideration include:**

- Whether the individual is in jeopardy of entering a nursing facility
- Has a doctor's referral indicating individual is not to perform certain household tasks and has deficits in two activities of daily living or may require substantial supervision due to a cognitive impairment with the exception of homemaker and nursing services

## **Resource and Income Information Form:**

Individuals applying for services and programs may be asked to complete a Resource and Income Information Form to determine program eligibility and whether the individual will share the monthly cost.

Completion of an Income and Resources Information Form enables the Adult Services and Aging Specialist to determine the applicable cost share amount, if any. Countable income is the final income figure after out-of-pocket medical deductions and extraordinary financial adjustments have been deducted.

For some programs the household's resources may not exceed \$40,000 for a single individual and \$45,000 for a married couple. Adult Services and Aging Specialists provide information and referral and in-home assessments to determine eligibility for services at no cost to the customer.

# Adult Day Services

Adult Day Services provide structured activities, care and supervision outside of the home for part of a day. This enables the primary caregiver to work or pursue other daytime activities and provides a needed respite for the caregiver.

## Services

Adult Day Services must develop an Individual Plan of Care which meets the activity and service needs of the individual. The program also offers a nutritious meal at lunch time and snacks during the day. Limited nursing services such as health screening, blood pressure checks, medication management and a general assessment of the individual's condition may be provided.

## Locations

An Adult Day Services program can be co-located within a senior center, nursing facility, assisted living, hospital, church, child day care or stand alone program. For a list of Adult Day programs, contact your local ASA office or visit our website at [www.dss.sd.gov](http://www.dss.sd.gov). A list of local offices can be found on page 20.



# Adult Foster Care

Adult Foster Care homes provide room, board and general supervision of personal care services in a family home. Adult Foster Care can meet the needs of adults who require periodic or regular assistance with activities of daily living, but do not require nursing services. Examples of “daily living” include dressing, bathing, eating, brushing teeth, combing hair, etc.

## Services

Adult Foster Care providers must provide the following services and items: shelter, at least three meals a day, assistance with personal care, companionship, assistance with daily living activities, expendable items used by the customers in small quantities such as facial and toilet tissue and personal items such as towels and soap, laundry services, non-medical transportation and socialization.



# Adult Protective Services

Adult Protective Services provides assistance to individuals residing in the community who are at risk of abuse, neglect, financial exploitation, or self neglect.

## **Reporting Abuse, Neglect & Exploitation**

Contact your nearest Adult Services and Aging office or local law enforcement agency. Refer to the list of ASA local offices on page 20

Members of South Dakota's Indian Tribes should note that Tribal Ordinances may have different definitions of abuse, neglect and exploitation and different reporting requirements. Referrals regarding individuals residing on tribal lands should be referred to the appropriate tribal authority.

## **When to Report**

If you know or have reasonable cause to believe someone needs protection, call 605.773.3656 or toll-free at 1.866.854.5465.

# Assisted Living

Assisted living is a residential alternative promoting maximum independence for each resident through a combination of supportive services and assistance. Assisted living centers vary in size, style and the optional services they may offer.

An assisted living center is required to provide assistance with daily living activities including:



- Eating
- Bathing
- Dressing and personal hygiene
- Three meals a day
- Supervision of self-administration of medications
- Laundry services
- Housekeeping
- 24 hour staffing

Assisted living centers may accept certain restricted admissions if they meet additional

licensing requirements under South Dakota Administrative Rules 44:04:04:12.

# Assisted Devices

Assistive devices are preventive tools and have the potential to increase an individual's independence. Research shows that the use of assistive devices can reduce health care costs, help people avoid further injuries, and reduce the need for institutional care.

South Dakota's changing demographics include the aging of our population and an increasing number of persons with disabling conditions. Recent trends in healthcare have individuals returning home from the hospital earlier in their recovery. Accessible, safer homes make it possible for some individuals to leave rehabilitation or nursing facilities for home.

# Caregiver Program

The South Dakota Caregiver Program provides support and training to family members and friends who assist individuals with the normal tasks of daily living. A caregiver must be a family member or friend who is an informal, unpaid provider of care to a person who meets certain eligibility requirements. Examples include an individual over age 60 and/or affected by Alzheimer's disease or related organic brain syndromes. A caregiver assessment is completed to assist in identifying needed supports and community resources.



