



## Older Americans Month 2015: “Get into the Act”

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation’s commitment to helping them stay healthy and active. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While the Franklin County Office on Aging provides in-home services through Senior Options to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

To learn how to access programs and resources designed to support independent living in your community, call Franklin County Senior Options. **A single call to (614) 525-6200** can link older Franklin County residents, age 60 and older and their families with a variety of services that can support independent living. Senior Options services can include: information and advocacy, case management, homemaker, medical transportation, adult day care, home delivered meals, minor home repair, personal care, emergency response systems, and respite care. A qualified team of case managers, many of whom are AIRS certified information and referral specialists, are available Monday through Friday, 9:00 a.m. – 4:30 p.m. and 9:00 a.m. – 7:00 p.m. on Thursdays to answer your questions about elder care.

Discover Older Americans Month: Visit [www.acl.gov/olderamericansmonth](http://www.acl.gov/olderamericansmonth)