

AAA 1-B RESOURCE GUIDE | 2023-2025

connect

YOUR **FREE** GUIDE TO INFORMATION AND RESOURCES
FOR OLDER ADULTS AND FAMILY CAREGIVERS





Michael Karson

welcome to connect

WELCOME to the second edition of **connect**. I am confident readers will find what they need in it as they navigate resources for older adults and family caregivers.

When we introduced **connect** in 2019, it was the first-ever comprehensive guide to services for seniors in the six-county region we serve. It included listings of resources, along with user-friendly content about everything from choosing a home health aide to navigating long-term care. We distributed tens of thousands of copies throughout southeast Michigan. You connected with it - and asked us for an updated version. We listened.

SINCE 1974, THE AREA AGENCY ON AGING 1-B has been a one-stop source of information about programs and resources for people living in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We connect older adults and family caregivers with in-home care programs, home-delivered meals, health and wellness classes, adult day programs, and the MI Choice Medicaid Waiver Program. We help you find the best Medicare plan for your health and budget needs. And much more.

WE'RE PROUD OF OUR TRACK RECORD. Annually, we connect about 40,000 callers to programs and services through our Information & Assistance phone line. We help some 3,000 older and disabled adults find affordable and reliable transportation. We provide nearly 20,000 Medicare beneficiaries with free and unbiased one-on-one counseling. We help to fund home-delivered meals for some 11,000 seniors.

Behind the scenes, we advocate for funding for programs that are critical to the well-being of older Michiganders and initiate innovative programming that fits with our overall mission of helping you age in place safely and with dignity.

In all, we serve more than 120,000 people each year with services, using funds from the Older Americans Act and the Michigan Department of Health and Human Services.

The Area Agency on Aging 1-B plans to be around for a very long time, helping older adults stay as independent as they'd like and supporting caregivers as they juggle responsibilities that might sometimes seem overwhelming.

**KEEP CONNECTING WITH US -
AND WE'LL DO THE SAME!**

Stay well,

Michael

President and CEO



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THANK YOU TO OUR SPONSOR

This guide would not have been possible without the generosity of the Community Foundation for Southeast Michigan. Thank you!

**Community
Foundation**

FOR SOUTHEAST MICHIGAN

AREA AGENCY ON AGING 1-B

what we do



Since 1974, the Area Agency on Aging 1-B has been supporting older adults and family caregivers in a six-county region of southeast Michigan that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

Our mission is to help individuals live independently in the community by providing the support they need. We connect older adults and their families to services like Meals on Wheels, transportation assistance, in-home care, adult day services and caregiver respite; we advocate in Lansing on behalf of seniors; and we offer free health and wellness classes for seniors, workshops for caregivers and a Medicare and Medicaid Assistance Program.



and older who need help with one or more basic activities, like bathing or dressing.

The type of support available will depend on your needs. This could include a few hours a week of assistance in the home with things like light housekeeping, meal preparation, transportation or running errands. For some people, it could include personal care or respite care for a family caregiver caring for a loved one with dementia (either in the home or at an adult day center). In some cases, people might also receive a personal emergency response pendant.

We'll evaluate your needs, work with you to develop care strategies and arrange, purchase and monitor the appropriate in-home or respite services.

While there are no strict financial eligibility requirements, people with the highest financial and supports needs are given priority, which is determined through screening.

THE MI CHOICE MEDICAID WAIVER PROGRAM

The MI Choice program, part of the Michigan Department of Health and Human Services, enables eligible adults who need nursing home-level care to receive long-term care services in their home. Those can include help with activities of daily living such as bathing, dressing, feeding, chore services, counseling, home modifications, transportation, nursing care and specialized medical equipment and supplies.

To be eligible for MI Choice, you must be 65 or older, or be an adult with a disability, meet MI Choice income and asset requirements and require nursing home-level care.

INFORMATION & ASSISTANCE PHONE LINE

Our Information & Assistance phone line is the first call you should make when you're looking for services or information for yourself or a loved one.

Our team of knowledgeable resource specialists will answer your questions and draw on an extensive database of senior-focused programs, benefits, organizations and services to connect you with the right resources in our six-county area and beyond.

Let us be your first call. You can reach us at **800-852-7795** Monday-Friday, from 8 a.m. - 5 p.m., or visit us at aaa1b.org.

COMMUNITY LIVING PROGRAM

The Community Living Program (CLP) is a government-funded program that gives older adults additional support to help them stay living at home and in the community. It's available for people 60

(cont'd)

ADULT DAY SERVICES

The adult day service programs we help support in our six counties have a dual purpose: They provide our older adults with social, physical, emotional and creative stimulation and provide caregivers with peace of mind and time to work or otherwise take care of their own needs. The programs, typically open on weekdays, are generally for people with memory loss. Lunch is available for a nominal donation, and some of our programs offer transportation to and from the center, medication reminders, help with personal care and hygiene, and extended hours. Adult day programs are located at facilities in the community, often at a senior center. See page 26 for more information.

MEALS ON WHEELS

We support daily meal delivery to approximately 11,000 homebound seniors in the six counties we serve. We work with Meals on Wheels providers across our region that prepare and pack meals.

Deliveries are typically made by volunteers. Meals on Wheels is available to people 60 and over who meet the homebound criteria. Our providers welcome voluntary donations from recipients.

TRANSPORTATION

Myride2 helps older and disabled adults find transportation options. By calling **855-697-4332** or visiting myride2.com, we'll help you find appropriate transportation to get you where you need to go. Our program also offers mobility counseling for those who can no longer drive, and Travel Training so that you or a loved one can learn how to use public transportation. Myride2 serves Macomb, Oakland, Washtenaw and Wayne counties. See page 29 for more information.

CAREGIVER COACHING

Caregiver Coaching aims to smooth the way for caregivers by linking them with a trained volunteer coach. Coaches can point caregivers to resources, help them meet a challenge, or just talk. The



coach and caregiver meet by phone. There is no commitment, cost or required coaching times.

SUPPORT FOR LGBTQ+ OLDER ADULTS

AAA 1-B staff has received training from MIGen (Michigan LGBTQ+ Elders Network) to expand our cultural competency and to enable us to provide LGBTQ+-friendly resources to the lesbian, gay, bisexual and/or transgender community. Our Information & Assistance phone line has information on community services that are LGBTQ+-friendly.

HEALTH AND WELLNESS

Our Health and Wellness programs offer a great way for seniors to get out of the house and meet other people while sharpening their balance skills, managing chronic pain and diabetes, and mastering the art of aging. We also offer workshops for family caregivers. We hold classes in-person and online throughout our six counties year-round. To learn more, call **833-262-2200** or go to aaa1b.org.

LONG TERM CARE OMBUDSMAN PROGRAM

Funded by the state and federal governments, this statewide program advocates for residents of nursing homes and licensed assisted living facilities and their families. The three ombudsmen who operate out of the Area Agency on Aging 1-B visit more than 100 facilities in our service region to visit with nursing home residents, mediate disputes and hold weekly family councils to hear concerns. For more information on the program, see page 24 or call **866-485-9393**.

MEDICARE MEDICAID ASSISTANCE PROGRAM (MMAP)

Our Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare – at no charge. Our certified counselors answer questions, troubleshoot problems and help you understand your Medicare plan choices. Government funding allows us to offer this valuable, impartial assistance for free.

MMAP counselors can help you over the phone or in person by calling **800-803-7174**. See page 19 for more information.

OTHER PROGRAMS WE SUPPORT INCLUDE:

- **Grandparents raising grandchildren** support groups, activities for kinship caregivers and resources such as clothing and food assistance.
- **Assistance with chores** such as lawn cutting, leaf raking, snow removal and minor home repair and maintenance. Available in Livingston, Macomb, Monroe, St. Clair and Washtenaw counties.
- **Home injury control** to help make your environment safer by installing enhanced lighting, grab bars, shower chairs and non-slip mats and maintaining other safety and assistive devices to prevent the risk of falls. Available in Livingston, Macomb, Monroe, St. Clair and Washtenaw counties.
- **Elder abuse awareness and education.**
- **Legal aid for low-cost legal assistance.**



We are welcoming and inclusive!



caregiving

caring for caregivers



We get that caregiving is often stressful, isolating and even exhausting.

That's why we have your back.

The Area Agency on Aging 1-B believes that nobody should walk alone. We offer an array of programs and services designed to help you along your journey, because we understand that it is one that requires patience, time, creative energy, stamina and more.

We offer wellness workshops, one-on-one counseling with a trained caregiver coach, educational classes and workshops, respite care and more. Please give us a call. We'll connect you with what you need.

CAREGIVER COACHING

This innovative (and free) program pairs family caregivers with coaches who are trained to help navigate complicated or tricky situations and to provide caregivers with the resources they need.

Coaches are typically current or past caregivers themselves and go through extensive training. They meet one on one with caregivers, usually by phone or video platform like Zoom, and help to solve problems or just listen.

RESPITE CARE

Our Family Respite Program is designed to give primary family/unpaid caregivers a break by providing up to eight hours a week of coverage by a paid caregiver (who may also be a family friend or relative who would be paid through an agency). This is available to adults 60 and older who need help with personal care. The respite could also include two days of care in an adult day program (which may offer transportation).

LEARNING

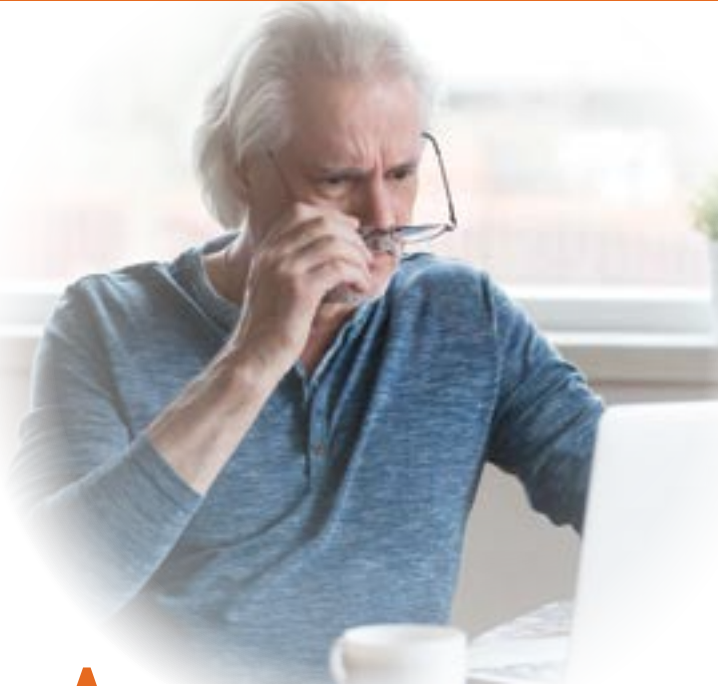
Powerful Tools for Caregivers

This popular six-week workshop brings together family caregivers to talk about caregiving challenges and to learn self-care strategies. The workshop covers relaxation techniques, management of emotions, finding confidence to deal with caregiving demands, and more.

Workshops & Presentations

We offer single workshops and presentations that are designed to provide caregivers with advice they can use to help themselves and their loved ones.

All of our educational offerings are free of charge.



signs your loved one needs help

AND SUGGESTIONS FOR OFFERING IT

Aging presents a range of challenges that might compromise your loved one's safety, health and well-being.

Some changes such as physical frailty require a few tweaks, like adding handrails to make the home environment safer. Others, such as memory loss, may signal a health problem that needs medical attention.

Whatever the case, your approach is key. If you are concerned about a loved one, let them tell you what they feel and what they think they need.

"Come from a perspective of love and support to get that conversation going," says Jennifer Brunell, supervisor of the Area Agency on Aging 1-B's Community Living Program. "Offer up solutions or resources, because it can be scary to admit they need help. Older adults also don't want to lose their autonomy."

Here are signs your loved one needs help – and suggestions for how to offer it.

DISORGANIZED OR UNOPENED MAIL

This could be a sign that your loved one has become disorganized due to other life changes, or it may be a sign of dementia.

You might also want to check credit card statements to see if your loved one is charging purchases from a TV-based shopping network – a

particular lure for older adults. Your dad might also be entering contests that have fees attached.

If a loved one is writing checks to strange organizations or people, get them caller ID on the phone and suggest that they answer only if they recognize the name.

SUGGESTIONS

- Set up autopay through the bank so bills are paid automatically.
- You can register their phone number on the national Do Not Call Registry (donotcall.gov).
- If you're worried about checks going out to strange organizations and people, ask your loved one if they need help managing their money. You might consider getting power of attorney that will enable you to make financial, legal, and health care decisions when your loved one can't. Check out the SAFE (Successful Aging Thru Financial Empowerment) program at the Institute of Gerontology at Wayne State University (see page 48 for contact information). It educates older adults and their caregivers about scamming and identity theft techniques, identification, protection and reporting.

MESSY HOUSE AND YARD

The loss of mobility and vision can lead to a neglect of the house – and create obstacles to getting around.

SUGGESTIONS

- Remove throw rugs and move furniture that might be in the way. Make sure your loved one is wearing safe footwear. Socks with grips on the bottom are a good option for nighttime.
- If you think she needs a housekeeper, give her the option of finding someone or having you look.
- Hire a lawn care service or talk to a neighbor to see if they're willing to mow the lawn and shovel in the winter.

SLOPPY APPEARANCE

If a loved one is neglecting his appearance, it could be a sign that he isn't keeping up with laundry.

SUGGESTIONS

- Offer to wash his clothes or hire an "assistant." Avoid using the word "aide."
- You could also send out the clothes to be laundered.

BODY ODOR

This may be a sign your loved one isn't bathing or showering. She may fear falling in the tub or shower.

SUGGESTIONS

- Install grab bars, a shower stool or bench and grips for the bottom surfaces of the shower or tub.
- Buy her a pair of shower shoes.
- If there is a smell of urine, she may be having urinary tract infections or incontinence.
- Make an appointment with your loved one's doctor that you can attend.

WEIGHT LOSS

May be a sign of malnutrition or illness – or a lack of food in the house.

SUGGESTIONS

- Make sure there is nutritious food within reach.
- Make an appointment with your loved one's doctor when you can go along and listen.
- If your loved one can't get to the grocery store, ask if he would be willing to have meals delivered. Meals on Wheels is available to people 60 years and older who don't have someone to make them meals at home and aren't driving.

UNSTEADINESS/UNEXPLAINED BRUISING ON ARMS AND LEGS

Could be a sign of falling.

SUGGESTIONS

- Ask if they've had a fall.
- Buy a walker or cane for them.
- Remove throw rugs and other obstacles in their home.
- Get them shoes and socks that won't slip on the floor.
- Suggest they take the Matter of Balance workshop through the Area Agency on Aging 1-B. The eight-week group class covers a range of topics, including eliminating fall hazards, recognizing habits that could lead to falls, and building confidence. Balance and flexibility exercises are also part of the program.

MISSED MEDICATION

Your loved one isn't taking his medications or you suspect he is taking too much.

SUGGESTIONS

- Get a simple medicine sorter if your loved one is taking several drugs. Pharmacists may offer free blister packs that order pills by dose, day

(cont'd)

and week. MedMinder is an automated pill dispenser that alerts your loved one when it's time to take their medicine, and if they don't respond, alerts family members.

- Consider installing an app such as MediSafe on their smartphone or other device that will alert them when it's time to take a dose (and help reschedule in case of a missed dose), show what the pill looks like, and what it is used for, and allows family members with the app to track compliance.
- If you are worried, make an appointment with your loved one's doctor. Forgetting to take medicine, even with reminders, may be a sign that your loved one may not be safe living alone.

REPETITION

Asking the same question repeatedly could be a sign of more than just normal memory loss that comes with age. It may be a sign of dementia. Getting lost in familiar places, not being able to follow instructions and becoming confused about time and people are also signs that your loved one may need medical attention.

CHANGES IN MOOD/ALERTNESS

Changes in their mood or mental alertness may be signs of depression, poor sleep habits, dementia or a declining health condition. Look for signs such as irritability and inappropriate crying or laughing, not engaging in conversation and withdrawing from activities like going to church or going out with friends.

SUGGESTIONS

- Ask them if they feel sad or lonely, telling them you notice they seem down. Brunell suggests asking if they'd like to explore a local senior center, go shopping, or find an audiobook they might like.

