

What Help Can I Get?

MOCOR staff will look at your life at home and will see what services you can get to help make it safer, easier, and better for you. We can help you with:

- Eating
- Bathing
- Dressing
- Hygiene
- Toileting
- Mobility
- Positioning
- Transferring
- Communicating
- Preparing meals
- Shopping
- Transportation
- Housework
- Managing money
- Using a Telephone
- Managing medication
- Finding employment
- Making judgments
- Decision-making
- Memory issues
- Behavior issues



Missouri Community
Options and Resources

*“Your Key to Community Long Term
Services and Supports”*

For More Information

Call us toll-free 1-855-834-8555

Or visit our Website:

<http://moco.mo.gov>

(Rev. 09/13)

Live at home with our help



Remain at Home

My family thinks I need a nursing home, but I want to stay here.



Home may still be an option for you, with the right help. Missouri Community Options and Resources (MOCOR) staff can link you to just what you need to help keep you where you want to be, at home. If you are elderly or disabled, have a limited income, and receive MO HealthNet (Medicaid) benefits, you may be able to get those services where you now live.



Return Home

I am in a nursing home, but I really want to go home.

If you now live in a nursing home or other institution, you may be able to get help to move back to a place of your own. If you have Medicaid, you can learn about your choices of where you can live and how you can get help planning the move and making sure you have what you need to be at home.

How to Get Our Help

Give us a call to talk to someone about getting services to help you remain or return home.

**MOCOR toll-free number
1-855-834-8555**



**Or visit us online
<http://moco.r.mo.gov/>**

MOCOR

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