A Guide to Services for Older Adults

Michigan Aging & Adult Services Agency
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When an older adult has challenges living at home safely and independently, it is most often a family member or a friend who steps in to help provide care.

These informal caregivers help with daily activities like cooking, cleaning, bathing and paying bills.

Michigan is home to more than 1 million people who do this every day.

When an older adult lacks an informal caregiver, many people often think that a nursing home is the only option for them to live safely as they age.

It is important for every Michigan resident to know that there is a statewide aging network of more than 1,000 providers that offer a wide array of free or low-cost services that can help older adults live safely and independently at home.
Types of Services

Services provided through Michigan’s aging network can help older adults live at home longer. For many, these services can provide a community-based alternative to a nursing home and they complement the care provided by informal caregivers, like family or friends.

Last year, Michigan’s aging network served more than 120,000 Michigan residents with more than 40 different types of services.

The services provided may include, but are not limited to: Meals on Wheels, Personal Care, Adult Day Services, Legal Assistance, Medication Management and Caregiver Training, among many others.

<table>
<thead>
<tr>
<th>Types of Services</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals on Wheels/Home-delivered Meals</td>
<td>Delivers nutritious meals to homebound seniors.</td>
</tr>
<tr>
<td>Congregate Meals</td>
<td>Provides nutritious meals/social opportunities in community settings.</td>
</tr>
<tr>
<td>Case Coordination and Support</td>
<td>Evaluation, planning and coordination of care and services for older adults.</td>
</tr>
<tr>
<td>Care Management</td>
<td>Evaluation, planning and coordination of care and services for older adults with higher/complex care needs.</td>
</tr>
<tr>
<td>Respite Care</td>
<td>Provides temporary care for an older adult, providing support to informal caregivers.</td>
</tr>
<tr>
<td>Homemaker</td>
<td>Provides assistance in the home for activities like meal preparation, light housekeeping and shopping.</td>
</tr>
<tr>
<td>Adult Day Services</td>
<td>Provides temporary care in an institutional setting for an older adult, providing support and respite care to informal caregivers.</td>
</tr>
<tr>
<td>Personal Care</td>
<td>Provides assistance in the home for activities of daily living, like bathing, dressing and eating.</td>
</tr>
</tbody>
</table>
TOP 5 SERVICES* (2017)

*By total expenses (all sources)
FINDING SERVICES

Michigan’s aging network is a partnership between the state of Michigan (Aging & Adult Services Agency within the Michigan Department of Health and Human Services (MDHHS)), 16 regional area agencies on aging (AAA), and more than 1,000 local providers offering a wide range of services.

Most services are provided to Michigan residents by local providers, however the first place to call when you have questions about services is your regional AAA.

AAAs can help you understand your options and help you choose from a wide-array of services that will meet your needs.

AAAs are nonprofit agencies designated by federal and state law to be “one-stop shops” for information and referrals to all local aging services, both public and private.

To receive the contact information for your regional AAA, call the U.S. Eldercare Locator at 800-677-1116.

You can also find a complete listing of AAAs in Michigan on pages 5-7.

There may also be other helpful local, statewide and national resources that could help depending on your situation. See pages 6-12 for more information.

Finally, senior centers also provide great programs and activities for older adults. Contact the Michigan Association of Senior Centers at 248-505-8228 or visit miseniorcenter.org to find a senior center near you.
Find your regional Area Agency on Aging by Service Area below:

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

**Area Agency on Aging 1B**
29100 Northwestern Hwy.
Suite 400
Southfield, MI 48034
248-357-2255
Service Area: Counties – Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw

**The Senior Alliance, Inc. (Region 1C)**
5454 Venoy Rd.
Wayne, MI 48184
734-722-2830
Service Area: Counties – Wayne County except the cities served by 1A.