UNEXPLAINED DENTS/DINGS ON CAR

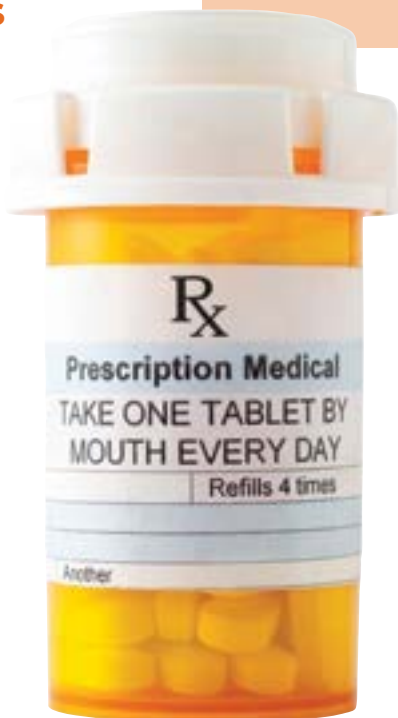
Could be a sign of failing eyesight, slower reaction time or dementia.

SUGGESTIONS

Drive with them to see if it's obvious they are having trouble seeing, steering or understanding traffic signs. If they are having trouble seeing, ask when they last had an eye exam and express concern that they could hurt themselves or others.

"All we can do is bring up our own concerns," says Brunell. "Sometimes it's a matter of sitting down and saying, 'We want to prevent an accident.' There can be a misconception that older adults with memory impairment can drive short distances and nothing will happen. If your loved one is having memory problems, they could get lost in that short distance."

The Area Agency on Aging 1-B offers transportation coordination for seniors who are giving up their car keys, and organizations like AARP offer safe driving courses. (See "Off Road – Giving Up Your Driver's License" on page 29.)



WHERE TO TURN FOR MORE RESOURCES AND INFORMATION

We can help you find resources and options. Call us at **800-852-7795** or visit aaa1b.org.

hiring a private caregiver

SHOULD YOU GO IT ALONE OR OR HIRE AN AGENCY?

If you or a loved one needs some help in the home, you can hire an aide yourself or go through an agency. Here's a look at the pros and cons of each approach:

ADVANTAGES OF DIRECT HIRING

If you hire an aide directly, it may be less expensive, but you'll have to do a lot of the legwork yourself. Here are recommendations from the U.S. Administration on Aging:

Ask for the prospective aide's:

- Full name, address and phone number
- Date of birth
- Social Security number
- Driver's license and proof of insurance
- Educational background
- Work history
- References (including dates of service and contact information for employers; make sure you contact them.)
- Certifications (CPR)
- Proof of personal insurance/bonding and health status (vaccines, TB test)
- Documentation related to additional training (CPR, dementia care)



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You can request that the applicant go through a background check, which requires fingerprinting. You might also want the person to submit to a drug screening. While you may feel badly about asking, keep in mind that most home health agencies require aides to go through the process.

You should also make sure the aide understands the tasks you need them to perform, from your loved one's medical needs to his or her mobility issues and behavioral issues, signs of an emergency; dentures, eyeglasses or other needs, dietary requirements and likes and dislikes.

In addition to pay and benefits, you should discuss expectations for:

- Reimbursement for things the caregiver may buy for the job
- Providing transportation for the care recipient
- Vacation and holiday time off
- Lateness and absences
- Notice of lateness/absence/termination of job
- Work environment (is food available for the aide?)
- Clothing (a uniform?)
- How taxes will be handled

If you decide to go forward with an employment arrangement, provide information in writing and orally about:

- How you can be contacted and emergency contacts
- Security precautions and keys to home and car

- Medical supplies/medicine (when they are taken, dosage, reordering)
- Location of household appliances/washing and cleaning supplies/flashlights/lightbulbs/fuse box
- Other details specific to your loved one's situation

You can use a payroll service to handle tax withholdings from the employee's salary.



ADVANTAGES OF HIRING THROUGH AN AGENCY

You may pay more by going through an agency, but it will certainly save you time and perhaps money in the long run.

Keep in mind that Michigan does not require home health care agencies to be licensed (unless they are Medicare-certified).

Home care agencies:

- Recruit, train and pay staff
- Carry liability insurance that covers injury, theft and assault
- Perform background checks on caregivers and possibly screen for drug use
- May require certification in CPR and proof of up-to-date driver's license and auto insurance
- Will typically send out a backup aide if the caregiver is ill or does not show up
- May provide caregiver training and more oversight of the caregiver/care recipient arrangement

long-term care



public options

FOR LONG-TERM CARE

If you or a loved one has financial constraints but need long-term care, here are some options that are government-funded. The programs have different eligibility requirements that are based on income, assets, the kind and level of care needed, and age.

MEDICAID

Medicaid is a state/federal program for low-income families and individuals. Eligibility is determined by the state Department of Health and Human Services.

There are four types of long-term Medicaid coverage for seniors:

● **MI Choice Home and Community-Based Waiver Program**

Medicaid will cover in-home care at home, adult day care centers, adult foster homes or licensed assisted living. Participation is limited, which means there may be a waiting list for benefits.

- **PACE**
- **Home Help**
- **Nursing home**

MI CHOICE HOME AND COMMUNITY-BASED WAIVER PROGRAM

The program offers long-term care in the home. The program is funded by Medicaid, and offers services that could include:

- Personal care
- Nursing care
- Personal emergency response systems
- Help with home chores and transportation
- Home-delivered meals

- Adult day services (adult day programs)
- Community health worker
- Community living supports
- Counseling
- Environmental accessibility adaptations
- Fiscal intermediary
- Goods and services
- Respite services
- Specialized medical equipment and supplies
- Training in a variety of independent living skills

TO BE ELIGIBLE FOR THE PROGRAM, YOU MUST

- Be 65 or older (or 18 or older with a disability)
- Have less than \$2,742 in monthly income (in 2023)
- Have \$2,000 or less in assets
- Need the kind of care you would typically get in a nursing home

The monthly income limit usually goes up each year. Keep in mind that not everything is counted as an asset. Your home that you live in, your car and your personal belongings will not be considered.

SPOUSAL IMPOVERISHMENT

A rule called Spousal Impoverishment lets married couples have more assets and still qualify. It is meant to ensure that the spouse who is not enrolled in the program has enough assets to live. The rules around Spousal Impoverishment can be complicated. We suggest calling us at **800-852-7795**, so we can help you understand how this works.

MI Choice is a statewide program funded by the Michigan Department of Health and Human Services. In our region, the Area Agency on Aging 1-B and Easterseals MORC both provide the program. A support person will work directly with participants to understand their needs, create a care plan, and coordinate services. We work with a pool of home care providers and other organizations that work directly with our program participants.

If you think you or your loved one may qualify for the program, call our Information & Assistance phone line **(800-852-7795)** to get started. Expect to spend about 20-30 minutes on the phone and have information ready on income, assets, type of assistance needed and any medical conditions.

Call us for current income requirements. You may also find the information at aaa1b.org.

PACE (Program of All-Inclusive Care for the Elderly)

This program is similar to MI Choice, except that it is funded through both Medicaid and Medicare and is designed for people 55 years and older who are medically eligible for nursing home-level care but are able to live independently.

The financial eligibility requirements for PACE are the same as for the MI Choice Program (\$2,742/month in 2023, with assets of \$2,000 or less). Spousal Impoverishment applies to this program, as well.

If you are not Medicaid-eligible, you can pay for part of the program that Medicaid would cover and Medicare pays for the rest.

Other requirements include:

- You must live within a PACE-approved geographic area (designated by zip code).
- You must be able to live safely in the community (not in a nursing facility) at the time of enrollment.

Participants' social, medical and physical needs are coordinated by a team. PACE focuses on preventive care in a person's home and at day health

and community centers. People who join a PACE program must receive their primary medical care through PACE and will need to see a PACE doctor.

Michigan has 14 PACE centers. The program covers many Michigan communities, including parts of Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw and Wayne counties. A person with MI Choice cannot also be enrolled in PACE.

For more information about the program, call PACE Association of Michigan at **877-264-7223** and go to pacemichigan.com.

MICHIGAN HOME HELP PROGRAM

This is a program that helps people who need hands-on assistance with activities of daily living such as bathing, transferring, and meal preparation; the state's Department of Health and Human Services will do an assessment to determine need and must approve providers who want to participate in the program.

To qualify, a person must be Medicaid-eligible and require physical assistance with at least one activity of daily living.

For information, go to Michigan.gov/contactMDHHS to find your local office. AAA 1-B also can send you an application.

NURSING HOME CARE

If you are in a nursing care facility, Medicare, the health insurance program for people 65 and older, and other insurance may not cover all the costs of your care. Medicaid will cover the cost of care if you meet financial and medical eligibility requirements.

To apply for Medicaid, you need to contact the Michigan Department of Health and Human Services office in your area and ask for a Medicaid Application for Health Care Coverage of Patient of Nursing Facility. You can pick it up at your local MDHHS office or call the office to request that it be sent by mail.

See page 47 for your local MDHHS office information. We can also send you an application.

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connect: long-term care

The nursing facility must be certified by Medicaid to provide the medical care you need. Financial and medical eligibility are determined by the Michigan Medicaid Nursing Facility Level of Care Determination.

Keep in mind that there is a patient pay amount that is based on assets and income, other insurance you may have, and other factors. The portion of the bill you aren't expected to pay is picked up by Medicaid.

To determine if you are eligible for Medicaid, you will be asked about your assets and income, medical expenses, marital status, other health insurance, your spouse's assets and income, and income of dependents in your home.

To prevent against people transferring their assets to their family in order to meet financial eligibility requirements to get Medicaid coverage, Medicaid looks at your financial statements going back up to five years.

Medicaid will cover nursing home care as long as you meet eligibility requirements.

VETERANS

There are a few good options for veterans needing long-term care:

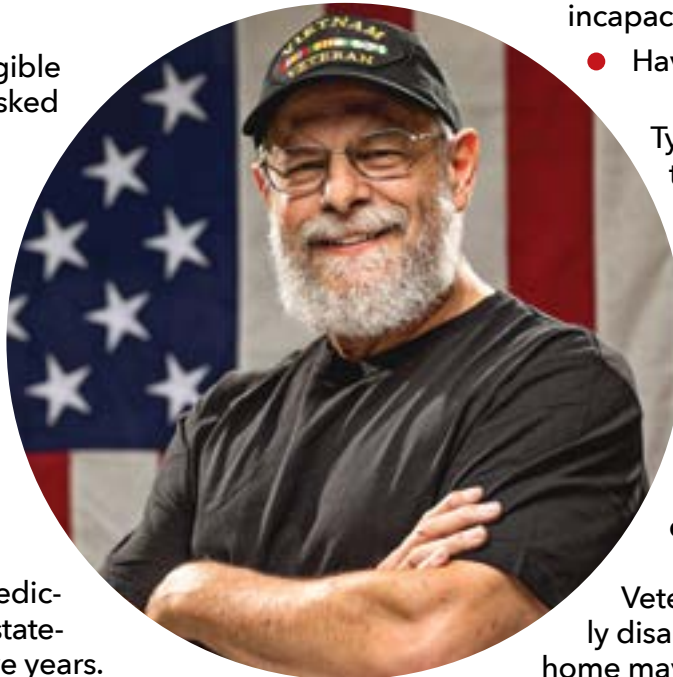
Wartime veterans and surviving spouses who are eligible for a VA pension and require the assistance of another person, or are disabled and **housebound**, may be eligible for additional monthly payments that are added to their pension.

They include:

AID AND ATTENDANCE ALLOWANCE

Veterans who receive a VA pension may qualify for additional monthly payments called an Aid and Attendance Allowance if they:

- Require physical help with everyday needs like bathing, dressing and toileting or are bedridden
- Live in a nursing home and are incapacitated physically or mentally
- Have poor eyesight



Typically, the Aid and Attendance benefit is not counted when applying for Medicaid. However, if a single person who receives Aid and Attendance enters a nursing home, the VA may reduce the monthly benefit. **Veterans who receive a pension may not be eligible for Medicaid.**

Veterans who are permanently disabled and live in their own home may be entitled to monthly increases in their pension, called a **Housebound Allowance**. The money may be used to pay for services in the home.

VETERANS DIRECTED HOME AND COMMUNITY-BASED SERVICES

This program provides a budget for certain veterans to buy services in their homes or an independent living facility. Veterans who qualify must be eligible for nursing home care. In some cases, they can pay family members to care for them.

For more information on eligibility criteria and coverage, contact your local VA office (see page 47 for more information).

medicare & long-term care



Medicare is the health care insurance program for Americans who are 65 and older. It's not entirely free – most participants pay premiums and co-pays – but it covers hospitalization, doctor visits, medical equipment and supplies, prescription drugs and more.

But many people assume Medicare will also cover long-term care, like an aide in the home or unskilled care in a nursing home.

IT WON'T.

Because of the complexity of the program, you may not know exactly what Medicare will or won't cover.

WE CAN HELP.

Our Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare and Medicaid – at no charge. Our team of certified counselors answers questions, troubleshoots problems and helps people understand their Medicare plan choices. Government funding allows us to offer this valuable impartial assistance for free.

"Medicare can be very complicated. We encourage everyone who is about to go on Medicare to give us a call and have an unbiased counselor explain the program and the different options. This way, you can plan ahead and know what your monthly costs will be," says Shari Smith, manager of AAA 1-B's Medicare Medicaid Assistance Program (MMAP).

Call MMAP at **800-803-7174** to speak to a certified counselor.

Following is a breakdown of the program – what it will provide and what it won't in the short- and long-term:

Medicare covers health care for people 65 and older and people who have been on disability for at least 24 months.

Part A covers hospital, hospice care and some nursing home care. There is no monthly premium for people who've worked at least 10 years and paid Medicare taxes. You're automatically enrolled in Part A when you turn 65.

Part B covers doctor visits, medical equipment, lab tests, ambulance services, mental health services, preventive care and more, and it comes with a monthly premium (\$164.90 in 2023). The annual deductible for all Part B beneficiaries is \$226 (in 2023).

If you don't have health coverage through an employer, you must enroll during the initial enrollment period that spans three months before and after your 65th birthday or pay a late enrollment penalty for as long as you have Part B. If you meet financial eligibility requirements, you can get help paying your premium with the Medicare Savings Program (see next page).

Part D covers prescription drugs. It also requires that you pay a premium – which varies according to the plan you choose – unless you qualify for **Extra Help** (see next page). If you don't sign up during your initial enrollment period, you will pay a permanent late enrollment penalty for as long as you have Part D coverage.

You can also opt for a **Part C** (Medicare Advantage) Plan that combines Part A and B coverage into a private insurance plan that is

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connect: long-term care

structured as an HMO or PPO. These plans, which vary in cost and scope, provide all hospital and outpatient care (Parts A and B). Some plans will include prescription drug coverage (Part D).

Medicare Advantage plans may require you to get referrals before you see specialists or choose doctors from a specific network, but they often offer additional coverage like dental, vision and hearing (either free or with an additional premium), and most include prescription drug coverage.

Some Medicare Advantage plans offer additional coverage for home modifications to accommodate walkers and wheelchairs and home-delivered meals tailored to customers with diabetes or chronic heart failure, health club memberships and other health and wellness services.

Medigap plans, which are sold by insurance companies and require a monthly premium, are designed to fill in Part A and Part B coverage gaps, including hospital stays.

MEDICARE WON'T COVER

- Most dental care*
- Eye exams related to prescribing glasses*
- Dentures*
- Cosmetic surgery
- Acupuncture*
- Hearing aids and exams for fitting them*

*Some Medicare Advantage plans may offer this coverage

Here's what you can expect from Medicare when it comes to long-term care:

MEDICARE AND NURSING HOME CARE

Medicare will not cover long-term nursing home care. Medicare will only cover a nursing home stay following a hospital admission when a doctor has ordered skilled nursing and therapy services. The needed care must be related to the condition for which you were treated in the hospital.

Medicare Parts A and B will cover most of the cost of a nursing home stay for up to 100 days following hospital admission of three or more days and with a doctor's order. These services will be covered:

- Semi-private room
- Meals
- Skilled nursing care
- Physical and occupational therapy (if they're needed to meet your health goal)
- Speech-language pathology services (if they're needed to meet your health goal)
- Medical social services
- Medications
- Medical supplies and equipment used in the facility
- Ambulance transportation (when other transportation endangers health) to the nearest supplier of needed services that aren't available at the skilled nursing facility
- Dietary counseling

After day 20 in a skilled nursing facility, you will have to pay up to \$200 per day (2023 rate) – unless you have a Medigap policy that offers coverage for the co-pay. After day 100, you will be responsible for all costs of your care in the facility.

MEDICARE AND HOSPICE CARE

The goal of hospice care is to maintain or improve the quality of life for someone who is not expected to live beyond six months of a terminal prognosis. Depending on the nature of the illness or disease, hospice care involves a team that may include a doctor, nurse, social worker, nutritionist, and various therapists to address end-of-life issues – physical, emotional and spiritual.

