

SENIOR DAY



FEBRUARY 13, 2026

RESOURCE GUIDE



NEW MEXICO AGING & LONG-TERM SERVICES DEPARTMENT

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Our mission is to serve and inspire the state’s older adult community to live active, healthy lives and enhance their connections within community. The department is a leader in developing programs and building partnerships that support lifelong independence and healthy aging, providing connection, resources, and advocacy for older adults and those living with disabilities.



For more information about New Mexico Aging Services, visit aging.nm.gov or follow us on Facebook, Instagram, LinkedIn, X and YouTube @New-MexicoAging.

SCHEDULE OVERVIEW

8:30 AM - 10:45 AM

Arrival and office visits with legislators

8:30 AM - 12:00 PM

Visiting exhibitors at the Senior Day and African American Day at the Legislature's resource fair

11:00 AM - 12:00 PM

Formal presentation featuring: Insights from select state legislators and executive branch members

Use these talking points when speaking with your legislators.

ALTSD's total budget request is \$84.3 million in recurring general fund. Support our request to ensure New Mexico seniors, adults with disabilities, and caregivers have everything they need to thrive.

- Invest in meals, transportation, caregiving, and care navigation through the Aging Network and the Kiki Saavedra Senior Dignity Fund to keep seniors healthy, connected, and at home.
- Expand New MexiCare with increased stipends and enrollment to support family caregivers, reduce burnout, and prevent unnecessary facility placements.
- Invest in emergency preparedness, outreach, and engagement so seniors know where to turn and services continue when they're needed most.

PLANNING & SERVICE AREAS

The New Mexico Aging Network is comprised of the Aging & Long-Term Services Department, Area Agencies on Aging (AAAs), and providers within each of the planning and service areas (PSAs). The NM Aging Network has two “federally recognized” AAAs that serve four of the designated Planning and Services Areas (PSAs) in the State.

PSA 1 serves Bernalillo County.

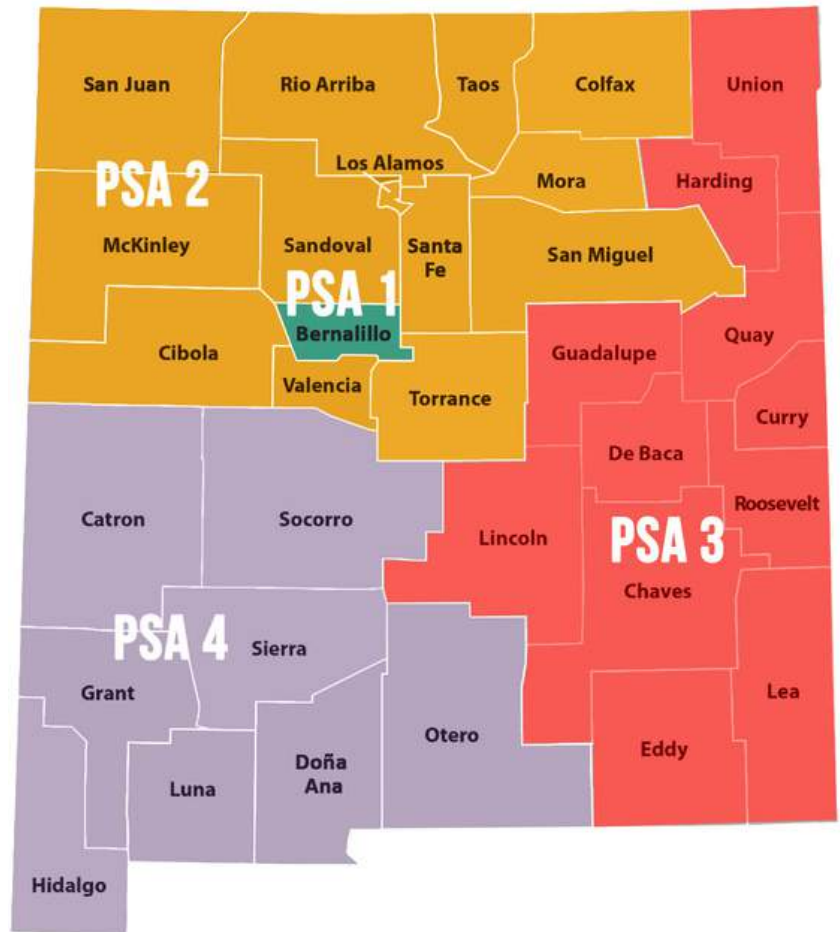
PSA 2 serves Cibola, Colfax, Los Alamos, McKinley, Mora, Rio Arriba, Sandoval, San Miguel, San Juan, Santa Fe, Taos, Torrance, and Valencia counties.

