

MNRAAA
2022 Title III Allowable Services

Effective 10.01.2021

Based on OAA Title III Services and MBA Revised Definitions (IM #02-21)

Title III-B Supportive Services				
Service	Unit	Definition	NAPIS Registered	Cost Share
Chore*	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours.)	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	Yes
Homemaker*	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours.)	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	Yes
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 vehicular 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	Yes
Transportation*	1 one-way trip	Provision of a means for going from one location to another. Does not include other activity.	No	Yes
Legal Assistance*	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	Legal advice and representation provided by an attorney to older individuals with economic or social needs as defined in the Older Americans Act, Sections 102 (a) (23 and 24) and in the implementing regulation at 45 CFR Section 1321.71. Legal service includes, to the extent feasible, counseling or other appropriate assistance by a paralegal or law student under the direct supervision of a lawyer and counseling or representation by a non-lawyer where permitted by law (Source: OAA) Service providers shall target individuals with the greatest economic or social needs; however, income information may not be required as a precondition of receiving services from provider. Does not include legal education.	No (To meet OAAPS** requirements, this Restricted Service reports demographic and consumer characteristics as an aggregate, protecting personal identifying information.)	No
Nutrition Education	1 session	A targeted program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information that is consistent with the current Dietary Guidelines for Americans and instruction to participants, caregivers, or participants and caregivers in a group or individual setting overseen by a dietitian or individual of comparable expertise.	No	Yes
Home Modification	1 project	Home Modification: 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 \$ 150.00 per client may be expended under this part for such modification (per CFR 1321.3).	No	Yes
Consumable Supplies	1 delivery	Provision of consumable supplies or material aid to an older adult to meet basic necessities such as: groceries, cleaning supplies, incontinence items or PPE (personal protective equipment i.e.: masks, disposable gloves, face shield).	No	Yes
Counseling*	1 session	Via interview, discussion or supportive listening to advise and to enable the other person and/or their family to resolve problems or to relieve temporary stress. May be done on a 1-to-1 basis or on a group basis.	No	Yes
Education/ Training	1 session	Providing formal or informal opportunities for individuals to acquire knowledge, experience or skills. Includes individual or group sessions designed to increase awareness in such areas as crime or accident prevention; promote personal enrichment, for example, through continuing ed; to increase or gain skills in a specific craft, trade, job or occupation. Does not include wages or stipends.	No	Yes
Legal Education	1 session	A presentation to inform older persons of their legal rights/ benefits and how to access the legal system.	No	No
Outreach	1 contact	Interventions initiated by an agency or organization for the purpose of identifying potential clients (or their caregivers) and encouraging their use of existing services and benefits. [NOTE: service units for outreach refer to individual, 1-on-1 contacts between a service provider and an elderly client or caregiver. An activity that involves a contact with several current or potential clients/caregivers (what is considered group services) should not be counted as a unit of outreach.]	No	Yes
Special Access*	1 hour (based on individual services only; partial hour may be reported to two decimal places, e.g. 0.25 hours)	Activities that link elders to community and government services that are not easily accessible due to language and/or cultural barriers. Individual Services - information and referral, advocacy, outreach, phone contact, escort, translation, home visit, form completion, service coordination and limited case management. While the primary focus of Special Access services is to help individual elders access services, some provision of group activities is allowable.	Yes	Yes (option for waiver request)
Technology	1 project	Technology that enables an individual or family caregiver to improve their ability to perform activities of daily living; perceive, control, interact or communicate with their environment; monitor for safety or self-management of chronic conditions; or facilitate safe medication use.	No	Yes

Telephone Reassurance*	1 call	Regular telephone contacts w/isolated older persons or family caregivers to insure continued well being of the individual and to provide social contact.	No	Yes
Visiting*	1 visit	Providing regular visits to isolated, homebound or institutionalized elderly to reduce their isolation and loneliness. Letter writing, reading letters and conversation and typical activities of friendly visitors.	No	Yes
Health Promotion: Non-Evidence-based	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	Health Promotion: non Evidence-based Health promotion and disease prevention activities that do not meet ACL/AoA's definition for an evidence-based program as defined at ACL's website. Activities may include those defined in the OAA (Section 102(14)) for example: (A) health risk assessments; (B) routine health screening; (C) nutritional counseling and educational services for individuals and their primary caregivers; (E) programs regarding physical fitness, group exercise, and music therapy, art therapy, and dance- movement therapy; (F) home injury control services; (G) screening for the prevention of depression, coordination of community mental and behavioral health services, provision of educational activities, and referral to psychiatric and psychological services; (H) educational programs on the availability, benefits, and appropriate use of preventive health services covered under title XVIII of the Social Security Act (42 U.S.C. 1395 et seq.); (I) medication management screening and education; (J) information concerning diagnosis, prevention, treatment, and rehabilitation concerning age-related diseases and chronic disabling conditions; (K) gerontological counseling; and (L) counseling regarding social services and follow-up health services based on any of the services described in subparagraphs (A) through (K). The term shall not include services for which payment may be made under titles XVIII and XIX of the Social Security Act (42 U.S.C. 1395 et seq., 1396 et seq.). (Source: OAA)	No	Yes

*Priority Services

**Older Americans Act Performance System

Title III-C Nutrition Services				
Service	Unit	Definition	NAPIS Registered	Cost Share
Home Delivered Meals - C2	1 meal	A meal provided to a 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). 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.	Yes	No
Congregate Meals - C1	1 meal	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). 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.	Yes	No

Title III-D Disease Prevention and Health Promotion Services				
Service	Unit	Definition	NAPIS Registered	Cost Share
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> <p>a. The program meets the requirements for ACL's Evidence-Based Definition (see below)</p> <p>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</p> <p>ii. Proven effective with older adult population, using Experimental or Quasi-Experimental Design,* and</p> <p>iii. Research results published in a peer-review journal; and</p> <p>iv. Fully translated** in one or more community site(s); and</p> <p>v. Includes developed dissemination products that are available to the public.</p> <p>*Experimental designs use random assignment and a control group. Quasi-experimental designs do not use random assignment.</p> <p>**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.</p> <p>MBA reserves the right to incorporate additional state specific Title III-D requirements.</p>	No	Yes

Title III-E National Family Caregiver Support Program				
Service	Unit	Definition	NAPIS Registered	Cost Share
Caregiver Counseling	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	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 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.	Yes	Yes
Caregiver Support Groups	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	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	Yes
Caregiver Training	1 hour (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 on-line, and be provided in individual or group settings.	Yes	Yes
Caregiver Respite		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.		
Caregiver Respite - In Home	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	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.	Yes	yes
Caregiver Respite - Out of Home Day	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	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.	Yes	Yes
Caregiver Respite - Other Respite	1 hour (partial hour may be reported to two decimal places, e.g. 0.25 hours)	A respite service provided using Older Americans Act funds in whole or in part, that does not fall into the previously defined 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).	Yes	Yes