



South Dakota  
Department of Social Services  
Adult Services and Aging Programs





# Introduction

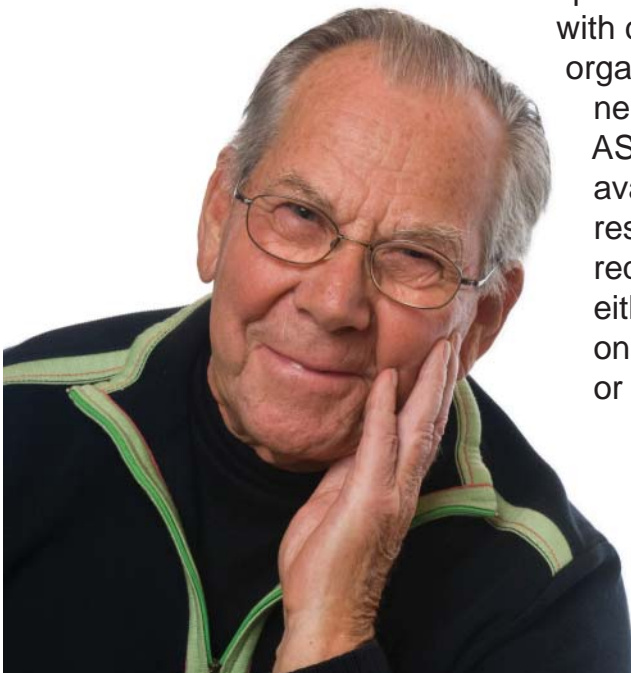
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Adult Services and Aging (ASA) provides opportunities to enable older South Dakotans and adults with disabilities to live independent, meaningful and dignified lives while maintaining close family and community ties. Through various programs, ASA provides 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

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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.

# Chore Services

Chore services are available on a limited basis through an agreement with Retired and Senior Volunteer Programs (RSVP). Through these agreements, Chore Services are provided at no cost to qualifying individuals.

## **Services**

Through RSVP, volunteers complete a Home Safety Checklist at the home or apartment of the eligible individual. This checklist is used to identify needed repairs as well as safety issues such as poor lighting, frayed wires, etc. The need for lawn care and snow removal is also reviewed.

## **Locations**

This program is currently available in the communities of **Huron** and **Pierre/Fort Pierre**. To access this program contact your local ASA office or Retired and Senior Volunteer Program. Refer to page 20 for a list of ASA local offices.

# 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/elderlyservices](http://www.dss.sd.gov/elderlyservices) 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-Waphton 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

**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; 685-6642

**Miller:** Meals and Wheels Corporation; 853-2869

**Mobridge:** Mobridge Senior Center; 845-2620

**Philip:** Haakon County Prairie Transportation; 859-2032

**Sioux Falls:** Senior Citizens Services, Inc.; 336-6722

**Springfield:** Bon Homme County; 369-2411

**Tripp:** Hutchinson County Volunteer (ROCS); 487-7635

**Wall:** Eastern Pennington County Transit; 279-2663

### *Public DOT & Elderly Transit Systems*

**Aberdeen:** Ride Line; 626-3333

**Brandon:** 256-6518

**Brookings:** Area Transit Authority; 692-5416

**City of Groton:** 626-3333

**Dell Rapids Transit:** 256-6518

**Huron:** People Transit; 353-0100

**Lake Andes:** Office of Community Services; 487-7635

**Lemmon:** Arrow Public Transit; 374-3189

**Madison:** East Dakota Transit; 256-6518

**Madison:** Inter-Lakes Community Action; 256-6518

**Mitchell:** Palace Transit; 995-8440

**Pierre:** River Cities Transit; 945-2360

**Redfield:** Spink County Public Transit; 472-1552

**Sisseton:** Community Transit; 698-7511

**Spearfish:** Prairie Hills Transit; 642-6613 or 642-6668

**Vermillion:** Southeast Transit; 624-4419

**Watertown Area Transit:** 882-5287

**Woonsocket:** Sanborn County Transit; 796-4319

**Yankton Transit:** 668-2907 or 668-8325

**Rosebud Sioux Tribe:** 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.

## Region 1

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**Belle Fourche:** 605-892-2731

Counties: Butte, Harding, Lawrence (northern)

**Deadwood:** 605-578-2402

Counties: Lawrence (southern)

**Rapid City:** 605-394-2525

Counties: Jackson, Meade (southern), Pennington

**Sturgis:** 605-347-2588

Counties: Meade (northern)

## Region 2

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**Hot Springs:** 605-745-5100

Counties: Custer, Fall River

**Pine Ridge:** 605-867-5861

Counties: Bennett, Shannon

## Region 3

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**Eagle Butte:** 605-773-3612

Counties: Dewey, Ziebach

**Mission:** 605-856-4489

Counties: Todd, Mellette, Bennett, Jackson (southern)

