A Guide to Services for Older Adults

Michigan Aging & Adult Services Agency

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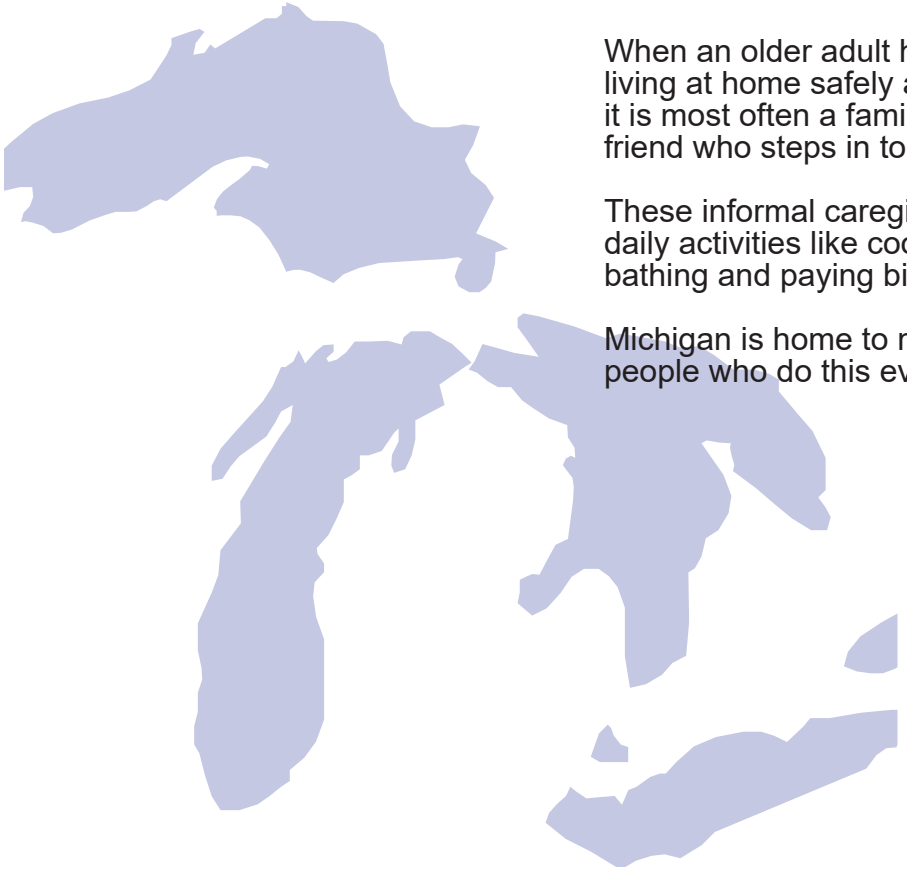
SERVICES OVERVIEW



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.

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

*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 referals 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.**

AREA AGENCIES ON AGING

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
Service Area: Cities – Detroit, Hamtramck, Highland Park, Grosse Pointe, Grosse Pointe Park, Grosse, Pointe Shores, Grosse Pointe Woods, Grosse Pointe Farms, Harper Woods

