

# Caregiver Supports and Services



## Are you a caregiver?

Are you an unpaid relative or friend of an older adult or a person with a disability who helps that person with his or her activities of daily living? If so, then you are one of the 1.2 million caregivers in Michigan.

Caregivers are the foundation of Michigan's long-term supports and services system. The Michigan Office of Services to the Aging (OSA) is proud to help provide a broad range of supports and services to assist caregivers in caring for their loved ones so they can stay at home – for as long as possible.

## Find Supports and Services

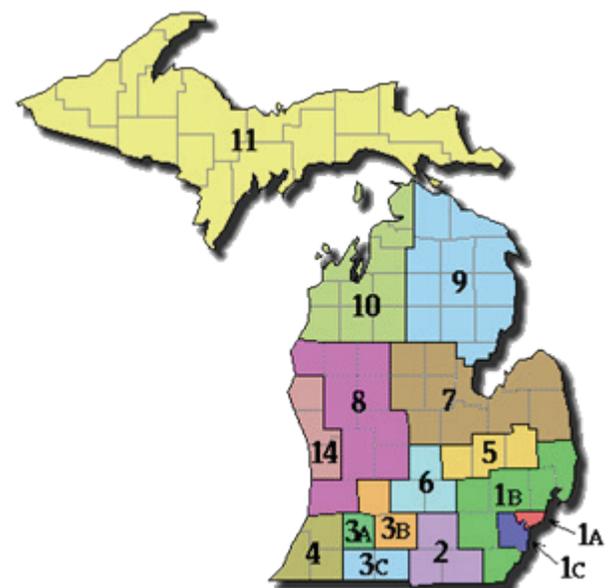
By contacting your local Area Agency on Aging (AAA) you will be connected to a broad range of supports and services. Supports and services include, but are not limited to:

- **Adult Day Services**
- **Counseling**
- **Respite Care**
- **Support Groups**
- **Trainings**

All individuals age 60 years and older are eligible for supports and services through Michigan's aging network. Most are provided at no or low-cost.

Contact your local AAA to learn more, or call OSA at **517-373-8230** and we will connect you to local supports and services.

**Contact your local AAA to learn more!**



517-373-8230

[www.michigan.gov/osa](http://www.michigan.gov/osa)

**osa**  
Office of Services to the Aging



# Michigan Area Agencies on Aging

Detroit Area Agency on Aging (Region 1A)  
1333 Brewery Park Blvd.  
Suite 200  
Detroit, MI 48207  
313-446-4444

Area Agency on Aging 1-B  
29100 Northwestern Hwy., Suite 400  
Southfield, MI 48034  
248-357-2255

The Senior Alliance, Inc. (Region 1C)  
3850 Second Street  
Suite 100  
Wayne, MI 48184  
734-722-2830

Region 2 Area Agency on Aging  
102 N. Main Street, P.O. Box 189  
Brooklyn, MI 49230-0189  
517-592-1974

Region 3-A Area Agency on Aging  
3299 Gull Road  
PO Box 42  
Nazareth, MI 49074  
269-373-5147

Region 3B Area Agency on Aging  
200 West Michigan Avenue  
Suite 102  
Battle Creek, MI 49017  
269-966-2450

Branch-St. Joseph Area Agency on Aging (Region 3C)  
570 Marshall Road  
Coldwater, MI 49036  
517-278-2538

Region IV Area Agency on Aging (Region 4)  
2900 Lakeview Avenue  
St. Joseph, MI 49085  
269-983-0177

Valley Area Agency on Aging (Region 5)  
225 E. Fifth Street  
Suite 200  
Flint, MI 48502  
810-239-7671

Tri-County Office on Aging (Region 6)  
5303 South Cedar Street, Suite 1  
Lansing, MI 48911-3800  
517-887-1440

Region VII Area Agency on Aging (Region 7)  
1615 S. Euclid Ave  
Bay City, MI 48706  
989-893-4506

Area Agency on Aging of Western Michigan (Region 8)  
3215 Eaglecrest Drive NE  
Grand Rapids, MI 49525  
616-456-5664

Region IX Area Agency on Aging (Region 9)  
2375 Gordon Road  
Alpena, MI 49707  
989-356-3474

Area Agency on Aging of Northwest Michigan (Region 10)  
1609 Park Drive  
P.O. Box 5946  
Traverse City, MI 49686  
231-947-8920

Upper Peninsula Area Agency on Aging (Region 11)  
2501 14th Avenue, South  
P.O. Box 606  
Escanaba, MI 49829  
906-786-4701

Senior Resources (Region 14)  
560 Seminole Road  
Tanglewood Park  
Muskegon, MI 49444  
231-739-5858