PSA 3 serves Chaves, Curry, De Baca, Eddy, Guadalupe, Harding, Lea, Lincoln, Quay, Roosevelt, and Union counties.

PSA 4 serves Catron, Doña Ana, Grant, Hidalgo, Luna, Otero, Sierra, and Socorro counties.

PSA 5 serves the NM portion of the Navajo Nation (*not pictured*).

PSA 6 serves New Mexico’s 19 Pueblos, Jicarilla Apache Nation, and Mescalero Apache Tribe (*not pictured*).



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ADULT PROTECTIVE SERVICES DIVISION (APS)



OVERVIEW

Adult Protective Services (APS) Division investigates abuse, neglect, and exploitation to ensure the safety and well-being of vulnerable adults 18 years and older.

HOW WE HELP

APS helps constituents by protecting and supporting vulnerable adults, by investigating abuse, neglect (including self-neglect), and exploitation, and providing innovative interventions that promote safety, stability, and well-being. This focus helps adults stay safely in their homes and communities.

GUIDING PRINCIPLES

1. Provide high-quality services and support to clients and implement preventive measures to reduce recidivism.
2. Mitigate abuse, neglect, and exploitation (ANE) of vulnerable adults.
3. Ensure the safety and well-being of vulnerable adults by establishing innovative care and support services.
4. Engage in the least restrictive and most person-centered interventions to reduce all forms of abuse and improve outcomes for vulnerable adults 18 and up.

PROGRAMS & SERVICES

Investigations

Investigations of abuse, neglect and exploitation and self-neglect are conducted through a network of field offices statewide.

Clinical Operation

The clinical unit works with clients who have higher needs and require more clinical intervention.



AGING NETWORK DIVISION (AND)



OVERVIEW

The Aging Network Division (AND) oversees several programs that impact older adults across New Mexico, including senior services, food security, senior employment, capital outlay funding, and connection to services provided by Area Agencies on Aging.

HOW WE HELP

Through a series of partnerships, ALTSD's Aging Network connects older adults and people with disabilities with nutritious meals, transportation, volunteer and employment training and opportunities. Area Agencies on Aging, the University of NM, NM Senior Olympics, and other organizations with widespread reach, offer robust programs for seniors of all ages and in most locations.

PROGRAMS & SERVICES

Senior Services Bureau

Manages federal and state program funding to provide services under the Older Americans Act. Also manages several volunteer programs, including AmeriCorps Senior Corps Volunteers, Senior Companions, and the Retired Senior Volunteer Program.

Food Security Programs

Includes New Mexico Grown, senior food initiatives, and USDA Administration for Community Living Nutritional Supplemental Incentive Program funding to support senior center meals.

Employment Programs Bureau (EPB)

Provides subsidized training placements for older adults through the federally funded Senior Community Services Employment Program and the state-funded Senior Employment Program. The EPB contracts with UNM to train and certify older people as Community Health Workers.

Capital Outlay Bureau

Offers capital outlay appropriations to tribal and local governments to fund senior center projects including new construction, renovations, and for the purchase of equipment and vehicles.



CONSUMER & ELDER RIGHTS DIVISION (CERD)



OVERVIEW

The Consumer and Elder Rights Division (CERD) includes the Aging & Disability Resource Center (ADRC), which assists older adults, people with disabilities, and caregivers find services and resources designed to help them live healthfully, independently, and have a good quality of life.

HOW WE HELP

The Aging and Disability Resource Center (ADRC) assists individuals with various topics, including Medicare, prescription drugs, health care, long-term care, and other resource needs, such as community and social service options.

PROGRAMS & SERVICES

State Medicaid Home & Community-Based Waiver Program

The ADRC assists with the intake/registration of the Home and Community-Based Services Waiver. This program allows eligible individuals who would benefit from a caregiver in their home to access Turquoise Care Medicaid Benefits. It helps New Mexicans who prefer to stay in their homes or assisted living facilities do so.

State Health Insurance Assistance Program (SHIP)

SHIP counselors provide answers to questions and concerns related to private and government benefit programs, including Medicare and Medicaid. SHIP counselors offer personalized, free, expert, unbiased, accurate assistance.