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

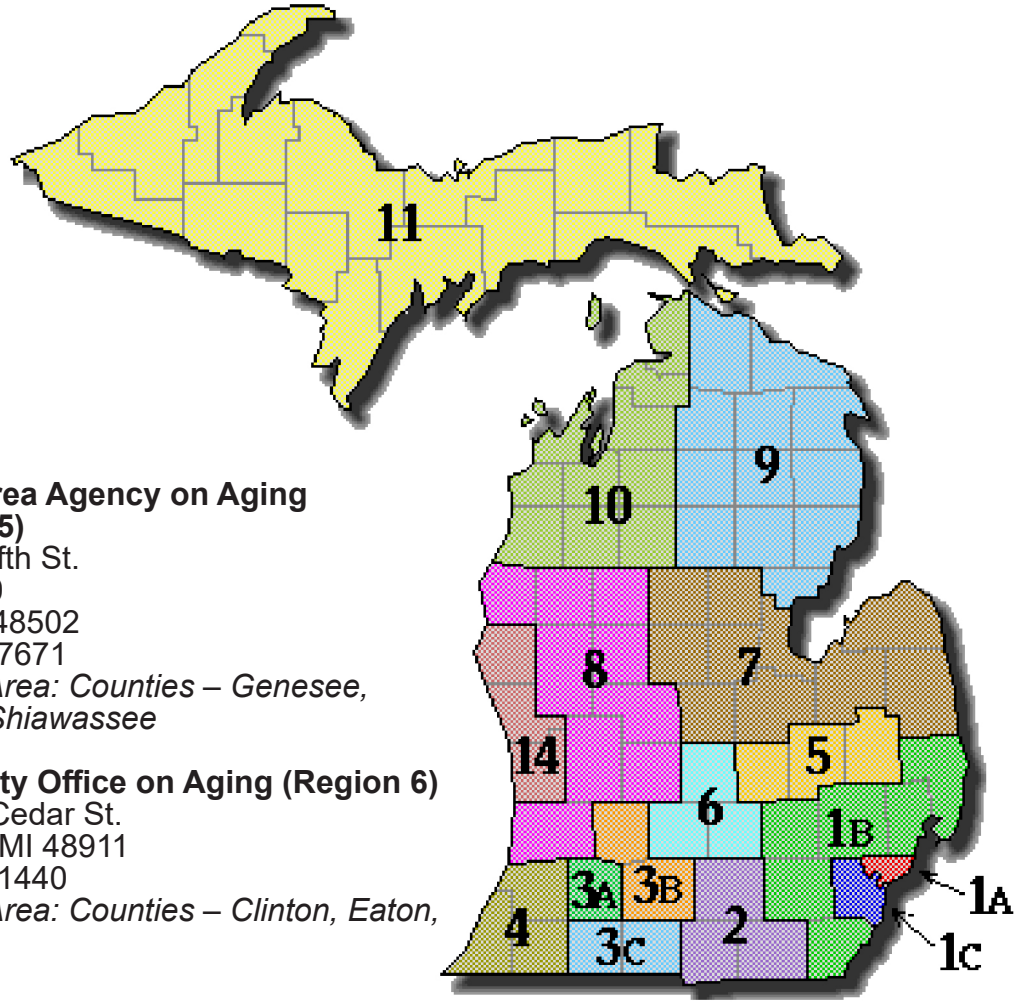
CareWell Services Southwest (Region 3B)
200 W. Michigan Ave.
Suite 102
Battle Creek, MI 49017
269-966-2450
Service Area: Counties – Barry, Calhoun

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

COUNTY OFFICES, COMMISSIONS AND COUNCILS ON AGING

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.

Organization	County	Telephone
Alcona County Commission on Aging	Alcona	989-736-8879
Alger County Commission of Aging	Alger	906-387-2439
Allegan County Senior Services	Allegan	877-673-3333
Alpena MDHHS Office	Alpena	989-354-7200
Antrim County Commission on Aging	Antrim	231-533-8703
Arenac County Council on Aging	Arenac	989-653-2692
Baraga MDHHS Office	Baraga	906-353-4700
Barry County Commission on Aging	Barry	269-948-4856
Bay County Department on Aging	Bay	877-229-9960
Benzie Senior Resources	Benzie	231-525-0600
Berrien MDHHS Office	Berrien	269-934-2000
Branch County Commission on Aging	Branch	517-279-6565
Calhoun County Senior Services	Calhoun	269-781-0846
Cass County Council on Aging	Cass	269-445-8110
Charlevoix County Commission on Aging	Charlevoix	231-237-0103
Cheboygan County Council on Aging	Cheboygan	231-627-7234
Chippewa MDHHS Office	Chippewa	906-635-4100
Clare County Senior Services	Clare	989-386-7130
Clinton MDHHS Office	Clinton	989-224-5500
Crawford County Commission on Aging	Crawford	989-348-7123

Organization	County	Telephone
Delta MDHHS Office	Delta	906-786-5394
Dickenson MDHHS Office	Dickenson	906-779-4100
Eaton MDHHS Office	Eaton	517-543-0860
Friendship Centers of Emmet County	Emmet	231-347-3211
Genesee County Commission on Aging	Genesee	810-908-9122
Gladwin County Council on Aging	Gladwin	989-426-5450
Gogebic MDHHS Office	Gogebic	906-663-6200
Grand Traverse Commission on Aging	Grand Traverse	231-922-4688
Gratiot County Commission on Aging	Gratiot	989-875-5246
Hillsdale County Senior Services Center	Hillsdale	517-437-2422
Houghton MDHHS Office	Houghton	906-482-0500
Human Development Commission	Huron	989-673-4121
Ingham MDHHS Office	Ingham	517-887-9400
Ionia County Commission on Aging	Ionia	616-527-5365
Iosco County Commission on Aging	Iosco	989-728-6484
Iron MDHHS Office	Iron	906-265-9958
Isabella County Commission on Aging	Isabella	989-772-0748
Jackson County Department on Aging	Jackson	517-788-4364
Kalamazoo MDHHS Office	Kalamazoo	269-337-4900
Kalkaska Commission on Aging	Kalkaska	231-258-5030
Kent MDHHS Office	Kent	616-248-1000
Keweenaw MDHHS Office	Keweenaw	906-337-3302
Lake County Council on Aging	Lake	231-745-3843
Lapeer County Commission on Aging	Lapeer	810-724-6030
Leelanau County Senior Services	Leelanau	231-256-8121
Lenawee Department on Aging	Lenawee	517-264-5280
Livingston MDHHS Office	Livingston	517-548-0200
Luce MDHHS Office	Luce	906-293-5144
Mackinac MDHHS Office	Mackinac	906-643-9550
Macomb County Office of Senior Services	Macomb	586-469-6999
Manistee County Council on Aging	Manistee	231-723-6477
Marquette MDHHS Office	Marquette	906-228-9691

