

Older Americans Act Title III Service Definitions

Funded by Trellis

Registered Service – National Aging Program Information System (NAPIS) form and data entry of client information into the State’s NAPIS system, PeerPlace, is required for reimbursement under Title III.

Unregistered Service – No NAPIS form or data entry into PeerPlace is required. Providers are responsible for ensuring the client is eligible under the Older Americans Act eligibility criteria.

Title III-B: Supportive Services				
Older Americans Act Service	MBA Unit	Service Definition	Registered Service?	Suggested Unit Rate Range
Assisted Transportation	1 One-way Trip	Services or activities that provide or arrange for the travel, including travel costs, of individuals from one location to another. This service includes escort or other appropriate assistance for a person who has difficulties (physical or cognitive) using regular vehicle transportation. Provides a gentle arm for assistance from the first door of the rider’s residence to any type of vehicle and from the vehicle to the first door of the destination. Assistance with mobility devices and other types of assistance to ensure the older individual is supported within this service delivery.	Yes	\$36 - \$46
Chore	1 Hour	Performance of heavy household tasks (including but not limited to washing floors, windows and walls; basic home maintenance; or moving or removal of large household furnishings and heavy appliances) provided in a person’s home and possibly other community settings. Tasks may include yard work or sidewalk maintenance in addition to heavy housework.	Yes	\$19 - \$29

Homemaker	1 Hour	Performance of light housekeeping tasks provided in a person's home and possibly other community settings. Task may include assistance such as preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls /other electronic communication or doing light housework (including but not limited to laundry).	Yes	\$28 - \$38
Home Modification	1 Project	Physical adaptations to the home and vehicle that are necessary to ensure the health and safety of an individual or that enables the individual to function with greater independence in their home. Not more than \$ 500.00 per client may be expended under this part for such modification (per CFR 1321.3).	No	\$500 per client *Note: Projects of \$501-\$1,000 require prior approval from the MN Board on Aging and will require a budget to substantiate the cost.
Legal Assistance	1 Hour	<p>Legal advice and representation provided by a licensed attorney in good standing to older individuals with economic or social needs; and includes to the extent feasible, counseling or other appropriate assistance by a paralegal or law student under the direct supervision of a licensed attorney in good standing; and counseling or representation by a non-lawyer where permitted by law.</p> <p>Legal advice and representation may be provided face-to-face, by telephone, or by electronic communication and includes, but is not limited to, advice and consultation, litigation, administrative representation, brief services (including preparing legal documents), and pro se assistance. Community legal education efforts to educate, train, and empower elders to know their legal rights when provided by an individual authorized to provide legal assistance.</p>	No	N/A

Legal Education	1 Project	Education and information provided to older adults by an individual authorized to provide legal assistance, which informs individuals about legal rights or benefits and how to access legal services statewide.	No	N/A
Special Access	1 Hour per Participant	<p>Activities that link elders to community and government services that are not easily accessible due to language and/or cultural barriers.</p> <p>Individual Services – information and referral, advocacy, outreach, phone contact, escort, translation, home visit, form completion, service coordination, and limited case management.</p> <p>Group activities may include:</p> <ul style="list-style-type: none"> • Education • Social and Cultural • Support Group • Other (wellness forums and health fairs) 	Yes	<p>Individual \$117 - \$168</p> <p>Group \$51 - \$82 per group participant</p>
Title III-C: Senior Nutrition Services				
Older Americans Act Service	MBA Unit	Service Definition	Registered Service?	Rate Range
Home-Delivered Meals	1 Meal	<p>A meal provided to an eligible individual in his/her place of residence. The meal is served in a program that is administered by SUAs and/or AAAs and meets all the requirements of the Older Americans Act and State/Local laws and complies with the most recent Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture).</p> <p>Additionally, the meal provides to each participating individual a minimum of one-third of the Dietary Reference Intakes, established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if one meal is served, two-thirds if two meals are served, and 100 percent if 3 meals are served; and meets</p>	Yes	\$8.93 minimum for a meal

		all of the requirements as above. Meals provided to individual through means-tested programs may be included in the total meal count. These meals are to be identified by the funding source.		
Congregate Meals	1 Meal	<p>A meal provided by a qualified nutrition project provider to an eligible individual in a congregate or group setting. The meal is served in a program that is administered by SUAs and/or AAAs, meets all the requirements of the Older Americans Act and State/Local laws, and complies with the most recent Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture).</p> <p>Additionally, the meal provides to each participating individual a minimum of one-third of the Dietary Reference Intakes, established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if one meal is served, two-thirds if two meals are served, and 100 percent if 3 meals are served; and meets all of the requirements as above. Meals provided to individual through means-tested programs may be included in the total meal count. These meals are to be identified by the funding source.</p>	Yes	\$8.93 minimum for a meal
Title III-D: Evidence-Based Health Promotion and Disease Prevention				
Older Americans Act Service	MBA Unit	Service Definition	Registered Service?	Rate Range
Evidence-Based Health Promotion Program	N/A	<p>Activities related to the prevention and mitigation of the effects of chronic disease (including osteoporosis, hypertension, obesity, diabetes, and cardiovascular disease), alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity, and improved nutrition).</p> <p>OAA Title III-D funding may be used only for programs and activities demonstrated to be evidence-based.</p>	No	\$1300 - \$1500 per class