**Region 2 Area Agency on Aging**
102 N. Main St.
Brooklyn, MI 49230
800-335-7881
Service Area: Counties – Jackson, Hillsdale, Lenawee
Region 3A Area Agency on Aging
311 E. Alcott St.
Kalamazoo, MI 49001
269-373-5147
Service Area: County – Kalamazoo

CareWell Services Southwest (Region 3B)
200 W. Michigan Ave.
Suite 102
Battle Creek, MI 49017
269-966-2450
Service Area: Counties – Barry, Calhoun

Branch-St. Joseph Area Agency on Aging (Region 3C)
570 Marshall Rd.
Coldwater, MI 49036
517-278-2538
Service Area: Counties – St. Joseph, Branch

Region IV Area Agency on Aging (Region 4)
2900 Lakeview Ave.
St. Joseph, MI 49085
269-983-0177
Service Area: Counties – Berrien, Cass, Van Buren

Valley Area Agency on Aging (Region 5)
225 E. Fifth St.
Suite 200
Flint, MI 48502
810-239-7671
Service Area: Counties – Genesee, Lapeer, Shiawassee

Tri-County Office on Aging (Region 6)
5303 S. Cedar St.
Lansing, MI 48911
517-887-1440
Service Area: Counties – Clinton, Eaton, Ingham
Region VII Area Agency on Aging (Region 7)
1615 S. Euclid Ave.
Bay City, MI 48706
800-858-1637
Service Area: Counties – Bay, Clare, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac, Tuscola

Area Agency on Aging of Western Michigan (Region 8)
3215 Eaglecrest Dr. NE
Grand Rapids, MI 49525
616-456-5664
Service Area: Counties – Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, Osceola

Region IX Area Agency on Aging (Region 9)
2375 Gordon Rd.
Alpena, MI 49707
989-358-4600
Service Area: Counties – Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon

Area Agency on Aging of Northwest Michigan (Region 10)
1609 Park Dr.
P.O. Box 5946
Traverse City, MI 49696
800-442-1713
Service Area: Counties – Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford

UPCAP/Upper Peninsula Area Agency on Aging (Region 11)
2501 14th Avenue South
P.O. Box 606
Escanaba, MI 49829
906-786-4701
Service Area: Counties – Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft

Senior Resources (Region 14)
Tanglewood Park
560 Seminole Road
Muskegon, MI 49444
231-733-3585
Service Area: Counties – Muskegon, Oceana, Ottawa
Most Michigan counties have senior services millages that are administered by local county offices, commissions and councils on aging.

These local county offices, commissions and councils on aging work formally and informally with AAAs and are great resources to contact as well to learn more about what locally-funded services may be available to you.

If you don’t have a local county office, commission or council on aging, you can contact your local Michigan Department of Health and Human Services (MDHHS) office, which may be able to help depending on your situation.