Organization	County	Telephone
Mason County Council on Aging	Mason	231-757-4705
Mecosta County Commission on Aging	Mecosta	231-972-2884
Menominee MDHHS Office	Menominee	906-863-9965
Senior Services of Midland County	Midland	989-633-3700
Missaukee MDHHS Office	Missaukee	231-779-4500
Monroe County Commission on Aging	Monroe	734-240-3290
Montcalm County Commission on Aging	Montcalm	989-831-7476
Montmorency County Commission on Aging	Montmorency	989-785-2580
Muskegon MDHHS Office	Muskegon	231-733-3700
Newaygo County Commission on Aging	Newaygo	231-689-2100
Oakland County Senior Services	Oakland	248-858-1280
Oceana County Council on Aging	Oceana	231-873-4461
Ogemaw County Aging Commission	Ogemaw	989-345-3010
Ontonagon County Commission on Aging	Ontonagon	906-575-3461
Osceola County Commission on Aging	Osceola	231-734-5559
Oscoda County Council on Aging	Oscoda	989-826-3025
Otsego County Commission on Aging	Otsego	989-732-1122
Ottawa MDHHS Office	Ottawa	616-394-7200
Presque Isle County Council on Aging	Presque Isle	989-766-8191
Roscommon Commission on Aging	Roscommon	989-275-8421
Saginaw County Commission on Aging	Saginaw	989-797-6880
St. Clair County Council Aging	St. Clair	810-987-8811
St. Joseph County Commission on Aging	St. Joseph	269-279-8083
Human Development Commission	Sanilac	989-673-4121
Schoolcraft MDHHS Office	Schoolcraft	906-341-2114
Shiawassee Council on Aging	Shiawassee	989-723-8875
Human Development Commission	Tuscola	989-673-4121
Van Buren MDHHS County	Van Buren	269-621-2800
Washtenaw County Consortium on Aging	Washtenaw	734-320-7386
Wayne County Senior Citizen Services	Wayne	734-326-5202
Wexford County Council on Aging	Wexford	231-775-0133

STATEWIDE RESOURCES

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

Elder Law of Michigan, Inc.

Promotes and protects the rights, health, and economic well-being of older adults and people with disabilities by providing information, advocacy, legal advice and professional services.

elderlawofmi.org
866-400-9164

Health Care Association of Michigan

Premier professional association representing nursing and rehabilitation communities including for- and not-for-profit, county medical care and hospital-based providers.

hcam.org
517-627-1561

LeadingAge Michigan

Represents mission-based providers who serve frail seniors and adults with disability through the full array of post-acute and long-term services and supports.

leadingagemi.org
517-323-3687

Legal Hotline Michigan Seniors

Staffed by specially-trained attorneys to help residents age 60 years or older regardless of income.

800-347-5297

Michigan Adult Day Services Association

Promotes and supports the growth and development of high quality adult day services in Michigan.

mimadsa.org
616-485-5018

Michigan Assisted Living Association

Committed to helping consumers and their families make informed decisions regarding assisted living options and other supports and services in the community.

miassistedliving.org
800-482-0118

Michigan Association of Senior Centers (MASC)

A dynamic network of senior centers committed to growth, excellence, and strategic partnerships. MASC provides a searchable directory of senior centers on its website.

miseniorcenters.org
248-505-8228

Michigan Directors of Services to the Aging

The statewide organization of service providers for the aging. These agencies provide a continuum of aging services to over 200,000 Michigan seniors.

michigandsa.org

Michigan Department of Licensing and Regulatory Affairs

Provides a searchable online database for licensed Adult Foster Care/Homes for the Aged in Michigan.

w1.lara.state.mi.us/AdultFosterCare
517-335-1980

Michigan Home Care and Hospice Association (MHHA)

MHHA is a state trade association representing more than 300 members from the home care and hospice industry.

mhha.org
517-349-8089

Michigan Long-Term Care Ombudsman Program

Advocates for residents in licensed long-term care facilities.

mltcop.org
866-485-9393

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

NATIONAL RESOURCES

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

Michigan Department of Health and Human Services
Aging & Adult Services Agency

P.O. Box 30676
Lansing, MI 48909

517-373-8230
michigan.gov/aasa

facebook.com/miaging