		<p>a. The program meets the requirements for ACL's Evidence-Based Definition (see below)</p> <ul style="list-style-type: none"> i. Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; and ii. Proven effective with older adult population, using Experimental or Quasi-Experimental Design;* and iii. Research results published in a peer-review journal; and iv. Fully translated** in one or more community site(s); and v. Includes developed dissemination products that are available to the public. <p>*Experimental designs use random assignment and a control group. Quasi-experimental designs do not use random assignment. **For purposes of the Title III-D definitions, being “fully translated in one or more community sites” means that the evidence-based program in question has been carried out at the community level (with fidelity to the published research) at least once before. Sites should only consider programs that have been shown to be effective within a real-world community setting, or</p> <p>b. The program is considered to be an "evidence-based program" by any operating division of the U.S. Department of Health and Human Services (HHS) and is shown to be effective and appropriate for older adults. MBA reserves the right to incorporate additional state specific Title III D requirements.</p>		
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Title III-E: National Family Caregiver Support Program

Older Americans Act Service	MBA Unit	Service Definition	Registered Service?	Rate Range
Caregiver Counseling	Hours (partial hour may be reported to	A service designed to support caregivers and assist them in their decision-making and problem solving. Counselors are service providers that are degreed and/or credentialed as required by state policy, trained to work with older adults and families and specifically to understand and	Yes	\$82 - \$98

	two decimal places, e.g. 0.25 hours.)	address the complex physical, behavioral and emotional problems related to their caregiver roles. Title III-E funded Caregiver Consultants will conduct a Caregiver Minimum Assessment with caregivers receiving ongoing support. Caregiver Consultants meet the Minnesota Board on Aging Title III-E Caregiver Consultant Standards and Competencies. This includes counseling to individuals or group sessions. Counseling is a separate function apart from support group activities or training.		
Caregiver Support Groups	1 Session/ Participant	A service that is led by a trained individual, moderator, or professional, as required by state policy, (moderators should have experience working with family, friends and/or neighbors caregiving and older adults, strong interpersonal skills, and access to regular supervision or consultation from a trained professional with comparable training or experience), to facilitate caregivers to discuss their common experiences and concerns and develop a mutual support system. Support groups are typically held on a regularly scheduled basis and may be conducted in person, over the telephone, or online. For the purposes of Title III-E funding, caregiver support groups would not include “caregiver education groups,” “peer-to-peer support groups,” or other groups primarily aimed at teaching skills or meeting on an informal basis without a facilitator that possesses training and/or credentials as required by state policy. (See also definitions for training and counseling).	Yes	\$36 - \$46
Caregiver Training	Hours per Participant (partial hour may be reported to two decimal places, e.g. 0.25 hours.)	A service that provides caregivers with instruction to improve knowledge and performance of specific skills relating to their caregiving roles and responsibilities and builds caregiver capacity to provide, manage and cope with the caregiving role. Skills may include activities related to health, nutrition, and financial management; providing personal care; disease management; managing risk factors; mental health; navigating long-term care systems and communicating with health care providers and other family members. Training may include use of evidence-based programs; be conducted in-person or online and be provided in individual or group settings.	Yes	\$36 - \$46 per participant
Respite	Hours (partial hour may be reported to	A service which offers temporary, substitute supports, care, supervision or living arrangements for care recipients. It provides a brief period of relief or rest for caregivers.	Yes	\$41 - \$52