Medicare Part A will cover most of the cost of hospice care in the home or in a facility if the person's hospice or regular doctor certifies that the person has a terminal illness with a life expectancy of six months or less. The person must sign a statement that he or she is choosing hospice over Medicare-covered treatments for the illness (Medicare won't cover any treatment, including prescription drugs, intended to cure the illness or related conditions).

MEDICARE WILL COVER

- Doctor, nurse and social work services set up by the hospice care team
- Prescription drugs for symptom and pain

control (there may be a \$5 charge for medications)

- Hospice aide and homemaker services
- Medical supplies and equipment (bandages and catheters, wheelchairs and walkers, e.g.)
- Physical, occupational and speech therapy
- Dietary counseling
- Grief and loss counseling
- Short-term inpatient care for pain and symptom management
- Short-term respite care in a Medicare-approved facility (nursing home, hospital)
- Other Medicare-covered services needed to manage pain and symptoms related to the terminal illness, as recommended by your hospice team.

If the person lives beyond six months, Medicare will continue to cover hospice care as long as the hospice medical director or hospice doctor recertifies (at a face-to-face meeting) that the person is terminally ill. The patient can get hospice care for two 90-day benefit periods, followed by an unlimited number of 60-day benefit periods.

Patients have the right to change their hospice provider once during each benefit period.

Contact your hospice team before you get any of these services or you might have to pay the entire hospice care cost.

EXTRA HELP

This is a Medicare program that helps people with limited financial resources pay Part D prescription drug premiums, co-insurance and deductibles. You automatically qualify for Extra Help if you:

- Have full Medicaid coverage
- Are enrolled in a Medicare Savings Program
- Get Supplemental Security Income benefits

If you receive a purple notice it means you automatically qualify for Extra Help. A yellow or green notice means you have automatically been enrolled in a specific prescription drug plan (that you can change during a special enrollment period).

You may qualify for Extra Help even if you have a higher income or have dependents in the home. Call MMAP with any questions at **800-803-7174**.

MEDICARE SAVINGS PROGRAMS

If you meet income and asset eligibility requirements, you can apply for help from the State of Michigan to help pay your Medicare premiums, deductibles, co-insurance and co-payments for Medicare Parts A and B.

There are four Medicare Savings programs. If you qualify for any of the first three listed, you automatically qualify for Extra Help. Keep in mind that you can be getting an income from work and still qualify.

The dollar figures below are for **2023**:

The Qualified Medicare Beneficiary (QMB) Program reduces premiums, deductibles, co-insurance and co-pays for Original Medicare (Parts A and B).

ELIGIBILITY REQUIREMENTS

- Individual monthly income is no more than \$1,235 and resources are no more than \$9,090
- Married couple monthly income is no more than \$1,663 and resources are no more than \$13,630
- If you qualify for the QMB plan, providers aren't allowed to charge you for Medicare deductibles, co-pays and co-insurance, and you don't have to pay more than \$4.30 for a prescription drug covered by Medicare Part D.

The Specified Low Income Medicare Beneficiary (SLMB) Program is a state program that helps pay Part B premiums for people who have Part A and limited income and resources. Income and asset levels can be slightly higher than QMB.

ELIGIBILITY REQUIREMENTS

- Individual monthly income is no more than \$1,478 and resources are no more than \$9,090
- Married couple monthly income is no more than \$1,992 and resources are no more than \$13,630

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connect: long-term care

The Qualifying Individual (QI) Program This is a program that requires that you apply every year and is on a first-come, first-served basis. QI helps cover Part B premiums for people who do NOT qualify for Medicaid. Applications are granted on a first-come, first-served basis, with priority given to people who got QI benefits the year before.

ELIGIBILITY REQUIREMENTS

- Individual monthly income is no more than \$1,660 and resources are no more than \$9,090
- Married couple monthly income is no more than \$2,239 and resources are no more than \$13,630

The Qualified Disabled and Working Individuals (QDWI) Program pays for Part A premiums if you are a working, disabled person under age 65, and lost Social Security Disability benefits (which entitled you to premium-free Part A Medicare) when you went back to work. Other eligibility requirements include:

ELIGIBILITY REQUIREMENTS

- Individual monthly income is no more than \$4,945 and resources are no more than \$4,000
- Married couple monthly income is no more than \$6,659 and resources are no more than \$6,000
- You can't be on Medicaid

*The Area Agency on Aging 1-B's Medicare Medicaid Assistance Program (MMAP) can help you understand your options and enroll in a plan that works for you, either over the phone or in person – free of charge. Call a certified counselor at **800-803-7174**.*





MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM
Navigating Medicare

Navigate Your Medicare Options – Call us at 800-803-7174

The Michigan Medicare Medicaid Assistance Program (MMAP) is a free health-benefit counseling service, delivered by your local Area Agency on Aging, that can help you:

- Apply for Medicare cost-saving programs
- Understand your Medicare needs
- Compare Medicare Part D plans
- Explore Medicare Advantage plans
- Review Medigap coverage choices



Area Agency on Aging 1-B
Answers you can trust
Visit us at aaa1b.org

MMAP is a part of the national network of State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrols (SMP). Funding for MMAP is supported by grants from the U.S. Administration for Community Living-Department of Health and Human Services and the Michigan Department of Health and Human Services, grant numbers: 90SAPG0090, 2101MIMIAA, 2101MIMISH, and 90MPPG0039. MMAP does not receive funding from, nor is it affiliated with any insurance companies.

CHOOSING A nursing home



Let's get this out of the way first: There's no perfect nursing home. You'll need to do research about the places you are considering and, ideally, tour them to get a closer look.

Keep in mind that you'll need to stay engaged. Staff come and go, and the state's annual inspection reports may change from year to year. You'll need to keep your eyes open to make sure your loved one is well cared for.

Mary Katsarelis and Elaine Hearn, who serve as liaisons between nursing homes and nursing home residents and their families for the Michigan Long Term Care Ombudsman Program, offered their expertise on what to look for in a nursing home. In their work, they visit more than 100 licensed nursing homes throughout southeast Michigan to make sure resident complaints are being addressed and that their rights are being upheld. They also attend monthly resident council meetings and are available to meet with families to discuss concerns.

Here are the top considerations when choosing a nursing home:

Location: It should be near enough for the person's loved ones to visit.

"It needs to be near people who are engaged with the resident so they can visit, oversee their care and be their voice," says Katsarelis. "If you find a home you like and it's 45 minutes away, that doesn't work in the winter."

Size of facility: If you or your loved one prefers a more social environment, check out homes with

at least 100 beds. Those with dementia, or who are more introverted will do better in a place with fewer than 50 beds. They are likelier to get more attention.

"The smaller ones are more adaptable to dementia residents," says Katsarelis.

Staffing: Nursing homes are required to have certain staffing ratios - even in times when recruiting and retaining staff is a problem throughout the nursing home industry. The state requires 1 certified nursing assistant (CNA) to 8 residents during the day; 1 CNA to 12 residents in the afternoon; and 1 CNA to 15 residents at night.

"It's a continuing struggle to get staffing," says Hearn. "Either they aren't getting paid enough or they don't get bonuses they were promised. Sometimes they'll leave in the middle of a shift."

Faced with shortages, nursing homes are hiring aides through home health care agencies.

Environment: Doing a walk-through of a home is key. When you visit:

- Newness is not a guarantee of good care. Pay more attention to bad odors.
- Note how residents look. Are they dressed and do they appear to be clean?
- Note the schedule of activities and whether any are going on. Do the residents appear engaged?
- Ask if residents can ask for an alternate meal.

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connect: long term care

- Note whether staff is interacting with residents in a positive way. Do they respect the person's privacy? Do they knock on a door and announce themselves? Do they wear nametags? Are they attentive and respectful?
- Are they assisting residents who need help eating?
- Ask how many staffers are permanent.
- Ask about management turnover. Several administrators in a short time spells trouble.

Inspections: Even if you've toured a home and it looks good, it's smart to look at state inspection reports by going to Michigan.gov and typing in 'nursing home compare.' You may also view reports at Medicare.gov.

Talk to families: All nursing homes are required to have monthly resident council meetings. Some have family councils, but they are optional.

COMPLAINTS OR QUERIES?

*If you have a complaint about a nursing home or other licensed long-term care facility, you may call the Michigan Long Term Care Ombudsman Program at **866-485-9393** or file a complaint online at LARA (Michigan Department of Licensing & Regulatory Affairs). You may also call the Complaint Hotline at **800-882-6006**.*

The Michigan Long Term Care Ombudsman Program is funded by the state and federal governments.

Ombudsmen advocate for residents in licensed long-term care facilities, including nursing homes, adult foster care homes and homes for the aged. They operate with strict confidentiality; ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission.

The program also aims to improve the long-term care system, speaking for passage of laws, regulations and policies benefiting over 100,000 Michigan long-term care residents.

You may also call individual LTC ombudsmen, who cover certain territories in the six-county service region of the Area Agency on Aging 1-B:

- *Elaine Hearn (Macomb and St. Clair): **248-515-3199***
- *Mary Katsarelis (most of Oakland County): **586-295-0367***
- *Louise Verbeke (Livingston, Monroe, Washtenaw and parts of Oakland County, including South Lyon, Troy, Rochester Hills, Royal Oak, Ferndale, Beverley Hills, Clawson, Madison Heights and Lake Orion): **586-980-9303***

They can't make direct recommendations, but they can help point you to surveys to make a more informed decision. They can also advise you against a nursing home if they know the home to be problematic.



aging
in place

adult day programs

What if mom could spend a few days a week in a friendly, supervised environment, making crafts, coloring, playing with the therapy dogs that occasionally stop by, exercising and eating lunch with familiar people, and you could take the time to work or chip away at your to-do list?

An adult day program might be right for her – and for you.

The Area Agency on Aging 1-B helps to fund adult day programs across our six-county coverage area. These programs offer social and intellectual stimulation, especially for those with memory loss who can't be left unsupervised and need help with everyday activities. Some offer transportation to and from the center, medication reminders, help with personal care and hygiene and extended hours.

"These services are tailored to the person – persons with Alzheimer's disease or other related types of dementia and physical limitations," says Andrea Lang, AAA 1-B's program manager for caregiver and social services. "If the person is engaging in meaningful activities during the day, they will have an improved mood when they come home for dinner and they'll sleep better at night."

Adult day program staff are trained – especially those who serve people with dementia. Snacks and lunch are included. Participants usually come on regular days during the week (drop-in services are not available).

The average daily cost ranges between \$100 and \$140 for eight hours of care, Lang says, but that's private pay. People who receive adult day services as part of an AAA 1-B program (MI Choice or Community Living Program) do not have to pay. For those with a limited income, some programs may offer a lower cost.

Adult day programs can be a godsend for caregivers, whether or not they have a job outside of the home. They can take the time they need to care for

themselves or continue to work with the peace of mind that their loved one is in a safe place.

Susan Matthews no longer works. She retired from her job as a flight attendant when her mother developed dementia. She came in from Colorado frequently to visit Joan, now 92, and when it seemed her mother couldn't function on her own, she made a more permanent move to her childhood home.

Finding the adult day program at the Frenchtown Senior Center in Monroe was a game-changer. After reading about the program in a Frenchtown newsletter a few years ago, Susan signed up her mother, who goes to the center every day from 10 a.m. to 3 p.m. She likes the "balloon bash," in which participants and staff send a large balloon around a circle, and she especially enjoys making art, which Susan displays on a wall of their dining room.

Her mother had used the senior center frequently before she developed dementia.

"She looks forward to it," says Matthews, 73. "She asks, 'Am I going to seniors?' They do crafts and she enjoys it, and she has a good time. She likes the people who work there and has gotten to know people who attend."

Matthews uses her time to shop for groceries, do laundry and go to appointments.

"I'll tell you what, I would be absolutely dead without it. I could not afford to have someone come in the house and take care of her. I'm living on my retirement and paying for all the groceries and everything," she says.

Program Director Jean Siemik says many people don't know the center exists. When they learn about it, it's not always an easy sell, either. Some caregivers say their loved one would never go for the program.

"But they end up doing all the things their children or spouse said they weren't going to do," she says. "They're talking and laughing."

The Frenchtown program, which is nonprofit, has a dozen active clients, but they don't come every day. On one recent afternoon, there were four participants and three staff people, most of whom were focused on bowling on the Xbox Kinect.

"It's nice to see them light up and see them happy again," says Siemik. "Their dignity and independence were taken away because of this disease. To see them light up is very rewarding."

To find an adult day program in your community, see the Resources section beginning on page 46, or call us at **800-852-7795**.



where should you live?

Older adults in Michigan have an array of choices when it comes to where they want to live. You may prefer to stay in your own home or you may want a setting with more opportunities to socialize and/or one that offers meals and personal care assistance.

Keep in mind that renting an apartment in a senior community, whether independent or assisted, can be pricey.

A LOOK AT TYPICAL SENIOR HOUSING OPTIONS:

Independent living communities are designed for seniors who are generally healthy and able to care for themselves. In most cases, residents can communicate with doctors and caregivers by themselves, prefer to live among their peers, and no longer want to maintain a house.

Independent living options range from condos to one- and two-bedroom apartment homes to smaller studio apartments. Some independent living communities offer the following amenities (some may be at an additional cost):

- Housekeeping and maintenance services

- Community activities
- Full kitchens
- 24-hour emergency response
- Transportation services

Some independent living communities have an onsite home health care company that will charge for their services.

Affordable independent living communities for low-income seniors may offer shared activity and laundry rooms - or simply be ordinary apartments that are less expensive. There may be a waitlist to get in. Eligibility requirements include:

- You must be 62 or older.
- Your income must be less than 50% of the median income in your area.
- You are expected to pay up to 30% of your adjusted gross monthly income toward the rent, so if your income is \$1,000 per month, you would pay no more than \$300 per month.
- If you are seeking a housing voucher you must apply through the local housing authority. Call the Area Agency on Aging 1-B for more information about housing vouchers.

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Assisted living is designed for people who do not require 24/7 skilled medical care but may need help with activities such as bathing, medication management, dressing, personal care, cooking, eating and housekeeping. Many communities offer a variety of apartment floor plans – private or shared rooms or studio apartments. They may provide services (some at additional cost) that include:

- Housekeeping and laundry services
- Meal plans/community dining
- Transportation
- Social and recreational activities
- Coordinated trips and tours
- Health assessments
- 24-hour emergency care
- Supervision
- Medication management

Licensed assisted living communities. Michigan requires assisted living facilities to be licensed when they provide a certain level of care and supervision. This means that many communities offering supportive services a-la-carte may not require licensing. When communities are licensed, they are licensed as either adult foster homes or homes for the aged.

Adult foster homes provide a supervised home environment for adults with special needs. This can include disabilities, mental health issues, and aging-related conditions, such as dementia and Alzheimer's disease. An adult foster home generally houses no more than six people and provides round-the-clock help with daily activities such as transportation and cooking. Residents may have the option of hiring a skilled nurse, but most adult foster homes require residents to transition to a place where they can receive a higher level of medical care when they need it.

Homes for the aged house 21 or more unrelated people 60 years and older and provide meals, housekeeping, supervised personal care (though not 24/7), social activities and transportation. These may also be attached to a licensed nursing home.

Memory care units/centers provide specialized care for people with progressive dementia such as Alzheimer's and Parkinson's disease who require round-the-clock supervision. These units provide personal care, medication management and monitoring to ensure residents don't wander away.

Other services typically offered in these specialized units include:

- A private or semi-private room
- Three daily meals
- Cognitive and physical therapies
- Exercise activities
- Social activities
- Housekeeping and laundry

Continuing care retirement communities

provide a spectrum of care in one location – from independent living and assisted living options to skilled nursing and memory care.

A person moves to a continuing care community when he/she is still able to live independently. If additional services are required, the person can easily move within the same community to receive a different level of care. Because of the range of living options under one "roof," continuing care residents remain part of a single community, often among longtime friends, as they age and require additional levels of care.

Some communities may also offer additional levels of care, such as rehabilitation services and memory care or dementia care services.

Nursing homes, also called skilled nursing facilities, provide medical and personal care services such as nursing care, 24-hour supervision, three meals a day and assistance with everyday activities. Rehabilitation services, such as physical, occupational, and speech therapy, are also available for people who are transitioning from the hospital. They require a state license to operate and are regularly inspected.



off road:

GIVING UP YOUR DRIVER'S LICENSE

STEERING THE DRIVING CONVERSATION

If you are raising the subject with a loved one, keep in mind that giving up driving can be traumatic.

It is a conversation that isn't easy to have, says LaVonna Howard, mobility project manager with myride2 at the Area Agency on Aging 1-B. Myride2 helps to arrange rides for seniors using public or private transportation options.

Driving is freedom for many people, so leaving the road behind represents an end to their autonomy.

"You have to realize that what you're asking that person to do is to give up a bit of their freedom," says Howard. "Taking away a person's keys can trigger a grieving process." When approaching a loved one about perhaps giving up their driver's license, be mindful of the day and time you have the conversation.