# Homemaker Services

Homemaker Services may delay or prevent the need for care in an institution. This service makes it possible for older persons to live in their own homes or to return to their homes by providing assistance in completing tasks they are unable to manage alone.

## **Services include:**

- Assistance with personal hygiene
- Essential shopping
- Laundry
- Light housekeeping
- Light meal preparation

# Legal Services

Legal services are provided through agreements with local offices to assist individuals 60 and older with legal questions. Eligible persons can receive help with wills, landlord disputes, rights to public benefits and other legal issues. For more information, visit our website at [www.dss.sd.gov/elderlyservices](http://www.dss.sd.gov/elderlyservices).

# Nursing Facility Care

Skilled nursing facilities provide 24-hour care to people who can no longer care for themselves due to physical, emotional or mental conditions. Skilled services, which include intravenous medication administration, wound care provided



by a registered nurse, physical and occupational therapy, are provided by trained professionals and may be necessary for a limited time period or long-term. Custodial care services including assistance with activities of daily living may be provided temporarily during recovery from a disabling injury or illness, or long-term for people who lose their ability to function independently due to chronic disease and increasing frailty.

# Nursing Services

Nursing Services may be provided to adults in their home who have physical and/or chronic health problems which limit their capability to function independently and who have a need for nursing services to monitor their health status.

## **Services include:**

- Periodic evaluation, counseling and/or screening
- Monitor medication compliance
- Assess health status, vital signs, nutritional status along with nail care
- Provide teaching and health education

# Ombudsman Program

The Long-Term Care Ombudsman Program was established to advocate for and protect the rights of residents of nursing and assisted living facilities.

An Ombudsman serves as an advocate for residents and investigates and works toward the resolution of concerns and complaints. The program also conducts educational activities to increase community awareness of elder rights, and provides training and education to staff and residents of long-term care facilities. All reports and inquiries to the Ombudsman program are confidential.

Long-Term Care Ombudsman services are supported by the U.S. Administration on Aging and are provided at no cost to the resident or facility.

# Prescription Assistance

Prescription Assistance helps people gain access to drug company assistance programs which supply prescription medications at low or no cost.

It is important to take medications exactly as prescribed. Not being able to afford needed medications can affect how you take them. Visit our website at [www.dss.sd.gov/elderservices](http://www.dss.sd.gov/elderservices) for more information.

# Respite Care

Respite Care provides temporary relief to a primary caregiver from the continuous support and care of an adult who is elderly or disabled and dependent on others.

Services include companionship, involvement in the person's activities of daily living, meal preparation, light housekeeping and personal hygiene tasks. Services not covered include skilled nursing services and the administration of medications.

The frequency and hours of Respite Care requested by the primary caregiver and individual are a mutually agreed upon arrangement with the provider. Respite Care must be within the range of approved hours as determined by an assessment. Overnight, weekend care, vacation time and emergency periods are examples when Respite Care might be needed.



# SHIINE Program

Senior Health Information and Insurance Education (SHIINE) volunteers are trained to provide insurance counseling to help Medicare beneficiaries with questions about Medicare coverage.

There are three SHIINE regional coordinators located across South Dakota. For more information, contact SHIINE toll-free at 1.800.536.8197 or visit [www.shiine.net](http://www.shiine.net) for assistance.



# Senior Meals

There are 21 non-profit Senior Meals providers in South Dakota. These providers are either Title III-C or Title VI (Older Americans Act direct funding to the tribes). Nutrition programs are sponsored by either a nonprofit organization or a tribal or local government agency. Communities desiring a nutrition program may be a satellite of an existing organization.

## **Senior Meals offer:**

- Hot, nutritious meals every weekday which meet one-third of an older person's dietary needs.
- Affordable, delicious meals offering a variety of food.
- An opportunity to meet others in a group dining atmosphere.
- Social contact for those who are homebound.
- Daily fellowship for an active and healthy lifestyle.
- An opportunity to help others by assisting with the program.

## **Local Support**

Fifty-two percent of the program's cost is covered by local support -- a combination of participant donations, matching funds or additional community resources. Some communities provide the building and the utilities. Many hours of volunteer time are donated to the program in dining room preparation, kitchen assistance and service, as well as delivery of the home-delivered meals.

