

Eldercare

Are you a member of the “Sandwich Generation?” People who are taking care of *both* their aging parents and their children are considered part of the “Sandwich Generation.” There are organizations that can help you understand your parent’s needs, ones that can help with taking care of senior citizens, crisis management services, and provide information on other available community services. The following agencies are here to help you:



Area Agencies on Aging Association of Michigan www.mi-seniors.net – helps the elderly by providing assistance and access to services that will help them with chores, healthcare, taking care of their home, legal issues, Medicare questions, respite care, finding jobs, providing transportation, and Meals on Wheels. Every county in Michigan has an Area

Agency on Aging office.

Michigan Office of Services to the Aging is a program run by the State of Michigan whose mission is “To promote independence and enhance the dignity of Michigan’s older persons and their families through advocacy leadership and innovation with effective policies, programs and services.” This office can help with taking care of seniors in their home, counseling, legal issues, education and training, getting a job, volunteering, family and caregiver support, helping out with money problems, health care, long-term care, medical and therapeutic services, nutrition services, finding a place to live, help for those who can’t leave their homes, socialization services, and giving seniors rides to where they need to go. For more information, visit www.michigan.gov/miseniors.

The **American Association of Retired Persons (AARP)** is a membership organization dedicated to helping senior citizens. It tells older Americans what is happening at local and national levels with health-care issues, legislative issues, family issues, and community services; and it can help with taxes and travel. Message boards and e-mail newsletters let seniors talk to each other online. For more information, visit www.aarp.org, or phone them at 1-888-687-2277. Mailing address is 601 E Street, NW, Washington DC, 20049.

Medicare has a Web site with information on Medicare billing, long-term care, finding a doctor, staying healthy, finding out what Medicare covers, and comparing home health agencies and nursing homes where you live. For more information, visit www.medicare.gov. For general Medicare information, to order Medicare booklets, and to get information about health plans, contact 1-800-MEDICARE 24-hours a day, seven days a week. Mailing address is Centers for Medicare and Medicaid, 7500 Security Boulevard, Baltimore, MD 21244-1850.