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.
Contents

Introduction ........................................................................................................ 1
Eligibility Criteria ............................................................................................ 3
Adult Day Services .......................................................................................... 5
Adult Foster Care ............................................................................................. 6
Adult Protective Services ............................................................................... 7
Assisted Living ............................................................................................... 8
Assistive Devices ............................................................................................ 9
Caregiver Program ......................................................................................... 9
Homemaker Services .................................................................................... 10
Legal Services ................................................................................................. 10
Nursing Facility Care ..................................................................................... 11
Nursing Services ............................................................................................ 12
Ombudsman Program .................................................................................... 12
Prescription Assistance .................................................................................. 13
Respite Care ................................................................................................... 13
SHIINE Program ............................................................................................ 14
Senior Meals ................................................................................................... 15
Transportation ................................................................................................. 17
Victim Services ............................................................................................... 19
ASA Local Offices ......................................................................................... 20
ASA Local Offices Map .................................................................................. 25
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. 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.
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 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 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-Wapheton 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: 1.855.31501988
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

Website: www.dss.sd.gov