**Locations:**

**Aberdeen:** Area IV Senior Citizens Planning Council;  
605.229.4741

**Agency Village:** Sisseton-Wapeton Dakota Nation;  
605.698.9028

**Brookings:** Inter-lakes Community Action; 605.692.6391

**Eagle Butte:** Cheyenne River Elderly Nutrition Services;  
605.964.8056

**Flandreau:** Flandreau Santee; 605.997.2924

**Fort Thompson:** Crow Creek; 605.245.2140

**Fort Yates, ND:** Standing Rock Sioux Tribe; 701.854.3846

**Huron:** Huron Area Senior Center; 605.352.6091

**Lake Andes:** Rural Office of Community Services;  
605.487.7635

**Lower Brule:** Lower Brule; 605.473.5685

**Madison:** Inter-Lakes Community Action; 605.256.6518

**Martin:** Bennett County Senior Center; 605.685.6642

**Marty:** Yankton Sioux Tribe; 605.384.3804

**Miller:** Wheels and Meals Corporation; 605.853.2869

**Mitchell:** City of Mitchell; 605.995.8440

**Pine Ridge:** Pine Ridge Oglala; 605.867.5913

**Rapid City:** Western SD Senior Services; 605.394.6002

**Rosebud:** Rosebud Sioux Tribe; 605.747.2960

**Sioux Falls:** Center for Active Generations; 605.336.6722

**Spearfish:** Ponderosa Apartments; 605.642.6613

**Sturgis:** 605.342.6613

**Yankton:** Yankton Area Senior Citizens; 605.665.1055

# Transportation

Transportation is provided in buses or vans, some equipped with wheelchair lifts. Volunteers using their own cars may provide other services. Funds may be awarded to senior centers and other community organizations to provide transportation for older adults.

## Services:

- Medical providers and facilities
- Shopping and banking
- Senior center activities
- Nutrition programs
- Adult day care programs
- Other essential errands

## Locations:

### *Title III-B Elderly Transit Systems*

**Martin:** Bennett County Senior Center; 605.685.6642

**Miller:** Meals and Wheels Corporation; 605.853.2869

**Mobridge:** Mobridge Senior Center; 605.845.2620

**Philip:** Haakon County Prairie Transportation; 605.859.2032

**Sioux Falls:** Senior Citizens Services, Inc.; 605.336.6722

**Springfield:** Bon Homme County; 605.369.2411

**Tripp:** Hutchinson County Volunteer (ROCS); 605.487.7635

**Wall:** Eastern Pennington County Transit; 605.279.2663

*Public DOT & Elderly Transit Systems*

**Aberdeen:** Ride Line; 605.626.3333

**Brandon:** 605.256.6518

**Brookings:** Area Transit Authority; 605.692.5416

**City of Groton:** 605.626.3333

**Dell Rapids Transit:** 605.256.6518

**Huron:** People Transit; 605.353.0100

**Lake Andes:** Office of Community Services; 605.487.7635

**Lemmon:** Arrow Public Transit; 605.374.3189

**Madison:** East Dakota Transit; 605.256.6518

**Madison:** Inter-Lakes Community Action; 605.256.6518

**Mitchell:** Palace Transit; 605.995.8440

**Pierre:** River Cities Transit; 605.945.2360

**Redfield:** Spink County Public Transit; 605.472.1552

**Sisseton:** Community Transit; 605.698.7511

**Spearfish:** Prairie Hills Transit; 605.642.6613 or  
605.642.6668

**Vermillion:** Southeast Transit; 605.624.4419

**Watertown Area Transit:** 605.882.5287

**Woonsocket:** Sanborn County Transit; 605.796.4319

**Yankton Transit:** 605.668.2907 or 605.668.8325

**Rosebud Sioux Tribe:** 605.747.2718

# Victims' Services

Victims' Services provides monetary assistance to victims of violent crime. The program may compensate victims for certain expenses incurred as a direct result of personal injury or death. The crime must have occurred in South Dakota. There are no income requirements. Eligible expenses may include medical expenses, mental health counseling, funeral and burial expenses, loss of earnings, dental and prosthetic devices, eyeglasses or corrective lenses, homicide cleanup expenses, and mileage. In most cases, payments can be made only when there is no other source of payment such as health insurance or other public programs. Maximum payout per crime is \$15,000.