"You want to have a conversation when everyone is at ease and let them know the suggestion is not just for their personal safety but for the safety of other drivers and pedestrians as well," Howard says.

A recent traffic ticket or fender bender might strengthen your case.

And, be prepared to discuss alternative means of transportation, Howard says.

For example, does your loved one have friends who can drive, especially if it's to a place they can go at the same time? Can they pool their money

Many seniors are fine drivers.

Still, getting older often presents new obstacles to getting behind the wheel. Weakening eyesight, less flexibility in the neck to check for blind spots, medications that might cause drowsiness or dizziness, and loss of height are among the factors that compromise how well you or a loved one navigates the road.

In many cases, older drivers will adjust their driving habits by taking actions such as giving up driving at night or using surface roads rather than the highway. But others might not recognize – or refuse to accept – that they probably should not be driving at all.

HERE ARE A FEW SIGNS THAT YOU OR YOUR LOVED ONE MIGHT BE REACHING THE POINT OF DRIVING RETIREMENT:

- Repeated fender benders, or near misses
- Being honked at often
- Counseling sessions with police, family or friends about driving
- Getting lost on familiar routes
- Feeling overly stressed when driving
- Reacting slowly to driving situations
- Making poor driving decisions

If you notice dents and dings in your loved one's car, or they mention how bad traffic is, it might be the perfect time to ride along to observe what might be taking place.

(cont'd)

If you are unable to convince a loved one to give up his or her driver's license, you may fill out a Request for Driver Evaluation form (OC-88) on the **Michigan Secretary of State** website or at your local Secretary of State branch office. The form will request an on-the-road driving evaluation and an assessment of a person's cognitive and physical faculties that may affect driving ability. The Secretary of State's office will send a letter to the driver to say he or she has been called in for re-evaluation. The state can revoke a license or place restrictions on where and when a person may drive.

You may also write a letter to the Department of State at the following address:

Traffic Safety Division
Michigan Department of State
P.O. Box 30810
Lansing, MI 48909-9832

Your letter must include the name, birth date, driver license number (if known), and current address of the driver being referred. In addition, the letter must describe an incident or pattern of behavior, or other evidence that justifies an evaluation. The request must also include your name, address, telephone number and signature.

The Michigan Secretary of State's website has a host of resources for older drivers and their families. Visit the Safe Drivers Smart Options website at michigan.gov/agingdriver.

with a friend or friends for a ride service? Does the senior center in their town offer transportation, even if it's only within city boundaries?

If a driver refresher course or vehicle modifications might keep your loved one on the road, there are organizations that offer them (see next page).

If your (gentle) suggestion to stop driving is met with resistance – or you don't want to have the conversation at all – your alternatives might be to physically disable the car. You can do this by letting the air out of the tires or disconnecting the battery, Howard says.

If you want to avoid taking such measures, consider requesting a driver evaluation by the Secretary of State (see sidebar).

MYRIDE2

Myride2 is a free service of the Area Agency on Aging 1-B that can steer you in the right direction.

Our mobility specialists can arrange public and private transportation options and train you to use the public bus system. They can also arrange rides through Lyft Concierge, a ride hail service.

Although the rider is responsible for paying for transportation, myride2 takes the legwork out of finding rides and makes the process less challenging.

Myride2 can be reached at **855-697-4332** or at myride2.com.

LYFT

Lyft is a ride service that is typically accessed through an app that is connected to a rider's credit card. Myride2 can help you bypass the technology by accessing Lyft rides for you. Sign up by providing credit card information that myride2's mobility specialists will keep secure, using it to get you to places you need to go. Riders can request a ride by calling myride2. Rides should begin and end during normal workday hours, Monday through Friday from 8 a.m. until 4 p.m.

SMART BUSES

SMART, the tri-county's bus system, offers fixed-route and small bus service that includes limited curb-to-curb, paratransit, and community transit options. All fixed-route and Connector buses have wheelchair lifts. **SMART Flex** is an on-demand service that allows drivers to request rides through an app (though there are predetermined zones in which it operates). A transit millage approved by voters in 2022 will expand bus service throughout Oakland County.

THE RIDE (Ann Arbor Transit Authority)

Ann Arbor offers fixed-route buses. For seniors and those with disabilities, A-Ride is a shared, reservation-based, accessibility service. A-Ride trips are provided in accessible vehicles and require a valid A-Ride I.D. Go to theride.org for information or call **734-996-0400**.

DRIVER REFRESHER COURSES

AARP and AAA offer driver refresher courses that review rules of the road. Michigan offers insurance discounts to individuals who complete a course.

AAA offers a program called **AAA Roadwise Driver** both in person and online.

An organization called DriveSafely offers the **Michigan Mature Driver Program**, a 90-minute online course that could result in lower car insurance costs for drivers.

AARP offers the **Smart Driver** course for people 50 and older, in person at select locations and online. Individuals may get insurance discounts for taking the course.

VEHICLE MODIFICATIONS

Older drivers may need to make adjustments so they can continue to drive, such as using a seat cushion and newer assistive devices in the car like a larger rearview mirror that goes over an existing rearview mirror or a handle you can put inside the car to make it easier to get in and out. The steering wheel may also need to be adjusted so that it can be reached more easily.

CarFit, a program developed by AAA, AARP and the American Occupational Therapy Association (AOTA), offers virtual workshops to help older drivers make necessary adjustments to make driving safer.

TIPS FOR AN OLDER DRIVER

AVOID:

- Stressful driving situations
- Rush hours
- Backing up
- Distractions
- Foul-weather driving
- Getting too close to other cars
- Driving after having an alcoholic drink

COGNITION:

- The brain does 80% of the driving.
- Decision-making may take longer.

VISION:

- Have your eyes examined regularly.
- Wear your prescription lenses when driving.
- Avoid night driving if necessary.
- Keep headlights, taillights and windshield clean.

MEDICATIONS:

Consult with a doctor about driving if:

- You're taking a new medication, whether prescribed or over the counter.
- You're taking tranquilizers, cough medication, antihistamines or decongestants.
- You feel dizzy, drowsy or "out of sorts."



legal/
financial

A GUIDE TO documents you should have

Most of us are too busy living to prepare for dying. And who really wants to think about what might happen if we are severely injured in an accident or we have a debilitating stroke?

Having a plan in writing can reduce anxiety about the future. If you have children, they will be relieved to not have to make tough decisions about your health care.

There are legally binding forms you can use on your own to appoint a person to make healthcare decisions for you if you can't. You can even appoint a second person in case the first advocate is unable to carry out your wishes.

Here is a list of the documents you may want to have in order:

ADVANCE DIRECTIVE

There are two kinds of advance directives: a durable power of attorney for health care and a Do-Not-Resuscitate (DNR) order. Both state the kind of medical intervention you want in the event that you are unable to make healthcare decisions on your own. Both require signatures and two adult witnesses (not a spouse or blood relative) to be legally binding.

If you don't have an advance directive, the healthcare provider may take direction from your spouse or another family member as to treatment. In a worst-case scenario, the probate court would need to get involved in appointing a guardian.

DURABLE POWER OF ATTORNEY FOR HEALTH CARE/PATIENT ADVOCATE

This is the adult you appoint to serve as your patient advocate, who can be your child, spouse or friend. The advocate has the duty to make treatment and personal care decisions based on your wishes for medical intervention. It is used in an inpatient healthcare setting such as a hospital.

Your patient advocate can:

- Consent to or refuse medical treatment for you
- Arrange for mental health treatment, aides in the home, or adult day care
- Admit you to a hospital, nursing home or home for the aged (unless you specify that you want to remain in your home)
- Decide to withhold or withdraw food and water if you are being tube fed (with your prior authorization)
- Instruct the hospital not to use a ventilator to keep you breathing (with your prior authorization)
- Make a gift of your organs or body to science, effective upon death (with your prior authorization; see 'Declaration of Anatomical Gift' below); you can also specify your wishes concerning your body on your driver's license.
- If your religious beliefs prohibit an examination by a doctor or autopsy, note that in your advance directive.

(cont'd)



Once you've designated an advocate and signed forms, give the originals to your advocate and a copy to your healthcare provider. Ask that it be part of your medical record. Make sure you have a copy of your advance directive.

You can change your advance directive and designate a new patient advocate any time. Make sure your new patient advocate has an original version and a copy is given to your healthcare provider.

If you don't hire an attorney to draft the necessary form designating a patient advocate, you may use a form found online or write out one yourself. Any form must be witnessed by two adults and signed by the patient advocate. Witnesses cannot be a spouse, blood relative, a known beneficiary, your doctor, health insurance provider, or anyone in a medical facility where you might be receiving medical or mental health services.

DO-NOT-RESUSCITATE ORDER

The DNR is a document that states that you do not wish to be resuscitated in case your heart or breathing stops. The order is intended for non-healthcare settings such as your home and should be kept in a spot where emergency medical personnel and/or your family can find it. It is also a good idea to have one if you are a hospice patient who wants to die as peacefully as possible.

The DNR order or declaration is legally binding in Michigan, in settings other than a hospital or nursing home, which can set their own policies about resuscitation. If you are admitted to a hospital or nursing home, you or your patient advocate should ask that the DNR order or wishes not to be resuscitated be placed in your medical chart. Your advance directive may also include a wish not to be resuscitated.



There is a form for your doctor, you, and two witnesses to sign for the DNR order to be legally valid.

DECLARATION OF ANATOMICAL GIFT

This is a form you use to declare that you want your entire body or certain parts of your body donated to science after your death. It is a good idea to keep this with your advance directive and to let your patient advocate know your wishes.

LIVING WILL

This is a document in which you state the kind of medical care you would like to receive if you become terminally ill or permanently unconscious and are unable to make healthcare decisions for yourself. Unlike an advance directive, the document is NOT legally binding in Michigan. However, it may help your patient advocate to better understand your treatment choices.

A living will:

- Might state what kind of treatment, if any, you want (CPR, surgery, blood transfusions, experimental treatment)
- Should express your wishes concerning food and water administered through tubes

It's smart to have a living will if you haven't designated a durable power of attorney for health care. But having both isn't a bad idea.

Because there is no state law guiding requirements of a living will, you may create a document that is dated, signed by you, and signed by two witnesses who are not family members. Keep a copy of the living will for your records and make copies for family, friends and your health care provider.

OTHER RESOURCES

Peace of Mind is a booklet published by the Michigan legislature that lets you create a single record of important documents. Find it at legislature.mi.gov/Publications/PeaceofMind.pdf.



personal papers

YOU SHOULD HAVE IN ORDER

You may have a really good system for keeping your personal papers like birth certificates, insurance and bank statements, and military records. But does a loved one know how to find it should anything happen to you? And have you saved data like login passwords and bank PIN numbers that can be accessed by a trusted caregiver like a spouse?

To spare him or her the trouble of tracking down personal papers needed to take care of you or your estate, use the checklist below as a guide. Make sure the documents are stored in one place.

- Personal, legal and financial documents
- Patient advocate designation
- Location of will with an original signature
- Power of attorney designation
- Emergency directives (a DNR order, for example)

- Insurance policies (auto, homeowners, life, long-term)
- Pension information
- Jewelry receipts and appraisals
- Tax returns (keep at least the last seven years' worth)
- Loan documents (mortgage statements, car loans, home equity loans, etc.)
- Vehicle title (keep until the vehicle is sold)
- Bank information, including credit and debit card account and PIN numbers
- Stocks, bonds, real estate, investments, mutual funds account numbers and online login information
- Safe deposit box key/account number, or combination to a safe deposit box with a list of its contents

(cont'd)

HELP FOR GETTING YOUR PAPERS IN ORDER

You may want to talk with a lawyer about setting up a general power of attorney, durable power of attorney, joint account, trust, or advance directive. (See page 33 for more on advance directives.) Be sure to ask about the lawyer's fees before you make an appointment.

You should be able to find a directory of local lawyers on the internet or at your local library, or you can contact your local bar association for lawyers in your area. Your local bar association can also help you find free legal aid options in your county. An informed family member may be able to help you manage some of these issues.

OTHER RESOURCES

AARP

- 888-687-2277
877-434-7598 (TTY)
- 877-342-2277 (español/línea gratis)
- 866-238-9488 (TTY/español/línea gratis)
- member@aarp.org
- aarp.org/home-family/caregiving

National Hospice and Palliative Care Organization

- 800-658-8898
- caringinfo@nhpco.org
- caringinfo.org

National Academy of Elder Law Attorneys

- 703-942-5711
- naela@naela.org
- www.naela.org

National Elder Law Foundation

- 520-881-1076
- info@nelf.org
- nelf.org

Elderlaw of Michigan

- 866-400-9164
- info@elderlawofmi.org
- elderlawofmi.org





brain health

the aging brain:

HOW CAN WE SLOW ITS DECLINE?

Thirty percent of the brain and cognitive changes that happen as we age are a result of our genetic makeup.

The other 70 percent? That's up to the individual.

"The other 70 percent of individual differences in aging are due to lifestyle and environment, and that means they are modifiable," says Ana Daugherty, PhD, a neuroscientist in the Institute of Gerontology and professor in the Department of Psychology at Wayne State University. "I find that really inspirational."

Daugherty talked to the Area Agency on Aging 1-B about steps we can take to reduce the risk of cognitive decline. In the Healthy Brain Aging Lab, directed by Daugherty, researchers are especially focused on how vascular disease raises the risk for cognitive decline, and Alzheimer's disease and related dementias.

WHAT INTERESTS YOU ABOUT AGE-RELATED CHANGES IN COGNITION?

Everyone grows older, but not everyone seems to age the same. Some people may show declines early in life and have a lot of diseases present, while some people seem to have very little cognitive decline through the end of their life. What are the risk factors that might predict increased cognitive declines and diseases, and what can we do to prevent the onset of those diseases or slow their progression?

WHAT ARE SOME OF THE RISK FACTORS FOR COGNITIVE DECLINE?

High blood pressure, diabetes, metabolic syndrome. This set of risk factors is related to heart health and the vascular system. One of the most

important things you can do is take care of the heart. The brain demands a lot of oxygen and metabolites in the blood, so things that impair our heart function may impact the brain.

IS THIS A NEW UNDERSTANDING OF COGNITIVE DECLINE?

No. The connection between heart disease and cognition was discovered early on; for example, we know that stroke can lead to behavioral issues.

What is less obvious is how heart health contributes to brain aging. Many people develop these heart health conditions in their lifespan. The things you start to do at 18 or 19 sets you on the road for what your brain will be in your 70s. Mom was right: the early-life habits we develop are setting our brains on a path that is risky or protective.

There's been an increasing focus in research on heart health and brain aging and especially the risk for dementia in the last 20-30 years.

CAN TREATMENT FOR HEART-RELATED DISEASES SLOW COGNITIVE DECLINE?

We know how to diagnose high blood pressure and treat it. We can recommend to patients that they change their diet and exercise habits. Over the last 10-25 years we've launched cognitive trials and have multiple years of trials that study the effects of high blood pressure on brain aging. Medicating hypertension has benefits. We are reducing the risk for mortality but not necessarily reducing risk for dementia.

That tells us that we don't understand the actual mechanism that's changing [the brain]. It may not



be blood pressure directly, or it is blood pressure, but we need to step in earlier.

My research is focused on middle age, when these conditions develop.

SO, WHAT ARE THE BEST WAYS TO SLOW THE BRAIN'S DECLINE?

EXERCISE

It might be surprising to learn you don't have to run a marathon. Everyday things that raise your heart rate qualify as heart health exercise – walking quickly through Target, for example, or gardening for older adults.

Because we are concerned about frailty and falls, it's important to do at least two days each week of muscle strengthening activities. It doesn't have to involve weights; getting up out of a chair, lifting groceries, walking around your yard can get your heart rate up and help with strengthening muscles. For someone who hasn't been active in years, something like walking with a friend helps your heart to pump.

Challenge yourself to get a moderate increase in heart rate – you want 150 minutes per week of aerobic activity (that's less than 3 hours).

It's about sitting less, too.

DIET

Make sure you are eating a lot of whole grains, fish, fruit and veggies (which are full of antioxidants), low-fat dairy foods. Eating foods that are low in LDL ("bad") cholesterol and higher in omega fatty acids is beneficial.

Antioxidants – any fruit or vegetable has them – are sometimes called anti-aging superfoods. The research is still out on this, but it seems this may help counteract oxidative stress, which is one thing that can contribute to brain aging. Eating a balance of fruits and vegetables, and having less bad cholesterol in your diet, will improve overall health and brain health.

Some diets that make the cut: Mediterranean and DASH (a plan with less sodium to help hypertension).

But it's not just about what foods you're eating; it's the quantities, as well. Eating a lot of cheese frequently, for example, contributes to higher levels of sodium.

