

# NSC Community Aging Specialists

Northland Shepherd's Center is connecting older adults in Clay and Platte Counties, regardless of income, to benefits and services to help meet your needs and remain in your home.

- Financial benefits
- Care coordination
- Medicare assistance
- Caregiver support
- Other services

\*\*\*\*\*  
 You may qualify for benefits.  
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### Aging Specialists:

- Create a personalized plan based on individual needs and goals
- Provide assistance in accessing identified services.

### By appointment only

For more information call:  
**816-452-4536**

*"She was beyond helpful and informative. She calmed my frustrations and eased my ignorance. She provided hope that things would work out."*

## Northland Shepherd's Center

### SERVICES:

- Benefits Counseling
  - Call Check
  - Care Call
  - Caregiver Support
  - Care Coordination
  - CLAIM
  - Friendly Visitor
  - Grief and Loss
  - Healthcare Advocate
  - Market Bus
  - Minor Home Repair
  - Personal Grocery Shopper
  - Respite
  - Senior Information Center
  - Transportation
- LIFE ENRICHMENT:**
- Adventures in Learning
  - Break Time Club
  - Together We Care
  - Healthy Lifestyles
  - Learning & Laughter
  - Just for Fun Tours

*Improving quality of life for older adults  
 in the Northland*

### Community Aging Specialists

Northland Shepherd's Center  
 4805 NE Antioch Road Suite 9  
 Kansas City, MO 64119  
 Phone: 816-452-4536  
 Fax: 816-452-5326  
[www.northlandsc.org](http://www.northlandsc.org)

Office and home appointments available.



Northland Shepherd's Center  
*Helping Seniors Thrive*

# Northland Shepherd's Center Community Aging Specialists



We connect you to benefits and services that help you meet your needs and remain in your home.

**816-452-4536**

## Community Aging Specialists

Includes, but not limited to...

### Financial Benefits:

Access benefits for expenses:

- Utility bills
- Prescription drugs
- Medicare premiums
- Groceries
- Home weatherization
- ....and more!

Since 2010 Northland

Shepherd's Center has helped seniors receive over

**3.9 million dollars**

in benefits!

### Information and Referral:

We collaborate with local organizations to connect participants to resources.

*"She was very helpful, took time for questions and knowledgeable...an asset above and beyond I knew where to go for further help."*

### Health Care Advocate:

For older adults with multiple health conditions, we assist them in managing their health care needs. The advocate works to:

- Improve healthcare outcomes
- Reduce hospitalizations and emergency room visits
- Facilitate communication with healthcare providers and family members
- Help participants meet their healthcare goals.

### Care Coordination:

Working to make sure the participant has what they need to access care.

### Caregiver Support:

- Quarterly caregiver support meeting
- Monthly newsletter
- Individual support

### Powerful Tools for Caregivers:

A 6 week evidence based program

that teaches the importance of good self-care and how to achieve it.

- Communication strategies
- Managing stress
- Dealing with your feelings
- Making action plans

### CLAIM:

Certified Medicare counselors with the State Health Insurance Assistance program provide:

- Free, unbiased information
- Understand all your options
- Choosing & enrolling in coverage
- Billing & appeals