## **Domestic Abuse Program**

The Domestic Abuse Program funds shelters for victims of abuse. Shelter programs offer a wide range of services, including services for older battered women. Services include: a 24-hour crisis line, transportation, immediate safe shelter, food, clothing, counseling and information, and referrals to other services the victim may need.

### **Domestic Abuse Hotlines:**

South Dakota Domestic Abuse Hotline: 1.800.430.SAFE

National Domestic Violence Hotline: 1.800.799.SAFE

Hearing Impaired: 1.800.787.3224

# ASA Local Offices

Below are the list of all the Adult Services and Aging Regional Offices. Contact the office nearest to you for further information.

## Aberdeen Adult Services & Aging

3401 10th Avenue SE

Aberdeen, SD 57401

ADRC: 1.855.315.1987

DSS office telephone: 605.626.3160 or toll-free 1.866.239.8855

DSS office Fax: 605.626.2610

Counties: Brown, Day, Edmunds (central & eastern), Faulk, Marshall (western), McPherson

## Belle Fourche Adult Services & Aging

609 5th Avenue

Belle Fourche, SD 57717

ADRC: 1.855.315.1986

DSS office telephone: 605.892.2731 or toll-free 1.877.390.0093

DSS office Fax: 605.892.3616

Counties: Butte, Harding, Lawrence

## Brookings Adult Services & Aging

1310 Main Avenue South, Suite 101

Brookings, SD 57006

ADRC: 1.855.315.1987

DSS office telephone: 605.688.4330 or toll-free 1.866.267.5228

DSS office Fax: 605.668.6880

Counties: Brookings, Kingsbury, Moody

## Chamberlain Adult Services & Aging

320 Sorenson Drive

Chamberlain, SD 57325

ADRC: 1.855.315.1988

DSS office telephone: 605.734.4500 or toll-free 1.888.749.0007

DSS office Fax: 605.734.4505

Counties: Brule, Buffalo, Lyman

## Custer Adult Services & Aging

1164 Mt. Rushmore Road #3

Custer, SD 57730

ADRC: 1.855.315.1986

DSS office telephone: 605.673.4347 or toll-free 1.888.747.0039

DSS office Fax: 605.673.2070

Counties: Custer, Fall River (western)

### Deadwood Adult Services & Aging

20 Cliff Street

Deadwood, SD 57732

ADRC: 1.855.315.1986

DSS office telephone: 605.578.2402 or toll-free 1.877.268.0007

DSS office Fax: 605.578.1280

Counties: Lawrence

### Hot Springs Adult Services & Aging

2500 Minnekahta Avenue, Bldg. 1

Hot Springs, SD 57747

ADRC: 1.855.315.1986

DSS office telephone: 605.745.5100 or toll-free 1.888.747.0039

DSS office Fax: 605.745.6562

Counties: Fall River, Oglala Lakota, Jackson (southern), Bennett, Custer

### Huron Adult Services & Aging

110 3rd Street SW, Suite 200

Huron, SD 57350

ADRC: 1.855.315.1987

DSS office telephone: 605.353.7112 or toll-free 1.877.329.0019

DSS office Fax: 605.353.7103

Counties: Beadle, Clark, Hand

### Lake Andes Adult Services & Aging

3rd & Lake

Lake Andes, SD 57356

ADRC: 1.855.315.1988

DSS office telephone: 605.487.7607 or toll-free 1.877.656.0023

DSS office Fax: 605.487.7429

Counties: Charles Mix

### Madison Adult Services & Aging

223 South Van EPS, Suite 201

Madison, SD 57042

ADRC: 1.855.315.1987

DSS office telephone: 605.256.5683 or toll-free 1.877.412.0022

DSS office Fax: 605.256.5043

Counties: Lake, Miner

### Mission Adult Services & Aging

671 North Marge Lane

Mission, SD 57555

ADRC: 1.855.642.3055

DSS office telephone: 605.856.4489 or toll-free 1.888.280.0021

DSS office Fax: 605.856.2031

Counties: Todd, Tripp, Mellette

**Mitchell Adult Services & Aging**

116 E 11th Street

Mitchell, SD 57301

ADRC: 1.855.315.1988

DSS office telephone: 605.995.8000 or toll-free 1.800.231.8346

DSS office Fax: 605.995.8929

Counties: Aurora, Davison, Douglas, Hanson, Hutchinson  
(western), Jerauld, Sanborn