Drinking alcohol in excess and frequently tends to show worse health outcomes – and raises the risk of dementia, heart disease, liver failure and general frailty.

BUILDING RESILIENCE

It's more than just avoiding risk. There are things we do in daily life that build resilience, which is about building armor so you can withstand more risk.

COGNITIVE ENGAGEMENT

Cognitive engagement is anything that gets you thinking. It has to be active, so for example, watching a movie is passive, but if we talk about the film after with a friend, that's active engagement. Hobbies and activities that have high levels of cognitive engagement slow rates of cognitive decline and reduce the risk of all-cause dementia later in life.

(cont'd)

connect: brain health

Activities that are engaging include games (puzzles, board games) and hobbies like knitting or learning a new language. There isn't one thing that works better. Just keep it fresh, no matter what it is; you're more likely to keep doing things if you enjoy them.

SOCIALIZATION

Connecting with family and friends leads to lower rates of anxiety and higher levels of well-being. It also seems to be linked with lower cognitive decline. Even introverts can benefit from being engaged with a community.

MINDFULNESS ACTIVITIES

These increase our ability to self-reflect: how am I feeling in this moment? what do I want to do with this action? Meditative practices are associated with slower rates of cognitive decline.

If we combine multiple resilience builders, we seem to get more of a benefit. One example is gardening. Gardening is aerobic if you're working at a swift pace. You can also let your mind wander, so it checks two boxes: it's aerobic and mindful.

Taking a dance class with a partner is another example. You're learning new dance moves, you're socializing, and you're active.

A lot of older adults like to travel with their spouse, and that checks a lot of boxes. Some older adults might become more involved with civic organizations or their church. From a research perspective, we can see those activities as protective for cognitive health.

If 70 percent of variability in aging is due to things in our lifestyle, then we have power to make changes to help our cognitive health.

Even at the age of 70, you can boost your defenses – and slow cognitive decline.

It's never too late to start. Doing something now will have an effect.



depression in older adults is different

A study out of the University of Michigan found that people between 65 and 80 years old living in their own homes had an easier time coping with anxiety and other mental health challenges than younger folks during the Covid pandemic.

In fact, those findings of the University of Michigan's Healthy Aging Poll are pretty much the same in non-pandemic times: Older adults adapt better to crisis situations.

"It's resilience, wisdom, the ability to put current stressors in the context of past things we've been able to get through," says Lauren Gerlach, D.O., M.Sc., a geriatric psychiatrist and assistant professor at the University of Michigan. Gerlach was the author of a paper that interpreted the results of the poll.

Yet, research shows that older adults have a higher risk of developing depression. Chronic illness, the loss of loved ones and reduced mobility are a few common causes. Depression also goes undiagnosed in older people, meaning that many of them are left to struggle on their own.

Gone untreated, depression can lead to drug and alcohol misuse and suicide, both of which have increased among older adults in the last decade.

DEPRESSION

Depression is defined as feelings of sadness, anxiety, and/or lack of interest in activities that last for at least two weeks and impact a person's ability to function normally. Depression can alter the way a person thinks, acts and feels. While they struggle with many of the same stressors as younger people, older adults also face a host of unique depression risk factors such as:

- Chronic conditions, including chronic pain (about 80% of older adults have at least one chronic health condition, according to the Centers for Disease Control and Prevention)
- Decreased functional ability and reduced physical mobility
- Loss of independence (e.g., they can no longer drive)
- Financial issues related to retirement
- Loss of loved ones
- Elder abuse
- Caregiver stress
- Lack of physical activity
- Loneliness
- Cognitive impairment

Depression amplifies other problems, like physical illness, and it interferes with treatment and rehab after injury. Some of the risk factors for depression - social isolation, declining health and grief - can also lead to substance use disorders like excessive drinking and using opioids and marijuana.

Gerlach says about half of older adults will have their first episode of depression after the age of 65.

Some research has shown that older adults who have late-onset depression are likelier to have a history of cerebrovascular disease (e.g., stroke, brain aneurysms, blood clots). More research has shown a link between late-onset depression and cognitive problems, especially in our ability to organize, plan, make decisions, solve problems and control our behavior.

(cont'd)

MAJOR DEPRESSIVE DISORDER

When it comes to older adults with major depressive disorder, the numbers are far smaller.

Major depressive disorder is characterized by a persistently low or depressed mood, the loss of interest in pleasurable activities that alters a person's social and work habits, feelings of guilt or worthlessness, a lack of energy, poor concentration, appetite changes, agitation, sleep disturbances, or suicidal thoughts.

According to the Centers for Disease Control and Prevention, the rate of major depression in older adults ranges between 1 percent and 13.5 percent. Those who are hospitalized or living in care facilities are likelier to have major depression than those who are living independently.

It is estimated that about 60 percent of people who die by suicide have had a mood disorder (e.g., major depression, bipolar disorder, a persistent low mood). Young people who die by

suicide often have a substance use disorder, in addition to being depressed.

For older adults who die by suicide, however, many do not have a previous mental health diagnosis or a history of psychological treatment. Suicide notes left by the victim tend to talk about pain, illness, and the fear of becoming a burden.

"It highlights the impact of depression and how hopeless individuals can feel," Gerlach says.

White males 65 years and older have the highest rate of death by suicide, which is four times higher than the nation's overall suicide rate. One in four seniors die by suicide compared to 1 in 200 younger people.

If you feel at risk of dying by suicide or fear that someone you know is at risk, call **988**, a 3-digit phone number that will route callers to the National Suicide Prevention Lifeline.



DIAGNOSIS

Depression looks different in older adults, one reason it can often be missed.

A study published in the journal *Neuropsychiatric Disease and Treatment* in 2022 found that depression in older adults is characterized by a lack of interest, less sleep, weight loss, fatigue, poor concentration, a lack of hope, a loss of appetite and thoughts of death rather than sadness.

Doctors may view these symptoms as age-related frailty rather than a mental health condition.

To make a correct diagnosis, it is important to consider depression but also to rule out other

reversible causes such as the use of prescription drugs like opioids, steroids and benzodiazepines (Xanax, Valium, etc.) that can cause symptoms that mimic depression, says Gerlach. Over-the-counter drugs like Benadryl can affect memory. Untreated illnesses like thyroid disease and sleep apnea can impact a person's mood and ability to think.

Depression in older adults is often accompanied by changes in memory or difficulty in concentrating, which can be difficult to distinguish from dementia. Treating a person for depression can often help to improve concentration and focus, says Gerlach.

PROTECT YOUR MENTAL HEALTH

- **Get enough sleep:** *Lack of sleep can cause depressed feelings as well as irritability. Aim to get seven to nine hours each night.*
- **Stay active:** *Exercise can help improve your mood and strengthen your heart and lungs. Activities like brisk walking, swimming, and light yard work are all great choices for older adults.*
- **Be social:** *Make an effort to stay in touch with friends and family to keep those connections alive. Consider volunteering at a local animal shelter or food pantry to help you gain a greater sense of purpose while meeting new people.*
- **Eat right:** *Eating a heart-healthy diet can help you have more energy and prevent medical conditions that may indirectly increase your risk for depression.*
- **Limit the use of recreational drugs and alcohol:** *Marijuana and alcohol are depressants.*
- **Discuss your concerns:** *Talk to your primary care doctor if you feel sad or depressed. They are trained to help you.*
- **Manage your illness:** *If you have an illness like diabetes, keep it under control by working with your doctors.*

If you feel at risk of dying by suicide or fear that someone you know is at risk, call 988.

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TREATMENT OF DEPRESSION

First-line treatment for depression often includes a combination of medications and therapy. Antidepressants work well for the treatment of depression in older adults, as long as they don't interact with other medicines the patient is taking. And it's important to remember that it takes 4-6 weeks for the drug to start having an effect, Gerlach says.

Research shows that behavioral therapy, cognitive behavioral therapy, cognitive bibliotherapy, problem-solving therapy, brief psychodynamic therapy, and life review/reminiscence therapy are highly effective but not used enough in older adults.

"Establishing a daily routine, getting exercise, maintaining a regular sleep schedule, avoiding

drugs and alcohol, and socializing can all be helpful, too," says Gerlach.

If you've been feeling down for a while, it's important to talk to your doctor about symptoms you might be having.

While some stigma remains surrounding mental health treatment, "The current generation of older adults is more willing to engage in care – which can have a tremendous impact on improving quality of life and happiness. Talking to your primary care physician is a great first step," Gerlach says. "The pandemic has really shined a light on prevalence of mental health concerns and the importance of recognizing mental health as an integral part of physical health."



volunteer

OPPORTUNITIES



If you like giving to others and can spare some time, consider these volunteer opportunities:

Meals on Wheels programs can always use delivery drivers and other types of volunteers. The commitment is whatever time you can spare during weekdays. Volunteers typically pick up meals at a central location and deliver the same routes. For more information on your local Meals on Wheels provider, visit aaa1b.org and go to 'Ways to Give.' Homebound seniors appreciate a friendly face at their door!

Caregiver Coaching is a program of the Area Agency on Aging 1-B that pairs family caregivers with volunteer coaches. We train coaches to help caregivers navigate services and programs for themselves and their loved ones. Coaches are mentors, friends, or just a listening ear. Meetings are typically by phone or virtually – and whenever the partners want to connect. For more information, visit aaa1b.org and go to 'Ways to Give.'

Medicare Medicaid Assistance Program (MMAP) volunteer counselors help Medicare beneficiaries understand their options so they can choose the best plan for their health care needs and budget.

Counselors typically work one-on-one with seniors in a community/senior center or by phone or Zoom. They also help with appeals, provide education on fraud, abuse and scams, and do presentations on Medicare. MMAP offers comprehensive volunteer training in-person and online. Volunteers decide their own schedules.

Call **800-803-7174** for more information. If there is no answer, leave a message. You may also send a message to mmap@aaa1b.org.

Interfaith Volunteer Caregivers is a Macomb County-based organization that provides a range of services to some 500 older adults and their caregivers in Macomb, Oakland and St. Clair counties. Volunteers, typically 60-75 years old, are on call to provide rides, rake leaves, do minor household fixes, stay with a loved one if the caregiver needs to go out, or just make a friendly call. Most seniors needing help live in Macomb, followed by Oakland and then St. Clair. Call **586-757-5551** or visit IVC's website at ivcinfo.org.

Livingston County Catholic Charities has a range of volunteer opportunities. They include providing and installing safety equipment in an older adult's home, making friendly home visits, driving older adults to appointments, assisting at the adult day program with projects like baking, and helping with outreach efforts for various programs. Call **517-545-5944** or visit LCCC's website at livingstoncc.org/volunteer/.

Your local senior center may have volunteer opportunities, as well.

For more information on volunteering, call us at **800-852-7795** or visit us at aaa1b.org.



resources

regional, state & national resources

ELDER LAW OF MICHIGAN, INC.

PHONE: 866-400-9164

WEBSITE: elderlawofmi.org

Pension counseling and help connecting with benefits.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcmich.org

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES

PHONE: 517-241-3740

WEBSITE: michigan.gov/mdhhs

MICHIGAN LONG TERM CARE OMBUDSMAN PROGRAM

PHONE: 866-485-9393

WEBSITE: mltcop.org

Advocacy for residents of licensed long-term care programs. See "Choosing the Right Nursing Home" on page 23.

MEDICARE MEDICAID ASSISTANCE PROGRAM

PHONE: 800-803-7174

WEBSITE: aaa1b.org

Statewide. Free and unbiased help with Medicare and Medicaid. See "What We Do" on page 5.

MICAFE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assists in applying for Bridge Card and other benefits.

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES/ ADULT PROTECTION INTERVENTION

PHONE: 855-444-3911

WEBSITE: michigan.gov/mdhhs

Anyone who suspects an adult 18 years or older of being abused, neglected or exploited can call to report. Caller may remain anonymous.

MICHIGAN STATE HOUSING DEVELOPMENT AUTHORITY - DETROIT OFFICE

PHONE: 313-456-3540

WEBSITE: michigan.gov/mshda

Section 8 Housing Choice Vouchers.

ADAPTIVE EQUIPMENT/ ASSISTIVE TECHNOLOGY

ASSISTIVE TECHNOLOGY OF MICHIGAN

PHONE: 248-348-7161

WEBSITE: atofmich.com

CAREGIVER SUPPORT

The AAA 1-B maintains a list of local caregiver support groups on its website: aaa1b.org. Please visit the site for the most up-to-date information.

AREA AGENCY ON AGING 1-B CAREGIVER COACHING PROGRAM

PHONE: 800-852-7795

WEBSITE: micaregivercoach.org

One-on-one support for family caregivers from volunteer coaches.

THE CAREGIVER ACTION NETWORK

PHONE: 202-454-3970

WEBSITE: caregiveraction.org

Education, information, advocacy and support.

WELL SPOUSE ASSOCIATION

PHONE: 732-577-8899

WEBSITE: wellspouse.org

Emotional support and comfort to spousal caregivers. Offers in-person support groups, telephone/online support groups and mentor programs on a national level.

A NOTE ABOUT OUR RESOURCES

Statewide and national resources are listed first, followed by resources specific to Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

These listings were current at the time of printing. They include nonprofit, government and community services. We do NOT license, endorse or recommend

any provider. You can find additional resource listings by calling us at **800-852-7795** or going to the Caregiver Resources section of our website.

COMMUNITY DINING SITES

AAA 1-B funds congregate meals at community venues throughout our six-county region. Lunches available to those age 60 and older and their spouse. Voluntary donations accepted. Call 800-852-7795 for a site near you.

CONDITION-SPECIFIC ORGANIZATIONS

ALZHEIMER'S ASSOCIATION

PHONE: 800-272-3900

WEBSITE: alz.org

Education and resources, support groups for caregivers and social groups for those living with Alzheimer's disease and dementia. 24/7 helpline.

AMERICAN CANCER SOCIETY

PHONE: 800-227-2345

WEBSITE: cancer.org

AMERICAN DIABETES ASSOCIATION - MICHIGAN

PHONE: 248-433-3830

WEBSITE: diabetes.org

AMERICAN HEART ASSOCIATION OF MICHIGAN/ AMERICAN STROKE ASSOCIATION OF MICHIGAN

PHONE: 248-936-5800

WEBSITE: heart.org

ARTHRITIS FOUNDATION OF MICHIGAN

PHONE: 800-283-7800

WEBSITE: arthritis.org

ASSOCIATION FOR FRONTOTEMPORAL DEGENERATION

PHONE: 866-507-7222

WEBSITE: theaftd.org

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

PHONE: 800-231-4222

WEBSITE:

bonehealthandosteoporosis.org

HUNTINGTON'S DISEASE SOCIETY OF AMERICA — MICHIGAN CHAPTER

PHONE: 800-345-4372

WEBSITE: michigan.hdsa.org

LEWY BODY DEMENTIA ASSOCIATION

PHONE: 800-539-9767

WEBSITE: lbd.org

MICHIGAN PARKINSON FOUNDATION

PHONE: 800-852-9781

WEBSITE: parkinsonsmi.org

NATIONAL KIDNEY FOUNDATION OF MICHIGAN

PHONE: 800-482-1455

WEBSITE: nkfm.org

NATIONAL MULTIPLE SCLEROSIS ASSOCIATION — MICHIGAN CHAPTER

PHONE: 800-344-4867

WEBSITE: nationalmssociety.org

FINANCIAL EDUCATION

WAYNE STATE INSTITUTE OF GERONTOLOGY SAFE PROGRAM

PHONE: 313-664-2608

WEBSITE: iog.wayne.edu

Free financial empowerment workshops and education for older adults or family caregivers. Free one-on-one financial counseling to help older adults recover from financial scams or identity theft.

LGBTQ+ OLDER ADULT RESOURCES

AFFIRMATIONS COMMUNITY CENTER

PHONE: 248-398-7105

WEBSITE: goaffirmations.org

LESBIAN, GAY, BISEXUAL AND TRANSGENDER NATIONAL HELP CENTER

PHONE: 888-234-7243

WEBSITE: lgbthotline.org

Has senior-specific hotline for those 50+.

MIGEN — MICHIGAN LGBTQ+ ELDERS NETWORK

PHONE: 248-242-7521

WEBSITE: MiGenConnect.org

Advocacy, information and resources for lesbian, gay, bisexual or transgender older adults. Friendly caller program matches volunteers with LGBT older adults for weekly phone calls.

MEALS ON WHEELS

The AAA 1-B works with 11 local community partners to help bring Meals on Wheels to homebound seniors in our six-county region. To connect with the Meals on Wheels provider serving your neighborhood, call our Information & Assistance phone line (800-852-7795) or visit aaa1b.org.