See page 8-9 for a listing of organizations by county you may want to contact in addition to your regional AAA.
<table>
<thead>
<tr>
<th>Organization</th>
<th>County</th>
<th>Telephone</th>
<th>Organization</th>
<th>County</th>
<th>Telephone</th>
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</thead>
<tbody>
<tr>
<td>Delta MDHHS Office</td>
<td>Delta</td>
<td>906-786-5394</td>
<td>Mason County Council on Aging</td>
<td>Mason</td>
<td>231-757-4705</td>
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<tr>
<td>Dickenson MDHHS Office</td>
<td>Dickenson</td>
<td>906-779-4100</td>
<td>Mecosta County Commission on Aging</td>
<td>Mecosta</td>
<td>231-972-2884</td>
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<tr>
<td>Eaton MDHHS Office</td>
<td>Eaton</td>
<td>517-543-0860</td>
<td>Menominee MDHHS Office</td>
<td>Menominee</td>
<td>906-863-9965</td>
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<tr>
<td>Friendship Centers of Emmet County</td>
<td>Emmet</td>
<td>231-347-3211</td>
<td>Senior Services of Midland County</td>
<td>Midland</td>
<td>989-633-3700</td>
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<tr>
<td>Genesee County Commission on Aging</td>
<td>Genesee</td>
<td>810-908-9122</td>
<td>Missaukee MDHHS Office</td>
<td>Missaukee</td>
<td>231-779-4500</td>
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<tr>
<td>Gladwin County Council on Aging</td>
<td>Gladwin</td>
<td>989-426-5450</td>
<td>Monroe County Commission on Aging</td>
<td>Monroe</td>
<td>734-240-3290</td>
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<tr>
<td>Gogebic MDHHS Office</td>
<td>Gogebic</td>
<td>906-663-6200</td>
<td>Montcalm County Commission on Aging</td>
<td>Montcalm</td>
<td>989-831-7476</td>
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<tr>
<td>Grand Traverse Commission on Aging</td>
<td>Grand Traverse</td>
<td>231-922-4688</td>
<td>Montmorency County Commission on Aging</td>
<td>Montmorency</td>
<td>989-785-2580</td>
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<td>Gratiot County Commission on Aging</td>
<td>Gratiot</td>
<td>989-875-5246</td>
<td>Muskegon MDHHS Office</td>
<td>Muskegon</td>
<td>231-733-3700</td>
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<tr>
<td>Hillsdale MDHHS Office</td>
<td>Hillsdale</td>
<td>517-439-2200</td>
<td>Newaygo County Commission on Aging</td>
<td>Newaygo</td>
<td>231-689-2100</td>
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<tr>
<td>Houghton MDHHS Office</td>
<td>Houghton</td>
<td>906-482-0500</td>
<td>Oakland County Senior Services</td>
<td>Oakland</td>
<td>248-858-1280</td>
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<tr>
<td>Huron MDHHS Office</td>
<td>Huron</td>
<td>989-269-9201</td>
<td>Oceana County Council on Aging</td>
<td>Oceana</td>
<td>231-873-4461</td>
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<tr>
<td>Ingham MDHHS Office</td>
<td>Ingham</td>
<td>517-887-9400</td>
<td>Ogemaw County Commission on Aging</td>
<td>Ogemaw</td>
<td>989-345-3010</td>
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<tr>
<td>Ionia County Commission on Aging</td>
<td>Ionia</td>
<td>616-527-5365</td>
<td>Ontonagon County Commission on Aging</td>
<td>Ontonagon</td>
<td>906-575-3461</td>
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<tr>
<td>Iosco County Commission on Aging</td>
<td>Iosco</td>
<td>989-728-6484</td>
<td>Osceola County Commission on Aging</td>
<td>Osceola</td>
<td>231-734-5559</td>
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<tr>
<td>Iron MDHHS Office</td>
<td>Iron</td>
<td>906-265-9958</td>
<td>Oscoda County Council on Aging</td>
<td>Oscoda</td>
<td>989-826-3025</td>
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<tr>
<td>Isabella County Commission on Aging</td>
<td>Isabella</td>
<td>989-772-0748</td>
<td>Otsego County Commission on Aging</td>
<td>Otsego</td>
<td>989-732-1122</td>
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<tr>
<td>Jackson County Department on Aging</td>
<td>Jackson</td>
<td>517-788-4364</td>
<td>Ottawa MDHHS Office</td>
<td>Ottawa</td>
<td>616-394-7200</td>
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<tr>
<td>Kalamazoo MDHHS Office</td>
<td>Kalamazoo</td>
<td>269-337-4900</td>
<td>Presque Isle County Council on Aging</td>
<td>Presque Isle</td>
<td>989-766-8191</td>
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<tr>
<td>Kalkaska Commission on Aging</td>
<td>Kalkaska</td>
<td>231-258-5030</td>
<td>Roscommon Commission on Aging</td>
<td>Roscommon</td>
<td>989-275-8421</td>
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<tr>
<td>Kent MDHHS Office</td>
<td>Kent</td>
<td>616-248-1000</td>
<td>Saginaw County Commission on Aging</td>
<td>Saginaw</td>
<td>989-797-6880</td>
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<tr>
<td>Keweenaw MDHHS Office</td>
<td>Keweenaw</td>
<td>906-337-3302</td>
<td>St. Clair County Council on Aging</td>
<td>St. Clair</td>
<td>810-987-8811</td>
</tr>
<tr>
<td>Lake County Council on Aging</td>
<td>Lake</td>
<td>231-745-3843</td>
<td>St. Joseph County Commission on Aging</td>
<td>St. Joseph</td>
<td>269-279-8083</td>
</tr>
<tr>
<td>Lapeer County Commission on Aging</td>
<td>Lapeer</td>
<td>810-724-6030</td>
<td>Sanilac MDHHS County</td>
<td>Sanilac</td>
<td>810-648-4420</td>
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<tr>
<td>Leelanau County Senior Services</td>
<td>Leelanau</td>
<td>231-256-8121</td>
<td>Schoolcraft MDHHS Office</td>
<td>Schoolcraft</td>
<td>906-341-2114</td>
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<tr>
<td>Lenawee Department on Aging</td>
<td>Lenawee</td>
<td>517-264-5280</td>
<td>Shiawassee Council on Aging</td>
<td>Shiawassee</td>
<td>989-723-8875</td>
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<tr>
<td>Livingston MDHHS Office</td>
<td>Livingston</td>
<td>517-548-0200</td>
<td>Tuscola MDHHS County</td>
<td>Tuscola</td>
<td>989-673-9100</td>
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<tr>
<td>Luce MDHHS Office</td>
<td>Luce</td>
<td>906-293-5144</td>
<td>Van Buren MDHHS County</td>
<td>Van Buren</td>
<td>269-621-2800</td>
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<tr>
<td>Mackinac MDHHS Office</td>
<td>Mackinac</td>
<td>906-643-9550</td>
<td>Washtenaw County Consortium on Aging</td>
<td>Washtenaw</td>
<td>734-320-7386</td>
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<tr>
<td>Macomb County Office of Senior Services</td>
<td>Macomb</td>
<td>586-469-6999</td>
<td>Wayne County Senior Citizen Services</td>
<td>Wayne</td>
<td>734-326-5202</td>
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<tr>
<td>Manistee County Council on Aging</td>
<td>Manistee</td>
<td>231-723-6477</td>
<td>Wexford County Council on Aging</td>
<td>Wexford</td>
<td>231-775-0133</td>
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<td>Marquette MDHHS Office</td>
<td>Marquette</td>
<td>906-228-9691</td>
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</tbody>
</table>
There are numerous statewide organizations that can provide helpful information or connect Michigan residents to programs and services for older adults.