**Mobridge Adult Services & Aging**

920 6th Street West

Mobridge, SD 57601

ADRC: 1.855.642.3055

DSS office telephone: 605.845.2922 or toll-free 1.877.431.3978

DSS office Fax: 605.845.7126

Counties: Campbell, Corson, Dewey (northern), Edmunds  
(western), Perkins, Potter, Walworth, Ziebach (northern)

**Olivet Adult Services & Aging**

140 E Euclid, RM 127

Olivet, SD 57052

ADRC: 1.855.315.1988

DSS office telephone: 605.387.4219 or toll-free 1.877.454.0074

DSS office Fax: 605.387.2438

**Pierre Adult Services & Aging**

912 East Sioux

Pierre, SD 57501

ADRC: 1.855.642.3055

DSS office telephone: 605.773.3612 or toll-free 1.800.226.1033

DSS office Fax: 605.773.5390

Counties: Hughes, Stanley, Sully, Dewey (central and southern),  
Haakon, Hyde, Ziebach (southern), Jones

**Rapid City Adult Services & Aging**

510 N Cambell

Rapid City, SD 57701

ADRC: 1.855.315.1986

DSS office telephone: 605.394.2525 or toll-free 1.800.644.2914

DSS office Fax: 605.394.1899

Counties: Jackson (northern), Meade (southern), Pennington

Redfield Adult Services & Aging

210 East 7th Avenue, Suite 3

Redfield, SD 57469

ADRC: 1.855.315.1987

DSS office telephone: 605.472.2230 or toll-free 1.877.372.0010

DSS office Fax: 605.427.4298

Counties: Spink

Sioux Falls Adult Services & Aging

811 E 10th Street, Dept. 4

Sioux Falls, SD 57103

ADRC: 1.877.660.0301

DSS office telephone: 605.367.5444 or toll-free 1.866.801.5421

DSS office Fax: 605.367.4866

Counties: Lincoln, McCook, Minnehaha, Turner

Sisseton Adult Services & Aging

10 East Hickory Street, Suite 2

Sisseton, SD 57262

ADRC: 1.855.315.1987

DSS office telephone: 605.698.7673 or toll-free 1.888.747.0017

DSS office Fax: 605.698.7842

Counties: Marshall (eastern), Roberts

Sturgis Adult Services & Aging

2200 West Main

Sturgis, SD 57785

ADRC: 1.855.315.1986

DSS office telephone: 605.347.2588 or toll-free 1.888.476.0036

DSS office Fax: 605.347.3767

Counties: Meade (western and northern)

Vermillion Adult Services & Aging

114 Market Street, Suite 102

Vermillion, SD 57069

ADRC: 1.855.315.01988

DSS office telephone: 605.677.6800 or toll-free 1.800.730.0153

DSS office Fax: 605.677.6808

Counties: Clay, Union

Watertown Adult Services & Aging

2001 9th Avenue SW, Suite 300

Watertown, SD 57201

ADRC: 1.855.315.1987

DSS office telephone: 605.882.5003 or toll-free 1.866.239.6787

DSS office Fax: 605.882.5045

Counties: Codington, Deuel, Grant, Hamlin

Winner Adult Services & Aging

649 West 2nd Street

Winner, SD 57580

ADRC: 1.855.642.3055

DSS office telephone: 605.842.0400 or toll-free 1.866.913.0031

DSS office Fax: 605.842.2574

Counties: Todd, Tripp, Gregory, Mellette

Yankton Adult Services & Aging

3113 N. Spruce Street, Suite 200

Yankton, SD 57078

ADRC: 1.855.315.1988

DSS office telephone: 605.668.3030 or toll-free 1.800.455.5241

DSS office Fax: 605.668.3014

Counties: Bon Homme, Hutchinson (eastern), Yankton



For more information on any of the programs and services mentioned in this handbook, contact DSS at:

**State Office Address:**  
Division of Adult Services and Aging  
700 Governors Drive  
Pierre, SD 57501

**Phone:** 605.773.3656 or toll-free at  
1.866.854.5465

**Fax:** 605.773.6834

**Email:** [ASA@state.sd.us](mailto:ASA@state.sd.us)

**Website:** [www.dss.sd.gov](http://www.dss.sd.gov)

**DSS**   
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