SENIOR CENTERS

Some senior centers offer help finding local programs and resources, help with transportation, adaptive equipment for loan (wheelchairs, shower chairs or walkers) and community meals. There are

more than 90 senior centers in the AAA 1-B region. For a full list, call 800-852-7795 or visit aaa1b.org.

SOCIAL/ENGAGEMENT

DOROT ONSITE@HOME

WEBSITE: dorotusa.org/onsiteathome

Free classes by Zoom or phone for adults 60+ to create social connections among peers and encourage health and wellness. Multiple classes are offered daily.

FRONT PORCH/SOCIAL CALL PROGRAM/SENIOR CENTER WITHOUT WALLS

PHONE: 877-797-7299

WEBSITE: covia.org

Social Call connects volunteers with older adults for social calls by phone or video throughout the country. Senior Center Without Walls is a virtual community that offers phone and online education, games and groups. Well Connected Espanol available for Spanish speakers.

GETSETUP MICHIGAN

WEBSITE: getsetup.io/partner/michigan

Free online enrichment classes for older adults.

MICHIGAN SENIOR CONNECT

PHONE: 877-999-1906

Provided by Elder Law of Michigan, this service provides a meaningful call for a senior who is lonely or isolated.

VETERANS SERVICES

MICHIGAN VETERANS AFFAIRS AGENCY

PHONE: 800-642-4838

WEBSITE: michigan.gov/mvaa

Help accessing veterans' benefits. Provides a limited amount of financial assistance for temporary emergency needs such as eviction, mortgage foreclosure, utility shutoffs, etc.

livingston county

RESOURCES

HURON VALLEY PACE

PHONE: 734-572-5777

WEBSITE: huronvalleypace.org

See "Long-Term Care: Public Options: on page 16 for more information on the Program for All-Inclusive Care for the Elderly (PACE).

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944

WEBSITE: livingstoncc.org

Adult day, chore services, home injury control services, friendly visitor program, transportation and volunteer caregiver respite program.

LOVE INC.

PHONE: 517-552-3620

WEBSITE: livingstonloveinc.org

Network of churches that assists with a variety of needs.

LIVINGSTON COUNTY HEALTH DEPARTMENT

PHONE: 517-546-9850

WEBSITE: livgov.com/health

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 517-546-8500

WEBSITE: olhsa.org

Food assistance, Grandparents Raising Grandchildren Program and help accessing benefits.

ADULT DAY

For more information on adult day services, see "Adult Day Programs Offer Stimulation, Respite" on page 26.

BE OUR GUEST ADULT DAY CENTER (HOWELL)

PHONE: 517-546-9910

WEBSITE: livingstoncc.org/bogads

CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

Family Caregiver Respite Program provides qualifying family caregivers with up to eight hours of paid respite care in the home each week or two days of care at an adult day program

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944

WEBSITE: livingstoncc.org

CHORE/HOME MAINTENANCE

Help with minor home maintenance chores.

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944

WEBSITE: livingstoncc.org

DISABILITY SERVICES

ARC OF LIVINGSTON COUNTY

PHONE: 517-546-1228

WEBSITE: arclivingston.org

DEAF COMMUNITY ACTION NETWORK (DEAF CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)

WEBSITE: deafcan.org

Assistance to the hearing-impaired and deaf community.

LIVINGSTON CENTER FOR INDEPENDENT LIVING

PHONE: 734-971-0277

WEBSITE: annarborcil.org



Offers assessments of independent living skills, evaluations of adaptive equipment, counseling, information and referral for housing and other services.

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

BOUNTIFUL HARVEST FOOD PANTRY

PHONE: 810-360-0271

WEBSITE: bountifulharvest-mi.org

Grocery delivery service for those who qualify.



FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcnich.org

GLEANERS SHARED HARVEST PANTRY

PHONE: 517-548-3710

WEBSITE: gcfb.org

MICAFE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assists in applying for Bridge Card and other benefits.

SALVATION ARMY

PHONE: 517-295-4348

WEBSITE: centralusa.salvationarmy.org/livingstoncounty

Food pantry and food pantry delivery program that provides a once-per month box of pantry staples to Livingston County residents who are without transportation.

SENIOR PROJECT MARKET FRESH OLHSA

PHONE: 517-548-3710

WEBSITE: olhsa.org

Free nutrition counseling and \$25 in coupons (amount can change yearly) that can be exchanged for fresh fruits and vegetables sold at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944

WEBSITE: livingstoncc.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600

WEBSITE: kinship.msu.edu

Information and referral, trainings and resources.

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 248-209-2721

WEBSITE: olhsa.org/en-us/grandparents-raising-grandchildren

HOME SAFETY/HOME INJURY CONTROL

Assistance with installation of handrails and grab bars.

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944
WEBSITE: livingstoncc.org

LIVINGSTON COUNTY HABITAT FOR HUMANITY

PHONE: 810-220-9986
WEBSITE: livingstonhabitat.org

Must live in Livingston County and meet financial eligibility.

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795
WEBSITE: aaa1b.org

EASTERSEALS MORC

PHONE: 866-593-7413
WEBSITE: morcinc.org

LEGAL SERVICES

MICHIGAN ADVOCACY PROGRAM

PHONE: 734-665-6181
WEBSITE: lsscm.org

Provides free legal advice and representation to low-income individuals, families and older adults.

MEALS ON WHEELS

LIVINGSTON COUNTY SENIOR NUTRITION PROGRAM

PHONE: 888-886-8971/
810-632-2155
WEBSITE: mealsonwheelsmi.org

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. You can also visit loanclosets.org/michigan to find a loan closet in your area.

BRIGHTON SENIOR CENTER

PHONE: 810-299-3817
WEBSITE: brightonseniorcenter.com

HARTLAND SENIOR ACTIVITY CENTER

PHONE: 810-626-2135
WEBSITE: hartlandseniorcenter.org

PUTNAM TOWNSHIP SENIOR CENTER

PHONE: 734-878-1810
WEBSITE: putnamtwp.us

MENTAL HEALTH

COMMUNITY MENTAL HEALTH SERVICES OF LIVINGSTON COUNTY

PHONE: 517-546-4126
WEBSITE: cmhliv.org

Offers home-based mental health services to Livingston County residents 50+.

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944
WEBSITE: livingstoncc.org

NATIONAL ALLIANCE ON MENTAL ILLNESS OF LIVINGSTON COUNTY

PHONE: 734-645-2899; ask for Pam
WEBSITE: namilivingston.org

TAX PREPARATION

AARP FOUNDATION TAX-AIDE

WEBSITE: aarp.org/money/taxes/aarp_taxaide

Free tax preparation for people 50 and older through trained volunteers.

ACCOUNTING AID SOCIETY

PHONE: 313-556-1920
WEBSITE: accountingaidsociety.org

TRANSPORTATION

BRIGHTON SENIOR CENTER

PHONE: 810-299-3817
WEBSITE: brightonseniorcenter.com

HARTLAND SENIOR ACTIVITY CENTER

PHONE: 810-626-2135
WEBSITE: hartlandseniorcenter.org

LIVINGSTON COUNTY CATHOLIC CHARITIES

PHONE: 517-545-5944
WEBSITE: livingstoncc.org

Transportation to errands, grocery shopping or medical appointments through volunteer caregiver program.

LIVINGSTON ESSENTIAL TRANSPORTATION SERVICES (L.E.T.S.)

PHONE: 517-546-6600
WEBSITE: livgov.com/lets

VETERANS SERVICES

LIVINGSTON COUNTY VETERANS AFFAIRS

PHONE: 517-546-6338
WEBSITE: livgov.com/veterans

macomb county

RESOURCES

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 586-412-8494 ext. 4014

WEBSITE: ccsem.org

Adult day services, friendly visitors, and food delivery.

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2313

WEBSITE: jfsdetroit.org

Geriatric care management, friendly visitors, home care and transportation services.

MACOMB COUNTY HEALTH DEPARTMENT

PHONE: 586-469-5235

WEBSITE: health.macombgov.org

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

Adult day programs, Meals on Wheels, community dining sites, medical equipment loan closet, home safety programs and chore assistance programs.

PACE SOUTHEAST MICHIGAN

PHONE: 855-445-4554

WEBSITE: pacesemi.org

See "Long-Term Care: Public Options: on page 16 for more information.

ADULT DAY

For more information on adult day services, see "Adult Day

Programs Offer Stimulation, Respite" on page 26.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

(St. Clair Shores)

PHONE: 586-412-8494, ext. 4014

WEBSITE: ccsem.org

GOLDENBERRY ADULT DAY CARING CENTER MACOMB COUNTY OFFICE OF SENIOR SERVICES

(Clinton Township)

PHONE: 586-469-5580

WEBSITE: macombgov.org/seniors

SARAH CARE — LAKESIDE

(Sterling Heights)

PHONE: 586-731-2273

WEBSITE: sarahcare.com

CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

Family Caregiver Respite Program provides up to eight hours of paid care in the home each week or two days of adult day services to provide respite for qualifying family caregivers.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 248-537-3300

WEBSITE: ccsem.org

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

Ongoing or occasional relief breaks for full-time family caregivers.

CHORE/HOME MAINTENANCE

Assistance with minor home maintenance chores and/or repairs.

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

Various minor repairs and small routing indoor and outdoor chores. Must provide own supplies.

MACOMB COUNTY OFFICE OF SENIOR SERVICES CHORE PROGRAM

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

Chore program assists Macomb County seniors and adults with disabilities with grass cutting and snow removal. (Also see Handy Helpers Program under Home Repair.)

MACOMB COMMUNITY ACTION WEATHERIZATION ASSISTANCE

PHONE: 586-469-6329

WEBSITE: mca.macombgov.org/MCA-communityservices-weatherassistanceprogram

Weatherization Assistance Program. Can provide assistance with furnace repair for qualified residents.

DEMENTIA SUPPORT

ALZHEIMER'S ASSOCIATION MACOMB MEMORY CAFE

PHONE: 248-996-1056

WEBSITE: alz.org



DISABILITY SERVICES

DEAF COMMUNITY ACTION NETWORK (DEAF CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)

WEBSITE: deafcan.org

Assistance to the hearing impaired and deaf community.

DISABILITY NETWORK EASTERN MICHIGAN

PHONE: 810-987-9337

WEBSITE: dnemichigan.org

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN SENIOR OUTREACH PROGRAM

PHONE: 586-267-0212

WEBSITE: ccsem.org/sop

Weekly delivery of a set package of groceries to qualifying seniors. Each package contains enough for 21 meals and snacks.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcnich.org

MICAFAE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assistance with accessing Bridge Card and other benefits.

SENIOR PROJECT MARKET FRESH MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-6999/
586-469-5228

WEBSITE: mca.macombgov.org/MCA-Home

Free nutrition counseling and \$25 in coupons (amount can change yearly) that can be exchanged for fresh fruits and vegetables sold at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 586-416-2300

WEBSITE: ccsem.org

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2313

WEBSITE: jfsdetroit.org

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600

WEBSITE: kinship.msu.edu

Information and referral, trainings and resources.

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 248-209-2721

WEBSITE: olhsa.org/en-us/grandparents-raising-grandchildren

HOME REPAIR

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

MACOMB COUNTY OFFICE OF SENIOR SERVICES HANDY HELPERS PROGRAM

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

Provides assistance with household maintenance tasks (replacing light bulbs, replacing faucets/washers, caulking windows, window washing, leaf raking, etc.) for Macomb County residents 60+.

CITY OF ROSEVILLE

PHONE: 586-445-5423

Minor plumbing, electrical and HVAC for income-eligible residents 62+.

HOME SAFETY/HOME INJURY CONTROL

Installation of grab bars, railings and other home safety equipment

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: mca.macombgov.org/MCA-communityservices-programs

HOUSING

COMMUNITY HOUSING NETWORK

PHONE: 586-221-5900

WEBSITE:

communityhousingnetwork.org

Most programs serve Macomb, Oakland and Wayne counties.

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

ST. CLAIR SHORES HOUSING COMMISSION

PHONE: 586-773-9200

WEBSITE: scsmi.net

WARREN SENIOR HOUSING

PHONE: 586-758-1310

WEBSITE: cityofwarren.org

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 586-416-2300

WEBSITE: ccsem.org

EASTERSEALS MORC

PHONE: 866-593-7413

WEBSITE: morcinc.org

LEGAL SERVICES

LAKESHORE LEGAL AID

PHONE: 888-783-8190

WEBSITE: lakeshorelegalaids.org

MEALS ON WHEELS

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. You can also use loanclosets.org/michigan to find a loan closet in your area.

ARMADA TOWNSHIP SENIOR CENTER

PHONE: 586-784-8050

WEBSITE: armadatwp.org/senior-center

CLINTON TOWNSHIP FIRE DEPARTMENT

PHONE: 586-263-8437

WEBSITE: clintontownship.com

DISABILITY NETWORK OF EASTERN MICHIGAN

PHONE: 586-268-4160

WEBSITE: dnemichigan.org

FRASER DEPARTMENT OF PUBLIC SAFETY-FIRE DIVISION

PHONE: 586-293-2000

WEBSITE: ci.fraser.mi.us

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

ROMEO, WASHINGTON, BRUCE PARKS & RECREATION

PHONE: 586-752-9601

WEBSITE: rwbparksrec.org

ROSEVILLE PARKS & RECREATION CENTER

PHONE: 586-777-7177

SHELBY FIRE DEPARTMENT

PHONE: 586-731-3476

WEBSITE: shelbytwp.org

SHELBY SENIOR CENTER

PHONE: 586-739-7540

WEBSITE: shelbytwp.org

WORLD MEDICAL RELIEF

PHONE: 313-866-5333

WEBSITE: worldmedicalrelief.org

MENTAL HEALTH

LIBERTIES, INC.

NORTH: 586-954-1590

(Mt. Clemens)

SOUTH: 586-777-8094

(Roseville)

Activities, support groups, socialization and information.

MACOMB COUNTY COMMUNITY MENTAL HEALTH

PHONE: 855-996-2264

WEBSITE: mccmh.net

MACOMB COUNTY CRISIS CENTER

PHONE: 586-307-9100/

586-307-9100 V / TTY

(Available 24/7)

WEBSITE: mcspc.org

NATIONAL ALLIANCE ON MENTAL ILLNESS METRO-OAKLAND, WAYNE & MACOMB COUNTIES

PHONE: 248-773-2296

WEBSITE: namimetro.org

RAMP CONSTRUCTION

MACOMB COMMUNITY ACTION

PHONE: 586-469-6329

WEBSITE: mca.macombgov.org/MCA-Home

Home injury control has a temporary modular ramp program for people in need of a ramp on a short-term or temporary basis.

TAX PREPARATION

AARP FOUNDATION TAX-AIDE

WEBSITE: aarp.org/money/taxes/aarp_taxaide

Free tax preparation for people 50+ through trained volunteers. AARP membership not required.

ACCOUNTING AID SOCIETY

PHONE: 313-556-1920

WEBSITE: accountingaidsociety.org

MACOMB COUNTY OFFICE OF SENIOR SERVICES

PHONE: 586-469-5228

WEBSITE: macombgov.org/seniors

Provides Home Heating Credit tax assistance during the months of January-September to Macomb County residents 60+.

TRANSPORTATION

Many senior centers in Macomb County offer transportation services. For a full list of Macomb County senior centers, visit the website at aaa1b.org.

CENTER LINE AND WARREN SENIOR TRANSPORTATION

PHONE: 586-268-0551

WEBSITE: cityofwarren.org/wp-content/uploads/2023/02/Warren-Parks-and-Rec-Transportation-information.pdf

CITY OF FRASER SENIOR VAN SERVICE

PHONE: 586-294-4611

CHESTERFIELD TOWNSHIP SENIOR CENTER

PHONE: 586-749-7713

WEBSITE: chesterfieldtp.org

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

Volunteers provide door-to-door service, with minimal physical assistance, using their own vehicles.

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2313

WEBSITE: jfsdetroit.org

MYRIDE2

PHONE: 855-697-4332 (toll-free)

WEBSITE: myride2.com

A program of the AAA 1-B that helps seniors and people with disabilities in Oakland, Macomb, Wayne and Washtenaw counties find transportation and learn about transportation options.

ROMEO, WASHINGTON AND BRUCE PARKS & RECREATION

PHONE: (586) 752-9010

WEBSITE: rwbparksrec.org

SMART

PHONE: 866-962-5515

WEBSITE: smartbus.org

UTILITY ASSISTANCE

For additional utility assistance resources in Macomb County, call AAA 1-B at 800-852-7795.