	<p>two decimal places, e.g. 0.25 hours.)</p>	<p>Respite Care includes: (1) in-home respite; (2) out-of-home day respite; (3) out-of-home overnight respite; and (4) other respite.</p> <p><i>In-home Respite:</i> A respite service provided in the home of the caregiver or care receiver and allows the caregiver time away to do other activities. During such respite, other activities can occur which may offer additional support to either the caregiver or care receiver, including homemaker or personal care services. Trained volunteers may be utilized to provide companionship respite (e.g., assistance with meals, medication reminders and general supervision). Respite volunteers are screened and trained, per Minnesota State Policy, and matched with older adults and supervised by provider.</p> <p><i>Out-of-Home Day:</i> A respite service provided in settings other than the caregiver/care receiver's home, including adult day care, senior center or other non-residential setting (in the case of older relatives raising children, day camps), where an overnight stay does not occur that allows the caregiver time away to do other activities. This option may be provided on a group or individual basis and includes licensed Adult Day Services, licensed adult foster care, a senior center, services by a family, friend, neighbor, or volunteer in a non-licensed private residence, or escorted transportation to medical appointments or community activities.</p> <p><i>Out-of-Home Overnight:</i> A respite service provided in residential settings such as nursing homes, assisted living facilities, and adult foster homes (or, in the case of older relatives raising children, summer camps), in which the care receiver resides in the facility (on a temporary basis) for a full 24 hour period of time. This includes services provided in a licensed nursing facility, hospital, or registered housing site that has services provided by a licensed home care agency. The service provides the caregiver with time away to do other activities.</p> <p><i>Other Respite:</i> A respite service provided using Older Americans Act funds in whole or in part, that does not fall into the previously defined</p>		
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		<i>respite service categories. Services must contain structured activities, facilitated by an experienced individual. Services may include: virtual respite (may include but is not limited to virtual reality (VR) experiences, virtual tours, and virtual concerts, customized experiences, interactive storytelling, music activities).</i>		
Public Information Services	1 activity	A public and media activity that conveys information to caregivers about available statewide services, which can include an in-person interactive presentation to the public conducted; a booth/exhibit at a fair, conference, or other public event; and a radio, TV, or Web site event. Unlike Caregiver Assistance – Information and Assistance, this service is not tailored to the needs of the individual.	No	\$220 - \$241
Information and Assistance	1 contact	<p>A service that links the individuals to opportunities and services that are available. To the maximum extent practicable, ensures that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures. Information and Assistance Caregiver:</p> <ul style="list-style-type: none"> • provides the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology; • assesses the problems and capacities of the individuals; and • serves the entire community of older individuals particularly— <ul style="list-style-type: none"> • caregivers who are older individuals with greatest social need; • older individuals with greatest economic need; • older relative caregivers of children with severe disabilities, or individuals with disabilities who have severe disabilities; • family caregivers who provide care for individuals with Alzheimer’s disease and related disorders with neurological and organic brain dysfunction; and • caregivers of “frail” individuals defined as: unable to perform at least two activities of daily living without substantial human assistance, including verbal reminding, physical cueing, or supervision; and/or cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to another individual. 	No	\$82 - \$113



Title III-D Evidence-Based Health Promotion and Disease Prevention Program Options for 2023 Title III-D Funding Competition

