



A program of the Panhandle Regional Planning Commission  
Funded by the Texas Health and Human Services Commission

# Public Education and Outreach

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## Eligibility

- General public
- AAA targets:
  - Individuals age 60+
  - Family caregivers
  - Professionals in the aging services network

## Overview

The Area Agency on Aging's Public Education and Outreach Services aim to empower older adults, caregivers, and professionals by providing critical information on aging-related issues, health, wellness, and available community resources.

Our outreach efforts include educational workshops, presentations, community events, and targeted outreach designed to raise awareness about programs, rights, and services that support the wellbeing of older adults and promote informed decision-making.

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## Medicare

- **Destination Medicare**
  - Seminar for individuals new to Medicare provided both in-person and online with morning and evening sessions available held in April, June, and September.
- **Medicare Savings Programs, Extra Help, and Preventive Services**
  - Presentation on ways Medicare beneficiaries can qualify for programs to help pay for the Part B premium and prescription drug costs as well as the various preventive services available and accessing care.
- **Original Medicare vs. Medicare Advantage**
  - Presentation on Medicare coverage options and how to compare plans.
- **Medicare Fraud and Abuse**
  - Presentation on current scams. This session empowers attendees to recognize, prevent, and report healthcare fraud and abuse with information from the Senior Medicare Patrol.

## Legal Awareness

- **Transfer on Death Deed**
  - Presentation on the benefits and process of using a TODD to ensure a smooth property transfer upon death, helping individuals avoid probate, reduce legal complications, and the Medicaid Estate Recovery Program.
- **Advance Directives**
  - Presentation on creating and understanding Advance Directives, such a medical power of attorney, Directive to Physicians, and Out-of-Hospital Do Not Resuscitate Order.

## Health, Wellness, and Technology

- **Senior Planet**
    - Workshops and classes designed to empower older adults with digital skills, Senior Planet fosters confidence and connection in the digital world through engaging, hands-on learning opportunities.
  - **Ready. Set. Thrive!**
    - Interactive 3-week program focused on enhancing the quality of life for older adults through nutrition education, physical activities, and strategies for stress management to improve overall wellbeing.
  - **A Matter of Balance**
    - 8-week evidence-based intervention workshop designed to reduce the fear of falling and improve balance, flexibility, and strength, empowering participants to stay active and confident in their daily activities.
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