MACOMB COUNTY COMMUNITY SERVICES AGENCY - COMMUNITY ACTION CENTER NORTH

PHONE: 586-749-5146

WEBSITE: mca.macombgov.org/MCA-Home

VETERANS SERVICES

MACOMB COUNTY VETERANS SERVICE OFFICE

PHONE: 586-469-5315

WEBSITE: vets.macombgov.org

Assists Macomb County veterans and their dependents in obtaining federal and state benefits.



monroe county

RESOURCES

MONROE COUNTY COMMISSION ON AGING

PHONE: 734-240-3290

WEBSITE: co.monroe.mi.us

MONROE COUNTY HEALTH DEPARTMENT

PHONE: 734-240-7800

WEBSITE: co.monroe.mi.us

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775

WEBSITE: monroecountyop.org

Resource referral for older adults, in-home care, food assistance, chore assistance, utility assistance and transportation.

ADULT DAY

For more information on adult day services, see "Adult Day Programs Offer Stimulation, Respite" on page 26.

FRENCHTOWN SENIOR SERVICES, INC.

FRENCHTOWN DEMENTIA ADULT DAY CARE

(Monroe)

PHONE: 734-243-6210

WEBSITE: frenchtownsenior.com

CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

Family Caregiver Respite Program provides up to eight hours of paid care in the home each week or two days of adult day services to provide respite for qualifying family caregivers.

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775

WEBSITE: monroecountyop.org

CHORE/HOME MAINTENANCE

Assistance with minor home maintenance chores.

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775

WEBSITE: monroecountyop.org

DISABILITY SERVICES

DEAF COMMUNITY ACTION NETWORK (DEAF CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)

WEBSITE: deafcan.org

Assistance to the hearing impaired and deaf community.

MONROE CENTER FOR INDEPENDENT LIVING

PHONE: 734-682-5271

WEBSITE: annarborcil.org

Offers an independent living assessment, independent living skills development, adaptive equipment evaluations, counseling, information and referral on housing and other services for people with disabilities.

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcnich.org

MICAFE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assistance with accessing Bridge Card and other benefits.

SENIOR PROJECT MARKET FRESH — MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775

WEBSITE: monroecountyop.org

Free nutrition counseling and \$25 in coupons (amount can change yearly) that can be exchanged for fresh fruits and vegetables sold at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775

WEBSITE: monroecountyop.org

MONROE CENTER FOR HEALTHY AGING

PHONE: 734-241-0404

WEBSITE: monroectr.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600
WEBSITE: kinship.msu.edu

Information and referral, trainings and resources.

HOME SAFETY/HOME INJURY CONTROL

Assistance with installation of handrails and grab bars.

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775
WEBSITE: monroecountyop.org

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795
WEBSITE: aaa1b.org

EASTERSEALS MORC

PHONE: 866-593-7413
WEBSITE: morcinc.org

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775
WEBSITE: monroecountyop.org

Serves qualified Monroe County seniors 60+ and disabled residents.

LEGAL SERVICES

MICHIGAN ADVOCACY PROGRAM

PHONE: 734-241-8310
WEBSITE: lsscm.org

MONROE COUNTY SENIOR LEGAL SERVICES

PHONE: 734-241-7644
WEBSITE: mcls.org

Makes outreach visits to senior centers and other community venues. Will go to the home of housebound older adults upon request.

MEALS ON WHEELS

LIFE: LIVING INDEPENDENCE FOR EVERYONE

PHONE: 734-242-6800
WEBSITE: lifeindependence.org

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. You can also use loanclosets.org/michigan to find a loan closet in your area.

BEDFORD SENIOR CENTER

PHONE: 734-856-3330
WEBSITE: bedfordseniorcenter.com

MENTAL HEALTH

MONROE COMMUNITY MENTAL HEALTH AUTHORITY

PHONE: 734-243-7340
WEBSITE: monroecmha.org

TAX PREPARATION

AARP FOUNDATION TAX-AIDE

WEBSITE: aarp.org/money/taxes/aarp_taxaide

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775
WEBSITE: monroecountyop.org

TRANSPORTATION

MILAN SENIORS FOR HEALTHY LIVING

PHONE: 734-508-6229
WEBSITE: milanseniors.org

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775
WEBSITE: monroecountyop.org

MONROE CENTER FOR HEALTHY AGING

PHONE: 734-241-0404
WEBSITE: monroectr.org

Volunteers provide escorted transportation to medical appointments and treatments.

UTILITY ASSISTANCE

MONROE COUNTY OPPORTUNITY PROGRAM

PHONE: 734-241-2775
WEBSITE: monroecountyop.org

VETERANS SERVICES

MONROE COUNTY VETERAN'S BUREAU

PHONE: 734-240-3287
WEBSITE: co.monroe.mi.us

oakland county

RESOURCES

ARAB-AMERICAN AND CHALDEAN COUNCIL (ACC)

PHONE: 248-559-1990
WEBSITE: myacc.org

ASSOCIATION OF CHINESE AMERICANS

PHONE: 248-585-9343
WEBSITE: acadetroit.org

Helps non-English speaking Chinese seniors in Oakland County access community resources.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 855-882-2736

WEBSITE: ccsem.org

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2313

WEBSITE: jfsdetroit.org

Geriatric care management, friendly visitors, home care and transportation services.

OAKLAND COUNTY HEALTH DIVISION-SOUTHFIELD

PHONE: 248-858-1280

WEBSITE: oakgov.com/health

PACE SOUTHEAST MICHIGAN

PHONE: 855-445-4554/ TDD 711

WEBSITE: pacesemi.org

See "Long-Term Care: Public Options: on page 16 for more information on the Program of All-Inclusive Care for the Elderly (PACE).

ADULT DAY

For more information on adult day services, see "Adult Day Programs Offer Stimulation, Respite" on page 26.

BLOOMFIELD TOWNSHIP SENIOR CENTER/THE FRIENDSHIP CLUB

PHONE: 248-723-3530

WEBSITE: bloomfieldtpw.org/services/senior-services.aspx

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

(Auburn Hills)

PHONE: 248-537-3300 ext. 3803

WEBSITE: ccsem.org

CITY OF FARMINGTON HILLS/ FARMINGTON HILLS ADULT DAY PROGRAM

(located in Costick Center)

PHONE: 248-473-1872

WEBSITE: fhgov.com

DOROTHY & PETER BROWN JEWISH COMMUNITY ADULT DAY PROGRAM

(Southfield and West Bloomfield)

SOUTHFIELD PHONE: 248-233-4000

WEST BLOOMFIELD PHONE: 248-661-6390

WEBSITE: brownadultday.org

KATHELENE'S COMPASSIONATE ADULT DAY HEALTH SERVICES

(Farmington Hills)

PHONE: 248-313-2275

WEBSITE: farmingtonhillsadultdaycare.com

OLDER PERSONS' COMMISSION

(Rochester)

PHONE: 248-608-0261

WEBSITE: opcseiorcenter.org

ORION ASSISTED LIVING

(Lake Orion)

PHONE: 248-814-6714

WEBSITE: orionassistedliving.com

QUALITY OF LIFE CENTER

(Auburn Hills)

PHONE: 248-364-4064

WEBSITE: qualityoflifecenter.net

WATERFORD SENIOR CENTER/ ENCORE ADULT DAY SERVICE

PHONE: 248-682-9450



CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

Family Caregiver Respite Program provides up to eight hours of paid care in the home each week or two days of adult day services to provide respite for qualifying family caregivers.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 248-537-3300

WEBSITE: ccsem.org

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

Ongoing or occasional relief breaks for full-time family caregivers. Serves parts of Oakland County.

CHORE / HOME MAINTENANCE

Assistance with home maintenance chores. Offering will depend on program. Residency requirements may apply.

AUBURN HILLS DEPARTMENT OF SENIOR SERVICES

PHONE: 248-370-9353

WEBSITE: auburnhills.org

BIRMINGHAM NEXT

PHONE: 248-203-5270

WEBSITE: BirminghamNext.org

CITY OF FERNDALE

PHONE: 248-546-2366

HOLLY TOWNSHIP

PHONE: 248-634-9331

CITY OF PONTIAC

PHONE: 248-857-7662

OAK PARK SENIOR CENTER

PHONE: 248-691-7577

WEBSITE: oakparkmi.gov

OLDER PERSONS'

COMMISSION (Rochester)

PHONE: 248-608-0249

WEBSITE: opcseiorcenter.org

CITY OF SYLVAN LAKE

PHONE: 248-682-1440

DISABILITY SERVICES

DEAF COMMUNITY ACTION NETWORK (Deaf CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)

WEBSITE: Deafcan.org

Assistance to the hearing impaired and deaf communities

DISABILITY NETWORK EASTERN MICHIGAN

PHONE: 586-268-4160

WEBSITE: dnemichigan.org

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN SENIOR OUTREACH PROGRAM

PHONE: 586-267-0212

WEBSITE: ccsem.org/sop

Delivery of a set package of groceries to qualifying seniors. Each package contains enough for 21 meals and snacks.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcnich.org

SENIOR PROJECT MARKET FRESH — OAKLAND COUNTY HEALTH DIVISION

PHONE: 248-215-6307

Free nutrition counseling and \$25 in coupons (amount can change yearly) that can be exchanged for fresh fruits and vegetables sold at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

BLOOMFIELD TOWNSHIP SENIOR SERVICES

PHONE: 734-723-3500

WEBSITE: bloomfieldtwp.org/services/senior-services.aspx

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 248-537-3300

WEBSITE: ccsem.org

FARMINGTON HILLS SENIOR DIVISION

PHONE: 248-473-1830

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600

WEBSITE: kinship.msu.edu

Information and referral, trainings and resources

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 248-209-2721

WEBSITE: olhsa.org/en-us/grandparents-raising-grandchildren

HOME REPAIR

BLOOMFIELD TOWNSHIP SENIOR SERVICES

PHONE: 734-723-3500

WEBSITE: bloomfieldtp.org/Services/Senior-Services

Must be a resident of Bloomfield Township age 60+ with low income.

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

OLDER PERSONS' COMMISSION (Rochester)

PHONE: 248-608-0249

WEBSITE: opcSeniorcenter.org

REBUILDING TOGETHER SOUTHEAST MICHIGAN

PHONE: 248-482-8061

WEBSITE: rtsemi.org

Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability.

HOME SAFETY/HOME INJURY CONTROL

Assistance with installation of handrails and grab bars.

REBUILDING TOGETHER SOUTHEAST MICHIGAN

PHONE: 248-482-8061

WEBSITE: rtsemi.org

Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability.

HOUSING

COMMUNITY HOUSING NETWORK

PHONE: 248-928-0111

WEBSITE: communityhousingnetwork.org

Most programs serve Macomb, Oakland and Wayne counties.

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

EASTERSEALS MORC

PHONE: 866-593-7413

WEBSITE: morcinc.org

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2313

WEBSITE: jfsdetroit.org

LEGAL SERVICES

LAKESHORE LEGAL AID

PHONE: 888-783-8190

WEBSITE: lakeshorelegalaid.org

MEALS ON WHEELS

CITY OF FARMINGTON HILLS

PHONE: 248-473-1825

WEBSITE: fhgov.com

Serves Farmington and City of Farmington Hills.

NATIONAL COUNCIL OF JEWISH WOMEN — KOSHER MEALS ON WHEELS

PHONE: 248-592-2312

WEBSITE: ncjwmi.org/mealsonwheels

OLDER PERSONS' COMMISSION (Rochester)

PHONE: 248-608-0264

WEBSITE: opcSeniorcenter.org

Serves Addison Township, Auburn Hills, Brandon Township, Clarkston, Independence Township, Lake Angelus, Leonard, Oakland Township, Orion Township, Oxford Township, Rochester and Rochester Hills.

PONTIAC MEALS ON WHEELS

PHONE: 248-738-9088

WEBSITE: pontiacmealsonwheels.net

WATERFORD SENIOR CENTER

PHONE: 248-682-9450

WEBSITE: waterford.k12.mi.us/community/facilities/waterford-senior-center/

WESTERN OAKLAND MEALS ON WHEELS

PHONE: 810-632-2755/
248-223-9160

WEBSITE: mealsonwheelsmi.org

Serving Commerce Township, Highland Township, Holly, Lyon, Milford, New Hudson, Northville, Novi, South Lyon, Springfield Township, Union Lake, Walled Lake, White Lake and Wixom **(810-632-2755)**.

Berkley, Beverly Hills, Birmingham, Clawson, Ferndale, Franklin, Hazel Park, Huntington Woods, Lathrup Village, Madison Heights, Oak Park, Pleasant Ridge, Royal Oak, Royal Oak Township, Southfield, and Troy **(248-223-9160)**.

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. For a list of senior centers with loan closets, visit aaa1b.org. You can also use loanclosets.org/michigan.

CHURCH OF THE HOLY FAMILY

PHONE: 248-349-8553
WEBSITE: holyfamilynovi.org

DISABILITY NETWORK EASTERN MICHIGAN

PHONE: 586-268-4160
WEBSITE: dnemichigan.org

WORLD MEDICAL RELIEF

PHONE: 313-866-5333
WEBSITE: worldmedicalrelief.org

MENTAL HEALTH

NATIONAL ALLIANCE ON MENTAL ILLNESS METRO-OAKLAND, WAYNE & MACOMB COUNTIES

PHONE: 248-773-2296
WEBSITE: namimetro.org

OAKLAND COMMUNITY HEALTH NETWORK

PHONE: 800-341-2003
WEBSITE: oaklandchn.org

EASTERSEALS MORC SENIOR OUTREACH

PHONE: 800-757-3257
WEBSITE: morcinc.org

Provides individual counseling in the home for those 60+.

RAMP CONSTRUCTION

FAITH IN ACTION OAKLAND COUNTY

PHONE: 248- 820-3767
WEBSITE: faithinactionoakland.org

Volunteers may be able to help with ramp construction, depending on availability.

REBUILDING TOGETHER SOUTHEAST MICHIGAN

PHONE: 248-482-8061
WEBSITE: rtsemi.org

Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability.

TAX PREPARATION

AARP FOUNDATION TAX-AIDE

WEBSITE: aarp.org/money/taxes/aarp_taxaide

Free tax preparation for people 50 and older by trained volunteers.

ACCOUNTING AID SOCIETY

PHONE: 313-556-1920
WEBSITE: accountingaidsociety.org

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 248-209-2600
WEBSITE: olhsa.org

TRANSPORTATION

Many senior centers in Oakland County offer transportation services. For a full list of Oakland County senior centers, visit the Area Agency on Aging 1-B website at aaa1b.org.

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551
WEBSITE: ivcinfo.org

Volunteers provide door-to-door service, with minimal physical assistance, using their own vehicles.

JEWISH FAMILY SERVICES OF METRO DETROIT

PHONE: 248-592-2266
WEBSITE: jfsdetroit.org

MYRIDE2

PHONE: 855-697-4332
WEBSITE: myride2.com

Helps seniors and adults with disabilities in Oakland, Macomb, Wayne and Washtenaw counties in Michigan find transportation and navigate public transportation options. See "Off-Road: Giving Up Your Driver's License" on page 29.

NORTH OAKLAND TRANSPORTATION AUTHORITY

PHONE: 248-693-7100
WEBSITE: ridenota.org

Serving Orion, Oxford and Addison Townships and the Villages of Lake Orion, Oxford and Leonard.

SMART

PHONE: 866-962-5515
WEBSITE: smartbus.org

WESTERN OAKLAND TRANSPORTATION AUTHORITY

PHONE: 248-887-4979
WEBSITE: ridewota.org

Serves 55+ and adults with disabilities in Highland Township, Walled Lake, Waterford and White Lake.

UTILITY ASSISTANCE

For additional utility assistance resources in Oakland County, call AAA1-B at 800-852-7795.

LIGHTHOUSE

PHONE: 248-920-6000
WEBSITE: lighthousemi.org

OLHSA - OAKLAND LIVINGSTON HUMAN SERVICE AGENCY

PHONE: 248-209-2600
WEBSITE: olhsa.org

VETERANS SERVICES

OAKLAND COUNTY VETERANS SERVICES

PHONE-PONTIAC: 248-858-0785
PHONE-TROY: 248-655-1250
WEBSITE: oakgov.com/veterans

st. clair county

RESOURCES

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

PHONE: 810-987-9100
WEBSITE: ccsem.org

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811
TRANSPORTATION: 844-289-7784
WEBSITE: thecouncilonaging.org

Countywide senior centers, adult day services, community meal sites, Meals on Wheels, home care, transportation, medical equipment loan closet, home safety program and chore services program.

ST. CLAIR COUNTY HEALTH DEPARTMENT

PHONE: 810-987-5300
WEBSITE: stclaircounty.org

ST. CLAIR COUNTY HOUSING COMMISSION

PHONE: 810-329-9141
WEBSITE: stclairhousingcommission.org

SUNRISE PACE

PHONE: 810-388-6300
WEBSITE: region7aaa.org/pace-program

See "Long-Term Care: Public Options: on page 16 for more information on the Program of All-Inclusive Care for the Elderly (PACE).