**Pierre:** 605-773-3612

Counties: Hughes, Stanley, Sully, Haakon, Jones

**Winner:** 605-842-0400

Counties: Todd, Tripp, Gregory, Mellette

#### **Region 4**

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**Aberdeen:** 605-626-3160

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

**Mobridge:** 605-845-2922

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

#### **Region 5**

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**Huron:** 605-353-7112

Counties: Beadle, Clark, Hand, Hyde

**Redfield:** 605-472-2230

Counties: Spink

#### **Region 6**

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**Chamberlain:** 605-734-4500

Counties: Brule, Buffalo, Lyman

**Lake Andes:** 605-487-7607

Counties: Charles Mix, Douglas (southern)

**Mitchell:** 605-995-8000

Counties: Aurora, Davison, Douglas (northern), Hanson, Jerauld, Sanborn

#### **Region 7**

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**Sisseton:** 605-698-7673

Counties: Marshall (eastern), Roberts

**Watertown:** 605-882-5003  
Counties: Codington, Deuel, Grant, Hamlin

### **Region 8**

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**Brookings:** 605-688-4330  
Counties: Brookings, Kingsbury, Moody

**Madison:** 605-256-5683  
Counties: Lake, Miner

### **Region 9**

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**Sioux Falls:** 605-367-5444  
Counties: Lincoln, McCook, Minnehaha, Turner

### **Region 10**

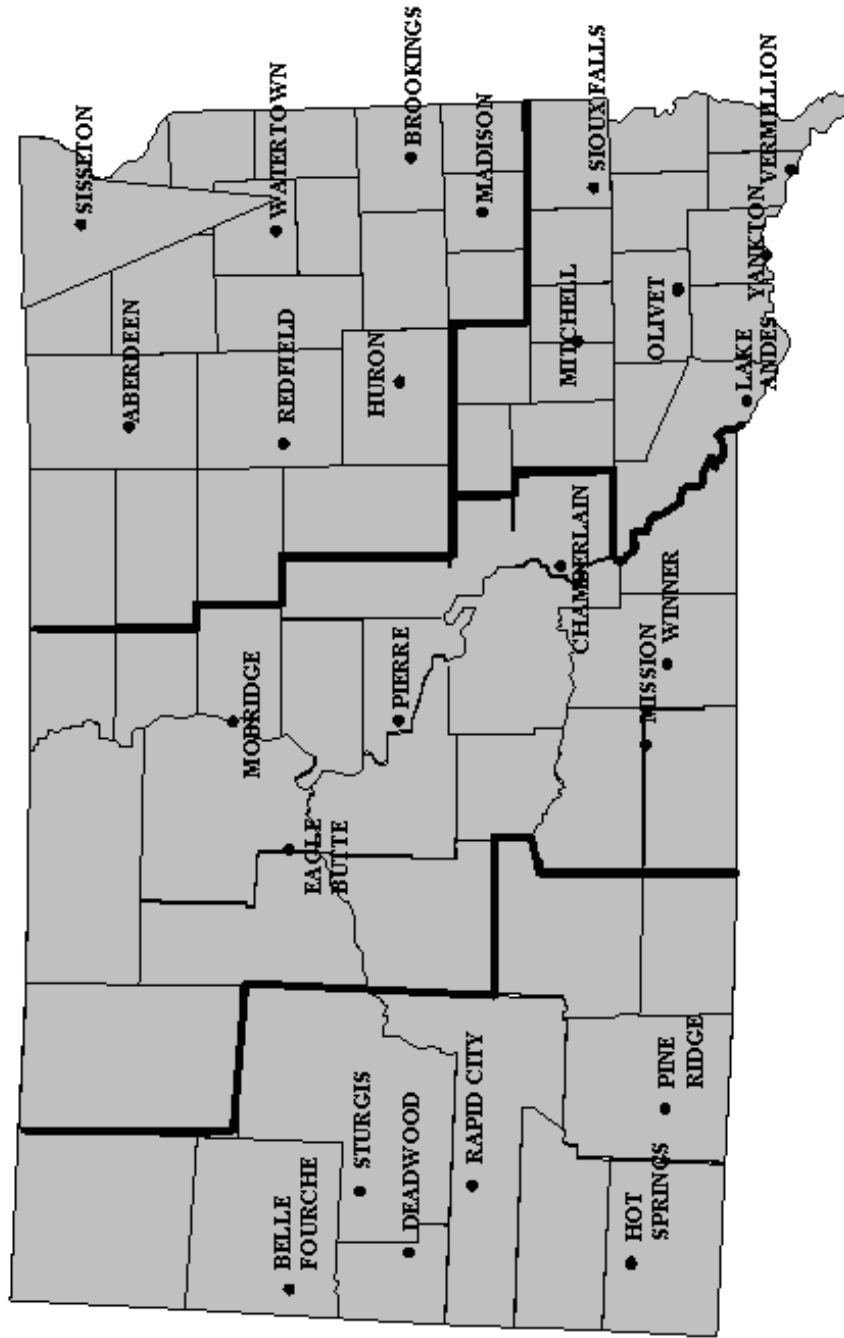
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**Olivet:** 605-387-4219  
Counties: Hutchinson

**Vermillion:** 605-677-6800  
Counties: Clay, Union

**Yankton:** 605-668-3030  
Counties: Bon Homme, Yankton

# Adult Services and Aging Local Offices



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)



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