Class	Class Description	Class Duration	How to Attend	Units	Number of Leaders Needed	Leader Training Requirements
Matter of Balance (MOB)	A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.	Program Duration: 8-week class or 2 times per week Session Duration: 2 hours	In-Person, Online Video Conference	1 complete class series = 1 unit Person served = person who attended at least 5 of 8 sessions	2	2 days: \$150-500
Stay Active and Independent for Life (SAIL)	SAIL is a strength, balance and fitness program for adults. This class is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness.	Program Duration: 24 sessions; 2-3 times per week Session Duration: 1 hour	In-Person, Online Video Conference	1 complete class series = 1 unit Person served = person who attended at least 16 of 24 sessions	1	8-10 hours online: \$100-150
Living Well with Diabetes	Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. This program can also be provided in Spanish: Programa de Manejo Personal de la Diabetes is a Spanish-language appropriate version of Living Well with Diabetes.	Program Duration: 6 weeks Session Duration: 2.5 hours	In-Person, Online Video Conference, Self-Study, Telephone	1 complete class series = 1 unit Person served = person who attended at least 4 of 6 sessions	2	4-day training or 1-day cross-training for LWCC leaders: \$100-\$800
Living Well with Chronic Conditions	This program is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. This program can also be provided in Spanish: Tomando Control de su Salud is a Spanish-language culturally appropriate version of Living Well with Chronic Conditions.	Program Duration: 6 weeks Session Duration: 2.5 hours	In-Person, Online Video Conference, Self-Study, Telephone	1 complete class series = 1 unit Person served = person who attended at least 4 of 6 sessions	2	4-day training: \$100-\$800 \$100 cross-training for Tomando (Spanish version of LWCC)
Living Well with Chronic Pain	This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.	Program Duration: 6 weeks Session Duration: 2.5 hours	In-Person, Online Video Conference, Self-Study, Telephone	1 complete class series = 1 unit Person served = person who attended at least 4 of 6 sessions	2	4-day training or 2-day cross training for LWCC leaders: \$100-\$800
Tai Ji Quan: Moving for Better Balance	This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.	Program Duration: 12 weeks twice per week or 8 weeks three times per week Session Duration: 1 hour	In-Person, Online Video Conference	1 complete class series = 1 unit Person served = person who attended at least 16 of 24 sessions	1	2 days: \$150 (Difficult to find in-person trainings, most are online in Oregon)
FallsTalk	FallsTalk is a one to six-month personalized behavior change intervention for individuals at risk for falls. The intervention program requires: a) evidence-based fall risk screening and a standardized FallsTalk interview which creates various customized intervention components and reports; b) daily log training; c) telephone check-ins; d) follow-up interview and log review. FallsTalk is delivered in two one-on-one in-person or remote sessions and three or more telephone check-in calls.	Program Duration: 8-12 weeks (depends on cohort progress) Session Duration: 45-75 minutes	In-person at home, in-person in community, telephone, or online (video conference)	1 complete class series = 1 unit Persons served = person who attended at least	1 or team of 1-3	Mandatory online training and 1-year license (~\$1095) http://fallscape.org/downloads/RateInfo2022x.pdf
Powerful Tools for Caregivers	By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources. **Can be III-D or III-E program funded under Title III**	Program Duration: 6 weeks Session Duration: 90 minute or 2 ½ hour class for caregivers of adults with chronic conditions	In-Person, Online Video Conference (on-phone only is assessed on an individual basis)	1 complete class series = 1 unit Person served = person who attended at least 4 of 6 classes	2	15 hours of training, typically free
Walk with Ease	Walk With Ease is a walking program to encourage people to start walking and stay active. Walk With Ease is designed to be a safe, relaxing and enjoyable way for people to develop and sustain a personal plan to make walking part of their every day life. The benefits include increased balance, strength and walking pace, building confidence to be physically active and improve overall health, and reduce pain and discomfort from arthritis.	Program Duration: 18 sessions, 2-3 times per week. Completed over 6 weeks or 9 weeks. Session Duration: 45-minute to 1-hour sessions	In-person, Online video conference, Telephone	1 complete class series = 1 unit Person served = person who attended at least 12 of 18 sessions	1	3 hours, \$89 Training is not required if you are offering the self-directed enhanced version of the course
Stepping On	Stepping On offers participants a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review.	Program Duration: 7 weeks Session Duration: 2 hours	In-Person, Online video Conference	1 complete class series = 1 unit Person served = person who attended at least 5 of 7 sessions	2	3 days: \$50-720
Bingocize	Bingocize strategically combines the game of bingo, exercise, and/or health education. Trained lay leaders may select between three separate 10-week units that focus on exercise-only, exercise and falls prevention, or exercise and nutrition. Each unit includes a leader's script for each session and participants' materials.	Program Duration: 10 weeks, twice per week Session Duration: 45-60 minutes	In-Person, Online video conference	1 complete class series = 1 unit Person served = person who attended at least 16 of 20 sessions	1 (2 for >20 participants)	Costs include a 2-year licensing fee of \$250.00 per organization, per county; \$150.00 per person online training (recertify after two years for \$75.00); and \$250.00 (+ shipping) for Bingocize® in a Box (contains equipment for the program). Online leader training consists of 5 self-paced modules
Program to Encourage Active, Rewarding Lives (PEARLS)	The Program to Encourage Active, Rewarding Lives (PEARLS) educates older adults about what depression is (and is not) and helps them develop the skills they need for self-sufficiency and more active lives. PEARLS also allows for coordination with their current health care providers where appropriate.	Program Duration: 6-8 sessions (dependent on participant needs) (according to the ACL) Session Duration: 1 hour	In-person at home, in-person in community, telephone or online (video conference)	1 complete series = 1 unit Person served = person who completed at least 6 sessions (?)	1	Training includes 3 sections: online modules, live practice session, and training evaluation for a total of 8 hours of training. Training is all online.
Aging Mastery Program	The Aging Mastery Program® (AMP) informs, encourages, and supports you in taking steps to improve your life and engage in your community. The program empowers you to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage your health, maintain economic security, and contribute in society. AMP offers 10 core sessions, each 90 minutes in length. Developed by the National Council on Aging.	Program Duration: 10 weeks, once per week. Session Duration: 1.5 hours	In-Person, Online Video Conference, Self-Study Book Club	Older adults who want to chart a course for their lives, including goal setting and group support in goal attainment. This class is especially appropriate for those planning on retiring or are newly retired.	1	Online video, free
Diabetes Prevention Program (DPP)	DPP is a Medicare Part B benefit and a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include eating healthier, reducing stress, and getting more physical activity to become healthier.	Program Duration: 16 weeks, then monthly meeting the rest of the year (8 months) Session Duration: 1 hour	In-Person, Online Video Conference	People with pre-diabetes	1	3 day training, free - \$700