UNITED WAY OF ST. CLAIR COUNTY

PHONE: 810-985-8169
WEBSITE: uwstclair.org

ADULT DAY

For more information on adult day services, see "Adult Day Programs Offer Stimulation, Respite" on page 26.

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY STARPATH ADULT DAY PROGRAM (Port Huron)

PHONE: 810-984-8970
WEBSITE: thecouncilonaging.org

LIFE SKILLS CENTERS MEMORY CARE (Port Huron)

PHONE: 810-331-0030
WEBSITE: lifeskillscentersinc.org/programs/life-skills-centers-fort-gratiot-memory-care/

CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795
WEBSITE: aaa1b.org

Family Caregiver Respite Program provides up to eight hours of paid care in the home each week or two days of adult day services to provide respite for qualifying family caregivers.

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811
WEBSITE: thecouncilonaging.org

DEMENTIA & ALZHEIMER'S RESOURCE COMMITTEE

PHONE: 810-990-9558
WEBSITE: darcsc.org

Respite grant available to eligible residents of St. Clair County who are caring for someone diagnosed with a form of dementia. Contact for full eligibility requirements.

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551
WEBSITE: ivcinfo.org

Ongoing or occasional relief breaks for full-time family caregivers. Serves parts of St. Clair County.

CHORE/HOME MAINTENANCE

Assistance with home maintenance chores.

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

Can do wall and window washing, carpeting shampooing in addition to yard work, mowing and snow shoveling. Can also do minor home repairs.

DEMENTIA SUPPORT

DEMENTIA & ALZHEIMER'S RESOURCE COMMITTEE

PHONE: 810-990-9558

WEBSITE: darcsc.org

DISABILITY SERVICES

DEAF COMMUNITY ACTION NETWORK (Deaf CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)

WEBSITE: deafcan.org

Assistance to the hearing impaired and deaf community.

DISABILITY NETWORK EASTERN MICHIGAN

PHONE: 810-987-9337

WEBSITE: dnemichigan.org

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483

WEBSITE: fbcnich.org

MICAFAE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assistance with accessing Bridge Card and other benefits.

SENIOR PROJECT MARKET FRESH — COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

Free nutrition counseling and \$25 in coupons (amount changes yearly) that can be exchanged for fresh fruits, vegetables and other healthy foods sold at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600

WEBSITE: kinship.msu.edu

Information and referral, trainings and resources.

HOME REPAIR

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

Minor electrical, plumbing and carpentry repairs.

INTERFAITH VOLUNTEER CAREGIVERS

PHONE: 586-757-5551

WEBSITE: ivcinfo.org

HOME SAFETY/HOME INJURY CONTROL

Assistance with installation of handrails and grab bars.

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-987-8811

WEBSITE: thecouncilonaging.org

Personal care and homemaking services.

EASTERSEALS MORC

PHONE: 866-593-7413

WEBSITE: morcinc.org

LEGAL SERVICES

LAKESHORE LEGAL AID

PHONE: 888-783-8190

WEBSITE: lakeshorelegalaid.org

MEALS ON WHEELS

COUNCIL ON AGING, INC., SERVING ST. CLAIR COUNTY

PHONE: 810-982-4400

WEBSITE: thecouncilonaging.org

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. You can also use loanclosets.org/michigan to find a loan closet in your area.

**COUNCIL ON AGING, INC.,
SERVING ST. CLAIR COUNTY**
PHONE: 810-987-8811
WEBSITE: thecouncilonaging.org

**UNITED WAY OF ST. CLAIR
COUNTY**
PHONE: 810-985-8169
WEBSITE: uwstclair.org

MENTAL HEALTH

**ST. CLAIR COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**
PHONE: 810-987-8811
WEBSITE: scccmh.org

RAMP CONSTRUCTION

**COUNCIL ON AGING, INC.,
SERVING ST. CLAIR COUNTY**
PHONE: 810-987-8811
WEBSITE: thecouncilonaging.org

**UNITED WAY OF ST. CLAIR
COUNTY**
PHONE: 810-985-8169
WEBSITE: uwstclair.org

TAX PREPARATION

**AARP FOUNDATION TAX-
AIDE**
WEBSITE: [aarp.org/money/
taxes/aarp_taxaide](http://aarp.org/money/taxes/aarp_taxaide)
Free tax preparation for people
50+ through trained volunteers.
AARP membership not required.

**COUNCIL ON AGING, INC.,
SERVING ST. CLAIR COUNTY**
PHONE: 810-987-8811
WEBSITE: thecouncilonaging.org

TRANSPORTATION

**COUNCIL ON AGING, INC.,
SERVING ST. CLAIR COUNTY**

PHONE:
PORT HURON: 810-984-4200
DOWNRIVER: 810-765-8570
YALE AND CAPAC: 844-289-7784
WEBSITE: thecouncilonaging.org

Offers countywide
transportation.

VETERANS SERVICES

**ST. CLAIR COUNTY
DEPARTMENT OF VETERANS
AFFAIRS**
PHONE: 810-989-6945
WEBSITE: sccvet.us

washtenaw county

RESOURCES

**CATHOLIC SOCIAL SERVICES
OF WASHTENAW COUNTY**
PHONE: 734-971-9781 ext. 8
WEBSITE: csswashtenaw.org

Chore and home repair, resource
advocacy, mental health services,
volunteer caregivers, and
support for grandparents raising
grandchildren.

HURON VALLEY PACE
PHONE: 734-572-5777
WEBSITE: huronvalleypace.org

See "Long-Term Care: Public
Options: on page 16 for more
information on the Program of
All-Inclusive Care for the Elderly
(PACE).

**JEWISH FAMILY SERVICES OF
WASHTENAW COUNTY**
PHONE: 734-769-0209
WEBSITE: jfsannarbor.org

Help finding resources, case
management, friendly phone
calls program, transportation,

caregiver support, help with
Medicare and Medicaid.

**WASHTENAW COUNTY
OFFICE OF COMMUNITY &
ECONOMIC DEVELOPMENT**
PHONE: 734-544-6748
WEBSITE: [washtenaw.org/569/
Community-Economic-
Development](http://washtenaw.org/569/Community-Economic-Development)

Affordable housing support,
home rehabilitation loans,
Meals on Wheels and foster
grandparent program.

**WASHTENAW COUNTY
DEPARTMENT OF VETERANS
AFFAIRS**
PHONE: 734-973-4540
WEBSITE: [washtenaw.org/959/
Veterans-Affairs](http://washtenaw.org/959/Veterans-Affairs)

**WASHTENAW COUNTY
COMMUNITY HEALTH**
PHONE: 734-544-6700
WEBSITE: [washtenaw.
org/1129/Health-Department](http://washtenaw.org/1129/Health-Department)

ADULT DAY

For more information on adult
day services, see "Adult Day
Programs Offer Stimulation,
Respite" on 26.

**THE DOTTIE CRIM ADULT DAY
AND EDUCATION CENTER
THE MEMORY SUPPORT
CENTER AT BRECON VILLAGE**
(Saline)
PHONE: 734-429-1155
WEBSITE: ehmss.org

**TURNER RESOURCE CENTER:
THE SILVER CLUB**
(Ann Arbor)
PHONE: 734-998-9352
WEBSITE: [med.umich.edu/
geriatrics/community/
silverclub.html](http://med.umich.edu/geriatrics/community/silverclub.html)

CAREGIVER RESPITE

Some disease-specific organizations, including the Alzheimer's Association, offer financial assistance to help pay for respite care.

AREA AGENCY ON AGING 1-B
PHONE: 800-852-7795
WEBSITE: aaa1b.org

Family Caregiver Respite Program provides up to eight hours of paid care in the home each week or two days of adult day services to provide respite for qualifying family caregivers.

CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY
PHONE: 734-971-9781 ext. 511
WEBSITE: csswashtenaw.org

Volunteer Caregiver Respite matches volunteers trained to provide respite assistance to individuals or families who are caring full-time for a homebound adult age 60+.

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY
PHONE: 734-769-0209
WEBSITE: jfsannarbor.org

CARES Program provides caregiver support and respite care.

CARE/CASE MANAGEMENT

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY
PHONE: 734-769-0209
WEBSITE: jfsannarbor.org

Case management services for older adults. Help identifying and accessing available community resources, including health care, financial and legal resources and emotional support.

CHORE/HOME MAINTENANCE

Assistance with home maintenance chores.

CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY
PHONE: 734-971-9781 ext. 352
WEBSITE: csswashtenaw.org

Outdoor chores, minor repairs and routine home maintenance.

DEMENTIA SUPPORT

CONNECTIONS MEMORY CAFÉ

(Chelsea Senior Center)
PHONE: 734-475-9242

Free, safe and welcoming space for people with dementia and their caregivers to have fun. Meets once a month. Call for schedule.

COME AS YOU ARE MEMORY CAFÉ

(Holy Faith Church Social Hall, Saline)
PHONE: 734-945-1707

Free, safe and welcoming space for people with dementia and their caregivers to have fun. Call for schedule.

CREATIVE MOMENTS MEMORY CARE CAFÉ

(Silver Club Adult Day, Ann Arbor)
PHONE: 734-998-9352

Free, safe and welcoming space for people with dementia and their caregivers to have fun. Call for schedule.

MICHIGAN ALZHEIMER'S DISEASE CENTER

PHONE: 734-936-8803
WEBSITE: alzheimers.med.umich.edu

TURNER RESOURCE CENTER

PHONE: 734-764-2556
WEBSITE: medicine.umich.edu/dept/dgpm/turner-geriatric-clinic

YPSILANTI SENIOR CENTER MEMORY CAFÉ

PHONE: 734-483-5014
WEBSITE: ypseniorcenter.org

Free, safe and welcoming space for people with dementia and their caregivers to have fun. Meets second Tuesday of the month from 2 to 4 pm.

DISABILITY SERVICES

ANN ARBOR CENTER FOR INDEPENDENT LIVING

PHONE: 734-971-0277
WEBSITE: annarborcil.org/

DEAF COMMUNITY ACTION NETWORK (Deaf CAN!)

PHONE: 248-332-3331 (voice)/
248-209-6437 (VP)
WEBSITE: deafcan.org

Assistance to the hearing impaired and deaf community.

FOOD ASSISTANCE

To find food pantries near you, contact the Food Bank Council of Michigan or visit pantrynet.org.

FOOD BANK COUNCIL OF MICHIGAN

PHONE: 800-552-4483
WEBSITE: fbcnich.org

HOPE CLINIC

PHONE: 734-484-2989
WEBSITE: thehopeclinic.org

Offers grocery delivery for those with mobility, transportation or health concerns.

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY

PHONE: 734-769-0209

WEBSITE: jfsannarbor.org

Pantry delivery available for those 60+.

MICAFE

PHONE: 877-664-2233

WEBSITE: elderlawofmi.org/micafe

Assists in accessing Bridge Card and other benefits.

SENIOR PROJECT MARKET FRESH — WASHTENAW COUNTY PUBLIC HEALTH

PHONE: 734-544-2973

WEBSITE: washtenaw.org/1129/Health-Department

Free nutrition counseling and \$25 in coupons (amount can change yearly) that can be exchanged for fresh fruits and vegetables at local farmers markets and roadside stands. Financial eligibility requirements.

FRIENDLY VISITOR/CALLER

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY

PHONE: 734-769-0209

WEBSITE: jfsannarbor.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT

CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY

PHONE: 734-971-9781 ext. 8

WEBSITE: csswashtenaw.org

KINSHIP CARE RESOURCE CENTER

PHONE: 517-355-9600

WEBSITE: kinship.msu.edu

Information and referral, trainings and resources.

HOME SAFETY/HOME INJURY CONTROL

Assistance with installation of handrails and grab bars.

CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY

PHONE: 734-971-9781 ext. 352

WEBSITE: csswashtenaw.org

Also installs smoke alarms and carbon monoxide alarms.

HOUSING

ANN ARBOR HOUSING COMMISSION

PHONE: 734-794-6720

WEBSITE: a2gov.org

HOUSING BUREAU FOR SENIORS

PHONE: 734-998-9339

WEBSITE: med.umich.edu/seniors

IN-HOME ASSISTANCE

AREA AGENCY ON AGING 1-B

PHONE: 800-852-7795

WEBSITE: aaa1b.org

EASTERSEALS MORC

PHONE: 866-593-7413

WEBSITE: morcinc.org

LEGAL SERVICES

MICHIGAN ADVOCACY PROGRAM

PHONE: 734-665-6181

WEBSITE: lsscm.org

LGBTQ+ RESOURCES

JIM TOY COMMUNITY CENTER

PHONE: 734-274-9551

WEBSITE: jimtoycenter.org

MEALS ON WHEELS

WASHTENAW COUNTY MEALS ON WHEELS AND SENIOR CAFE

PHONE: 734-544-6748

WEBSITE: washtenaw.org/snp

MEDICAL/ADAPTIVE EQUIPMENT LOAN CLOSET

Wheelchairs, walkers and other assistive devices. You can also use loan Closets.org/michigan to find a loan closet in your area.

ANN ARBOR CENTER FOR INDEPENDENT LIVING

PHONE: 734-971-0277

WEBSITE: annarborcil.org/

EMMANUEL LUTHERAN CHURCH

PHONE: 734-482-7121

WEBSITE: emmanuelypsi.org/medical-loan-closet

FAITH IN ACTION

PHONE: 734-475-3305

WEBSITE: faithinaction1.org

NORTHFIELD TOWNSHIP SENIOR CENTER

PHONE: 734-449-2295

WEBSITE: twp.northfield.mi.us/community_visitors/senior_center

YPSILANTI TOWNSHIP SENIOR CENTER

PHONE: 734-544-3838

WEBSITE: ypseniorcenter.org

MENTAL HEALTH

CATHOLIC SOCIAL SERVICES OF WASHTENAW COUNTY

PHONE: 734-926-0155

WEBSITE: csswashtenaw.org/bhs

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY

PHONE: 734-436-4249

WEBSITE: thrivecounselinga2.com

NATIONAL ALLIANCE ON MENTAL ILLNESS OF WASHTENAW COUNTY

PHONE: 734-994-6611

WEBSITE: namiwc.org

WASHTENAW COUNTY COMMUNITY MENTAL HEALTH

PHONE: 734-544-3050

WEBSITE: washtenaw.org/1129/Health-Department

RAMP CONSTRUCTION

WASHTENAW COUNTY OFFICE OF COMMUNITY & ECONOMIC DEVELOPMENT

PHONE: 734-544-6748

WEBSITE: washtenaw.org/569/community-economic-development

TAX PREPARATION

AARP FOUNDATION TAX-AIDE

WEBSITE: aarp.org/money/taxes/aarp_taxaide

Free tax preparation for those age 50 and older through trained volunteers.

UNITED WAY OF WASHTENAW COUNTY

PHONE: 734-971-8200

WEBSITE: uwwashtenaw.org/free-tax-preparation

TRANSPORTATION

Many senior centers offer transportation services. For a full list of Washtenaw County senior centers, visit the Area Agency on Aging 1-B website at aaa1b.org.

ANN ARBOR AREA TRANSPORTATION AUTHORITY (AATA/The Ride)

PHONE: 734-996-0400

WEBSITE: theride.org

JEWISH FAMILY SERVICES OF WASHTENAW COUNTY

PHONE: 734-769-0209 ext. 305

WEBSITE: jfsannarbor.org

Wheelchair-accessible transportation for shopping, medical appointments and errands in the Ann Arbor/Ypsilanti area.

MYRIDE2

PHONE: 855-697-4332

WEBSITE: myride2.com

A program of the AAA 1-B that helps seniors and adults with disabilities in Oakland, Macomb and Wayne counties find transportation and understand their transportation options.

UTILITY ASSISTANCE

FAITH IN ACTION

PHONE: 734-475-3305

WEBSITE: faithinaction1.org

Must reside in Chelsea or Dexter school district.

WASHTENAW COUNTY OFFICE OF COMMUNITY & ECONOMIC DEVELOPMENT

PHONE: 734-544-6748

WEBSITE: washtenaw.org/569/community-economic-development



Stay in touch!

To sign up for our e-newsletter, scan the QR code.



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Visit aaa1b.org/connect
or call **800-852-7795**.



Helping Seniors and Their Families



Call us. We're ready to connect you to services, programs and supports.

Whether you are looking for help for yourself or help caring for a family member, the Area Agency on Aging 1-B is the first call you should make. We are a nonprofit focused on helping older adults live independently and safely in whatever setting they call home.

- In-home care services
- Meals on Wheels
- Help finding housing
- Help finding transportation
- Health and wellness classes
- Support for family caregivers
- Help with Medicare Open Enrollment choices

Serving Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

Answers You Can Trust • 800-852-7795 • aaa1b.org