

## Get Connected!

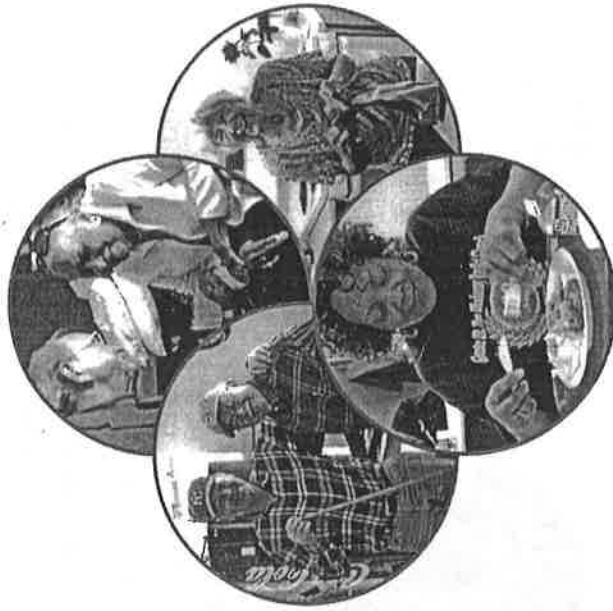
Call **816-421-4980**  
to learn about our services.  
Outside of the Kansas City area,  
call toll-free at **800-593-7948**.

- Our phones are answered  
**Monday-Thursday, 9 a.m.  
to 2 p.m.**
- If you leave a message, a team  
member will call you back within  
**two business days.**
- For more information, visit our  
website at **www.marc.org**.
- Like us on Facebook at  
**www.facebook.com/  
MARCAgingServices.**



# MARC Aging and Adult Services

*Providing resources to promote  
independence and quality of life.*



## MARC MID-AMERICA REGIONAL COUNCIL Aging and Adult Services

Area Agency on Aging  
600 Broadway, Suite 200  
Kansas City, MO 64105  
[www.marc.org/aging](http://www.marc.org/aging)

The preparation of this brochure was financed in part through a federal grant to the Mid-America Regional Council, Department of Aging Services, by the Missouri Department of Health and Senior Services, Division of Senior and Disability Services, under the provision of Title III, Older Americans Act of 1965, as amended.

In accord with Title VI of the Civil Rights Act, no otherwise eligible person will be denied services due to sex, race, nationality, veteran's status, religion, age or handicapping condition.

Connect • Discover • Engage

MARC  
MID-AMERICA REGIONAL COUNCIL  
Aging and Adult Services

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# MARC Aging and Adult Services

*Helping older adults remain as independent as possible in their own homes and communities*

## Programs and services

### Care Coordination

MARC contracts with care coordinators who advocate for and link older adults to resources in the community. Care coordinators may assist with understanding and applying for benefits, adult education, medication management and more.



### In-Home Services

In-home services are provided to individuals aged 60 and older.

These services may include light housekeeping, meal preparation, laundry and personal care, such as assistance with bathing and grooming.

### Home-Delivered Meals

Healthy meals are delivered to older adults and individuals aged 18-59 with a disability who are unable to leave their home.

### Meals Together

Meals are offered at participating community centers within MARC's service area. This program is designed for those who are able to leave their home and wish to visit with others in their community. Transportation is provided to and from select sites. Please call our service line for location and contact information.



### Self Management Programs

Educational workshops are provided at participating community centers. These interactive courses benefit those seeking self management tools for chronic illnesses.

## Who benefits from MARC's services?

- Older adults, their families and their caregivers.
- Individuals aged 18-59 with a disability.
- Long distance caregivers.
- Agencies providing services to older adults.
- Community organizations concerned with the needs of older adults.



MISSOURI

Our programs and services are offered to individuals living in Cass, Clay, Jackson, Platte and Ray counties in Missouri.