Senior Medicare Patrol (SMP)

SMP helps Medicare and Medicaid beneficiaries protect their information, identify scams, and report fraud. SMP can also help identify and report errors on healthcare bills and prevent exploitative practices.



OFFICE OF INDIAN ELDER AFFAIRS (OIEA)



OVERVIEW

The Office of Indian Elder Affairs (OIEA) manages the Indian Area Agency on Aging (IAAA), supports the Navajo Nation Department of Health's Division of Aging and Long-Term Care Support (DALTCS), and serves New Mexico's 23 Tribes, Pueblos and Nations. OIEA supports Native New Mexicans in the development of a comprehensive, coordinated service system that includes tribal senior and adult day service centers.

OIEA's general operational functions include: advocating for and facilitating state general funding allocations, IAAA/NAAA contract management of state general funds, technical assistance, advocacy and training. Additionally, OIEA, on behalf of ALTSD, supports and collaborates with New Mexico's tribes through the agency's divisions.

HOW WE HELP

OIEA facilitates supplemental funding opportunities and provides technical assistance (TA). TA elevates the support providers offer and bring to members of New Mexico's Tribes, Pueblos and Nations. Services include eldercare through tribal senior and adult day centers.

HOW WE SUPPORT TRIBAL ELDERS

OIEA assists Tribal Elders and their families by providing information about available support services and resources. We connect Native American elders in New Mexico, including those who reside off reservations, to services and resources through publicly available department information.

Support and assistance offered by Tribal Senior Centers and Tribal Adult Day Care Centers may include:
In-Center Meals | Home-Delivered Meals | Case Management Transportation | Homemaking/Housekeeping
Personal Care | Respite for Caregivers | Physical Fitness & Exercise

LONG-TERM CARE OMBUDSMAN PROGRAM (LTCOP)



OVERVIEW

Residents, their families, friends, and caregivers entrust long-term care and nursing facilities to provide safe environments that meet standards of care and provide a quality of life. If ever they fall short, the New Mexico Long-Term Care Ombudsman Program offers an avenue for expressing and resolving concerns through a resident centered approach.

WHO WE ARE

1. Ombudsman volunteers are advocates. They are people from different backgrounds and experiences who speak out and help resolve concerns for others.
2. Ombudsman volunteers regularly visit residents of nursing homes and assisted living facilities to ensure residents' rights and dignity are respected.
3. Ombudsman volunteers provide much needed connection and support for thousands of New Mexicans living in long-term care facilities.

HOW WE HELP

Ombudsmen help with issues such as resident rights, care concerns, staff problems, abuse, food quantity and quality, lost items, medication errors, discharges, activities, neglect, billing, care planning, safety, and person-centered care.

VOLUNTEER BENEFITS

- Extensive training and certification by the State of New Mexico
- Guidance and support from the Long-Term Care Ombudsman regional coordinators
- Schedule of your choice, spending a minimum of three hours a week getting to know residents
- Speaking for residents, airing their complaints and issues, advocating for their desired outcomes and working with facility staff on resolutions
- Increasing residents' empowerment by educating them about their rights



LONG-TERM CARE PROGRAMS



OVERVIEW

Long-Term Care (LTC) programs provide supports and services to individuals who need assistance with activities of daily living due to aging, chronic illness, disability, or other conditions. These programs help individuals maintain their quality of life, maximize their independence, and ensure safety.

HOW WE HELP

Long-Term Care programs assist older adults and their caregivers by offering services, resources, and support that address the unique needs of individuals who require help on a daily basis.

PROGRAMS & SERVICES

New MexiCare

Delivers financial assistance and training to caregivers who are assisting friends or family members with activities of daily living due to physical and cognitive limitations.

Care Transitions

Care Transitions provides residents with pathways of available choices for long-term service and support options.

Caregiver Respite Program (Coming Soon)

Offers statewide, community-based respite care services to related caregivers across the lifespan of adults living with Alzheimer's Disease and other dementias, those who are of advanced age, and adults caring for children with disabilities or special needs.

Veteran Directed Care (VDC) Program

Allows veterans and their families to choose the services and supports they need to be able to safely and successfully live at home.

Office of Alzheimer's and Dementia (OAD)

Provides accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being, thereby empowering them to live on their own terms and thrive in their communities for as long as possible.

HOW TO REACH US

Adult Protective Services

Report suspected abuse, neglect, or exploitation

866-654-3219, option #3

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Aging & Disability Resource Center

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