**AARP Michigan**
AARP’s mission is “to enhance the quality of life for all as we age, leading and delivering to our members through information, advocacy and service.”

www.aarp.org/mi
866-227-7448

**Adult Protective Services**
Protects vulnerable adults from abuse, neglect and exploitation by investigating allegations and finding support for victims. To report abuse, neglect or exploitation call the 24/7 hotline below.

855-444-3911

**Aging & Adult Services Agency (AASA)**
Michigan’s designated State Unit on Aging, provides federal and state (non-Medicaid) funding to Michigan’s aging network. Does not provide aging services directly to Michigan residents.

michigan.gov/aasa
517-373-8230

**Alzheimer’s Association**
Provides information and support for people with Alzheimer’s disease and their caregivers. Operates a 24/7 hotline and helps with care navigation. Michigan has two local chapters, Greater Michigan and Michigan Great Lakes.

alz.org
800-272-3900

**Area Agencies on Aging Association of Michigan (AAAAM)**
The AAAAM was created in 1975 by Michigan’s area agencies on aging to disseminate information about public policy developments, provide education, business development and other services to member organizations, and coordinate advocacy efforts on behalf of older Michigan residents.

mi-seniors.net
517-886-1029
<table>
<thead>
<tr>
<th>Organization</th>
<th>Website Link</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elder Law of Michigan, Inc.</td>
<td>elderlawofmi.org</td>
<td>866-400-9164</td>
</tr>
<tr>
<td>Health Care Association of Michigan</td>
<td>hcam.org</td>
<td>517-627-1561</td>
</tr>
<tr>
<td>LeadingAge Michigan</td>
<td>leadingagemi.org</td>
<td>517-323-3687</td>
</tr>
<tr>
<td>Legal Hotline Michigan Seniors</td>
<td></td>
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<tr>
<td>Michigan Adult Day Services Association</td>
<td>mimadsa.org</td>
<td>616-485-5018</td>
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<tr>
<td>Michigan Assisted Living Association</td>
<td>miassistedliving.org</td>
<td>800-482-0118</td>
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<tr>
<td>Michigan Association of Senior Centers (MASC)</td>
<td>miseniorcenters.org</td>
<td>248-505-8228</td>
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<tr>
<td>Michigan Directors of Services to the Aging</td>
<td>michigandsa.org</td>
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<tr>
<td>Michigan Department of Licensing and Regulatory Affairs</td>
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<tr>
<td>Michigan Home Care and Hospice Association (MHHA)</td>
<td>mhha.org</td>
<td>517-349-8089</td>
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<tr>
<td>Michigan Long-Term Care Ombudsman Program</td>
<td>mltcop.org</td>
<td>866-485-9393</td>
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<tr>
<td>Michigan Long-Term Care Ombudsman Program</td>
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</tbody>
</table>
Michigan Medicare/Medicaid Assistance Program (MMAP)

