

ABOUT US

Since 1973, the East Baton Rouge Council on Aging (EBRCOA) has served the aging population of East Baton Rouge Parish through a spectrum of nutritional and social services. Additionally, the EBRCOA is charged with both meeting and discovering the growing needs of the ever increasing aging population.

Central to the EBRCOA's mission is service to seniors, as well as, the maintenance of their personal independence, and the enhancement of their storied lives.

OUR SERVICES

INFORMATION & ASSISTANCE

The Information and Assistance Department consists of trained care managers available to answer questions, conduct thorough assessments of client needs, make appropriate service recommendations, and refer clients to services at COA.

SERVICES INCLUDED:

- Case Management
- Cable Bill Assistance (Cox Communications)
- Comprehensive Phone Assessments
- Medicare, Medicaid, MIPPA Assistance
- Material Aid (Incontinent supplies, durable medical equipment, supplemental nutrition supplies, etc.)
- Power to Care (utility assistance)



NUTRITION PROGRAM

CONGREGATE MEAL PROGRAM:

The EBRCOA serves hot meals 5 days a week during lunch hours in a group setting at our 23 senior center and feeding sites across the parish. In addition to our daily menu, we provide hot meals for holidays and special dinners. The Nutritional Director, Chef Celeste Gill, incorporates delicious menu items, which creates more variety for our seniors to enjoy. The meals are healthy and designed to meet the nutritional needs of adults 60 and over.

MEALS ON WHEELS PROGRAM:

Meals on Wheels is among several federally created and supported programs designed specifically to meet the nutritional needs of seniors. Each meal meets the dietary guidelines set by The Older Americans Act Nutrition Program. Each packaged meal includes detailed food nutritional analysis such as amount of sodium, fiber, protein, fat, vitamins and calories.

The Meals on Wheels box includes:

- 7 Freshly Cooked Meals (Frozen)
- 1 Gallon of Milk
- Bread
- Fruit(s)
- Snack(s)

FITNESS & WELLNESS PROGRAM

SENIOR FITNESS PROGRAM:

The EBRCOA offers fun senior focused fitness classes to keep seniors active and healthy. The classes include warm-up aerobics, balance, strength training, and stretching.

- Wellness Program
- Aerobics
- Tai Chi
- Water Aerobics
- Line Dancing
- Yoga

LOTUS FOOD PANTRY

EBRCOA, in collaboration with The Greater Baton Rouge Food Bank and USDA offers seniors aged 60 and older the opportunity to shop in our supermarket structured food pantry for essential items such as fresh fruit, produce, baked goods, canned goods, toiletries, personal/hygiene items, incontinent supplies, and household items.

LOTUS RIDES

EBRCOA Lotus Rides Transportation Department is an essential component of The Older Americans Act that allows the Council on Aging to provide transportation services to seniors to and from the senior centers and agency events across the parish.

DISASTER PREPAREDNESS

EBRCOA is designated by the State of Louisiana to operate as the disaster preparedness arm for seniors during emergency situations. Our role is to protect the lives of seniors during any emergency including, but not limited to, pandemics, floods, hurricanes, and food deficits.

COA HELPS

The program provides short term assistance to seniors aged 60 and older to assist with paying their Entergy, DEMCO, water bill, and/or rental assistance.

- Emergency Assistance Program
- COA Rx (Senior Prescription Program)
- Financial Literacy

If you are interested in any of the EBRCOA services, contact us at (225) 923-8000 or visit <https://ebrcoa.org/services-application/> to apply for services.

scan here to
access the
agency's
service
application