MMAP provides Michigan residents with free, objective guidance on how to make health benefit decisions.

mmapinc.org
800-803-7174

Michigan Veterans Affairs Agency (MVAA)

The MVAA connects Michigan residents who have served in the U.S. Armed Forces, and their families, to services and benefits.

michiganveterans.com
800-MICH-VET (800-642-4838)

Michigan’s Coordinated Access to Food for the Elderly (MiCAFE)

Helps with applications for food assistance benefits for residents age 60 or older.

877-664-2233

PACE Association of Michigan

Dedicated to the expansion of comprehensive health care services to the frail elderly through the Program of All-inclusive Care for Elderly (PACE).

pacemichigan.com
269-986-3248

Reinventing Mi Retirement Toolkit

Provides a free and easy-to-read reference guide to help Michigan residents plan for a secure financial future. Visit the website to download a copy of the toolkit or call the number below to receive a copy in the mail.

michigan.gov/reinventretirement
877-999-6442

Safe Drivers Smart Options: Keys to Lifelong Mobility

The Safe Drivers Smart Options website provides information about driving, mobility and aging.

michigan.gov/agingdriver

Senior Volunteer Programs (Senior Corps)

Michigan has three senior volunteer programs – Foster Grandparents, RSVP and Senior Companions – for residents age 55 or older. Each program has different opportunities for older adults to give back to their communities. Visit the website or call the number below to connect with a local program.

nationalservice.gov
800-942-2677

The Senior Community Service Employment Program (SCSEP)

SCSEP is a community service and work-based training program for older workers. The program provides subsidized, service-based training for low-income adults age 55 or older who are unemployed. Visit the website or call the number below to connect with your local SCSEP program.

doleta.gov/seniors
877-872-5627
There are numerous national organizations that can provide helpful information or connect Michigan residents to programs and services for older adults.

**Administration for Community Living (ACL)**

The ACL is a part of the U.S. Department of Health and Human Services and provides funding for services and supports provided by networks of community-based organizations nationwide.

acl.gov 202-401-4634

**Alzheimers.gov**

Provides information and resources about Alzheimer’s disease and related dementias.

alzheimers.gov 800-438-4380

**BenefitsCheckUp®**

Offers a comprehensive, free online tool that connects older adults with benefits they may qualify for.

benefitscheckup.org
Caregiver Action Network
Nation’s leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

caregiveraction.org
202-454-3970

Family Caregiver Alliance
Provides services, education programs, and resources with caregivers’ needs in mind to offer support, tailored information, and tools to help caregivers manage the complex demands of caregiving.

caregiver.org
800-445-8106

Medicare
Provides information about the Medicare program and also has a tool for caregivers to compare home health care agencies and nursing homes.

medicare.gov
800-633-4227

National Council on Aging
Helps people age 60 or older meet the challenges of aging by partnering with nonprofit organizations, government, and business to provide innovative community programs and services, online help, and advocacy.

ncoa.org
571-527-3900

National Institute on Aging
Leads the federal government in conducting and supporting research on aging and the health and well-being of older people.

nia.nih.gov
800-222-2225

Social Security Administration
Information on retirement and disability benefits, including how to sign up for Social Security.

ssa.gov
800-772-1213

U.S. Eldercare Locator
A public service of the U.S. Administration on Aging that connects citizens to services for older adults and their families. This program can connect Michigan residents to their regional AAA.

eldercare.acl.gov
800-677-1116